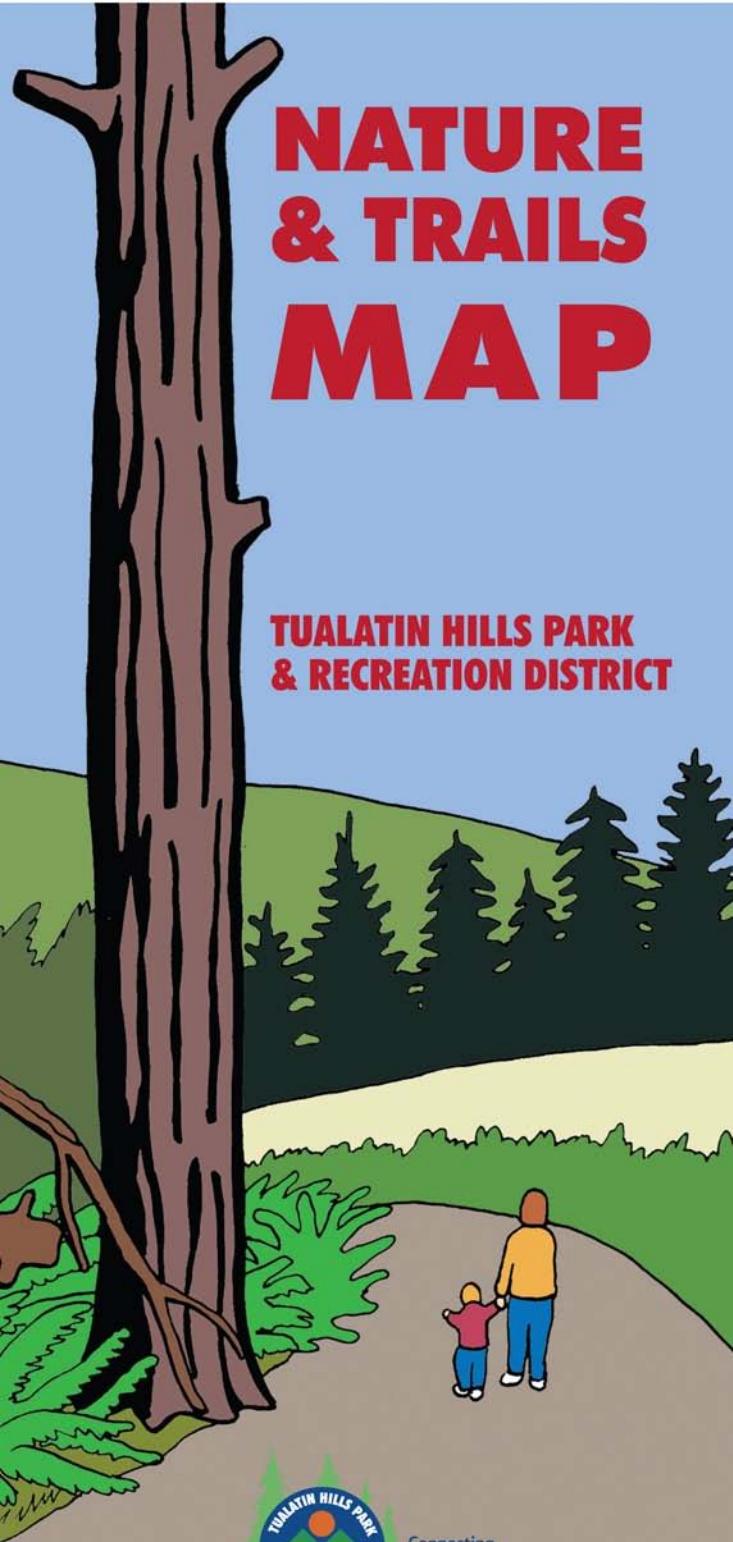


NATURE & TRAILS MAP

**TUALATIN HILLS PARK
& RECREATION DISTRICT**



Connecting
People, Parks
& Nature

www.thprd.org

Explore. Discover. Learn.

Enjoy being outside? Want to learn more about the plants and animals in your neighborhood? Looking for things to do in nature with your friends and family? At THPRD, we provide environmental education programs and opportunities for people of all ages to connect with nature throughout the Park District.

Before heading out on one of our trails at the Tualatin Hills Nature Park, visit the Nature Park Interpretive Center. Explore nature exhibits, a reference library, and nature store. The center is open daily, year-round. Admission is free. Call 503/629-6350 for hours or more information.

We also offer free nature programs and events in parks and natural areas in every season. Look for guided activities provided by our Nature Mobile staff. Attend a Nature Day in the Park event to discover more about a neighborhood natural area and ask a ranger your nature-related questions.

Nature classes provide year-round learning opportunities for adults, families, children, and groups. Programs include full and half-day camps for kids ages 4 to 14, guided nature walks, scout programs, preschool programs, nature birthday parties, evening programs, fitness classes, and more. We emphasize hands-on activities, active learning, and experiences in the outdoors. Join us and connect with nature in your neighborhood.

Want to get even more hands-on? Join a volunteer work party where you can plant trees, remove weeds, or count native animals. Check out our website or call our volunteer coordinator at 503/629-6305 x 2720 for more information.



Wildflowers: petals of mettle

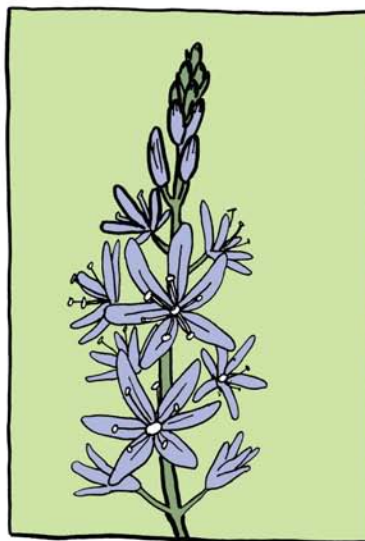
Wildflower season in our region starts in April and peaks in June, but even in July and August, observant people will find flowers in bloom. The first blooms can often be found in any of our wooded areas with three-petaled trilliums, followed by whitish fawn lilies. Even

as early as February, Indian plum trees will begin to open their small white flowers that resemble tiny lanterns illuminating the greys and greens of the winter forest.

The sunny prairies of Cooper Mountain Nature Park come alive in June and then have one last hurrah in August as Clarkia (also known as farewell-to-spring) come into bloom amid the browning

grass. Currants, wild roses, oceanspray, and red stick dogwood continue to flower throughout the summer. The white flowers of trailside shrubs like thimbleberry and black raspberries will reward you with delicious edible fruits in late summer!

Plants prefer specific habitats and there are some unique blooms that are not to be missed. In mid-May, the meadow at Camille Park is awash with purple camas lilies. Sessile trillium can be found nestled in the moist understory of Kaiser Woods. The conifer forests of Tualatin Hills Nature Park will treat you to glimpses of the delicate calypso orchid and secretive wild ginger flowers hidden under heart-shaped leaves. Remember to stop and smell the roses: Even the smallest blooms, like the tiny yellow clusters of our state flower, Oregon grape, yield the sweetest smells – the busy pollinators think so too!



Beavers give us lots to chew on

Beavers, nicknamed nature's engineers, have chewed their way into the Northwest's landscape and culture. They are one of the only mammals that can drastically change an ecosystem. Over time, their dams can create wetlands that become home for a diversity of wildlife from dragonflies to great blue herons.

Believe it or not, beavers are active in streams and wetlands throughout the Park District. If you're lucky, you might catch a glimpse of the nocturnal mammals around dusk, but you can certainly find their dams as well as pointy stumps and other chew marks on trees. Look for neatly organized stick and mud dams in narrow areas along streams at the following parks: Greenway Park, Beaverton Creek Wetlands, Willow Creek, Bannister Creek, and Rock Creek Greenways. You won't commonly find tall lodges here,

as most beavers in this area den in burrows along stream banks.

A commonly seen beaver look-alike



is the nutria, a large aquatic rodent imported from Argentina in the 1950s to supplement the fur trade. How do you tell them apart? Nutria are active in the daytime and graze on aquatic plants and grasses, while beaver are nocturnal and prefer woody vegetation. If you notice white whiskers or greyish facial fur and a rat-like tail, you've spotted a nutria; a beaver's whiskers are dark and its flat tail is usually underwater as it swims.

Pooches welcome here



We have spacious local parks where you and your canine pal can escape the bustle of urban life and head out for a hike through nature. Because Cooper Mountain Nature Park and Tualatin Hills Nature Park are nature preserves, dogs are NOT allowed. However, you can take your dog for a walk in any other park in the district. Other scenic parks with more extensive trails include Barrows Park, Fanno Creek Greenway, Greenway Park, Hyland Woods, Jenkins Estate, Jordan Woods, Kaiser Woods, Lowami Hart Woods, Rock Creek Greenway, Waterhouse Park and Willow Creek Greenway. Please respect other park users by keeping your pooch on a leash and cleaning up any messes.

Off-leash, fenced dog parks can be found at three locations within the district. Each site has amenities to make your visit more comfortable, including ample parking, benches and disposal bags.

- Hazeldale Park has a dog park with a combination of turfed and earthen surface. This area is approximately two acres and is divided into separate sections for large, medium and small dogs.
- Paul & Verna Winkelman Park has a two-acre area with a turfed surface and winter use area.
- PCC Rock Creek Recreation Facility will soon have a 1.5-acre dog park, which will be divided into separate turfed areas for small and large dogs, as well as a winter use area. At press time, the winter use area was scheduled to open in summer of 2013 with the turfed areas to follow in fall 2013.

KIDS AT PLAY:

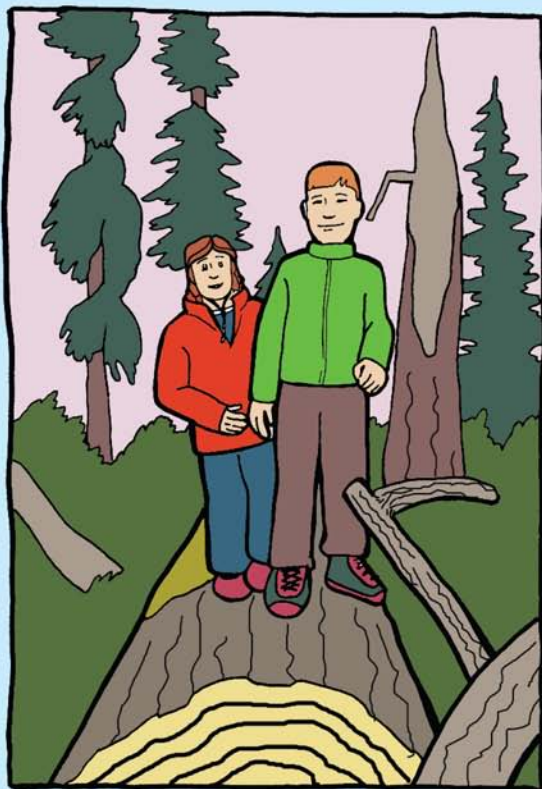
It's in their nature

Nature play sites at THPRD offer opportunities for children to engage in creative, unstructured play with natural elements in a natural setting. These sites provide hands-on exposure to nature, which is critical for healthy childhood development. And it's just good fun.

Cooper Mountain Nature Park's nature play area is near the Nature House and focuses on natural elements with a playground twist. Visitors are greeted with a sand pit, rocks, mini-mountain, and a life-sized wooden covered wagon that has loads of imaginative appeal. Adults will enjoy the park's expansive views.

Camille Park offers a structured environment suitable for children as young as three years old. It houses a sand pit, boulders, large and secure log structure, larger-than-life frog climbing statue, mini-climbing rope, faux rock wall, and traditional swing set and slide. Follow the boardwalk through the camas meadow for a chance to see a hawk or heron.

Want to go off-trail and get dirty? Here is your chance! Hyland Woods' nature play area is a natural, forested space without traditional playground elements. Here, a half-acre of forest has been marked off for children to build forts, dig holes and just play in the woods. You will recognize the area by the blue posts on the eastern end of the property.



Can't see the frogs? Listen!

Did you know we have three frogs that live in almost all natural areas around the Beaverton area? Pacific tree frogs, the smallest of the bunch (about 1-2 inches long), are the most commonly heard frogs. They often create a loud, multi-voiced chorus in wetlands, but if they detect you nearby, the entire chorus will go silent. You'll often hear them without ever seeing them, but if you do spy one on a wetland plant, it may be a variety of colors, from bright green to golden to brown, and often with spots or stripes of very distinct colors. The Northern red-legged frog is almost never heard, often croaking from under water and only during the winter breeding season. It is 3-5 inches long and generally brownish on top, creamy on the tummy, and

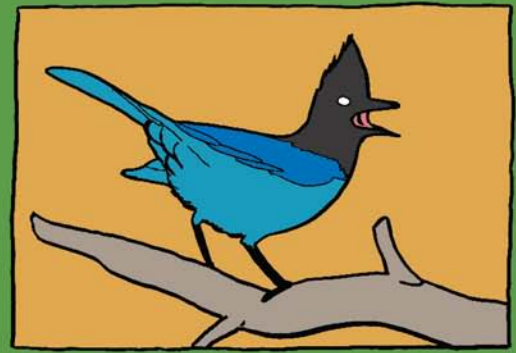


with distinctive reddish-pink on the undersides of its legs.

Common bullfrogs are the ones many people hear, since their low "harrumph" call resonates a long

distance across ponds. These are the only non-native frogs in our area, and they will eat almost anything, making them a problem for other small wildlife. Bullfrogs can grow to more than six inches in length and are generally greenish-brown on the top and have a cream-colored stomach. They have a very distinctive ear drum, a little smaller than a dime, just behind each eye. These frogs will often chirp loudly as they hop into the water when frightened. All three breed in ponds, but the tree frog and red-legged frog spend much of the rest of the year in forested habitats surrounding the wetlands; bullfrogs stay in the ponds year-round.

Each of these frogs can be heard in local wetlands, such as Beaverton Creek Wetlands or along Fanno Creek in Greenway Park. Listen for the mating calls of the males starting in December and lasting through about March.



Birds: joy for the eyes and ears

Birds are truly everywhere. A great place to start is the Tualatin Hills Nature Park. Watch for the large, rectangular cavities left in tree trunks by Pileated Woodpeckers and listen for the complex song of the diminutive Pacific Wren.



































A diversity of ducks can be found at Commonwealth Lake and Bethany Lake Parks. Take note of the various feeding techniques of waterfowl and how migration and seasonality the type and number of birds.

Koll Center Wetlands is a great location to see migrating shorebirds, such as dowitchers and sandpipers, and the raptors that pursue them. Watch here for wading birds and see the contrasting colors of Great Egrets and Great Blue Herons.

For songbird migration in springtime, Cooper Mountain Nature Park is the place to be. Listen as warblers and flycatchers add their song to the chorus and look for some of the more colorful neo-tropical migrants such as Western Tanagers and Black-headed Grosbeaks.

Birds are as diverse as our habitats and can be observed and enjoyed wherever you are in the Park District. This includes our natural area parks, where we work and go to school, and where we live. Think of all of these places as habitat and enjoy the show!

Activity Highlights

Park/Trail Name	Highlights
Barrows Park	 
Camille Park	    
Cedar Mill Creek Greenway	   
Commonwealth Lake/Foothills Park	  
Cooper Mountain Nature Park	       
Fanno Creek Trail	   
Greenway Park	    
Hazeldale Park	
Hyland Woods	   
Jenkins Estate	    
Jordan Woods Trail	  
Moonshadow Woods	  
Paul & Verna Winkleman Park	
PCC Rock Creek Recreation Facility	
Rock Creek Trail	  
Tualatin Hills Nature Park	    
Waterhouse Trail	  
Westside Trail	  



Legend	
	Bikes
	Dog park
	Challenging hikes
	Heritage trees
	Interpretive features
	Loop path
	Nature play area
	Viewpoints
	Wildflowers
	Wildlife watching