



Outdoor EXPLORER KIT

RIVER TRAIL
Activity Book



- RIVER NATURE
- BIRDS AND ANIMALS
- OBSERVATION
- COLORING
- READING & WRITING



ALONG THE NORTH PLATTE RIVER IN CASPER, WYOMING

YOUR RIVER TRAIL ADVENTURE



LEARNING IN NATURE IS FUN! These art, science, wellness, environmental and history activities will make exploring the Platte River Trail in Casper, Wyoming a great adventure. We invite you to step out on the River Trail and look around and use this Outdoor Explorer Kit as your guide. Chock-full of fun ideas and information, this kit is designed to make learning about our region's history as well as what you can see and do as you walk along the North Platte River corridor fun for all!

FIVE AREAS TO EXPLORE

Our Trails: Then and Now
Soccer Fields to Crossroads Park



From Industry to Active Living
Tate Pumphouse to the Oil Derrick



Our Community's Blueway
Fort Casper to Morad Park



Shared Spaces
Wyoming Game and Fish to Morad Park



Our Urban Landscape
Art 321 to The Nicolaysen Art Museum



DID YOU KNOW CASPER MOUNTAIN IS TO THE SOUTH?

LET'S GET READY

FOR OUR ADVENTURE ON THE RIVER TRAIL

Before we head out on the trail to learn and observe, there are a few things we need to do and bring to make this adventure safe and fun. The trail is a super place but it can be full of surprises, so be prepared, pay attention and most of all **HAVE FUN!**

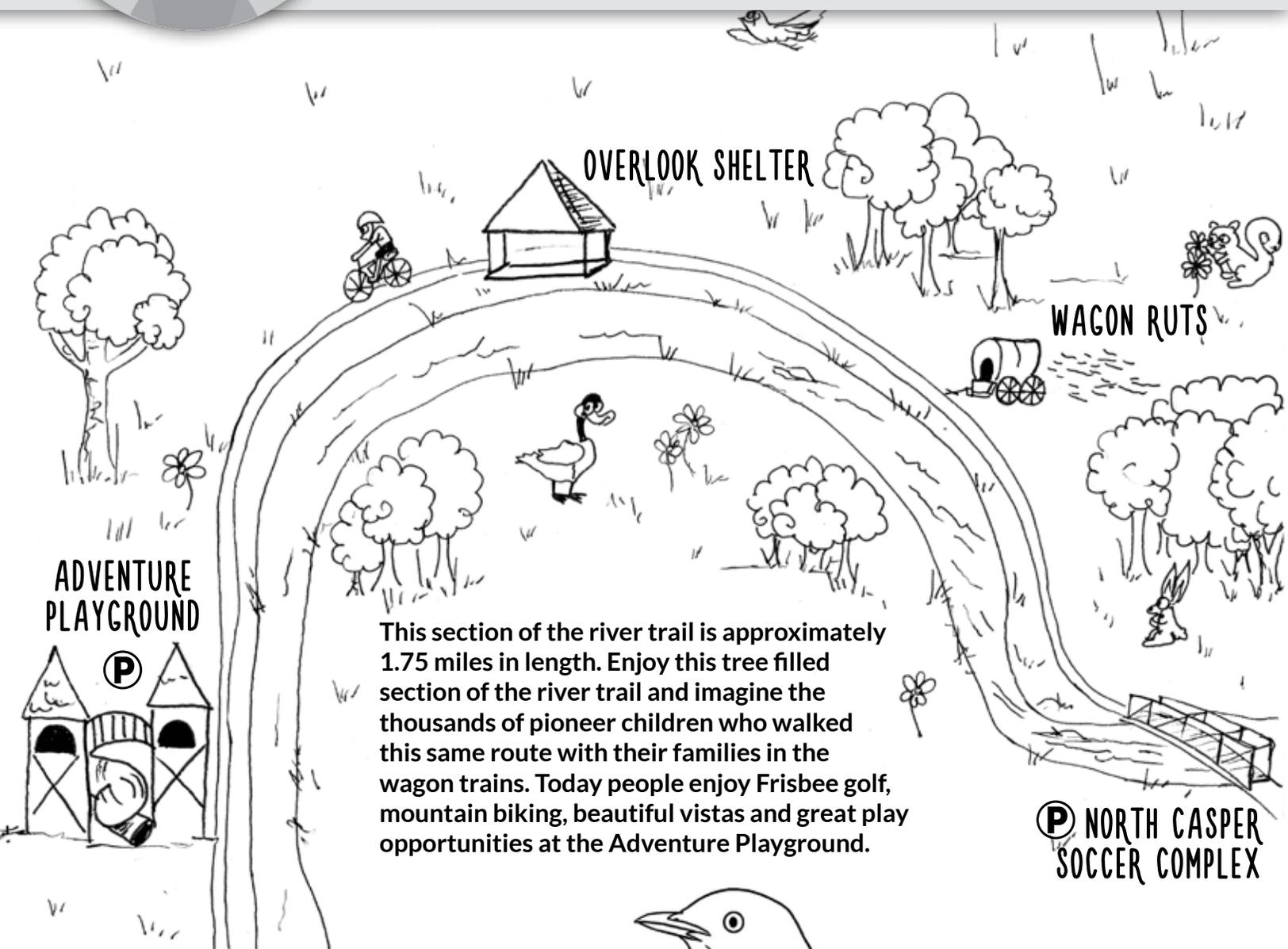
Wear appropriate clothing for the conditions such as good shoes, a hat and a jacket if it's chilly or windy. Check the weather conditions before you head out so you'll know what to expect.

- 
- Bring a pencil and crayons to use with your Explorer Kit.
 - Wear sunglasses and apply sunscreen all year round to protect against our bright Wyoming sunshine.
 - Bring a backpack to store the things you'll need on your outdoor adventure like bandaids.
 - Bring a bottle of water to stay hydrated so you can have fun on the trail for as long as you want.



REMEMBER, IF YOU GET LOST, STAY WHERE YOU ARE!

OUR TRAILS: Then AND Now



This section of the river trail is approximately 1.75 miles in length. Enjoy this tree filled section of the river trail and imagine the thousands of pioneer children who walked this same route with their families in the wagon trains. Today people enjoy Frisbee golf, mountain biking, beautiful vistas and great play opportunities at the Adventure Playground.

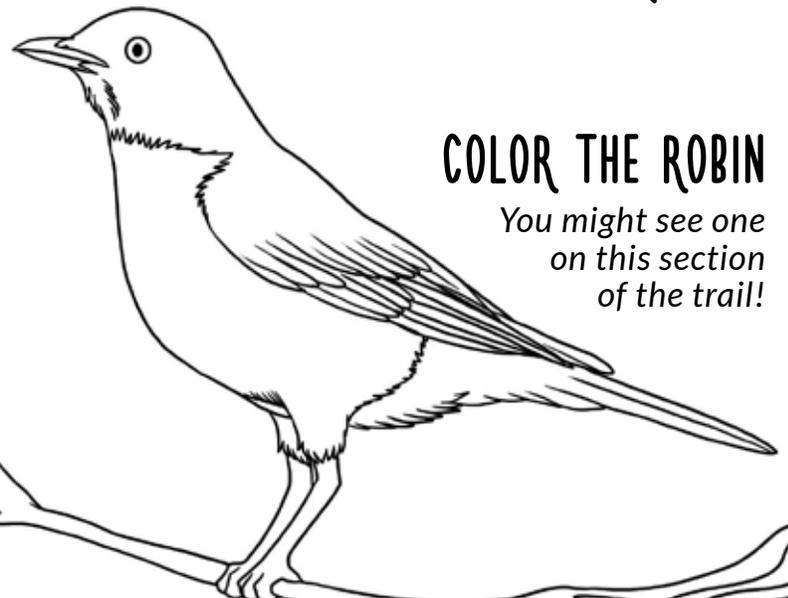
P NORTH CASPER SOCCER COMPLEX

QUOTE CORNER

"The earth has music for those who listen."
-George Santayana

COLOR THE ROBIN

You might see one on this section of the trail!



SOUNDS *around you!*

You are practicing important observation skills used by naturalists - scientists who study their local landscape. Here, you are making observations about your local "soundscape." Paying attention to the sounds around you will help you understand more about your surroundings than when you only look with your eyes. How do you think the soundscape on this stretch of the river compares to the soundscape in your neighborhood?

Try This!

Set a timer for one minute, close your eyes, and listen. What do you hear around you? The rustling of a squirrel in the underbrush? Wind blowing through the leaves? Water rushing over rocks? A bird calling overhead? Can you tell if the sounds are nearby or far away?

See how your list differs from your friends and family.



Make a listening map of what direction you hear sounds coming from. Mark an **X** for nature and an **O** for man made sounds (like a bird or a car)

X Bird

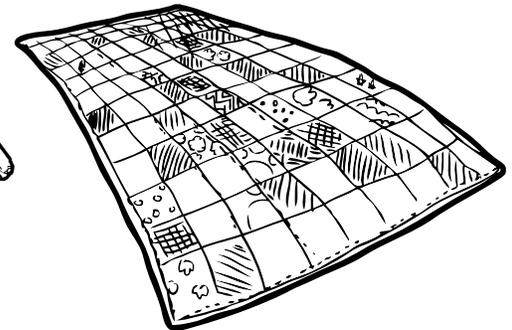
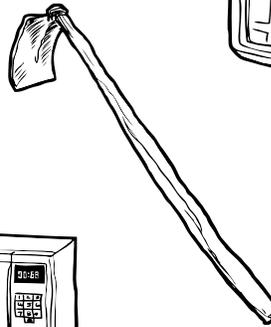
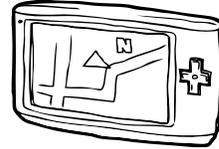
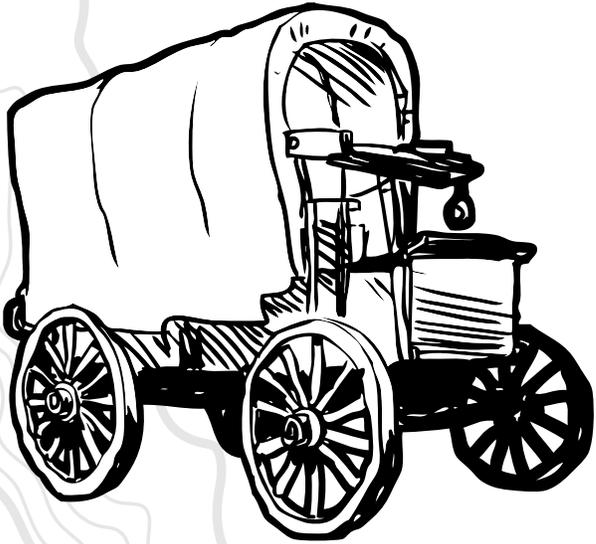
you

O Car

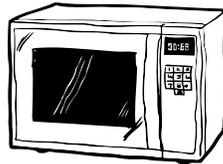
FIND SOME WAGON RUTS

A DAY'S TRAVEL WALKING WEST

How would it feel to walk all day -- every day -- for four to six months? Even with oxen doing the heaving pulling, an average family covered only twelve miles daily -- that's about 27,600 steps for an adult and 31,700 for children.



What will you pack
in the covered
wagon for your trip
WEST!



*"A nice picture I looked, I can assure you: an old sunbonnet on my head all torn, an old jacket, and my petticoat tattered, and my feet dressed in rags. . . I went the entire trip without shoes."
- Fanny Fry - 16 years old (1859)*

To learn more about the importance of the four National Historic pioneer trails and experience a virtual wagon ride, visit the National Historic Trails Interpretive Center
1501 N. Poplar, Casper, WY - 307.261.7700

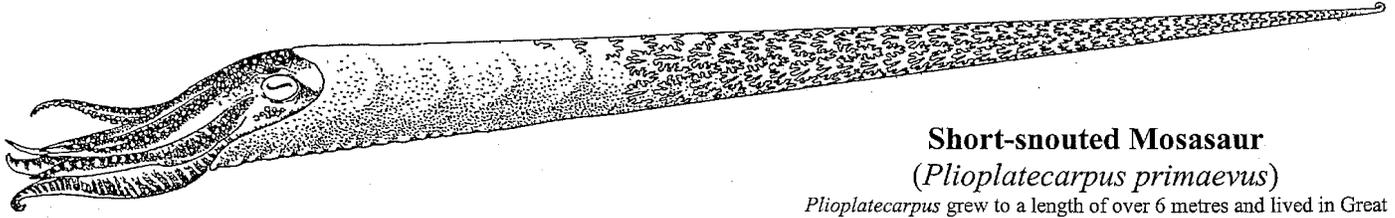
The Ancient Trail

The Western Interior Seaway

Have you ever found a fossil? During the Cretaceous period, Wyoming was similar in climate to modern day Costa Rica, and is full of fossils from that time. 120 million to about 69 million years ago, Casper was part of the Western Interior Seaway. Besides finding, Tyrannosaurus rex, Triceratops, saber tooth tigers, and woolly mammoths in our fascinating geological timeline, Mosasors, large marine animals, also lived here. Their torpedo shaped bodies grew to a length of over 19 feet,

Did you know this area used to be underwater
70 MILLION YEARS AGO

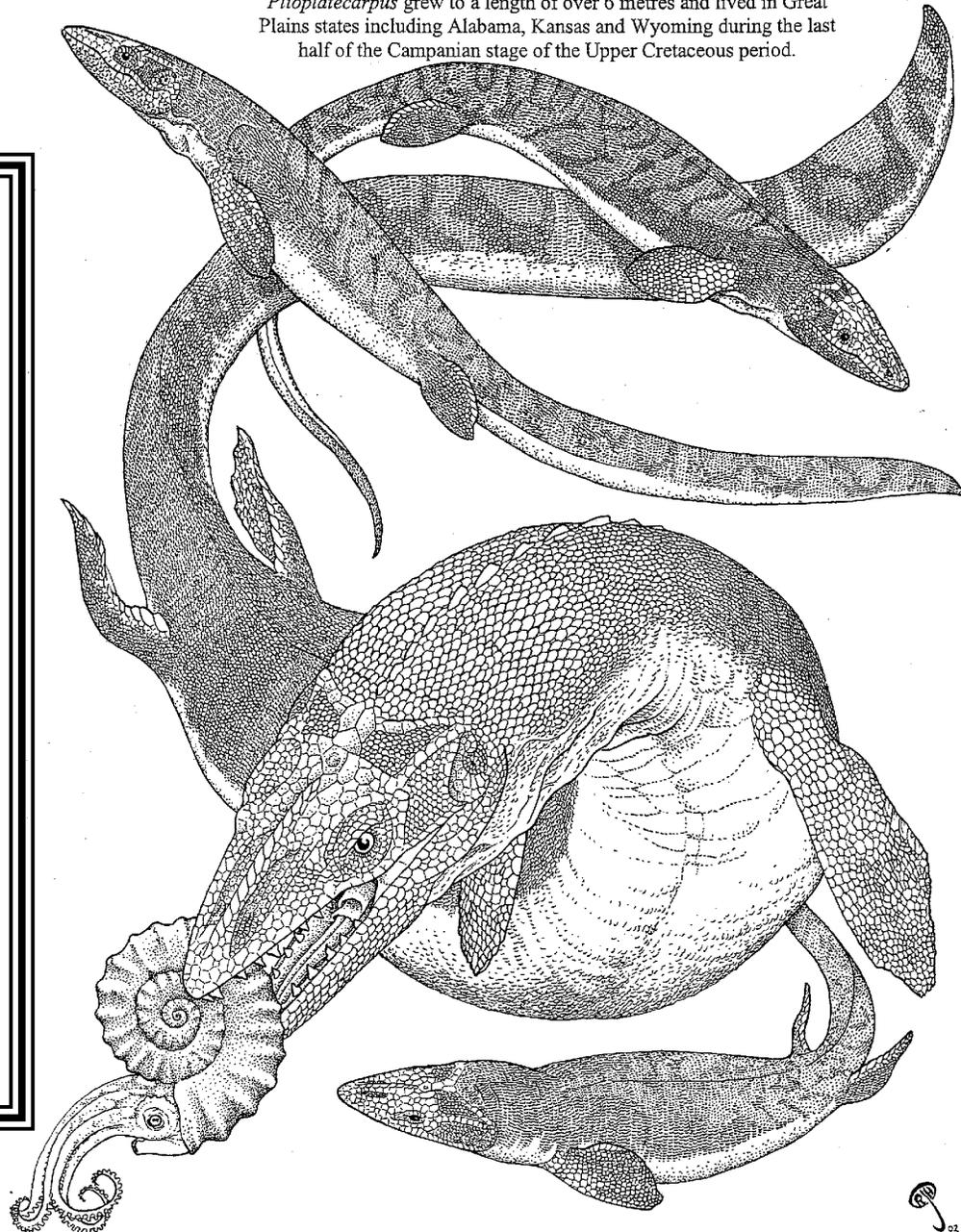
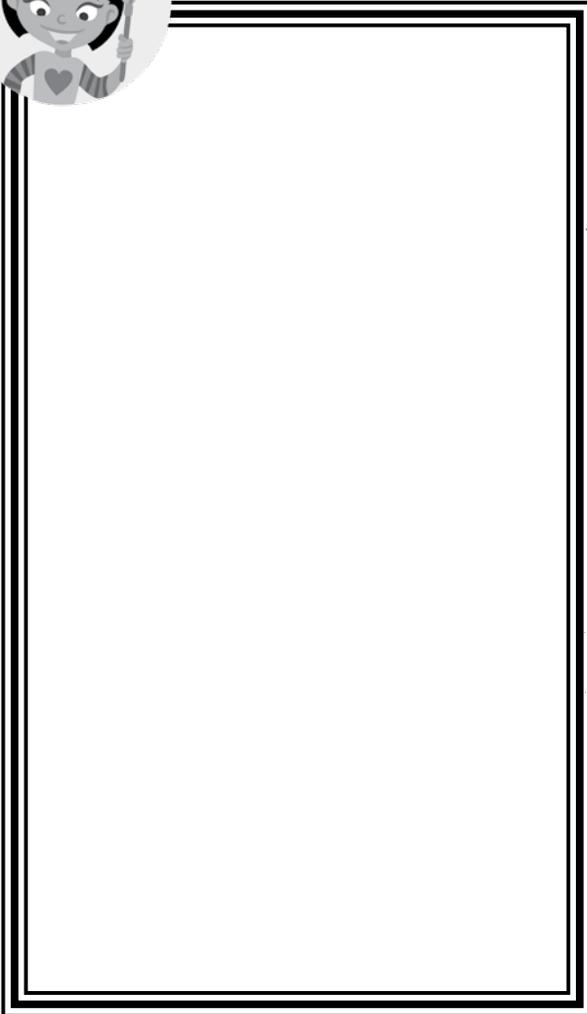
which were propelled by flat, muscular tails and their mouths were full of large pointed teeth that made them very efficient predators. On a smaller scale, baculites, squid like animals, are commonly discovered fossils in this area. Unlike other ammonites that were curled into a flat spiral, baculites had a long straight shell. Baculite shells are rarely complete but have been found in this area of the trail. Learn more about all of Wyoming's exciting geology at the The Tate Geological Museum at Casper College.



Short-snouted Mosasaur
(*Plioplatecarpus primaevus*)

Plioplatecarpus grew to a length of over 6 metres and lived in Great Plains states including Alabama, Kansas and Wyoming during the last half of the Campanian stage of the Upper Cretaceous period.

Draw your favorite
extinct animal below



Thank you to Russell Hawley and JP Cavigelli of the Tate Geological Museum at Casper College.



FROM INDUSTRY TO ACTIVE LIVING



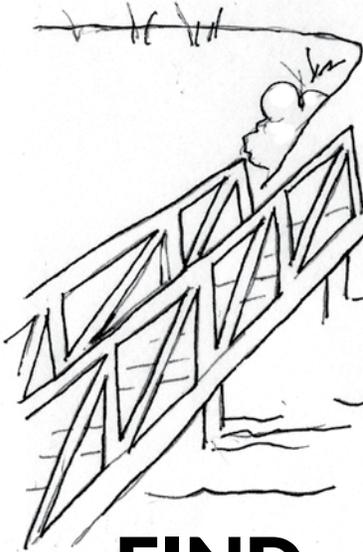
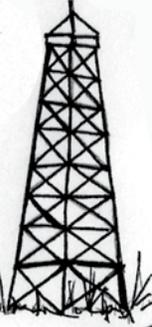
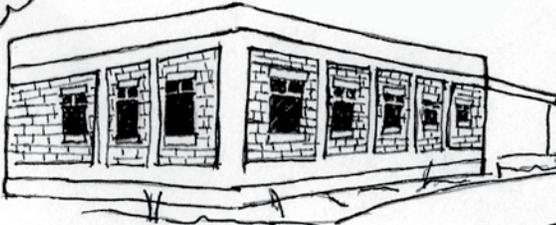
While just a little over a mile long, this section is the heart of the river trail and offers two excellent trailheads at Amoco Park and the Tate Pumphouse. Once a dumping ground across the river from the Amoco Refinery site, this area is now the central hub of our community trail system. The Tate Pumphouse Trail Center offers indoor restrooms, Casper Whitewater Park, seasonal food and activity vendors, outdoor exercise area, picnic tables and more. Walk just a ¼ mile east and you'll arrive at Amoco Park a beautiful intimate park setting that is home to the Bart Rea Learning Circle and the 4th Whitewater Feature.



OIL DERRICK

TATE PUMPHOUSE  

LABYRINTH 



NATURE SCAVENGER HUNT

FIND

- Five pieces of man-made litter (and throw them in a trash can)
- Something round
- Something smooth
- Something rough
- A chewed leaf
- Something that make noise
- Two different kinds of leaves
- A beautiful rock
- Something you think is beautiful
- Something green
- A stick
- Something you think is a treasure
- Animal tracks in the cement path
- A cannon
- Beaver chewed logs
- Cotton from a tree
- Leaf prints in the cement path
- A tree stump with a labyrinth in it
- Something in another language

HOW DOES WATER MOVE?

Stand on the pedestrian bridge near the Tate Pumphouse and look towards downtown.

The water seems like it's moving all at one speed under the bridge, **but is it?**

The shape of a river (the *banks*, the *riverbed*, and any *big rocks, logs, islands*, or other things in the water) all affect the way the water flows.

Scientists measure the speed of the water as its "current."

Where the water swirls away from the current is called an "eddy," and stagnant water without any current is called the "backwaters."

Check out the signs about the white water park for more about the current in this stretch of the river.

Draw the creatures you could find in the river

TRY THIS!

Can you tell where the water is moving fastest?

Search near the Tate Pumphouse for a couple of sticks that have fallen to the ground. Make sure all the sticks are all about the same size as each other. Return to the bridge and pick a couple of spots along the bridge to test.

In each spot, drop one stick on the upstream side of the bridge and walk quickly to the other side of the bridge to see how long it takes the stick to go downstream.

The faster the stick gets from one side of the bridge to the other, the faster the water is moving and the stronger its current. Test in multiple spots to find where the water is moving faster and slower.



POETRY CORNER

"A flower does not think of competing with the flower next to it. It just blooms."



FIND THE BART REA LEARNING CIRCLE

Did you know if you walk the whole labyrinth path it is almost 3 football fields?

Let's slow down and connect.
Being outside helps us encounter our senses.
Take a deep breath and notice what you see.
Another breath.
What do you smell? Another breath.
What do you feel?
Keep being aware of your breath.

After checking in with your senses and becoming aware of your breath, walk the labyrinth slowly and keep noticing. How do you feel inside before and after walking the path? Isn't it nice to not rush?

A hidden find. Did you come across tree stumps with miniature labyrinths carved in them in the park in the north, south, east, and west directions? On these, trace the path with your finger. There's only one way in, and one way out. Enjoy the journey in nature.



TAKE A MOMENT

Write down what you discovered at the circle

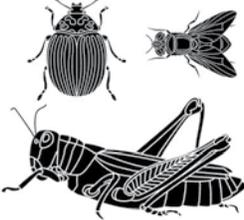
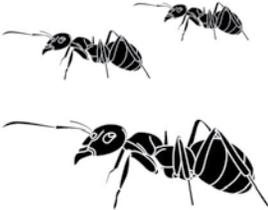
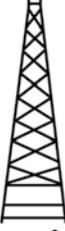


"An early morning-walk is a blessing for the whole day." - Henry David Thoreau



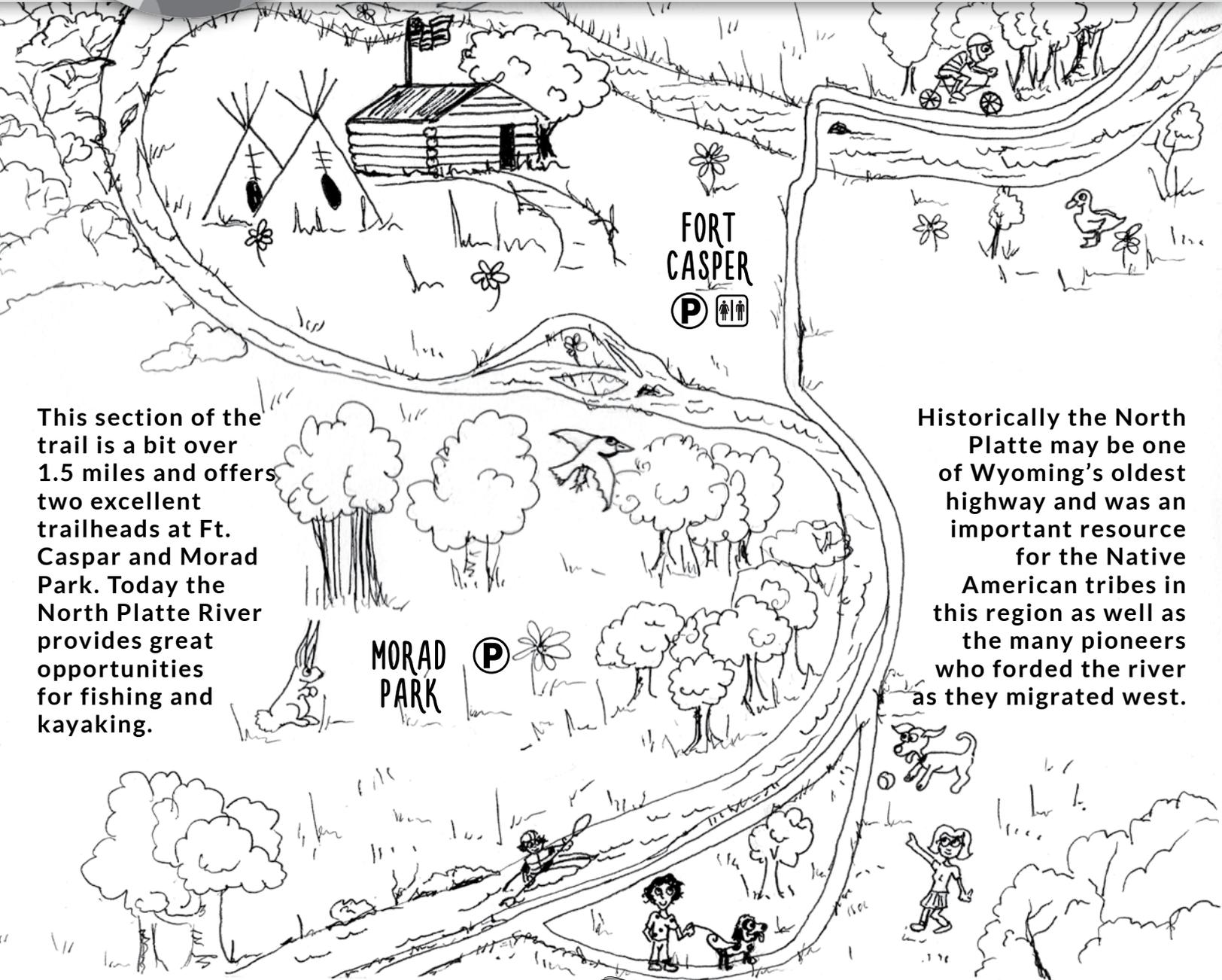
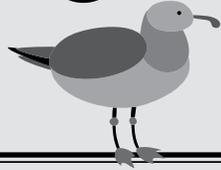
BINGO

Discover the Platte River Trail with a game of bingo! Start anywhere along the trails and try to get a bingo horizontally, vertically or diagonally. Be observant, safe and have fun!

 Trash Can	 Bridge	 Boat	 Fish	 Butterfly
 Fisherman	 Kayaker	 Cyclist	 Dog on Leash	 Geese
 Backpack	 Runner	 FREE	 Insect	 Bird
 Trees	 Cloud	 Ants	 Wild Flowers	 Labyrinth
 Teepee	 Signs	 Leaves	 Squirrel	 Derrick



Our Community's BLUEWAY



This section of the trail is a bit over 1.5 miles and offers two excellent trailheads at Ft. Caspar and Morad Park. Today the North Platte River provides great opportunities for fishing and kayaking.

Historically the North Platte may be one of Wyoming's oldest highway and was an important resource for the Native American tribes in this region as well as the many pioneers who forded the river as they migrated west.



ARAPAHO

Hello: heebe
Deer: bih'ih
River: niici
Goose: ne'ii
Horse: woxhoox
Mountain: hohe
Fish: nowo'

Practice two
Native American
languages

CHEYENNE

Hello: haáahe
Deer: váhkótséva
River: ó'he'e
Goose: héná'e
Horse: táhoestotse
Mountain: ho'honáevose
Fish: nóma'ne

WORD SEARCH

Find these common animals and plants

ANTELOPE

BEAVER

CACTUS

COTTONWOOD TREE

DUCKS

INDIAN PAINTBRUSH

JACKRABBIT

LUPIN

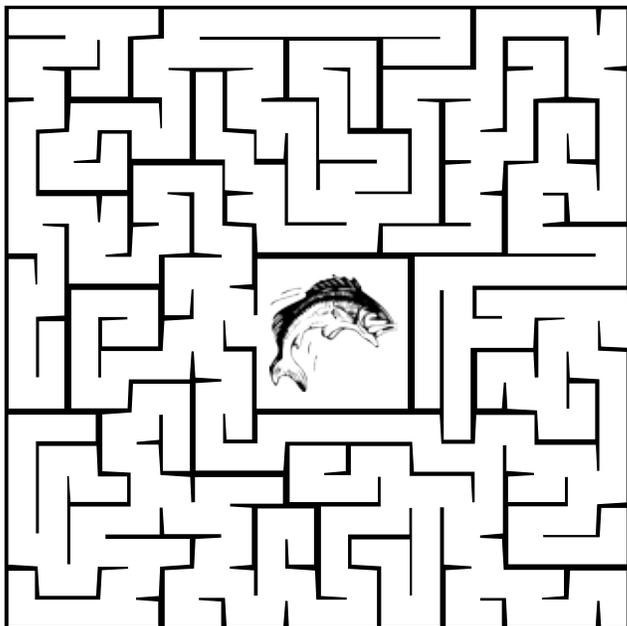
MEADOWLARK

SAGEBRUSH

h s b d q g o t t i k n l e c e w n e g
 h b a w l w g l n r n i b e f c j z i f
 q s i g t q j g a y q p d r s a v v h c
 p e u n e h q l b a l u j t q k m s a x
 e s w r a b w f n x w l g d b q c c z j
 p q s j b o r j i t x x m o b b t u n r
 t e t k d t p u u p a o x o p u f n d n
 r e v a e b n i s r o k z w s y b c n p
 l f e t o x w i t h w p p n q i v d o a
 s m z j a c k r a b b i t o u i a q h u
 f o g x u b h k v p r l k t x o r f b j
 q h f f p e q y o a n y q t w g a b j v
 h n h n z c u j r s d a e o c i n c c b
 k c n t n j h c a n a i i c g j t b x w
 u e r j c y g y p e s n g d l k e c t i
 c m s j j v j p i y c j l o n p l c r v
 d q w h b o k u k c d y g w k i o s p f
 o c e o n i b f u f t g j p l t p i j l
 g l h c l a o p b z i m f l k y e t f n
 v x q m i m y w o t k w x e c f u x v r

HOW DO ANIMALS SURVIVE?
THEY GET M.A.D.

**MIGRATE
 ADAPT
 OR DIE**



HELP THE PELICAN
 REACH THE FISH



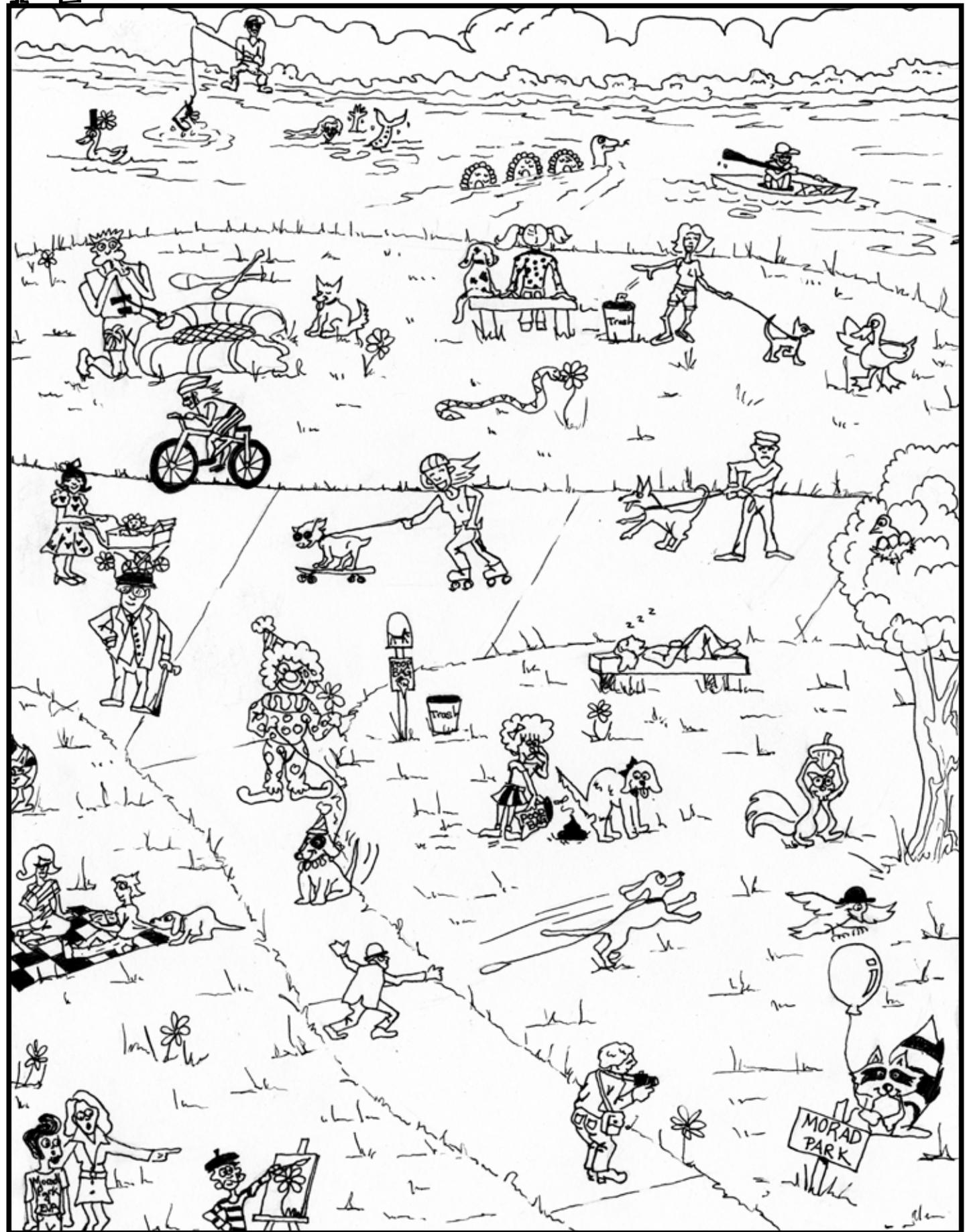
POETRY CORNER

“And the boy loved
 the tree...very
 much. And the
 tree was happy.”
 -Shel Silverstein,
 The Giving Tree

MORAD PARK

COLOR THIS BUSY AREA

FIND: a bird and their nest, a clown, person throwing away trash, an artist, active people. Then count the dogs, flowers, and birds!



HOW TO SAFELY APPROACH A DOG



ASK FIRST, APPROACH SLOWLY

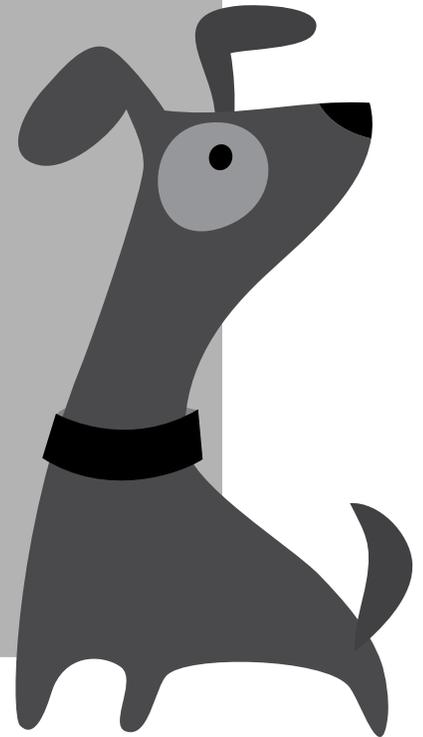
Don't just reach out and pet someone's dog without asking first. Ask the owner if the dog is friendly and if they like to be petted.

READ DOGGIE BODY LANGUAGE

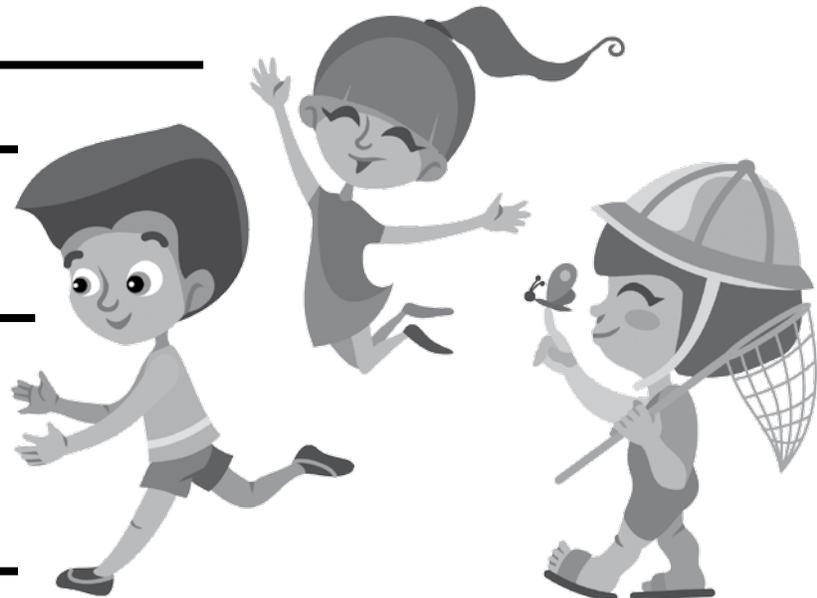
Keep an eye on the dog's body language. A dog with a loose body and wagging tail is happy and open to human interaction. A dog with a stiff body and tail that is tucked under just wants to be left alone.

BE RESPECTFUL

If an owner says not to pet their dog, don't take it personally or if the dog pulls away from you or shows other signs that they don't want to interact, it's not your fault.



What are some of your favorite things do outside?



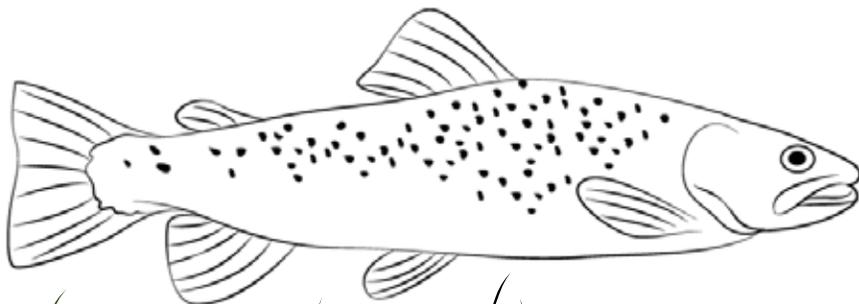


SHARED SPACES

This section of the trail is about 1.5 miles long and offers two excellent parking areas at Morad Park and the Wyoming Game & Fish. Morad Park is an off leash dog area along the river trail and is one of the busiest parks in Casper.



On any given day you will see dogs and their human companions, runners, cyclists, kayakers, bird watchers and fishermen using this area.



COLOR THE BROWN TROUT

A yellow gold body with pink highlights and brown spots.

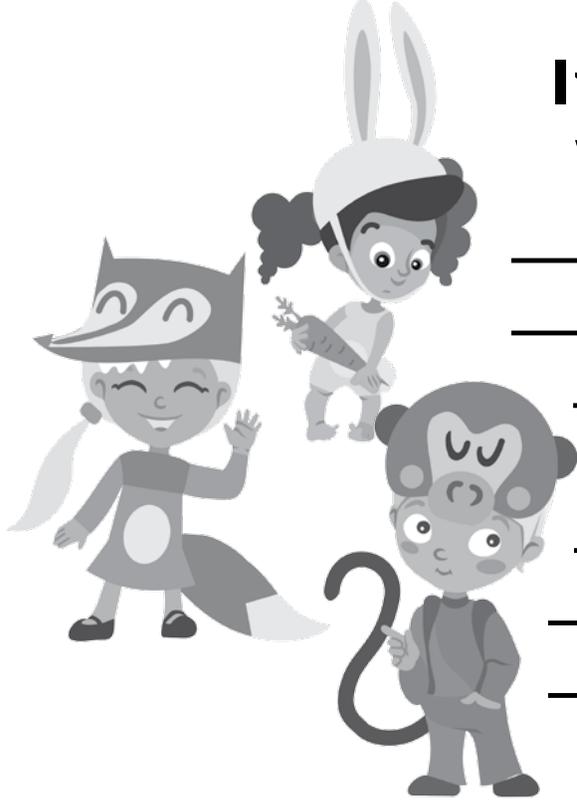


Stop into the Wyoming Game and Fish
Historical Center to find a moose!



Color the Rainbow Trout

If you were an animal, what would you be and why?





HAVE YOU SEEN these animal tracks?

Goose



Squirrel



Beaver

Mule Deer



Raccoon



Wild Turkey



Muskrat



Rainbow Trout



Mink



Waterfowl



Water Safety Tips

- ALWAYS WEAR A LIFE JACKET
- NEVER GO ALONE
- DON'T STAND UP IN MOVING WATER
- REACH OR THROW, DON'T GO
- RETURN YOUR LIFE JACKET



**RESPECT
OUR RIVER**



Keep Our River Clean

**WHAT DOESN'T BELONG IN THE RIVER?
THROW IT IN THE TRASH CAN!**



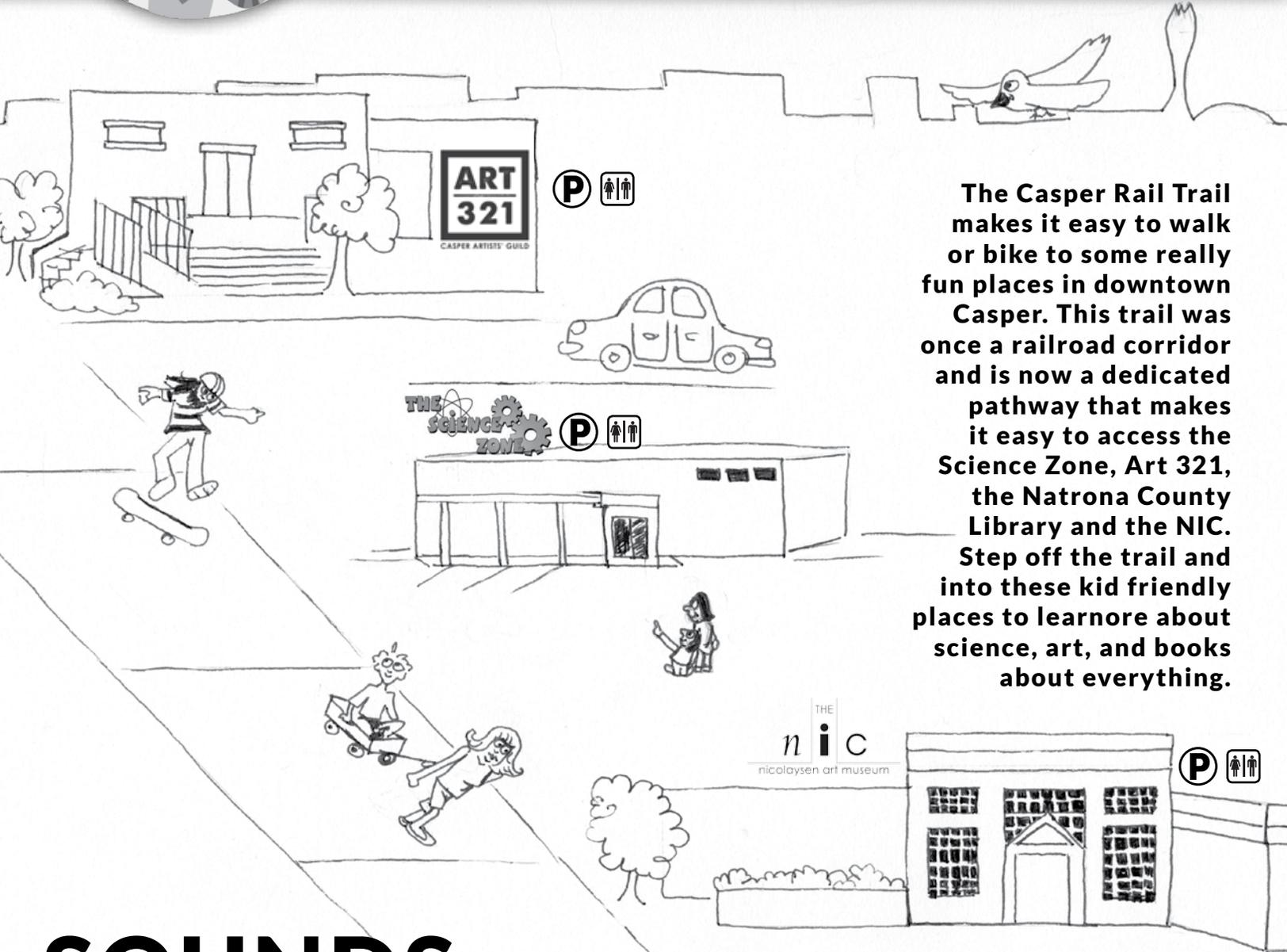
**Take it with you
if you can't find
a trash can!
Recycle when
possible.**

QUOTE CORNER

**"Take only memories, leave
nothing but footprints."
-Chief Seattle**



OUR URBAN LANDSCAPE



The Casper Rail Trail makes it easy to walk or bike to some really fun places in downtown Casper. This trail was once a railroad corridor and is now a dedicated pathway that makes it easy to access the Science Zone, Art 321, the Natrona County Library and the NIC. Step off the trail and into these kid friendly places to learn more about science, art, and books about everything.

SOUNDS *around you!*

Pay attention to the sounds around you. How do the sounds in the city compare to the sounds along the river?



START

DEAD END

CONSTRUCTION ZONE

GO BACK

DEAD END

CONSTRUCTION ZONE

STOP



FINISH



WALKING AND BIKING Safety Tips

Use the crosswalk at a stop light. Always cross a street at the corner. Never cross between parked cars or in the middle of a street.

WALK when you see this:



DO NOT CROSS if you see this:



Make sure all cars have stopped before crossing the street.

Always look left, right, left...

Design a cool helmet!



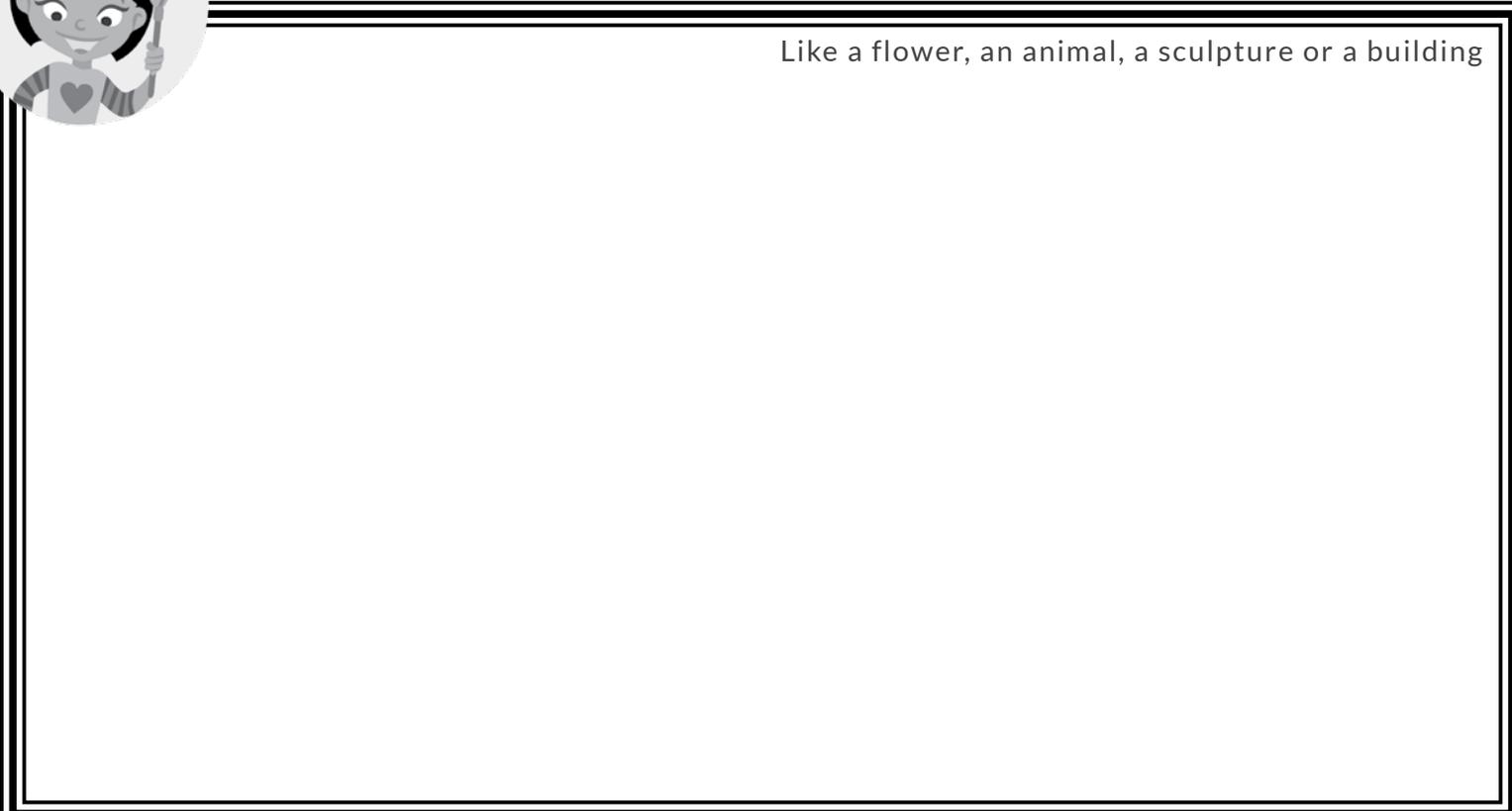
BIKE SAFETY

1. Wear a helmet.
2. Slow down when approaching other trail users and turning corners.
3. Give a verbal or bell warning when passing.
4. Cyclists yield to skaters.
5. Cyclists and skaters yield to pedestrians.



Find something you cannot take with you and sketch it here

Like a flower, an animal, a sculpture or a building



YOU DON'T HAVE TO BE OUTSIDE TO EXPLORE!

The Rail Trail connects you to these kid friendly places. Head inside and check them out!



Art 321
Exercise your creativity at the home of the Casper Artist's Guild. Enjoy art created by local artists or lounge and explore the extensive art library.



The Science Zone
Enjoy hands-on science related exhibits about dinosaurs, engineering, design and other interesting science experiments.



The Nicolaysen Art Museum
Spend some time in The Discovery Center at the NIC and experience this hands-on, interactive art-activity area for visitors of all ages.



Natrona County Public Library
Drop into the Library's Kid's Space and find books about a particular subject or enjoy one of the many fun events held at the Library.



THANK YOU

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Connecting
OUR COMMUNITY
THRU TRAILS