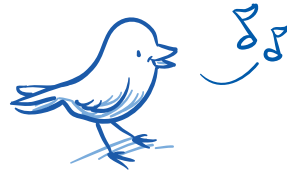


# Nature's Sounds

Tune into nature year-round with a sound map and explore the changing sounds in the York Regional Forest! Sound maps allow us to focus on the sounds around us instead of the visuals. They are a great way to help us slow down and enjoy our surroundings.

Follow these steps to create a sound map:

1. Find a comfortable spot to sit on the trail.
2. Mark yourself in the middle of the sound map.
3. Stay silent and still for a short while (try 5 minutes). Tap into your sense of hearing and tune into the forest sounds around you.
4. Through words, drawings or symbols, record on your sound map the sounds you hear and where they are coming from (e.g. birds singing to your left, leaves rustling above you, squirrels chattering to your right).
5. Explore the different forest sounds by creating a sound map in every season, during the day and/or at night.



Create your sound map below



You are here