



KIDS GUIDE TO THE GAP

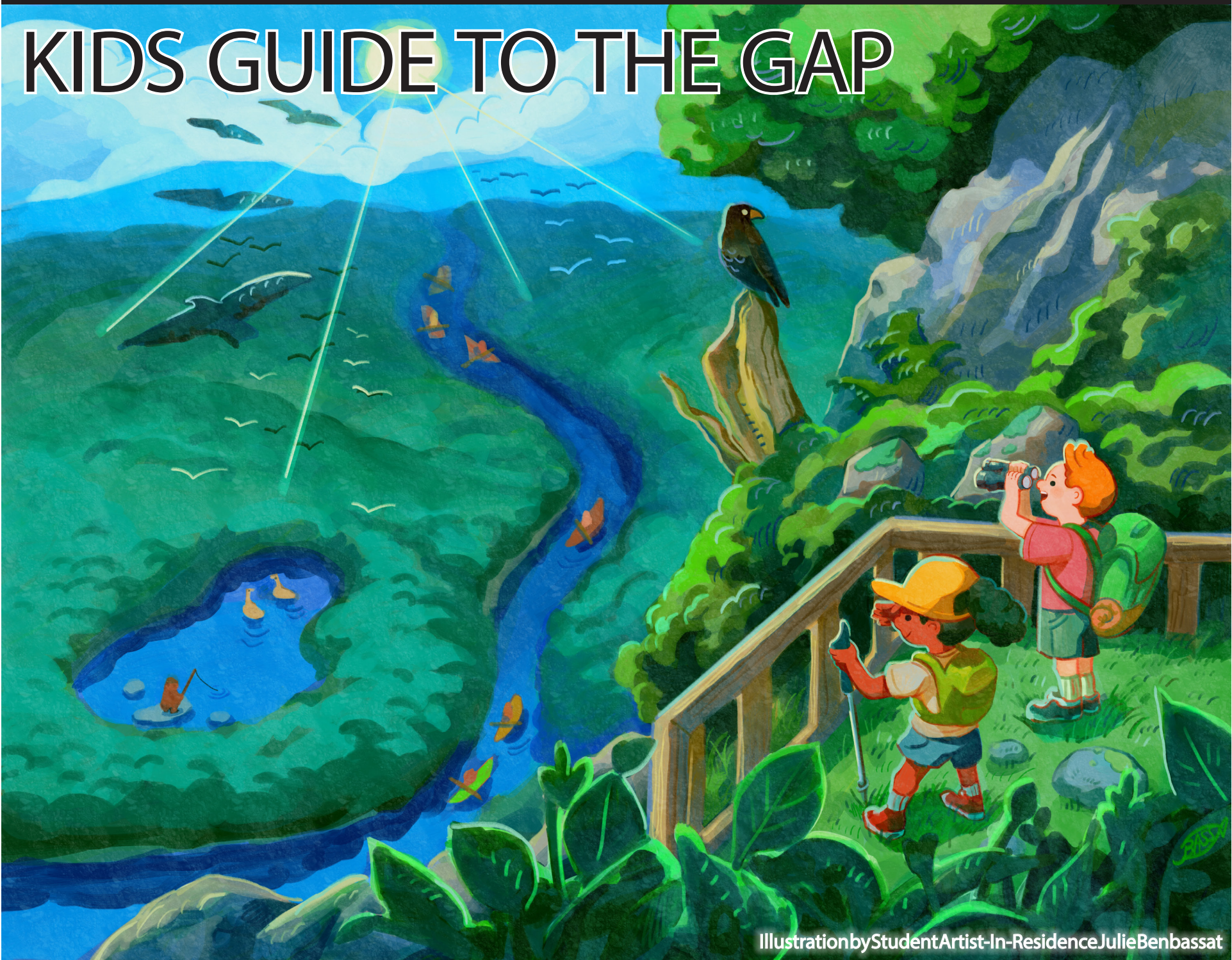


Illustration by Student Artist-In-Residence Julie Benbassat

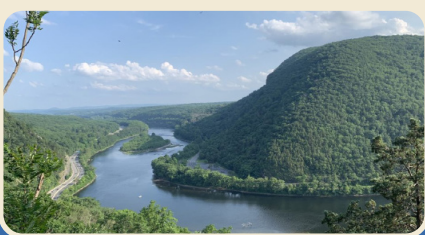
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WELCOME TO THE GAP

Delaware Water Gap National Recreation Area is one of over 400 National Park Service sites. National parks are places where wildlife, plants, history, and scenery are protected for future generations. They are public lands that belong to everyone, including you. People come to this park for many reasons. With nearly 70,000 acres, this park is a great place to hike, see waterfalls, watch wildlife, go canoeing, spend a night stargazing, and more. The Delaware River flows through the center of the recreation area, dividing Pennsylvania and New Jersey. Every year, over three million people come here to explore, relax, exercise, and enjoy nature. This guide will help you plan your adventure in Delaware Water Gap National Recreation Area.

How Did the Park Get Its Name?



Delaware Water Gap National Recreation Area gets its name from a geological feature. The Delaware Water Gap is a gap, or break, in the Appalachian Mountain Range in the southern end of the park. Over millions of years, the Delaware river carved this gap in the rocks and still flows through it today. You can see the gap from Kittatinny Point Visitor Center, while hiking the Appalachian Trail, or driving through the gap on Route 80.



CHOOSE YOUR OWN ADVENTURE. BECOME A JUNIOR RANGER.

Explore, Learn, and Protect the Delaware Water Gap National Recreation Area by going on one or more Junior Ranger adventures. Take the quiz on page 12 to learn which adventure is right for you. Share what you learned after your adventure to earn a Junior Ranger badge.



Mini Explorer



Junior Trail Crew



Junior Park Artist



Junior Park Ecologist



Junior Park Historian



Junior River Steward



Illustrations by Student Artist-In-Residence Julie Benbassat

A PARK FOR ALL SEASONS

You can have fun at the park in every season.

SPRING

HIKING

With 150-miles of trails, there is a trail for everyone. In the park, you can march up a mountain, stroll by a stream, walk to a waterfall, frolic in the forest, or do all four.

PICNICKING

Pack a lunch and visit one of the 14 picnic areas. Each area has different rules, so make sure you plan before you picnic.

FISHING

Sixty fish species live in the ponds, lakes, creeks, and river. Some fish migrate up the river, like shad, while others are stocked in the creek, like trout. Remember: anglers 16 and older need to have a fishing license.

SUMMER

CAMPING

Experience the park after dark by camping overnight. From big campgrounds such as Dingmans Campground, to backcountry camping along the Appalachian Trail, you can find camping for any skill level in the park.

SWIMMING

Swim in the Delaware River at Milford Beach, Smithfield Beach, or Turtle Beach. Remember to wear your life jacket. The river may look calm, but it has fast currents and is deep in areas.

LEARNING

Go on a guided walk, play games, or learn about the park in a park program. You can learn more about these programs by checking the park calendar at www.nps.gov/dewa or visiting one of the visitor centers.

WINTER

STARGAZING

The stars are easier to see since the park is far away from big city lights. Bring a blanket and try to spot Orion's Belt, the Big Dipper, or make up your own constellation.

WILDLIFE WATCHING

Every season is a good time to watch wildlife in the park. In the spring, you can see migrating birds and fish travel through the gap. In the summer, you can spot bald eagles fishing in the river. In the fall, you can look for deer in the fields and hawks in the sky. In the winter, you can watch foxes hop in the snow.

SNOW SHOEING

Strap on a pair of snowshoes and see the land covered in snow. Waterfalls freeze and icicles hang from trees, making the park look like a winter wonderland. Be sure to bundle up.

FALL

BIKING

Take a bike ride on the McDade Recreational Trail to see historic farmland and forests along the river. The McDade trail stretches for 31 miles and has many entrances along River Road and 209. Find your favorite section to bike with your group.

HUNTING

Hunters of all ages are welcome in the park. Black bear, deer, turkey, and pheasant are a few of the animals hunted here. There are many rules for hunting in the park which you can find on our website.

BOATING

Along the Delaware River, there are places to launch your boat in the river and paddle or float downstream. If you are on an overnight trip with your family, you can even camp at one of the river campsites.

GO ON AN ADVENTURE

BASIC LEAVE NO TRACE

Protect the park for future visitors by following Leave No Trace principles. Here are a few guidelines you can follow while visiting:

- Take Nothing: Leave all animals, flowers, plants, rocks, and artifacts where you find them so others may enjoy them later.
- Leave Nothing Behind: Don't litter. Place all your garbage in a trash can or take it home. Don't carve into trees, draw on rocks, or stack rocks.
- Keep your distance: Follow the rule of thumb while viewing all wildlife (even toads and butterflies). Stretch your arm out in front of you then make a thumbs up: if you cannot completely hide the animal behind your thumb, you are too close.



Safety always comes first when exploring.

- Drink plenty of water.
- Before adventuring, read all posted signs.
- Avoid poison ivy or ticks by staying on the trail.
- Stay out of closed areas. They may not be safe to explore.
- Stay with your group and have a meeting place planned in case you get separated.
- Watch for cars when crossing a road or parking lot.
- Wear blaze orange during hunting season.
- Do not climb on or jump from rocks or waterfalls.
- Let someone know where you are going, how long you plan to be out, and when you will be back.

THE 10 ESSENTIALS

A checklist of ten things you should pack with you to prepare for your adventure outdoors!

NAVIGATION
compass, GPS, map

FIRST AID KIT
gloves, anti-itch cream, basic first aid supplies

hydration
always bring plenty of water

nutrition
extra food like trail mix, jerky, and granola bars

shelter
emergency shelter, space blanket, tent, or a trash bag

tools
multitool, pocket knife, rope, duct tape

WARMTH
waterproof matches, lighter, firestarter, candles

protection
sunblock, sunglasses, long sleeves, hat, bug spray

insulation
extra clothing, jacket, or rain poncho

illumination
flashlight, headlamp, extra batteries, wear bright colors



B.A.R.K. RANGER



Pets are welcome in most areas of the park. To have the best adventure with your pet, be sure to follow the rules of B.A.R.K.



- B**ag Your Pet's Waste
- A**lways Be On A Leash
- R**espect Wildlife
- K**now Where To Go

From Memorial Day to Labor Day, no pets are allowed at:

- Pets are not allowed on:
 - Dingmans Creek Trail
 - Raymondskill Falls Trail
 - Smithfield Beach
 - Milford Beach
 - Turtle Beach

PARK AFTER DARK

Discover the park in a whole new "light" after dark. Although some areas close at sunset, there are many places in the park to explore after dark. Lay out a blanket and gaze up at the stars. Find constellations or create your own. Take a hike and listen to the nighttime sounds.

When the sun sets, the air gets colder. What essential items would you bring for your night adventure?



Illustration by Student Artist-In-Residence Julie Benbassat



DISCOVER NATURE

The park is home to many plants and animals because it is protected by park rangers, volunteers, and visitors, like you. From tall mountains to small fungi, you will find nature of all kinds. What will you discover?

HOW TO BE A NATURE DETECTIVE

As you explore the park, practice being a nature detective. Keep your eyes open for natural wonders big and small. Nature clues come in many sizes, shapes, colors, and textures.

To be a nature detective, use your senses to gather clues.

- How does a rock feel?
- How does a leaf smell?
- What do you see in the river?
- What do you hear in the forest?

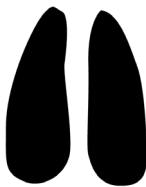
Nature detectives often follow a plan to discover new things. Find something in the park you haven't seen before:

1. OBSERVE: What words would you use to describe it? Does it remind you of anything you know? What do you observe with your senses?
2. QUESTION: What do you want to know about it? Why is it here? How big was the animal that left it?
3. RESEARCH: Learn about what you observed from many sources like videos, field guides, books, and park rangers.
4. SHARE what you learned.

MATCH THE CLUES

Can you figure out what clues were left by which animal?

TRACKS



ANIMAL



Coyote

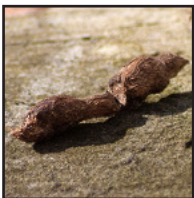
SCAT



White-tailed deer



Turkey



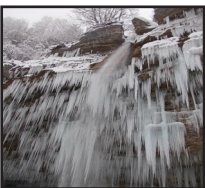
You leave tracks too.



four seasons of fun scavenger hunt

Every season brings new nature clues. Can you find any of the plants or animals below while exploring the park during each season?

WINTER



❑ WATERFALL ICICLES



❑ ANIMAL TRACKS IN SNOW



❑ CARDINALS



❑ EASTERN HEMLOCK



❑ POISON IVY VINES

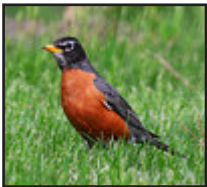
SPRING



❑ DRYADS SADDLE MUSHROOM



❑ SPRING PEEPERS



❑ ROBINS



❑ BLOOMING MOUNTAIN LAUREL



❑ LIGHT POISON IVY

SUMMER



❑ RUSSULA MUSHROOM



❑ RED EFT



❑ DRAGONFLIES



❑ GHOST PIPE FLOWER



❑ DARK GREEN POISON IVY

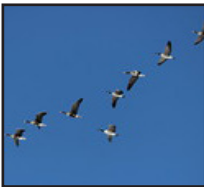
FALL



❑ TURKEY TAIL MUSHROOM



❑ CHIPMUNK



❑ MIGRATING GEESE



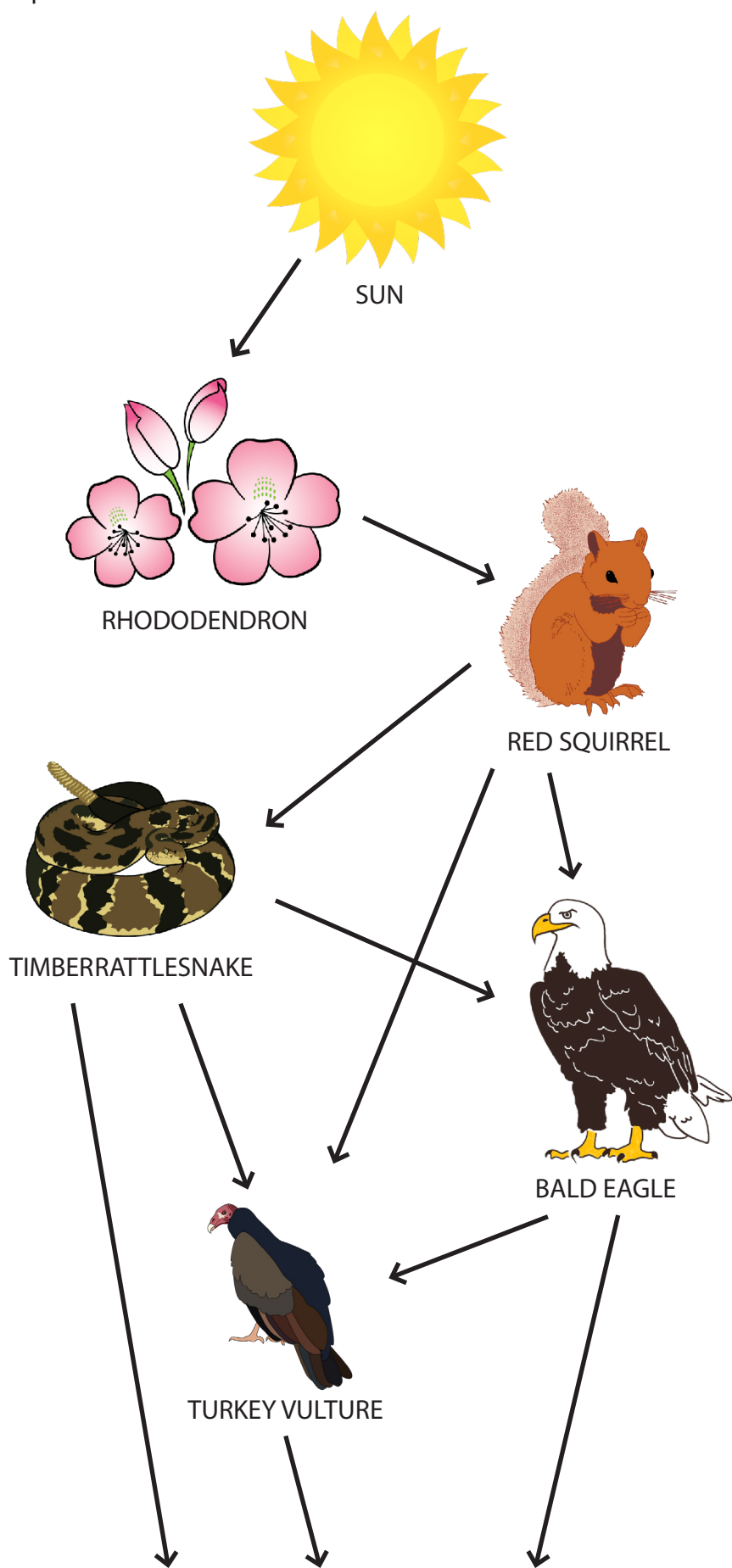
❑ REDMAPLELEAF



❑ RED POISON IVY

SPECIES INTERACTION

An ecosystem is a natural community made up of living organisms, like plants, animals, and bacteria and non-living things like the sun, water, or rocks. Look at the food web below to see how animals in the park are connected.



DECOMPOSERS

The cleaning crew in a food web are decomposers. They eat dead plants and animals and give nutrients to the forest floor.



Illustrations by Christina Gonzalve

HELP KEEP WILDLIFE WILD

Unlike in a zoo, park animals are not raised by people or trained. They are completely wild and have to find their own food, water, and shelter. This includes wildlife you may see around your home, like ducks, squirrels, or deer.

Do not feed any wildlife. Feeding animals is dangerous for both the animals and people. Here are a few reasons why you should not feed wildlife:

- ◇ Animals can spread diseases, parasites, or cause injury to each other or humans.
- ◇ Human food can make animals sick.
- ◇ Animals who have been fed by people lose their natural fear of them and may become dangerous.

ANIMAL ATHLETES



JUMP LIKE A FROG

A Bullfrog can jump a distance of 7 ft. How far can you jump?

TURN YOUR HEAD LIKE AN OWL

A Barred Owl can turn its face to see over its back. How far can you turn your head?

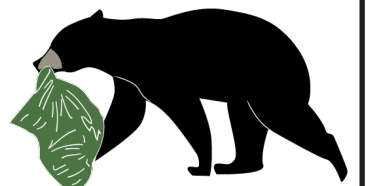


SEE LIKE AN EAGLE

A Bald Eagle can see a fish up to a mile away. Look around, what's the farthest thing you can see?

SMELL LIKE A BEAR

A Black Bear can smell its food up to three miles away. Lift up your nose. What can you smell? How far away do you think that thing is?

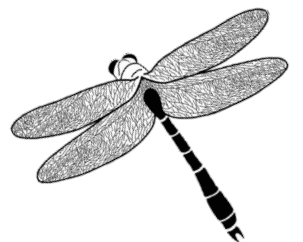


LIFT LIKE AN ANT

A Pavement Ant is very strong. If a 100lb person was as strong as this ant, they could lift a giraffe. What's the heaviest thing you can lift?

MOVE LIKE A DRAGONFLY

A Shadow Darter can move in one direction at 34 mph (56 kph). Find lots of space. How fast can you run from one spot to another?



A DEAD TREE HAS MORE LIFE THAN A LIVING TREE

A nurse log is a log of a fallen tree. As it decomposes, it provides food and a place to live for many organisms. What organisms do you see on this Eastern hemlock nurse log?



DISCOVER history

The stories that make this park unique are everywhere. Some are millions of years old, and some are being written today.

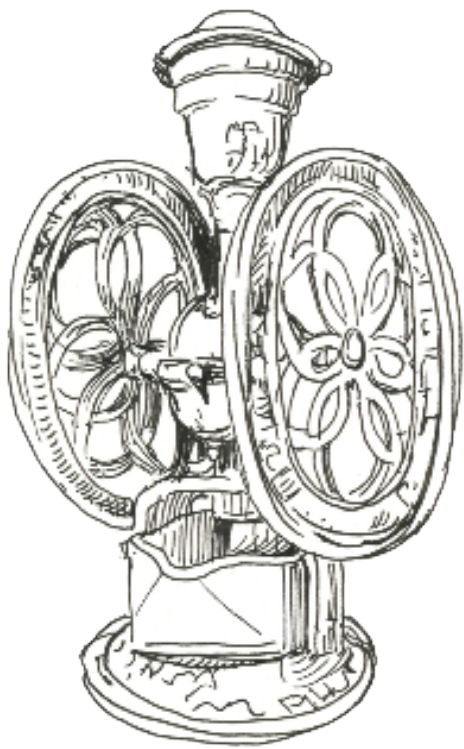


Illustration by Student Artist-In-Residence Julie Benbasat
Drawing of a Historic Coffee Grinder

HISTORY DETECTIVE

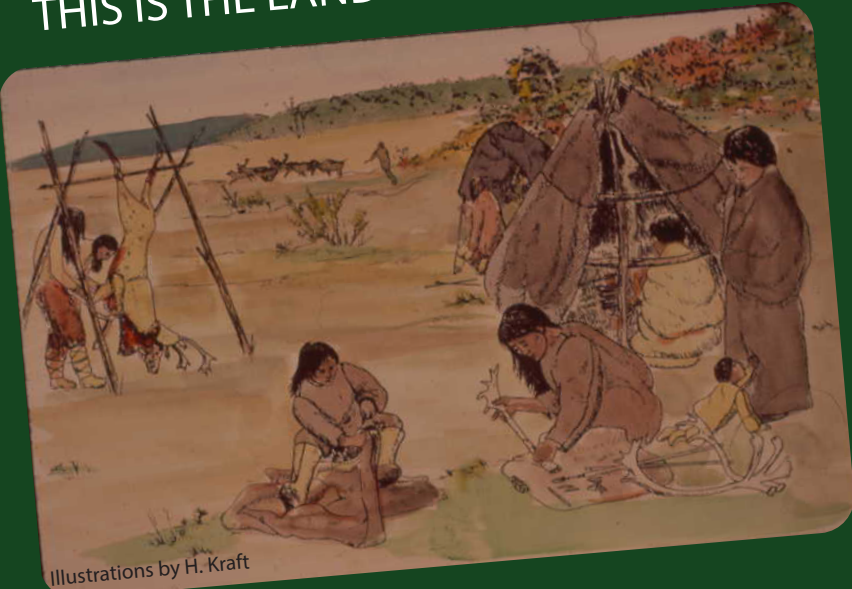
While you visit, become a history detective. Discover clues to the past that will reveal the stories of people who came before you. If you think you found a clue, ask yourself:

- What might it be?
- Why is it here?
- How did it get here?
- How long has it been here?

On these pages, you can learn about some of the different stories in the park. Each picture has coordinates that will guide you to the exact spot it was taken or illustrated. To be taken to the location, enter the coordinates into a GPS or a cell phone map application.

Stand in these spots to travel back in time. What other clues can you find?

THIS IS THE LAND OF THE LENAPE



Illustrations by H. Kraft

Since before memory, bands of people lived along the river in communities.



These people are Lenape (len-AH-pay) and they call this land Lenapehoking (Len-AH-pay-hok-ing).

When you stand in Turtle Beach, you are standing in a hunting and fishing camp from thousands of years ago.

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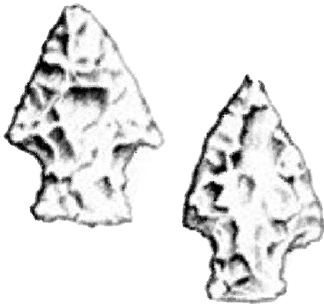
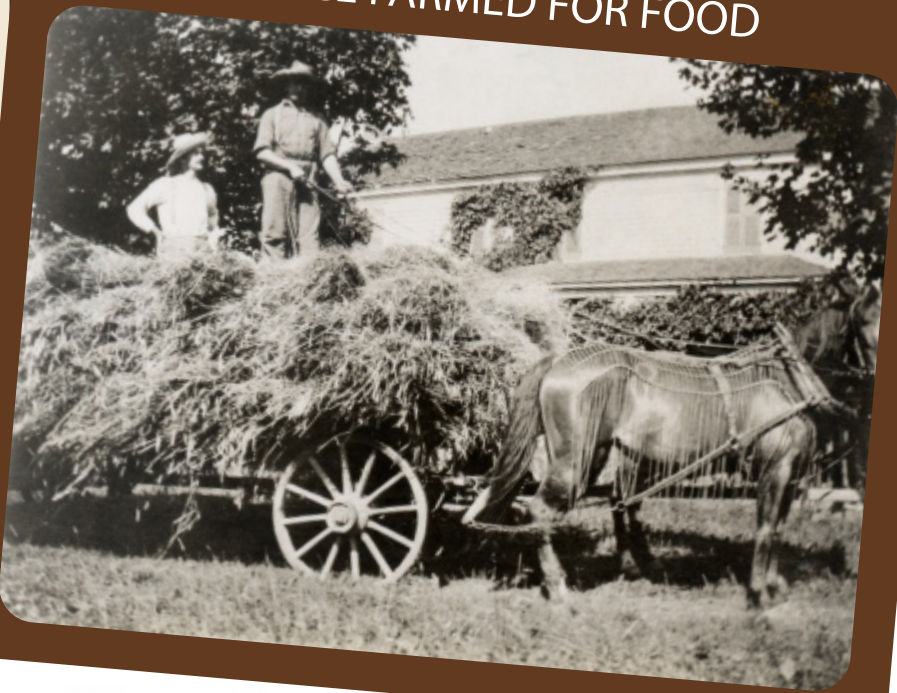
For over 300 years, settlers from Europe and their families lived on these lands, changing the landscape over time.



This house, known as Van Campen Inn, was the main house on a large farm that had many fields and several barns. Over the centuries many have lived on this farm, including those who fought the Lenape, people who were enslaved, and soldiers in the Revolutionary War.

GPS: 41.164537, -74.891971

A PLACE FARMED FOR FOOD



ENJOY BUT DO NOT DESTROY

Remember: The most important part of being a history detective is to leave what you find just as you found it. Enjoy, but do not destroy.



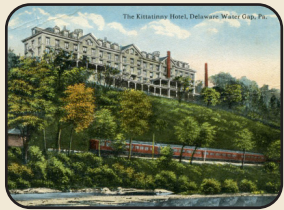
LAND ACKNOWLEDGEMENT

Delaware Water Gap National Recreation Area respectfully recognizes that it is located within Lenapehoking, the Lenape People's traditional territory. During the westward migration, the Delaware people were forced out. Today, the Delaware people are actively involved in the health and future of the park.

WHERE VISITORS HAVE COME TO PLAY



Vacationers escaped the city heat and travelled by train to the fresh air of the Poconos. Just like today, these people enjoyed swimming, hiking, and boating.



You can still see the once, state-of-the-art, electric fountain from the Kittatinny Hotel. Can you find it?

GPS: 40.978145, -75.138156

The federal government planned to build a dam here to control flooding and provide people in nearby cities with water, electricity, and recreation. Because the dam was going to turn the river valley into a reservoir, over 600 families were forced to move. This was called the Tocks Island Dam Project. Places, like the Dela-Shore Hotel, would be hundreds of feet under water. Local communities, scientists, historians, and environmentalists worked for decades to protect this land and prevent the dam project.

GPS: 41.106689, -74.984700

ACTIVISTS SAVED THE LAND



Protesters on the Delaware River

What is a cause you would stand up for?



NOW THIS LAND IS PRESERVED FOR GENERATIONS ...

Each year, millions of people visit our park and contribute to our history.
Draw or write the story of your visit.



- Who are you with?
- What made you want to come here?
- When did you visit?
- Where in the park did you go?
- How did you get to the park?
- Why would you return?

You are now a part of this park's history,
how will your visit impact future generations?

Discover Delaware Water Gap National Recreation Area with your family. There are many great places to go on an adventure, discover nature, and discover history.

GO ON AN ADVENTURE



BEACHES

Plunge into the river or snack on a picnic at Smithfield Beach, Turtle Beach, and Milford Beach.

PETERS VALLEY SCHOOL OF CRAFT

Meet real artists and watch them create amazing works of art right in front of you.

CAMPING

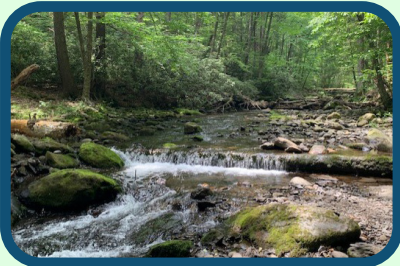
Spend the night at one of the campgrounds or along the river while paddling multiple days. Campgrounds include:

- Dingmans Campground
- Mohican Outdoor Center
- Worthington State Forest

PEEC (Pocono Environmental Education Center)

In addition to its one-of-a-kind environmental education center, there are seven scenic trails to hike.

- Trail for Everyone is ADA Accessible.
- Rely on senses other than sight when you hike along the Sensory Trail.



TOMS CREEK

Have fun with your family during a picnic at Toms Creek. Afterwards, spot trout in the water and look up at Eastern hemlock trees while hiking its trail.

MCDADE RECREATIONAL TRAIL
The McDade Recreational Trail spans 31 miles through the park. It is perfect for a bike ride with many places to start or stop. In some places it is flat, and in others, it is hilly. There is packed gravel for accessibility between Smithfield Beach to River View trailhead.



HIDDEN LAKE

At this not-so-secret fishing spot and hiking trail, you can find fish, frogs, dragonflies, and maybe a heron or two.

APPALACHIAN TRAIL

The Appalachian Trail is one of the most famous hiking trails in the world. You can choose to hike it for one day or for months. It runs from Maine to Georgia.



DISCOVER HISTORY



FOSTER ARMSTRONG HOUSE

What is a beehive oven? Here, you can learn about these ovens and other historic artifacts.

WALPACK CENTER

Walpack Center was once a bustling community. Today, it is a historic town center with a museum.



MILLBROOK VILLAGE

Step back in time, to the 1850s by visiting Millbrook Village. Discover 150-year-old houses, a blacksmith shop, the town mill, and so much more.



DISCOVER NATURE

WATERFALLS

Take pictures of the beautiful waterfalls here in the Delaware Valley. You can visit Dingmans Falls, Silverthread Falls, Raymondskill Falls, Hackers Falls, and Buttermilk Falls.

BLUE MOUNTAIN LAKE AND CRATER LAKE

These lakes were created by glaciers. At one time, there was going to be a neighborhood built around them. Now, instead there are loop trails you can hike when it's warm or cross-country ski when it snows.



PARK HEADQUARTERS

Not only can you meet a park ranger at headquarters, but you can also see a flourishing wetland that is one of the park's special ecosystems.

THE WATER GAP

Visit one of the overlooks or take a hike on the trails in The Gap to see the geologic formation that gave the park its name.

- APPALACHIAN TRAIL
- MCDADE RECREATIONAL TRAIL
- DELAWARE RIVER
- JUNIOR RANGER STATION



DISCOVER THE DELAWARE RIVER

The Delaware River runs 300 miles from Hancock, New York to the Atlantic Ocean. Since humans first settled on its banks it has been a source of food, trade, travel, and fun.

WATERSHED

A watershed is an area of land that drains into a waterway. Here in the park, the land around you drains to the Delaware River. Whatever happens upstream or uphill affects the health of the water downstream. The Delaware River provides water for about 16 million people, including those in New York City and Philadelphia. Protecting the land within the park helps keep this river clean.



RIVER STEWARD

A river steward protects the river and helps others learn about its importance. By helping protect the river, you make sure future visitors and animals can enjoy it. Here are a few things you can do to be a river steward.

- If you see garbage, pick it up and throw it away.
- Extra bait and fishing line should be thrown in the garbage or taken home.
- Clean your boat before you leave to stop non-native bugs and plants.
- Go ashore at least 120ft to use the bathroom.

You can be a river steward at home too. Talk to the adults in your life about what things inside and outside your home may end up in the watershed. Think of where the following go:

• Pet poop	• Fabric softener
• Car washes (soap)	• What can you do to help keep these things from entering your watershed?
• Drain cleaner	_____
• Pool water	_____
• Fertilizer	_____

RIVER CROSS SECTION

The Middle Delaware National Scenic and Recreational River is a busy place. What do you see in and around the river? Draw what you might do near the river. Draw what you might find under the water, on top of the water, next to the water, or flying above the water.

WHAT DO YOU NEED FOR YOUR RIVER TRIP?

If you want to have fun on the river, you must bring supplies to keep you safe and happy. Below are the most important items you should pack. Put a check mark next to the items you packed for your trip:


Closed Toe Shoes _____


Dry Bag _____

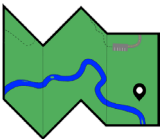

Towel _____

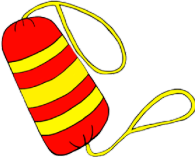

Life Jacket _____


Water Bottle _____


Whistle _____


First Aid Kit _____


River Map _____


Rescue Rope _____


Rain Jacket _____


Snacks _____


Sun Protection _____

Explore the river by fishing, swimming, boating, or floating!



On a map, this symbol shows you where you can swim in the park.

Take a dip in the river at Turtle Beach, Smithfield Beach, or Milford Beach.



Floaties, noodles, and inner tubes, Will not keep you safe. In the river, wear a life vest, You'll be in better shape!



The waterways in the park are home to over 60 species of fish! Some fish live year-round in our lakes and streams (like panfish and trout), while other fish, (like American eel and American shad), migrate from the ocean up the river.

- Anglers over the age of 16 need a state fishing license.
- Old fishing line must be disposed of in the trash or line recycler.
- Extra bait must be brought home or thrown in the trash.



DO YOU SEE ANY OF THESE VESSELS ON THE RIVER TODAY?

☐ CANOE



☐ KAYAK



☐ TUBE



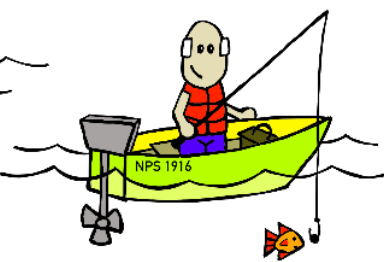
☐ PADDLEBOARD



☐ RAFT



☐ MOTORBOAT



Illustrations by Travis Denman

IMPORTANT RIVER RESIDENTS

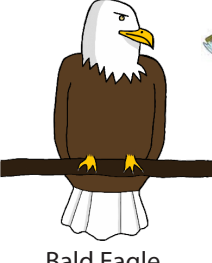
Have you seen any of these important river residents? Add them to your River Cross Section to the left!


Painted Turtle


American Shad


Great Blue Heron


Cardinal Flower


Bald Eagle


Dragonfly


Mussel


Fresh Water Snail


North American Beaver


Eel Grass

RIVER SAFETY TIPS

Always remember these water safety rules while swimming or boating:

1 ALWAYS WEAR YOUR LIFE JACKET WHEN SWIMMING OR BOATING



3 NEVER GO ALONE — ALWAYS HAVE SOMEONE TO ENJOY THE WATER WITH YOU



2 TELL SOMEONE WHERE YOU ARE GOING AND WHEN YOU THINK YOU WILL BE BACK





5 PLAN YOUR ROUTE AND BRING NAVIGATION





WEAR IT CAMPAIGN

Read the pledge carefully and sign your name at the bottom.

"I will always wear my life jacket while boating, fishing, or swimming and encourage others to do the same! I'll regularly inspect my life jacket and keep it in good condition. I pledge to boat safely and responsibly – and to have fun!"

Sign your name here: _____

BECOME A JUNIOR RANGER

We need all kinds of rangers to run a national park. Not all park rangers talk to visitors as their job. There are law enforcement rangers, maintenance workers, administrators, artists, and many more who take care of national parks every day and help protect them for the future.

As a Junior Ranger, you can help park rangers protect and preserve Delaware Water Gap National Recreation Area and all national parks.



In the next few pages, you will find six Junior Ranger adventures. When you finish one of these adventures, answer the questions on page 19. Share what you learned with a park ranger or email them at interpretation_dewa@nps.gov. After you take the Junior Ranger pledge, you will receive a junior ranger badge.

So, what type of park ranger would you like to be?

Not sure what kind of Junior Ranger adventure is right for you?
Take the Junior Ranger Quiz to find out.

Junior Ranger Quiz

When I have free time, I most enjoy...

- A. ☐ reading or learning about something new
- B. ☐ hiking, bike riding, playing sports
- C. ☐ fishing, kayaking, swimming, or boating
- D. ☐ drawing, writing, or singing

If I could choose a family vacation, I would be most interested in...

- A. ☐ visiting a historic place where I learn about different events in history
- B. ☐ visiting a place where I go biking, hiking, or exploring
- C. ☐ visiting somewhere by the water, like a beach, river, or lake with activities like swimming, boating, surfing, or fishing
- D. ☐ visiting an art museum or seeing a musical performance or play

The subject I most enjoy in school is...

- A. ☐ English/history class
- B. ☐ gym/math class
- C. ☐ biology/science class
- D. ☐ art class

Something I want to do in my future career is...

- A. ☐ research the past and find artifacts
- B. ☐ design and build outside spaces using my hands and big machines
- C. ☐ discover new facts about nature outside or in a lab
- D. ☐ take pictures, draw, dance, or write about cool places

I learn best by...

- A. ☐ reading information and taking notes
- B. ☐ working with my hands and learning by doing
- C. ☐ conducting experiments or observing
- D. ☐ sketching , drawing, or creating projects

IF YOU PICKED...

MOSTLY A's

Check out page 17



MOSTLY B'S

Check out page 14



MOSTLY C's

Check out page 16



MOSTLY D's

Check out page 15



MOSTLY B'S & C's

Check out page 18



EVERYONE

Check out page 13





EXPLORE

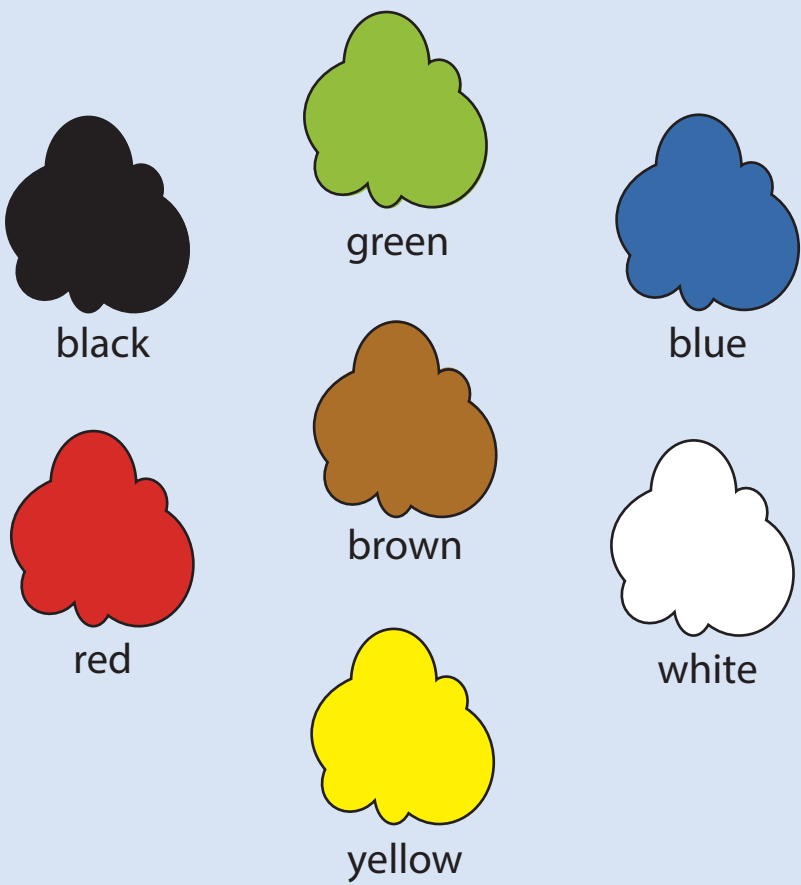
Hi, Mini Explorer! Help park rangers find cool colors and sounds in nature. Your eyes and ears will help you uncover important information about what lives and grows in the park.

Learn about what is around you by playing Nature's Colors and Listening Games!

LEARN

NATURE'S COLORS

Circle 3 colors you see on your walk:

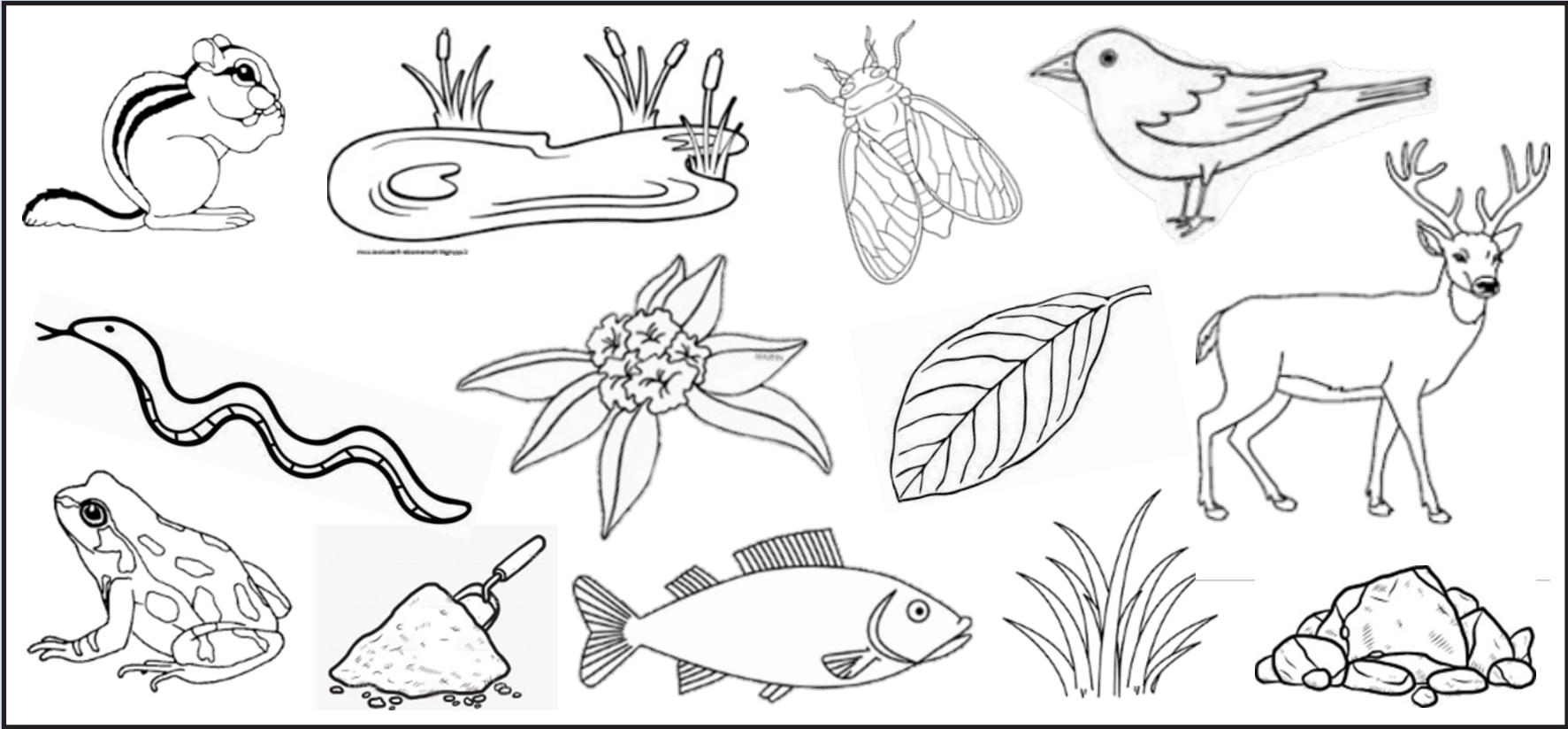


LISTENING GAME

Place an X next to all the things you heard today in the park.

Things I heard...	X
 Birds chirping	☐
 Insects buzzing	☐
 Leaves rustling	☐
 Water splashing	☐
 People walking	☐
 People laughing	☐

What colors did you see? Do any of the things below have the same colors on or in them?





EXPLORE

Do you like adventures, completing challenges and going to new heights? Are you excited to see breathtaking views and diverse wildlife? Then a Junior Trail Crew adventure is right for you.

Trail Crew has a very important job of maintaining over 150-miles of trails and creating new places to hike within the park. When a trail is damaged, the trail crew quickly finds the cause and figures out how to fix it.

Find the trail closest to you to start your adventure.

LEARN

BEFORE CHOOSING YOUR TRAIL...

Find all the important information needed to hike that trail such as:

- length of trail
- approximate amount of time it takes to hike the trail
- the terrain, or physical features, of the trail
- what equipment you may need

Looking for an accessible trail? Try one of these:

- Dingmans Falls boardwalk
- Trail for Everyone at Pocono Environmental Education Center
- McDade Trail from Smithfield Beach to Riverview

MAKE A TRAIL MAP

1. Draw a map of your trail in the space below.
2. Draw an arrow at the beginning and ends of the trail you hiked.
3. Draw a triangle anywhere you find damaged spots along the trail.
4. Draw an X at your favorite spot along the trail

Delaware Water Gap National Recreational Area TRAIL MAINTENANCE FORM

Trail Name: _____
Date: _____
Time: _____
Distance Hiked (In Miles): _____
Weather: _____
Terrain (rocky, sandy, steep, flat, etc): _____

Describe the area of the trail that needs maintenanc
(Ex: South end of McDade Trail from Smithfield Beach
near bridge):

Describe the problem:





EXPLORE

Do you like to draw, write, sculpt, dance, take photos, or make movies? Go on a Junior Park Artist adventure. Park Artists use their skills to share the stories and places that make each national park so special. They also make art to attract visitors, like you!

Visit anywhere in the park for this adventure. Choose a viewpoint, object, or story that inspires you there.

LEARN

Express that viewpoint, object, or story through art by choosing one of the options below. What message do you hope to share with park visitors who view your project?



CREATE A SHORT VIDEO TO
SHARE WITH OTHERS.

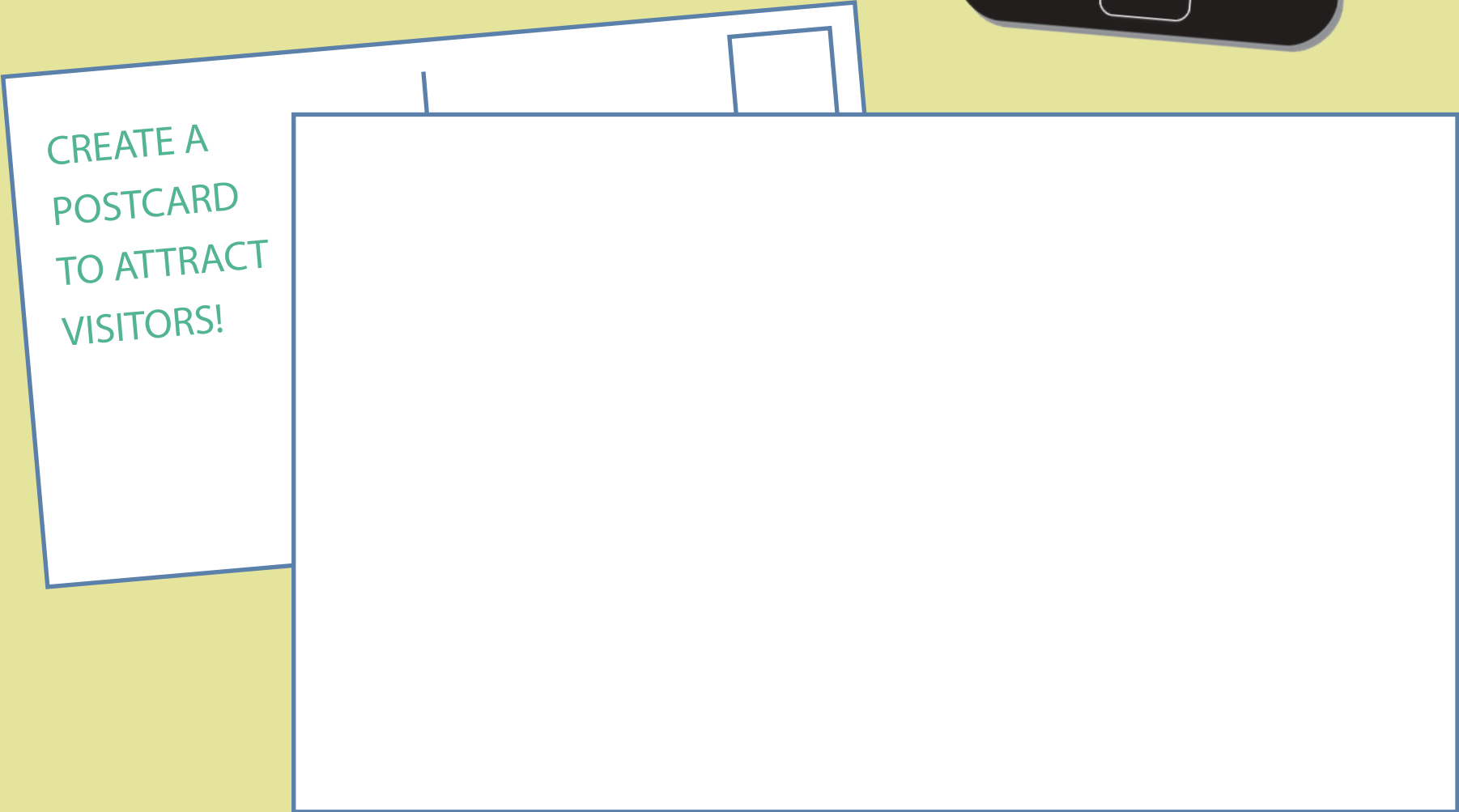
TOPIC IDEAS:

- Why is this park important to you?
- How can visitors protect the park?
- Where is your favorite place to visit in the park?



Create a social media post about your favorite spot in the park. Why is it your favorite?

Remember to add #FindYourPark to your post



CREATE A POSTCARD TO ATTRACT VISITORS!



EXPLORE

Do you love learning about nature?

You should try this Junior Park Ecologist adventure.

These rangers inspect communities in nature, called ecosystems.

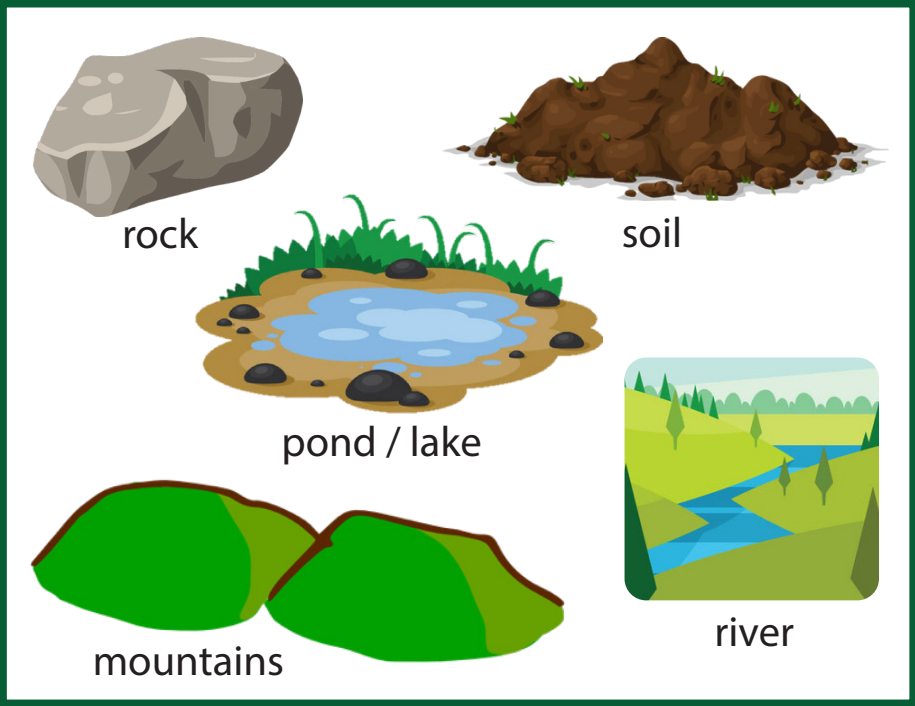
Park Ecologists observe parts of the ecosystem and learn how each part keeps the park healthy.

You can visit anywhere in the park for this adventure.

LEARN

Park Ecologists study abiotic (non-living) and biotic (living) parts of the ecosystem. Use your senses to complete this ecosystem inventory. Take pictures of anything you would like to learn more about so you can ask a ranger later or research on your own.

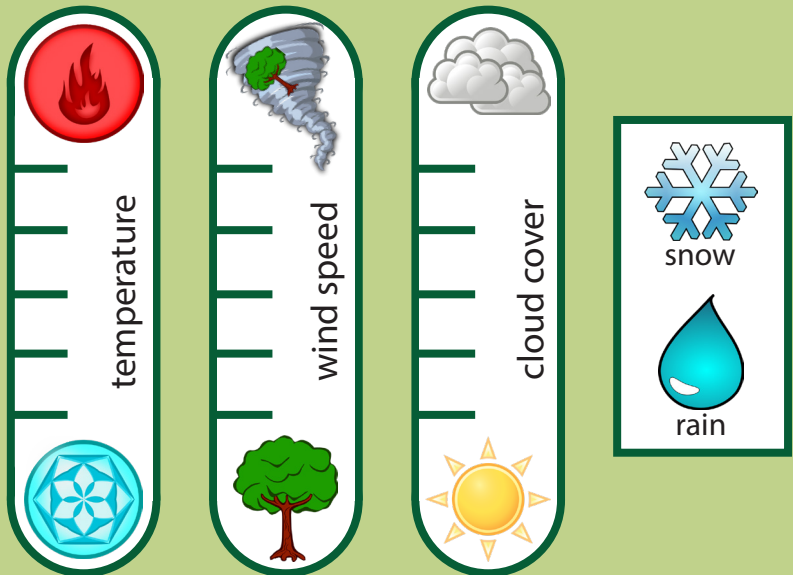
ABIOTIC (NON-LIVING)
Circle the abiotic things you see around you:



BIOTIC (LIVING)
Biotic parts of the ecosystem are called organisms. Organisms include animals, plants, and fungi.



Weather is an abiotic part of the ecosystem too. Complete a weather report by coloring in the scales below and circling if it is raining or snowing.



- COMMUNITY SURVEY**
1. Stand in one spot.
 2. Choose one type of organism to count. (example: Butterfly)
 3. Point to each one you see and use tally marks.

LOCATION	ORGANISM	NUMBER SEEN
Example: McDade Trail	Example: Butterfly	



EXPLORE

You are standing in the traditional territory of the Lenape People. They, along with many others, have lived here in the past 12,000 years.

Park Historians help protect the artifacts (items), old homes and traditions of all the people who have lived here.

On your adventure, it is important that you see, but not take anything from a historical site. These historic artifacts and places only tell stories if they are left for everyone to enjoy.

LEARN

Look around you. There are clues to the past everywhere. Find a clue and use the History Mystery Investigation below to take note of what you have found.

History Mystery Investigation:

Location: _____

Take a picture or sketch something you may think is a clue to the past. Is it a clue to a place or an artifact?

What did it look like?

- What do you believe this site may have looked like during another period in history?
- Sketch a picture with your theory.

What was its purpose?

- Why do you think the artifact or site was created?
- Use your acting skills to pretend you went back in time and are using it.

Who used it?

- What kinds of people do you imagine lived here?
- What do you think their lives may have been like?
- Tell the person next to you your theory.

How do you think park rangers should preserve this historic site? How should they tell its story?



Sketch of what I found today

Sketch of what I think it looked like in the past



EXPLORE

Do you enjoy swimming or boating? Go on a River Steward adventure! River Stewards care for the Delaware River. They encourage swimmers, anglers, and boaters to be safe while they visit and protect the plants and animals who rely on the river to survive.

- Explore Turtle Beach, Smithfield Beach, or Milford Beach!
- Go on a river trip!

Always wear your properly fitted Life Jacket!

LEARN

Whether on land or on the water, complete the sheet below so you can stay safe. It is important to know what the weather and water conditions are when you plan on being outside all day.

Name: _____

Date: _____ Number of people in your group: _____

Start Time: _____ Launch Location (river trip only): _____

Projected End Time: _____ Exit Location (river trip only): _____

Air Temperature: _____ Beach Name (if at beach): _____

Chance of rain or storms: _____ Cloudy, partly cloudy, or sunny: _____

TO DO	WHY	HOW
Check your group's life jackets to see if they fit properly.	Properly fitting life jackets can save a person's life.	Lift the lifejacket by the shoulder straps to check for tightness. If the shoulder straps go above the ears, it is too loose.
Record the river height: _____	Below 5ft: keep a lookout for rocks sticking out of the water and shallow areas where you could get stuck. Above 7ft: watch out for logs or debris floating down the river. If you are swimming, the water will be moving faster so do not go too far from shore. Above 8ft: (measures at Montague river gauge) you cannot swim in the river.	 Visit the USGS website for more information about current river conditions: https://waterdata.usgs.gov/monitoring-location/01438500/
Record the water temperature: _____	Even if the air feels warm, you can get hypothermia if the water temperature is too low.	

After your day at the beach or on the river, check off everything you did right:	✓
Wore your life jacket while swimming or boating.	
Checked another person's life jacket to make sure it was tight.	
Picked up trash so it does not end up in the water or down river.	
Taught someone at least one thing about how to stay safe on the river.	



PROTECT

What are two ways that YOU can help care for and protect this natural area?

1. _____

2. _____

SHARE

Find a ranger at one of the visitor centers or email us at interpretation_dewa@nps.gov. Tell them about your adventure. Where did you explore? What did you learn? What was your favorite part? Then with the ranger, (or on your own) take the pledge below and be sworn in.

JUNIOR RANGER PLEDGE

"I promise to keep exploring, protecting, and learning about Delaware Water Gap National Recreation Area, my neighborhood parks, and other natural and historic places. I will share what I learn and be a good example to others."

Sign your name here: _____

LEARN ABOUT NATIONAL PARKS

National parks come in all shapes and sizes. Monuments, memorials, battlefields, seashores, and scenic trails are just some of the many sites that are part of the national park system. Even the White House is a national park. Today there are over 400 national parks that you can explore. The tiniest park is Thaddeus Kosciusko National Memorial in Philadelphia, Pennsylvania, at only 0.002 acres large. The largest park is Wrangell-St. Elias National Park in Alaska at about 12.2 million acres.



Morristown National Historical Park



Statue of Liberty National Monument



Weir Farm National Historical Park

There are 22 National Park Service sites within a two hour drive of Delaware Water Gap National Recreation Area!



Fire Island National Seashore

What is the difference between a national park, a state park, and a local park?

- **National parks** are owned by the federal government and are created to help tell the story of the United States of America. Each national park site has activities that teach visitors the story of the park, like guided hikes, ranger talks, and Junior Ranger programs. National Parks belong to everyone.
- **State parks** are owned by the state in which the site resides. State parks may not have an overarching story to tell, but instead have activities that are wanted or needed in that state. Some state parks have playgrounds, swimming pools, or golf courses.
- **Local parks** are owned by the local government or a community and are like state parks as they are built and exist to bring an outdoor space and activities to its community.



WANT TO VOLUNTEER IN THE PARK?

Check for volunteer opportunities you can do with your family at www.volunteer.gov. If you are a boy or girl scout, a national park is a great place for a service project.

Volunteers do all kinds of jobs to help care for the park. From helping to build trails, to participating in river clean-ups, to writing and editing publications. There is something for everyone.

Many volunteers and interns helped make this publication possible.

THANK YOU TO:

Teacher-Ranger-Teachers

- Carol Speck
- Caitlin Sullivan

Student Artists-in-Residence

- Julie Benbassat
- Reilly Blum
- Christina Gonzalve

Volunteers In Parks

- Barb Krzeszowski
- Frank Krzeszowski
- Travis Denman
- Dr. Paul Kovalski
- Alison Barrat
- Rich Cramer



Family enjoying the view of a waterfall.



View from Appalachian National Scenic Trail

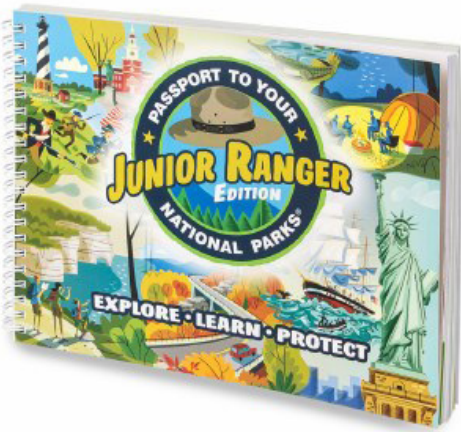
VISIT THE PARK STORE

Would you like to learn more about park history? Need a map to guide you on your hike? Looking to take home a cool souvenir to remind you of your day here?

The park store is a great place to shop for books, games, souvenirs, maps, clothes, and so much more. You can find America's National Park Stores in park visitor centers or online at eparks.com.

They have:

- Passport Stamps
- Junior Ranger Gear
- Hats, Sweatshirts, T-shirts
- Nature-themed Jewelry
- Pins, Magnets, Ornaments
- Games
- Toys
- Puzzles
- Books
- Maps
- And more!



AMERICA'S NATIONAL PARKS™

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Purchases support the educational programs at Delaware Water Gap National Recreation Area



Hey fourth graders!

See America's natural wonders and historic sites for free.

For more information visit: <https://everykidoutdoors.gov/>

MATCH THE CLUES ANSWER KEY

