

Our Day in the Forest
(A personal hiking journal)



Abundant Forests Alliance
Renew. Reuse. Respect.™

Beauty. Wonder. Learning. Fun. *There's nothing like a day in the forest together.*

There is nothing more beautiful than walking along a trail to the songs of a dozen birds, the smell of pine and other good woody things, and the dazzling beauty of sunlight filtering through tall trees and dappling a million leaves.

Hiking in the forest is a great family activity that encompasses hands on learning, adventure, peaceful time together and just plain fun. And since our forests are home to hundreds of species of trees, flowers, birds and other wildlife, there will be something of interest for every member of your family.

But before you head off on your adventure, there are a few preparations to make.

Plan ahead to get the most out of your day.

First of all, download this journal and take it with you on your hike. It has information and activities enjoyable for kids and grown-ups alike. Not to mention pages for your photos, sketches and thoughts about this wonderful day.

Next, make a list of these essentials, and others to pack.

Find the right forest.

Search online or in your local phone book for county, state, federal and privately-owned forest lands where visitors are welcome. These forests and parks have well-maintained hiking trails and other facilities such as parking lots and ranger stations that make your visit safe and family-friendly.

While in the forest, stick together and stay on the trail. Encourage your children to walk, not run. Avoid using matches or cigarette lighters, as even the tiniest ember can start a forest fire. And plan your route so that you'll be back to your car before dark.

What to Bring

- This journal
- A pencil or two with erasers
- Paper bag to collect leaves, rocks, acorns, pine cones and other treasures
- Comfortable shoes or hiking boots
- Insect repellent
- Sunscreen
- A hat for each person
- Water
- Snacks that won't go bad
- An extra bag for your trash (no littering in the forest)
- Flashlight
- Cell phone
- Compass
- Camera to capture your favorite moments
- Binoculars to see wildlife

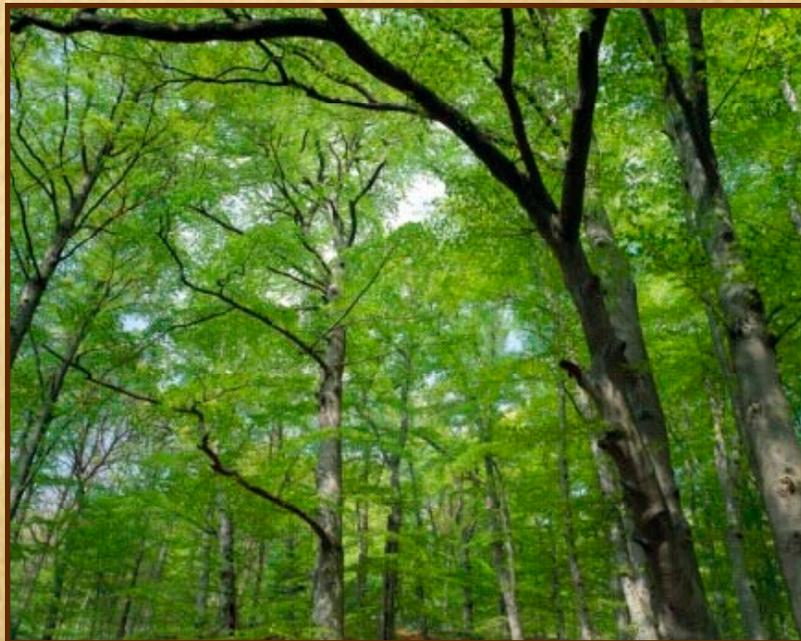


Little known forest facts.

In an era when it seems that new neighborhoods, shopping malls and office buildings are springing up all around us, most people draw the conclusion that our forest lands must be diminishing. Surprisingly, this is not the case. *There is approximately the same number of forest acres in the United States today as 100 years ago, even though our population has tripled.* How can this be?

Most of the private forests that are the source of the wood and paper products we use everyday are owned by families, not big corporations. For some, the forest is both their livelihood and their legacy, so they use the latest in forest management practices to preserve the delicate balance between the needs of man and the needs of the forest environment.

In a managed forest, trees are harvested to supply the timber and paper pulp we need for hundreds of products we all rely upon—from our morning paper and coffee cup to the framing, floors and furniture in our homes; from the books in our library and schools to the paper packaging that keeps our food and medicines safe, clean and easy to open. *New technologies make it possible for almost every scrap of each tree to be used—including the bark and branches.*



Four million trees are planted each day, more than making up for what is harvested.

are also taken to reduce soil erosion, thereby keeping streams clear of sediment; to promote the young forest habitat that many species rely upon for food and shelter; and to clear the forest of dead and diseased trees to reduce forest fires.

By renewing, reusing and respecting trees, the forest environment and the wood and paper products it gives us, we can all help to ensure that our forests will remain abundant now and for

Four million trees are planted every day so that the forests will remain abundant. Special steps

future generations. To learn more, visit abundantforests.org.



Getting to Know Your Trees

There are more than 900 different species of trees growing in America's forests today. As you go on your hike, see how many you can identify by looking carefully at the leaves and bark, as well as what region of the country you are hiking.

This fun matching game will get you started. For more tree facts, visit knowyourtrees.org.

Match the picture below to one of the tree species listed on top. Stumped? See answers below.

Yellow Birch

Red Pine

Red Alder

Pacific Coast Maple

Douglas Fir

White Ash



A.....



B.....



C.....



D.....



E.....



F.....

Answers: A. Red Pine B. Red Alder C. Douglas Fir D. Yellow Birch E. White Ash F. Pacific Coast Maple

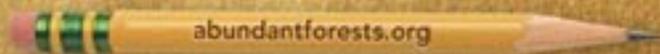
OK, everybody start barking.

Each species of tree has a bark uniquely its own. As you hike along, take a careful look at the colors, textures and patterns of different tree bark. Place this page over the trunk of several trees and gently rub with your pencil. Can you name the trees based on their bark patterns?

Tree name:

Tree name:

Tree name:



Where do baseball bats come from? How about pencils, gum and paper cups?

As you hike in the forest, it is interesting to think about all the many wood and paper products our forests provide to make our lives better. And it's fun to learn which trees are best for making everything from kitchen cabinets to computer paper.

It's good to know that commercial forests in the United States are managed to ensure that many more trees are planted each year than harvested. By continually renewing the forest, reusing and recycling as much wood and paper as we can, and by respecting the forest environment, we can continue to enjoy abundant forests and the products they provide us now and in the future.



Pencils are generally made from cedar trees which have a soft, easily whittled texture and straight grain.

Houses in many parts of the country are framed with timbers from the sturdy, straight-grained wood of the Douglas fir. In the Southern states, where pine trees grow abundantly, houses are often framed with pine timbers due to its strength, stiffness, and nail-holding capabilities.

Chewing gum comes from the yellow birch tree which grows in the northeast and midwest. The inner bark of the yellow birch has a refreshing wintergreen flavor.

Paper plates, cups and towels are made from woodchips and waste scraps of hardwood (ie oak) and softwood (ie pine) trees. Did you know paper towels were invented by a school teacher during the flu epidemic of 1907 to prevent germs from spreading? Paper cups were invented by two Harvard drop-outs!

Cough drops are made from cherry tree bark which contains a popular herb for treating coughs, not to mention a tasty cherry flavor. Cherry wood is used for making fine furniture and cabinets.

Baseball bats are made from the white ash tree which grows in the eastern half of the United States. White ash wood is pliable enough to make it a favorite for many kinds of sports equipment, including hockey sticks and tennis rackets.



Musical instruments are made from the wood of the sitka spruce, an evergreen with distinctive four-sided needles. Besides violins, guitars and piano soundboards, this sturdy tree is also used for boat planking, oars, spars and masts.



Photosynthesis. Is that something you do with a camera?

Forests make a great classroom, or should we say learning lab? Here's your chance to refresh your memory and teach your kids how trees help to reduce the carbon footprint, lower greenhouse gasses and slow down global warming.

It all begins with photosynthesis. Trees take in energy from sunlight and produce sugar to feed themselves. During this process, carbon dioxide is absorbed into the leaves and converted into oxygen which is released back into the atmosphere.

In its lifetime, the average tree absorbs more than one ton of carbon. So, the more trees we all plant, the greater the oxygen output created to offset the carbon-based greenhouse gasses in our atmosphere that are contributing to global warming.

Homework anyone? How about planting a few trees in your yard or your community when you get back home?

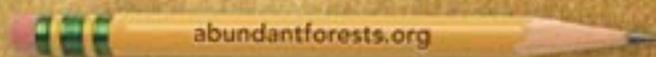


For a quiet place, it sure has plenty of wildlife.

If you look and listen carefully, it's amazing how many birds, mammals, reptiles, fish, insects and amphibians you can see—or see evidence of—in the forest environment. This is their home where they find shelter, water, food, and raise their young.

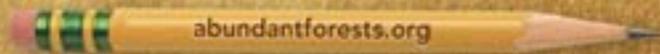
Forest species adapt to blend in with their environment. They're not just hiding from you, but from predators and prey. If you keep a low profile by being very still, and patiently looking in all directions—above, below and at eye level—chances are you will see a wide assortment of wildlife.

Make a list here of what you see. Draw your favorites here. And put photos on the following page. Then go to abundantforests.org and visit the section on Respect to find wildlife pictures and more.



Wildlife I saw in the forest.

Place your photos here.



For abundant forests tomorrow, Plant It ForwardSM today.

Your day in the forest will reinforce how beautiful nature can be and what a wonderful, renewable resource we have in our forests.

Every day there are many simple little choices we can make and actions we can take to help keep our forests abundant in the future. Each time you do something to renew, reuse or respect the forest now, you literally plant it forward for the next generation.

It's easy to do and easy to start. Visit abundantforests.org to get started.

By working together, we can all enjoy many more years of abundant forests for hiking and providing the abundance of life.

