

Sensory Tips & Activity Suggestions

Busy places

- The Preserve stays quiet most of the day, but the parking lot may be noisy during the busiest part of the day (10am-noon). Our busiest days are Holidays (July 4th, Memorial Day, and Labor Day) and Weekends during the summer.

Quiet places

- Quieter times are generally weekdays and early afternoons on weekends.
- The Longleaf Pond Trail is a short loop is a mostly shady trail, but sunny where the trail runs along the meadows. The meadows are a great place to see birds and butterflies fluttering about.
- The pond along Longleaf Pond Trail is a wonderful spot to relax at the picnic table and spot turtles.
- The benches and other picnic tables located along all the other trails are also good quiet places to relax. However, the picnic tables by the parking lot can be a bit noisy at times.

Tips for a great visit

- Come prepared for the weather of the day. Bring water, snacks, and a hat to stay comfortable during your visit.
- The preserve is a great place for a picnic while you observe and listen to all the different wildlife!
- Feel free to bring a fidget toy or noise cancelling headphones if you believe it would enhance your experience at the preserve.