Walk, Look and Listen

Woodpeckers and Douglas-fir

Listen for the soft tapping sound of the woodpecker. You may hear a soft drumming that is a call for a mate or a warning to other woodpeckers that the territory is occupied. Look along the sides of the trail. Can you find animals that make their homes here, or signs of the past fire that burned uphill? What smells continue to change later in your walk.

Walk quietly. What sounds do you hear?

Poison-Oak

Poison-oak during all seasons. The oil found in the leaves, stems, and roots spreads easily and may cause a severe skin rash. If you come in contact with the poison-oak, wash your skin and clothes with dish detergent and water. Your best protection is to learn to recognize poison-oak and avoid the plant altogether.

(Pseudotsuga menziesii) woodpecker holes form a symbiotic relationship. Woodpeckers dig for insects in the tree trunk and under flakes of bark. This rids the tree of harmful insects and spreads seeds. Manzanita

Manzanita can grow as a small shrub, climb like a vine or crawl along the ground. Poison-oak is easy to spot in spring, summer and fall: look for shiny green, red or yellow leaves in groups of three. Be careful of poison-oak during all seasons. The oil found in the leaves, stems, and roots spreads easily and may cause a severe skin rash. If you come in contact with the poison-oak, wash your skin and clothes with dish detergent and water. Your best protection is to learn to recognize poison-oak and avoid the plant altogether.

(Toxicodendron diversilobum) the most widespread and adaptable shrubs of North America. It can look like a small shrub, climb like a vine or crawl along the ground. Poison-oak is easy to spot in spring, summer and fall: look for shiny green, red or yellow leaves in groups of three. Be careful of poison-oak during all seasons. The oil found in the leaves, stems, and roots spreads easily and may cause a severe skin rash. If you come in contact with the poison-oak, wash your skin and clothes with dish detergent and water. Your best protection is to learn to recognize poison-oak and avoid the plant altogether.

Leaves of three, let them be!
small children. Steep hills and may not be suitable for
small children. Please note that the route includes
park. The numbers in the path correspond
campground. We invite you to explore the diverse plants,
teak, and dense forest, before arriving at your destination.

Interpretative Guide
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tickle your nose? Remember them and note how
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1. Poison-Oak

(Toxicodendron diversilobum)
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2. Manzanita

(Arctostaphylos manzanita)
“Manzanita” is Spanish for “little apples,” but these fruits aren’t for
snacking. Manzanita produces inedible berries
year-round, which change from white to deep red as summer progresses.
Manzanita can grow as a bush like the one growing here or as a tree that can reach 20 feet tall.

3. Tree Callus

In time, wounded trees heal themselves by forming a callus. Trees of all varieties form calluses as a way of recovering from a broken
limb or neck in the bark. Within days, a thin layer of
cells grows over an open
wound, much like a scab.
The callus material grows like a collar around the wound,
ultimately died, likely from rot and old age.

4. Douglas-fir and Woodpeckers

(Pseudotsuga menziesii)
Look for the
woodpecker holes in this Douglas-fir
tree. Woodpeckers and
Douglas-fir benefit from a
symbiotic relationship. Woodpeckers dig for
insects and insect larvae
in the tree trunk and
under flakes of bark. This
nibls the tree of harmful insects and spreads seeds.
If the tree becomes diseased or dies, woodpeckers will
continue to eat insects in the decay and create larger
holes for nests in the tree.
**Boulder Row**

These boulders are remnants of the past, a time when volcanic events battered the Upper Rogue mountains. During an eruption, mountain ash snow melted into a torrent of floodwater, washing tons of rock and soil down hillsides. This happened over and over again between 2 and 7 million years ago, creating a misplaced repository of soil, sediment and basaltic-andesite boulders. Over time, sediments covered the boulders, hiding them from view. Water, wind and human activities—such as when the Army Corps of Engineers built Lost Creek Lake—exposed this outcrop, giving us a peek into the past.

**Caution: Steep decline ahead.**

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**Western Gray Squirrel** *(Sciurus griseus)*

It's hard to miss these noisy, bushy-tailed chatterboxes. That's because during the day they search for plants, fruits and nuts. Squirrels have well-developed jaw muscles and chisel-like front teeth that they sharpen by gnawing on hard objects. The gnawing also helps file the squirrel's teeth. If not filed, the teeth will continue to grow and inhibit eating until the animal starves. Remember, feeding wild animals like squirrels makes them more aggressive at taking people’s food.

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**Lost Creek Lake**

A lake built with a purpose. The U.S. Army Corps of Engineers built Lost Creek Lake in 1977 to reduce flooding downstream and control water quality and temperature, as well as to provide water for irrigation, recreation and power. Engineers allow the reservoir to fill in the spring as well as to provide water for irrigation, recreation and power. The water level behind the dam fluctuates more than 100 feet; currently it is 20 feet below the 1977 high water mark, which was 1,972 feet above sea level. Look carefully at the shoreline—can you see the high water mark?

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**Diamond Creek Falls**

Can you hear the roar of water? You are listening to Diamond Creek Falls. These falls cascade gently down a slope of fallen rocks called talus, partially hidden in the lush vegetation. Underground streams and surface water feed the falls. The water continues to flow a short distance downslope until it concludes its surface journey at Diamond Pond.

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**Oregon grape** *(Mahonia aquifolium)*

Oregon’s state flower has a storied past. Native Americans used the bark of the Oregon grape to produce yellow dye. They also used the bark and berries medicinally for liver, gall bladder and eye problems, as well as to treat shellfish poisoning. Today, Oregon grape remains a popular herbal medicine sold in health stores. That's why it's important not to overharvest wild resources. The tart, blue berries aren't pleasant to eat raw, but they can produce delectable jelly and wine.

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**Osprey nest** *(Pandion haliaetus)*

Look closely to see the home of the “fish hawk.” Notice the large stick nest at the top of the snag directly below Osprey—migratory birds that return from South America to Oregon each April—nest in large dead trees or on nesting platforms near lakes and rivers. With long, curved claws, these birds are fishing specialists. They dive feet first from 30-100 feet above the water’s surface to catch fish to eat or to feed to their young.

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**Downed tree**

Hooray for decay! The lives of many common forest creatures depend on decay of large logs like this one. Insects such as bark beetles, wood borers and termites feed on the decaying wood. Larger animals—such as rodents, woodpeckers and bears—forage in the logs for grubs and adult insects. Eventually, insects, fungi, bacteria and weather will recycle the nutrients from this log back into the soil.

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**Diamond Creek**

An ambling journey. Groundwater gushes from a natural spring and flows into Diamond Creek, then travels a short distance further and pools in a small grass meadow. The water’s path continues several hundred feet to Diamond Creek Falls. Its flow slows at Diamond Pond, where it seeps underground and likely makes its way into Lost Creek Lake.

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**Western sword fern** *(Polystichum munitum)*

Froths decorate the forest floor. The sword fern boasts 75-100 fronds that can reach three feet in length. Turn over a frond to see rows of brownish-orange dots—spores used by the fern for reproduction. Native Americans used the fronds to line berry baskets and make cooking tools.

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**Hiking tips**

- **This trail is designated for hikers only.** It is not ADA accessible and may not be suitable for small children.
- **For your safety, please watch for poison oak, low hanging branches and uneven terrain.**
- **Keep to the trail to help prevent erosion and damage to native vegetation.**
- **Pack it in, pack it out.** Thank you for keeping our park litter-free.
- **No smoking on the trail.**