

## Activities for Home

Search your recycling bin or even the trash to find something you may be able to wash out and reuse again.

Look for plastic containers like mayonnaise jars or milk jugs. Even vegetable cans can be reused (have an adult help you with the sharp edges).

After you find a container, let your imagination run wild with different ways you can conserve your container.

Here are some ideas:

- Pen or pencil holder
- Flower pot
- Bird feeder
- See other ideas online

Do you have a question about this brochure, the park or something you found in the park?

Email the rangers at:  
[sevenbends@dcr.virginia.gov](mailto:sevenbends@dcr.virginia.gov)

## General park information

Seven Bends State Park is a day-use park providing 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 9 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. Be sure to check out both while you are here. Each access point offers different trails, river accesses and experiences. One daily parking pass is good for all day and both sides.

Be sure to “Like” Friends of Seven Bends State Park on Facebook to stay up to date with all park programs and events.



---

**Seven Bends State Park**  
2111 S. Hollingsworth Road  
Woodstock, VA 22664  
Phone (800) 933-7275

## Seven Bends State Park

## Conservation



**VIRGINIA  
STATE PARKS**

[www.virginiastateparks.gov](http://www.virginiastateparks.gov)

## What is conservation?

The word “conservation” comes from the phrase, “to conserve.” In other words, that means to protect, save, defend or support something. Basically, it is the opposite of destroying something.

Here at Seven Bends State Park, we try to conserve the land, as well as the plants and animals that live here.

Conservation is good. It allows nature to remain beautiful and helpful to humans for years and years to come.

Conservation works best when we all work together.



## Conservation at Seven Bends State Park

- Stay on the trail.
- Take or download a trail map and know where you are going.
- Do not try to feed or touch wild animals.
- Leave plants and flowers in the wild (this includes mushrooms and berries too).
- Pick up after your dog, and keep them on a 6-foot leash.
- Throw your trash in a park trash can or throw it away when you get home.
- Only start a fire in designated places, like grills.

**A good rule to remember is...  
take only pictures and  
leave only footprints.**

## Conservation at Home

- Chose sustainable fishing options.
- Save water when you can. Consider using a rain barrel.
- Reduce, reuse or recycle products in your home.
- Avoid one time use plastics.
- Follow rules and laws that are set in place to help the environment.
- Use sustainable and ethical hunting practices.
- Help pollinators by not using insecticides.
- Encourage others to help conserve.

