

Note to Parents

This Junior Ranger brochure is designed to help younger children explore the park. Send a picture of the completed brochure to sevenbends@dcr.virginia.gov so your Junior Ranger can receive a prize.

Rules for Junior Rangers

- Plan out your trip.
- Hike only on trails. Be sure to not damage flowers or plants.
- Do not wander off alone.
- Put your trash in trash cans or carry it home with you.
- Take photos and leave plants, rocks and other items just as you find them.
- Be careful with fire. Only use the park grills when cooking. Do not burn trash. Make sure the fire is completely out before you leave.
- Respect wildlife. Never approach, feed or follow animals.
- Be kind to other park guests.

Which side of the park did you visit? (circle one or both)

Lupton Hollingsworth

Did you follow the rules of the trail? (circle one)

Yes No

What did you like best about your park visit?

Would you like to come back to the park again? (circle one)

Yes No



Seven Bends State Park
2111 S. Hollingsworth Road
Woodstock, VA 22664
Phone (800) 933-7275

Seven Bends State Park

Junior Ranger Ages 5-9



VIRGINIA STATE PARKS

www.virginiastateparks.gov

Hiking Activity

We have over 9 miles of hiking trails at Seven Bends State Park. Pick a trail and go on a hiking adventure.

What trail did you hike?

How long is the trail you picked?

Would you say the trail was easy, hard or in the middle?

What was the weather like on the day you hiked?

Did you find any animals or insects along the trail? If so, what did you find?

Can you find 3 different types of trees? Draw the shape of the leaves below.



Nature Jokes

Q: What did the little tree say to the big tree?

A: Leaf me alone

Q: Where do saplings go to learn?

A: Elementree school

Q: What did the bee say to the flower?

A: Hello, honey

Explore the River

Seven Bends State Park has over 5 miles of riverfront.

How does the river feel today?
(circle one)

Cold

Hot

Great

What critters did you see by the river?

Look for macroinvertebrates. Macroinvertebrates are little bugs that are big enough to see with your eyes, but do not have a backbone. These bugs get eaten by fish so they like to hide under the rocks. Draw a picture of a bug that you found. Then be sure to put it back in the river.

