

# Fort Frederick State Park

While Fort Frederick State Park is mainly known for its historic 1756 fort there are many other things to do in the park. Through a variety of activities this year's Park Quest will help you take advantage of other outdoor opportunities the park has to offer.

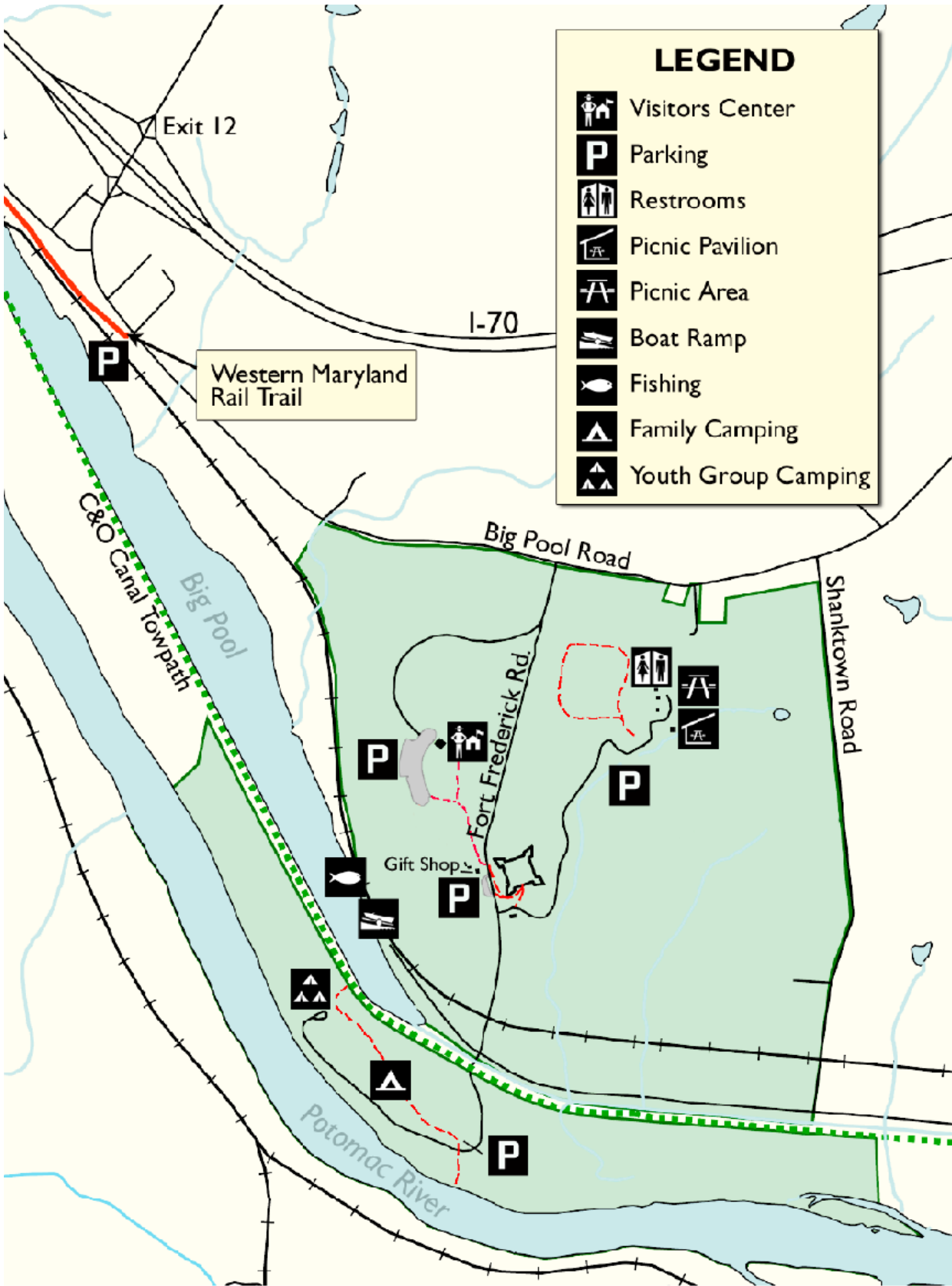


**Complete two of the activity pages to get your passport stamped at Captain Wort's Store (Gift Shop on the map) between 10 a.m. to 4 p.m.**

There is also a **Bonus Quest** that will help you make your visit to the park, both greener and tastier. (For the Bonus Quest please review the worksheets before you visit.)

If you have printed your worksheet you may begin the activities when you arrive at the park or you may stop in at the Visitor Center for assistance. The map on page 2 will help you in finding locations for the different activities. Below are some things to remember before you start:

- The terrain is varied and uneven in many places.
- Sturdy walking or hiking shoes are best for this hike.
- Park staff is available to help anyone with special needs but due to limited staffing you must call the park in advance to make accommodations.
- Your Park Quest Passport gets you into the fort for no extra charge.
- Make sure to bring environmentally friendly sunscreen, and insect repellent, as well as water.
- Well behaved pets on a leash are welcome to accompany you on most of your Quest but they are not allowed in the buildings or in the fort.
- Most Quests are stroller accessible.



## Nature Hike (Plantation Trail) - Activity Page

**Quest:** Get out into the woods and take a hike. While hiking take some time to observe the flora and fauna around you. Bring your favorite field guide (a small number of field guides are available at the visitor center on a first come first serve basis – ID required to borrow guides) and binoculars to identify them. You can also take pictures of the subjects and use the nature guides in the Nature Center.

**Location:** Picnic Area

**Activity:** Take a hike along the Plantation Trail to observe and document the things you see. You can choose to look for one of the categories below, birds for example, or you can look for all of categories. If you look for one category you'll need to identify 6 types if you choose to do all the categories you'll have to identify 2 of each.

### Categories

<b>Birds:</b> 1. _____	<b>Trees:</b> 1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____

<b>Insects:</b> 1. _____	<b>Wild Flowers:</b> 1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____

## Gone Fish'n - Activity Page



**Quest:** Try your luck at catching a fish or two by spending at least 30 minutes (hopefully longer) at one of three fishing spots in Fort Frederick State Park. **Fishing gear on-loan is available at Captain Wort's Store or bring your own. A fishing license is required for patrons 16 years of age and older.**

**Locations:** The Beaver Pond and Potomac River can be accessed by the Beaver Pond parking lot while Big Pool is accessible from the boat ramp area.

**Activity:** To document that your team completed this activity please take a picture of the fish you catch or members of your team fishing. Please also use the blank space on this page to write down your team's thoughts about fishing in a Maryland State Park.

\_\_\_\_\_ thought's about fishing:

*Write Team Name Above*

Remember all Maryland Department of Natural Resources Fishing Regulations must be adhered to during the Quest. For Maryland Fishing Regulations: <http://www.dnr.maryland.gov/Fisheries/Pages/regulations/index.aspx>

## Visit the Fort - Activity Page

**Quest:** Visit the fort to experience life on the Maryland frontier during the French and Indian War.

**Location:** The 1756 Stone Fort.

**Activity:** Complete the scavenger hunt in the fort. You will need to visit the museum on the second floor of the east barracks inside the fort to answer some of the questions below:

What two things are represented by the different parts of the flag?

What material was used to build the walls of the fort? \_\_\_\_\_

The year the fort was built? \_\_\_\_\_ Who had the fort built? \_\_\_\_\_

Why was it built?

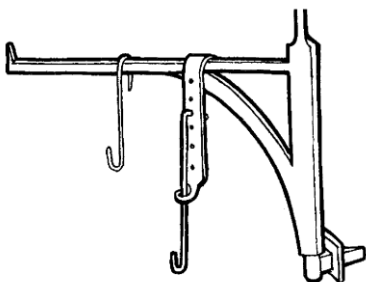
\_\_\_\_\_

What was the fort used for during the American Revolution? \_\_\_\_\_

Name of the family who owned the fort during the Civil War? \_\_\_\_\_

What organization restored the fort's walls in the 1930's? \_\_\_\_\_

Find the objects in the fort. Record their location, what you think they are and who may have used it:



Location:  
What is it?

Who may have used it?



Location:  
What is it?

Who may have used it?



Location:  
What is it?

Who may have used it?

## Nature Scavenger Hunt - Activity Page

**Quest:** Get out into the woods and look around. Use all of your senses to find the things on the scavenger hunt.

**Location:** Picnic Area

**Activity:** Check off the things you find. Remember if you touch, touch gently and leave things where you find them. **Remember the Leave No Trace principles found on pages 11 & 12.** You can also take pictures to remember your experience. It is ok to take a closer look and get a little dirty!

Check the box when you find something and write down what it is:

**Find something shaped like a:**

Circle: \_\_\_\_\_

Triangle: \_\_\_\_\_

Square: \_\_\_\_\_

Funny Shape: \_\_\_\_\_

**Find something that is colored:**

Green: \_\_\_\_\_

Red: \_\_\_\_\_

Yellow: \_\_\_\_\_

Brown: \_\_\_\_\_

**Find something that is:**

Soft: \_\_\_\_\_

Hard: \_\_\_\_\_

Smooth: \_\_\_\_\_

Rough: \_\_\_\_\_



**Find a:**

Rock: \_\_\_\_\_

Wild Flower: \_\_\_\_\_

Feather: \_\_\_\_\_

Pine Cone: \_\_\_\_\_

Stick: \_\_\_\_\_

Leaf: \_\_\_\_\_

Bark: \_\_\_\_\_

Berry: \_\_\_\_\_

Grass: \_\_\_\_\_

Nut: \_\_\_\_\_

**Bonus Question:** What is Maryland's State Tree? \_\_\_\_\_

## ***Bike the Western Maryland Rail Trail – Activity Page***

**Quest:** Take a leisurely 5 mile bike ride along the paved Western Maryland Rail Trail (WMRT) from Big Pool to the Licking Creek Bridge. (The Licking Creek Bridge is the first bridge you will come to after Mile Maker 2) **You will need to provide your own bike and safety gear.**

**Location:** Western Maryland Rail Trail Big Pool parking lot along Big Pool Road (Route 56). The trail can also be accessed using the C&O Canal Towpath from within Fort Frederick.

**Activity:** During your bike ride stop and read the exhibit panels along the way to answer the follow questions. Remember to look at the panels in the parking lot.

As you go along the path what are some signs that the Rail Road used to use the path?

How long was the 1906 coal chute at Big Pool Junction?

On which side of the path should you ride your bike?

On which side should you pass other bicyclists using the path?

Why was the Ernstville Road bridge constructed in 1930?

At the Licking Creek Bridge name the 3 types of transportation you can see from the bridge.

Turn around and return along the trail once you get to the Licking Creek Bridge. If you wish, you can ride more of the WMRT. Just remember you will need to be back to Captain Wort's Store by 4 p.m. to get your passport stamped.

## Visit the Nature Center – Activity Page (Weekends 10am-2pm)

**Quest:** Discover indoor nature exploration. Some days it's too hot, wet or cold to get outside and explore. But inside a nature center you can still explore and learn about what is outside.

**Location:** Nature Center – The middle log structure located near Captain Wort's Store. Follow the signs.

**Activity:** Tell us what you find. Check out the displays, hands-on activities, field guides and other items in the nature center. Write down three things you learned during your indoor exploration.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

OR.....here are some suggestions for exploration:

Draw a picture of what a coyote animal track looks like. Tell us if you have ever seen a coyote in the wild and how you felt.

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Name one of the two venomous snakes found in Maryland. Tell us what you should do if you see a venomous snake in the wild.

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The Monarch butterfly is very delicate yet incredibly durable. Tell us about the great migration of the Monarchs.

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## ***Just Play – Activity Page***

**Quest:** Unfortunately in our busy over scheduled lives we just forget to go outside and play. Well here is your change. Play on the playground, throw a ball or flying disc, play hide and seek, explore a creek or whatever you like.  
**Remember the *Leave No Trace* principles found on page 11 & 12.**

**Location:** Picnic Area

**Activity:** Play at least 30 minutes and answer the questions below:

What did you do to play outside?

How did it make you feel?

How did you consider your impact on the park experience of other visitor using the picnic area?

## Bonus Quest: Picnic with Purpose

**Quest:** Slow down and savor a picnic with a purpose. In the fast-paced, over connected world of the 21<sup>st</sup> century it can be hard to find time to have a healthy meal, let alone a responsible picnic in the great outdoors. By thinking GREEN and following a few simple guidelines you can spend quality time with your team in nature, eating wonderful food, while appreciating your surrounding environment.

It is very important that you take time before your visit to review the entire worksheet and share the information with all members of your team. Make sure to bring a camera, cell phone or digital recorder to capture elements of your Quests stated in the work sheet. You can do the bonus quest before or after the 2 activities.

**Location:** Picnic Area

**Bonus Quest** Picnic with Purpose

Planning, Preparing and Enjoying a GREEN Picnic

Step 1: Review *Leave No Trace's* Seven Outdoor Ethics Principles found on pages 11 & 12 with all members of your team. [Answer the question at the bottom of page 12.](#)

Step 2: Learn how your team can have a GREEN picnic on page 13.

Step 3: Plan and prepare for your GREEN picnic. Use the check list on page 14. [Your check list should have at least half of the items checked for completion of the Bonus Quest.](#)

Step 4: Visit Fort Frederick State Park for Park Quest. Start your visit in the Picnic Area found on the map on page 2.

Step 5: Document your GREEN picnic using page 15.

Step 6: Finish the Quest at Captain Wort's Store (Gift Shop) by presenting your completed work sheets to get your passport stamped.



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## Outdoor Ethics Principles

### Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

### Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
  - In popular areas:
    - Concentrate use on existing trails and campsites.
    - Walk single file in the middle of the trail, even when wet or muddy.
    - Keep campsites small. Focus activity in areas where vegetation is absent.
    - In pristine areas:
      - Disperse use to prevent the creation of campsites and trails.
      - Avoid places where impacts are just beginning.

### Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

### Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.



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## Outdoor Ethics Principles (Continued)

### Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

### Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

### Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

**Question: Which 3 Principles do you think are the most important for an ethical visit to Fort Frederick State Park? Why?**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Why?**

For more information about the *Leave no Trace Center for Outdoor Ethics* visit their website at:  
[lnt.org](http://lnt.org)



## How to Plan a GREEN Picnic

- **Pack plenty of local, in-season fruits and vegetables** and organic meat for you and your guests. Remember, fresh fruit “wraps” itself – no additional packaging needed! (*Earthshare Green Picnic Guide*)  
To find local Maryland Products:  
[http://mda.maryland.gov/maryland\\_products/Pages/maryland\\_products.aspx](http://mda.maryland.gov/maryland_products/Pages/maryland_products.aspx)
- **Consider re-purposing your canvas grocery tote as a picnic bag** or try searching your closets for backpacks or holiday baskets to tote your food and picnic supplies. (*Earthshare Green Picnic Guide*)
- **Try to choose a picnic destination that’s easy to get to by biking, walking or using public transportation.** (*Earthshare Green Picnic Guide*)
- **Skip the individually packaged drinks and opt for coolers** filled with your favorite party beverages. For food storage and leftovers, pack reusable tins and canisters. (*Earthshare Green Picnic Guide*)
- **Choose washable, reusable cloth napkins and tablecloths** - check your closets again for old bandanas and bedsheets that you don’t mind getting dirty. (*Earthshare Green Picnic Guide*)
- If reusable isn’t an option for cups, plates and utensils, **choose biodegradable items** or look for products made from recycled materials. Planning to grill? Look for recycled aluminum foil. (*Earthshare Green Picnic Guide*)
- **Stick to sunscreen and insect repellents made with fewer chemicals** and avoid spraying your entire picnic area with toxic pest products. For more on picking safe, eco-friendly sunscreens. (*Earthshare Green Picnic Guide*)
- **Think green for your picnic activities and entertainment.** Bring your favorite nature and wildlife field guides along with some binoculars and a journal for outdoor exploring. (*Earthshare Green Picnic Guide*)
- **Remember to take your waste with you.** Leftover picnic food in trashcans is often tempting to park animals. Bring an extra storage container for food waste and a tote bag for recycling. Also, consider using your melted ice to rinse reusable dishes and utensils. (*Earthshare Green Picnic Guide*)

For more details - <http://www.earthshare.org/2010/08/green-picnic-guide.html>

Use your favorite search engine to look up other GREEN picnic ideas. Share them on the Park Quest Facebook Page...don’t forget to mention that others can use them during the Fort Frederick State Park Quest!

## Green Picnic Planning Check List

### Picnic Equipment (Reusable Materials)

- Repurposed picnic basket or bag
- Storage Containers
- Tablecloth
- Napkins
- Tableware
- Plates & Bowls
- Cups

### Food

- Local and seasonal
- Organic
- Visit a Farmers Market
- Prepared to pack it in and pack it out

### Personal Protection

- Sunscreen made with fewer chemicals
- Insect repellents made with fewer chemicals
- First Aid Kit & Medications

### If you are going to use a grill in the picnic area

- Recycled Aluminum Foil
- Eco-Friendly Charcoal

### Homework

- Reviewed *Leave No Trace Principles* with your team
- Reviewed *How to Plan a GREEN Picnic* with your team
- Picked & prepared for the Activity page(s) you will do as part of your Park Quest

## ***Our Green Picnic***

What did you have to eat and drink?

How long did you take to have your picnic?

How did you make your picnic GREEN?

How did having a GREEN picnic make you feel?

What activities did you do and why?

## ***Share Your Experience***

If you wish, take some time to help other Maryland State Park Questers by sharing your experience. Share your favorite Park Quest activity, local Farmers Market or product, recipe using local ingredients, ideas for a **Green** picnic and images of your visit to Fort Frederick State Park on the Park Quest Facebook Page.