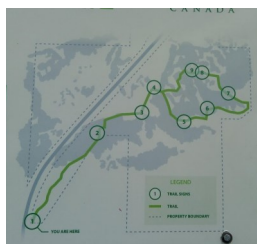




Hiking the Hills at Fairy Hill!



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 red trail markers en route. The full trail loop will take one and a half hours. Be prepared for ticks. In some years there are lots!



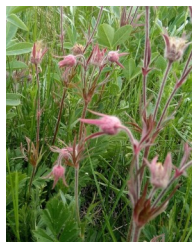
Why is it called Fairy Hill?

The post office opened in 1901 and the postmaster's wife named it after Fairy Hill on the Isle of Wight in England. The post office closed in 1969. Look for evidence of the old Hwy #6.



Northern Bedstraw

In the olden days, the dried plants were used to stuff fabric to make a mattress!



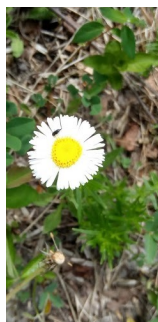
Three-Flowered Avenas

They love to grow in dry, grassy areas. These used to be dried, crushed and made into perfume!



Ascending Purple Milk-Vetch

The purple flowers are pollinated by bees and the seeds are eaten by songbirds and small mammals. Listen for songbirds ... if you are really quiet you may hear a Sprague's Pipit singing above the grassland or a Warbling Vireo or Yellow Warbler in the forest!



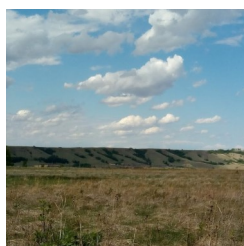
Fleabane

Look closely and you will see a fly visiting this flower to feed on nectar. Many different types of flies are important pollinators.

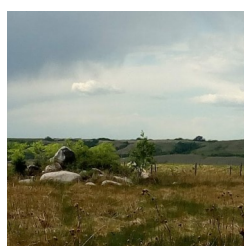


Canada Anemone

A perennial species which dies in the fall and comes back in the spring. It grows in large colonies spread by rhizomes which means it sends out underground stems that pop up above the soil as a new plant!



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



See an **unknown flower** and want to know what it is —check out saskwildflower.ca

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



More hikes at natureregina.ca/get-outside-family-hikes

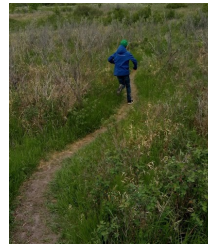
Share photos on the Nature Regina Facebook page!
Like these hike guides? Become a member!



Hiking the Hills at Fairy Hill!



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



Running



Running



Still running!



What is that growing on the rock?

Lichen is a fungus and algae that work together and live on water, minerals and air. Lichen are sensitive to poor air quality. Damage to lichen are an early warning that the air quality is poor. Take a deep breath and enjoy the fresh air at Fairy Hill!



The wetland at the bottom of the Qu'Appelle Valley is an important staging area for ducks and geese. It is also used as a stop-over for many shorebird species. **Bring binoculars and see what you can find!**



The trembling aspen is one of the largest and oldest living organisms on the planet! These trees use root suckering to spread which means the parent tree spreads roots underground and all trees in an area share the same genetic make-up.



Who made these prints?

Livestock may be present on the property. Please give them their space and keep pets on leash.



Why does that river curve?

On the faster side of the river, less sediment is deposited and more erosion is taking place. The river erodes soil from the outer curve and deposits it on the inner curve. This causes the meanders to grow larger and larger over time.

The **Nature Conservancy of Canada** maintains the Fairy Hill property. The Nature Conservancy of Canada leads and inspires others to join them in creating a legacy for future generations by conserving important natural areas and biological diversity across all regions of Canada.

Find out more about Fairy Hill on the Nature Conservancy of Canada **website** and download a **Nature Bingo card**.



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