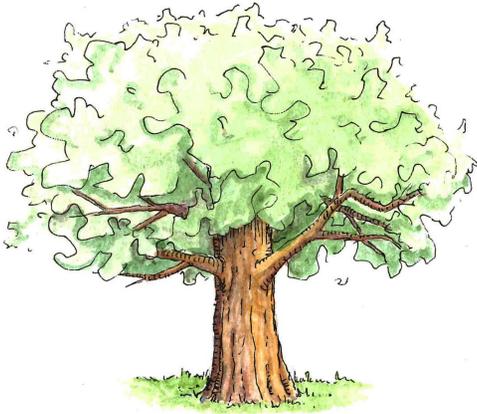


MINNESOTA VALLEY NATIONAL WILDLIFE REFUGE

FOREST LOOP



INTERPRETIVE TRAIL MAP



RAPIDS LAKE UNIT

SUMAC are shrubby trees,
? in the Cashew tree family.
? Can you count how many leaflets are on one stem? They change many colors in the fall.



LISTEN for birds: 

Chickadee: chicka-dee-dee-dee! 

White-breasted nuthatches repeat a nasal: 'yunk-yunk-yunk!'

Blue Jays sing many clicks, whirrs, and liquid sounding calls!



At the **HILL**, feel the bark of
Several different tree trunks.



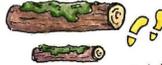
? How would you describe the bark to someone else?

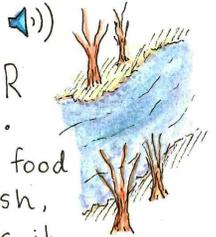
 Hackberry trees have raised, 'warty' bark that sometimes looks like stacked puzzle pieces.

 **LOOK** for insects by carefully rolling over a small log! Be sure to roll it back when you are done.



? Can you count the rings on the **CUT TREE** trunk?
Every year, the tree grows a whole ring larger! How old is this tree trunk?

 Gently feel the moss on the **MOSSY LOGS**. Moss is a plant that needs shade and lots of water. Look closely!



The **MINNESOTA RIVER** is about 335 miles long. Though it still provides food and habitat for many fish, birds, and other animals, it is heavily polluted.

 You can help keep nature healthy by following 'Leave No Trace' guidelines whenever you're outside - not just at the refuge!

Why are there **ROCKS** here?

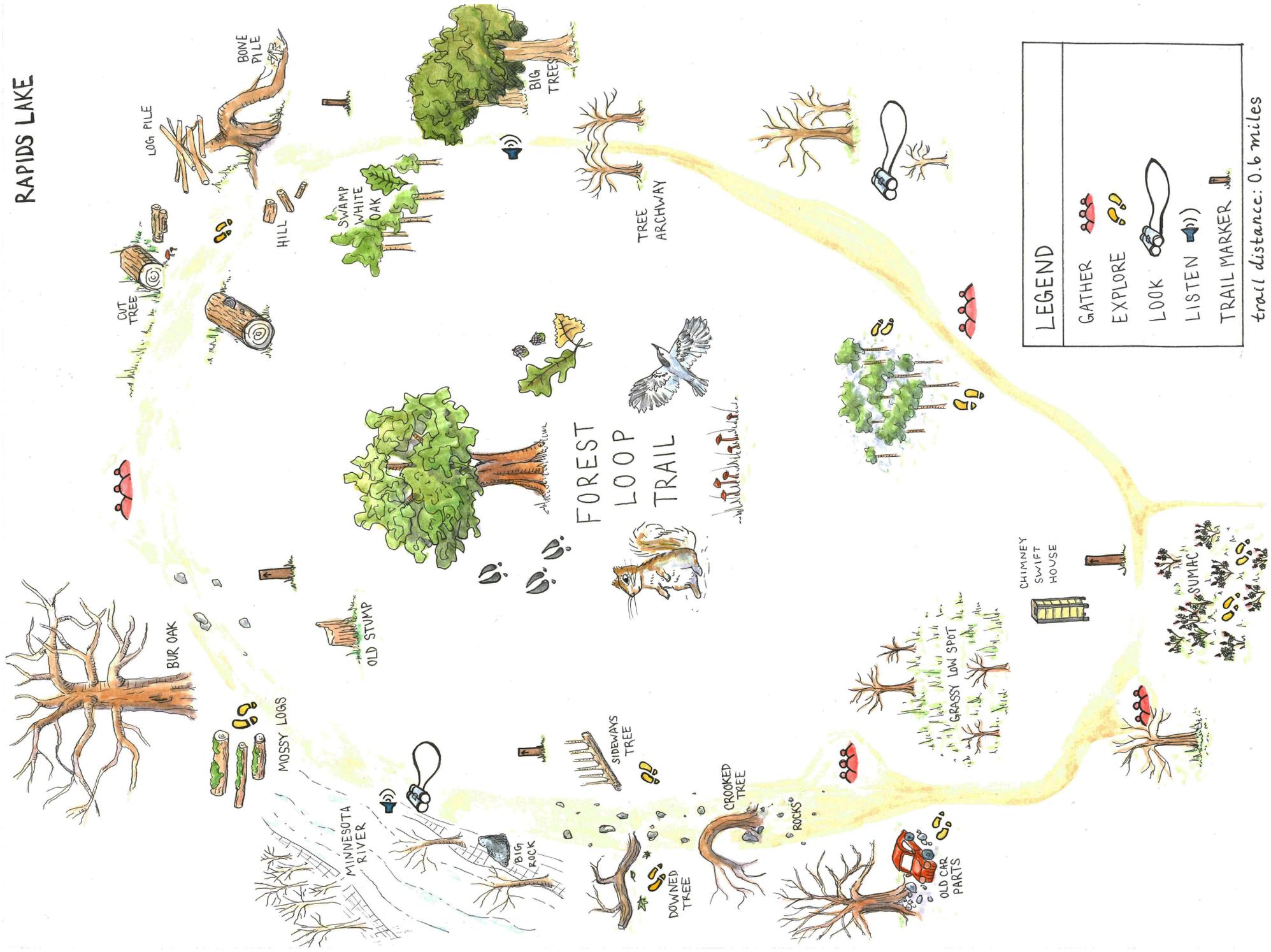


Within the past 1,000,000 years, the Midwest and Canada were covered in an icy glacier. It scraped rock and soil as it moved slowly! Many rocks were pushed into river valleys, like the one you are standing in right now.

 **CHIMNEY SWIFTS** are birds that live in tall, hollow spaces. These 'houses' recreate hollow tree trunks to make sure the birds have a place to nest.



RAPIDS LAKE



FOREST LOOP TRAIL

LEGEND	
GATHER	
EXPLORE	
LOOK	
LISTEN	
TRAIL MARKER	

trail distance: 0.6 miles