



WILLOW CREEK TRAIL

HOWARD'S HOLLOW SEEP

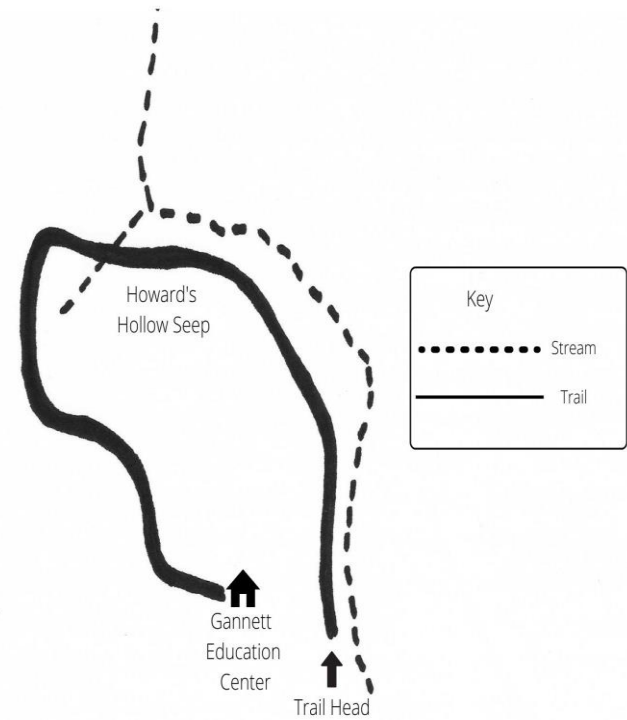
NATURE PRESERVE

"To assure our people permanent access to their outdoor heritage"



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Guide & Map



Distance: 0.80 Mile

Skill Level: Easy

Time: Approximately 20 minutes at a moderate pace.



1. As you begin the trail, the large trees growing along the banks of the creek are called Sycamores. They are easily recognized by their characteristic bark that shows large splotches of white as the tree grows. Native American legend has it, that ghosts of their dead lived in these trees. When the moon light shines off these trees, the white bark really does look ghostly.

2. The large trees on the hillside are known as sugar maples. They are common throughout the area and can be tapped in early spring to collect sap. The sap is boiled down to make maple syrup.

3. During spring and summer, the green reeds growing along the sides of the trail are called scouring rush. The stems of the rush contain silica, which makes a good abrasive. Pioneers used the rush to scrub or scour their iron pots and pans.

4. Around this marker during summer months, there is a carpet of heart shaped leaves with hairy stalks and roots that run on top of the soil. This is wild ginger plant. Pioneers often used the roots to make a medicinal tea for stomach aches.

5. Growing in this small spring is a thick strand of watercress. Watercress is a member of the mustard family. Pioneers often picked watercress in early spring to add fresh greens to their diet.



6. Along the hillside you can see an opening with a metal tube. This hole was the opening to an old "Dog Mine" or one person mine. These mines were used by families in the early 1900's to produce coal for their personal use or to sell to neighbors for extra income.

7. On the right side of the trail, cherry trees can be seen following an old road bed. These trees have some deformities along their side caused by barbed wire fencing that was wrapped around them many years ago. As the trees grew, the wire was buried inside.

8. The area you are now entering was once an old field or pasture. You can tell by looking at the tree and plant species growing here. You may notice that the trees here are still young. Many are maple, cherry, cedar and sassafras, which are commonly the first trees to grow in an area after it has been disturbed.

9. The trees seen around you with the rough, dark bark and simple shaped leaves are wild cherry. The bark of the tree was used by Native Americans and pioneers for medicinal purposes.



10. The red cedar is the evergreen tree you are looking at. It is the only native conifer in our area. It was used as a Christmas tree by the few early pioneer families who chose to celebrate Christmas.

11. Sassafras tree leaves are interesting in that they grow in three different shapes. Some are single or double lobed and some are unlobed. Early pioneers used the roots of this tree to make tea for medicinal purposes.

12. The vine growing up the trees here is poison ivy, which all hikers should be able to identify and avoid. The poison ivy plant also grows in a small shrub form, looking like seedling trees when it first comes up.



13. Large, old trees eventually die. Their fallen remains provide shelter and nourishment for many small forest creatures. The openings in the canopy let in more sunlight and a profusion of plants thrive.

14. Wild grapes of four varieties grow in Forest Glen, and all were used by early settlers for food. The fruit of the wild grape is very small and many must be collected to make a meal.

15. As you walk the trail, look for small paths that cross your way. These are deer trails and your chances of seeing a deer are much better in these areas. Deer follow the same paths each day and can be found in the same spots at certain times.