

# My Sandy Pines Pack

A Resource for Visitors on the Autism Spectrum



# My Sandy Pines Pack

## Instructions:

- 1. First, take a look at our brochure which can be found in our kiosks (see photo) or our website to learn about the different activities you can do during your visit. Feel free to take one, mark on it, and take it home with you. Open up the brochure to see a map, which will tell you all the different areas you can explore and where they are located in the preserve.**
- 2. When you've decided which areas you want to visit, use the location cards in the print-out to create your own tour checklist.**
- 3. Also included in this toolkit are communication cards. Feel free to show them to who you arrived with to let them know when you need to take a break, sit down, use the restroom, etc.**
- 4. Staff are not always present at the preserve, but if you see someone in a Wake County Uniform, you can use the communication cards with them as well. Or, feel free to ask them for suggestions for activities, quieter places in the park to explore, etc.**
- 5. Then, start your tour! When you have completed a stop on your tour, check it off in the "All Done" column.**

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## Sensory tips:

### Noisy places

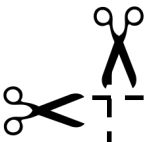
- **What areas and times are the busiest? The parking lot can get very busy and loud during popular times. Quieter times are generally early in the morning when the preserve opens up and later in the afternoon before the preserve closes. Peak Season Hours for the preserve are 8 a.m. until Sunset, Monday through Sunday, from April 1st to Aug.31st. The Off-Peak Season Hours for the preserve are 8 a.m. until Sunset, on Saturdays and Sundays from Sept. 1st to March 31st. Feel free to bring water, a hat, and noise cancelling headphones to stay comfortable during your visit.**

### Quiet places

- **The pond at Longleaf Pond Trail Loop is a great place to relax and spot turtles swimming and basking on the pond.**
- **All of the picnic tables and benches along each of the trails that are away from the parking lot are nice quiet places to sit and watch birds and butterflies flutter about.**

### Activity suggestions

- **Activities that offer interaction and play would be hiking, picnicking, listening to and looking at birds, and observing other wildlife in the preserve.**
- **Bring a fidget toy and/or noise canceling headphones if you believe it would enhance your experience at the nature preserve.**



1

**Kiosk**



2

**Picnic Tables**



3

**Longleaf Pines**



4

**Wooded Trails**



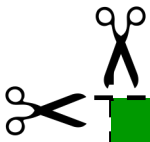
5

**Meadows**



6

**Pond**



I need a  
restroom



I need help



I would like  
a drink of  
water



I am ready  
to go home



I need a  
quiet space



I would like  
to sit down

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## Tour Checklist

This is what I will see or do:  
(attach picture cards or write steps)

All done




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## **Sandy Pines Preserve**

**7201 Doc Proctor Rd.**

**Wendell, NC 27591**

**Telephone: 919.604.9326**

**Email: [Naturepreserve@wakegov.com](mailto:Naturepreserve@wakegov.com)**

**Website: [wakegov.com/parks/sandypinespreserve](http://wakegov.com/parks/sandypinespreserve)**

**Sandy Pines Preserve welcomes comments and suggestions about how we might continue to improve our accessibility. Please call, email, or write to us.**

**This resource was created with help from Access Coordination at The Metropolitan Museum of Art and the Autism Society of North Carolina**

