

Marker #9: Foot Prints in Moss

Bogs are important habitats to many animals. Some of the animals that roam free in this area are elk and deer. These foot prints were made by elk and will remain for dozens of years.



Marker #10: Platform

This platform is surrounded by Bog Laurel, Bog Cranberry, and White pine. American Indians used these plants for their medicinal purposes. Bog Laurel was used to treat skin ailments. The Cranberry leaves were dried to make tea to treat everything from chest congestion to stomach pain and even a relaxant. Used in high of a doses prove poisonous. Bog Laurel has mycorrhizae fungus around its roots enabling it absorb higher nutrient amounts. In recent times the White Pine has become rare in Western Washington, numbers were reduced by a type of mold and dense forests. Here at Shadow Lake Bog the acidic soil helps to protect the trees.

South End of the Property

Marker #1: Trail Head

This lush second growth mixed forest is comprised of Western Hemlocks, Douglas fir, Western Red Cedar, Red Alder, and big leaf maple. The understory habitat is mostly salmonberry, blackberry, vine maples, and younger co-dominate hemlocks and cedars.

Marker #2 Perc Hole

These long, deep holes indicate that percolation tests were conducted to determine the suitability of the site for a septic drain field. By putting the forest under protection, development was halted allowing forest restoration to be established.



Marker #3 Housing Footprint

Once slated for development, this area of the forest was cleared to make way for a home. Today you see natural forest recovery.



Marker #4 Cougar Sighting

In 2003, Max Prinsen sighted a large Cougar.

Marker #5 Spring Board Notches

Located uphill, this large stump with springboard notches is evidence of logging that occurred in 1910. These notches enabled loggers to create cuts above the gnarled portions of the trunk allowing straighter cuts.



Save Habitat and
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SHADOW

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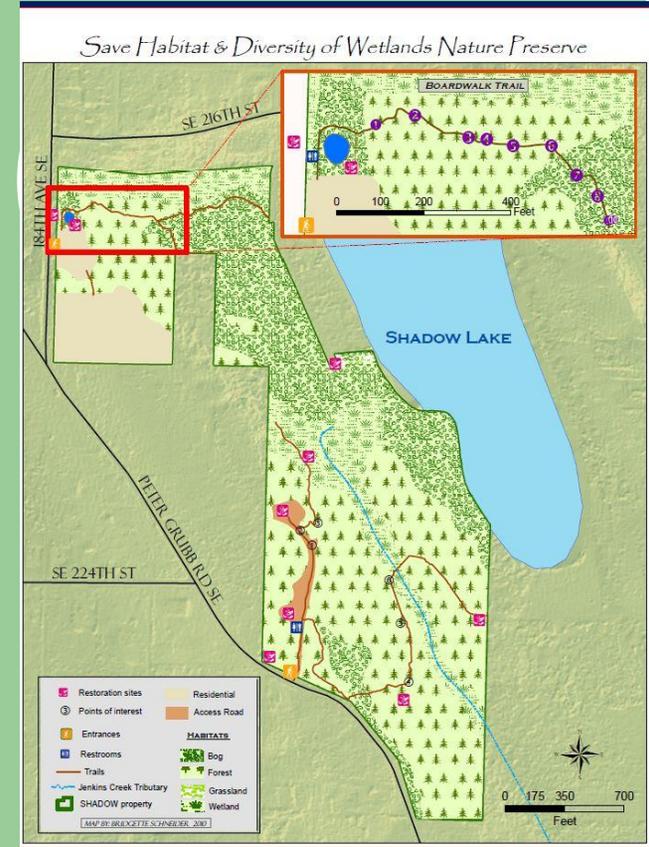
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TRAIL GUIDE



This trail guide points out special highlights on almost 2 miles of nature trails at SHADOW. It is meant to be an interactive guide, which invites inquiry and learning for families and general visitors.

Richter Interpretive Center

The Richter Interpretive Center, renovated using recycled and salvaged materials, was named after the renowned wetland ecologist Klaus O. Richter, who is recognized for his energetic dedication to improving wetland regulation, protection and management.



Amphibian Pond

110 dump truck loads of debris were removed from the pond you see today, in order to create this environment for amphibians.

Marker #1: Sword Fern & Cement Pilings



- Ferns use spores instead of fruit/flowers to reproduce
- American Indians used sword fern to cover food during cooking
- Stems can grow up to 6 ft. long
- Elk like to eat the tips of sword fern

To the left survive remnant cement pilings. Removing this pile of debris may damage the area because it retains heat longer than the ground surrounding it; also they provide excellent shelter for reptiles and amphibians.



Marker #2: Western Red Cedar

American Indians used every part of the cedar tree to make many kinds of tools and structures such as blankets, rope, helmets, baskets, diapers, totem poles and houses.

Many cedars were cut down to make pencils for school children- ask you parents or grandparents if they remember the smell of pencils when they were in school- that nice smell was the scent of cedar wood.

Today, people often use cedar to build decks and fences because Western Red Cedar is resistant to rotting. It is often farmed for these uses.

Marker #3: Salal & Nurse Log

A nurse log is a fallen tree which, as it decays, provides water and nutrients to seedlings and other plant life. Many First Nation tribes used Salal berries and young leaves as a hunger suppressant, and used it to sweeten foods. Today, the berries are used to make jam.



Marker #4: Douglas fir

- Douglas fir grows to 70 meters tall, have yellowish-green flat needles 2–3cm long, and oval cones 2–10cm.
- Douglas fir wood and bark was thought by most coastal groups to be excellent fuel, but it had a reputation of throwing sparks and giving splinters.
- Doug fir was also used to make spears handles, harpoon shafts, spoons, dip-net poles, harpoon barbs, fire tongs, salmon weirs, caskets and halibut and cod hooks.

Marker #5: Hemlock

Shadow Lake Bog's dominant tree is Western Hemlock. It provides important wildlife habitat. This tree is stunted by lack of nutrients in the bog soil and with rainwater as its sole source of water, this tree may only reach 30 to 35 feet. They have a droopy top. Hemlock is used in modern building material like 2 x 4s.



Marker #6: Sitka Spruce

Sitka Spruce are among the tallest conifers in North America, reaching 93 meters tall and 5 meters in diameter. They live 700 to 800 years. Used to make the WWII Mosquito bomber, some native tribes believe it to have magical powers. It is often used to make love charms, burn compresses, and laxative teas.

Marker #7: Skunk Cabbage & fallen trees

Known for its distinctive odor in which its name is derived from. This wetland indicator plant marks the transitional zone between saturated soils of the bog and the upland forests to the west. The resulting saturated soils contribute to shallow root formations in trees. The downed trees form important habitats for song birds, bugs, amphibians, and a nursery for seedling trees to start the nutrient cycle all over again.

Marker #8: Sphagnum Moss

There are 30 varieties of Sphagnum moss, 17 of which are found here at SHADOW. This bog is about 65 feet deep; scientists use hollow pipes to measure the depth. Taking thousands of years to grow, only the top layer is alive. Sphagnum moss grows at the rate of a few millimeters a year, releasing tannic acid into the bog water making it oxygen poor. This poisons the bacteria that cause decomposition. This is why many animals (and some people) have been found preserved in peat bogs.

