



Fruit

Box turtles are omnivorous, meaning we will eat just about anything, even fruits that fall off of trees and shrubs.

Fruiting Tree

Can you find a fruiting tree like American holly, black cherry or white oak?

American Holly



Look for bright red berries in the fall and winter months.

Black Cherry



Berries hang in clusters and are nearly black when they ripen in the summer.

Fruiting Shrub

Can you find a fruiting shrub like blueberries, blackberries or raspberries?

Blueberry



Berries have flared crowns and are dark purple when ripe in the summer.

TRACK your hike at
kidsinparks.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



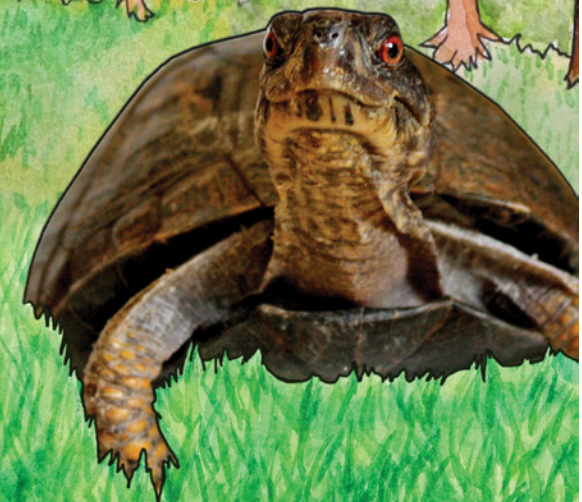
Kids in Parks Founding Partners



The North Carolina Arboretum's

Turtle Tales

Hi! I'm Shelly, an eastern box turtle. I live here at **The North Carolina Arboretum**. Follow me on one of my favorite trails and learn about some of the trees and other plants that help me survive.



Do NOT eat the fruit, insects or mushrooms you find along the trail. A box turtle may be able to eat them but these foods can be toxic to humans.

Shelly's Adventures

Follow me along the trail and help me find food, water, shelter and other things I need to survive.



Sunning Spot

Turtles are cold-blooded, which means I need to sit in the sun to warm my body temperature. Can you find a place in the meadow where I can sit in the sun but still stay safe from predators?

Grasshoppers

Though they are fast, every once in a while I can catch a grasshopper for lunch. Do you see any grasshoppers hiding in the grass?



Mushrooms

Mushrooms are a great food source for me, even the ones that are poisonous to humans! Can you find different shapes of mushrooms along the forest's edge?



Chanterelles
shaped like trumpets



Puffballs
oval shaped



Gilled Mushrooms
shaped like umbrellas



Shelf Fungi
shaped like shelves on tree trunks

Water

Eastern box turtles are terrestrial, which means we live on land. When it is really hot outside, I will cool down at the edge of a shady pool or puddle but I won't go in the water too deep. Eastern box turtles can't swim!

There are many other animals that depend on the pond to survive. How many can you find?



Dragonfly



Water Stick

Tadpoles



Frog

Food in the Garden

Sometimes I wander into the gardens looking for fruit to eat. Can you find any fruiting plants in the gardens?



Jack in the pulpit



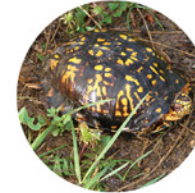
Logs

Worm

Beetle

Millipede

I will use logs, stumps and leaves as safe places to hibernate. Logs are also a good place to look for some of my favorite foods. Look on or around logs and see if you can find any of these critters.



Forest Floor

The color pattern on my shell helps me blend in with the leaves on the forest floor. You might be near a box turtle on your hike today and not even know it!

Predators

Box turtles have several predators, such as raccoons, skunks, and crows. Keep an eye out for what flies above you. If you see a crow or other large bird, pretend you are me and find a good hiding place.

