

## CCC Self-guided Activities

Hungry Mother offers two self-guided programs about the Civilian Conservation Corps and their lasting influence on our park.

- CCC Self-Guided Interpretive Trail: walk the Lake Trail and discover why our older facilities were built and who built them.
- CCC Geocache Adventure: let the kids join you, as they make rubbings of all the tools. Bring all ten rubbings to the park when we reopen, and the kids will earn a prize. Begin with these coordinates: N36 53.142

W081 31.493

Have fun and learn some history as these programs take you on an adventure around the park.



## Boating

Grab a paddle, then grab your choice of a boat, canoe, kayak or stand up paddleboard. Then enjoy a float on our beautiful 108 acre lake. Must bring your own equipment. Remember, all Virginia boating laws are in effect.



## Discovery Center Hours of Operation

Due to COVID-19, the Discovery Center is closed until further notice.



## INTERPRETATION OFFICE

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## Virginia State Parks

### Hungry Mother State Park

Year Round

## Self-Guided Programs



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[www.virginiastateparks.gov](http://www.virginiastateparks.gov)

Hungry Mother State Park is looking for better days ahead for all of us. We hope your family and friends stay well through this time. We would like to provide guidance on using the park as a favorite area for outdoor exercise and a possible place to get out, reduce stress and get some fresh air. But remember that just being outdoors doesn't protect you from getting COVID-19. A crowded park, trail or bike path isn't any different than crowded stores or apartment buildings.

### **Be Mindful**

- Follow all CDC Guidelines and local orders.
- Remember to social distance, at least 6 feet apart at all times. When passing individuals, step off the trail and let them pass.
- Do not use the park if you or anyone in your family has shown any signs of sickness.
- If you need to cough or sneeze, step off the trail and face away from all people, cover your mouth and sneeze into a tissue and then dispose of this tissue in a trash can. No spitting at anytime.
- If you touch a surface, please always wash it down whether it is a sign, picnic table, trash can, etc. Bring your own sanitary wipes and germ-x.
- Do not congregate in family groups larger than 10.
- Smile, wave and yell out at friends or neighbors. Save the hug for later.

### **Family Time**

Don't forget to take time and enjoy the family over a picnic lunch at one of the picnic tables, shelters, grassy areas or under the shade of a tree. Let the kids play in one of the grassy areas, playgrounds, or the in the sand at the beach as you rest and they expend their energy. Remember, due to COVID-19, the take extra sanitary wipes to clean off any surfaces to be touched or touched by family members.



### **What is Geo-caching?**

Geo-caching is a game that combines technology with old fashioned treasure hunting. Played world-wide, the game is a great family activity that gets you outside together. Gamers track caches using GPS systems and coordinates. Caches are small containers with "treasure" inside, perhaps a dime-store trinket or other unique souvenir. Gamers can sign the logbook and see how many other people have found the cache. Pick up our Geo-caching brochure from the Discovery Center kiosk or print one off our website. Use your own phone and enjoy a fun day of discovery.



### **Hiking/Biking Trails**

There are 10 trails at Hungry Mother that are of various lengths and terrains. Enjoy a walk or ride through a quiet, sun dappled forest in solitude or try out your new bike or hiking stick as you use it to trek up steeper hills to beautiful overlooks of the surrounding mountains and valleys. You have a choice of 18 miles of trails ranging in levels from easy to difficult. Trail maps can be picked up at all trail heads.

