



Autism Nature Trail

A Nature Trail for all at Letchworth State Park

I Can Hike on the ANT





At the Trailhead Pavilion I will see a lots of green trees and plants. I will also see stone benches I can sit on. I will see a tall pavilion made of stone and wood. I will touch the stone to feel how smooth it will be. I will see square, round, and many other shapes of stone. Inside the pavilion, I will feel safe and I will want to see what is in the forest as I walk on to the nature trail.



At the Sensory Station I will see two path pavilions. In the pavilions I will find interesting objects that I can touch. I will see pinecones, tree bark, interesting things that are found in the park. I will be able to touch and play with them.



On the Sunshine Slope I will zig-zag up a path to see colorful wildflowers growing in the beautiful sun. I can stop and enjoy the cuddle swing along the path. There will be tiles with writing on them than I can touch and feel. I can also take a break in the alone zone.



At the Music Circle I can play some very interesting instruments. I can play by myself or with friends. I can stand on the stage and sing and dance.



At the Reflection Knoll I will be able to think about nature around me. I can take a deep breath and smell the trees. There are two alone zones that are surrounded by feathery ferns. This will be an area where people will be thinking and quiet.



On the Meadow Run and Climb I will run up and down the hill. There are places to climb, balance and hop. I will have fun by myself or with others. Kids will be laughing and having fun.



In the Design Zone I can build with sticks and rocks. I can build forts, teepees, leanto's and anything my imagination can come up with using objects found in nature. I can be creative and make patterns and pictures.



On the Playful Path I can hop on logs and stones in the forest. I can also jump on rocks and enjoy the sand path under my feet.



At the Celebration Station I will be able to write or draw on the chalkboard to say how I am feeling about being in nature. I can rest on the bench and be proud of my hike on the ANT.