

South Hero Recreation Park



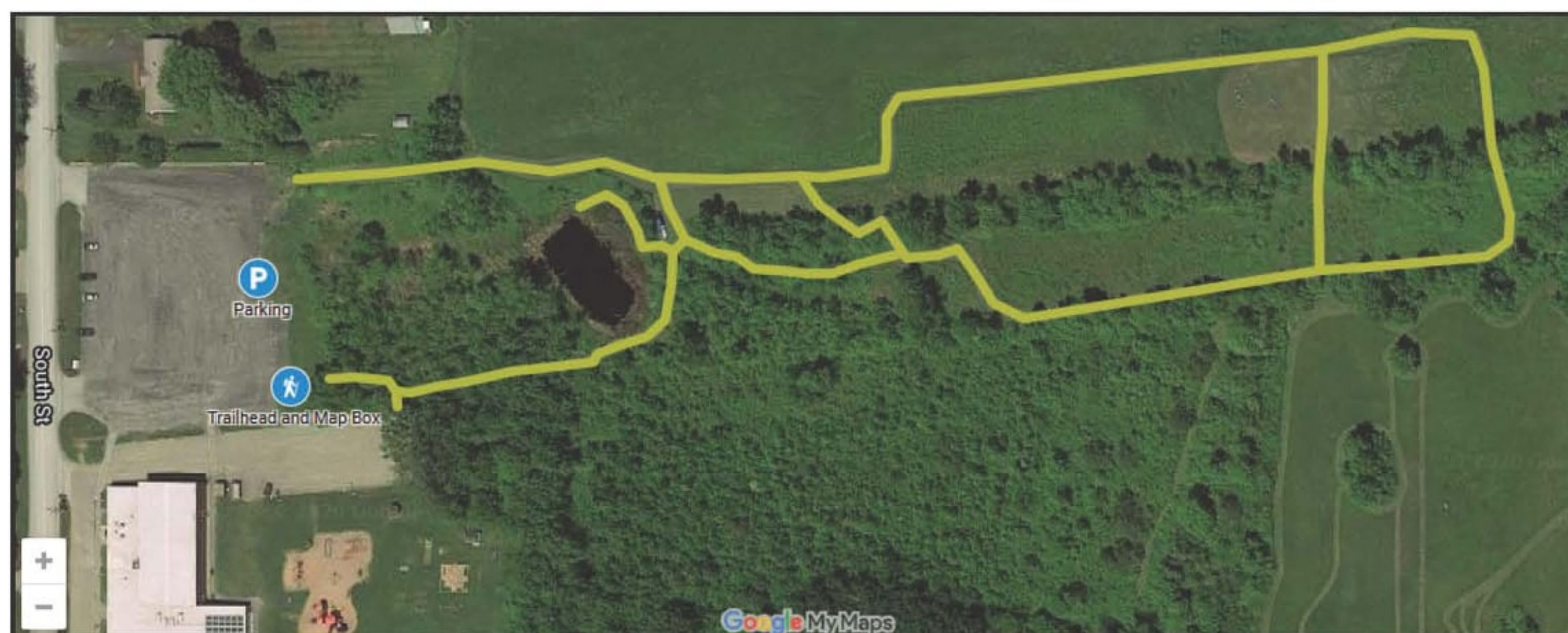
Trailhead 75 South Street. Trail starts from the shared parking lot with the Folsom Education & Community Center.

Use walking, running, snowshoeing, skiing. Dogs allowed on leash.

Accessibility Boardwalk and trail built to universal design standards for outdoor access with mobility devices.

Terrain easy

Distance approximately 1/2 mile



Trail Activity Visit the **eight interactive learning stations** along the trail, and learn about math, art, science music and more!

Nature Notes Keep an eye out for fox tracks. Like a like a dog or coyote, but smaller, the front two pads and claw marks pointed forward, not splayed out, usually in straight lines, as opposed to dogs, who meander left and right, and often double back. This is because unlike dogs, foxes are wild animals, and walking in a straight line conserves precious energy.

Afterwards Warm up with your own hot apple spiced cider infused with honey and lemon. Stop by Keeler's Bay Variety on Route 2 and pick up some local cider from Hackett's Orchard, honey from North Country Bees, lemons and cinnamon sticks. Try this recipe from www.quericavida.com/recipes/warm-apple-cider-infused-with-honey-and-lemon/ Learn more about Hackett's Orchard and North Country Bees in the **NW Vermont Guide to Agriculture** at www.nwvtgrown.com.



Fox tracks in the snow

Reading Suggestion Check out these titles from the Worthen Library to learn more about the animals in our backyard. **Vermont Wildlife Viewing Guide** by Cindy Kilgore Brown; **Field trips: bug hunting, animal tracking, bird-watching, shore walking** by Jim Arnosky; or **The beginning naturalist: weekly encounters with the natural world** by Gale Lawrence. You can also download the [Water Wigglers Field Guide](#), a nature guide created by Folsom Students!