

Local Trails from a Chumash Perspective

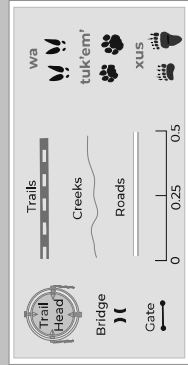
Chumash Trails Day

We welcome you to experience Chumash Trails Day every day. When we enjoy the Front Country trails in Montecito, we are walking on the ancestral land of the Chumash peoples, the first human inhabitants of the Channel Islands and Santa Ynez Mountains areas. The Chumash are a maritime culture who understood their relationship with the Earth and her resources. With this map we have the opportunity to honor the Chumash.

Our best estimation of the historical trails of the Chumash is that they followed the canyons of the Front Country. These include Romero Canyon Trail, which connected to the Santa Ynez Valley, San Ysidro Trail, which followed the creek to the waterfall and beyond, and Hot Springs Trail, which was used to travel to the hot springs as well as Cold Spring Trail. As you enjoy the trails, take the time to observe your natural surroundings, locate the plant and animal life highlighted on the reverse side of this map and the different rocks and minerals. Find your relationship with the land and experience the trails with new soles (and souls). Be part of our community and capture your finds in a photo and post and tag @montecitotrailsfoundation #sametrailsnewsoules.

Caution: It is illegal to harvest plants or take items off of the trails. Please enjoy nature with your eyes, camera and sense of wonder.

Caution: Montecito Trails Foundation, Tribal Trust Foundation, and those producing this map and text are not liable for any loss or injury to persons riding in the mountains or along the trails. Know and respect your own limits, and the limits of any children, pets, or stock in your charge, and use good judgement with safety in mind at all times. Due to the dynamic nature of these mountain environments, it is important to exercise caution while on any trails and exploring the outdoors.



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Chumash would wait for a dead whale to wash ashore which brought bounty as a food source, tool making, oil resource and in ceremony.

Chumash

paaxat Whale

volok'oy Porpoise

tomol Plank canoe.



Santa Barbara Channel

'elxe'lele Montecito

CALIFORNIA

ROMERO CANYON RD.

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Life in the Front Country from a Chumash Perspective



kwitiš' (red tail)
killik, **pewiyoko** (small hawk)
'alqalante' (white hawk)
watimayam'ay (sparrow hawk)

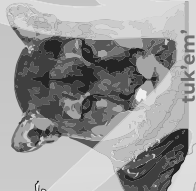


'i'lepeš
Chia Sage
 Tea for flu remedy.

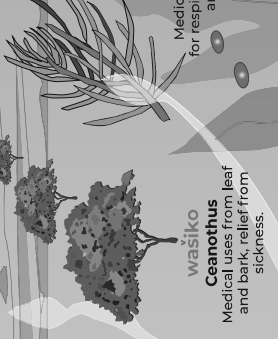


sq'oyonu
Manzanita
 Medicinal uses by chewing leaves for stomach aches and cider made from the fruit.

qayas
Elderberry Tree
 Uses are eating the berries and blossoms provide cold/relief.



tuk'em'
Mountain Lion
 Hunted and were part of story telling, portraying them as "sok-so-uh", a malevolent spirit or ghost cat.



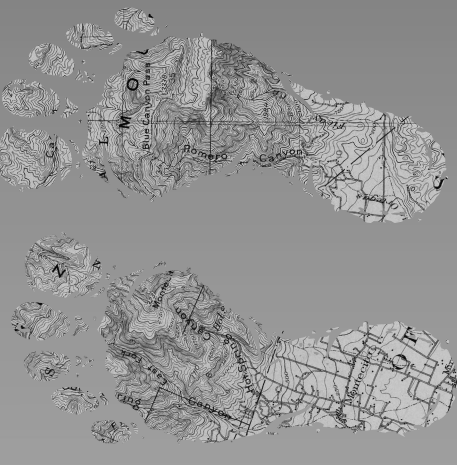
moluš
Mugwort
 Also known as "dream sage" or "magic plant", burned and inhaled to promote healthy sleep.



tak (pines)
Pinon Pine
 Medicinal use of the nut oil for respiratory relief, food source and wood used for building shelter.



xus
Bear
 Food source, skin and fur used for shelter and garment. Bear is a figure in storytelling, no other creature is stronger. Bear protects the land.



CHUMASH TRAILS DAY



xso
Sycamore
 Bark used for clothing.



wə Deer
 Food source; skin and fur used for shelter, garments. Deer is a figure in storytelling. Deer symbolizes Life. Every part of a Deer is consumed; nothing is lost or wasted.



štapan (round tule)
Tule (Bulrush)
 Thatching for houses; mats, basket weaving.



'ixpaniš
Oak (Acorns)
 Food source when boiled or ground.



axtayuxas
Holy-leaved Cherry or Islay
 Eaten as food.



yasis
Poison Oak



ma (Jack rabbit) **kun'** (Cotton tail)

OLD TRAILS NEW SOLES

