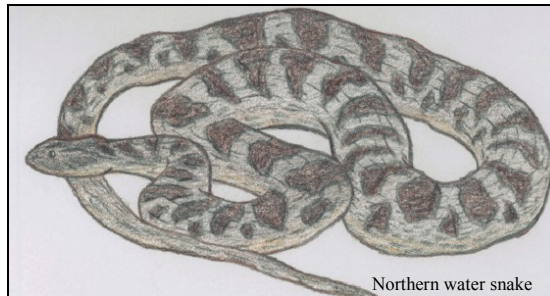




Hosted by: *Maria Mitchell Association, Nantucket Conservation Foundation, Mass Audubon, Nantucket Land Council, UMass Boston Nantucket Field Station, Linda Loring Nature Foundation, Strong Wings Adventure School, and The Trustees of Reservations*



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Sketches by Allison Feldman 2011 and Rachel Rasfeld 2008

4th Annual



NANTUCKET
FAMILY
ADVENTURE

Six Weeks of Fun Adventure!

September 17 — October 29 2011



Ready For Adventure!

1

Use this guide as you complete activities outside of the guided events and programs. If you have any questions contact Andrew at amckennafoster@mno.org. Don't forget to send pictures of your fun adventuring to the same email address!



Guided Family Activity Schedule

September 17	<u>Kick Off Event</u>	UMass Field Station	12 — 2 PM
September 21	<u>Monarch Tagging</u>	Miacomet Golf Parking Lot	1PM and 3PM
September 24	<u>Kayaking</u>	Polpis Harbor	10 & 11 AM
	<i>Sign up for this event— limited numbers 508-228-1769</i>		
September 25	<u>Invasive Plant Walk</u>	'Sconset Market	9 — 11 AM
September 27	<u>Wildflower Walk</u>	Miacomet Golf Parking Lot	3 — 4:30 PM
October 2	<u>Marine Walk</u>	UMass Field Station	2 — 3 PM
October 3	<u>Astronomy Night</u>	Loines Observatory	7:30 — 8:30 PM
October 8	<u>Falcon Flyby</u>	Smith Pt. Gatehouse	9 — 10:30 AM
October 15 & 16	<u>Coskata-CoatueTour</u>	Wauwinet Gatehouse	9:30 and 1:30
	<i>Sign up for this event— limited numbers 508-228-6799</i>		
	<i>Other tours TBA.</i>		
October 22	<u>Clean Team</u>	Surfside	8 — 9 AM
	<u>Nature Journaling</u>	UMass Field Station	3 — 4 PM
October 29	<u>Wrap Up Party</u>	Strong Wings Adventure School	1 — 3 PM



Monarch butterfly and caterpillar

Squam Swamp

Forest, secret spots, hiking

10

Nantucket Conservation Foundation

What to see: There are 54 numbered, yellow-topped posts that correspond with numbered sections of text in the guide available at the trailhead. These identify interesting natural features that can be observed at each location.

Journal entry suggestion: find a dead tree log along the trail and carefully turn it over to see what lives underneath it (make sure there is no poison ivy!). Describe what you find and draw pictures. Don't forget to put it back the way you found it!

Fun fact: the water flowing in the streams on this property is a dark reddish-brown color because fallen leaves leach tannins as they decay. This is the same process that colors the tea we drink.

How to get there: From town, follow Polpis Road about 4 ¼ miles and turn left onto Wauwinet Road. Follow Wauwinet Road about 2 miles to the parking area located on the right (look for the Nantucket Conservation Foundation logo post).

University of Massachusetts Nantucket Field Station

Operated by UMass Boston; owned by the Nantucket Conservation Foundation

What to see: Overlook of Folger's salt marsh and harbor near sundown.

Journal entry suggestion: Explore the beach and look for shells to sketch. How many different types can you find?

Fun fact: the wooden bird boxes found at strategic locations around the property are used by nesting tree swallows.

How to get there: From town, follow Polpis Road northeast for approximately 2 ¾ miles. Shortly after passing the Shipwreck and Lifesaving Museum, turn left onto the Field Station at #180 Polpis Road. Follow the driveway to several parking options.

Windswept Cranberry Bog and Stump Pond

Forest and bog

Nantucket Conservation Foundation and the Nantucket Islands Land Bank Commission.

What to see: Observe cultivated organic cranberry bogs and explore the unique hardwood forest and vernal pool habitats in the woods surrounding the bog and Stump Pond.

Journal entry suggestion: Look for and sketch any footprints you find along the edges of Stump Pond and vernal pools in the woods. Can you identify what animals made them?

Fun fact: the cranberry (or "crane-berry") was so named because the shapes of the pale pink flowers produced in early summer resemble the head of a crane.

How to get there: Follow Polpis Road northeast for approximately 4 ¼ miles (just past the Wauwinet Road turnoff) and turn right into the Windswept Bog parking area, located directly across from #300 Polpis Road.

Sanford Farm West

Rare habitats, biking, vistas

9

Nantucket Islands Land Bank Commission

What to see: This vast, open, hilly area is one of the Nantucket Land Bank's largest properties. Look for vistas of grassland extending south to Head of the Plains. Keep your eye out for tiger beetles and other neat insects.

Journal entry suggestion: This area is regularly burned to help rare species. Look for plants or trees that have been burned and draw a sketch.

Fun fact: Nantucket's Native Americans regularly burned areas of the island in order to attract birds for hunting and increase blueberries and huckleberries.

How to get there: From town, follow Madaket Road about 2 miles. Pass the Cliff Road and Eel Point Road. on the right. Take your next left turn onto Barrett Farm Rd. just past the water fountain along the Madaket Bike path. There is a fenced dirt parking area on the left. Trails leave from here (see the Nantucket Land Bank's interactive properties map at www.nantucketlandbank.org/Map.php?prop=map).

Sesachacha Heathlands Wildlife Sanctuary

Vistas, rare habitats

Massachusetts Audubon Society

What to see: Wander along the roads to see some of the most pristine grassland and heathland on the island.

Journal entry suggestion: Draw a map of your wanderings in this area. Name the landmarks creative names!

Fun fact: Most of Nantucket used to look like this landscape: grasses and low shrubs. Grazing sheep kept tall trees from growing.

How to get there: From town, follow Polpis Rd to Hoicks Hollow Road. Turn right onto the dirt road across from Hoicks Hollow. Drive about 1/2 mile until you can pull to the road side and park. Walk along the dirt roads to explore.



Spring peeper

Squam Farm

Forest, wetlands, animals

Nantucket Conservation Foundation

What to see: The Nantucket Conservation Foundation's sheep flock!

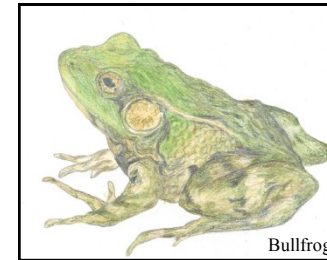
Journal entry suggestion: Count and record the number of sheep you see grazing on the property. How do sheep chew?

Fun fact: Nantucket once had up to 16,000 sheep grazing across the island's commonly-owned lands during the 1800's.

How to get there: Follow Polpis Road for approximately 5 miles and turn left onto Quident Road. Follow Quident Road approximately 100 yards and turn left onto Squidnet Way (labeled on a large boulder). Follow Squidnet Way approximately 1/2 mile to the parking area on the right.

Self Guided Family Activities

2



Bullfrog

1. Cranberry Festival

October 8

11 — 4 PM

Milestone Cranberry Bog. Enjoy the celebration of cranberries at this annual festival filled with fun activities for all ages. See cranberry processing in action, tour the bog, watch sheep shearing, eat good food, and more. Don't forget to bring your coupon for a free bag of cranberries!



2. Bone Identification Challenge

Saturdays

1 — 3 PM

Come to the Maria Mitchell Association Natural Science Museum and identify the various bones we have collected over many, many years. There's a bonus too! We have a bone that no one has been able to identify— even us! Can your family do it?



3. Recycled Art

Use recycled materials to make a unique piece of art to show off at the October 29 wrap up event!

4. Coskata Quest

Trustees of Reservations

Get out to this secret forest and complete the Quest! Look in your Adventure bag for directions and a free day pass to the property.

5. Geocaching

UMass Boston Field Station Grace Grossman Environmental Center
Did you know there are two geocaches at the field station? Go to www.geocaching.com and type in the zip Code 02554 to find two field station caches (joining is free) or come by the field station (180 Polpis Rd.) and look for a secret clue on the back of the big kiosk by the first visitor parking lot (on the right). You'll be able to find both of the caches here even if you don't have a gps.

6.

Turn to the next page to learn about the self guided
Nantucket Wildland Exploration

Nantucket Wildland Exploration

3

This section contains directions and activity suggestions for many of the really incredible, yet easy to explore conservation properties on Nantucket. Almost half of the island is protected conservation land that is open for everyone to enjoy. Visit a few places or go for the gold and see them all! What better way to really get to know the island?

At each site you visit, we suggest you complete the scavenger hunt questions below and put your answers in your journals. Write your answers, draw your answers, and paste in pictures you take. Make sure to write the name of the area at the top of the page. Each site also has suggestions for journal activities.

Wildlands Scavenger Hunt!

Answer these questions in your journal at each site

1. Find something orange. What is it?
2. Find something with spikes or points. Draw what it looks like.
3. Draw the shape of one interesting leaf.
4. Write down one word that describes the 'feeling' of this place.
5. Find a secret place– what might hide there?
6. Find one living creature and either identify it or draw a picture/take a picture of it.
7. How tall is the tallest tree in the area? Make a guess if you cannot measure it.
8. Find the smallest plant you can see and either draw it actual size or photograph it.

Linda Loring Nature Foundation

Hiking, vistas, birds

8

What to see: Look for numerous waterfowl on the pond and the Osprey pole at the edge of the pond. Note the distinct lack of trees – these are sand-plain grasslands, a globally rare habitat.

Journal entry suggestion: Using the trail guide or a plant guide, identify four (4) plants that you see along the trail. Try to learn the scientific name for each plant!

Fun fact: The Ospreys that spent the summer on the nest pole have flown to their winter home in South America. The young bird that fledged this year will stay in South America for two winters and won't return until 2013!

How to get there: From Madaket Road, turn onto Eel Point Road. When the road turns to dirt, it is 0.8 mi. to the Linda Loring Nature Foundation. The driveway to #110 is flanked by large rocks and a wooden gate with a green and white sign on the post. There is a fence-lined parking area.

Masquetuck Reservation

Forest and saltmarsh

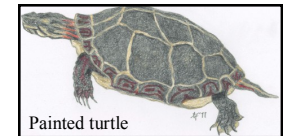
Nantucket Conservation Foundation

What to see: A bog, a salt marsh, and West Polpis Harbor all in one place!

Journal entry suggestion: sit quietly and observe the fiddler crabs that inhabit the beach at the end of the trail bordering the salt marsh. Sketch a crab and write a word that describes its behavior.

Fun fact: "Masquetuck" is a Native American word that was used to refer to this area of Nantucket Island.

How to get there: From Town, follow Polpis Road for approximately 3 ¼ miles and turn left onto Quaise Pastures Road (look for an open wooden entrance gate). Park in the cul-de-sac at the end of the road.



Painted turtle

Miacomet Pond Trail

Quiet pine woods, trails

Nantucket Islands Land Bank Commission

What to see: You will be walking along an ancient glacial seep. Water trickled through the sand and left long narrow depressions. Some of these are ponds, like Miacomet Pond.

Journal entry suggestion: Place some leaves from the ground behind one of the pages of your journal and scribble your pencil/crayon over the whole paper to make a rubbing. Instant Art!

Fun Fact: Much of this area used to be pasture and farm land.

How to get there: Head south on Surfside Rd. Turn right on Bartlett Rd and then make a left onto Mizzenmast Rd. Pass Keel Ln. on the right and then look for a parking lot on the left. Park here. Cross the road to get on the trail.

Eel Point

Beach, dunes, sunsets, birds

7

Nantucket Conservation Foundation

What to see: Eel Point is an excellent site to observe nesting and migratory shorebirds. Snowy and great egrets and great blue herons, terns, piping and semipalmated plovers, sanderlings, dowitchers, ruddy turnstones and American oystercatchers.

Journal entry suggestion: Use a bird guide (if you have one) and binoculars to identify several bird species. Can you guess what they eat from observing their feeding behavior?

Fun fact: on a clear day, you can observe Tuckernuck and Muskeget Islands off to the west of Eel Point. If the wind is blowing in the right direction, you may be able to hear the gray seals that rest on shoals near Muskeget calling to each other.

How to get there: Follow Madaket Road for approximately 1 ½ miles to the right hand turn for Eel Point Road (just past the Cliff Road intersection). Follow Eel Point Road approximately 3 miles until the road takes a sharp left turn. Just before the turn, look for a small fenced parking area on the right. Park here and continue along the road (which quickly turns to soft sand) on foot. Head straight at the intersection to explore the beach bordering Nantucket Sound, or head left to explore the salt marsh and Eel Point.



Gray seal

Gardner Farm & Lost Farm

Dog walking, trails, woods, fields

Nantucket Islands Land Bank Commission & Mass. Audubon Society

Activity Suggestion: Walk one of the trail loops and photograph all the wildflowers you find. Make a collage in your journal with the pictures.

What not to miss: The fun wetland boardwalk crossing. It can be wet!

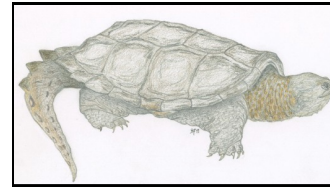
Fun Fact: This area used to be farmed in the 1800's

How to get there: Follow Hummock Pond Rd past Bartlett Farm Rd. You'll pass some buildings on the right. Soon after, look for a parking lot entrance on the right— there is a green Land Bank post on the corner. Park here and explore! Lost Farm is to the north and can be accessed by trails.

Place and Activity Descriptions

4

As you explore, please be on the look out for poison ivy and always do a tick check! And keep your eye out for some of these interesting creatures.



Snapping turtle



Black and yellow garden spider



Scarab beetle

Altar Rock and the Middle Moors

Rare habitat, vistas

Nantucket Conservation Foundation

What to see: the Middle Moors is the largest, contiguous expanse of conservation land on Nantucket, encompassing over 4,000 acres.

Journal entry suggestion: make a list of all the different Nantucket landmarks that you can see and recognize from the top of Altar Rock. (Lighthouses, Town buildings, bodies of water and neighborhoods).

Fun fact: the building with the needle-shaped roof to the west of Altar Rock is a navigational aid used by planes making their final approach to Nantucket Memorial Airport.

How to get there: From Town, follow Polpis Road for approximately 3 miles and turn right onto Altar Rock Road (a dirt road opposite Quaise Road). Follow Altar Rock Road and park just north of the FAA navigational beacon.

The Creeks

Salt marsh, birds, beach combing

Town Property

What to see: Walk out as far as you can to see the actual creek.

Journal entry suggestion: Use the dead, brown eel grass to write a word describing the area in the sand. Take a picture for your journal.

Fun Fact: Salt Marshes are one of the most productive ecosystems in the world. They are extremely important for young fish and invertebrates.

How to get there: Follow Washington St. out of downtown and continue onto Washington St. Extension. Park in the area across from Sayles Seafood at the end of the road. There is a trail to the right as you walk down the boat ramp.

nature!



Conservation Areas for Families to Explore on Nantucket Island

