





# Looking Back

As you follow the Cross County Trail you walk in the footsteps of people from the past. Close your eyes and imagine. Listen for the footsteps of history. For early people these stream valleys meant shelter, pathways and survival. Native Americans and settlers came to the stream valleys to gather nuts, berries and tubers and hunt for fish and other animals. Streams powered early mills, nourished livestock and irrigated the land. Now, you can use your eyes to hunt for:



Cattails



Deer



Turkey



Sycamore



Clouds

# Water Everywhere

Wherever you stand, walk or run on the Cross County Trail you are in a watershed! A watershed is the land, including meadows, forests, backyards and streets, that rainwater runs over, across and under on its way to a body of water. All the land in a watershed is uphill of a stream, marsh or river. This means that anything dropped on the trail flows into the nearby streams. As rainwater and melting snow run downhill, they carry pollutants, trash and other materials into our streams. Set your sights on these watershed clues:



Storm drains



Silt fence



House



Marsh



Meadow



Forest

# What's THAT?



Manhole cover

Water (and sewage) flows down hill. The manhole covers that you see in stream valleys provide access to the miles and miles of sewer lines that take sewage from homes and businesses to treatment plants. Do you know how much water you use every day? Brushing your teeth, flushing the toilet and washing dishes can add up. The average person uses over 90 gallons of water a day. Daily, you can make choices that help the environment, so practice good stewardship and save water where you can.



**Cross County Trail**  
 Discover the treasure  
 Forty miles of pleasure  
 Throughout the seasons  
 You'll find lots of reasons  
 To gaze far and wide  
 And re-use this guide

For detailed maps, visit:  
<https://www.fairfaxcounty.gov/parks/trails/cross-county-trail>