

Sensory Tips and Activity Suggestions

Busy Places

- The playground near the restrooms and shelter can get fairly busy and loud during popular times. Quieter times are generally early afternoon weekdays, and early afternoon on Sundays. Park hours are 8 a.m.– Sunset
- Holidays can be busy in general at the park.

Quiet Places

- The Nance Spring Loop Trail (.4 mile) about the “mini” hill is great for a shadier walk.
- There are 2 miles of multiuse trails for hikers and mountain bikers that offer a quiet nature walk.

Tips for a Great Visit

- Come prepared for the weather of the day. Bring water, snacks, and a hat to stay comfortable during your visit.
- Recommend during hot months to enjoy the playground or walk up the to the Top of the Hill early in the morning. These locations are very exposed to the sun and can get very hot by afternoon.
- This park has some great open spaces for kite flying!
- Feel free to bring a fidget toy or noise cancelling headphones if you believe it would enhance your experience at the park.