

ACTIVITY BOOKLET



WESTERN MARYLAND RAIL TRAIL

&

WOODMONT NATURAL RESOURCES
MANAGEMENT AREA

BIKE



ROLL



WALK



HIKE



Leave No Trace Western Maryland Rail Trail & Woodmont Natural Resources Management Area

Activity
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Before you visit a Maryland state park or forest, learn these simple tips to make your visit enjoyable and safe. Remember, all Maryland State Parks are trash free!

Here are a few examples of "Leave No Trace" ethics that you can use while visiting Maryland's public lands. *Leave No Trace* is a national program that promotes responsible outdoor recreation. Remember - you'll enjoy nature even more by caring for your special place:

- **Know Before You Go** -- Be prepared! Don't forget clothes to protect you from cold, heat or rain. Use maps to show you where you'll be going and so you won't get lost. Learn about the areas you visit. Read books and talk to people before you go. The more you know, the more fun you'll have.
- **Choose the Right Path** -- Use existing camp areas and walk on the main trail to protect nature. Keep natural areas looking natural. Steer clear of flowers or small trees. Once hurt, they may not grow back. Camp at least 100 big steps from roads, trails and water.
- **Trash Your Trash** -- Pack it in, pack it out. Put litter in trash bags and carry it home. Use bathrooms or outhouses when available. If you have to "go," act like a cat and bury poop in a small hole 4-8 inches deep and 100 big steps from water sources. Place your toilet paper in a plastic bag and put the bag in a garbage can back home. Keep water clean. Don't put soap, food, or poop in lakes or streams.
- **Leave What You Find** -- Leave plants, rocks and historical items as you find them so the next person can enjoy them. Good campsites are found, not made. Don't dig trenches or build tables and chairs in your campsite.
- **Be Careful With Fire** -- Use a gas-fueled camp stove for cooking. It's easier to cook on and clean up than a fire. If it's ok to build a campfire in the area you're visiting, use an existing fire ring to protect the ground from heat. Don't snap branches off live, dead or downed trees. Instead, collect loose sticks from the ground. Burn the wood all the way to white ash and be sure that the fire is completely out and cold before you leave.
- **Respect Wildlife** -- Watch wildlife from a distance and never approach, feed or follow them. Human food is unhealthy for all animals and feeding them starts bad habits. Protect wildlife and your food by storing your meals and trash tightly. Control pets at all times, or leave them at home.
- **Be Kind To Other Visitors** -- Make sure the fun you have in the outdoors does not bother anyone else. Remember that other visitors are there to enjoy nature. Listen to nature. Avoid making loud noises or yelling. If you meet horses on the trail, step downhill, and speak softly until they pass.



To learn more about Leave No Trace Outdoor Ethics please visit their website: <https://lnt.org/>

Design Your Own Bike

Western Maryland Rail Trail

Activity
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1817
Draisine



1830
Tricycle Velocipede



1870
High Wheel Bicycle



1885
Safety Bicycle



1960
Racing Bike



2000
Mountain Bike

As you can see from the timeline above bicycles have changed over the years.
In the space below draw what you think the next style of bike will look like.

Critters You May See Western Maryland Rail Trail & Woodmont Natural Resources Management Area

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Watch wildlife from a distance and never approach, feed or follow them.
Draw a line between the name of the animal and its picture.



Black Rat Snake



European Starling

American Crow



White-tail Deer

Black Bear



Fox Squirrel

Turkey



Gray Squirrel

Opossum



Raccoon

If I See a Black Bear Western Maryland Rail Trail & Woodmont Natural Resources Management Area

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If a bear comes into view, **DON'T PANIC! DON'T SHOOT! DON'T APPROACH IT!**

- Back away slowly.
- Go inside and wait for the bear to leave, if you can.
- Most bears fear people and will leave when they see you.
- If a bear woofs, snaps its jaws, slaps the ground or brush, or bluff charges: **YOU ARE TOO CLOSE!**

Help the bear find his way back into the forest.

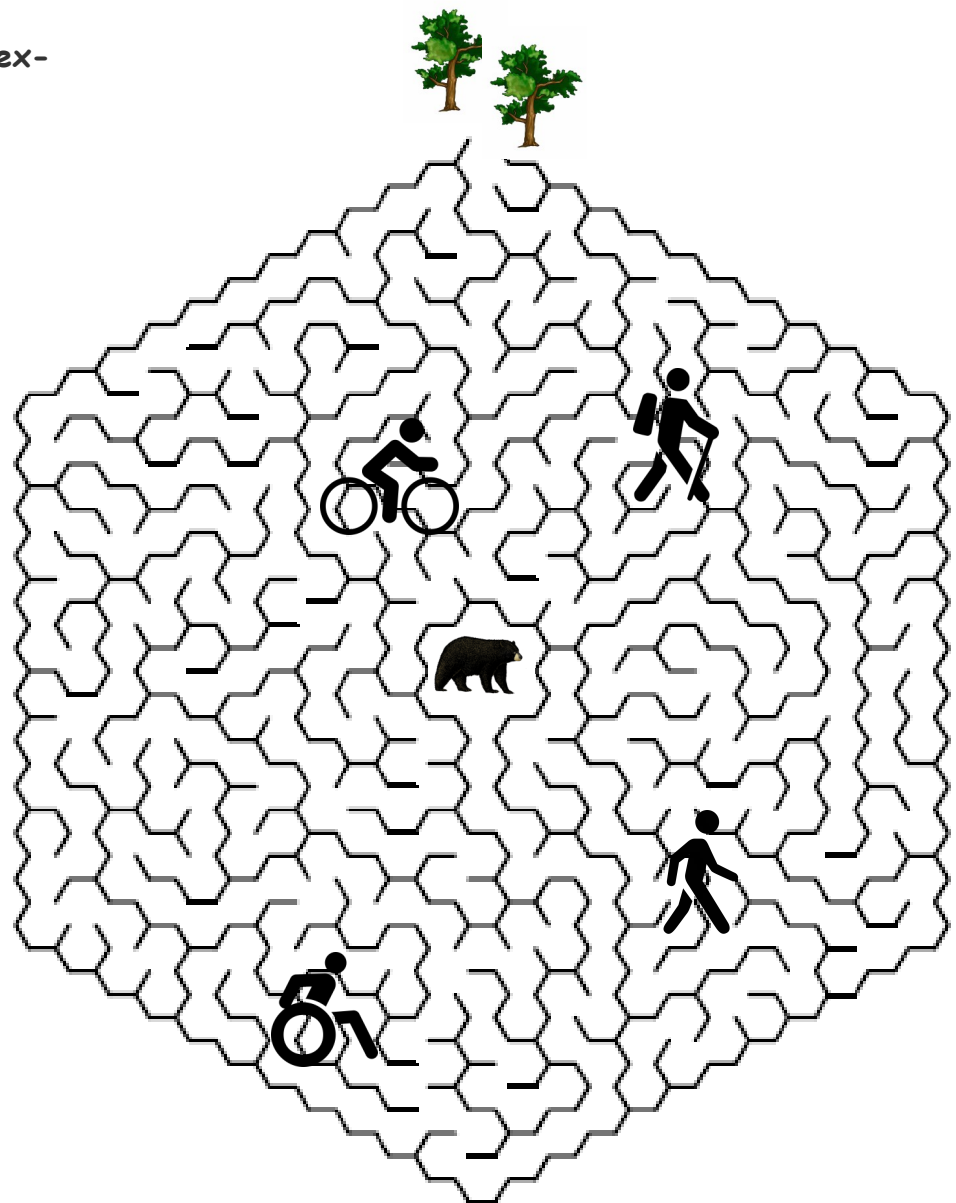
Camping in Bear Country

To reduce the chance of experiencing bear problems:

- Move to another campsite if fresh bear signs are present.
- **NEVER** keep food in your tent.
- Use canned and dried foods to minimize food odors.
- Store foods out of a bear's reach, in a vehicle or enclosed building if possible.
- Use airtight or bear-proof containers.
- Rinse containers before disposal and recycle.
- Burn waste paper in your campfire.
- **DO NOT BURN OR BURY FOOD SCRAPS!**
- Remove all garbage and fish remains from camp **EVERY EVENING.**

If a bear comes into camp:

- **DON'T FEED IT!** Scare it away.
- Make loud noises, bang pans, or yell.



Bike, Roll, Walk and Hike Western Maryland Rail Trail

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Take a leisurely 5 mile exploration along the paved Western Maryland Rail Trail (WMRT) from Big Pool to the Licking Creek Bridge. (The Licking Creek Bridge is the first bridge you will come to after Mile Marker 2.)

Begin your journey at the Western Maryland Rail Trail Big Pool parking lot along Big Pool Road (Route 56).

Stop and read the exhibit panels along the way to answer the follow questions. Remember to look at the panels in the parking lot.

As you go along the path what are some signs that the Rail Road used to use the path?

How long was the 1906 coal chute at Big Pool Junction?

On which side of the path should you ride your bike?

On which side should you pass other bicyclists using the path?

Why was the Ernstville Road bridge constructed in 1930?

At the Licking Creek Bridge name the 3 types of transportation you can see from the bridge.

You may turn around and return along the trail once you get to the Licking Creek Bridge. Or if you wish you can continue along the trail as far as you like!



Where Wildlife and Nature Meet Woodmont Natural Resources Management Area

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Wildlife is the common thread woven into the history of Woodmont. Native Americans and early settlers were attracted to the abundant game in the area. Later, wealthy Baltimore and Washington businessmen discovered the bountiful wildlife in the area and established Woodmont hunt club in 1870. Today, Woodmont continues to offer public opportunities for hunting, hiking, biking, wildlife watching, nature photography and more

Begin your hike at the Heritage Trail trailhead parking lot. The trailhead parking lot is located on the East side of Woodmont Road, 4.75 miles from Route 144 Old National Pike west of Hancock, Maryland. Follow the red blazes on the south AND north loops to complete your journey. The 3.7 mile loop trail ends at the same trailhead parking lot.

Special Note: There are no restroom facilities at Woodmont. From April to October there is a porta pot located at the Pearre Parking Lot for the Western Maryland Rail Trail. (see map for location). Additionally there is not water available, so please bring what you need as well as bug spray and anything you might need to spend the day out of doors in a wilderness setting.

Wayside panels along the way will help you answer the following questions to learn what makes Woodmont so special to wildlife:

Question 1:

Food is basic requirement for all animals to survive. Woodmont's diverse soils, slopes, elevation and forest types support a variety of plants and trees. This variety in vegetation supports many different wildlife species with changing food sources throughout the year. What is a major source of fall and winter food for Woodmont wildlife?

Question 2:

Water is another basic requirement for animals to survive. Woodmont features a number of streams, springs, seeps and ponds. The mighty Potomac River is also nearby. With plentiful year-round water available, wildlife can thrive in the area. Imagine you are a thirsty bear. How much water do you need to drink daily?

Question 3:

Animals also need a safe place to raise their young. Successfully raising their next generation increases wildlife populations. The diverse topography and habitat of Woodmont provides numerous nesting locations for a variety of wildlife. What four local animal species use tree hollows for nesting locations?

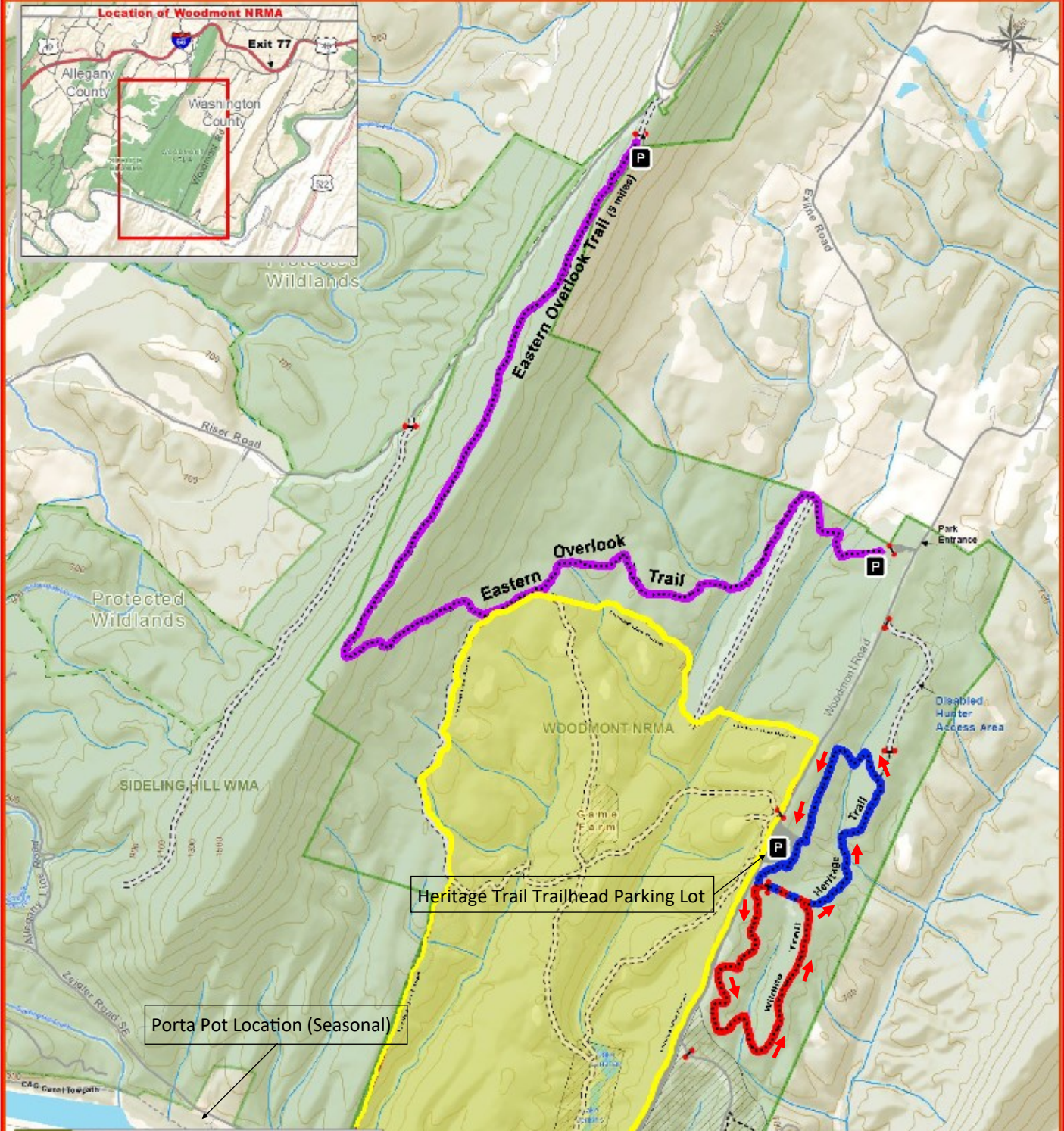
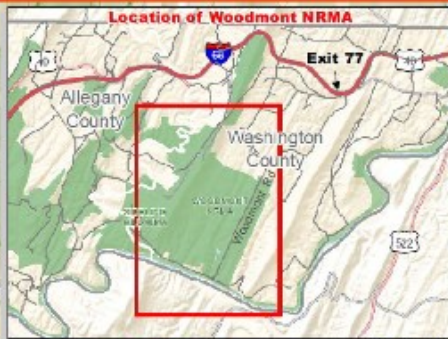
Question 4:

Animals also need suitable shelter from weather and predators. The maintained clearings and healthy forests of Woodmont offer multiple layers of shelter to a variety of wildlife. What type (layer) of shelter do many local songbirds seek shelter and safety?



Mountain Bike





Woodmont NRMA
 Park Entrance:
 Latitude 39.650105, Longitude 79.291960
 Contact: 301-842-2155 Emergencies: 410-260-8008

- LEGEND**
- Parking
 - Gate
 - Trail (color indicates Blaze)
 - Service Road
 - Limited Use Parcel (Restricted Public Access)
 - Protected Area (No Public Access)
 - State Park Boundary
 - State Protected Wildland
 - 100' Contour Interval (from USGS)

Map Updated: 2/20
 Woodmont NRMA Website:
enr.maryland.gov/publiclands/Pages/western/woodmont.aspx

Property Information

Protected Area - For safety reasons, areas around the building, including Camp Cleveland, Woodmont Lodge, and Game Farm have no public access.

Limited Use Parcel - Restricted Public Access. Area is open to the public from April 1st to Sept. 30th. Between these dates, the designated area is open for hiking, biking, birding, etc. Hunting is not permitted during this time. From Oct. 1st to March 31st, there is no public access to this parcel except during deer firearms season. Public white-tailed hunting is permitted during the two week general firearm season and deer Junior Hunt periods only.

More Park Info...



Activity Booklet Answer Key



Activity Page 3:



European Starling



Fox Squirrel



Black Rat Snake



Raccoon



Gray Squirrel



Turkey



Opossum



American Crow

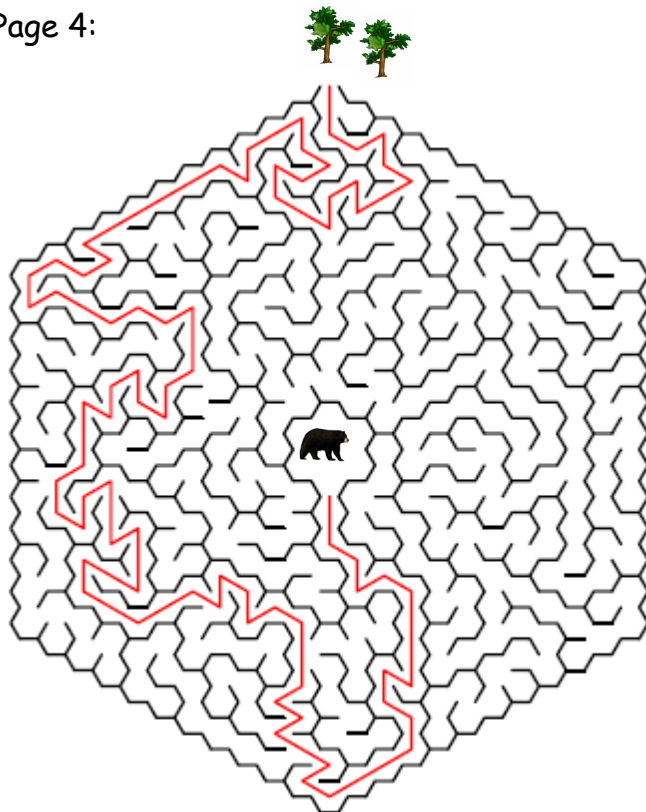


White-tail Deer



Black Bear

Activity Page 4:



Activity Booklet

Answer Key



Activity Page 5:

As you go along the path what are some signs that the Rail Road used to use the path?

How long was the 1906 coal chute at Big Pool Junction?

145 Feet

On which side of the path should you ride your bike?

The Right Side

On which side should you pass other bicyclists using the path?

The Left Side

Why was the Earnstville Road bridge constructed in 1930?

To carry motor vehicles on Earnstville Road safely over the Western Maryland Railway.

At the Licking Creek Bridge name the 3 types of transportation you can see from the bridge.

River, Canal, Rail Road, or Highway

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Question 1:

Tree Nuts (Acorns, Beechnuts, Walnuts, Hickory Nuts)

Question 2:

270 Ounces (2.1 gallons)

Question 3:

Owls, Raccoons, Possums, Squirrels

Question 4:

Canopy Shelter (Leaves in the Trees)