



KIDS on TRAILS



A guide to Mountain Lake
along the Anza Trail
Presidio of San Francisco

GOLDEN GATE NATIONAL PARKS

TRAIL MAP



----- KIDS on Trails Hike
 Distance = 1/2 mile one way
 Time = about 1 hour

P Parking **♿** Restrooms

 Start Here

 Steps

 Old Presidio Wall

 Activity

 Sound Map

 Anza Trail

 Mountain Lake Overlook

 Captain Anza's Arrival Plaque

KIDS on Trails is produced by the Presidio Trust for young visitors to the Presidio of San Francisco. It is a project of Trails Forever, an initiative of the Golden Gate National Parks Conservancy, the National Park Service, and the Presidio Trust to enhance trails throughout the Golden Gate National Parks.

Special thanks to the Juan Bautista de Anza National Historic Trail.

Summer 2007

Drawings of Maria Ysidora Tapia by Florence M. Hogan. Drawings on pages 8 & 15 by Linda Yamane. Drawings on pages 10 & 11 by Ryan Jones (except tule reed and beach strawberry by Linda Yamane).

 printed on paper that contains 100% post-consumer waste

¡Hola!



Welcome to Mountain Lake
at the Presidio.

My name is Maria Ysidora
Tapia. I came here with
my family when I was five
years old. That was a long
time ago.

We are going to take a
walk along the Anza Trail.
Bring a pencil or crayon
and a sense of adventure.
I will help you imagine
what it was like here once
upon a time.

¡Vamos! Let's Go!

OUR JOURNEY



In 1775, many of us kids under 12 years old set out on the long journey from New Spain (Mexico) to San Francisco Bay with our families.

We walked and rode horseback over a thousand miles and came here hoping for a better life.

We were led by Spanish Captain Juan Bautista de Anza.

Both Captain Anza and our priest, Father Pedro Font, kept diaries of our expedition. Today you can read these diaries and learn more about who we were, what we saw, and how we came here.

OUR DIARIES

Imagine what it was like here in 1776. Below is a page from Father Font's Diary.

28 March 1776

The sea is so quiet in the harbor that the waves scarcely break, and from the camp site one scarcely heard them, although it was so near. Here and near the lake there are yerba buena and so many lilies that I had them almost inside my tent. Today the only Indians we saw were one who was far away on the beach...and two who came to the camp as soon as we arrived.... They remained at camp a while, but when the commander gave them glass beads they departed.

Pedro Font

CREATE YOUR OWN DIARY







A diary is a written record of daily life. Many people throughout history have kept diaries so they could remember what they saw or felt.

Head to the overlook near the water, sit down on a bench and make your first entry.

My name is _____

Today's date is _____

Today's weather is (circle one)

The people with me are _____

MOUNTAIN LAKE



Many living things depend on the lake for food, rest, shelter, and raising their young. Draw something you see living in or around the lake.



This lake has supplied drinking water to animals and people for centuries. That's why Captain Anza camped here.

MARIA'S JOURNEY

(go to  on **TRAIL MAP**)

Find and read the sign near the trail. Can you retrace the route that Captain Anza and the early explorers took to get to San Francisco?





When did the Anza party arrive?



How do you think they crossed the Colorado River?



What's the longest distance you've ever walked?



Put a "P" next to both San Francisco and Monterey on your map. These were Presidios, forts built by the Spanish in the late 1700s.

Find Culiacán, Mexico and put an "x" by it. That's where I came from!

NAME A PLANT

(Look for plants between the benches and the lake.)



Find a plant that you like and draw it in your diary.



Make up a name for your plant.



Before the city was named San Francisco it was called Yerba Buena (Spanish for "good herb") after the wild mint that grew here. It makes a delicious tea.

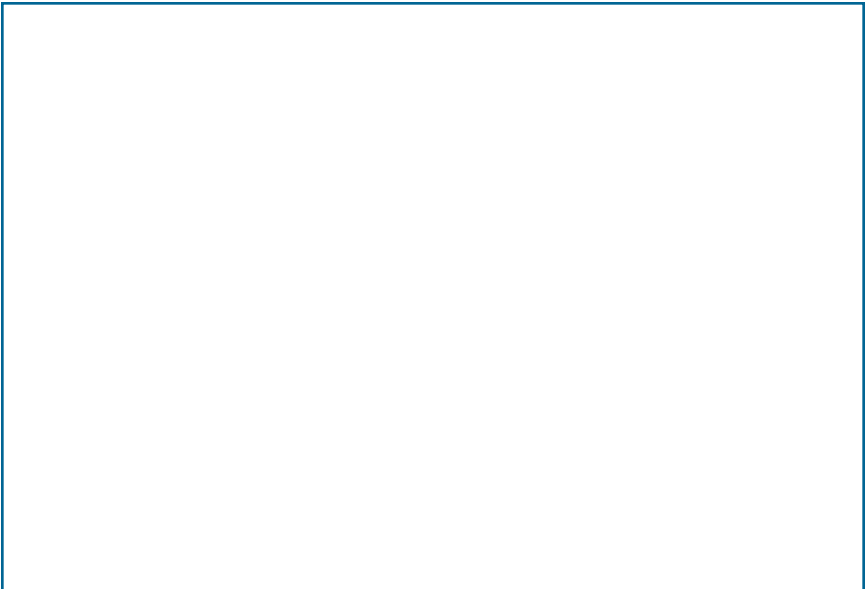
CAPTAIN ANZA'S ARRIVAL

(go to  on **TRAIL MAP**)



When Captain Anza arrived at this site, the lake was twice as wide as it is today!

In the grassy area, find the large rock with a metal plaque on it. Make a rubbing of the year this Spanish explorer camped at Mountain Lake.



SCAVENGER HUNT

Today Mountain Lake is a park visited by many. As you walk along the trail check the box next to each item you see. Come back to this page anytime you find something new.



Anza Trail Marker



Eucalyptus tree



Tule reed



Willow tree



Bird



Sticky monkey flower



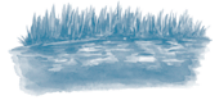
Golf course



Beach strawberry



Car



Lake



Dog

Something else you see?



There are many new things at Mountain Lake since my family arrived. Circle things you think were not here in 1776.

SOUND MAP

Near & Far, Old & New

(go to ) on **TRAIL MAP**)

1. Close your eyes
2. Listen for a sound
3. Open your eyes and draw a picture of that sound below
4. Do it again, and again, and again



YOU

CHANGING PLACES

(go to  at the end of the trail)

Take the small trail down to the benches that overlook the lake.



Imagine that you are the lake...what would make you happy and healthy?



Draw yourself as Mountain Lake 200 years from now.

PEOPLE & PLANTS

People depend on plants for many things. Ohlone (pronounced O-lo-nee) Indians were experts at using plants.



On the next page, can you draw a line connecting the plant with its use? Here are hints to help you.

Tule reeds float very well on water.

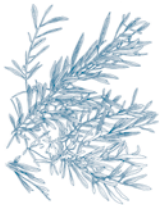
Willow is a strong tree that bends easily; its bark can relieve pain.

Live Oak trees have acorns for seeds.

PLANT



Tule reed



Willow

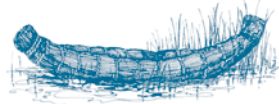


Live Oak

USE



Acorn flour,
soup, mush



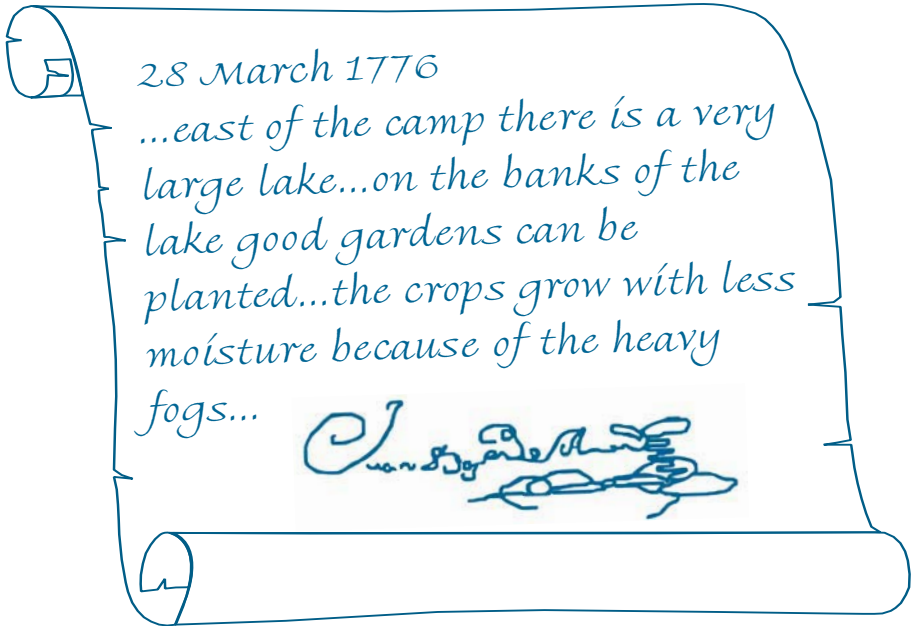
Boats, shelter



Baskets, medicine

SIGN YOUR DIARY

Captain Anza signed his diary using a fancy signature with a **rubric**. See the squiggle at the end of his name below? That's a **rubric**.



Create your own fancy signature with a rubric:

TRAIL'S END



This is the end of our walk together.

I hope you had fun and learned something new. Come back soon.

In case you're wondering what happened to me.... I grew up and married Marcos Briones, a Presidio soldier in 1784. We had many children. One of our daughters, Juana Briones lived for a while at the Presidio near El Polin Spring and became a well-known healer. El Polin Spring is still a special place. Come for a picnic!

Presidio Trust
P.O. Box 29052
34 Graham Street
San Francisco, CA 94129

For more information about *KIDS on Trails* or to download this guide online visit www.presidio.gov/kids/trails

Copies of this guide are available at the Presidio Visitor Center.
Open daily 9-5 p.m. Call (415) 561-4323 or visit www.nps.gov/prsf

For more information about the Juan Bautista de Anza National Historic Trail call (510) 817-1438
or visit www.nps.gov/juba



Tips for Adults

KIDS on TRAILS



This trail guide is designed for kids ages 5 through 10 accompanied by adults. Each person will need a pencil or crayon.

- The walk begins near the shoreline at the playground and extends approximately ½ mile (one way). All of the activities can be completed in about 1 hour.
- Please stay on the trails. *Take only memories leave only footprints.*



Please do not feed ducks or other wildlife in the park. Bread and other human foods pollute the lake and upset the balance of nature.

- To make a rubbing, place a single page of paper against the object and rub the flat side of a crayon or pencil across the area until the image appears.
- Most activities can be done anywhere along the trail. The following activities require a specific site and are indicated on the map:
 - page 6 *Maria's Journey* - page 9 *Captain Anza's Arrival*
 - page 12 *Sound Map* - page 13 *Changing Places*



Bring your binoculars! The best bird watching vistas are at the beginning and end of the trail route highlighted in this guide.



There is a public restroom located near the playground area at Mountain Lake.



Parking in the neighborhood is limited to two hours.

To learn more about Anza and the expedition:

Visit the Anza Junior Ranger website: www.anzajuniorranger.org

Visit Web de Anza: www.anza.uoregon.edu/resources.html

To learn more about Juana Briones (Maria's daughter):

Visit: www.nps.gov/prsf/historyculture/juana-briones.htm

To get involved with volunteer habitat restoration at the lake:

Call: (415) 561-4449