

**Please help us protect our  
Natural Resources**

Please remember that all plants and animals found in Hampton's City Parks are protected by law. It is illegal to molest, injure, or remove any wildlife including their nests, eggs, or young. It is also illegal to remove, cut, damage, or destroy any plants (including plant parts) found in the park. Help us conserve YOUR natural resources.



Bullfrog

## Hampton, VA

Welcome to Hampton's City Parks.

The City of Hampton is located in what is called the Peninsula area of the Coastal Plain region of the State of Virginia. The forests, fields, rivers, marshes, and grasslands are a nature lover's paradise.

During your visit to any of Hampton's outstanding city parks, we hope you have the opportunity to observe our many and diverse species of fauna and flora.



Chorus Frog Tadpole

### *For more information...*

*If you have any questions regarding this brochure, or if you would like more information about Hampton City Parks and Recreation parks please contact us at:*

*Hampton Parks and Recreation Department  
22 Lincoln Street  
Hampton, VA 23669  
Tel: 757-727-6348  
[www.hampton.gov/parks](http://www.hampton.gov/parks)*

Hampton Natural Resources  
Tel: 757-825-4606  
Email: [chickman@hampton.gov](mailto:chickman@hampton.gov)



Hampton City Park's

## AMPHIBIANS



Green Frog

*"Enjoy Hampton's  
Natural Areas"*

Hampton Natural Resources

## What is an Amphibian?

Amphibians belong to the Class Amphibia. The word “amphibious” is based on Greek words and means “living a double life.” Belonging to the Class Amphibia are the salamanders (including newts) and the toads and frogs. A third group occurs in the tropics, consisting of the burrowing, or aquatic, snake-shaped caecilians.

Amphibians are cold-blooded, deriving heat from outside sources and controlling their body temperatures by moving to cooler or warmer environments as necessary.

Amphibians have moist, glandular skins that allow for gas exchange and their toes are devoid of claws. Their young pass through a larval, usually aquatic stage (tadpoles among the frogs) before they metamorphose into the adult form.



Red-backed Salamander

*The following amphibians have been found in Hampton City Parks.*

## Frogs and Toads

The typical frog (genus *Rana*) has a relatively smooth skin and long legs for leaping. While the typical toad (genus *Bufo*) has a warty skin and short legs for jumping. However, there are no hard and fast rules for distinguishing a “toad” from a “frog.”

Frogs and toads begin their lives in the water as tadpoles. As they grow they gradually develop legs, lungs, and they lose their tail. Once fully mature they leave the water. Frogs must keep their skin moist at all times whereas toads can tolerate drier conditions. Frogs lay a gelatinous mass of eggs and toads lay a string of eggs.

- ◇ Southern Leopard Frog
- ◇ Southern Green Frog
- ◇ American Bullfrog
- ◇ American Toad
- ◇ Southern Toad
- ◇ Fowler’s Toad
- ◇ Coastal Plain Cricket Frog
- ◇ Pickerel Frog
- ◇ Eastern Narrow-mouthed Toad
- ◇ Green Treefrog
- ◇ Gray Treefrog
- ◇ Squirrel Treefrog
- ◇ Northern Spring Peeper
- ◇ Southeastern Chorus Frog



Southern Leopard Frog

## Salamanders

While salamanders look similar to lizards, they are very different. The typical salamander (many genera) has smooth or warty moist skin (not scaly) and is clawless. Some even breathe through their skin. Virginia has one of the highest levels of salamander diversity in North America which is directly related to the diverse array of ecological systems and vegetative communities located within the state. Environmental moisture is an absolute necessity.

The Americas have far more kinds of salamanders than all the other regions of the world put together. They range from dwarf species scarcely two inches long to giants that attain lengths of nearly four feet.

- ◇ Red-backed Salamander
- ◇ Mabee’s Salamander\*
- ◇ Marbled Salamander
- ◇ Two-toed Amphiuma
- ◇ Four-toed Salamander

\*(this species is listed as threatened in Virginia)



Mabee’s Salamander

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