



HI I'M SLICK THE SLUG! WELCOME TO THE SCARF NATURE FITNESS TRAIL!

SCARF NATURE FITNESS TRAIL INFORMATION:

Start: at the dirt pullout along Shelter Cove Road, just past the turnoff to Beach Road on the right side.

Contact: SCARF at (707) 986-7120

Quest Trail Name: SCARF Nature Fitness Trail

On Facebook: www.facebook.com/ShelterCoveArts&RecreationFoundation

Total Length: about 2/3 of a mile

Difficulty: Easy on level path with 10 physical fitness activity stations throughout.

Driving Directions: Shelter Cove is located about 240 miles north of San Francisco, 70 miles south of Eureka. All roads leading to Shelter Cove are narrow, steep and winding. Allow plenty of time between destinations, have a full tank of gas and **BE ALERT TO ONCOMING TRAFFIC THAT MAY BE DRIVING TOO FAST AND IN YOUR LANE!**

HOW TO QUEST:

You are holding a treasure map! Follow the movement clues (*italicized*) between the stops (numbered) and get fit as you discover the wonders of nature along the trail.

At your final destination you will find your Quest Clue. This is the "key" to your prize (see the "Now that you've finished your quest" section for your next step)! Have fun, be safe, and stay on marked trails on your adventure.



Directional signs mark all major intersections in the King Range NCA/ Shelter Cove area, giving the road name and distances to primary recreation sites.

From the NORTH: U.S. 101 to Redway exit.

From the SOUTH: U.S. 101 to the Redway/Garberville exit

Follow signs from either direction west to Shelter Cove/King Range NCA. Allow 45 minutes for the 22 mile trip to Shelter Cove.

NOW THAT YOU'VE FINISHED YOUR QUEST:

It's time to claim your prize! Go to the Inn of the Lost Coast in Shelter Cove at 205 Wave Drive (707) 986-752 (open daily 9am-8pm), or to the BLM King Range Office, 768 Shelter Cove Road, Whitethorn (open 8am-4:30pm). You can also log on to the Redwood EdVentures website (below) and we'll mail your prize to you.

WHERE WILL YOUR NEXT QUEST TAKE YOU?

The journey you've just completed is one of many Redwood EdVentures Quests. Find Quest locations and download free copies at www.redwood-edventures.org. Teachers, students, and families can also explore hundreds of outdoor places and educational opportunities on the beautiful Redwood Coast. Find out why **nature is closer than you think!**



THINGS I SAW ALONG THE WAY...



Developed in collaboration with the Mattole Restoration Council, along with Whale Gulch and Whitethorn School Students through a grant provided by the Shelter Cove Property Owners Association.

Revised May 2016

REDWOOD EDVENTURES QUEST

SHELTER COVE



SCARF NATURE FITNESS TRAIL



**ENJOY NATURE AND LET'S
GET PHYSICAL ON THE
NATURE FITNESS TRAIL!**



Begin this quest by going around the gate to the SCARF Nature Fitness Trail sign that says "Enjoy every move you make" and read the sign. As you stop at each station, find a hidden letter and write it down in the space provided after each stop. You'll find out why at the very end.

Check your pulse and record it: To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by 4 to calculate your beats a minute. Record your pulse from each stop below:

1	6
2	7
3	8
4	9
5	10

Check pulse, read learning clue, read fitness station instructions at each stop.

1 Stop #1 (Station 1)

While you're stretching, look around
Find 15 leaf shapes poking up from the ground.
Next it's time for a nice pulse check,
Either on your wrist, or the side of your neck.
Check your pulse after every stop.
By the end of the trail, has it risen or dropped?!

Write the letter from this station here _____

Speed walk to Station 2 and take your pulse.

2 Stop #2 (Station 2)

One at a time, put your leg on the block.
Can you feel the stretch from your thigh to your sock?
While you're stretching, count the ferns.
It'll help take your mind off your back-thigh burn!

Write the letter from this station here _____

Side step/scissor walk to Station 3 and take your pulse.

3 Stop #3 (Station 3)

Are you ready to turn your world upside down?
Do a bent-knee hang and look at the ground.
Between your knees, look back at the creek,
But be quick with your glance so you don't feel weak.
Notice the plants that are holding the bank.
They give the creek structure like the side of a tank.

Write the letter from this station here _____

Let's skip to Station #4! Take your pulse.

4 Stop #4 (Station 4)

Get on your butt, it's sit-up time!
Do each ab-crunch like you're in your prime.
Hanging around is 'Old Man's Beard' —
A local lichen that's cool and weird.
Lichens are a relationship
Between fungi and algae, isn't that hip?!

Write the letter from this station here _____



Gallop to Station 5. Take your pulse.

5 Stop #5 (Station 5)

How many push-ups can you do?
Do what you can — be it many or few.
When you're done and need to recover
There's a hazelnut bush you'll soon discover.
Touch the leaves and look for nuts.
Ha! You won't find any 'cuz they're in squirrels' guts!

Write the letter from this station here _____



Hop along all the way to Station 6. Take your pulse.

6 Stop #6 (Station 6)

Pull yourself up like a monkey.
Make hooting sounds — loud and funky!
Glance behind you at the choking vines
Wrapped 'round the trees like living twine.
That's English Ivy — and it's a stranger —
An invasive plant that poses danger.

Write the letter from this station here _____



It's time for bicep curls! With your arms at your side, bend at the elbows and bring your fists up towards your shoulders repeatedly until you get to Station 7. Take your pulse.

7 Stop #7 (Station 7)

Careful on the balance beam.
Balance is very important, it seems.
No ecosystem can truly thrive
Unless there's balance between all that's alive.
This is why invasive plants
Throw off the rhythm of Nature's dance.

Write the letter from this station here _____

Leg lunges all the way to Station 8. Take your pulse.

8 Stop #8 (Station 8)

Bend your body to the side.
Curve like the creek, gracefully glide.
Gently listen, can you hear?
It's the sea waves crashing kind of near.
This creek flows down to Black Sands Beach.
There's another Quest there, within your reach.

Write the letter from this station here _____



Jumping Jacks as you walk along to the next stop. Take your pulse.

9 Stop #9 (Station 9)

Time to pull your legs in close —
It's the hamstring stretch — get a healthy dose.
Now you're ready for a nutritious snack:
Check out the berry bushes if you are here in the summer,
as there is no lack!

Write the letter from this station here _____



It's time to start your cool down by walking to Station 10.

Stop #10 (Station 10) Follow the instructions on the sign. Take your pulse.

10 Stop #10 (Station 10)

Now that you are at the last stop on the fitness trail,
Read the sign that provides you with the last detail.
Cool down by stretching your arms, legs and torso a bit.
As you are reading the sign, remember to write down
The last letter hidden somewhere on it!

Write the letter from this station here _____

Final Quest Question: Now that you've written down the letters at each station, unscramble them to spell this simple sentence that means so much

WRITE YOUR QUEST CLUE HERE;

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