

# SHADOW Lake Nature Preserve

## Self-guided Bog Trail Tour



**Welcome to SHADOW Lake Nature Preserve's Bog Trail!**  
**Enjoy this 1/2 round trip walk through our wetland.**

Begin the walk at the Boardwalk sign in the parking lot. Be cautious as surfaces may be slippery.  
Please stay on the trail or boardwalk at all times, take only pictures, and leave no trace.

### Introduction

20 years ago, this landscape looked different. The Education Center was a car mechanic's garage and illegal dumping was rampant. SHADOW Lake Nature Preserve purchased the 18 acres parcel of Shadow Lake Bog in 1995. 110 truckloads of garbage were removed from the site before ecological restoration work could begin.



### Amphibian Pond (on your right)

Designed by King County biologist, Klaus Richter, the amphibian pond is an important habitat feature for frogs and salamanders in this region. The Woodland Park Zoo and SHADOW monitor the pond during breeding season and have noted Pacific Chorus Frog, Long Toed Salamander, and Red Legged Frog breeding here!





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### Use the Numbered Markers Along Trail

1. Walk through this beautiful Pacific Northwest Forest on the edge of both urban and rural space. Do you recognize anything?

2. As you step onto the boardwalk you are entering Shadow Lake Bog. This is a legacy habitat which has been forming since the most recent ice age.

3. Peat bogs are just one example of a wetland. Wetlands are critical places that we all rely on. Wetlands act as natural filters, cleaning and cooling waters before they enter into our streams and rivers.

4. Take a moment to stop and breathe. Listen to the sounds around you. Feel the cool breeze. Smell the wild ecosystem surrounding you.

5. SHADOW is critical for wildlife. Wetlands are biological supermarkets that provide an incredible variety of food sources for animals. From bald eagles to bobcats, wildlife is dependent on these spaces.

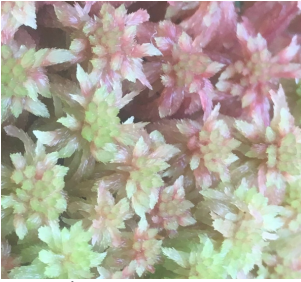
6. Humans benefit from wetlands too! The peat under your feet absorbs many times its weight in water – preventing flooding during storms. When summer brings drought, wetlands release their stores of water, keeping plants green and healthy.

7. Look behind you along the path you just walked. Look forward. This point represents the historic edge of Shadow Lake – where the peat beneath you becomes much deeper. Do you notice any differences?

8. You are surrounded by an incredible diversity of moss! Over 30 species of moss grow in Washington's peat bogs. The rolling hills, called hummocks, are made of acidic sphagnum mosses among others.

9. Labrador Tea, bog laurel, and bog cranberry are just a few of the unique plants found in bogs. These plants have important cultural and medicinal uses for the coastal Salish peoples. Peat bogs are also home to Western Washington's native carnivorous plant the pacific sundew.

10. This platform stands next to two, beautiful Western White Pines. These trees were once common west of the Cascades but, due to human introduced disease, only 20% remain. SHADOW's white pines survived thanks to the acidic peat, which prevented the disease from spreading.



Sphagnum moss



Western Red Cedar



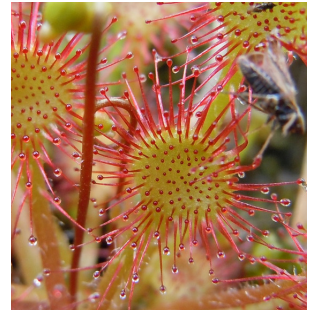
Skunk Cabbage



Western Hemlock



Sword Fern



Pacific Sundew



Bog Laurel



Shelf Fungus



Laborador Tea



Red legged Frog