



A Self-Guided Walk Along the Roosevelt Farm Lane Trail

Explore forest, stream, and pond ecosystems



student
conservation
association

GETTING STARTED

History of the Roosevelt Farm and Forest

Originally, the Roosevelt property encompassed more than 1,500 acres of working farm land and forest. The Roosevelt Farm Lane trail takes you on a short journey through the woods that FDR loved. These woods inspired FDR's appreciation of conservation and land stewardship and formed a cornerstone of his political philosophy. FDR designed a woodland road and forest stands in which he planted nearly a half-million trees. Among the trees are woodland pools and streams. Together the forest, pools, and streams form a unique and diverse combination of ecosystems.

Please Help us Preserve the Trail

- Stay on the path at all times.
- Do not litter.
- Leave what you find for others to enjoy.
- Respect the wildlife and other visitors.
- Check yourselves for ticks.
- Watch out for poison ivy.



This marker shows the way along the trail. Can you guess what leaf it is?

Using the Guide

Throughout this walk, use the space provided to make observations about what you see. Remember, this guide lists only a few of the many species you may encounter today. Depending on the time of day and season you walk the trail, you will see many different plants and animals.



Photo: Nell Boucher, Fresh Air Parent

GETTING STARTED

Farm Lane Trail Map



The Farm Lane Trail is accessible from 9 and 9G and is open from dawn to dusk year round.
The trail is 1.8 miles (2.9 km) long.

International Union for Conservation of Nature (IUCN) Conservation Status

In this guide, we list the conservation status of species according to the IUCN red list. The animals in this guide fall into one of two categories: **endangered** (high risk of extinction in the wild) or **least concern** (low risk, widespread and abundant). Other IUCN statuses include extinct, extinct in the wild, critically endangered, vulnerable, and near threatened.

For more information, visit <http://www.iucnredlist.org/>

VISITING THE FOREST

Constant Change in the Forest

- The trees stand still, but throughout the four seasons, the forest continually changes.
- During the fall, temperatures cool and leaves change color and fall off.
- In the winter, temperatures become cold and trees enter a period of dormancy, or sleep.
- In the spring, temperatures begin to rise and trees start to flower and grow again.
- In summer, temperatures continue to increase and plant growth continues.

“A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people.”

Franklin Delano Roosevelt



Photo: Franklin D Roosevelt Presidential Library & Museum

What do you notice? Use this space to make observations.

Trees of the Forest



Red oak (fall), photo: NPS

Red oak

Size: 65-98 ft (20-30 m) tall.

Bark: Dark gray or black, with hard scaly ridges.

Leaves: Alternate, 4-10 in (10-25 cm) long and 3-6 in (8-15 cm) wide, green above, light green below.



Red maple (summer), photo: NPS

Red maple

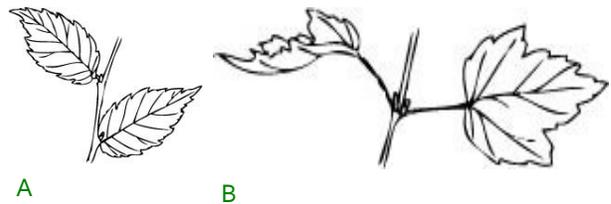
Size: Usually 59-92 ft (18-28 m) tall.

Bark: Smooth and light gray, although it gets darker and rougher with age, often becoming shaggy or scaly.

Leaves: Opposite, 2.7-4.6 in (7-12 cm) long, usually 3-lobed or rounded clefts; light green above, pale greenish white below.



Red maple (fall), photo: NPS



Alternate (A): leaves are arranged in an alternating fashion along a stem.

Opposite (B): leaves are arranged on a stem directly across from one another.

Trees of the Forest



Tulip poplar, photo: Alicia Lafever, NPS

Tulip poplar tree

Size: 82-115 ft (25-35 m) tall with a diameter of 1.5-5 ft (0.5-1.5 m).

Bark: On younger trees it is smooth and light gray with shallow, longitudinal, furrows. With age, bark thickens with deep furrows and ridges.

Leaves: Alternate, tulip-shaped, and dark green above, pale below.

DID YOU KNOW?

The tulip tree was FDR's favorite tree, which is why its leaf is the trail marker.

Can you find tulip trees along the trail?

HINT: Watch for their fallen leaves.



Author Natalie Cheung with hemlock, photo: Karl Beard, NPS

Eastern hemlock

Size: Up to 150 feet (45.7 m) tall and 4 ft (1.2 m) in diameter.

Bark: Deeply ridged and scaly, from grey to reddish-brown.

Leaves: Needles are less than 1 in (2.54 cm) long and flat. They are in flat and fan-like arrangements.

Can you guess why so many hemlocks look unhealthy?

Wildflowers of the Forest



Daisy fleabane, photo: Louise K. Broman, EPA

Daisy fleabane

Looks like: Produces yellow-centered, daisy-like blooms in shades of white, pink, yellow, purple, and blue.

Size: 12-24 in (30-60 cm) tall.

Bloom time: Late spring to midsummer.

Lifecycle: Perennial.



Chicory, photo: Alicia Lafever, NPS

Chicory (cornflower)

Looks like: Produces bright blue (rarely white or pink) flowers. Chicory has a composite flower, meaning the single "flower" is actually made up of many flowers.

Size: 3 ft (1 m) tall.

Bloom time: May to October.

Lifecycle: Perennial.

DID YOU KNOW?

Each individual chicory flower lasts only one day.

Many common wildflowers are mostly found alongside roads and trails. Do you know why?

VISITING THE FOREST

Birds of the Forest



Pileated woodpecker, photo: Michelle Smith, USFWS

Pileated woodpecker

Looks like: Large with a long neck and bill. Coloring is mostly black with white stripes on the face and neck and a red crest.

Sounds like: high, clear, series of piping calls that lasts several seconds, or shorter calls that sound like “wuk, wuk” or “cuk, cuk.”

Status: Least concern.



Scarlet tanager, photo: NPS

Scarlet tanager

Looks like: Medium-sized and stocky. In spring and summer, adult males are red with black wings and tails. Females and juveniles are olive-yellow.

Sounds like: A series of 4–5 chirruping phrases.

Status: Least concern.

Woodpeckers eat ants and other insects. Where do you think they find them?

Birds of the Forest



Great horned owl, photo: Robert Laubenstein, USFWS



Barred owl, photo: Mark Musselman, USFWS

Great horned owl

Looks like: Large owls with two prominent feathered tufts on the head. Coloring is mottled gray-brown, with reddish brown faces and a white patch on the throat.

Sounds like: deep, soft hoots with a stuttering rhythm: hoo-h'HOO-hoo-hoo.

Status: Least concern.

Barred owl

Looks like: Big brown eyes; brown and white-striped plumage.

Sounds like: hooting call, "Who cooks for you? Who cooks for you-all?"

Status: Least Concern.

Unlike great horned owls, which only come out at night, barred owls hunt during the day. What other birds do you think you might see during the day? Why?

Birds of the Forest



Black-capped chickadee, photo: Gary Hartley, NPS



Red-eyed vireo, photo: John Benson, NPS

Black-capped chickadee

Looks like: Small with a short neck and large head. It has a long, narrow tail and a short bill. Its cap and bib are black, its cheeks white, its back and wings gray, its belly gray to white.

Sounds like: pure 2 or 3-note whistled “fee-bee” or “hey, sweetie.”

Status: Least concern.

Red-eyed vireo

Looks like: Large and stocky with a long, angular head, thick neck, and long bill. Green above and white below. Top of their heads is gray with a white eyebrow stripe bordered by black lines.

Sounds like: Phrases end in either a down slur or an upswing, as if the bird continually asks a question.

Status: Least Concern.

Do you think you're most likely see/hear an owl, a chickadee, or a vireo? Why?

VISITING THE STREAM

Getting to Know the Stream



Park Visitors on Farm Lane, photo: Bill Urbin, NPS

- Roosevelt Farm Lane Trail is part of the Hudson River Watershed.
- A **watershed** is an area of land that drains into a specific body of water.
- Watersheds consist of many different components, including wetlands, headwaters, tributaries, floodplains, and more.
- On the trail you will see **tributaries**, or small streams that flow into the Hudson.
- Tributaries form **habitats** where many plants and animals live.

DID YOU KNOW?

20,000 years ago the Hudson Valley was covered in ice? These glaciers were up to a mile high and helped form the Hudson River we know today.

What kinds of animals and plants do you think live in streams? Use this space to make observations.

Animals of the Stream



Two-lined salamander, photo: Gwyneth Daunton, SUNY ESF

Two-lined salamander

Looks like: Small , ranging from 2.5-3.75 in (6.4-9.5 cm). Tan to light yellow with black spots and two black stripes running down the back.

Status: Least concern.

Four-toed salamander

Looks like: Usually no bigger than 4 in (10 cm). The four-toed salamander has a white underbelly sprinkled with black dots. Its back varies from orange-brownish to red-brownish, and its flanks are grayish.

Status: Least concern .



Four-toed salamander, photo: Gwyneth Daunton, SUNY ESF

Observations:

Animals of the Stream



Wood turtle, photo: NPS

Wood turtle

Looks like: Usually 6-8 in (15-20 cm) in length. The upper shell is brown or grayish with yellow and black lines on the **scutes** (the thick plate on a turtle's shell) The **plastron** (underside of the turtle) is yellow with dark blotches. The skin is dark from above but bright reddish orange from below. The shell is jagged.

Status: Endangered.

USE YOUR EARS

Animals like the waterthrush are hard to see, so listen closely for their call.

See the learn more section at the back of the guide for more information on identifying birds.

Louisiana waterthrush

Looks like: Small songbird with brown/black coloring. Its underside is white with dark stripes.

Sounds like: The song starts with clear whistled notes followed by short phrases. The call is a sharp, "chip."

Status: Least concern.

If you can't hear or see animals, how else can you find their presence?

Woodland Pools are Forest Ponds



Students on Farm Lane, photo: Bill Urbin, NPS

- From the Roosevelt Farm Lane Trail, you can see a number of **permanent** woodland pools.
- Although most of the ponds found in the Roosevelt Woods are permanent, there are also **vernal pools**, which are sometimes full and sometimes dry, depending on the season.
- Permanent and vernal pond ecosystems are complex and important, offering homes to many types of animals, plants, insects, and bacteria.

Farm Lane Scramble

Untangle these messy letters into words

IDRB

TROSE

LPSRATNO

OPND

NELVRA

CTUES

IAYDS

MNDASREALA

ABHTAIT

URLTET

TWAER

TAREMS

ANSWER KEY:

BIRD, FOREST, PLASTRON,
POND, VERNAL, SCUTE, DAISY,
SALAMANDER, HABITAT,
TURTLE, WATER, STREAM

Animals of the Pond



Baby painted turtle, photo: Zachary Cava, USFWS

Painted turtle

Looks like: 4.7-7 in (12-18 cm) in length. Black with flat, smooth shells with red markings on the edges. The plastron is yellow. Yellow and red stripes on neck, legs, and tail.

Status: Least concern.

Snapping turtle

Looks like: 7.8-20 in (20-50 cm) long. The shell ranges from dark brown to tan but is often covered with mud and algae. The tail has sharp ridges and is almost as long as the shell. The necks, legs, and tail are yellow, and the head is dark. The skin is rough with bumps called **tubercles** on the neck and legs.

Status: Least concern.



Snapping turtle, photo: Tom Tetzner, USFWS

DID YOU KNOW?

A group of turtles is called a **bale**

Animals of the Pond



Red eft, photo: Natalie Cheung



Red-spotted newt, photo: Brian Gratwicke



Wood frog, photo: Gwyneth Daunton, SUNY ESF

Red-spotted newt

Looks like: As a juvenile (size: 0.7-2.7 in or 2-7 cm), the newt is called a **red eft** and is bright orangish-red with dark red spots outlined in black.

As an aquatic adult (size: 2.7-5 in or 7-13 cm), the red-spotted newt's skin is olive green with the same black-rimmed red spots.

Status: Least concern.

Wood frog

Looks like: Usually 1.3-3 in (3.5-8 cm) in length, varying shades of brown and red.

Most have black markings over the eyes.

Sounds like: Males make quack-like noises.

Status: Least concern.

What do these two amphibians have in common?

"The whole side of the hill is dotted with dogwood trees, and your eyes rest on them with pleasure. But I should also keep my eyes constantly on the ground, because there are still a considerable number of the little orange lizards... I never cease to marvel at the varying beauty of the seasons."

Eleanor Roosevelt, My Day, May 23, 1947

VISITING THE POND

Animals of the Pond



Solitary sandpiper, photo: David Hypes, NPS

Solitary sandpiper

Looks like: Medium-sized with moderately long legs and neck. Usually black or dark olive with small white spots and a distinctly barred tail.

Sounds like: high pitched whistled "weet, weet."

Status: Least concern.



Spotted turtle, photo: J. Paynter, NPS

Spotted turtle

Looks like: 3-4.7 in (8-12 cm) in length with yellow spots on the head, neck, legs and **carapace** (upper shell). The carapace is black and the **plastron** (lower shell) is yellow and black.

Status: Endangered.

What do you notice about the ponds around the Farm Lane Trail? If you're here in summer, you might not even see any ponds. Can you guess why?

Animals of the Pond



Spotted salamander, photo: Laura Heady, NYS DEC

Spotted salamander Looks like:
About 6-9.8 in (15-25 cm.) in length.
Usually black with two uneven rows of yellowish-orange spots from its head to its tail. The underside is slate gray and pink.
Status: Least concern.



Slimy salamander, photo: Samantha Dean

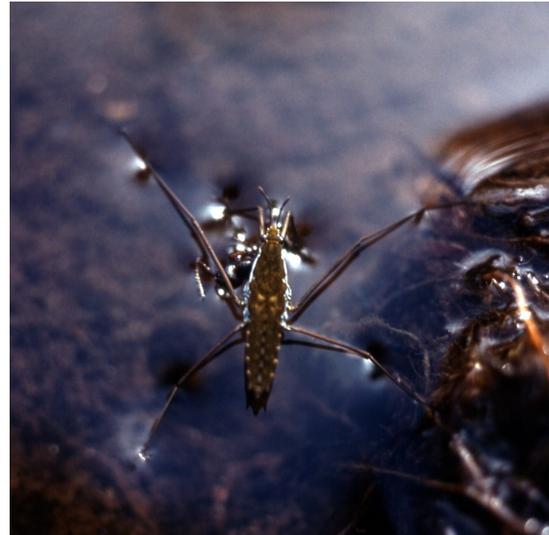
Slimy salamander
Looks like: Large, reaching 6.7 in (17 cm) in length, with blackish-blue color and scattered silvery-white or gold spots covering their body.
Status: Least concern.

In the spring, the Spotted salamander breeds in the ponds, but as spring turns into summer, they leave the ponds and live in the woods. Can you explain this?

Insects of the Pond



Dragonfly, photo: NPS



Water strider, photo: Rosalie LaRue, NPS

Dragonfly

Looks like: Color patterns and wing designs vary because there are over 500,000 identified North American species.

Size: Most dragonflies are 1-4 in (2.5-10 cm) long.

Water strider

Looks like: Dark brown or black bodies with six legs, the front pair shorter than the rest.

Size: About 0.5 in (1.2 cm) long.

What other insects do you think live in the pond? How do you think they interact with other pond species?

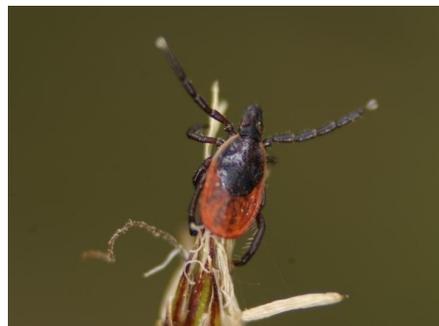
LEARN MORE

- Learn more about Roosevelt Farm Lane with a **podcast trail tour**: <http://www.nps.gov/hofr/learn/photosmultimedia/roosevelt-farm-lane.htm>
- To learn more about birds, check out the **Cornell Lab of Ornithology** at <http://www.allaboutbirds.org/> or download their bird ID app from <http://merlin.allaboutbirds.org/>
- To turn your trip into a learning experience, download **lesson plans** and more (searchable by key words) from www.teachingthehudsonvalley.org/resources
- Get involved in **citizen science** with the Habitat & Biodiversity Program, Hudson River Estuary Program, New York State Department of Environmental Conservation. <http://www.dec.ny.gov/lands/5094.html>
- Roosevelt Farm Lane was originally protected by **Scenic Hudson**. Learn more at: <http://www.scenichudson.org>
- Download **Map of Life**, an app created to support effective and global biodiversity education, monitoring, research, and decision making here: <https://mol.org>

Remember, please check for ticks and watch for poison ivy!



Poison ivy, photo: Karl Beard, NPS



Black-legged tick, photo: NPS

**Produced by Natalie Cheung, 2015 Student Conservation Associate
with Teaching the Hudson Valley**

www.teachingthehudsonvalley.org

Download this guide from www.nps.gov/hofr

