

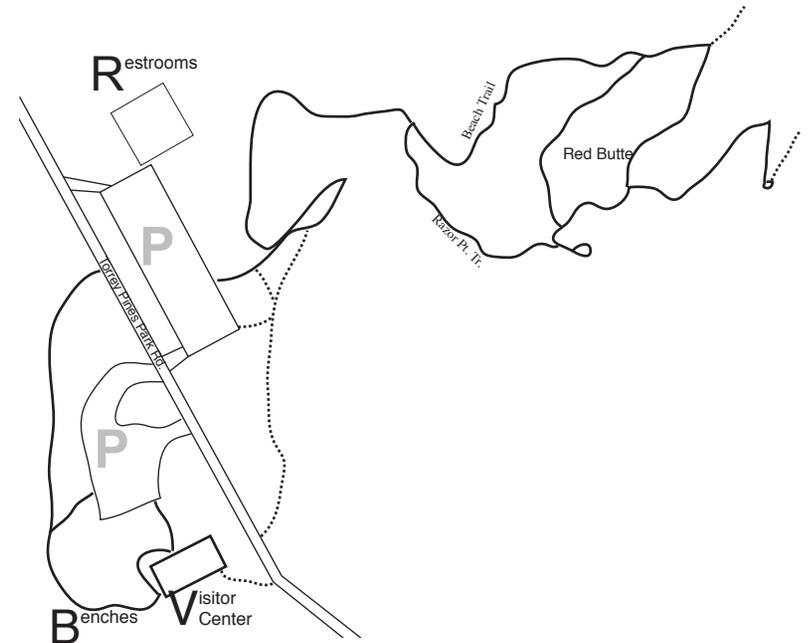
## Kumeyaay Walk

Protecting the Torrey pine trees also protected the native ecosystems: chaparral and coastal sage scrub. Take a trip back in time and imagine there are no roads and buildings here. Today's Reserve looks much like it did when the Kumeyaay people lived here before the Spanish explorers came up the coast.

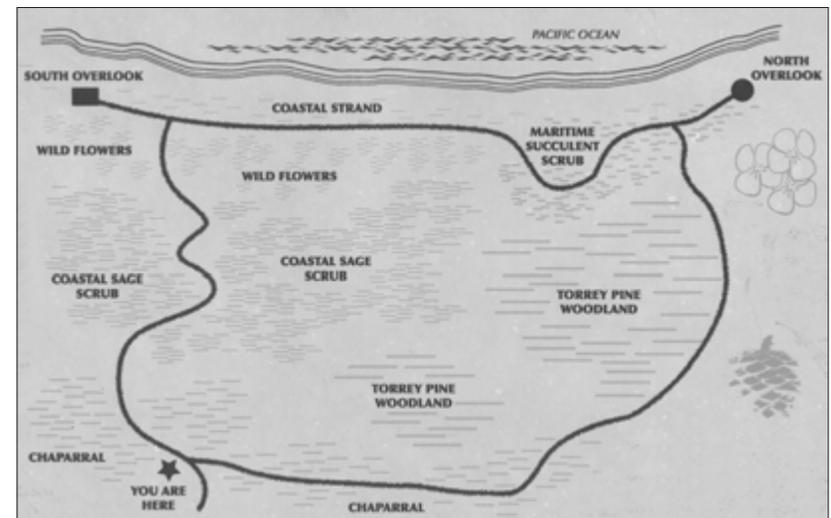
**You can use any trail for this walk.** Many teachers like to make a short loop on the Razor Point and Beach trails, or walk down to Guy Fleming. Keep your eyes and ears open, and consider that everything you need to live--food, clothing, and shelter-- has to be found or made from the things you see around you--plants, animals, rocks. Could you survive the way the Kumeyaay people did?

You're going to look for 4 important plants and the home of one animal on the trail today and learn how the Kumeyaay used them in daily life. **Leave everything where you find it--this is an imaginary collection.** If you want an extra challenge, there are additional items to seek on the last page.

**The Red Butte loop:** start at the main trailhead across the road from the Visitor Center, take the Razor Point trail, then cross over to the Beach Trail in front of Red Butte.



To reach **Guy Fleming Trail**, walk about halfway down the hill behind the Lodge. Keep your class off the pavement and on the wide dirt shoulders.



# Torrey Pine



## What to look for:

All the trees in the Reserve are Torrey pines

## Where:

Everywhere

## Torrey Pine Uses

**Needles** used to make baskets (notice the yucca fiber thread)



## Pine nuts

(seeds) used for food

**Sap** used as glue to patch broken pottery or as caulk for waterproofing.



# Woodrat Nest



**What to look for:** A pile of sticks that looks like a beaver's lodge, up to 4 feet high.

**Where:** Near the parking lots, opposite the rattlesnake warning sign on the beach trail, on the northeast corner of the Guy Fleming trail-uphill from the trail.

**Use:** Kumeyaay children hunted the woodrat by surrounding the nest, poking it with sticks, and capturing the animal with a forked stick. The rat was roasted and used to flavor *shawii*, acorn mash.

# Lemonadeberry



**What to look for:**

Evergreen shrub with oval, waxy leaves, pink flowers (shown) or red berries

**Where:**

All trails, around the Lodge

**Use:**

The berries have a sticky, sweet/sour coating that could be added to water to make a refreshing drink, like lemonade.



## Mojave Yucca

### What to look for:

Long spiky leaves with curling fibers along the edges

### Where:

South-facing areas on the Beach Trail,  
Guy Fleming

## Mojave Yucca Uses

**Leaves** were roasted and pounded to make fiber for burden bags and sandals and thread for sewing.



The **flowers and fruit** were eaten.

The **roots** were used for shampoo and soap.



## Prickly Pear Cactus

### What to look for:

Cactus with oval pads with spines, red fruit or yellow flowers

### Where:

All trails, in front of the Lodge.

**Uses:** Pads (nopales) and fruit (tunas) used for food. Needles used for tattooing.

### Extra credit:

**Arrows:** Can you find a straight stick? The



Kumeyaay used tools to straighten out sticks that weren't

perfect. Also look for feathers to help your arrow fly straight.

**Throwing stick:** Look for a stick with right angle bend. Rabbit sticks were thrown sideways to knock a rabbit off its feet. Now that you've found a throwing stick, can you find a rabbit?



**Rabbit skin:** Hunt for tracks or scat (poop) to see if there's a rabbit nearby. Rabbits provided meat and warm

fur for blankets. It took 100 rabbit skins to make an adult-sized blanket!

