

Everything's Connected

Only a few of the relationships found along the trail are discussed in this brochure. Since everything's connected, many more relationships are present.

How many more can you find? Here are some others you can search for:



Flowers become Fruit

Many flowers depend on pollinators to reproduce. Pollinated grape flowers develop into tasty fruits. If you look closely, you can see the tips of the **stigmas** (female parts of the flower) poking out of the bottom of the grapes.

Dead Trees: Good?

Dead trees, called *snags*, can often provide for more life than living trees. This is because many types of insects live inside dead trees, providing a valuable food source for animals such as woodpeckers.



As dead trees decompose, they release nutrients back into the soil for use by future generations of plants and trees, thus completing the cycle.



People and Nature

We also have a relationship with nature. When you go to the market to buy an apple, remember that the apple was once a flower pollinated by insects. Your home, constructed of wood, rock, or brick, came from items harvested from nature. Take the time to slow down and experience your natural world. And remember, everything in nature is connected... even us!

TRACK your hike at
kidsinparcs.com
and get **FREE** prizes!



Thanks for joining us on the trail today! Visit our website to find more TRACK Trail™ adventures near you!

The next generation of stewards will help preserve the world's plants, animals, natural lands and our heritage. What will you do to make a difference?



Kids in Parks...

Providing a network of fun-filled adventures that get kids and families active outdoors and connected to nature.



TRACK Trail Partners



JIMBO'S
...Naturally!



Kids in Parks Founding Partners



Nature's Relationships: Everything's connected

"When we try to pick out anything by itself, we find it hitched to everything else in the universe."

-John Muir



Discover how everything in nature is connected



Use the pictures and text in this brochure to discover some of the relationships that can be found along the trail. Try to locate as many as you can. Keep your eyes open and have fun!

Guiding Pollinators

Many flowers depend on relationships with pollinators to reproduce. A flower's size, shape, color and smell attracts unique pollinators. Some flowers have nectar guides that are visible to insects through ultraviolet light. These guides act as road signs, directing pollinators to the flower's sweet nectar.



Making Connections

We are an intricate part of nature's relationships. Our actions affect everything, from the bees that pollinate our flowers and food crops to the soil we walk on as we hike through the forest. During your hike today, take time to smell a flower.



Open... Canopy

The **canopy** (forest ceiling) provides protection from strong winds, such as Santa Ana winds, which create hot dry weather, and are infamous for fanning wildfires. When dead limbs and trees fall to the forest floor, openings are created in the canopy. This allows more sunlight to reach **understory** (lower level) plants such as chalk dudleya.



Caught in the Web of Life

On their daily journeys to find nectar and food, many flying insects get caught in the web of life – the spider's web that is. Different spiders build different types of webs – spiral orb webs, sheet webs, tangle webs, and funnel webs are a few examples.



Connecting Nature's Building Materials

Not only do many bird species eat spiders, some depend on spider webs to build their nests. Many species of hummingbird construct their nests by connecting spider webs and lichens. They use the sticky spider webs to weave materials together and to anchor their nests to the tree's branch. Spotting a hummingbird's nest in a tree is tricky since they're about the size of a golf ball.



Get Connected

I Lichen You!

A lichen is an organism formed by a relationship between algae and fungus. The fungus protects the algae from harsh conditions; in exchange the algae provides the fungus with food. This is an example of **mutual symbiosis** (when two different organisms help each other survive).



A Healthy Home

Mountain forests are home to a variety of plants that require different amounts of nutrients, water and sunlight. Each plant finds its preferred home among the slopes, valleys, peaks and streamsides. Sometimes wildfires or the gold spotted oak borer can change a perfect woodland home into a mess of stumps and logs.



Nature's Recyclers

Along this trail a variety of fungi can be found **decomposing** (breaking down) everything from animal scat to leaf litter to fallen trees. The forest depends on decomposers such as fungi to "clean up" waste materials and recycle valuable nutrients back into the soil. The fungi's "fruits", called mushrooms, provide food for many insects and animals.