

For Younger Eyes

These items can almost always be found at the park. Help your child scratch these items off the list and watch their excitement of nature grow.

- Something soft
- Fluffy cloud
- Water
- Something hard
- Dirt
- Trail marker
- Bird
- Picnic table
- A stick that is longer than you
- Spider web
- Seed or nut
- Footprint
- Two different shaped leaves
- A rock that is bigger than your head

General park information

Seven Bends State Park provides public access to the North Fork of the Shenandoah River and features two hand-carry boat launches, picnic areas, one single family-sized picnic shelter, vault restrooms and 8 miles of hiking trails. The park provides water and land based outdoor recreational and educational opportunities while protecting and interpreting the spectacular scenic view shed and geological, natural and historical resources of the storied seven bends area.

The park has two access sites. Be sure to check out both while you are here. Each access points offer different trails, river accesses and experiences. One daily parking pass is good for all day and both sides.

Be sure to “Like” Friends of Seven Bends State Park on Facebook to stay up to date with all park programs and events.



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Seven Bends State Park
2111 S. Hollingsworth Road
Woodstock, VA 22664
Phone (800) 933-7275

Virginia State Parks

Seven Bends State Park



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www.virginiastateparks.gov

A scavenger hunt is a great way to help you see and explore more of the world around you. Have your group pick a scavenger hunt from these choices and see how many items you can check off the list.

We tried to make lists for all ages and skill levels. Look over the lists and chose the one that is right for your group. As an added challenge, try to complete the page.

No matter which list you choose, make sure you are ready for an adventure. Wear sturdy hiking shoes or boots. Bring a water bottle and bug spray. And as always, dress for the weather.



**Remember to leave no trace.
Take only pictures and leave
only foot prints.**

Wildlife Scavenger Hunt

Keeping on eye out for these critters will help you learn what types of wildlife call Seven Bends State Park home.

- White-tailed deer
- Black bear
- Cottontail rabbit
- Grey squirrel
- Canadian geese
- Song bird
- Bald eagle
- Fox squirrel
- Field cricket
- Grasshopper
- Red tailed hawk
- Raccoon
- Box turtle
- Great blue heron
- Mink
- Kingfisher bird
- Groundhog
- Spider
- Snake
- Fence lizard
- Red fox
- Mallard duck

If you're unsure of what any of these critters are, take time to learn more about them by visiting www.dwr.virginia.gov

Photo Scavenger Hunt

These items would be hard to pick up so be sure to take a picture of them when they are found.

- Human footprint
- Something that makes you smile
- Dog footprint
- Trail sign
- Three kinds of trees
- Hole where an animal could live
- Evergreen tree
- Litter (you may pick up litter since it doesn't belong here)
- Flying insect
- A rock bigger than you
- Branches that look like a letter
- Nut that's still attached to a tree
- Cloud that is shaped like an animal
- Spider web
- An animal
- The river
- Moss
- Something prickly
- Something that makes noise
- Tree stump Yellow boundary marker on a tree

When you are finished, compare your photos with someone else in your group. Were you able to find different items?