



# WANDERING WEDNESDAYS

GET OUTSIDE!  
OUTDOOR ADVENTURE GUIDES

POND DIPPING   WILDFLOWER HUNTING  
INSECT SPOTTING   BIRD WATCHING

[www.natureregina.ca/get-outside-family-hikes](http://www.natureregina.ca/get-outside-family-hikes)

15+ Free Get Outside! Outdoor Adventure Guides

Check out 15+ Ecomuseums in and around Regina.  
There are “museums without walls” all around you!

Native plants have grown in unison with the insects, birds and wildlife all around them for thousands of years. Come and explore an Ecomuseum near you!

Thanks to a 12 year old Nature Regina member for coming up with the idea for Wandering Wednesdays! Wandering Wednesdays is a social media campaign to promote the 15+ free Get Outside! Outdoor Adventure Guides developed by Nature Regina. Shannon, Graham, Damon and Bryan Chernick volunteered their time all summer to create these family friendly guides to encourage families to spend time outside and support the positive mental and physical health that results!

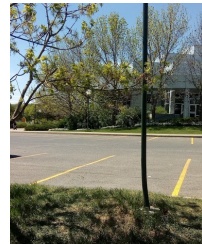
Thanks to Nature Regina experts—Dale Hjertaas, Gail Fennell, Kim Mann, Brett Quiring, Glen and Maureen Lee for identifying birds, plants, insects and wildlife in the Get Outside! Outdoor Adventure Guides. A huge thanks to the volunteer communications team—Daralyn Sheffield, Ingrid Alesich and Jim Elliott and Nature Regina’s President Elaine Ehman!

# Secret Path to a Bird Habitat

## Location

If you have ever walked by the ridge close to the Imax—Saskatchewan Science Centre parking lot you may not realize there is a secret path to a bird habitat!

## What can I expect?

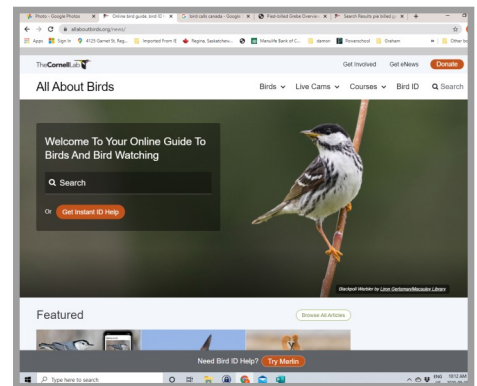
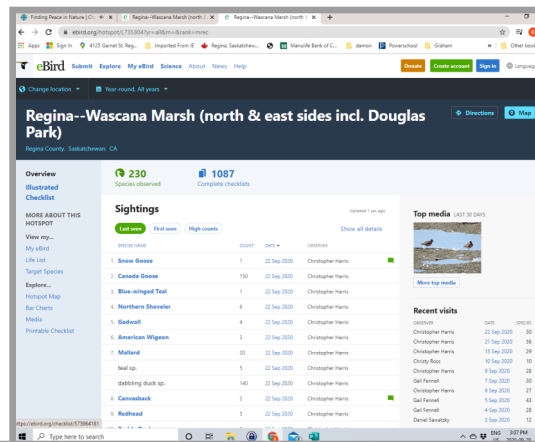
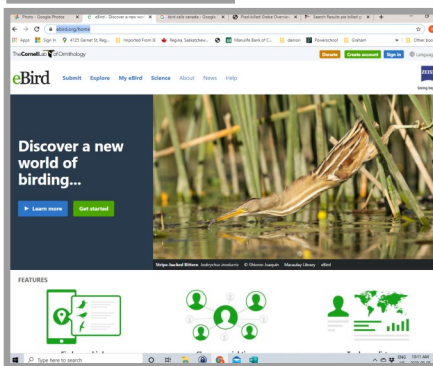


## Entrance

The path is filled with lots of interesting terrain! The path is definitely not stroller or wheelchair accessible. There are also several places on the path that are narrow and pass directly by water.



## Birdwatching



You can see which types of birds have been spotted in the Wascana Marsh (north & east sides incl. Douglas Park) recently!

[ebird.org/home](http://ebird.org/home)

Explore

Explore Regions

Regina, Saskatchewan

Click on **Hot Spots**

Look for Wascana Marsh north & east sides, incl. Douglas Park

Over 230 species have been observed in the Wascana Marsh area!

Now visit [www.allaboutbirds.org/](http://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!

## Wildflower and Plant Hunting

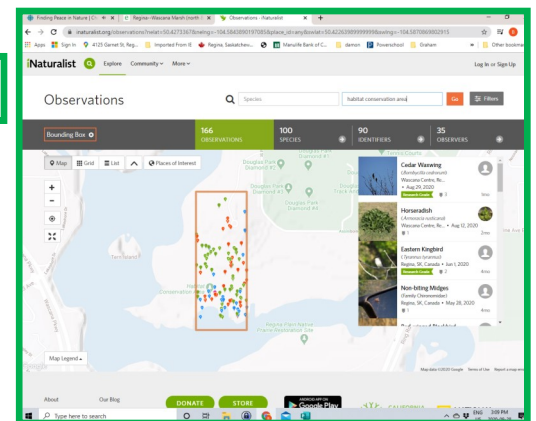
Download the **Seek by iNaturalist** app to identify wildflowers.

Want to know more about Saskatchewan wildflowers? Check out [www.saskwildflower.ca](http://www.saskwildflower.ca)

Thanks to Glen and Maureen Lee for this great website!

Visit [inaturalist.org](http://inaturalist.org)  
Explore  
Location

Regina, SK, Canada  
**Places of Interest**  
Wascana Lake



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



More outdoor adventures at [natureregina.ca/get-outside-family-hikes](http://natureregina.ca/get-outside-family-hikes)

Like these outdoor adventure guides?  
**Become a Nature Regina member or make a donation!**

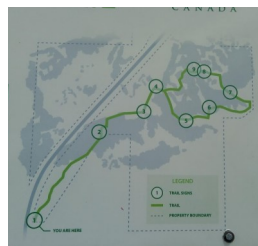


## Fairy Hill

### Location

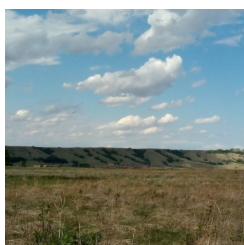


Fairy Hill is a 20-minute drive north of Regina on Highway #6. There is a Fairy Hills highway sign just before you head into the Qu'Appelle Valley. If you park and see this you have found the entrance!

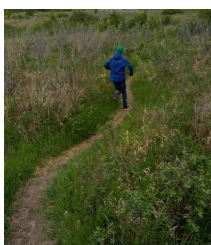


There are many trail options. Check for the trail markers en route. The full trail loop will take one and a half hours.

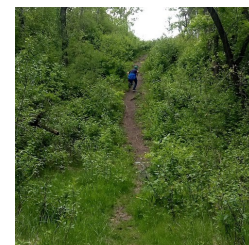
### What can I expect?



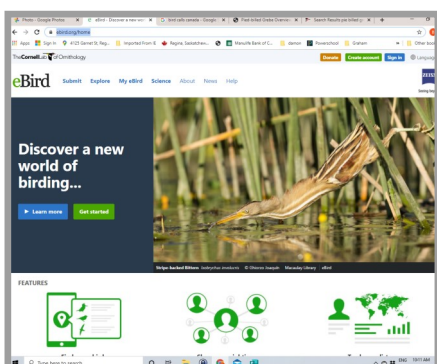
Stunning views of the Qu'Appelle Valley. **Lots of photo opportunities!**



The terrain varies from flat to hills and from grasslands to tree cover to wetlands. Bring solid walking shoes!



### Birdwatching



You can see which types of birds have been spotted in the Habitat Conservation Area recently!

[ebird.org/home](http://ebird.org/home)

Explore

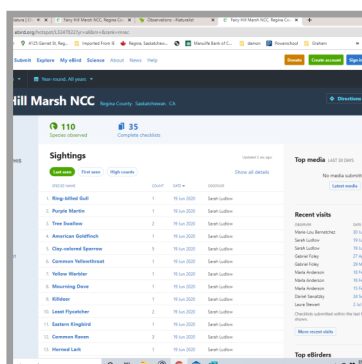
Explore Regions

Regina, Saskatchewan

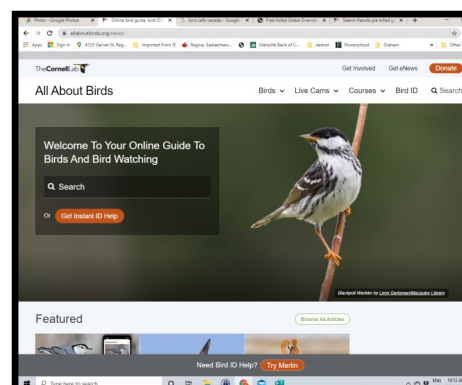
Click on **Hot Spots**

Look for Fairy Hill Marsh NCC

Select it!



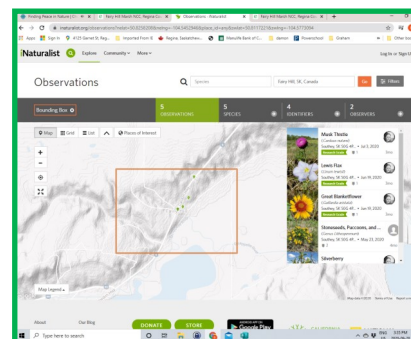
Over 110 species have been observed at Fairy Hill Marsh NCC!



Now visit [www.allaboutbirds.org/](http://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!

### Wildflower and Plant Hunting

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



Want to know more about Saskatchewan wildflowers? Check out [www.saskwildflower.ca](http://www.saskwildflower.ca)

Thanks to Glen and Maureen Lee for this great website!

Visit [inaturalist.org](http://inaturalist.org)  
Explore  
Location  
Fairy Hill, SK, Canada

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



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Like these outdoor adventure guides?  
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# McKell Wascana Conservation Park

## Location



On the very southern edge of the east end.

Take Prince of Wales Drive south to Wascana Gate S, turn east to Wascana Circle, head south about 1/2 a kilometre. Located at 12001 Wascana Circle.

All I see is a field!

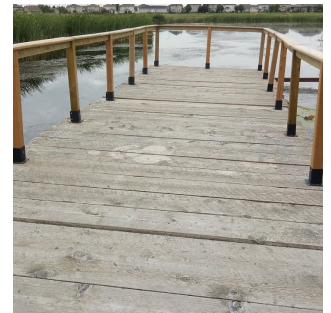
Take a closer look...



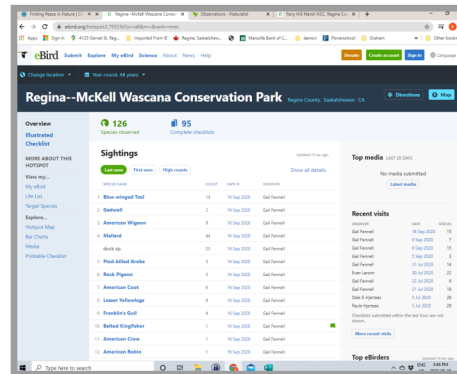
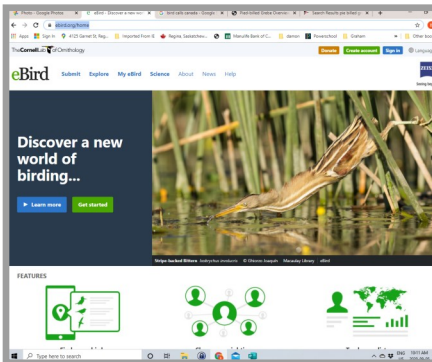
## What can I expect?



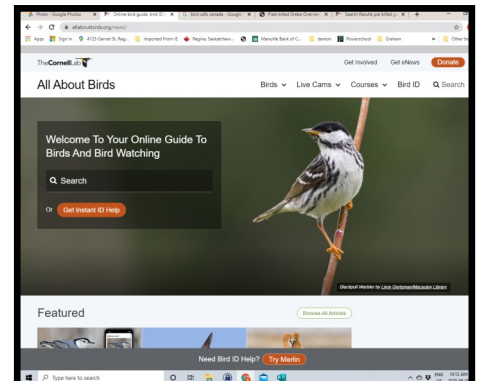
Several different trails. All trails are groomed and either crushed stone or grass. Definitely stroller accessible!



## Birdwatching



Over 126 species have been observed at McKell Wascana Conservation Park



Now visit [www.allaboutbirds.org/](http://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!

You can see which types of birds have been spotted at the McKell Wascana Conservation Park recently!

[ebird.org/home](http://ebird.org/home)

Explore

Explore Regions

Regina, Saskatchewan

Click on **Hot Spots**

Look for Regina—McKell Wascana Conservation Park

Select it!

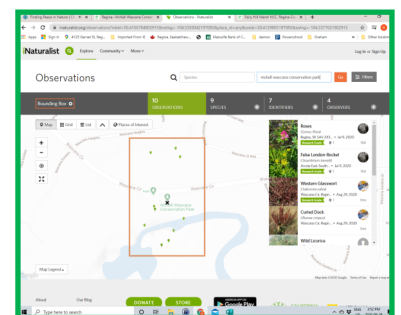
## Wildflower and Plant Hunting

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

Visit [inaturalist.org](http://inaturalist.org)

Explore Location

McKell Wascana Conservation Park



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

More outdoor adventures

at [natureregina.ca/](http://natureregina.ca/)

[get-outside-family-hikes](http://natureregina.ca/get-outside-family-hikes)

Like these outdoor adventure guides?

**Become a Nature Regina member or make a donation!**





# McKell Wascana Conservation Park

## Wildflower and Plant Hunting

**Wildflower Wonder at Wascana McKell Conservation Park**

From the main entrance of the Wascana McKell Conservation Park head east and turn right on Wascana Gardens Drive. Drive right until the end of park. This is Wascana View South Park.

All I see is a field? Once again...take a closer look!

Walk towards the field and look for a small path of trodden down grass. All you will see at first is yellow clover but if you keep walking...

**Wildflower Hunting!**

Grab a piece of paper and a pencil. Use the guide below and write down what you find! Who found the most?

**Gaillardia**  
Blooms last a long time and once the bloom dries out they look like this (right).

**Two grooved milk vetch**  
Important for bees and butterflies but is not good for sheep and cattle if they eat too much.

**Golden Rod**  
These are great late season flowers that migrating butterflies love to visit.

**Yellow Prairie Coneflower**  
Considered a "species of special value to native bees". Songbirds eat the seeds.

**Want to know more about Saskatchewan wildflowers?**  
Check out [www.saskwildflower.ca](http://www.saskwildflower.ca). Thanks to Glen and Maureen Lee for this great website!

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

**Why are native plants important?**

- 1) Perennials so they come back every year. **Protect the soil** because their roots go down deep to find water in the prairies.
- 2) Food and shelter for pollinators like bees and butterflies. **Ever notice how well your garden grows if there are lots of native plants nearby?**
- 3) Adapted to our climate! Regina's annual precipitation is only 17 inches (rain and snow) and these plants have adapted over thousands of years to survive here.
- 4) Provide food for wildlife and birds. Check out how many birds live at Wascana McKell Conservation Park and they use it as a **breeding ground**.

**Prairie Rose**  
Pollen is beneficial for bees. Rosehips (red berry-like) are a winter food for birds and mammals.

**Wild Asparagus**  
It can take a few years for asparagus plants to be well-established. Check back next year and see how it has grown.

**Prairie Sage**  
Used by First Nations for smudging.

**Pasture Sage**  
If you gently rub a leaf you can smell the sage. In the past sage was used to repel bed bugs, lice and fleas. An important food source for some birds and animals.

**Gumweed**  
The resinous sap that covers the leaves has been used as a substitute for chewing gum. **Feed it! Under the flower it is sticky. Like gum!**

**Heart-leaved Alexander**  
The leaves are heart shaped. Important for short tongued bees because the pollen and nectar are easy to reach.

**Flax**  
Textiles made from flax are known as linen such as fabric used in bed sheets and table linen.

**Common Yarrow**  
Many small insects and tiny bees rely on this plant for nectar. Yarrow is also used to prevent soil erosion in gardens because its root go down deep and hold the soil together.

**Purple Prairie Coneflower**  
Prairie fires and grazing cattle help this plant to flourish! Without these things they have trouble growing well.

**Check out the grasshopper on the Rose Gall!** A Rose Gall is formed when an insect lays an egg on or in a plant. **Inside each gall are tiny white larvae.** The spikes provide protection. The gall provides food for the larvae.

**A native plant** is one that grew somewhere before pioneers and settlers came to an area. These plants and the animals and insects that use them for food and shelter have evolved together over thousands of years. They are well adapted to living together in the region in which they grow!

Download the full 4 page Wildflower Hunting activity at [www.natureregina.ca](http://www.natureregina.ca)

About 10 Nature Regina volunteers spent hours in a secret wildflower field identifying every single plant!

**Want to know more about Saskatchewan wildflowers? Check out [www.saskwildflower.ca](http://www.saskwildflower.ca)**

Thanks to Glen and Maureen Lee for this great website!

## Pond Dipping

**Wascana McKell Conservation Park Pond Dipping**

You'll need:  
- large bucket  
- smaller buckets  
- net  
- magnifying glass

**How do I pond dip?**  
[www.wildhow.com/pond-dip](http://www.wildhow.com/pond-dip)

Once you've finished pond dipping spend some time looking at the water and now see what you can find!

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

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

**Water Mite**  
Very, very small and looks like a fat spider with a bright red, round body.

**Water Flea**  
A healthy freshwater pond has a lot 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!

**Snail**  
Frogs and smaller fish eat these. If you find one and look carefully you might spot a frog or fish.

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

**Caddisfly**  
These are important food for fish.

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

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

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

**Get Outside! Outdoor Adventure Family Hike Guides**  
[www.natureregina.ca/get-outside-family-hikes](http://www.natureregina.ca/get-outside-family-hikes)

Share photos on the Nature Regina Facebook page! (Like these hike guides? Become a member!)



**Regina--Wascana View Park** Regina County, Saskatchewan, CA

Directions Map

Overview  
Illustrated Checklist

**37** Species observed  
**5** Complete checklists

**Sightings** Updated 9 sec ago. Show all details

Top media LAST 30 DAYS  
No media submitted  
Latest media

Recent visits

OBSERVER	DATE	SPECIES
Anonymous eBird	5 Jun 2020	1
Myles Sahuika	10 May 2020	2
Gail Fennell	13 Jul 2019	1
Gail Fennell	23 Mar 2019	10
Gail Fennell	9 Mar 2019	1
Laurie Koepke	15 Sep 2018	12
Gail Fennell	10 Sep 2018	3
Gail Fennell	11 Aug 2018	17
Gail Fennell	13 May 2018	16
Gail Fennell	20 Apr 2018	7

Checklists submitted within the last hour are not shown.  
More recent visits

Top eBirders Updated 9 sec ago.

Species	Checklists
1 Gail Fennell	34
2 Laurie Koepke	13

Species Checklists

SPECIES NAME	COUNT	DATE	OBSERVER
1. Osprey	1	5 Jun 2020	Anonymous eBird
2. Marbled Godwit	2	10 May 2020	Myles Sahuika
3. White-faced Ibis	1	10 May 2020	Myles Sahuika
4. Brown Thrasher	1	13 Jul 2019	Gail Fennell
5. Canada Goose	1	23 Mar 2019	Gail Fennell
6. Gray Partridge	1	23 Mar 2019	Gail Fennell
7. Rock Pigeon	6	23 Mar 2019	Gail Fennell
8. Merlin	1	23 Mar 2019	Gail Fennell
9. American Crow	4	23 Mar 2019	Gail Fennell
10. Black-capped Chickadee	5	23 Mar 2019	Gail Fennell
11. American Robin	1	23 Mar 2019	Gail Fennell
12. House Sparrow	24	23 Mar 2019	Gail Fennell
13. House Finch	6	23 Mar 2019	Gail Fennell
14. Dark-eyed Junco	6	23 Mar 2019	Gail Fennell
15. Blue Jay	2	9 Mar 2019	Gail Fennell
16. Mallard	3	15 Sep 2018	Gail Fennell

**Birdwatching at the secret wildflower field at Wascana View South Park!**



More outdoor adventures  
at [natureregina.ca/  
get-outside-family-hikes](http://natureregina.ca/get-outside-family-hikes)

Like these outdoor adventure guides?  
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# Royal Saskatchewan Museum Native Plant Garden

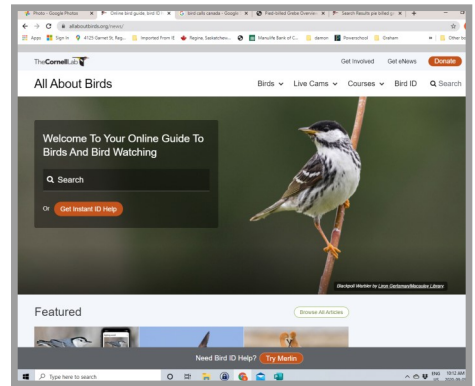
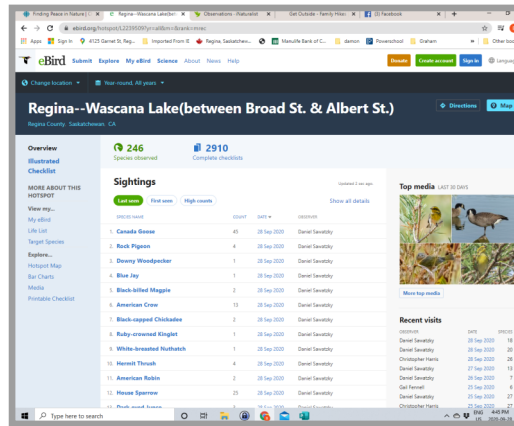
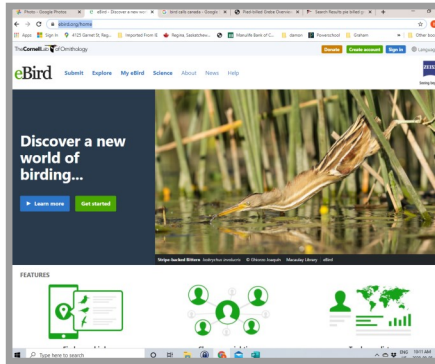
## Location

The Royal Saskatchewan Museum at 2445 Albert Street. The native plant garden is beside the entrance doors at the back of the building.

## What can I expect?

There is a wide dirt path through the garden. Native bees at work! They are more interested in pollen than you!

## Birdwatching



You can see which types of birds have been spotted at Wascana Lake recently!

[ebird.org/home](http://ebird.org/home)

Explore

Explore Regions

Regina, Saskatchewan

Click on **Hot Spots**

Look for Regina—Wascana Lake (between Broad St. & Albert St.)

Select it!

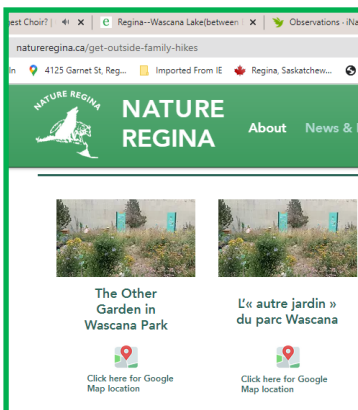
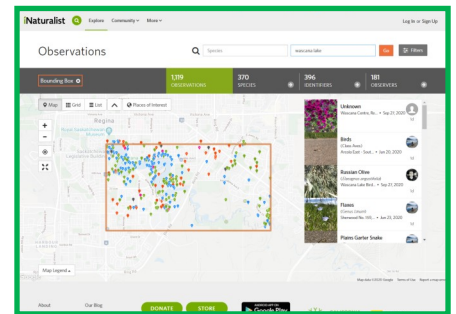
Over 246 species have been observed at Wascana Lake!

## Wildflower and Plant Hunting

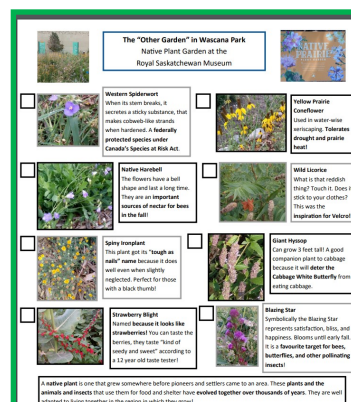
Download the **Seek by iNaturalist** app to identify wildflowers.

Visit [inaturalist.org](http://inaturalist.org)  
Explore—Location—Wascana Lake

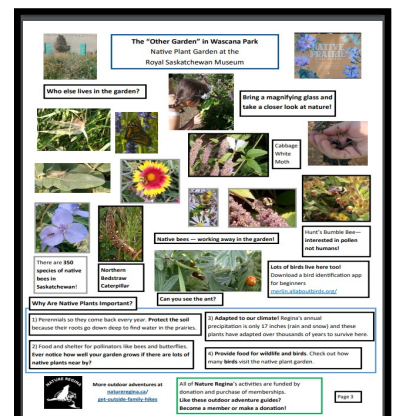
Now visit [www.allaboutbirds.org/](http://www.allaboutbirds.org/)  
Type in the name of the bird  
You will have the option to **listen to a bird call or song** or click ID info!



Download a **Get Outside! Outdoor Adventure Guide** in both French and English! Multiple guides available for different seasons.



## Insect Spotting



More outdoor adventures at [natureregina.ca/get-outside-family-hikes](http://natureregina.ca/get-outside-family-hikes)

Like these outdoor adventure guides?  
**Become a Nature Regina member or make a donation!**



# Hidden Valley

## Location



**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



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

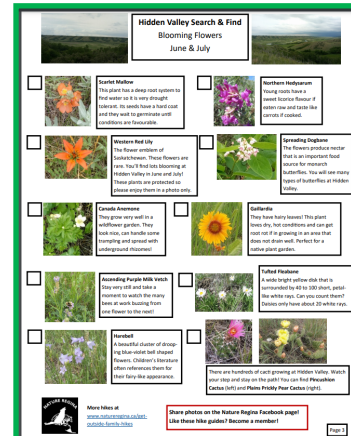


## What can I expect?

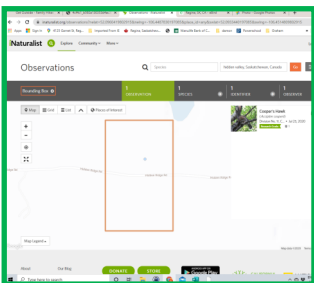


## Wildflower and Plant Hunting

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

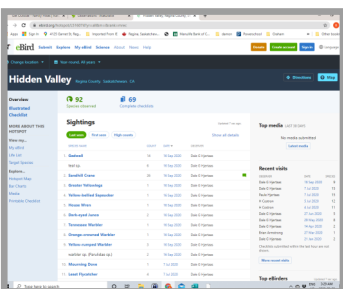


Download the **Get Outside! Outdoor Adventure Guide for Hidden Valley. A guide of what is blooming in June and July.**

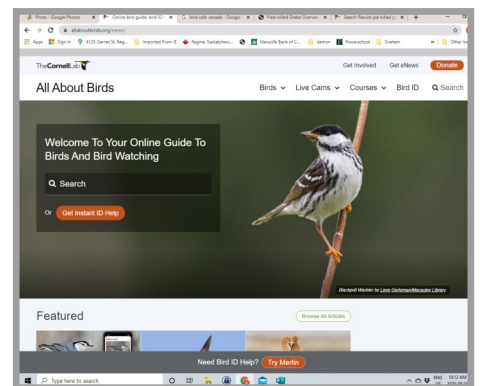


Visit [inaturalist.org](https://www.inaturalist.org)  
Explore—Location—Hidden Valley, Saskatchewan, Canada

## Birdwatching



You can see which types of birds have been spotted at Hidden Valley  
[ebird.org/home](https://ebird.org/home)  
Explore  
Explore Regions  
Regina, Saskatchewan  
Click on **Hot Spots**  
Look for Flora and Fauna of Hidden Valley Reserve, Saskatchewan  
Select it!



Now visit [www.allaboutbirds.org/](https://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!



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at [natureregina.ca/  
get-outside-family-hikes](https://natureregina.ca/get-outside-family-hikes)

Like these outdoor adventure guides?  
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## Location



## Habitat Conservation Area



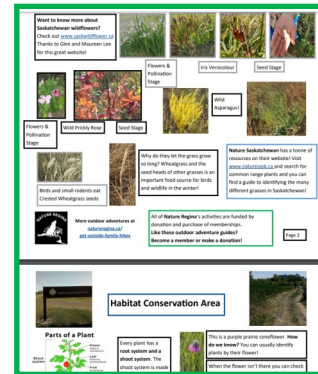
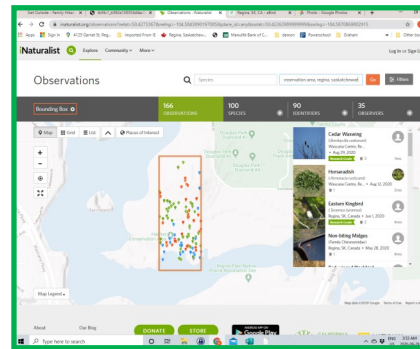
Ever noticed the fenced off area below Douglas Hill? You will see these signs by the entrance. There is a map with several trail options. The longest hike is 45 minutes. All trails are stroller accessible but getting the stroller through the entrance is a challenge!

## What can I expect?



## Wildflower and Plant Hunting

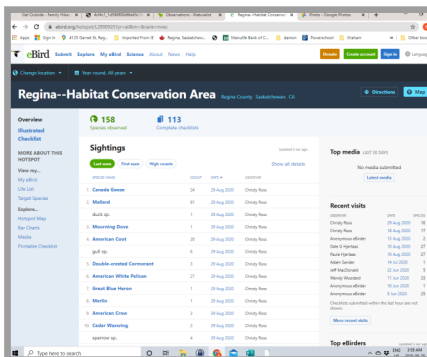
Download the **Seek by iNaturalist** app to identify wildflowers.



Download the **Get Outside! Outdoor Adventure Guide** and learn about the **Plant Life Cycle** at the Habitat Conservation Area

Visit [inaturalist.org](https://inaturalist.org) Explore—Location—Habitat Conservation Area, Regina, Saskatchewan

## Birdwatching

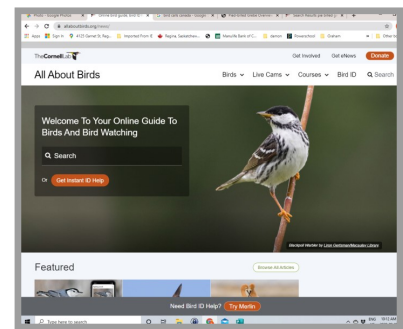


You can see which types of birds have been spotted at the Habitat Conservation Area!

[ebird.org/home](https://ebird.org/home)

Explore  
Explore Regions  
Regina, Saskatchewan  
Click on **Hot Spots**

Look for Habitat Conservation Area  
Select it!



Now visit [www.allaboutbirds.org/](https://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!

## Insect Spotting

Download the **3 page Dragonfly ID Guide** in the **Get Outside! Outdoor Adventure Guide**



## Pond Dipping

Download the **Pond Dipping Guide** in the **Get Outside! Outdoor Adventure Guide**



More outdoor adventures  
at [natureregina.ca/](https://natureregina.ca/)  
[get-outside-family-hikes](https://get-outside-family-hikes.com)

Like these outdoor adventure guides?  
**Become a Nature Regina member or make a donation!**



# Nicolle Flats Interpretive Area Buffalo Pound Provincial Park

## Location



Take the Trans Canada Highway #1 towards Moose Jaw. Before Moose Jaw turn right onto the #301 North. Follow this road until a sign on the right hand side that indicates “Nicolle Flats Nature Area”. Turn right and follow the signs.

Once at the Nicolle Flats Nature area these signs mark the **trailhead entrance** on both sides.



You can also access the trails from within Buffalo Pound Provincial Park

## What can I expect?

### Trails

**Marsh Boardwalk Interpretive Trail—3.3 km**  
This short trail is a must for everyone! Along this floating boardwalk you will be able to experience the marsh from the inside. Look closely to catch a glimpse of the many species of mammals, birds, and insects that live in the marsh. Enjoy the abundance of plants that sustain this flourishing ecosystem.

**Bison View Interpretive Trail—1 km**  
If you would like a glimpse of the bison herd, this trail will take you along the north side of the paddock and up the embankment to the north ridge, where you may catch the herd grazing in the shade of a tree or wandering through the bluffs to get some water. Enjoy the rolling hills and the awe-inspiring prairie landscape.

**Nicolle Flats Interpretive Trail—2.7 km**  
As you hike through this cultural valley and past its magnificent marsh, over its undulating prairie, into exotic country, you will discover the undulating splendor of the land. The trail prairie, into exotic country, you will discover the undulating splendor of the land. The trail prairie, into exotic country, you will discover the undulating splendor of the land.

**Dyke Trail—Trans Canada Trail—5.5 km**  
The historic Trans Canada Trail, with its easy terrain and excellent view of the Qu'Appelle River and the Trans Canada Trail, with its easy terrain and excellent view of the Qu'Appelle River and the Trans Canada Trail, with its easy terrain and excellent view of the Qu'Appelle River and the Trans Canada Trail.

**Valley Interpretive Trail—3.3 km**  
The historic Trans Canada Trail, with its easy terrain and excellent view of the Qu'Appelle River and the Trans Canada Trail, with its easy terrain and excellent view of the Qu'Appelle River and the Trans Canada Trail.

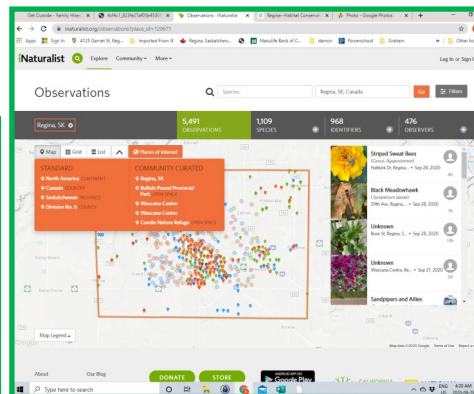
There are **several trail options**.  
Nicolle Flats Trail—3.0 km (one way)  
Bison View Interpretive Trail—2.9 km  
Valley Interpretive Trail—1.5 km  
Dyke Trail/Trans Canada Trail—4.5 km



## Wildflower and Plant Hunting

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

Visit [inaturalist.org](https://www.inaturalist.org)  
**Explore—Location**  
Regina, Saskatchewan, Canada  
Places of Interest  
Community Curated  
Buffalo Pound Provincial Park

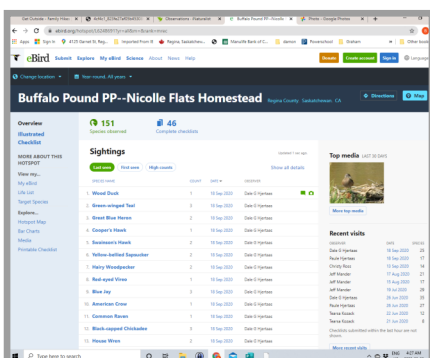


Download the Get Outside! Outdoor Adventure Guide—**Insect Spotting & Wildflower Hunting**



**Boardwalk Marsh Exploration**

## Birdwatching



What birds have been spotted at  
**Buffalo Pound Provincial Park**

[ebird.org/home](https://ebird.org/home)

Explore

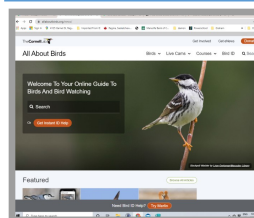
Explore Regions

Regina, Saskatchewan

Click on **Hot Spots**

Look for Buffalo Pound PP—Nicolle Flats Homestead

Select it!



Now visit [www.allaboutbirds.org/](https://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!

# Wascana Lake

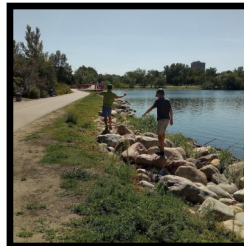
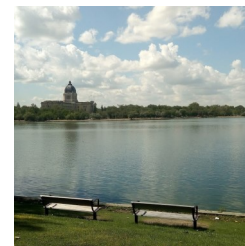
## Location

Wascana Centre is internationally known as a beautifully landscaped park surrounding a 120 hectare lake located in the heart of Regina.

## What can I expect?

There is a paved path all the way around the lake. Don't forget to get off the path and explore the green spaces by the water.

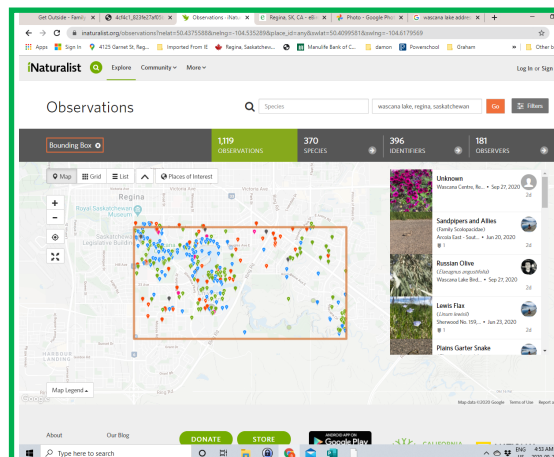
A walk around the lake is about 4 km



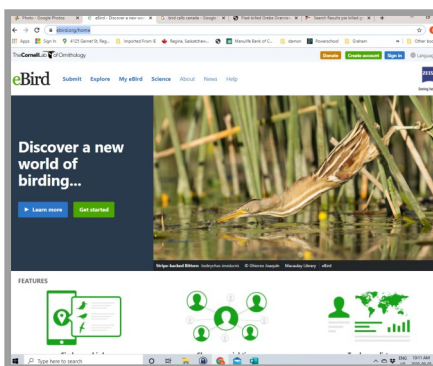
## Wildflower Hunting

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

Visit [inaturalist.org](https://www.inaturalist.org)  
**Explore—Location**  
Wascana Lake, Regina,  
Saskatchewan, Canada



## Birdwatching

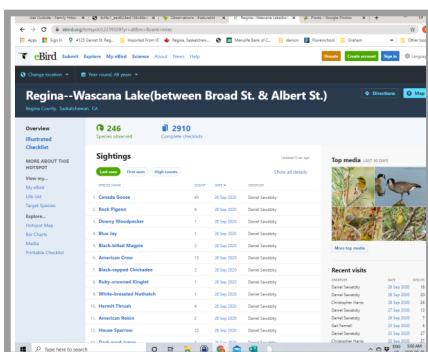


You can see which types of birds have been spotted at Wascana Lake recently!

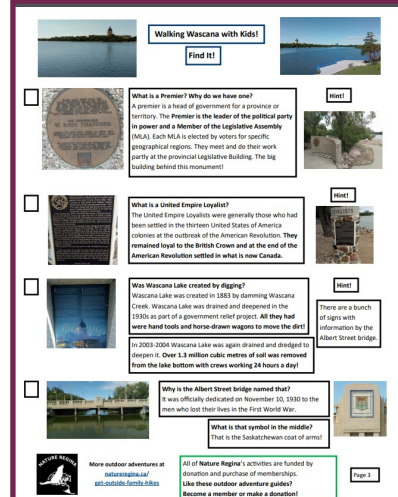
[ebird.org/home](https://ebird.org/home)

Explore  
Explore Regions  
Regina, Saskatchewan  
Click on **Hot Spots**  
Look for Regina—Wascana Lake  
(between Broad St. & Albert St.)  
Select it!

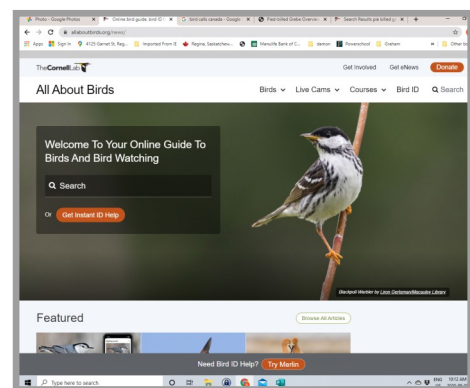
Over 246 species have been observed at Wascana Lake!



Find out where you can spot Western Painted Turtles, a waterfall and wildberry bushes!



Download the **2 page Find It activity** in the Get Outside! Outdoor Adventure Guide to find out about the history of Wascana Lake



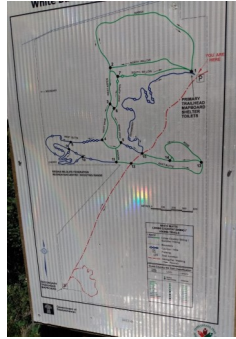
Now visit [www.allaboutbirds.org/](https://www.allaboutbirds.org/)  
Type in the name of the bird  
You will have the option to **listen to a bird call or song** or click ID info!



# White Butte Trails

## Location

Head east towards White City on Hwy #1. Take exit 229 toward Pilot Butte. Take your first right which is the service road that runs along Hwy #1. You'll take it almost to the end. Check the left hand side for a sign that says "White Butte Trails" and turn left. You'll drive a bit but you can't miss it. The yellow and brown sign above is at the entrance.



The trails are extremely well marked! Give everyone a chance to "choose their own adventure" by picking different trails along your outdoor adventure!

## What can I expect?



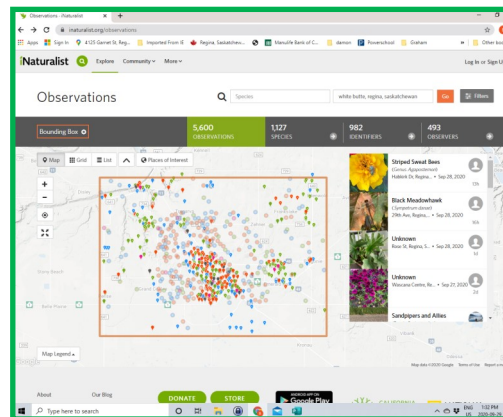
You can expect wide, well groomed dirt trails and a bit of sand along the way. Good conditions for strollers although the sand may present a small challenge in a few places. There are washrooms on site.



## Wildflower Hunting

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

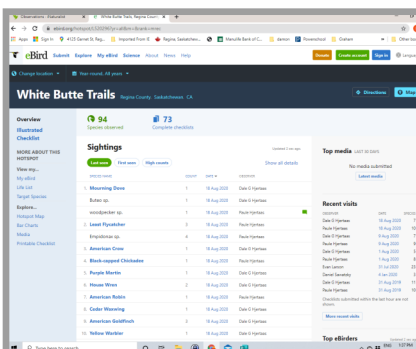
Visit [inaturalist.org](http://inaturalist.org)  
Explore—Location  
White Butte Trail, SK,  
Canada



Download the  
**Wildflower  
Hunting  
Activity** in the Get  
Outside!  
Outdoor  
Adventure  
Guide



## Birdwatching

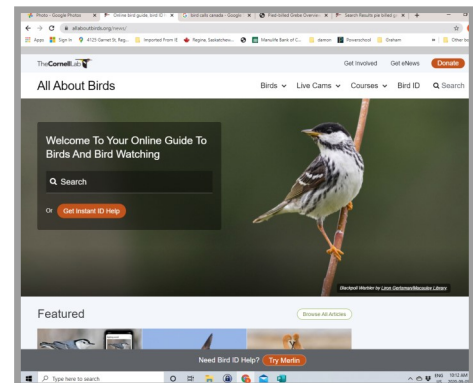


**Over 94 species  
have been observed  
at White Butte Trail!**

You can see which types of  
birds have been spotted at  
**White Butte Trails recently!**

[ebird.org/home](http://ebird.org/home)

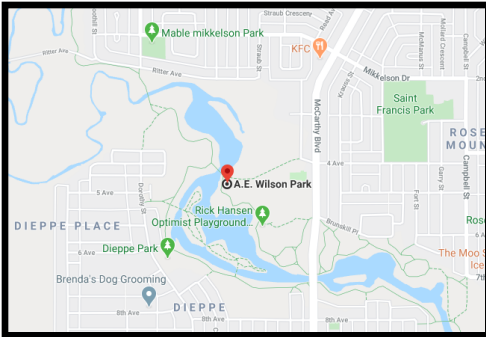
Explore  
Explore Regions  
Regina, Saskatchewan  
Click on **Hot Spots**  
Look for White Butte Trails  
Select it!



Now visit [www.allaboutbirds.org/](http://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!

## Location



## A.E. Wilson Park

A.E. Wilson Park has a hard to spot entrance at the corner of McCarthy Boulevard and 4th Avenue. There is lots of parking available. The hiking loops take between 30 minutes and 1 hour.

## What can I expect?



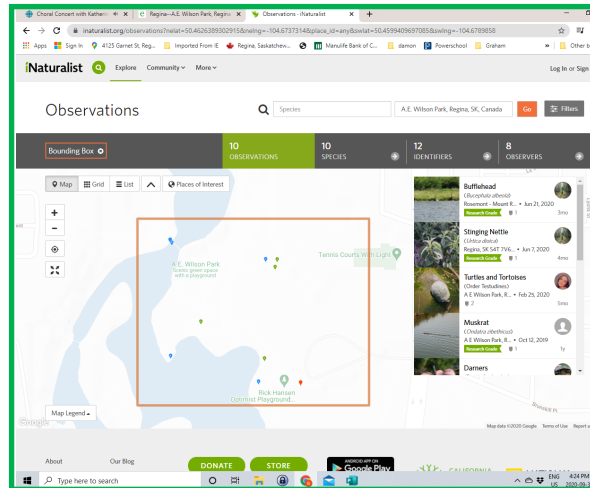
## Wildflower Hunting

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

Visit [inaturalist.ca](https://www.inaturalist.ca)

### Explore—Location

A.E. Wilson, Regina, Saskatchewan, Canada



The walkway is paved and the pathway on the island is dirt but usually accessible by stroller.



## Birdwatching

You can see which types of birds have been spotted at **White Butte Trails** recently!

[ebird.org/home](https://ebird.org/home)

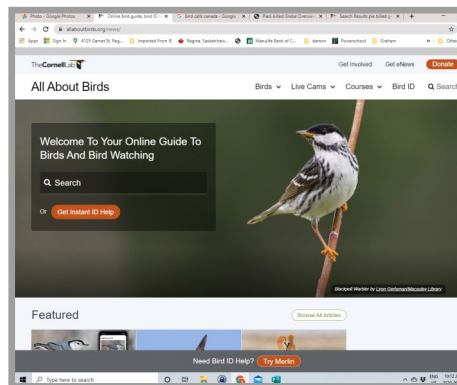
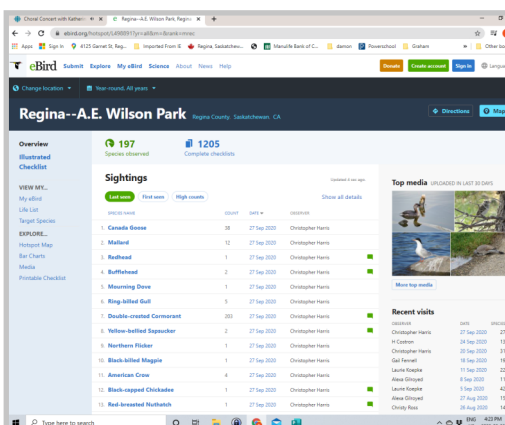
Explore

Explore Regions

Regina, Saskatchewan

Click on **Hot Spots** (at the top)

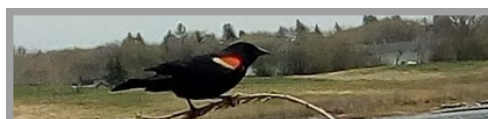
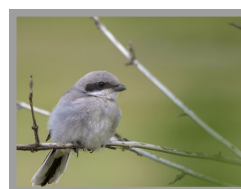
Look for Regina — A.E. Wilson Park



Now visit [www.allaboutbirds.org/](https://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!



### Explore an island in the city!



What animal would make this habitat?

Beavers front teeth are orange. They need extra strong teeth to gnaw through trees so their tooth enamel contains iron.

What do these three flags represent?

Regina, Saskatchewan, Canada

Which is which?

Follow the bridge and you will be...

On an island!

How many bridges lead on and off the island?

Did you know that geese babies?

Canada geese parents bring their goslings together in flocks known as creches. The goslings are cared for communally by all the parents.

How many goslings can you find?

How many bird nests can you find? Remember not to touch them because we want the birds to re-use them if they can.

Look for different songbirds on your walk. How will you know which type they are?

Download bird e-books at [naturecanada.ca/discover-nature/about-our-birds/](https://naturecanada.ca/discover-nature/about-our-birds/)



natureregina.ca

Share photos of your walk with us on the Nature Regina Facebook page!

Over 197 species have been observed at A.E. Wilson Park!

Download the 2 page Get Outside! Outdoor Adventure Guide for the spring to find out about the **beaver at work** and the amazing assortment of bird **nests** and birds you can find!



## Location



From Regina, head north on Highway 11 for approximately 10 minutes. Head west (turn left) at the Condie Nature Refuge signs. Follow the signs (highway signs look different).

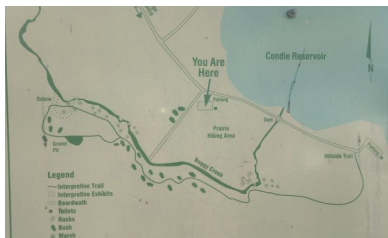
## Condie Nature Refuge

## What can I expect?



Pathways are groomed and some have crusher dust.

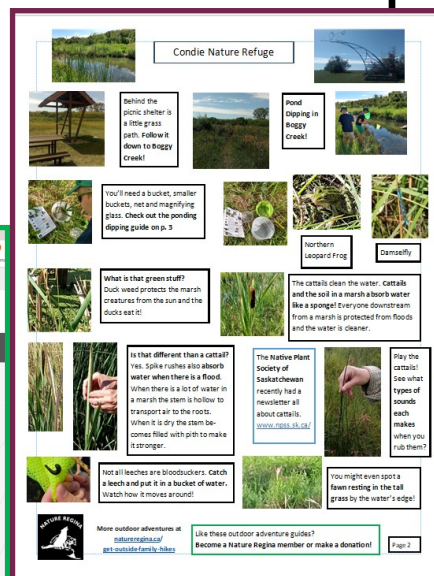
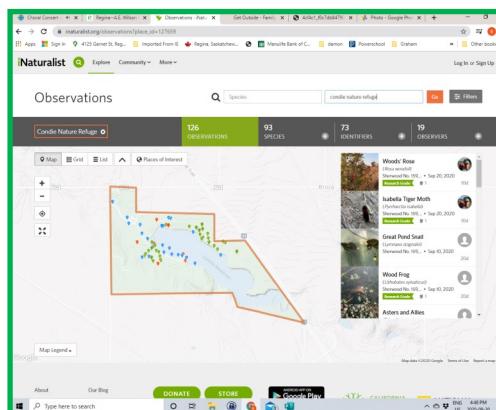
Generally accessible for strollers.



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

Visit [inaturalist.org](https://inaturalist.org)  
Explore—Location  
Condie Nature Refuge

The Condie Nature Refuge has **4 km of groomed nature trails**, a **small lake** for canoeing and kayaking and several **picnic areas**.



## Birdwatching

You can see which types of birds have been spotted at the Condie Nature Refuge recently!

[ebird.org/home](https://ebird.org/home)

Explore

Explore Regions

Regina, Saskatchewan, Canada

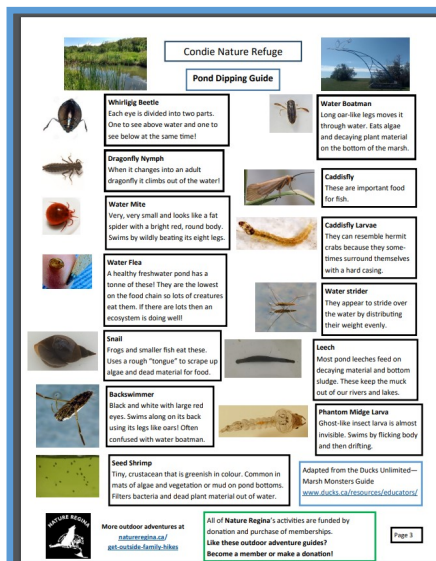
Click on **Hot Spots** (at the top)

Look for Condie Nature Refuge

Download the Get Outside!

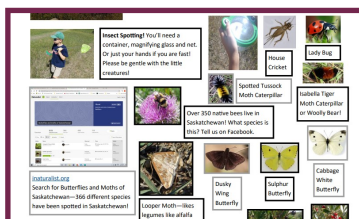
Outdoor Adventure Guide and find out more about Boggy Creek and its importance to the watershed.

## Pond Dipping



Now visit [www.allaboutbirds.org/](https://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!



Over 350 species have been observed at Condie Nature Refuge!

Download the pond dipping guide for the Get Outside! Outdoor Adventure Guide