

Important Details

- There are no indoor facilities at the park; however, there is a picnic shelter that can be utilized. In the event of rain, field trips may have to be rescheduled.
- The park does have vault toilets available, but no running water.
- Teacher and/or chaperone participation is encouraged.
- Students should wear proper attire for outdoor activities, including closed-toed shoes and clothes that can get wet or dirty.
- Feel free to pack a lunch and enjoy our picnic area while here.
- Standard field trip and activities will be held from 9 a.m. - 3 p.m. They can last anywhere from 45 minutes to two hours, depending on the activities planned.
- If bringing buses, be sure your drivers have previewed the road **before** the day of your trip. Make sure they feel confident and comfortable about driving down to the park. If there is an issue, other accommodations can be made.
- Depending on the time of year and group age/size, fishing may also be available. Additional fees apply.

Fee Details

- Fees: Field trips, private group programs, \$3/participant or \$30/class (25 students) whichever is more cost efficient. No fees for Title 1 schools.
- All field trips may be paid in full at the time of the program or an invoice may be sent to you following your field trip and payment made at a later date. Forms of payment include: cash or check (made out to *Treasurer of Virginia*).

Please note: These materials and the activity described herein, are not sponsored or endorsed by the Shenandoah County School Board.



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

Virginia State Parks

Seven Bends State Park

Educational Opportunities



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www.virginiastateparks.gov

Seven Bends State Park is excited to offer educational programming for schools and other groups.

As you can see, there are many activities to choose from and that can be tailored to fit your needs and age group.

Looking for something different? Contact us to discuss additional options for your group.

We welcome you to join us at the park, but if you are not able to come to us we can bring the program to your location.



Email:
Megan.dellinger@dcr.virginia.gov
to get on the calendar.

Animal Signs

Learn about the types of animals that call our area home as we examine some signs that animals could leave behind on the trail.

Happy Hiker

Allow the rangers to come up with a hike that is perfect for your group's age and skill level. Hike topics could include tree identification, history of the property or a scavenger hunt.

What's Buggin' You

Explore the river's edge to find macro-invertebrates and learn what they can tell us about the health of the river.

Okay or No Way

The park is a great place to learn and play; however, you need to watch out for a few things. We will discuss these potential hazards, how to avoid them and some of their look-alikes.

Animal Lunch Box

What are animals around the park eating? Let's build a food web to find out.

Geocaching

Geocaching is a great mix between nature and technology. Using GPS points, let's look for treasure around the park.

Rabbit, Rabbit

The Cottontail rabbit has been called one of the cutest animals around the park but humans aren't the only ones that like to see bunnies running around.

Frog Life-cycle

Frogs are one of the greatest examples of metamorphosis. This program is best in early spring so live examples can be used.

Leave No Trace

Learn the seven principles of trail etiquette that will encourage you to explore the trails responsibly and sustainably.

Meet a Tree

Using personal observation and investigation skills, we will see the relationship between trees, other organisms and the forest as a whole.

All Living Things

Diversity in nature is a great thing. What happens if there isn't much diversity in an area? How much diversity can you find?

Nature Games

Games are a great way to get up, move and learn about nature. Let rangers know your topic or choose from the following:

- Animal Charades
- Oh, Deer!
- Birds and Worms
- Fishy River

Paper "Work"

These fun pages are great for between other activities or in down time.

- Coloring pages
- Seek & Find page
- Animal Crossword Puzzle
- Nature Word Search