



Meet Your Neighbors: **Mountain Chorus Frog**



Mountain Chorus Frogs are the only frog species in the High Knob Region considered of high conservation concern by wildlife officials. A relative of the more common Spring Peeper, these frogs spend most of their lives among the leaf litter in the region's hardwood forests, traveling to small, shallow pools in the spring to breed. A few simple outdoor practices can help keep Mountain Chorus Frog populations healthy:

- Keep ATVs, bikes, and horses out of trailside “mudholes”
- Limit pesticide and herbicide use, especially near water
- Leave untrimmed vegetation around wetlands when mowing

DISCOVER
YOUR OWN BACKYARD

Learn more about enjoying High Knob responsibly at <http://bit.ly/highknobblueprint>
High Knob's Growing Smart campaign is made possible by funding from the Virginia Environmental Endowment.