



macaRULLA

04

ENG



tracks and
FOOTPRINTS

▷ Andorra

tracks and FOOTPRINTS



HOW TO GET THERE

Recreation area on the
Cami de la Pleta dels Orris route
Crta dels Cortals d'Encamp s/n
AD200 Encamp



COORDINATES

42.535250, 1.616883

 Moderate

 2 km

 150 m

 1 hour 30 minutes



-  Always follow the marked path.
-  Wear proper walking shoes.
-  Bring plenty of food and water.
-  Make sure you take your rubbish with you.
-  Check the weather forecast before setting off.
-  Respect everything you find on your route: don't pull or damage them.
-  Respect the plants on your route: don't pick them or damage the surroundings.
-  Don't light any fires.
-  The routes are not suitable for people with reduced mobility.
-  Keep an eye on your children at all times, especially those under 3 years old.



the forest

Welcome home!

Sorry, I haven't introduced myself. I am the forest and today I want to show you some of my family who live here. They'll tell you about their lives and what they do all day. They're shy and get scared by loud noises. They're hard to spot, but they'll be guiding us today.

I'd like to invite you to become an explorer and enter our home. Before you go on, remember that the natural spoors and tracks that you find belong to the animals that live here. If you find other things such as plastic or rubbish, please pick them up as they're not from the forest.

Be on the look out and use all five senses.



the animals of the forest

Before we begin, who do you think you'll find in the forest?
Find the names of seven animals in the word search.



USE A PEN OR PENCIL

Underline the names of the seven forest animals you spot in the word search.



U	C	B	L	Q	I	U	S	Q	D	R	O	N	U
J	P	R	F	K	Q	I	U	A	V	W	L	K	B
A	T	A	O	F	D	R	E	S	K	E	R	J	P
W	O	O	D	P	E	C	K	E	R	E	D	F	B
M	G	A	S	L	F	A	R	R	L	P	Q	M	R
C	A	P	E	R	C	A	I	L	L	I	E	C	O
H	L	X	K	G	X	U	O	A	C	L	B	U	W
A	E	M	B	T	Q	R	T	A	I	B	E	Y	N
M	B	H	P	S	E	S	Q	U	A	R	O	L	B
O	R	X	D	E	R	F	F	O	X	N	E	U	E
I	I	E	A	O	I	S	R	X	M	P	Q	H	A
S	R	U	O	J	X	G	P	Q	S	Z	E	T	R
Z	B	B	O	M	P	N	O	F	E	O	L	Q	H
L	T	U	B	Z	R	V	M	A	R	M	O	T	X



DID YOU KNOW?

Almost 40% of Andorra is covered in forest?
The most common trees are scots pine, holm oak,
downy oak, mountain pine, silver fir
and silver birch.

Solution:

WOODPECKER / MARMOT / CHAMOT / MARMOT / CHAMOTIS / RED SQUIRREL / CAPERGALLIE / FOX / BROWN BEAR



tRacks



CAPERCAILLIE

(Tetrao Urogallus)

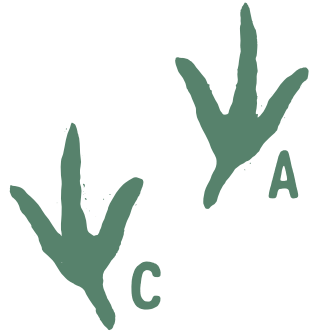
Here in the forest live rooster and hens, but not the kind you know that lay eggs and live on farms. We're capercaillies. We're wild and live in the verdant forests.

As you walk through the forest and bring out your wild side, see if you can find the nine footprints I've left on the path.

You'll also find tracks from three other animals and you'll have to work out who they are.

Look closely! Each footprint has a letter hidden within!

Oh! If you want to find us, you have to head upwards and look down, but very quietly so as not to scare us.



USE A PEN OR PENCIL

Choose the footprint of the animal you want to track and find the hidden letters. When you see them, write them in the order in which you find them to discover the word that will allow you to find us in the woods.



FUN FACT

The female capercaillie makes a nest on the ground and incubates her eggs for 25 days. Once the chicks hatch, they fledge (walk out of the nest as soon as they're born).

Solution:

MACARULLA



BROWN BEAR
(*Ursus arctos*)

HABITAT

I'm a brown bear, the biggest animal in the forest and also the hardest to find. I'm very solitary and spend my days getting to know new bits of forest.

Here in the forest, I don't have a bed. Or rather, I do have a bed, but I also like to change bedrooms every day. There's nothing better than having the biggest bedroom in the world, one with no ceiling or walls. When winter comes and it gets cold, I go to a lair and wait all winter long, well hidden, for the arrival of spring.

Inside my lair, space is very tight and I'm so big that it's hard to find the perfect position to get a good sleep. I imagine that also happens to you sometimes...

Go to the Remenador platform and take turns spinning the roulette wheel. Place the foot or hand shown by the arrow on the corresponding footprint and colour. Take turns rotating the roulette wheel until you have all your feet and hands in place. Can you hold this position for 30 seconds?



FUN FACT

They say that if you drop a sewing needle in the woods, the deer will hear it, the eagle will see it and the bear will smell it. Bears can smell food from miles away.





WHERE DO THEY SLEEP?

But... Do you know where the other forest animals live?
Play Habitaire to find out which home is which.

LOOK AROUND

Read what each animal says and find out where they all live.
Match each habitat with its animal on the Habitaire panel.

I'M THE BEST CARPENTER
IN THE WOODS AND MAKING
HOLES IN THE TREES ALLOWS
ME TO RAISE MY LITTLE ONES.

THE MOUNTAIN
TOPS AND ROCKS
GIVE ME LIFE
AND ALSO GIVE ME
SHELTER TO SLEEP.

I LIKE SLEEPING IN PEACE AND QUIET,
SO I SPEND MY NIGHTS IN
HIGH-UP BRANCHES OR HIDING AMONG
THE BUSHES TO FEEL SAFE.

WITH MANY TWIGS
I MAKE MY HOUSE IN THE SHA-
PE OF A BALL AND THE TREES
PROTECT ME.

habitaire



I LOOK FOR CAVES THAT NO-ONE
CAN REACH SO THAT I DON'T
GET WOKEN UP WHEN IT'S COLD.

I'M GOOD AT DIGGING
AND THAT'S WHY
MY HOUSE IS
UNDERGROUND.

I LIKE HIGH MOUNTAINS, BUT
IT'S COLD, SO I TAKE REFUGE IN
THE ROCKS
OR UNDERGROUND.

Solution:

WOODPECKER: HOLES IN THE TREES / SQUIRREL: ROUND TWIG NEST / BIRD: UNDERGROUND BURROW / MARMOT: UNDERGROUND BURROW / BEAR: CAVE / FOX: UNDERGROUND BURROW / RABBIT: UNDERGROUND BURROW / MOLE: UNDERGROUND BURROW / MOUNTAIN TOPS AND ROCKS / CHAMOIS: ROCKS / BROWN



COMMUNICATION

BLACK WOODPECKER *(Dryocopus martius)*

I'm a black woodpecker and I'm so shy I only like living up high. I love drilling holes in trees as if they were drums so other woodpeckers know where I am. I love listening so much that I have learned to differentiate all the sounds of the forest and I know how each of its inhabitants communicates. How about you? Shall we put it to the test?

LOOK AROUND

Look at the wooden panel. It shows an animal and the sound it makes when it wants to communicate with other animals. Try to reproduce each sound with the help of the audio device without giving any clues. Will the other people in your group be able to recognise which animal it is?

BROWN BEAR



GRRRRRRRR
GRRRRRRR
GRRRRRR!

It's an animal that travels a lot in search of food and wintering grounds. You may hear it growl as it moves.

CHAMOIS



CLACK,
CLACK,
CLACK...

When there is cause for alarm, they alert the group by kicking their front paws.

FOX



AAAAAHHH,
AAAAHHHH!

It's hard-to-describe sound is like a howl, scream or bark.

MARMOT



WEEEEE!
WEEEEE!
WEEEEE!

They have a familiar cry that sets them apart from other nearby groups.

RED SQUIRREL



EYYY, EYYY,
EYYY, EYYY!

The noise is very difficult to make out. If you want to hear it, you have to stand still under some pine trees and listen very carefully. You'll hear a very faint squeak.

BLACK WOODPECKER



TOCK TOCK
TOCK TOCK
TOCK...

To communicate, it pecks dead trees as they make the best sound.

CAPERCAILLIE



CLOCK CLOCK
CLOCK
BABABAAA

During the mating season, males sing at the beginning of the day and at nightfall, from a high point.

FUN FACT

Woodpeckers have a very long tongue with a kind of ear at the tip that allows them to hear the vibrations of insects inside the trunk.



MOVEMENT



SQUIRREL

(Sciurus vulgaris)

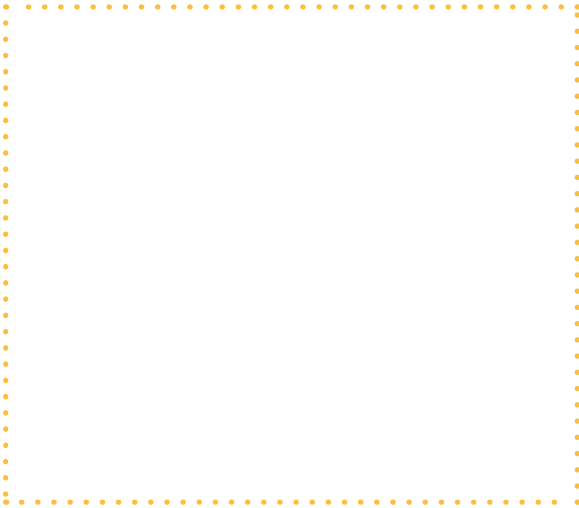
Cooley! I'm up here, among the trees. I can be really nearby without you even being able to see me. The branches of trees are my paths and the trunks are my roads. I run and jump among the trees at lightning speed.

Are you ready for a balance challenge? Jump between rocks, cross the logs and notice the different textures of this forest. You'll feel what the different animals notice as they move through the textures.



USE A PEN OR PENCIL

Draw the legs of the animal you like best and answer the following questions:



FUN FACT

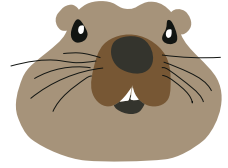
The squirrel's long tail is believed to help it keep its balance and guide it when jumping from tree to tree and running. It's also believed to help keep the animal warm while it sleeps.

If you could be a forest animal, which one would you be? _____

Why do you think it walks around these places? _____



FOOD



ALPINE MARMOT
(*Marmota marmota*)

Like all marmots, I love eating and sleeping. I could sleep all year. Well, I already sleep for over half the year, from October to April. I eat grass and roots. I eat them all day and as many as I can find. Since there isn't that much grass and not many roots in winter, and there's a lot of snow, I'm really good at sleeping a lot. But if the cold comes and I haven't found enough roots...

What a winter! Like my fellow marmots, I have to find my food and take it to my burrow. **Help us!**

LOOK AROUND

*Go to the Crupidor panel.
Relate each animal to the food it eats and where it can be found.*





USE A PEN OR PENCIL

Forest animals love to play sudoku. Can you solve it?
Complete the sequences with the missing foods. Write or draw the solutions.

	A	B	C	D	E	F
1						
2						
3						
4						
5						
6						

Solution:

1-B: LEAF / 2-C: GRASS
2-D: MUSHROOM / 3-F: INSECT
4-B: HONEY / 5-A: INSECT
6-E: STRAWBERRY

FUN FACT

The alpine marmot became extinct in the Pyrenees more than 15,000 years ago, but between 1948 and 1988 about 400 marmots from the French Alps were reintroduced to various areas of the French Pyrenees.





SPOORS



CHAMOIS
(*Rupicapra rupicapra*)

Now you can identify us by our tracks, although mine are easy to confuse with other animals such as mouflon sheep, roe deer or fallow deer. Did you know there are other ways to tell where we've been? We also leave behind spoors including droppings, hair and feathers or leftover food we eat.

Look around and you'll find spoors by our tracks, making it easier for you to find out who they belong to.



USE A PEN OR PENCIL

*Write the name of what you've found by the corresponding track.
Now you can definitely say that you're an expert!*



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FUN FACT

Animals usually defecate quickly as the smell can attract predators and it's therefore safer to do it quickly and leave. By counting animal droppings, we can work out the density of a certain species in an area.

Solution:

BEAR: BROWN BEAR; BIRD: RED SQUIRREL; DROPPING: BLACK WOODPECKER; FEATHER: CAPRECAILLIE; HOLE IN TREE: MARMOT; TRACK: FOX; TREE: DROPPINGS

**FOX***(Vulpes Vulpes)*

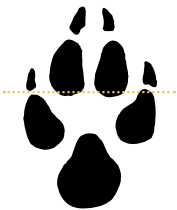
IDENTIFYING TRACKS

They say I'm very smart, but I'm really very sharp. I can smell at a great distance and at the same time I'm very quiet. Silence helps me to be a great hunter. I don't like being mistaken for a dog. People also get confused by my tracks.

Find a twig and place it between the footprints at this point as shown in this drawing. If the stick doesn't touch the front toes these are my footprints and not those of a dog chasing me.

**USE A PEN OR PENCIL**

If you've found all the footprints, do you know how many are mine and how many belong to a dog?

**FOX****DOG**

FUN FACT

Foxes use more than 12 different sounds to communicate among themselves. Each fox also has a unique tone, which helps them recognise one another.



THE SURROUNDINGS



I've loved having you here!

Whenever you come to visit the forests, remember to leave no trace in the form of rubbish, as when people leave rubbish, we feel really sad. I and all my inhabitants will be delighted to welcome you and continue to build our love for nature together and learn from everything it can teach us.

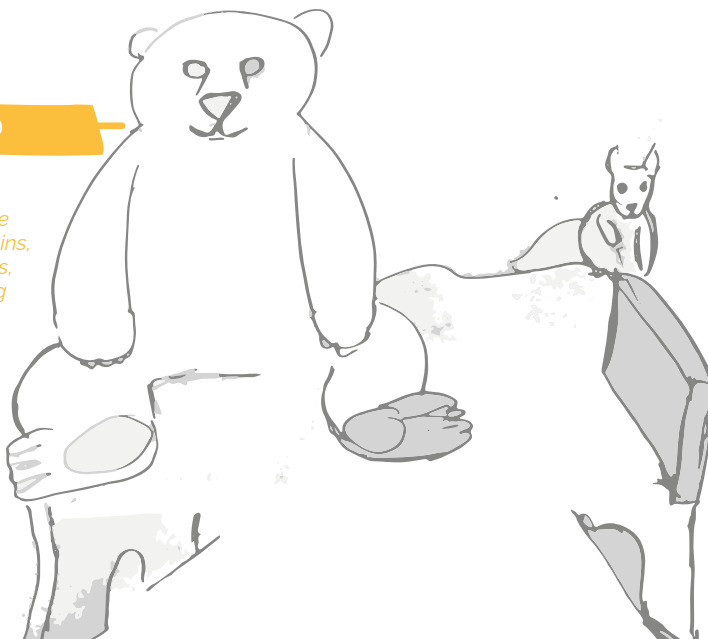


Take a selfie sitting on a bench and share it on social media with the hashtag **#macarullandorra** and **@andorraworld**. That way, the animals of the forest will know who you are and recognise you when you come back to visit.



LOOK AROUND

Be quiet and look all around you. Notice the silence, the mountains, the cottages, the trees, the rocks... everything that animals love.





if YOU COULD BE AN ANIMAL, Which WOULD YOU BE?

Choose the animal that represents you as a family and draw it in its habitat in the box below:

A large, empty rectangular box defined by a dotted orange border, intended for drawing an animal and its habitat.

Once again, thank you for being here and I look forward to seeing you sometime in the future when nature and humans live in harmony.

OUR ADVENTURE IS COMING TO AN END

Once you've left the benches, all you need to do is follow the final section of the route, which takes you back to the start. Now that you know a bit more about the animals that are found in Andorra:



USE A PEN OR PENCIL

WHAT DO YOU THINK ANIMALS DO WITH THE RUBBISH AND PLASTIC THAT HUMANS LEAVE BEHIND IN THE FOREST?

Circle the answer you think is most likely.

- a. Animals use plastic as a waterproof coat on really rainy days and they use cans as shelters to protect themselves.
- b. Plastic, cans and other organic debris can often be toxic to many species and even become traps that cause them serious injuries.
- c. The forest animals drive bin lorries to collect what we throw away and keep the forest clean.

WHAT WOULD YOU HAVE DONE?

Make a suggestion to prevent animals from being harmed by the rubbish left in the forest

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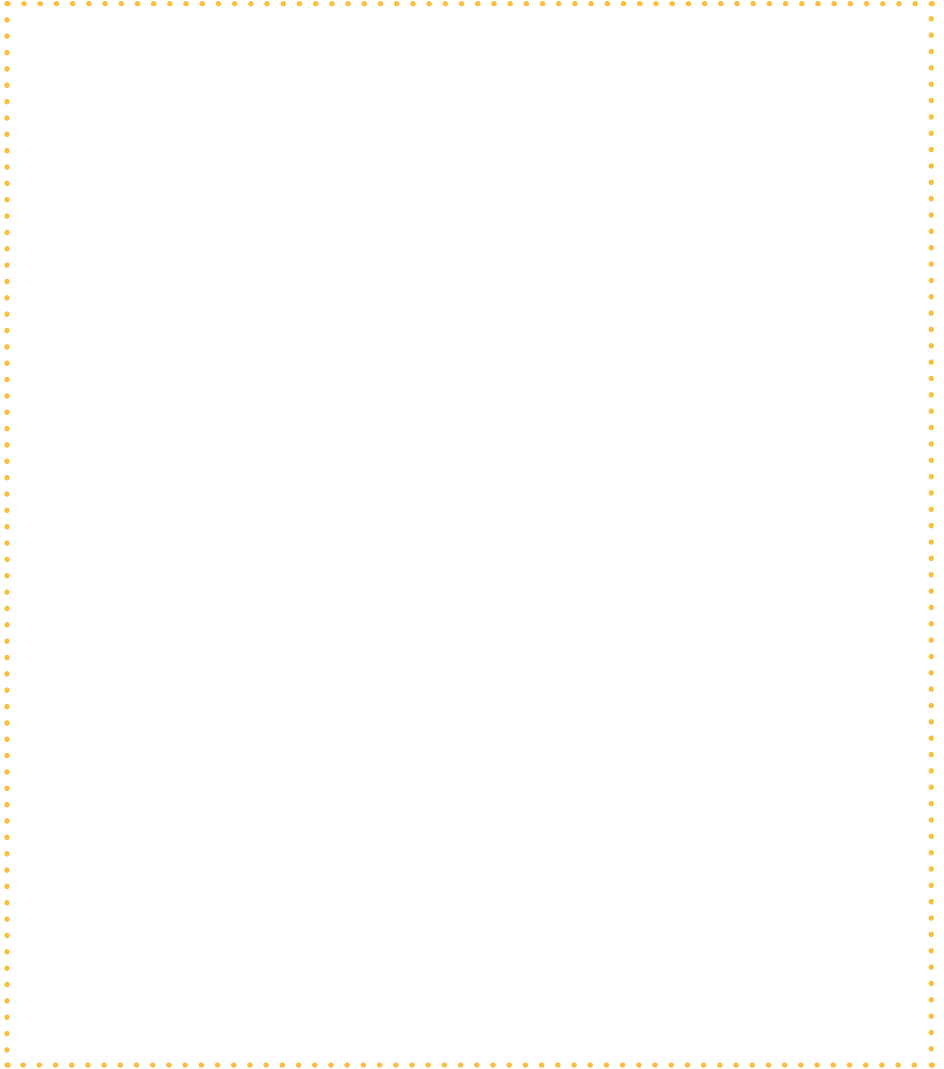
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Drawing Emotions

Work together to make **a group drawing** of what this experience has meant to you. Tip for explorers: it's better to combine everyone's ideas than to pick just one person's.



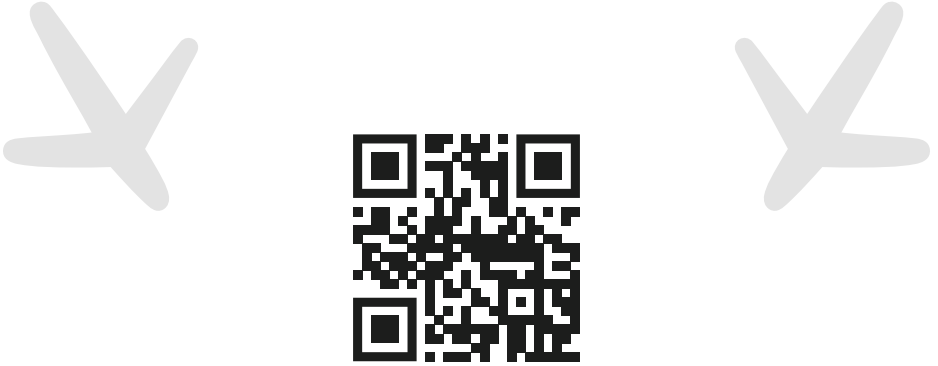
EXPLORER NOTES

A series of horizontal dotted lines for writing notes.



to DO at home as a family

Carry on the adventure! Use the Macarulla form to register and get your official diploma, more information on Magical Trails and a Tracks and Footprints activity guide to do at home.



You can also find the form here:
<https://visitandorra.com/en/macarulla/>



Find more Macarulla Little Magical Trails at visitandorra.com
or at tourist information offices in Andorra.



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