



EDUCATION PROGRAMS CATALOG

The Eno River Association is a local leader in providing outdoor environmental education and natural resource conservation programs. Since the 1970s, the Association has published journals, calendars, and articles exploring and promoting the Eno's historic roads, mills, communities, and food ways. The Association's special events and educational program include guided & interpreted hikes, youth education programs, a 5K race, and more. These education programs are a critical step in our mission to conserve and protect the natural, cultural, and historic resources of the Eno River basin.

The following educational programs are available through the Eno River Association and are delivered by our staff or cadre of trained education volunteers.

- Programs are customizable to the group's interests, and in many cases multiple activities can be combined into one session. If you cannot find what you are looking for contact us as we can often customize an offering to meet your educational needs and the Association's mission.
- Age restrictions are set in the interest of safety and enjoyment of program participants, please respect and follow our guidelines.
- Location of activities are noted in the descriptions below, and most activities are best conducted on a field trip to the Eno River. The activity description will list if that activity can be brought to your group's location not on the Eno, noted as "outreach option."
- The cost for each program is \$30 per hour (for a group of up to 10), prorated by the half hour and invoiced prior to the program. [Eno River Association Members](#) receive a reduced hourly rate. If the fee is a barrier to your participation, please let us know and we will work with you. Digital learning programs are available at no charge through YouTube, Vimeo & the Association website. Descriptions & links are included below.

**To schedule your group's program e-mail education@enoriver.org
or call (919) 620-9099 extension 1204.**

COVID-19 SAFETY PRECAUTIONS – Group sizes are limited to 10 for educational programs and 15 for volunteer youth stewardship projects. All participants must wear face coverings over their mouth and nose. We will come to your facility provided that safe distancing and use of face coverings are practiced. All participants and parents of minors must sign a waiver of liability. When handling of equipment and supplies is necessary, we will provide hand sanitizer.

Updated 9/4/2020

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call (919) 620-9099 extension 1204.**

IN-PERSON PROGRAMS BY AGE LEVEL



Wildlife Biology	Page 3
Geology and Soils	Page 5
Water Quality, Chemistry, & Resources	Pages 6
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Botany	Page 10
Other Topics	Page 10

Age Level	6	7	8	9	10	11	12	13	14	15	16	17+
Bacon Quarry Guided Hike												
Buckquarter Creek Guided Hike												
Build a Beaver Dam												
Candid Critters												
Eno Hikes												
Eno Topics												
Enviroscape												
Exploring Wetlands												
Fanny Breeze Homesite Hike												
Fantastic Fishes Adventure												
Frogs of the Night												
Geology Trail Adventures <i>4 options</i>												
Go with the Flow												
Holden Mill History Guided Hike												
Insect Expedition												
Investigating Erosion												
Investigating Erosion												
Mind Your Ps & Hs												
Mineral Medley												
Project Wet												
Project Wild												
Ranger Tales												
Reptile & Amphibian Safari												
Saving the Eno												
Sediment: The "S" Word												
The Ever-flowing Eno												
The Notorious Eno												
Tree Detective												
Tree Hike												
Water Bugs												
Wildflower Hike												
Wishes for Fishes												
Youth Conservation & Stewardship	Projects vary by age											

A NOTE ABOUT EARLY CHILDHOOD EDUCATION – Environmental education for children ages 3-6 is often best through nature play and crafts – things that let them interact and use their senses. We are happy to set up programs that meet your group’s needs for young children. Please contact us to discuss what works best.

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WILDLIFE BIOLOGY

CANDID CRITTERS: outreach option, 1 hour, ages 8-15

This activity is based around the wild mammal study the Eno River Association participated in through the NC Wildlife Resources Commission using camera traps. Participants use sight and touch to test their identification skills of native wildlife with photographs from the study, furs, skulls, scat, and tracks. Everyone becomes more familiar with wild mammals found along the Eno.

EXPLORING WETLANDS: at the Eno only, 1-2 hours, ages 14+

Wetlands are an important filter for the Eno River. We visit easily accessed wetlands in the Few's Ford area and discover the flora and fauna that thrive in these conditions and talk about the importance of wetlands.

FANTASTIC FISHES OF THE ENO ADVENTURE: on the Eno River and tributaries only, 2 ½ hours, ages 11+, April - October

There are more than 60 species of fish that call the Eno River home. Wade into the water with seine nets and fish traps alongside our educators, capturing, identifying, and learning life history. During cooler seasons we have waders for most participants.

Also check out our video adventure on Page 4.

FROGS OF THE NIGHT: at the Eno only, 1 ½ hours, ages 8+, April – September

Capturing and identifying frogs and toads after dark through spotlighting. Learn their calls and life history. Flashlights and headlamps provided.

INSECT EXPEDITION: at the Eno only, 1 ½ hours, ages 8+, May- September

Survey the wide variety of insects in the fields and forests of the Eno using sweep and aerial nets. Learn identification and life history. Use special viewers to see the world through insect eyes. For our younger participants we add a drawing component with colored pencils to help them key in on the anatomy of their captured specimens.

PROJECT WILD: outreach option, 1 hour 15 minutes, ages 8-12

From the curriculum of Project Wild we play three games that teach the wildlife and ecological concepts of predator/prey relationships, limiting factors, adaptation, food chain, pesticide accumulation in the food chain, and habitat.

REPTILE AND AMPHIBIAN SAFARI: at the Eno only, 2 ½ hours, ages 8+, April - October

Come along with our educators as we search the forest, creeks, and river for reptiles and amphibians. Learn techniques herpetologists use in field surveys as we identify and discuss the life history of what we find. Emphasis on safety for the creatures and the participants. All handling equipment provided.

Also check out our video safari on Page 4.

WATER BUGS: at the Eno only, 1 hour, ages 8+, April – October

This is a shoes and hands wet activity. Tiny creatures under the loose rocks of the Eno have a story to tell about the cleanliness of the water. In this activity participants kicknet to capture small *macroinvertebrates* (water bugs), identify them, and use them to calculate an index of river quality. We also discuss factors necessary for a healthy river ecosystem and life cycles of aquatic insects.

WISHES FOR FISHES: outreach option, 45 minutes, ages 6 -12

Participants get a lesson on the external parts of fish anatomy using the Roanoke Bass, a fish found native only to the Eno/Neuse and Tar River basins. Then using the Japanese art of Gyotaku we all make fish prints using life size silicone models of fish native to the Eno and label the parts for a poster that participants may take home.

Complete the program by watching the Fantastic Fishes of the Eno Video prior to attending (see page 4).

FREE DIGITAL LEARNING PROGRAMS

ENO RIVER COLORING PAGES: suitable for all ages but recommended for ages 4-8

These downloadable color pages created by artist Joe Liles celebrate the diversity of life on the Eno River. Each page features flora or fauna including American Raccoon, Yellow Belly Slider, Pond Hawk Dragonfly, Pinxter Azalea, Eastern Swallowtail Butterfly, Eastern Fence Lizard, and more.

<http://www.enoriver.org/eno-coloring-pages/>

FANTASTIC FISHES OF THE ENO VIDEO: 27 minutes, all ages

Enjoy this YouTube video of the Association's Education Department on an adventure to capture and learn about some of the fascinating fish in the Eno River.

A great pre-program for WISHES FOR FISHES.

<https://www.youtube.com/watch?v=xegrxHhsDWk&t=217s>

OF ROCK AND WATER VIDEO: 28 minutes, all ages

Take a video tour with Association educators to this place unique within the Eno River Basin. We explore the ecology that has emerged in the abandoned Bacon Rock Quarry. It is a look at how the disturbances of man have been taken over by nature, fascinating creatures, and beautiful flowers. A bonus geology lesson included. <https://www.youtube.com/watch?v=VZd6ZmCNED0>

REPTILE AND AMPHIBIAN SAFARI VIDEO: 21 minutes, all ages

Enjoy this fast-paced YouTube Video of Association Education Coordinator Dave Cook searching the forest and creeks of the Eno for our native reptiles and amphibians. He discusses the identification and life histories of his fascinating finds and demonstrates techniques for field surveys.

<https://www.youtube.com/watch?v=7oKzXyupK3Y&t=84s>

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GEOLOGY AND SOILS

BACON QUARRY GUIDED HIKE: at the Eno only, 3 ½ hours, ages 11+

In the northern part of Eno River State park is an abandoned rock quarry. Opening up the ground exposed stories of the geology that formed the land. It is a 5.8-mile hike to the quarry and back with a half mile off trail, through open forest. Along with the geology we will talk about the historical operations and show the ecology formed as nature reclaims the disturbance.

GEOLOGY TRAIL ADVENTURES: at the Eno only, ages 12+

See the geologic story of the Eno happening first-hand on a guided hike of the trails. Learn the forces at work that shape the river and form the basis of the hydrologic and biological systems and human history of this river basin.

Cox Mountain and Fanny's Ford: 5 miles, 3 hours

Buckquarter Creek and Holden Mill: 4.1 miles, 2 ½ hours

Cabelands and Eno Quarry: 2.4 miles, 1 ½ hours

West Point on the Eno: 2 miles, 1 hour 15 minutes

INVESTIGATING EROSION: outreach option with an outside area, 1 hour, ages 8-12

We need a six week notice because we have to grow grass in a bottle for our erosion experiment. This is followed by a walk around the river or grounds documenting and drawing maps of soil erosion. Includes a lesson on how soil erosion affects water quality.

MINERAL MEDLEY: outreach option, 1 hour, ages 9-15

Identify a variety of minerals by hardness, streak test, color, and shape, and magnetism. We relate these tests to minerals from Ocooneechee Mountain.

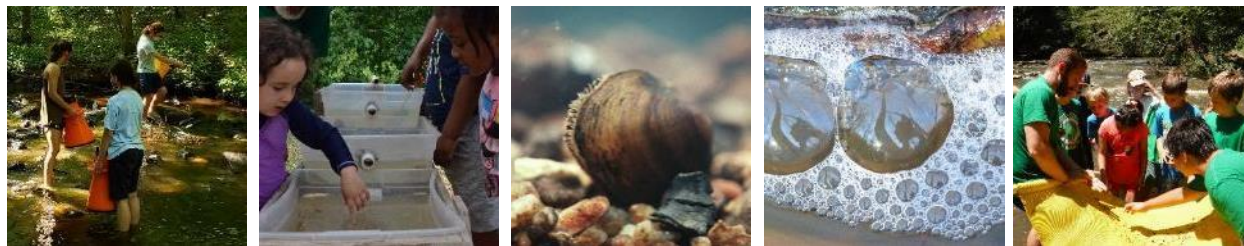
FREE DIGITAL LEARNING PROGRAMS

OF ROCK AND WATER VIDEO: outreach only, 28 minutes, all ages

Take a video tour with Association educators to this place unique within the Eno River Basin. We explore the geology in the abandoned Bacon Rock Quarry, what it tells us about the land, and why it led to quarrying. And we look at the ecology that has emerged once operations ceased.

<https://www.youtube.com/watch?v=VZd6ZmCNED0>

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WATER QUALITY, CHEMISTRY, AND RESOURCES

BUILD A BEAVER DAM: outreach option with an outside area, 45 minutes, ages 8-12

Participants use the materials a beaver has to try to construct a miniature dam that will hold water. Each participant gets to make their own dam. We discuss the reasons a beaver makes a dam and the impact on the habitat that makes them a keystone species. If we do this at the Eno we can add a 20 walk to see signs of beavers along the river.

ENVIROSCAPE: outreach option with an outside area, 30 minutes, ages 6-13

Using plastic landscape models, participants will build a community on the terrain, then add simulated fertilizers, sediment, and other man-made substances to see what happens with rain and runoff.

*Program pairs well with **SEDIMENT: THE “S” WORD.***

GO WITH THE FLOW: at the Eno only, 1 hour, ages 8+, April – October

This is a shoes and hands wet activity. Water flow affects the life in the river. Participants learn a simple method for determining river flow. They will learn how river flow and water quality are affected by people and nature, and test out how barriers affect flow.

INVESTIGATING EROSION: outreach option with an outside area, 1 hour, ages 8-13

We need a six week notice because we have to grow grass in a bottle for our erosion experiment. This is followed by a walk around the river or grounds documenting and drawing maps of soil erosion. Includes a lesson on how soil erosion affects water quality.

MIND YOUR Ps AND Hs: outreach option, 45 minutes, ages 8-13

pH of the water is critical to what life survives and thrives in the Eno River. In this activity participants use litmus paper and pH test kits to discover and record the pH of river water and a range of household products. They will compare the results to ranges that support aquatic life. We discuss natural and human influences of river pH.

PROJECT WET: outreach option, 1 hour 15 minutes, ages 8-13

From the curriculum of Project WET we play three games that illustrate movement and forms of water within the water cycle; illustrate how multiple users of water resources affect quality and quantity; examines the complexity of providing water to multiple users; learn the major components and movement of water in a water shed; compare variation in amounts of water flowing due to climate; and create a hydrograph.

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SEDIMENT: THE “S” WORD: outreach option, 20 minutes, ages 6-13

Participants learn to measure sediment using Imhoff cones, how sediment affects aquatic life, origins of sediment in the Eno, possible ways to control sedimentation, and the most important cause of stream degradation in North Carolina.

Program pairs well with ENVIROSCAPE.

WATER BUGS: at the Eno only, 1 hour, ages 8+, April – October

This is a shoes and hands wet activity. Tiny creatures under the loose rocks of the Eno have a story to tell about the cleanliness of the water. In this activity participants kicknet to capture small *macroinvertebrates* (water bugs), identify them, and use them to calculate an index of river quality. We also discuss factors necessary for a healthy river ecosystem and life cycles of aquatic insects.



LOCAL HISTORY

BUCKQUARTER CREEK TRAIL GUIDED HIKE: at the Eno only, 2 hours, ages 7+

Early settlement of Piedmont North Carolina happened along the Eno River. This 1.5 mile hike stops at several early home, mill, and farm sites with stories of North Carolina and American history. We visit the restored Piper-Cox house, the decaying Anthony Cole place, and the sites of mills, fords, and colonial roads.

THE EVER-FLOWING ENO: outreach option, 30 – 60 minutes, suitable for all ages but recommended for 16+

Former Eno River State Park Superintendent Dave Cook will entertain and educate your group with the Eno River Story from its origin to the present.

FANNY BREEZE HOMESITE HIKE: at the Eno only, 2 hours, ages 10+

From enslavement to freedom, in the 1800's Fanny Breeze became a much beloved person in the Eno River Valley, serving as a midwife to the entire community. She was a Black member of a White church congregation at a time that was rare, and she was key in founding a church for local Black neighbors. This guided hike takes you to her home place looking down on the Eno River. Here we hear stories of her life. It is 2.7 miles round trip on state park trails.

Also check out our Fanny Breeze & Beverly Scarlett videos on page 9.

HOLDEN MILL HISTORY GUIDED HIKE at the Eno only, 3 ½ hours, ages 11+

This 5-mile hike includes a mile of off trail scrambling through the woods. We visit the ruins of the Holden Mill and the Holden Mill homeplace and farm. North Carolina history comes alive with stories of early settlement on the river and the Governor who emerged from the Holden family.

THE NOTORIOUS ENO: outreach option, 60 minutes, ages 16+

Best told around a campfire. Events of mystery & mayhem, danger, daring, disaster & death, and the supernatural that have happened on the Eno from the 1770's to the present. You know it as a peaceful respite, but lurking in the shadows...

Check out the Ghost of Cole Mill Video for an example of stories from this program, page 9.

RANGER TALES: outreach option, outreach option, 30 – 60 minutes, suitable for all ages but recommended for 14+

Former Eno River State Park Superintendent Dave Cook tells true stories from his 16 years as a ranger on the river. Get the inside scoop on the funny and tragic, the bizarre and the inspiring. Every day is an adventure when a ranger goes to work.

SAVING THE ENO: outreach option, 20 - 30 minutes, all ages

In the 1960's the Eno River was threatened with a dam. Hear about how a small band of neighbors rose up and convinced Durham not to build the dam and North Carolina to create a state park on the river. In the early years these ideas were not popular and local citizens fought hard, and sometimes fought dirty to stop the fledgling Eno River Association who then went on to fend more dire threats to the river.

FREE DIGITAL LEARNING PROGRAMS**BEVERLY SCARLETT – A SHORT DOCUMENTARY VIDEO: outreach only, 5 minutes, all ages however parents should be prepared to explain the history of slavery to young viewers**

Beverly Scarlett who has lived her whole life close to the Eno, traces her family back to the former slave Levi Scarlett and relates some of the African American experience in the Eno River valley. On YouTube at <https://www.youtube.com/watch?v=IWEh7HxVYtg>

A great companion to our Fanny Breeze Homestead Hike on page 8.

A BREEZE ACROSS THE FORD VIDEO: outreach only, 26 minutes, all ages however parents should be prepared to explain the history of slavery to young viewers

From enslavement to freedom, in the 1800's Fanny Breeze became a much beloved person in the Eno River Valley, serving as a midwife to the entire community. She was a Black member of a White church congregation at a time that was rare, and she was key in founding a church for local Black neighbors. Association historians talk about her and take you to key places in her life in this YouTube video.

<https://www.youtube.com/watch?v=OFegEyDMMY0&t=96s>

A great companion to our Fanny Breeze Homestead Hike on page 8.

ENO RIVER SUITE VIDEO: outreach only, 9 minutes, all ages

The history of the Eno River Valley told in stirring song and inspiring video. Written and performed by John Bachmann. On YouTube at <https://www.youtube.com/watch?v=72PyTROqdbU>

THE GHOST OF COLE MILL VIDEO: outreach only, 13 minutes, ages 10 and up

A tragic 1880 mill accident leads to ghostly sightings on the Eno. The story is told on the place where it happened. Includes some basic mill operation information. See it on YouTube at <https://www.youtube.com/watch?v=IlxAvPQtdGk>

If you like this spooky content, check out the Notorious Eno program option on page 8.



BOTANY

EXPLORING WETLANDS: at the Eno only, 1-2 hours, ages 14+

Wetlands are an important filter for the Eno River. We visit easily accessed wetlands in the Few's Ford area and discover the flora and fauna that thrive in these conditions and talk about the importance of wetlands.

TREE DETECTIVE: at the Eno only, 1 hour, ages 8-12, April - November

Participants use clues and specially designed guides to guess the aliases and real names of native trees on Eno River State Park. Encourages observation in learning tree characteristics that help with identification. Requires a ½ mile walk on park trails.

TREE HIKE: at the Eno only, 1 - 2 hours, ages 8+

Schedule an Eno River tree identification trail hike with our knowledgeable hike leaders. These can be tailored by time, length, season, location, and difficulty of trail and for looking for specific varieties of trees.

WILDFLOWER HIKE: at the Eno only, 1 - 3 hours, ages 7+, March – October

Schedule an Eno River wildflower trail hike with our knowledgeable hike leaders. These can be tailored by time, length, and difficulty of trail and for looking for specific varieties of flowers.



YOUTH CONSERVATION AND STEWARDSHIP

Our education volunteers and staff lead groups of youth (ages 17 and under) volunteers under your supervision doing important conservation work on the Eno. This includes trail construction, exotic invasive plant removal, trash clean up, and more. Projects are varied by age appropriateness generally lasting 1-4 hours.

To schedule your group's program e-mail education@enoriver.org or call (919) 620-9099 extension 1204.



EXPLORING THE ENO

BACON QUARRY GUIDED HIKE: at the Eno only, 3 ½ hours, ages 11+

In the northern part of Eno River State park is an abandoned rock quarry. Opening up the ground exposed stories of the geology that formed the land. It is a 5.8-mile hike to the quarry and back with a half mile off trail, through open forest. Along with the geology we will talk about the historical operations and show the ecology formed as nature reclaims the disturbance.

ENO HIKES: at the Eno only, 45 minutes – 3 hours, ages 11+

Guided trail hikes from the Confluence Natural Area to the lower Eno game lands and everything in between. Go with our knowledgeable hike leaders who will show you the trails and spice it up with a variety of information about the valley's nature, management, history, and legend. Hikes can be as short as ½ mile and long as 5 miles.

ENO TOPICS: outreach options, 30-60 minutes, all ages

Schedule our education volunteers and staff to speak to your group about specific Eno topics: Hiking trails, natural resource management, conservation efforts, camping, fishing, outdoor recreation, canoeing/kayaking, etc.

FREE DIGITAL LEARNING PROGRAMS

OCCONEECHEE MOUNTAIN REFLECTIONS VIDEO: outreach only, 18 minutes, all ages

A short introduction to Occoneechee Mountain by producer Ernie Sears. History, geology, nature, and people combine to make it the park we love today. See it on Vimeo at <https://vimeo.com/377897997>

OF ROCK AND WATER VIDEO: outreach only, 28 minutes, all ages

Take a video tour with Association educators to this place unique within the Eno River Basin. We explore the geology in the abandoned Bacon Rock Quarry, what it tells us about the land, and why it led to quarrying. And we look at the ecology that has emerged once operations ceased. <https://www.youtube.com/watch?v=VZd6ZmCNED0>

Stewardship Opportunities Fall & Winter 2020

Due to concerns about group gatherings and the spread of Covid-19, in March 2020 the Eno River Association ceased volunteer programs including monthly Stewardship and Corporate Volunteer Programs. Since then, there has been a significant increase in the usage of parks and natural areas (up to 68% in some cases). As a result of both the increase in trail usage and the suspension of stewardship activities, stewardship of these lands is now more necessary than ever. Litter accumulation and trail erosion have increased, and trail conditions reflect these facts in some places.

As a result of further understanding of the spread of Covid, and in an effort to offset the cancellation of large group stewardship and trail workdays, the Association plans to support small group service projects for workplaces, families, and “pandemic pods.” These opportunities are intended to address the ongoing strain on our park resources while providing a means for volunteers to give back to their community in a safe and effective manner.

All programs must be conducted in compliance with prevailing Eno River Association and state and local jurisdictional Covid policies.

Fill out the online request form to get started giving back today:

<https://forms.gle/yPYWeJ7xUupKz32c6>

Adopt-a-Trail Program

for Corporate Partners & Community Groups



Corporate Partners and Community Groups can become **Trail Stewards** for an assigned trail or trail segment within a local natural area. The Eno River Association can supply the group and its individual members training, tools, and suggested projects. Service can be conducted by individuals, teams, or possibly via an organized project facilitated by Association staff – depending on schedules and the anticipated number of participants.

Possible projects may include litter pick-up, trail maintenance, trimming of vegetation, bridge or trail building, tree planting, and more, and may be customizable to the interests and skills of the group and its members. Customizable recognition benefits available with additional cash sponsorship.

Estimated time commitment 2-4 hours per month, scheduled based on your availability. Minimum one-year, renewable commitment is requested.

To schedule your group's program e-mail education@enoriver.org or call (919) 620-9099 extension 1204.

Trail Stewards Program

for Individuals & Families



The Eno River Association, Eno River State Park, and West Point on the Eno City Park have partnered to invite trail enthusiasts to assist park staff with ongoing trail maintenance. Trail stewards will adopt a trail or trail section within a City Park, State Park, or Natural Area and commit to visiting the trail monthly. Each visit will involve conducting routine trail maintenance, as well as reporting issues of potential concern when necessary. Tools may be borrowed from the parks or the Association with advance notice.

Estimated time commitment 2-4 hours per month, scheduled based on your availability. Minimum one-year, renewable commitment is requested.

Private Small Group Workdays

for individuals, families, department team-building, and small groups



Interested volunteers can organize their family, team, or “pandemic pod” to spend a few hours along the Eno River completing a needed project. Each project can be customized to the group, and Association staff may be onsite to provide training and get the team started, as needed. Typical activities include the removal of invasive plant species, litter clean-up, tree planting, and trail construction or maintenance. Tools can be provided as needed.

2-4 hours per project, weekdays or select weekends available

DIY Stewardship Kits

for individuals, families, and small groups



Pick your time. Pick your place. Pick your group. Pick-up needed supplies, and GO! This do-it-yourself stewardship work will mostly focus on litter pick-up and removal – which seems to have spread with the increased use of our parks and natural areas. Trash bags, pickers, and safety vests will be available for sign-out from our office. We’ll give you an opportunity to record your progress so we can share with our community!

To schedule your group’s program e-mail education@enoriver.org or call (919) 620-9099 extension 1204.