A LOOK AT THE LANDSCAPE

There are two contrasting habitats along this trail. The dry upper slopes of limestone and sandstone are covered with slow-growing trees, shrubs, and open glades. The lower slopes and valley are limestone, with more mesophytic (moist) forest. The dry sites support white, scarlet, blackjack, post, and chestnut oaks, mixed with Eastern red cedar. Several openings, often called glades or barrens, support prairie plants such as big and little bluestem, false dragonhead, and cone flower. The moist sites at lower elevations have mixtures of sugar maple, hackberry, ashes, and hickories.

Historically, fire would have occurred frequently on the landscape. Frequent fires would have allowed the forest canopy to be more open and the mid-story to be thinner. This would have let more sunlight reach the forest floor, promoting the growth of a greater diversity of grasses and forbs which would have in turn supported a greater diversity of insects and vertebrates. Now, fire is being used to restore the Post Oak-Cedar Nature Preserve to its more diverse pre-European settlement state. The preserve is supposed to be burned every four years. Weather and other factors often make it longer between burns.

FOR MORE INFORMATION

Please carry out all trash you produce in order to keep your park clean and beautiful for others to enjoy!

DIRECTIONS

From the Campground: As you exit the State Park main gate, turn immediately right (south) onto Cold Friday Rd. Travel 1.5 miles south. The trail head will be on your left.