

My Green Hills Park Pack

A Resource for Visitors on the Autism Spectrum



My Green Hills Park Pack

Instructions:

1. First, take a look at our brochure (found the kiosk near playground) to learn about the different activities you can do during your visit. Open up the brochure to see a map, which will tell you all the different places you can explore and where they are located in the park. Feel free to take one, mark on it and take it home with you.
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. 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

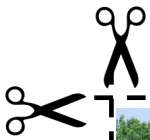
- The playground near the restrooms and shelter can get fairly busy and loud during popular times. Quieter times are generally early afternoon weekdays, and early afternoon on Sundays. Park hours are 8 a.m.–Sunset
- Holidays can be busy in general at the park.

Quiet places

- The Nance Spring Loop Trail (.4 mile) about the “mini” hill is great for a shadier walk.
- There are 2 miles of multiuse trails for hikers and mountain bikers that offer a quiet nature walk.
- The large picnic shelter is first-come, first-serve; so if no one is using it already it's a great place to enjoy a shaded lunch.

Activity suggestions

- Come prepared for the weather of the day. Bring water, snacks, and a hat to stay comfortable during your visit.
- Recommend during hot months to enjoy the playground or walk up the to the Top of the Hill early in the morning. These locations are very exposed to the sun and can get very hot by afternoon.
- This park has some great open spaces for kite flying!
- Feel free to bring a fidget toy or noise cancelling headphones if you believe it would enhance your experience at the park.



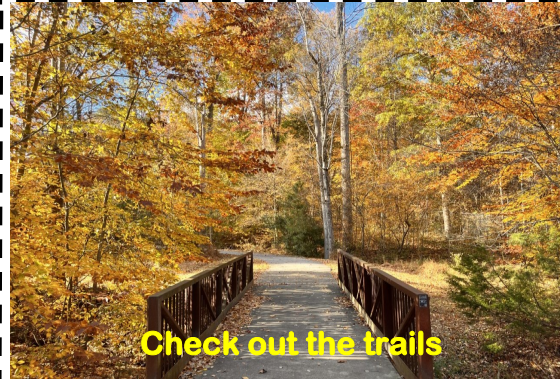
Playground



Hike to the top of the Big Hill



Mountain Bike Skills course



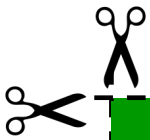
Check out the trails



Picnic shelter



Wildlife Watching



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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Green Hills County Park

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Email: greenhills@wakegov.com

Website: <https://wakegov.com/parks/greenhills>

Green Hills 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

