

## Sensory Tips & Activity Suggestions

### **Busy 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 (July 4th, Memorial Day, and Labor Day) 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.

### **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.

### **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.
- 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. While you're there, take a seat at a picnic table and watch the birds!
- Feel free to bring a fidget toy or noise cancelling headphones if you believe it would enhance your experience at the preserve.