

Tips for Your Visit

Sensory Tips:

Noisy Places

- The playgrounds near the shelters, and the floodplain parking lot can get very busy and loud during popular times. Weekend afternoons and weekday evenings are usually the busiest times. The quietest times are weekday mornings, and early mornings most weekend days. The park is open from 8 a.m.—sunset each day.

Quiet Places

- The Old Beech Nature Trail is a relaxing and enjoyable walk in the woods. It is 0.6 miles long, and is shady and quiet under the trees. Along the way you can learn about nature on a self-guided tour by grabbing a brochure at the entrance, or by listening to the Story Map tour.
- If you want to sit for a while, there are several nice picnic tables and benches spread throughout the park, or visit the amphitheater.



Activity Suggestions

- Check out one of our Adventure Backpacks from the bin in the office garden. While you're here, try to spy some different birds at the feeders. These Adventure Backpacks have different outdoor and nature themes to learn about and fun activities for you to do!

