American bison are the largest native animals in North America and once numbered in the tens of millions. Known as buffalo, American bison were hunted extensively by Plains Indians, who developed a strong spiritual relationship with them. In the 19th century, bison were nearly driven to extinction, but with the establishment of national and state parks, bison populations have rebounded, and they now number in the hundreds of thousands. Despite this resurgence, bison continue to face threats from habitat loss and poaching. Communities around the Flint Hills are working to maintain bison populations and preserve the unique ecosystem they inhabit.

Periodic "prescribed" burning is necessary to maintain tallgrass prairie. This practice helps to reduce fuel loads, making it easier for fires to spread and consume the grasses. Fires also help to stimulate new growth by removing dead vegetation and promoting the growth of new shoots.

The Flint Hills' rare, unspoiled horizons inspire imaginations of ancient history. Herds of buffalo once roamed the plains, returning to the same grasslands year after year, a testament to their endurance and resilience. Today, many areas within the Flint Hills are open to the public as nature preserves, providing opportunities to experience the beauty of the Flint Hills on horseback or on foot.

Conservation efforts are crucial in maintaining the Flint Hills' unique ecosystem. Good ranchers are also conservationists, recognizing the value of tallgrass prairie and working to preserve it. They practice sustainable grazing, which helps to maintain the tallgrass prairie's diverse plant and animal communities. Conservation practices such as reduced tillage, controlled burning, and water management are essential in preserving the Flint Hills' natural beauty and ecological integrity.