



# 2021 SUMMER PASSPORT

BRATTLEBORO, BROOKLINE, GUILFORD,  
NEWFANE, TOWNSHEND AND VERNON

PRESENTED BY:



# THIS PASSPORT BELONGS TO:

**NAME**

**SCHOOL**

**GRADE**

**WHAT DO I LIKE ABOUT SUMMER?**

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# ABOUT

## What is RiseVT?

RiseVT is working with communities across Vermont to help create healthy spaces where we Live, Work, Learn and Play! RiseVT Windham County is now in Brattleboro, Brookline, Guilford, Newfane, Townshend, and Vernon.



## A RiseVT Community:

- Helps make the healthy choice, the easy choice.
- Builds a sense of community pride.
- Works together to accomplish community goals.
- Motivates and inspires others to make small healthy changes in their lives.

## What is Come Alive Outside?

Come Alive Outside is 501c3 nonprofit founded in 2014 that works closely with partners in healthcare, public health, outdoor recreation and the landscape profession in order to get people off the couch and back outside in communities across North America!



## Stay connected!



[risevt.org](http://risevt.org) or [comealiveoutside.com](http://comealiveoutside.com)



[risevtwindhamcounty](https://www.facebook.com/risevtwindhamcounty) or [comealiveoutside](https://www.facebook.com/comealiveoutside)



[rise\\_vt](https://www.instagram.com/rise_vt) or [comealiveoutside](https://www.instagram.com/comealiveoutside)

## Want to Learn More? Have a Question?

Elisha Underwood, RiseVT- Windham County Program Manager  
[eunderwood@bmvhvt.org](mailto:eunderwood@bmvhvt.org) or [802-257-8867](tel:802-257-8867)

# HOW IT WORKS

1

**Have fun!**

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2

**Earn Points!**

Earn points every time you go to the park, farmers markets, libraries and do fun activities from 5/17/2021- 9/20/2021.

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3

**Each Time you Earn 12 points you can visit the following prize stations to pick out a**

**prize:** School Garden work hours in Brattleboro (outlined on page 32), Guilford or Vernon. Moore Free Library, Townshend Public Library, or Windham Central Enrichment program.

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4

**Win cool prizes:**

Each time you earn 12 points you can visit the following Prize Stations to pick out your prize.

Visit the last page of the passport to view what you can win and how you can be entered into the grand prize drawing.

**LOOK FOR THIS ICON  AND SHARE YOUR PHOTOS WITH US!**

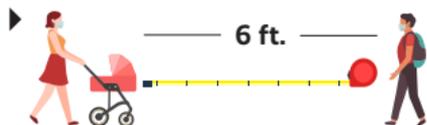
**#comealiveoutside**

# STAY SAFE

Make safe choices for you and your family. You can earn enough points for a prize without completing indoor activities. If you go to a park or public place please follow the state guidelines, use a face covering and practice safe social distancing. Also be sure to wash your hands and use hand sanitizer.

## Tips for Physical Distancing In Parks

**Know what 6 feet looks like.** Lay measuring tape on the ground. It's the distance of a surfboard, long yoga mat or adult bike.



**Do not use playgrounds** or other frequently touched surfaces.

**Go by yourself** or those you live with. Strongly consider the use of a face covering.



**Avoid crowded areas.** If a space cannot be enjoyed safely, go home or discover a new park in your community.

# MAKE YOUR OWN ADVENTURE

There are tons of things you can do outside in your own yard or anywhere in the community!

Check out some of the ideas on the following pages and earn points for your adventures this summer! Have your parent initial next to each of the tasks you complete!



LOOK FOR THE ICON AND SHARE YOUR PHOTOS!

A circular badge with a white center and an orange border. The number '4' is prominently displayed in the center, with the words 'POINTS EACH' written in a smaller font below it.

**4**  
POINTS  
EACH

# TAKE A MOONLIGHT WALK

Choose a night to take a walk in the moonlight. Full moons are best with no cloud coverage because it gives the most light.

This is when full moons will occur in 2021, according to NASA:

May 26th: Flower Moon

June 24th: Strawberry Moon

July 23rd: Buck Moon

August 22nd: Sturgeon Moon

September 20th: Harvest Moon



# BUG HUNT

Go outside and see how many different bugs you can find in 5 minutes. Can you look up and identify any of them?

INITIAL WHEN DONE



4

Points



# CREATE NATURE ART

Gather materials that you can find outside; rocks, leaves, sticks, twigs and create a picture. Whatever inspires you!

INITIAL WHEN DONE



**4**  
Points



# READ A BOOK OUTSIDE

Find a new outdoor reading spot.

INITIAL WHEN DONE



**4**

Points



# COOK DINNER TOGETHER

Pick a recipe ahead of time to make together. Can your family have dinner together three times in one week with no screen time? Turn off the TV and put aside your phones and tablets before you sit down at the table. Take a picture and tag us at #dinnertothervt.

INITIAL WHEN DONE



4

Points

For recipes and dinner activity ideas check out <http://risevt.org/dinner-together>



# HELLO NEIGHBOR

A neighbor can be anyone that lives close by. Make a card or draw a picture for a neighbor and with your parent's permission leave it by your neighbor's door. If you are making a favorite snack with your family, you could offer to bring some extra to a neighbor.

*Please reference page 6 for ways to stay safe.*

INITIAL WHEN DONE

4

Points



# OUTDOOR OBSTACLE CHALLENGE

Design your own obstacle course out of anything you can find. Create an obstacle course with things to run around, jump over, crawl under, and more... Time yourself and see how fast you can do it. Remember to clean it up when you are finished.



INITIAL WHEN DONE

**4**  
Points

# ACTIVITY SCAVENGER HUNT

Can you spot something for each of these actions in your local area:

- |   |   |
|---|---|
| <input type="checkbox"/> To climb                 | <input type="checkbox"/> To tight rope across |
| <input type="checkbox"/> To play catch with       | <input type="checkbox"/> To lift              |
| <input type="checkbox"/> To crawl under           | <input type="checkbox"/> To stand on          |
| <input type="checkbox"/> To roll across the floor | <input type="checkbox"/> To ride              |
| <input type="checkbox"/> To jump over             | <input type="checkbox"/> To throw             |
| <input type="checkbox"/> To walk across           | <input type="checkbox"/> To jump off of       |
| <input type="checkbox"/> To balance on your head  | <input type="checkbox"/> To splash in         |



# PLAY UNPLUGGED

Can you go all day on a non-school day without watching tv, looking at a phone or playing on a computer? If you can make it, sign your name and write the date to earn 5 points!



**5**  
Points

If you and your whole family can go all day on a non-school day with no screens you can earn 10 points! Pick a weekend and explore a new park, try a new sport, read a book, or make a recipe from a cookbook.

**DATE:**

**NAME:**

**CHECK ONE:**



Just Me



Whole Family

# PARKS

**3**  
POINTS  
EACH

Have you explored the outdoor play spaces and forests in your community? Do you know there are trails stretching all over Windham County? Try one or more of the activities listed below as you explore the trails around the county.

- Measure the biggest tree you find with a family hug.
- Find a special rock to take home and decorate.
- Look for signs of animals - tracks, scat/poop, or chewed nuts.
- Whether you are looking for a weekend hike, an afternoon stroll, or a new place to bike, paddle, ski, or ride, explore Trail Finder's growing database of four-season trails in Vermont and New Hampshire.  
[www.trailfinder.info/trails](http://www.trailfinder.info/trails)



LOOK FOR THE ICON AND SHARE YOUR PHOTOS!



# DESIGN YOUR SPACE

Pick one of the parks and trails locations. If you could add one thing to make this space more fun, what would it be? Draw or write what it would look like. Take a picture and tag us on social media!

INITIAL WHEN DONE



**5**

Points

## GUILFORD CENTER VILLAGE NATURAL PLAYSCAPE

70 Carpenter Hill Road, Guilford VT 05301

This Playscape has been designed as a welcoming place for families and people of all ages to gather and enjoy the natural beauty that surrounds us in Guilford.

*What's your favorite game to play in the field?*

INITIAL WHEN DONE

3

Points



## WEEKS FOREST CARRIAGE TRAIL

We suggest parking at the Guilford Library (4024 Guilford Center Rd, Guilford, VT 05301), and walking the short distance along Carpenter Hill to the trailhead across from the old Brick Schoolhouse.

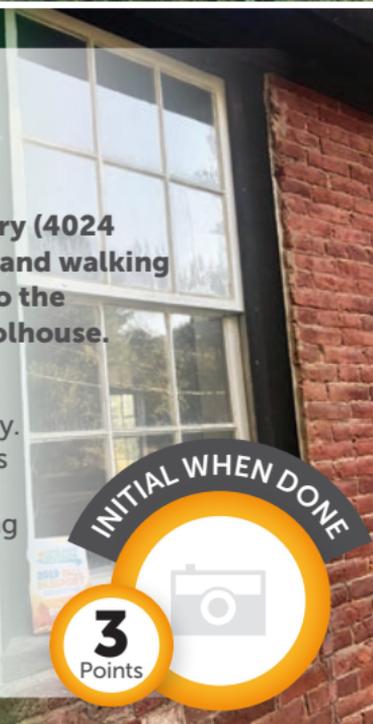
Come explore this easy, mostly smooth and level "out and back" trail of .4 miles each way. Signage tells the story of the historic Springs Farm spa and bottling plant. Four stone benches along the trail are perfect for resting and enjoying the scenery.

*Make a pose in front of the old brick schoolhouse across the street!*

INITIAL WHEN DONE

3

Points



## VERNON TOWN FOREST TRAIL/ BLACK GUM SWAMP

**3665 Basin Rd, Vernon. From Pond Road, turn up Huckle Hill Road, then right onto Basin Road. At the end of Basin Road, park in the roundabout.**

The J. Maynard Miller Municipal Forest (a.k.a Vernon Town Forest) has over three miles of trails. Consider walking the Red Loop which is three-quarters of a mile long. It starts with a steep but short climb to a swamp where 400 year old black gum, or tupelo trees can be found.

*Measure the biggest tree you find with a family hug.*



## VERNON RECREATION PARK

**607 Pond Road, Vernon, VT**

The Vernon Recreation Park has a lot to offer, come for a visit to the basketball courts, tennis courts and playground or bring a picnic and use the picnic area.

*What's your favorite game to play at the park?*



## WINSTON PROUTY CENTER CAMPUS TRAILS

**209 Austine Drive, Brattleboro, VT 05301**

The beautiful Winston Prouty Campus offers lots to look at and explore. You can find the head of the trail in the headmaster's driveway.

*What did you find to do while you were there?*



## BONNYVALE ENVIRONMENTAL EDUCATION CENTER

***beec.org***

**1223 Bonnyvale Road, West Brattleboro**

BEEC has 2 miles of trails that are open for walking from dawn until dusk. View the trail map that you can find at the kiosk and enjoy the beautiful land. The trails feature some very old sugar maples, an abundance of spring ephemeral wildflowers, and the sweeping view from heifer hill. Dogs on leashes are welcome.

*Do you see any signs of signs of animals - tracks, scat/poop, or chewed nuts?*



## WEST RIVER TRAIL BRATTLEBORO

**Marina trailhead, Brattleboro: go past the Marina Restaurant on Spring Tree Rd off Putney Rd .3 mile to the end of the road.**

Come explore the scenic 3.5 miles of trail on the old West river Railroad bed! Walk or bicycle along the West River, under the beautiful I-91 bridge and continue as far as you like along the shaded trail. Take a detour, if you want, along the paths on the Riverstone Preserve, when you see the sign. *Take a picture of you at the bridge overlooking the river and tag us on social media.*



## WEST RIVER TRAIL DUMMERSTON

**Rice Farm Road Trailhead, Dummerston: From Rt 30, go over the green iron bridge, turn right on Rice Farm Road and go .5 mile. Parking is on the left, and you'll find the trail on the right side of the road.**

Come explore the scenic 3.5 miles of trail on the old West river Railroad bed from the Dummerston side. Walk or bicycle along the West River as far as you can go and turn around.



## WEST RIVER TRAIL TOWNSHEND

Off present-day Route 30 about a third of a mile south from West Townshend (marked with a "Townshend Dam Nature Area" sign) leads to a gate and parking area on Army Corps of Engineers land.

Talk a walk, or a run, or a bike ride, on an abandoned section of Route 30. You can continue on foot or bike south from here along the West River and Townshend Reservoir towards Townshend Dam on a paved section of Route 30 that was abandoned about 60 years ago when the dam was constructed. You may want to take a break and look at the river? *Draw a picture or write what you see!*



## TOWNSHEND CEMETERY WALKWAYS

On the end of Oakwood Cemetery Road, Townshend VT

Come explore the walkways along the Townshend cemetery, please be respectful and stay on the paths. Initial when you have completed one full lap on the pathways.

*How many laps can you do?*



# WINDMILL HILL PINNACLE ASSOCIATION'S TRAIL-BROOKLINE SIDE TRAIL

**Starting at the parking area/kiosk at 1200 Grassy Road in Brookline**

As you wander you may see a beautiful grassy brook, an iron footbridge. You may want to challenge yourself with this medium level hike that leads to a beautiful cabin.

*Find a special rock to take home and decorate.*

INITIAL WHEN DONE

**3**  
Points



## RETREAT TRAILS

**Retreat Farm at 45 Farmhouse Square, Brattleboro, VT 05301**

What does it really mean to immerse yourself in nature? Perhaps you are somebody who is more in tune with your sense of sight, or hearing or touch, or maybe even smell? All of these senses are important if you really want to feel part of this forest ecosystem. A great way to start your communion with nature under this tree canopy is to simply look up!

*Can you notice something you've never seen before on the forest floor?*

INITIAL WHEN DONE

**3**  
Points



## MOORE FREE LIBRARY OUTDOOR STORY WALK

**Moore Free Library: 23 West Street,  
Newfane VT 05345**

The Story Walk® was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. Every Month a new story is placed outside on the library lawn.

*What book did you find on your visit?*



## GUILFORD CENTRAL SCHOOL STORY WALK®

**374 School Road, Guilford VT 05301**

The Story Walk® is reserved for school groups on Mondays and Tuesdays, and open to the community the rest of the week. A new story is updated every three weeks.

*What else do you find near by?*



## RETREAT FARM STORY WALK®

45 Farmhouse Square, Brattleboro, VT 05301

Adventure awaits! Ramble through the forest playground as you read tales of children just like you! The Storybook Walk provides a structured outdoor adventure that champions literacy, health, and art appreciation using deconstructed children's storybooks installed on a walkable trail. Stories are hand-picked by staff to highlight the themes of nature and agriculture, combined with lessons of kindness, empathy and creativity.

*How did this story make you feel?*



## PUTNEY MOUNTAIN: GRASSY BROOK TRAILHEAD

870 Grassy Brook Road  
Brookline VT

From the Grassy Brook Trailhead in Brookline, the Windmill Hill Trail follows an old town road, climbing steeply to Five Corners on Ridge crest. Parsons cutoff, a new trail as of spring 2020 provides a scenic shortcut to west Cliff trail, stay to the left and you will find the Windmill Hill trail again to complete a loop back to your trailhead in Brookline. Measure the biggest tree you find with a family hug.



## MEMORIAL PARK

Memorial Park Dr, Brattleboro, VT 0530

Living Memorial Park has: walking/ biking trail, the pool, a disc golf course, two tennis/pickle ball courts, an outdoor theater, two baseball/softball fields, the Kiwanis shelter, a large playground with a gaga pit and a basketball court.

*What's your favorite game to play at the park?*

INITIAL WHEN DONE

3

Points



## WEST RIVER PARK

333 VT-30 Brattleboro VT 05301

Check out the West River Park, athletic fields, walking paths and more.

*What's your favorite game to play at the park?*

INITIAL WHEN DONE

3

Points



# FRESH FOOD

**3**  
POINTS  
EACH

Real foods help bodies and minds grow stronger while keeping you feeling good. Did you know that there are tons of places in the community that you can find healthy and nutritious foods? At a farmers market you can buy just-picked fruits and vegetables and find something new to try. Bring your passport and a pen with you to earn points!

**To all adult family members:** The Vermont Farm to Family Program offers coupons for free, locally grown vegetables and fruits to eligible WIC participants and accepts EBT dollars.



## WEST TOWNSHEND FARMER'S MARKET

Open weekly, from May 28th-Oct 8th  
Fridays 4:30-6:30 pm

6573 VT RT 30 (at Windham Hill Rd.)  
West Townshend, VT 05359 on the lawn  
behind the West Townshend Country  
Store & Post Office.

At the Townshend Farmer's Market, you can find local farmers, businesses and crafts! *How many different types of things to eat can you find at the Farmer's Market? Did you find something new?*



## BRATTLEBORO FARMER'S MARKET SATURDAY MARKET

9am – 2pm  
570 Western Ave, West Brattleboro, VT 05301

Check out the Brattleboro's Farmer's market with live music. Dance around as you look around. *Ask a vendor what their name is and what their favorite product is that they have available.*



# GUILFORD NATURAL PLAYSCAPES COMMUNITY GARDEN

70 Carpenter Hill Road, Guilford VT 05301

All community members are welcomed to participate in tending to the gardens during all of its phases through the spring, summer and fall and would be encouraged to pick a vegetable to eat while enjoying some fresh air and exercise at the Playscape. Try to count all the different vegetables in the garden.

INITIAL WHEN DONE



3

Points



## EDIBLE BRATTLEBORO HELP YOURSELF VEGETABLE GARDENS

The two flagship gardens are located at the Brattleboro Food Co-op (rear parking lot along the Whetstone Brook) and at Turning Point (corner of Elm and Frost St.).

Do you love fresh produce? Edible Brattleboro has help-yourself vegetable gardens where anyone can harvest fresh produce. Look for the green flags and signs with information about what's growing and how to harvest. Other "adopt-a-gardens" are located all around town. Visit [EdibleBrattleboro.org](http://EdibleBrattleboro.org) for a map of the locations.

*What vegetable did you pick from the garden?*

INITIAL WHEN DONE



3

Points

## EDIBLE BRATTLEBORO PRESENTS SHARE THE HARVEST



**Edible Brattleboro Garden at Turning Point:  
39 Elm Street, Brattleboro VT 05301**

Do you like Fresh Produce and don't like seeing food go to waste? On Sundays, Edible Brattleboro distributes fresh produce donated by local farmers and gardeners from 11am-1pm at the Turning Point garden.

*Pick up Free Fresh Veggies and/or drop off surplus from your garden to share. Please supply your own bags.*

INITIAL WHEN DONE



3

Points

# SCHOOL SUMMER GARDEN HOURS

Come join the summertime community school gardening parties! Learn how to grow edibles, native plants, pollinator plants with your families. Bring home produce and new recipes to share. Parents & kids have enjoyed harvesting garlic scapes, radishes & potatoes, playing with worms, learning about "weeds", seeding carrots & planting kale. **Bring your passports with 12 points or more and claim your RiseVT prize!**

INITIAL WHEN DONE



**3**  
Points

**Guilford Central School: Mondays 9-11**

**Green Street School: Mondays 3-5**

**Oak Grove School: Tuesdays 9:30-11:30**

**Vernon Elementary School: Tuesdays 3-5**

**Dummerston Elementary School:  
Wednesdays 9:30-11:30**

**Academy School: Wednesdays 3-5**

What is your favorite thing you ate from the garden?



# HOPE GARDEN

Retreat Farm 45 Farmhouse Square,  
Brattleboro, VT 05301

Calm your mind and spirit with a mindful walk among the vegetables, herbs, and flower beds in the Hope Garden's labyrinth paths. Allow the many colors, textures, sounds, smells and tastes of the garden to awaken your senses and bring you peace and joy. You are welcome to snack on some ripe vegetables to nourish your body and pick flowers for a joyful bouquet!

Can you use your five senses in the garden? Find something to smell, feel, listen, see, and hear!

INITIAL WHEN DONE



3

Points



# EXPLORE YOUR LOCAL LIBRARIES

Explore the world of books with your local libraries. Families love to take and make kits at the Moore Free Library and the Townshend Library. Join the weekly virtual story time at the Guilford Free Library. Visit the Brooks Memorial library curbside and check out a Nature Explorer's backpack, a walking pole for hiking or a Vermont State Park pass then get out there and explore your world!

INITIAL WHEN DONE



**3**  
POINTS  
EACH

**Townshend Public Library**  
1971 VT-30, Townshend, VT 05353

**Moore Free Library**  
23 West Street, Newfane, VT 05345

**Vernon Free Library:**  
567 Governor Hunt Road, Vernon, VT 05354

**Guilford Free Library**  
4024 Guilford Center Road, Guilford, VT 05301

**Brooks Memorial Library**  
224 Main Street, Brattleboro, VT 05301



What book or activity did you choose when visiting?

# PRIZES

Parents! Complete the Come Alive Outside Passport survey by **SEPTEMBER 20TH 2021**, to have your child be entered into the grand prize drawing! Visit: <https://risevt.org/passport-survey/> or scan the QR code.



You can also get a printed survey from the WESU garden work hours, local libraries or the WRMSD Summer enrichment program.

## GRAND PRIZES:

1

Sam's  
Sport and  
Outfitters

Sam's  
OUTDOOR  
OUTFITTERS

**\$100 Gift Card**

2

Hydro Flask

**Family Hydro  
Flask Package**

3

**Bundle  
from  
Moore  
Free Library**



# THIS PROGRAM IS PRODUCED WITH SUPPORT FROM:

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*SNAP-ED Funding for this program is provided from the USDA. The USDA is an equal opportunity provider, employer and lender.*

*Come Alive Outside is a 501c3 nonprofit that works to create the awareness, intention and opportunity for people to live healthier lives outside.*