



The Road Less Travelled to a Hidden Valley!



Hidden Valley is a 40 minute drive north of Regina on Hwy # 11. Take the exit for Lumsden/Craven. Turn right towards Craven. Follow the road and turn right at Russell Hill Road (Hwy# 729). Before you exit the valley there is a left hand turn. Continue on this road until the Hidden Valley sign on your right.

An **alternate route** from Craven is to turn right at Hwy# 641 and immediately turn right at Hwy #99. Continue on the gravel road for a while and take the first right available. You will see this sign and will cross this bridge. Take your first right turn and continue until you see the Hidden Valley sign on your left.



Parking lot



Entrance

If you take the **alternate route** you will see the Kennell Anglican Church which is one of **Saskatchewan's most photographed historic churches.**



The Ridgeway Path is in red and the Valley Trail is in blue. The Valley Trail is a workout!

After you exit your vehicle, **take a minute to stop and listen** to the birds.

In more open areas **you may see** the Eastern Kingbird and Least Flycatcher in the trees. Tree Swallows nest in nest boxes near the parking lot. In forested areas **you may hear and see** Warbling Vireo, Red-eyed Vireo, Black-capped Chickadee, House Wren, Catbird, Veery, Cedar Waxwing, American Goldfinch, and Yellow Warbler.

See a bird and hear a bird call— download a bird e-book from Nature Canada's website or use a bird identification app for beginners merlin.allaboutbirds.org or www.ebird.org

Soaring overhead on an updraft from the valley slopes: Turkey Vulture and Swainson's Hawk. **Listen** for the coo of the Mourning Dove.

Clay-coloured Sparrow's live in the shrubby areas. Spotted Towhee are common along the coulees. For a Robin sized bird they can be very hard to spot, **bring binoculars** and patience to spot them!



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The Valley Trail hike will take you from the bottom of the Qu'Appelle Valley to the top!

Bring a bottle of water for thirsty hikers. Take a break and enjoy the view!

Bring solid footwear as this hike goes up, up, up and then down, down, down again!



We made it to the top of the Qu'Appelle Valley!

Nature Regina owns Hidden Valley which is a half section of land in the Qu'Appelle River Valley near Lumsden. The Hidden Valley Sanctuary's purpose is to preserve and protect wild fauna and flora and the surface itself in a natural form. The Sanctuary is relatively small and is ecologically fragile.

Please engage in minimal impact activities such as hiking and photography. Please no pets or other activities that would endanger this fragile ecosystem. To find out more about Nature Regina visit www.natureregina.ca/



Follow the meadow to the right for more spectacular views!



Bring along a picnic!



Enjoy a picnic with spectacular views of the Qu'Appelle Valley and a musical background of songbirds!

Want to know the name of a flower? Check out www.saskwildflower.ca Or download [Seek by iNaturalist](#)



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Hidden Valley Search & Find

Blooming Flowers

June & July



Scarlet Mallow
This plant has a deep root system to find water so it is very drought tolerant. Its seeds have a hard coat and they wait to germinate until conditions are favourable.



Northern Hedysarum
Young roots have a sweet licorice flavour if eaten raw and taste like carrots if cooked.



Western Red Lily
The flower emblem of Saskatchewan. These flowers are rare. You'll find lots blooming at Hidden Valley in June and July! These plants are protected so please enjoy them in a photo only.



Spreading Dogbane
The flowers produce nectar that is an important food source for monarch butterflies. You will see many types of butterflies at Hidden Valley.



Canada Anemone
They grow very well in a wildflower garden. They look nice, can handle some trampling and spread with underground rhizomes!



Gaillardia
They have hairy leaves! This plant loves dry, hot conditions and can get root rot if in growing in an area that does not drain well. Perfect for an Indigenous plant garden.



Ascending Purple Milk Vetch
Stay very still and take a moment to watch the many bees at work buzzing from one flower to the next!



Tufted Fleabane
A wide bright yellow disk that is surrounded by 40 to 100 short, petal-like white rays. Can you count them? Daisies only have about 20 white rays.



Harebell
A beautiful cluster of drooping blue-violet bell shaped flowers. Children's literature often references them for their fairy-like appearance.



There are hundreds of cacti growing at Hidden Valley. Watch your step and stay on the path! You can find **Pincushion Cactus** (left) and **Plains Prickly Pear Cactus** (right).



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