

# My Turnipseed Pack

A Resource for Visitors on the Autism Spectrum



# My Turnipseed Pack

## Instructions:

1. First, take a look at our brochure which can be found in our kiosks or our website to learn about the different activities you can do during your visit. Feel free to take one, mark on it, and take it home with you. Open up the brochure to see a map, which will tell you all the different areas you can explore and where they are located in the preserve.
2. When you've decided which areas you want to visit, use the location cards in the print-out to create your own tour checklist.
3. Also included in this toolkit are communication cards. Feel free to show them to who you arrived with to let them know when you need to take a break, sit down, use the restroom, etc.
4. Staff are not always present at the preserve, but if you see someone in a Wake County Uniform, you can use the communication cards with them as well. Or, feel free to ask them for suggestions for activities, quieter places in the park to explore, etc.
5. Then, start your tour! When you have completed a stop on your tour, check it off in the "All Done" column.

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## Sensory tips:

### Noisy places

- The Preserve stays quiet most of the day, but the parking lots may be noisy during the busiest part of the day (10am-noon). Our busiest days are Holidays and Weekends during the summer.
- Our Native Pollinator Garden is a great place to smell blooming native flowers, and to see pollinators such as bees and butterflies. However, it is located in Hunt Valley Parking Lot, which can get both noisy and hot in the summertime. Feel free to bring water, a hat, and noise cancelling headphones to stay comfortable during your visit.

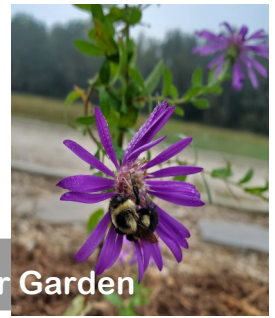
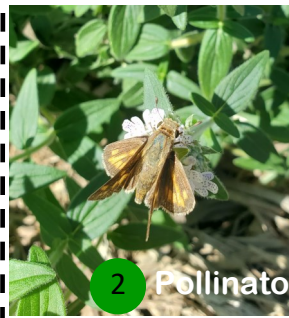
### Quiet places

- Quieter times are generally weekdays and early afternoons on weekends.
- The Lupine Loop and Meadow Loop trails are short, sunny loops with a field view where one can see many birds and other wildlife. Both also feature picnic tables in the shade for families to take a break.
- The Gin Branch Creek and Boulder walking trails offer longer, shadier opportunities to explore. These feature beautiful rock formations, a large bridge over the wetlands, and a wildlife viewing platform with tower viewers and benches where one can sit and relax.

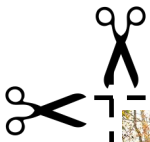
### Activity suggestions

- Try the online tree tour featuring common trees of the preserve. Access it by scanning a QR code in the kiosk, or one of the plaques along the trail. Check it out to learn fun facts and tree ID.
- Learn about prairies at the Lupine Loop. Keep an eye out for birds!
- Bring a fidget toy if you believe it would enhance your experience at the nature preserve.





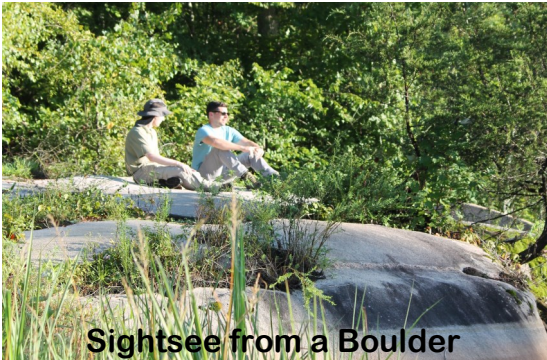




Take a Hike through the Woods



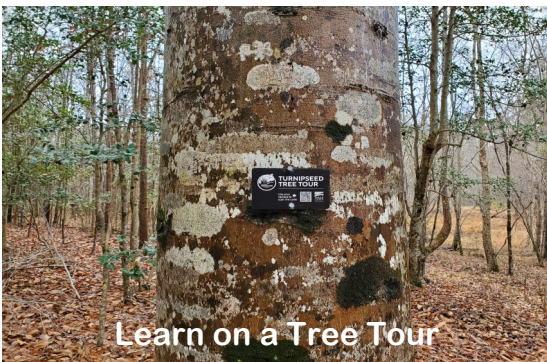
Have a Picnic at a Table



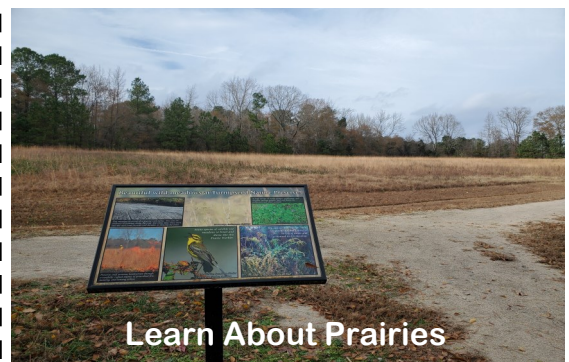
Sightsee from a Boulder



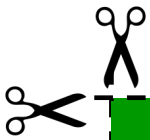
View Wildlife from a Tower Viewer



Learn on a Tree Tour



Learn About Prairies



I need a  
restroom



I need help



I would like  
a drink of  
water



I am ready  
to go home



I need a  
quiet space



I would like  
to sit down

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## Tour Checklist

This is what I will see or do:  
(attach picture cards or write steps)

All done




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## Turnipseed Nature Preserve

Hunt Valley Trail Entrance: 7100 Hunt Valley Trail Wendell, NC 27591

Pleasants Road Entrance: 1525 Pleasants Road Wendell, NC 27591

Telephone: 919-604-9326

Email: [naturepreserve@wakegov.com](mailto:naturepreserve@wakegov.com)

Website: [wakegov.com/parks/turnipseed](http://wakegov.com/parks/turnipseed)

Turnipseed Nature Preserve welcomes comments and suggestions about how we might continue to improve our accessibility. Please call, email, or write to us.

This resource was created with help from Access Coordination at The Metropolitan Museum of Art and the Autism Society of North Carolina.

