

## *Sensory tips & Activity suggestions*

### **Busy places**

- The busiest time to visit is during peak season usually in early morning to early afternoon. Quieter times are generally mid- to late afternoons. The preserve grounds are open from 8:30 a.m.–sundown every day in the peak season, which is April 1<sup>st</sup> to August 31<sup>st</sup>. Off Season hours are 8:30 a.m. –sundown every Saturday and Sunday from September 1<sup>st</sup> – March 31<sup>st</sup>. During the off season the preserve gets lower visitation and mornings tend to be quieter.

### **Quiet places**

- The walking path (0.2 miles) offer quiet, shady opportunities to explore. The shelter also provides a shady area to rest or picnic. The boardwalk also offers a quiet benches and recreational fishing opportunity (bring your own supplies, NC freshwater fishing regulations apply).
- If the kayak launch is busy, please feel free to use the ADA accessible kayak launch to the right of the shelter.

### **Tips for a great visit**

- Please come prepared! There are no regular staff on site, restroom facilities or drinking water at the preserve. (The closest facility is a gas station about four miles away, at Rolesville Road and Hwy. 64 Business.)
- Bring your own noise cancelling headphones, fidget toys, or any other accommodations that will help you feel more comfortable at the preserve.
- For more information about the history and wildlife of the preserve, interpretive exhibits are located next to the old mill site and along the boardwalk.