

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.



Fun Forest Facts That Will Perk Your Ears

If a tree falls in a forest and nobody is around to hear it, does it make a sound?



Using echolocation, bats send waves of sound from their mouths or noses that bounce off their surroundings right back to their ears. Bats create a sound map of what's around them to help them navigate and find food!

Owls have asymmetrical ears that allow them to pinpoint the location of sound in multiple dimensions! Most owls rely on their super sense of hearing to catch prey in complete darkness.



While snakes lack external ears, they have an inner ear linked to their jaw bone. This enables them to hear vibrations like a predator creeping on the forest floor!

Foxes can hear low frequency sounds which allow them to locate prey scurrying underground and up to three feet beneath the snow!



LEAF is a non-profit organization dedicated to the protection and enhancement of the urban forest. LEAF offers programs that help you plant, care and give. Learn more at www.yourleaf.org.

