

# Guide to the Sonoma State Green Spaces

There are many places to connect with nature on campus. Even five minutes in nature can lower your stress, replenish your mental clarity, and lift your spirits. Take a nature break today!

## 1 Copeland Creek

Copeland Creek flows from its headwaters at SSU's Fairfield Osborn Preserve down Sonoma Mountain to the Laguna de Santa Rosa, passing across campus on its way. The creek originally formed a rich alluvial fan that was home to Coast Miwok, Pomo, and Wappo peoples, before being channelized into its current form in the 19th century. Take a walk along the Fire Road, or explore the creek trail. The bench at the east end of the trail provides the perfect spot for a contemplative moment.

## 2 Butterfly Garden

The nectar-rich plants that abound here attract birds, bees, and butterflies, such as painted ladies, monarchs, and swallowtails. Benches scattered throughout the garden make this an ideal place to enjoy nature on campus.

## 3 Native Plant Garden

This small forest was created by SSU faculty, staff, and students in the early 1970s to represent the diverse ecosystems of California. Surrounded by native plants from across the state, you can easily forget that you are on campus as you are sheltered by the trees and immersed in the natural world.

## 4 Holocaust and Genocide Memorial

This memorial, adjacent to the Native Plant Garden, honors survivors and victims of genocides committed throughout the world and those working for human rights across the globe. This is a place where we can grieve the losses that extend beyond our individual lives, and dedicate ourselves to bringing healing into the world.

## 5 The Lakes and Redwood Circles

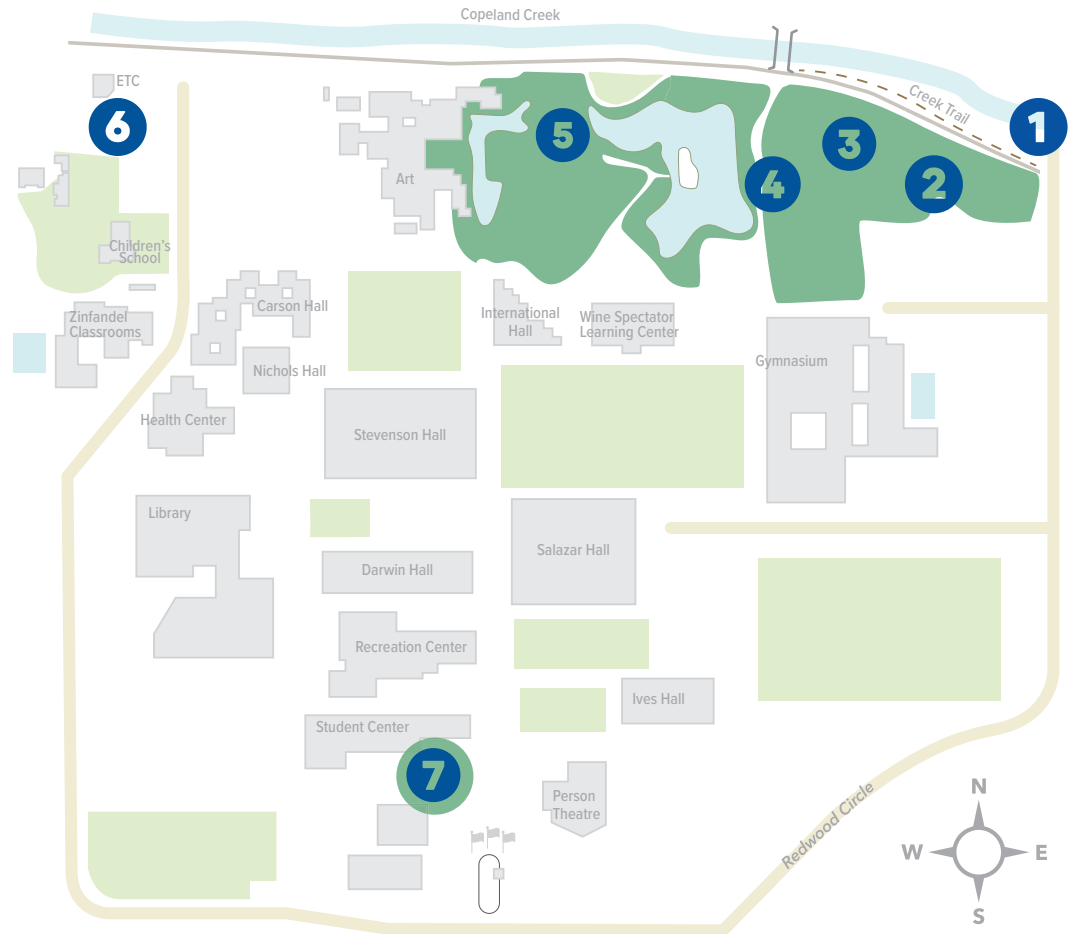
The Lakes are a great place to relax in the sun, have a picnic, or watch the ducks, geese, and turtles that congregate here. Nestled between the Lakes and the Fire Road are two circles of redwood trees where you can enjoy the shade on a warm day.

## 6 Garden Classroom

This demonstration and teaching garden was created by faculty and student volunteers to showcase sustainable landscape practices and methods for growing healthy organic fruits and vegetables. The Garden supports food justice by donating crops to local food banks. The picnic tables are a perfect place to study or enjoy lunch outside.

## 7 Vietnam Veterans' Grove

Just steps away from the Student Center, this oasis is dedicated to the memory of Vietnam veterans from Sonoma and surrounding counties who lost their lives in the war. A few minutes spent sitting beneath the towering redwoods can give you the mental renewal.



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