



National Park Service
U.S. Department of the Interior

Sequoia and Kings Canyon
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For Immediate Release

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Signs of Spring in the Foothills

A visit to the foothills of Sequoia & Kings Canyon National Parks seems almost spring-like during this first week of the new year. This is a great time to get a break from the valley fog and enjoy the sunny foothills left lush and green after the recent storms that have passed over the Sierra.

An observant hiker will see grazing deer, songbirds, trees beginning to bud, buckeyes taking root, and, in the right location, thousands of ladybugs.

Ladybugs are one of the first signs of spring in the foothills and have been seen on the rocks and grass along the Paradise Creek Trail. They are often found on the southern face of the mountain where the sun can provide warmth and sustain plants that attract aphids that the ladybugs eat. One ladybug can eat up to 5,000 aphids in its lifetime of 3-6 weeks.

The sunny weather forecast for this weekend provides excellent opportunities to explore and discover the foothills. Please call or stop by the Foothills Visitor Center (559-565-4212) for further information.

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