



Habitat Conservation Area



Ever noticed the fenced off area below Douglas Hill? You will see these signs by the entrance. There is a map with several trail options. The longest hike is 1 45 minutes. All trails are stroller accessible but getting the stroller through the entrance is a challenge!

Why is the dirt a chalky white colour?
The salt left behind from big pools of water that evaporated is called alkali. Only a few plants can grow in the salty soil!



This is called Red Samphire. **It only grows in salty conditions!**



This is called Seaside Arrow Grass and it is a plantain. It **usually grows beside the ocean!**



What is on the far bank? Be very quiet... you might see...
Turtles! The **Western Red Painted Turtle** is a cold blooded reptile and keeps itself warm by basking in the sun for hours. **The largest Western Red Painted Turtle ever recorded was found in Wascana Lake!** It might be as old as the province of Saskatchewan!



Caragana bushes are everywhere. Caragana were brought by settlers. This invasive species makes it hard for native plants to grow. **Wascana Centre used goats to graze on these caragana bushes to control their spread at one time!**



Flower and Pollination Stage

Check out the **Plant Life Cycle Diagram** on page 4.



Seed Stage



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Habitat Conservation Area



What birds will I see?



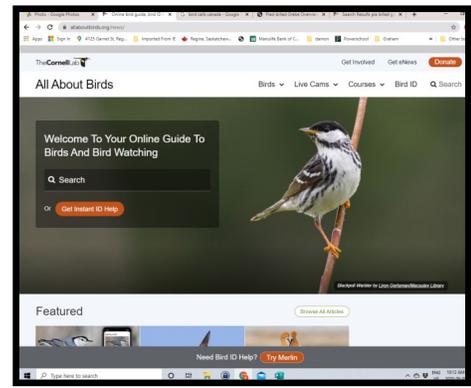
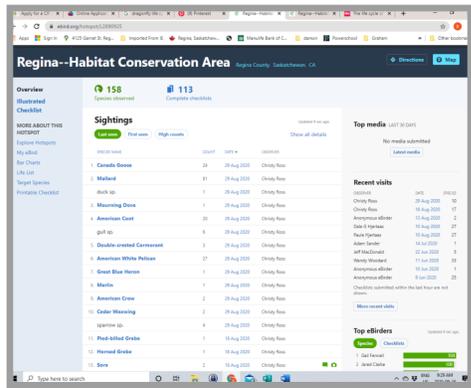
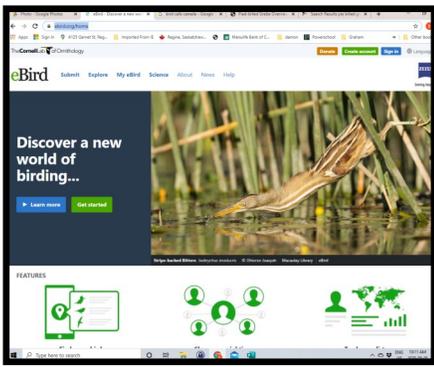
American White Pelican



Double Crested Cormorant



Common Tern

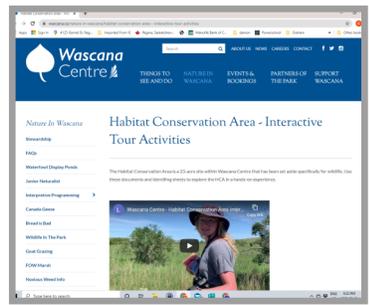


You can see which types of birds have been spotted in the Habitat Conservation Area recently!
ebird.org/home
Explore
Explore Hot Spots
Habitat Conservation Area, Regina, SK
View Details

Over 158 species have been observed at the Habitat Conservation Area!

Now visit www.allaboutbirds.org/
Type in the name of the bird
You will have the option to listen to a bird call or song or click ID info!

The Friends of Wascana Marsh are dedicated to preserving and enhancing the diversity of the Wascana Marsh ecosystem. Check out their website at wascanamarsh.ca for more information!



The favourite hang out spot for birds and waterfowl is at the very edge of the Habitat Conservation Area!



Wascana Centre has a great section about the Habitat Conservation Area at wascana.ca including resources for pond dipping, quadrat surveys, bird watching and more!



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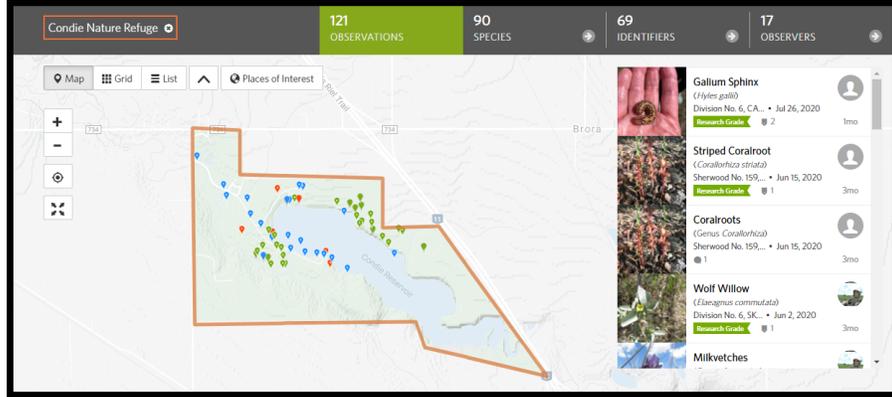


Habitat Conservation Area



Download the **Seek by iNaturalist** app to identify wildflowers.

Visit [inaturalist.ca](https://www.inaturalist.ca)
Explore
Location—Regina, SK
Places of Interest
Condie Nature Refuge



Click on each marker and it will show you a picture and description of the species.

Want to know more about Saskatchewan wildflowers?
Check out www.saskwildflower.ca
Thanks to Glen and Maureen Lee for this great website!



Flowers & Pollination Stage

Iris Versicolour

Seed Stage



Flowers & Pollination Stage

Wild Prickly Rose

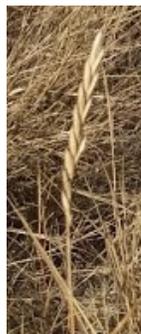
Seed Stage



Wild Asparagus!



Birds and small rodents eat Crested Wheatgrass seeds



Why do they let the grass grow so long? Wheatgrass and the seed heads of other grasses is an important food source for birds and wildlife in the winter!

Nature Saskatchewan has a tonne of resources on their website! Visit www.naturesask.ca and search for common range plants and you can find a guide to identifying the many different grasses in Saskatchewan!



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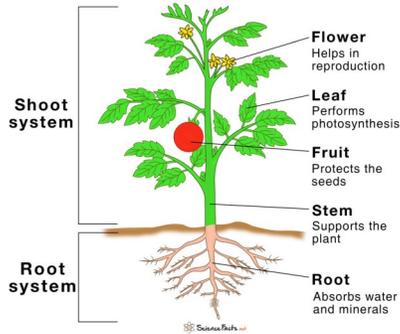
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Habitat Conservation Area



Parts of a Plant



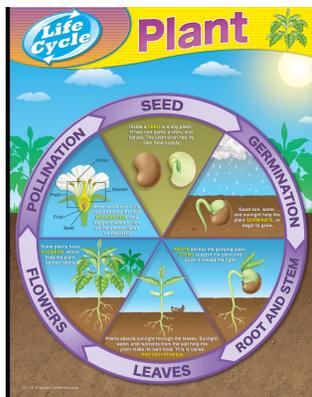
Every plant has a **root system and a shoot system**. The shoot system is made up of a flower, leaf, fruit and stem.



This is a purple prairie coneflower. **How do we know?** You can usually identify plants by their flower!

When the flower isn't there you can check out the leaves and stem. On this plant the leaves alternate with 3 to 5 leaflets. The stem is long and stiff. Once the flower dries out there is a hard pod or "fruit" left with seeds inside. Check out www.saskwildflower.ca for more info about leaves and stem patterns on plants.

From <https://www.sciencefacts.net/parts-of-a-plant.html>



Germination—A seed requires water and warmth to start the process. It is too cold in winter so they stay underground!



Roots and Stems – Stems emerge upward from the soil. The roots grow downwards looking for water and minerals.



Leaves— The plant uses the sun for photosynthesis (captures energy) and starts to grow leaves.

Flowers & Pollination—The flower grows and produces pollen. The pollen needs to get onto another plant of the same species. Bees and butterflies move the pollen as well as the wind. The bright, colourful flowers attract the bees and butterflies.



From www.teachercreated.com/products/plant-life-cycles-chart-7714

Native plants have more nectar than hybrid flowers. They are a great food source for bees and butterflies because they have evolved over thousands of years along with the creatures that need them.

Seed—Once pollinated the plant is able to produce seeds, fruit develops around the seed, protecting it and helping it to reach the ground. The fruit is transported by wind, water, attaching to passing animals or being transported by animals that eat the fruit and later poop it out!



For a wild rose the fruit is called a rose hip



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Pond Dipping Guide



Whirligig Beetle
Each eye is divided into two parts. One to see above water and one to see below at the same time!



Water Boatman
Long oar-like legs moves it through water. Eats algae and decaying plant material on the bottom of the marsh.



Dragonfly Nymph
When it changes into an adult dragonfly it climbs out of the water!



Caddisfly
These are important food for fish.



Water Mite
Very, very small and looks like a fat spider with a bright red, round body. Swims by wildly beating its eight legs.



Caddisfly Larvae
They can resemble hermit crabs because they sometimes surround themselves with a hard casing.



Water Flea
A healthy freshwater pond has a tonne of these! They are the lowest on the food chain so lots of creatures eat them. If there are lots then an ecosystem is doing well!



Water strider
They appear to stride over the water by distributing their weight evenly.



Snail
Frogs and smaller fish eat these. Uses a rough "tongue" to scrape up algae and dead material for food.



Leech
Most pond leeches feed on decaying material and bottom sludge. These keep the muck out of our rivers and lakes.



Backswimmer
Black and white with large red eyes. Swims along on its back using its legs like oars! Often confused with water boatman.



Phantom Midge Larva
Ghost-like insect larva is almost invisible. Swims by flicking body and then drifting.



Gammarus
Has seven pairs of thoracic walking legs! Bring a magnifying glass to see them!

Adapted from the Ducks Unlimited—
Marsh Monsters Guide
www.ducks.ca/resources/educators/



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Habitat Conservation Area



Dragonfly Identification Guide

From simply sitting watching in your backyard to actively searching them out they are almost everywhere! They are amazing insects and beautiful to just watch.

If you want to identify them you will need:

- binoculars
- a paper guide or online resource
- net with a deep scoop



Dragonflies and Damselflies in the Hand is sold by Nature Saskatchewan.

Before catching dragonflies, make sure it is okay in that area!

Using a model Dragonfly, here are the steps once you have caught the insect and the correct way to hold it!



A net with a deep scoop is best. **Be very careful not to injure the insect.** Once it is in the net hold the tip of the scoop upwards to lead the insect to go to the top. Then hold the scoop closed and slip your hand inside the net up to the insect. Carefully slide your thumb and forefinger up past the legs and continue until the wings naturally fold together upright. Hold the insect by the wings. Unlike Butterflies, there are no scales on the Dragonfly's wings to come off, however, care must be taken not to injure the wings or the insect. Do not pull hard if it is biting the net or holding onto the net with its feet. Slowly pull apart and stop if it won't let go. Eventually it will release the net. Dragonflies do not tend to bite but they can when being handled. Keep your fingers away from their mouth.

If you are wearing bug repellent make sure there is none on your hands that may transfer to the insect.

Near water is a good place to find dragonflies! Most of their life cycle occurs near or in water. **There are 7 types of dragonflies seen in Regina!**



Black Meadowhawks are small dragonflies at approximately 1 inch in length. Mostly dark with yellowish markings. These dragonflies tend to appear later in the summer. Look for the intricate patterning on the thorax and abdomen.



Four-spotted Skimmers are a medium sized dragonfly at approximately 2 inches in length. Very easy to identify with the spots on the wings and the gold and brown colouring. Look for the beautiful light veins in the dark hindwing patch.



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Dragonfly Identification Guide



Variable Darner

A large dragonfly at approximately 3 inches in length. The easiest way to identify a Variable Darner is to look at the markings on the thorax. These markings are variable- either thin stripes or dots or a combination of thin stripes and dots. The overall color of the dragonfly can vary as well- mostly blue, a combination of blue, yellow, and green, or yellow and brown.

Variable Darners are very common in Regina.



Meadowhawks are common in Regina.

From mid summer well into the fall, these small mostly red dragonflies are found just about everywhere in Regina.

Cherry-faced Meadowhawks are tiny at approx. 1-1.5 inches.

Note the prominent black markings on the abdomen and the brilliant red colouring. The face is red as well.



Common Green Darners

Size: approximately 3 inches in length— large dragonflies!

Males have a green thorax with a mostly blue abdomen, females have a green thorax with a reddish brown abdomen.

Look for the target marking of blue, yellow, and black on the 'nose'.



Variegated Meadowhawk

Size: approximately 1.5 inches in length

Can be first seen in spring and until late summer as it is migratory. This particular individual was seen late May of this year. This was most likely a migrant just arriving in Saskatchewan.

Variegated Meadowhawks have a very vividly patterned abdomen and either white stripes or 2 yellow dots (or both) on the thorax. Overall colour is red and brown.



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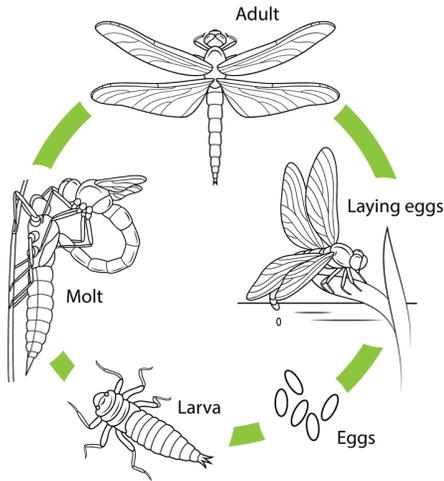


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Dragonfly Identification Guide

Life Cycle of a Dragonfly



Most of a dragonflies life cycle occurs near or in water.

At the water's edge look for exuviae which is the skin shell that is left after a dragonfly nymph leaves the water and undergoes metamorphosis to an adult.

It is super special to find a dragonfly as it emerges and goes through this transformation! Check on rocks, twigs, a bank, anywhere near and along the edge of the water. As the Dragonfly waits for its wings and body to totally unfurl and harden, it is soft and vulnerable. Do not handle it when it is going through this process or for awhile afterward. Enjoy with your eyes!

For more detailed information about the Life Cycle of a Dragonfly check out: www.howitworksdaily.com/the-life-cycle-of-a-dragonfly/

You can download this colouring sheet for free at:

www.supercoloring.com/coloring-pages/life-cycle-of-a-dragonfly

The best place to find dragonflies is around lakes or water channels. Green spaces and parks are also excellent areas.

Dragonflies tend to defend an area so if your insect suddenly takes wing or you see it as it flies by, keep a watch on it. Chances are it will eventually make its way back to you. Maybe even land on you! Don't freak out! They will not hurt you. It is considered good luck to have a dragonfly land on you!



A.E. Wilson Park



Wascana McKell Conservation Park



Condie Nature Refuge



Habitat Conservation Area



Kiwanis & Rotary Park

A huge thanks to Kim Mann, a Nature Regina member, for providing the information and great pictures for the Dragonfly Identification Guide!



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