

LEARN MORE ABOUT THE 51.7-MILE VIRGINIA CAPITAL TRAIL BY BECOMING A JUNIOR TRAIL AMBASSADOR!

# JUNIOR

# TRAIL AMBASSADOR

GAMES, PRIZES, AND FUN!



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*Williamsburg*  
**COMMUNITY  
FOUNDATION**



capital trees

A BIG THANK YOU TO OUR PROGRAM PARTNERS:  
DOMINION ENERGY, THE WILLIAMSBURG  
COMMUNITY FOUNDATION, AND TO CAPITAL TREES  
FOR DEVELOPING THE PLANT I.D. SECTION!



## Junior Trail Ambassador Guide Book (ideal for ages 8+)

This guide belongs to:

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### Welcome to the Virginia Capital Trail!

How to use your Junior Trail Ambassador Guide:

- Complete the “Trail Etiquette” activity to understand the rules of the Trail and how to stay safe.
- Complete at least 5 of the activities in this guide. Some can be done at home, but for most you will need to visit the Virginia Capital Trail!
- Once finished, ask your parent/guardian to email us at [info@virginiacapitaltrail.org](mailto:info@virginiacapitaltrail.org) so we can send you a certificate of completion and some VCTF goodies!
- Order the official Junior Trail Ambassador shirt at [virginiacapitaltrail.org/trail-shop](http://virginiacapitaltrail.org/trail-shop)



**THE CAPITAL TRAIL IS FOR EVERYONE! YOU CAN BIKE, SKATE, RUN, WALK,  
HIKE, UNICYCLE OR DANCE YOUR WAY ALONG THE TRAIL!**



**Trail Etiquette:** Unscramble the letters in parentheses to complete each rule. Read these rules with an adult and talk about what each one means and how it can keep you safe on the Capital Trail! (You can find the answers at [www.virginiacapitaltrail.org/trail-rules](http://www.virginiacapitaltrail.org/trail-rules) once you are done!)

- Be \_\_\_\_\_ and alert ( p s r e t f e c l u )
- Stay to the right, pass on the left, and give \_\_\_\_\_ warnings ( e d l a u i b )
- Limit \_\_\_\_\_, don't impair your hearing ( o c t s d i r t s i a n )
- \_\_\_\_\_ all Trail and road signs ( y b o e )
- Use safe speeds, slow down in \_\_\_\_\_ areas ( t n o g e c d e s )
- If you're on wheels, yield to \_\_\_\_\_ ( s r t e e p n a d i s )
- Pull off the \_\_\_\_\_ when stopped ( l r i t a )
- Keep dogs on short \_\_\_\_\_ and clean up after your pet ( s a h s e e l )
- \_\_\_\_\_ single file when passing or being passed ( n i t m i n a a )
- No unauthorized \_\_\_\_\_ vehicles ( r o o t z i m e d )
- Only E-bikes Type 1 and 2 with motor assist that cannot \_\_\_\_\_ 20 MPH are allowed on the Trail ( d e e e x c )

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### Extra Challenge!

Unscramble the words to see the Virginia Capital Trail Foundation's

### Mission Statement!

ETH NIARIGIV PACALIT ILTRA NDONOFITAU ISTXES OT CORTTEP TRMOOEP NDA  
ECENHNA TEH RIGVANII LAIPCTA LARIT DNA TO ESREV SA A EESRCORU TMOMNCIU  
RBEULID ADN CNRNECOOT OT TROHE LASRTI OOGUHHUTRT HET TOEWMLMACNHO

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.



## Junior Ambassador Report

*Write about your experience on the Virginia Capital Trail! You can include where you went, people you saw, what the weather was like, or anything else that stood out to you!*

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Draw the Capital Trail!



**Across**

2.

The trail crosses many wooden \_\_\_\_\_

6.

Trail \_\_\_\_\_ are volunteers who report about the Trail

10.

The Capital Trail is 51.7 \_\_\_\_\_ long

11.

Stands for Virginia Department of Transportation: \_\_\_\_\_

12.

Always make sure to bring some of this on the Trail so you don't get thirsty!

\_\_\_\_\_

13.

The Trail crosses \_\_\_\_\_ Creek (it's a fish!)

14.

Trash thrown on the ground, picked up by Adopt-a-Trail volunteers: \_\_\_\_\_

16.

\_\_\_\_\_ 5 is the road that the Capital Trail follows

17.

Virginia's current Capital, where the Trail ends: \_\_\_\_\_

19.

The Trail crosses \_\_\_\_\_ Island Creek (think Thanksgiving!)

**Down**

1.

2 wheeled machine seen often on the Trail: \_\_\_\_\_

3.

Some people roller \_\_\_\_\_ the Trail!

4.

The \_\_\_\_\_ River is the largest body of water that the Capital Trail crosses over

5.

Virginia's first capital, near mile zero: \_\_\_\_\_

7.

The county that contains the most miles of the Capital Trail: \_\_\_\_\_

8.

\_\_\_\_\_ Park is the largest park in Henrico County (and has a connector trail!)

9.

The Virginia Capital Trail \_\_ foundation \_\_\_\_\_ made this book (It's on the front!)

15.

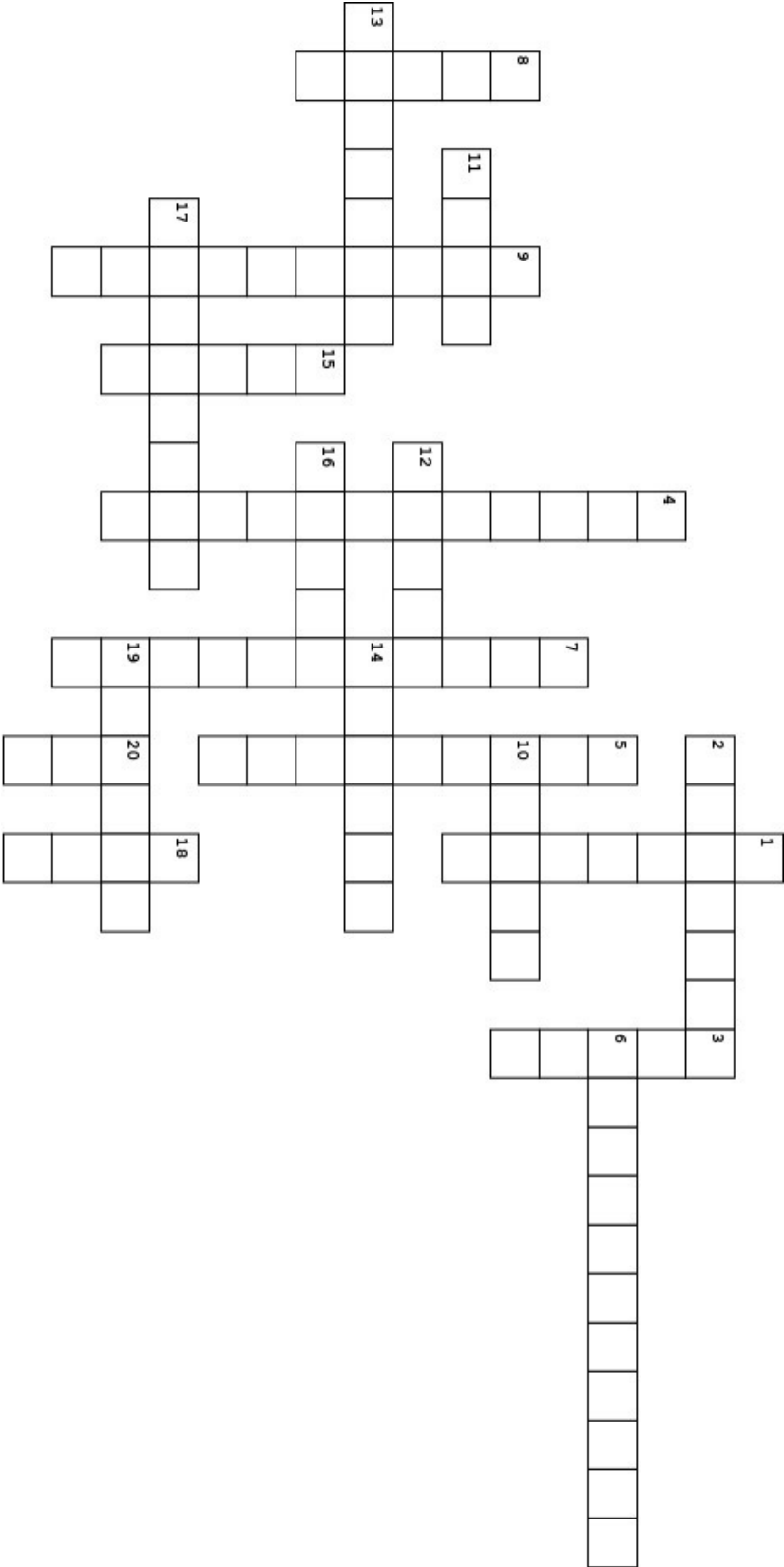
Travel on this side of the Trail: \_\_\_\_\_

18.

Pass people on this side: \_\_\_\_\_

20.

What you do in a marathon: \_\_\_\_\_





## Capital Trail Word Search

W Y A V J A H K B W Y E I E A  
K N S M Y I E O T I D W S X M  
P I W S T N N Y J E K U O J B  
F M S V J I R R C J I E D P A  
D O G F R G I L V T W O K O S  
H H U U E R C P L A A U Z D S  
L A N N Z I O U K C L M X H A  
O K T G D V M Q P Z K I O S D  
R C C B T A R I C H M O N D O  
X I W L E B T M U M L K Y S R  
I H N Y I K G I T O R C W G S  
P C C E T A K S O G J E J I J  
Y C M W T C R G E N P J L K K  
K G E S U O H T R U O C Z Y W  
Y K C A P I T A L A C H E F Z

**ambassadors**

**bike**

**capital**

**Chickahominy**

**courthouse**

**foundation**

**Henrico**

**multiuse**

**Richmond**

**run**

**skate**

**trail**

**Virginia**

**walk**





## Online Scavenger Hunt!

Look around to find the answers to these questions

at [www.virginiacapitaltrail.org](http://www.virginiacapitaltrail.org)

What are two upcoming events or programs on the Capital Trail?

1. \_\_\_\_\_

2. \_\_\_\_\_

How many people work for the Virginia Capital Trail Foundation?

\_\_\_\_\_

Click on "Trail Map" at the top right of the screen. What is something you see near each of these mile markers?

7: \_\_\_\_\_

27: \_\_\_\_\_

40: \_\_\_\_\_

51: \_\_\_\_\_

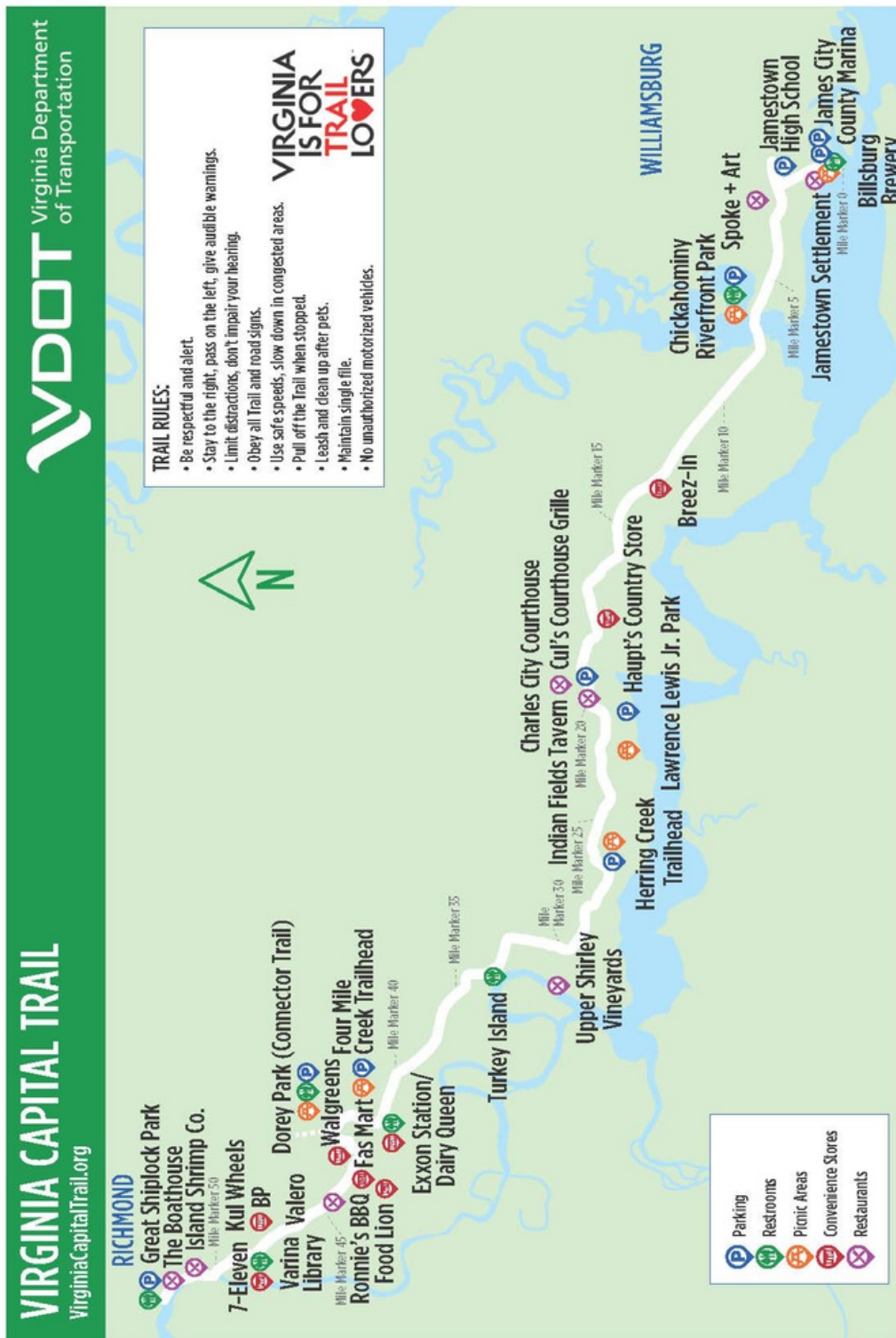
What year was the ribbon cutting that marked the opening of the entire Capital Trail?

\_\_\_\_\_



## Trail Map!

On the map below, show a trip you took on the Capital Trail, and circle a place you would like to go next time.

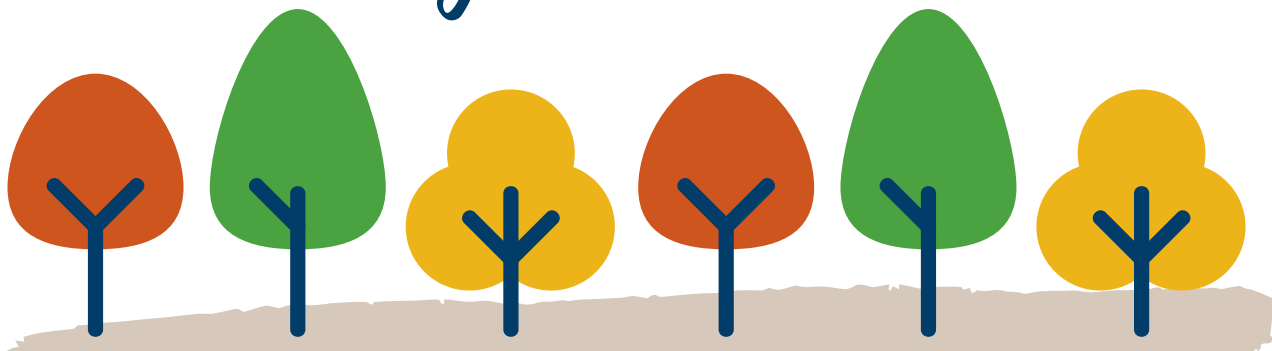




# Cap Trail Bingo

RIDE AT LEAST 30 MINUTES ON A BIKE	EAT A MEAL OR STOP IN FOR A VISIT AT A RESTAURANT	LISTEN TO LIVE MUSIC	READ THREE HISTORICAL MARKERS	TAKE A REST ON A BENCH AND ENJOY THE VIEW
PASS A MILE MARKER ENDING IN A 2 OR 7	TAKE A PICTURE BY THE 'BIG BIKE' OR ANOTHER ARTWORK	PICK UP A PIECE OF GARBAGE	SMILE AND WAVE TO 5 DIFFERENT TRAIL USERS	IDENTIFY 3 DIFFERENT TYPES OF BIRDS OR ANIMALS
TAKE A PHOTO OF YOU AND A FRIEND	FIND TWO GEOCACHES		ENJOY A PICNIC LUNCH	FIND THE EAST COAST GREENWAY SIGN
IDENTIFY AT LEAST 3 TREES OR FLOWERS	SKATE, WALK, OR RUN FOR 20 MINUTES	(Using a rack card) PICK ONE PLACE YOU WANT TO VISIT.	EXPLORE A SECTION YOU HAVE NEVER VISITED	CROSS OVER A WOODEN BRIDGE
USE A TOOL AT A FIX-IT STATION	VISIT A PARK	BIKE, HIKE, RUN IN THE RAIN	FIND THE U.S. BICYCLE ROUTE 76 SIGN	VISIT TWO TRAILHEADS

## Along the Trail





Oak Shaped Leaves



Samara (seeds)

Needle Leaves

Bird Nest

Maple Shaped Leaves



Seed Pods

Camo Bark



Spiderwebs

Birds

Lichen



Pollinators

Mushroom

See how many of these you can find along the Capital Trail!



capital trees

## Jr. Trail Ambassadors

### Plant I.D. & Log

## GLOSSARY

Native Species: Any species historically found to have occurred in a specific region (City, State, Continent, etc.)

Introduced/ Non-native Species: A species that is not historically found in a specific region but is not a risk to the naturally occurring ecosystem

Invasive Species: A species that is not naturally found in an area and can outcompete native species, often to extinction.

Shrub: woody plant that is smaller than a tree and has several main stems

Perennial: lasting or existing for a long time; continually recurring

Deciduous: Shedding its leaves annually

Evergreen: retains green leaves throughout the year

Choose one of the plants from the following pages and complete this sheet!

**1)What traits do you notice?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

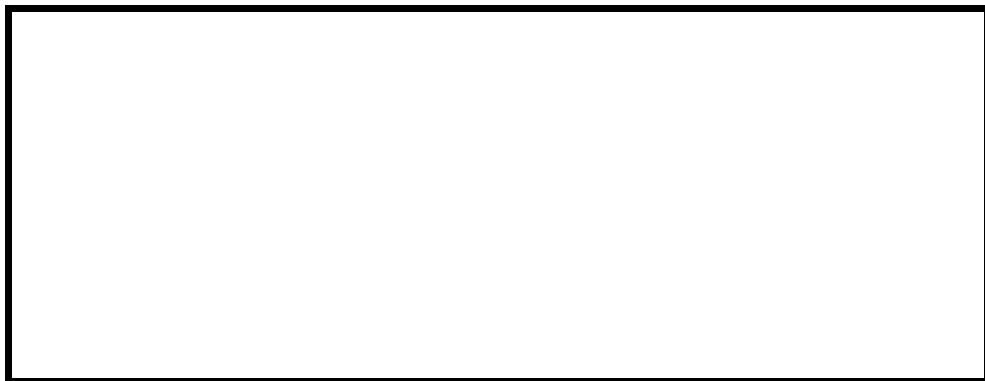
**2)What colors, textures, or special features stand out to you?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3)Do wildlife/insects seem to like it?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4)What time of year did you observe this species?**  
\_\_\_\_\_

**5)Have you seen other plants that look like it, or share characteristics?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Draw your plant!**



# American Sycamore

*(Platanus occidentalis)*

## TREE

Native Species



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Have you seen me?

**Traits:** Deciduous, 75 - 100 ft tall, large maple-shaped leaves, young bark looks like Camouflage design, puff ball shaped seed pods, great for shade

**Native to:** North America; Virginia

# Eastern Redbud

*(Cercis canadensis)*

## TREE

Native Species



Have you seen me?

**Traits:** Deciduous, 15 - 30 ft tall, leaves shaped like hearts, bright pink blooms in the spring before leaves appear, bean shaped seed pod

**Native to:** North America; Virginia



# Tree of Heaven

(*Ailanthus altissima*)

## TREE

### Invasive Species



- Have you seen me?
- Have you seen native species that look like me?

**Traits:** Deciduous, 80 ft tall, leaves shaped like hearts, mature bark resembles cantaloupe skin, leaf looks like many leaves on single stem, samara shaped seed pods

**Native to:** Asia; China

# Wild Azalea

(*Rhododendron canescens*)

## SHRUB

### Native Species



- Have you seen me?

**Traits:** Deciduous, 6 - 12 ft tall & wide, small oval shaped leaves, bright showy flowers can range in colors, flowers appear in spring

**Native to:** North America; Virginia

# Oakleaf Hydrangea

*(Hydrangea quercifolia)*

## SHRUB

Non-native Species



Have you seen me?

**Traits:** Deciduous but many leaves stay over winter, 3 - 12 ft tall & wide, oak shaped leaves, bright white flowers

**Native to:** North America; North Carolina & South Carolina

# Poison Ivy

*(Toxicodendron radicans)*

## Ivy

Native Species



Have you seen me?

**Traits:** Deciduous, hairy stem that can cling to and climb up trees, nonsymmetrical shaped leaves that grow in sets of three, small green fragrant flowers, dark blue drooping berries.

**Native to:** North America; Virginia

## English Ivy

(*Hedera helix*)

### Vine

### Invasive Species



- Have you seen me?
- Have you seen native species that look like me?

**Traits:** Evergreen, winding vine with hairy brown stem, 5-lobed leaf with rounded edges, can grow up trees and block tree canopies and strangle out trees

**Native to:** Europe

## Common Periwinkle

(*Vinca minor*)

### Perennial Forb

### Invasive Species

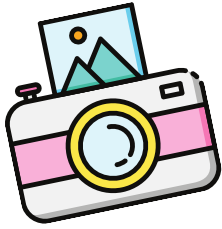


- Have you seen me?
- Have you seen native species that look like me?

**Traits:** Evergreen, tolerates high heat and full shade, showy purple flowers, forms dense ground cover that can choke out other species, likes organic rich soil

**Native to:** Central and Southern Europe

# SHARE YOUR CAP TRAIL ADVENTURE



TAKE A PICTURE OF ONE (OR MORE) OF YOUR CAPITAL TRAIL ADVENTURES. THEN TAG US #CAPTRAILADVENTURE OR EMAIL US AT [INFO@VIRGINIACAPITALTRAIL.ORG](mailto:INFO@VIRGINIACAPITALTRAIL.ORG).



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capital trees