

Welcome to your
Letterboxing Adventure at

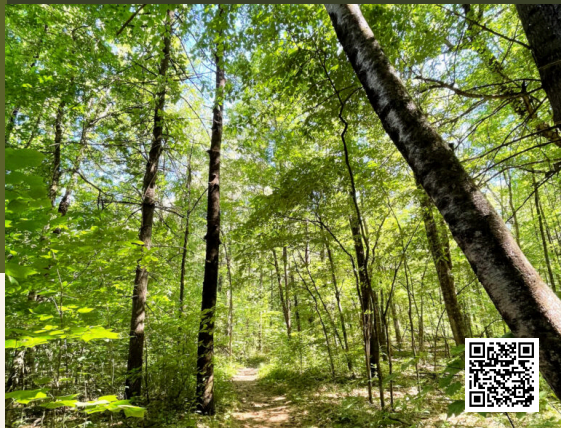
Rowland Hollow Creek Preserve



What is Letterboxing?

Letterboxing is an old English tradition dating back to 1854 where people began leaving a self-addressed post card or note in a jar, hoping for them to be returned by mail by the next visitor. We've adapted this tradition at Saratoga PLAN!

Follow the clues. Find a treasure. Earn a prize.



saratoga
PLAN

www.saratogaplan.org



OPEN AIR
SPORTS

HISTORY OF ROWLAND HOLLOW CREEK PRESERVE

The Rowland Hollow Creek Preserve is a ~45 acre preserve with nearly a mile of trails that meander through a wooded area and includes an overlook of Rowland Hollow Creek.

This preserve is part of an innovative conservation subdivision project in conjunction with the new Meadow Vista Estates development. A wooded trail system invites people to safely explore the preserve while the woodlands protect wildlife habitat and the water quality of Rowland Hollow Creek.

Project partners include Charles Builders and the City of Saratoga Springs.

Thank you,

Your Friends at Saratoga PLAN

Saratoga PLAN stewards and protects farms, forests, and waters of the Saratoga region and the southern Adirondack foothills – now and forever. To learn more, please visit us at www.saratogaplan.org



Thank you for generously funding the Letterboxing Program!

HOW IT WORKS!

Follow the clues on the pages in this guide. As you reach each clue, complete the activity listed on the clue card. When you find the letterbox, feel free to leave a note in the notepad and stamp your passport or postcard to redeem your prize from Saratoga PLAN!

Distance to Letterbox: 0.6 miles one way

ACTIVITY



The **GREEN** activities are recommended for Ages 3+.



The **ORANGE** activities are recommended for Ages 6+.



The **PURPLE** activities are recommended for Ages 10+.

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

Start your journey at the trailhead with the kiosk on your left, this is the White Trail. When you come to your first intersection, keep going straight ahead.

This trail starts off winding between the road and a neighborhood, but soon, the woods will begin to thicken around you! Approximate distance to the letterbox is 0.6 mile. The tall trees surrounding you as you enter the woods are primarily Red Pines.

ACTIVITY



Can you zoom like a car to the intersection? Show off your best race car sounds!



Can you hear any cars on the road? What do you predict will happen to the sounds of the road as the woods thicken?



What senses do the local animals use to determine the safety of the woods from the danger of the road?

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

The White Trail will eventually curve around to the left. Follow the trail as it does, keeping an eye out for the many different birds that live in the surrounding trees.

Listen and you might hear a call that sounds like “who-cooks-for you” from up in the trees.

ACTIVITY



Do you hear the sound of a Barred Owl? **Can you quietly mimic it? If you don't hear it, can you do your best HOOT?**



Which materials around you do the owl's calls vibrate from?



How do the characteristics of the Barred Owl listed above differ from other species that may live in this area?

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

Next, look out for the bench that is on the White Trail.

Take advantage of the bench to enjoy the sights and sounds of the rich wetland habitat located opposite the bench, just down the hill. This bench was donated to Saratoga PLAN by the Saratoga –Wilton Elks Lodge #161 and Wilton Cub Scout Pack #16.

ACTIVITY



Take a seat, drink some water. Close your eyes. What sounds do you hear?



What kind of material is the bench made of? Why was this a good choice for this location?



Observe any animals around you. What kind of animals do you see? Now, see if you can identify where they may live in the woods.

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

As you continue on the White Trail, pass a kiosk on your left and continue following the right-curving trail. Look ahead for red trail markers. You will soon see another bench as well.

ACTIVITY



The trail will start to curve like a snake. **Can you show off your best snake slither?**



Can you find any **items along the trail that are curved?**



Curves in trails often follow natural land features. **Do you notice any changes once the trail curves?** What are they? If you don't see any differences now, what do you think you could see as you continue on the trail?

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

Now you will see many big pine trees in the shape of the letter Y, indicating “Yes! You’re on the right path.” When the trail splits ahead, veer left.

ACTIVITY



Can you find a stick on the ground that looks like a Y?



Name 2 words that begin with the letter Y.



Since Y stands for YES, play a quick movement game:

Think of yes or no nature or trail questions. Ask your family or group.

If the answer is **YES, kids jump up.**

If the answer is **NO, kids crouch down.**

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

Enjoy passing the new growth pine trees on your right as you look for a Blue trail marker (on your left).

Stop here and listen - you can hear Rowland Hollow Creek, which means you're close!

ACTIVITY



Now that the trail markers are **BLUE**, can you spot anything else that is **BLUE**?



Listen and you will hear Rowland Hollow Creek. What animals would you expect to see near or in the water?



Listen and you will hear Rowland Hollow Creek. **Can you tell if it is moving fast or slow?** How can you tell? What might change the way the creek sounds? (**Hint:** Think about weather)

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

You will soon come to a spot with a bench overlooking the creek.

Did you know that the Rowland Hollow Creek flows into Geysers Brook and then empties into the Kayaderosseras Creek? As water flows through this protected preserve, it is being filtered and cleaned, providing a better environment for people and the plants and animals that live in this aquatic (water-based) habitat.

ACTIVITY



Find something to throw in the water. **Can you make a splash?**



Find something to throw in the water. **Will it sink or will it float?**



What are some ways that humans can protect the water?
Why is this important?

LETTERBOXING CLUES FOR ROWLAND HOLLOW CREEK PRESERVE

As you sit enjoy the view, don't forget to turn around to find the letterbox attached to the tree! GREAT WORK!

Please leave the letterbox attached to the tree and head out the way you came in.

ACTIVITY



You did it! **What does your happy dance look like?** Feel free to draw a picture of your hike and leave it in the letterbox!



Woo hoo! **Be sure to leave a note or draw a picture of something from your adventure!**



Congrats! **Give yourself a pat on the back** for finding the letterbox and be sure to leave a message or drawing!

CONGRATULATIONS!

We hope you enjoyed your letterboxing adventure! **Please leave the letterbox as you found it and the clue cards back to the kiosk.**

Be sure to continue your Letterboxing Adventures at more of our Saratoga PLAN preserves! **Scan the QR code below** to check them out.

Lastly, we'd love to “tag” along on your adventures. You can us on social media at:



@saratogaplan



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