

Stop 1 McGregor Visitor Center

McGregor Visitor Center is open to the public Memorial Day weekend through Labor Day weekend. With both local information and interactive displays, the center has something for everyone interested in the natural history of the upper Rogue River.



Follow the sidewalk along the parking lot and take the trail leading off to the right, into the woods.

Stop 2 Pileated Woodpecker Tree

Take a look at all those rectangular holes in the base of that large Doug-fir tree just before the bridge. Pileated woodpeckers remove small pieces of bark to find insects for food. With a red head, black body, and similar in size to an adult crow, this is the largest woodpecker in the area.



Stop 3 Salmon Fingerling Viewing

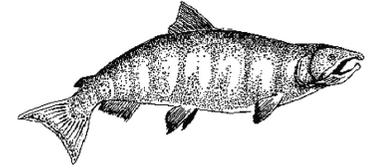
Stop on the bridge and look down at the small stream below. Salmon and trout fingerlings can be seen darting in and out

of the shadows. Many young fish, including endangered salmon, use small streams like this for protection. Once larger, these salmon and steelhead will move into the mainstream of the Rogue River to start their migration to the Pacific Ocean.

Continue along the trail until you reach a trail that follows the river. Turn left and follow the river trail until the next fork.

Stop 4 Fishing Platform

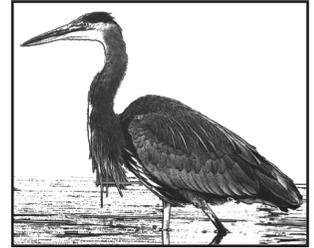
This fully accessible fishing platform is an ideal place to fish for salmon, steelhead, or trout (local and state laws apply to all fishing). Watch as the Bald Eagle and Osprey dive for fish in the river. Look across the bank to see visitors fishing in the wild and scenic Rogue River.



Head back onto the river trail and continue upstream until there is a fork in the trail. Head left and continue into the woods.

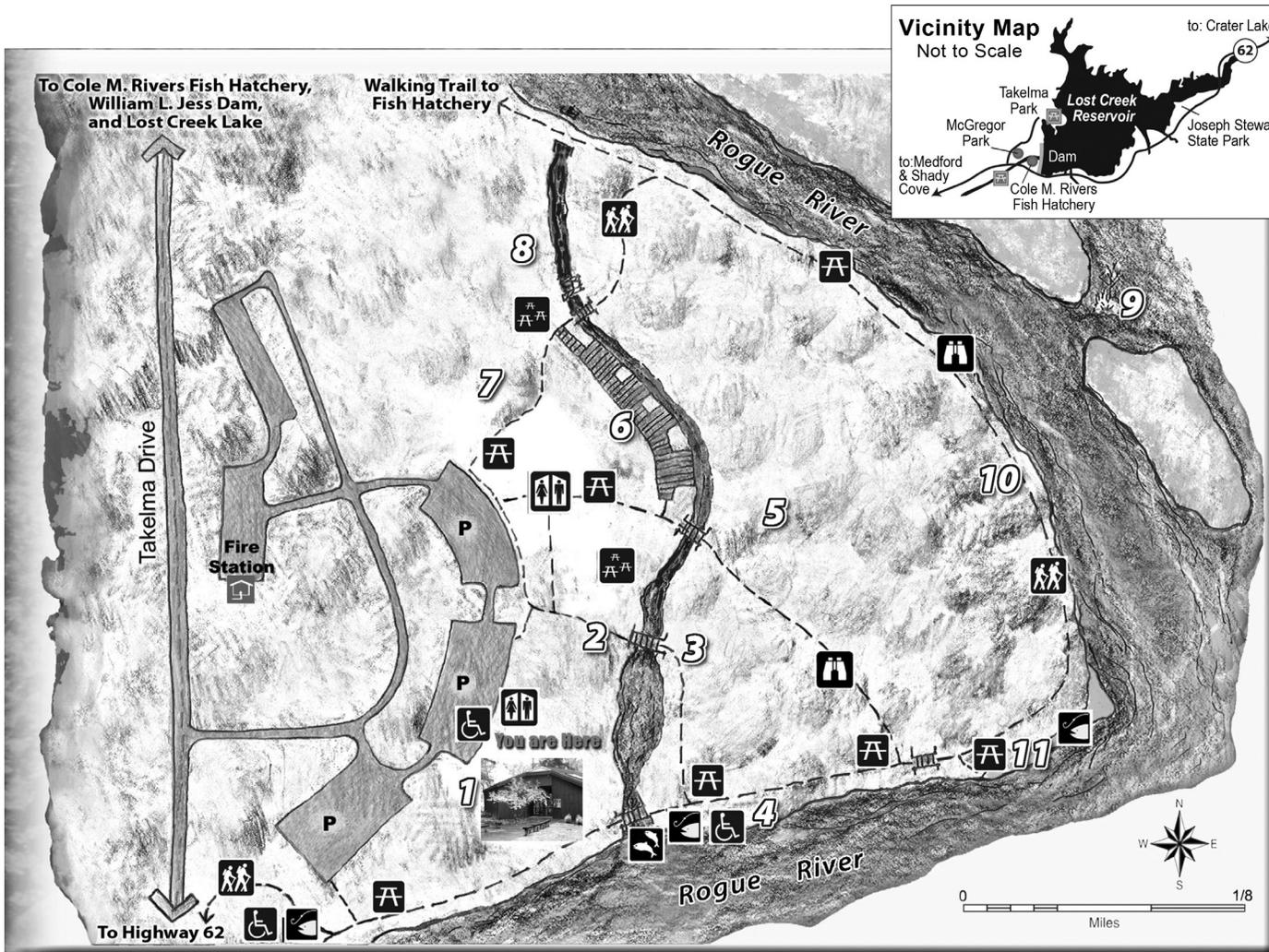
Stop 5 Blue Heron Rookery

Notice the large ponderosa pine through the break in the canopy. Each spring the tree hosts 7-10 breeding pairs who build their nests near the top. Raising young high above the ground provides safety from most predators. These 4-foot tall birds with a 6-foot wingspan bring their young fish until they can fly and fish on their own. They migrate south in late summer and return each year to raise their young in McGregor Park.



Stop 6 Interpretive Boardwalk

Turn right and step onto the interpretive boardwalk. The boardwalk features interpretive panels that illustrate and explain some of the wonderful natural features of the park and area. Look down at the creek or up in the trees to catch a glimpse of one of the many resident birds at the park.



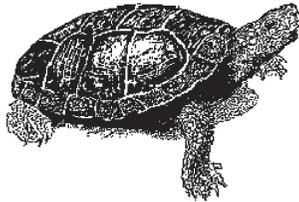
Take a left at the end of the boardwalk to head down the trail to the playground at stop 7 or turn right and head over to the bridge at stop 8.

Stop 7 Playground

Take a break at one of McGregor's many picnic tables and let the kids play on our modern play structure. Climb, slide, twirl, and even swing on the monkey bars.

Stop 8 Western Pond Turtle Habitat

Notice the floating and leaning logs, emergent vegetation, and exposed banks making up this section of the stream. Western pond turtles use sites like this for nest building, basking in the sun, and foraging.



Cross the bridge and continue along the trail until it rejoins the trail nearest the river. Turn right and follow the trail downstream.

Stop 9 Beaver Lodge

Look across the river and along the shoreline for signs of beaver that sometimes occupy this area. Beaver build their lodges with sticks and mud along river banks or in ponds. They eat the soft cambium layer just under the bark of limbs and small trees.



Stop 10 Horsetail Rushes

This plant grows very well in the riparian habitat all around you. It reproduces by spores (just like a fern) and from underground rhizomes (roots). It takes up silica from the soil giving it a ridged feel along the stem. These are some of the Earth's oldest plants. They date back to the time of the dinosaurs and toward overhead like the tall ponderosa pine.

Stop 11 River Access

Follow the short trail to the left for a refreshing break along the banks of the mighty Rogue River and see the many invertebrates living in the rocks along the shoreline. Rocky and sandy bars, like this one, are where the Pacific Salmon create nests of eggs called "redds". Be careful not to disturb the aquatic creatures while having a look around.

Continue downstream and stay on the trail following the river until it leads you back to the Visitor Center.

Thank you for enjoying the self guided tour. We hope you've enjoyed your stay and we look forward to seeing you again!

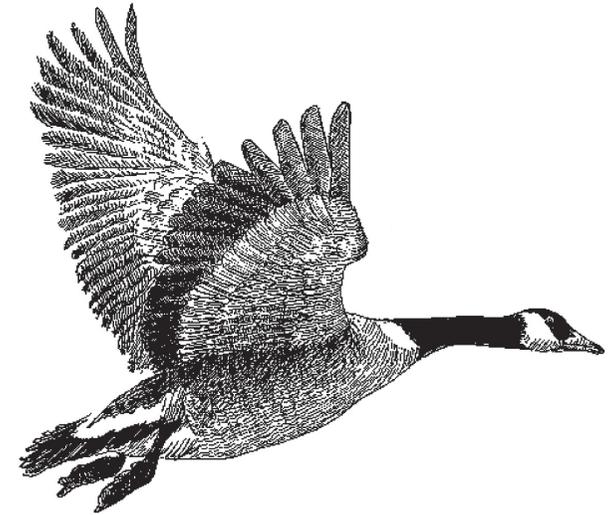
McGregor Park Rangers

Wildlife drawings of the Western Pond Turtle, Beaver, Salmon and Canada Goose credited to Robert Savannah, U.S. Fish and Wildlife Service.

For more information please call the
US Army Corps of Engineers
Rogue River Basin Project office
at 541-878-2255
<http://corpslakes.usace.army.mil/visitors/projects.cfm?Id=G210090>

Medford Interagency Office
3040 Biddle Road
Medford, OR 97504
541-618-2200, TTY 866-296-3823
<http://www.blm.gov/or/resources/recreation/mcgregor/>

McGregor Park Interpretive Trail



Walk through the cool woods of McGregor Park on an interpretive trail. The stream and river provide an ideal habitat for the plants and animals that abound in a riparian environment (living in or near water).

Begin your walk from the parking lot. Follow the sidewalk by turning right and continue until the trail goes into the woods. Follow the trail to the right. The length of the trail is less than a mile.

Environmental interpretation is part of the U.S. Army Corps of Engineers' Natural Resource Management Program which includes forestry, fish and other ecological disciplines.

