

## What's a Hollow?

**hollow** - (n.) a low spot between two ridges, not as wide as a valley or as deep as a canyon.

As you hike, notice the slope of the trail down into and up out of the hollow. It is like walking in a bowl. Do you feel gravity pulling you toward the center of the bowl? Is it easier hiking down or up? What other things might be pulled toward the center?

Draw things you think you might find in the hollow.



Where would you build your mountain home?

## Home, Sweet Hollow

Why did people choose to live in hollows? There are many reasons including water, protection, and privacy. Become a detective, observing clues to discover why people lived here!



**Listen!** Can you hear birds or water?  
What do you hear?



**Feel!** Touch the ground at the lowest point of the trail. Is it dry or damp?



**Look!** If you owned this hollow, could your neighbors see you?

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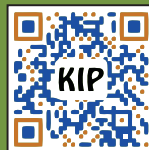


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**CAUTION: DO NOT TOUCH!**  
Poison ivy is common on this trail. Keep an eye out for plants with three leaves. Just remember, "leaves of three, don't touch me."



# Hiking through History

in Shenandoah National Park



# Fox Hollow Trail

No one lives here now, but let's hike back in time to 1856 when the Fox family lived here with their children. Instead of a forest, imagine you are surrounded by fields of wheat and corn. You will discover how these homesteaders lived, how they survived, and why they called this hollow 'home.'

## Stories in Stone

Many rocks on this trail have stories to tell. See if you can find these three different stones.



### Gravestone

The gravestones are made of stone which isn't from this area. It is easier to carve than the greenstone. Lemuel's stone says he was 78 years old when he died in 1916. **Can you figure out what year he was born?**



### Millstone

Throughout Shenandoah you'll see evidence of former residents. **Can you find a millstone?**



### Greenstone

The piles of rocks that look like walls were constructed when rocks were cleared from the fields. Look at the lichen and vegetation growing on these walls. **Do you think the walls are new or old?**



## Sycamore

This tree was once the only tree on the hill. The rest of the land was cleared for farm use. Lemuel Fox Jr. remembered this tree standing alone in the field in the 1920s. **How has the farm property changed since then?**

## Life in the Hollow

Imagine you are one of the Fox children. There is no TV, no phone, no microwave, and you even have to go outside to find the bathroom! You can't go to the store to get what you need. The Fox family lived off the land.

Where would you get water?

Where would you get food?

How would you build shelter?

What would you do for fun?

## Stream

The stream is key to life in the hollow. The stream breaks down and moves minerals locked up in the rocks and soil. **Watch for wildlife as you cross the stream!**

