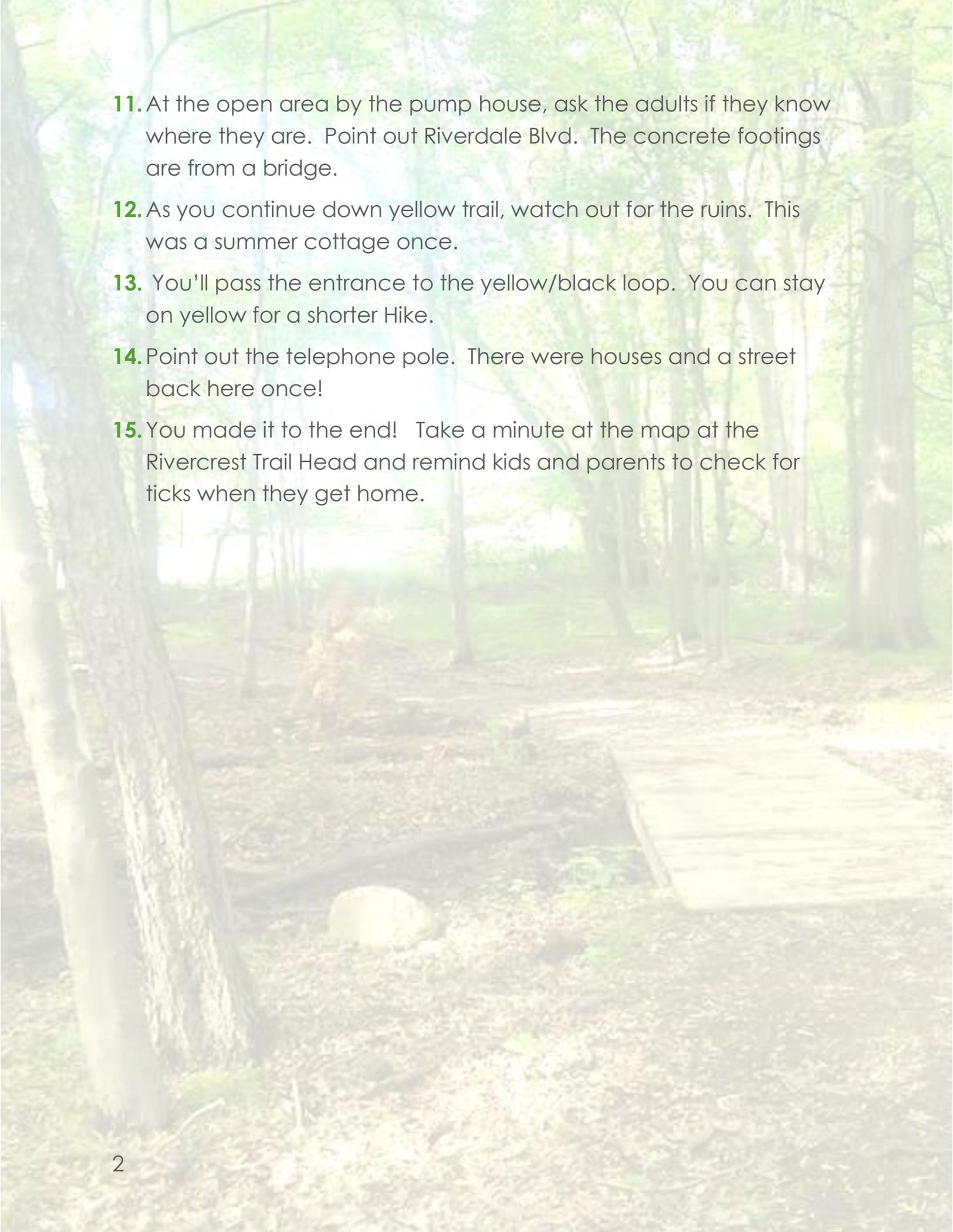


Guided Hike on South End Trails

Trail map can be found at: <http://www.pomptonlakesgov.com/documentcenter/view/548>

For younger kids, starting at the Lincoln Trail Head:

1. Welcome them to the trails and cover "Leave No Trace." Leave no trace means you leave a place the same way you found it, with no evidence that people were ever there. You do not leave trash or man made objects behind and you do not take natural objects away.
2. Show the kids the trail map briefly.
3. Start the hike. At the first stop, point out the trail markers. Ask the kids to note the color.
4. At the bend before the first bridge, ask the kids what's different about the trail marker. Explain the two markers indicating a turn on the trail.
5. At the open field, remind the kids to look for trail markers.
6. At the start of the blue trail, pause and ask the kids what's different about the markers. (For a shorter Hike, follow blue. For a longer Hike, follow Blue/white)
7. Stop and point out poison ivy, along the blue trail. Explain "leaves of 3, let it be" (but it can be 3, 5, or 7), "hairy rope, don't be a dope," and "berries white, take fright."
8. If you take the blue/black loop (Merrill Loop), stop quietly at the hollow and look for frogs.
9. At the end of the blue and blue/black, remind the kids to be very quiet, as they approach the river. The turtles like to hang out on a log just a little ways down the yellow trail. But they are very shy.
10. As the kids to look at the trail markers. What trail are we on now?

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- A photograph of a forest trail. In the foreground, there is a wooden boardwalk made of planks. To the left, a large tree trunk is visible. In the background, a person wearing a hat and a backpack is walking away on the trail. The ground is covered with dry leaves and twigs. The trees are tall and thin, with green foliage in the background.
- 11.** At the open area by the pump house, ask the adults if they know where they are. Point out Riverdale Blvd. The concrete footings are from a bridge.
 - 12.** As you continue down yellow trail, watch out for the ruins. This was a summer cottage once.
 - 13.** You'll pass the entrance to the yellow/black loop. You can stay on yellow for a shorter Hike.
 - 14.** Point out the telephone pole. There were houses and a street back here once!
 - 15.** You made it to the end! Take a minute at the map at the Rivercrest Trail Head and remind kids and parents to check for ticks when they get home.