



Nature journaling tips:

- ◆ Do not focus on making your journal pretty. This can lead to journal block.
- ◆ Journal with the intention of finding something new.
- ◆ Take this time to slow down and enjoy what is around you.
- ◆ Feel free to jot down any questions you may have like, “What kind of tree is that?” or “What kind of critter does this larva turn into?”
- ◆ Dig deeper by researching what you drew. Feel free to add labels pointing out interesting aspects.
- ◆ Remember, the page is not really blank, it is full of possibilities and potential energy.
- ◆ As always, leave no trace. Take only pictures and leave only footprints.

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.

South site: take Exit 283 off of I-81 for Woodstock, then go east on VA-42, W. Reservoir Road Turn right onto S. Hollingsworth Road and remain on it for 1 mile.

North site: take Exit 283 off of I-81 for Woodstock, then go east on VA-42, W. Reservoir Road. Turn left onto S. Water Street, turn right onto Hollingsworth Road, then turn right onto on Lupton Road and remain on it for .7 mi.



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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

Nature Journaling



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www.virginiastateparks.gov

What is nature journaling?

Nature journaling is the practice of drawing or writing what you observe in nature. Drawing or writing what **you** see makes your journal unique and special to you. Nature journaling will help you notice details in nature that you may have not taken time to notice otherwise. Sometimes, this can lead to a greater understanding of the world around you.

What do I need to get started?

Picking up this brochure is a great way to start. Other than that, you don't need much. Grab a pencil and we will give you some good tips along the way.



Make some notes that pertain to this nature journal entry.

Name:

Date:

Location:

Weather:

Use this space provided to try your hand at nature journaling.