

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

JUNIOR

TRAIL AMBASSADOR

GAMES, PRIZES, AND FUN!



THANK YOU PROGRAM SPONSORS



**Dominion
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Actions Speak Louder

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:

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 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



**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 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)

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
 Y 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!

Draw the Capital Trail!

A large, empty rectangular box with a thick black border, intended for drawing the Capital Trail.



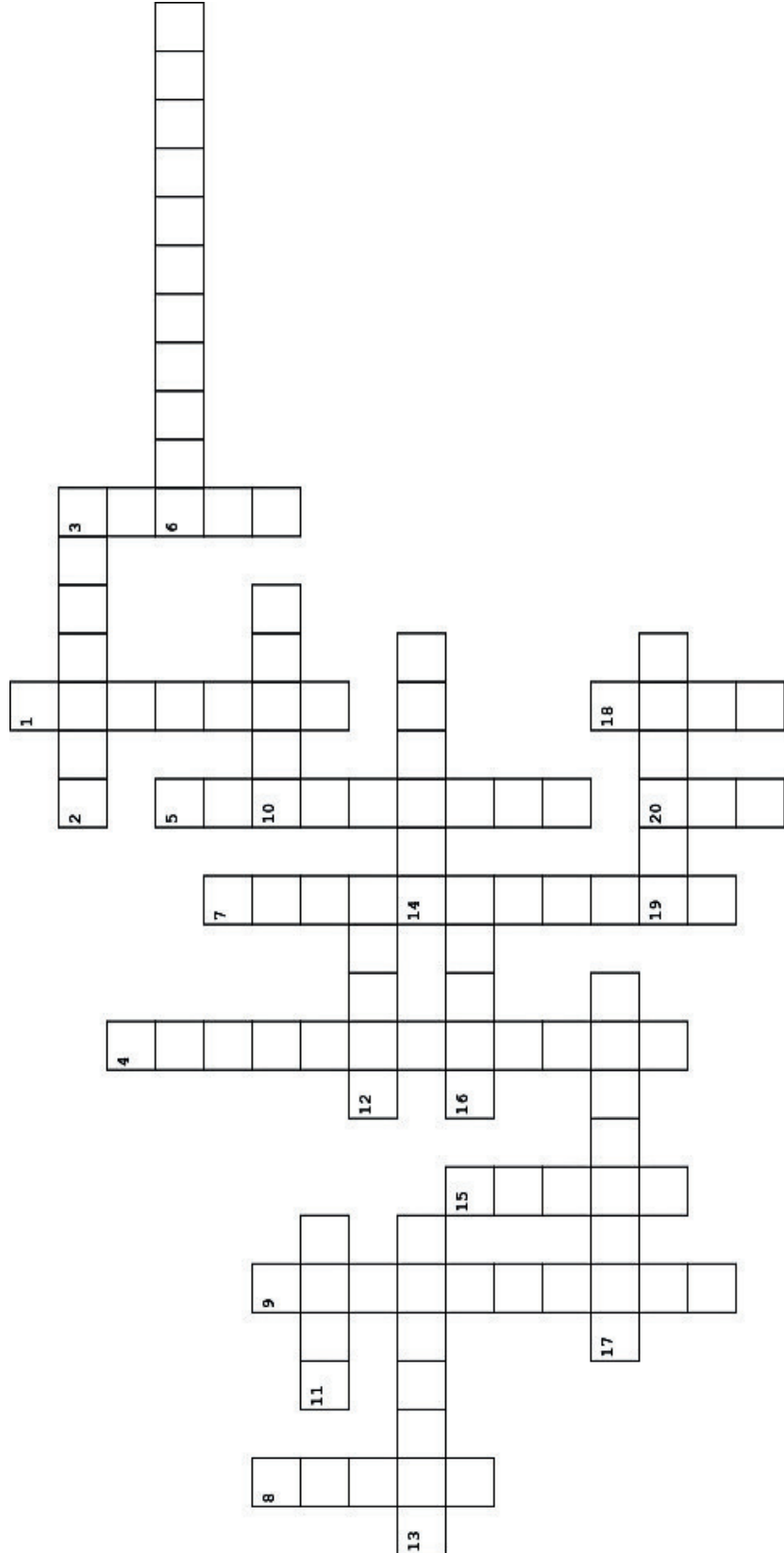
Across

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

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?

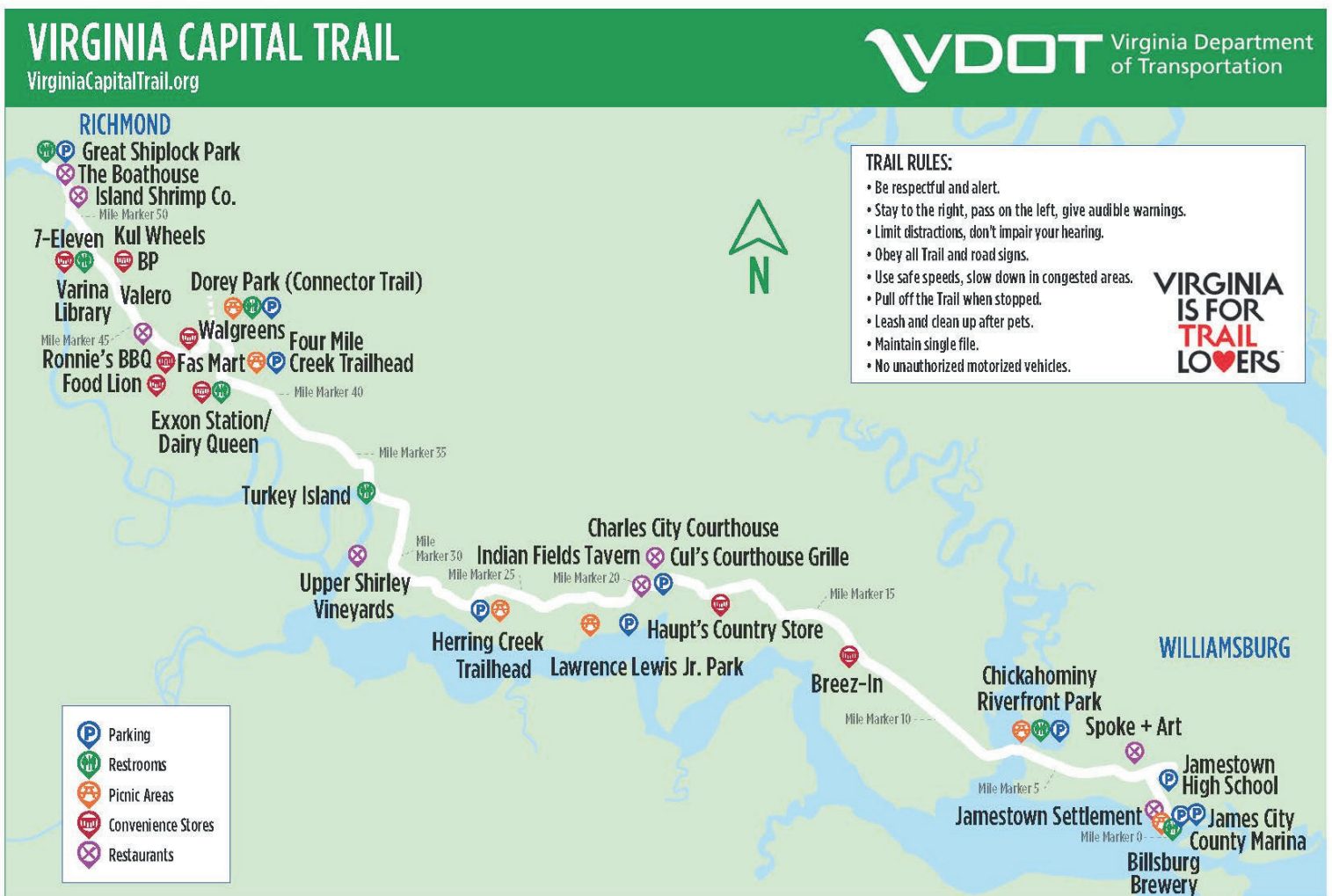
Virginia History along the Capital Trail



Stop and read a historical marker. Write in your own words below what you read about and why it might be important.

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.

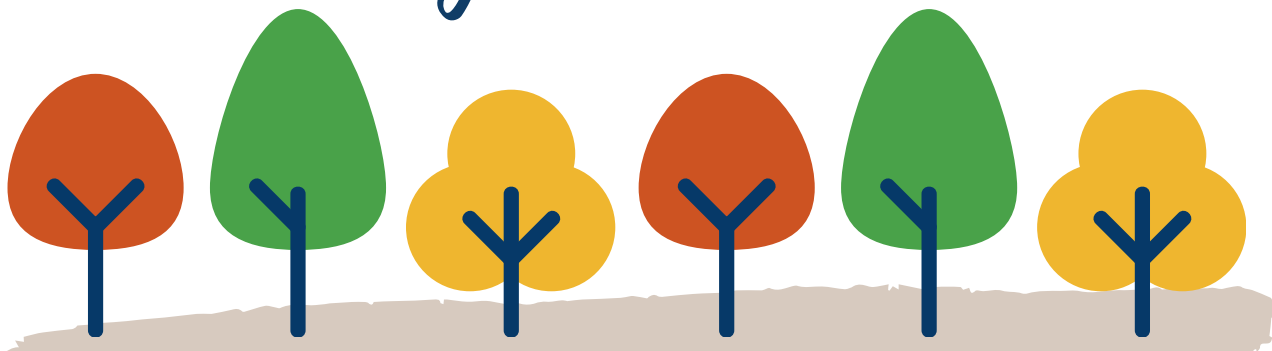


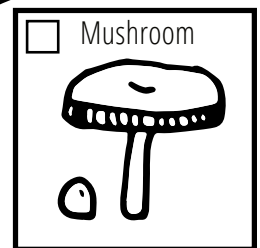
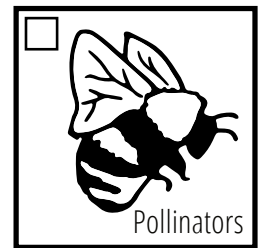
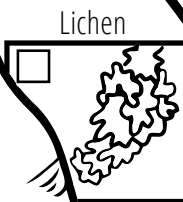
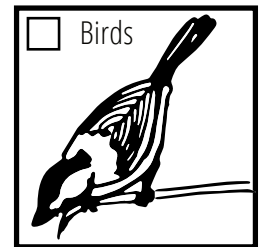
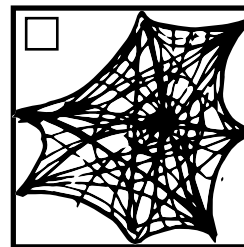
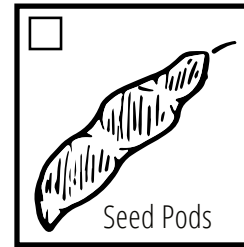
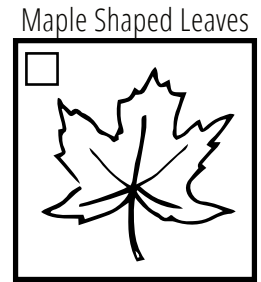
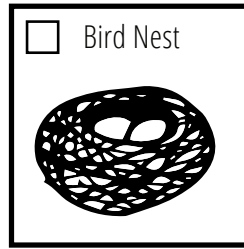
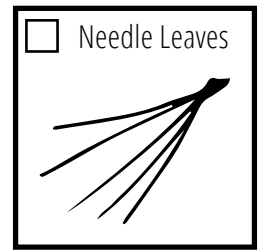
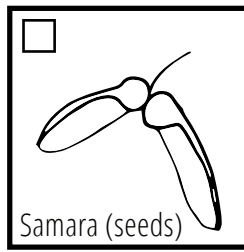
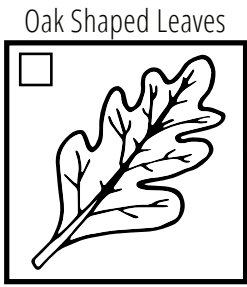


Cap Trail Bingo

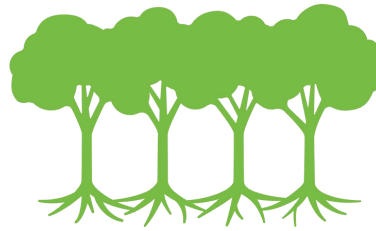
RIDE AT LEAST 30 MINUTES ON A BIKE	EAT A MEAL OR STOP IN FOR A VISIT AT A RESTAURANT	LISTEN TO LIVE MUSIC	READ THREE HISTORICAL MARKERS	TAKE A REST ON A BENCH AND ENJOY THE VIEW
PASS A MILE MARKER ENDING IN A 2 OR 7	TAKE A PICTURE BY THE 'BIG BIKE' OR ANOTHER ARTWORK	PICK UP A PIECE OF GARBAGE	SMILE 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





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? _____

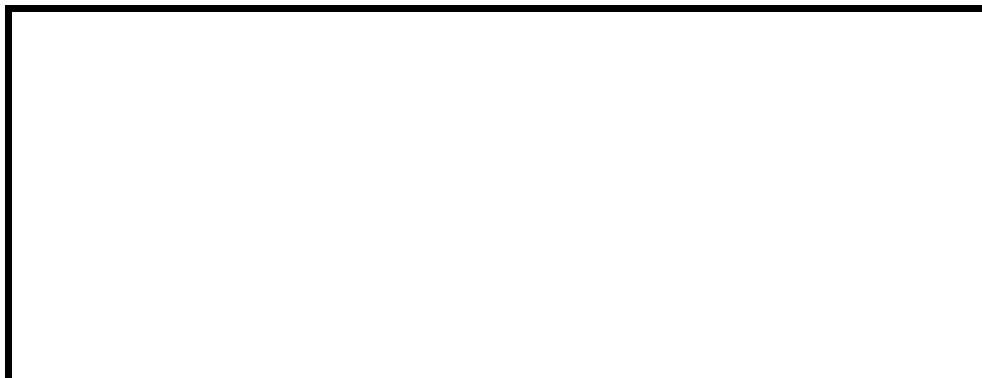
2)What colors, textures, or special features stand out to you? _____

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!

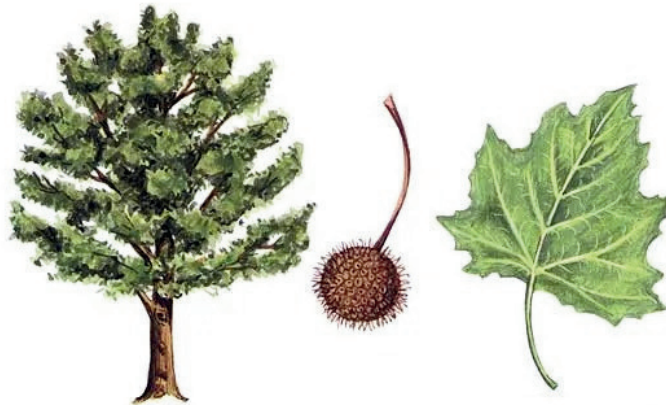


American Sycamore

(*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

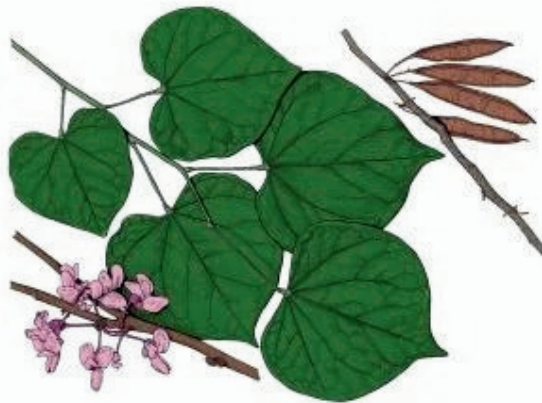
Native to: North America; Virginia

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

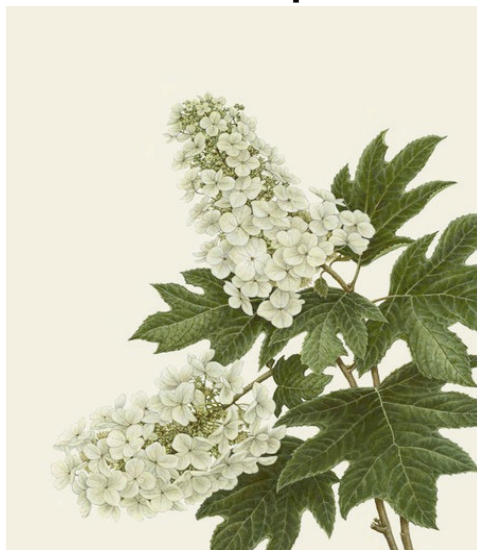
Native to: North America; Virginia

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.

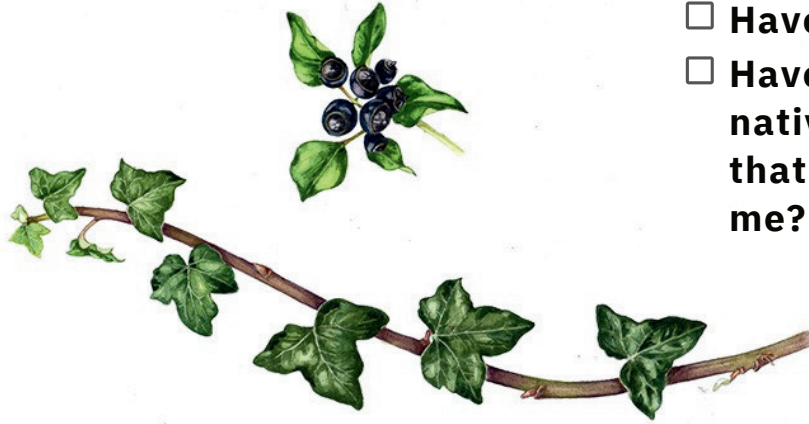
Native to: North America; Virginia

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

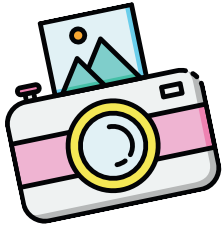


- Have you seen me?
- Have you seen native species that look like me?

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.



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