

BRINGING NATURE TO YOU!

MacGillivray Freeman's

NATIONAL PARKS ADVENTURE

With more than 400 national parks and historic sites, America is home to some of the greatest wilderness the world has to offer. How do you choose which to explore?

A Film for IMAX® and Giant Screen Theatres



Glacier National Park

Glacier National Park is a vista of unspoiled forests, alpine meadows, rugged mountains, and exquisite lakes. Adventurers love Glacier because it has over 700 miles of trails, allowing them to explore wilderness and solitude. For the less adventurous, Glacier also has chalets, lodges, transportation, and a deep Native American history.



Crater Lake National Park

Picture a deep, pure, bright blue lake surrounded by sheer cliffs that are thousands of feet high. Now add in two beautiful islands and a violent, volcanic past that will engage any imagination. No wonder so many people are inspired by Crater Lake!



Redwood National Park

When most people think of Redwood National Park, they think of the tallest trees on Earth. But Redwood is also a safe haven for many other ecosystems, including vast prairies, oak woodlands, wild and scenic rivers, and nearly 40 miles of pristine coastline, as well as all of the diverse wildlife and cultural traditions that call them home.



Yosemite National Park

First protected in 1864, Yosemite National Park is best known for its waterfalls, deep valleys, grand meadows, ancient giant sequoias, a vast wilderness area, the Sierra Nevada mountain range, and much more. It contains a great diversity of plants and animals with five different vegetation zones.



Katmai National Park and Preserve

Katmai National Monument was established in 1918 to protect the volcanically devastated region surrounding Mount Katmai and the Valley of Ten Thousand Smokes. Today, Katmai National Park and Preserve remains an active volcanic landscape, but it also protects 9,000 years of human history as well as habitat for salmon and thousands of brown bears.



Acadia National Park

Acadia National Park is located near Bar Harbor on Maine's Mount Desert Island. Its landscape is marked by beautiful woods, rocky beaches, and stunning glaciers. A highlight is Cadillac Mountain, the highest point on the United States' East Coast. It is home to moose, bear, whales, seabirds and other wildlife.



Niagara Falls National Heritage Area

Niagara Falls consists of three waterfalls located on the border between Canada and the U.S.: Horseshoe Falls, American Falls and Bridal Veil Falls. Combined, they form the highest flow rate of any waterfall in the world, with a vertical drop of more than 165 feet. Niagara Falls were formed when glaciers receded at the end of the last ice age.



Washington Monument

The Washington Monument, built in honor of George Washington, the first president of the United States, is a 555-foot stone obelisk that is the tallest monumental column in the world. Construction began in 1848, but was halted for 20 years because of the Civil War. It is open to visitors who want to get a bird's eye view of the nation's capital!



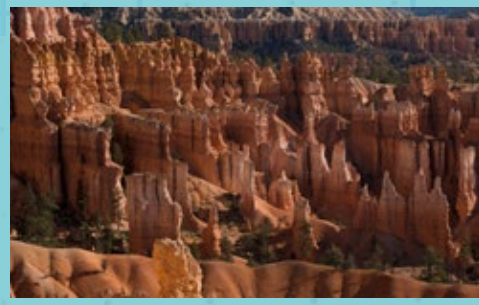
Everglades National Park

Everglades National Park is a unique ecosystem that is home to numerous rare and endangered species, such as seabirds, manatee, crocodiles, and the Florida panther. Everglades is also internationally protected as a World Heritage Site, an International Biosphere Reserve, and a Wetland of International Importance.



Pictured Rocks National Lakeshore

Along 40 miles of the Lake Superior shoreline (the largest, coldest, and most pristine of the Great Lakes), Pictured Rocks National Lakeshore contains unparalleled sandstone cliffs, beaches, dunes, waterfalls, winter ice formations, and forests. The perfect destination for adventurers, it provides year round opportunities for hiking, camping, climbing, and sightseeing.



Bryce Canyon National Park

Bryce Canyon National Park is home to the largest collection of hoodoos in the world. How to describe these surreal pillars of rock, left standing solemnly by the forces of erosion? Like a gorgeous forest of stone, this park will stimulate your imagination and fill you with wonder. Photographs do not do it justice!



Grand Canyon National Park

The Grand Canyon is a completely unparalleled experience, an immense canyon with unique geologic color and erosional landforms. Imagine scanning a colorful, eclectic canyon that is 277 river miles long, 18 miles wide, and a mile deep! It's no surprise that CNN named it as one of the seven Wonders of the Natural World!



Arches National Park

Arches National Park is a celebration of color, landforms and textures unlike any other in the world. The park has over 2,000 natural stone arches, in addition to hundreds of soaring pinnacles, massive fins and giant balanced rocks. This red rock wonderland will amaze you with its natural rock formations, refresh you with its trails, and inspire you with its sunsets.



Yellowstone National Park

Yellowstone is our nation's first National Park, established in 1872. At Yellowstone, you can find the majority of the world's geysers. And surrounding them, you'll find glorious mountain wilderness that's home to grizzly bears, wolves, herds of bison, and elk. The park is one of the last nearly intact temperate ecosystems.



Grand Teton National Park

Grand Teton National Park is rich with extraordinary wildlife, clear glacial lakes, and alpine terrain. It contains more than 200 miles of trails, boating on the Snake River, and unmatched natural serenity. Visitors can see rare rock formations, huge glaciers, moose, bears and flora such as the majestic white pine.



Devils Tower National Monument

Considered sacred to the Lakota and other native tribes, Devils Tower is a geological lcololith that was created by the intrusion of magma thousands and thousands of years ago. Hundreds of parallel cracks make it one of the finest traditional crack climbing areas in North America. In 1906, President Theodore Roosevelt established it as our nation's first national monument.

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SPORTING IN NATURE

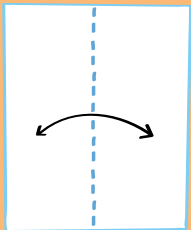
In *America Wild*, Rachel and her friends paddle, hike, bike and climb through the gorgeous National Parks and monuments. You don't need to travel all the way to Devils Tower or the Grand Canyon to join the fun! Go out your front door and start your next adventure!

MAKE YOUR OWN ORIGAMI BOAT

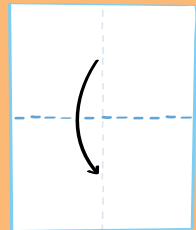
Rivers flow across every continent, and in the United States they connect the National Parks. Before we had airplanes, cars, or even trains, humans explored and traveled by boat. Today, boating is not only a suitable mode of transportation, but a great way to explore your local waterways. You can learn more about boating even if you're unable to get to a local pond, river, lake or sea, by examining the mechanics and physics of how a boat works. Make your own origami boats and stage a family regatta to see which ones float the longest or sail the farthest. This can even be done by blowing through straws in a puddle, bathtub, or bucket.

WHAT TO DO

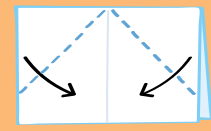
1 Start with a rectangular piece of paper. Fold in half (vertically) to make a crease.



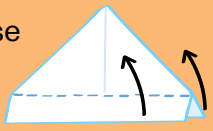
2 Fold in half downwards.



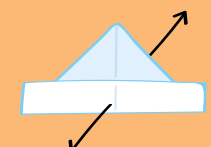
3 Bring corners in to the center line.



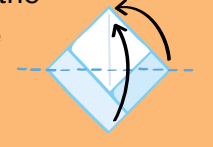
4 Fold top layer upwards and do the same to the back. Crease well.



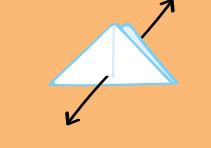
5 Pull the sides out and flatten.



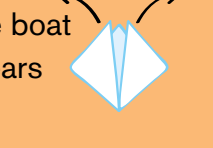
6 Fold the front layer up to the top, do the same to the back.



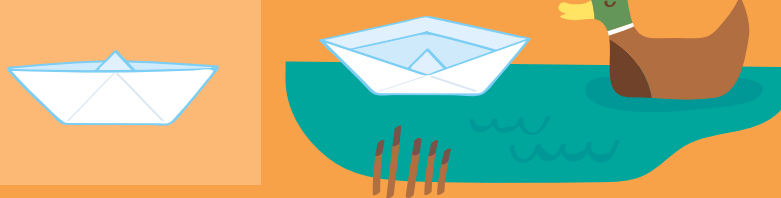
7 Pull the sides outwards and flatten.



8 Gently pinch the top two sides and pull apart as the boat shape appears from within.



9 Test out your new boat!



EXTEND YOUR ADVENTURE

Rachel, Max, Conrad and their friend Eric Porter get to explore the area of Moab outside Arches National Park on two wheels and the wind. Did you know that bike riding is good for your heart, muscles and mind—and can help you live longer? Find a path, fill your tires, and explore the nature that surrounds you. Visit www.adventurecycling.org for bike paths in your neck of the woods and jump on your bike to get started.

ARTISTIC RESPONSES TO NATURE

From Native Americans to John Muir, people have always used art to relate to nature's beauty. The National Park Service facilitates artists in residence programs across the country, sponsoring art that's inspired by nature. Everyone can use nature to spark creativity, whether in a remote destination or your own backyard.

REFLECTION ON NATURE

Much of Rachel's journey is inspired by American writers such as John Muir and Walt Whitman. Even as she paints the landscapes she sees, she often quotes these great writers and finds inspiration for her own art in their words.

In fact, Rachel begins her journey in *America Wild* with part of a quote by John Muir:



The sun shines not on us but in us. The rivers flow not past, but through us. Thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing. The trees wave and the flowers bloom in our bodies as well as our souls, and every bird song, wind song, and tremendous storm song of the rocks in the heart of the mountains is our song, our very own, and sings our love.

Together with your family, take a moment to discuss these words. How can they help you relate more personally to nature, and the world around you? Or, copy this verse into your diary or journal, and take some time to free-write a reflective response. How are the songs of nature your "very own song?"

Teachers—Download more classroom activities at:
www.americawildfilm.com/educators
www.natgeoed.org/LoveYourPark



EXTEND YOUR ADVENTURE

Since the most primitive depictions on cave walls, nature has inspired artists in every era. Explore this at your local art museum by designing a 'nature in art' museum tour. Walk through the museum and mark which galleries you wish to include. Build the tour around a theme in nature, like landscapes, animals, birds, or weather. When you're done, share your tour with the museum staff—they might want to use it with future visitors!

SOCIETY AND NATURE

Society and nature must live together, or neither flourishes. Society's relationship to nature can be seen in the maps we create of the world around us, and the programs we create to protect the environment. Both of these show what society values in nature—and how we work to conserve that.

MAP IT OUT

Maps come in all shapes and sizes. Some show roads and buildings. Some show natural landmarks such as mountain ranges, rivers and lakes. Some are more abstract, such as maps that show populations, or maps of imaginary places. Maps play a very important role in the film, and they help show both the natural landscape as well as man-made designations such as state lines. Create a map of a location that is important to you—either local or remote. Together with a friend, a family member, or on your own, research the landscape, native flora and fauna, and other important facts about the natural habitat of that location, and then populate the map with as many details as you can. Use your imagination and your artistic abilities to make it both informative and beautiful. See if you can capture the beauty of that location on your map.



EXTEND YOUR ADVENTURE

Thanks to Teddy Roosevelt and others, the U.S. National Park Service was established in 1916 to protect nature. Today, there's a large network of national parks, and each reflects the region where its located. Learn more about the National Park Service online. What are your favorite parks? What is most interesting about each? As a family, find photographs of your favorite spots and create a National Parks Flip Book. Use your book to plan your next family vacation!



HOW NATURE WORKS

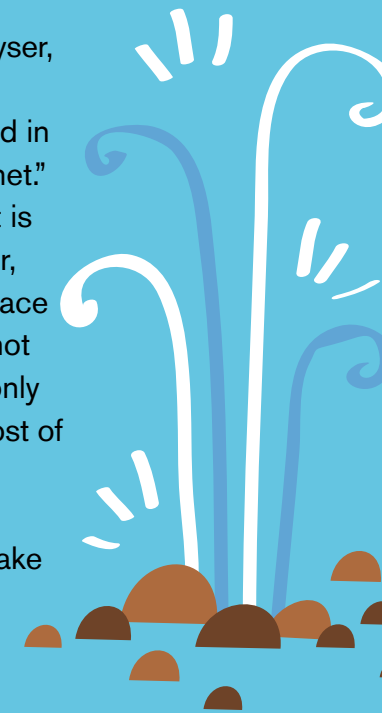
From crystal ice formations and spouting geysers to shooting stars and sculptured canyons, nature is astounding. And so much of its beautiful mystery is captured on film in *America Wild*. Watching, so many questions come to mind. What makes Old Faithful erupt? How do stalactites form? How does nature work?

MAKE YOUR OWN GEYSER

Old Faithful, the world's most famous geyser, located in Yellowstone National Park—America's first national park—is described in the film as the "beating heart of the planet." A geyser is a hole in Earth's surface that is situated over a rare coincidence of water, volcanic activity, and heat under the surface of the earth. Geysers periodically eject hot water and steam into the air. There are only about 1,000 geysers in the world, and most of them are located in Yellowstone National Park. But you don't have to travel to Yellowstone to see a geyser—you can make one at home!

WHAT YOU'LL NEED

- Goggles
- 2-liter bottle of Diet Coke or Diet Pepsi at room temperature
- Mint-flavored Mentos
- A playing card or thick paper square or rectangle
- A 4x6 piece of paper
- Tape



DIRECTIONS

1. Take the 4x6 piece of paper and wrap it around the Mentos pack to create a tube. Secure with tape and push the Mentos pack out of the tube. Set it aside for later.
2. Find a spot outside that can get messy.
3. Place the soda bottle on a flat surface on the ground and remove the cap from the bottle.
4. Put your goggles on and get ready to make your geyser come to life!
5. Place the playing card on top of the bottle opening.
6. Unwrap the Mentos from the packaging.
7. Place the paper tube on top of the card and carefully stack the Mentos inside.
8. Hold the tube while slowly removing the playing card. The Mentos should drop inside.
9. Take cover and watch it erupt!

EXTEND YOUR ADVENTURE

Rachel's biggest challenge is climbing at Pictured Rocks National Lakeshore. The footage of frozen waterfalls, shattering like glass, and exquisite ice caves covered in stalactites, is beautiful. You can make your own stalactites, and learn the science behind their formation, with yummy rock crystal candy. Visit www.wikihow.com/Make-Rock-Candy to learn how. Use a shoebox to arrange them in an arch and create your own "ice" cave like the one in the movie!

