

Secret Path to a Bird Habitat



A 20 to 30 minute **winter walk/hike** (one way) to explore a secret path to a bird habitat, **winter birdwatching** and a **beaver habitat**. What is happening under the snow and ice during the winter? Nearby is Douglas Hill, a great place to **toboggan**. Plus learn to **cross country ski** at the Regina Ski Club trails nearby!

The secret path to a bird habitat is located steps away from the Saskatchewan Science Centre—IMAX Theatre. Definitely not stroller or wheelchair accessible. The path is close to open water so please be careful.



See how many bird nests you can spot!

This was the first one we found in a Red Osier Dogwood shrub.



We found 40+ birds nests!

Now you know where to look in the spring to spot birds.

Secret entrance!

The Spring Azure butterfly uses the Red Osier Dogwood as a larval host in the spring.



Russian Olive tree. The **birds eat the berries as a winter food source**. These trees thrive in moist soil along stream banks, rivers and lakeshores.



Touch it! It sticks! This is the seed for a Wild Licorice plant. The **inspiration for Velcro!**



Snowshoers! You can **snowshoe** or walk this path.



There are several places where there is open water. **Approach these quietly and you may see birds and wildlife!**



Mallard Ducks



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What is happening under the ice during the winter?

Fish need low levels of oxygen to survive. **Fish are swimming under the frozen ice** because it is not frozen right to the bottom!



The **Saskatchewan Wildlife Federation**—Classrooms on Ice program can provide more info! <https://swf.sk.ca/resources/for-teachers/>

Nature Conservancy of Canada www.natureconservancy.ca/en/blog/the-wonder-of-winter-



What happened to these trees?



An active beaver lodge! Please keep your distance as there is a beaver family living here.



Visit the **Royal Saskatchewan Museum** to take an up close look at a beaver lodge.

Check out Instagram/natureregina or the Nature Regina Facebook page for a **short video about beaver lodges**



What is happening under the snow?



Mice, voles and shrews **live under the snow**. There is lots of food available—grass, leaves, bark, seeds, and **insects that are unfrozen!**

The subnivean zone is the area between the surface of the ground and the bottom of the snow pack.



Red Breasted Nuthatch



Black Capped Chickadee



Northern Flicker

You can see which types of birds have been spotted at Regina — Wascana Marsh (north and east side)

ebird.org/home

Explore

Explore Regions

Regina, Saskatchewan

Click on **Hot Spots**

Look for Regina — Wascana Marsh (north and east side)

Select it!



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Cross Country Skiing Beside the Saskatchewan Science Centre



The Regina Ski Club (RSC) provides programs, events and trips for all ages and levels of skiers, individuals and families alike.

Club volunteers pack and set ski trails within city limits in Wascana Center and a number of city park locations and at the White Butte Recreation site.



<p>SCIENCE CENTRE TRAILS</p>	<p>SCIENCE CENTRE Click here for Location Map Click here for Trail Map UPDATED: Nov 27/20 (4:00 pm) LAST GROOMED: Nov 27/20. LAST TRACK SET: Nov 27/20. SKATE LANE: Fair-Good. CLASSIC TRACK: Poor-Fair/grassy patches. TEACHING GRID: N/A. FAT BIKES NOT ALLOWED ON SKI TRAILS. ALLOWED ON WALKING TRAILS ONLY!</p>	<p>SCIENCE CENTRE TRAIL MAP</p>
<p>FOOTHILLS TRAILS</p>	<p>FOOTHILLS Click here for Location Map Click here for Trail Map UPDATED: Nov 20/20 (4:00 pm) LAST GROOMED: Nov 20/20. LAST TRACK SET: N/A. SKATE LANE: Poor CLASSIC TRACK: N/A. FAT BIKES ALLOWED, UNDER HARD PACK CONDITIONS ONLY, ON SKATE LANES!</p>	<p>FOOTHILLS TRAIL MAP</p>
<p>KINSMEN PARK TRAIL</p>	<p>KINSMEN PARK Click here for Location Map Click here for Trail Map 1.7 km Novice UPDATED: Nov 28/20 (10:00 am) LAST GROOMED: Nov 28/20. LAST TRACK SET: Nov 24/20. SKATE LANE: Fair-good-grass patches. CLASSIC TRACK: Poor-Fair-grass patches. FAT BIKES: NOT ALLOWED ON SKI TRAILS! ALLOWED ON HIKING TRAILS ONLY!</p>	<p>KINSMEN PARK TRAIL MAP</p>



Cross country ski boots



Cross Country Skis

<http://reginaskiclub.com/trail-conditions/>

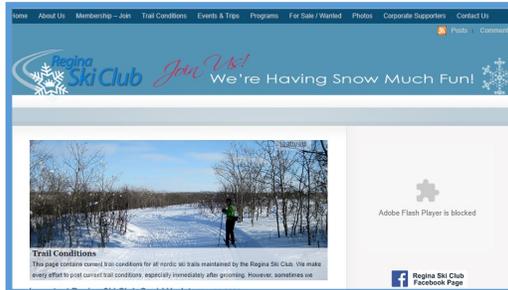


Check out the **Nature Regina Facebook and Instagram** pages for short introduction to cross country skiing videos from our lesson with Andre.



Learn the proper technique from a Regina Ski Club instructor

Bunnyrabbits, Jackrabbits and other learn to cross country ski programs offered through the **Regina Ski Club**. Check out reginaskiclub.com/ or **Facebook** for more information.

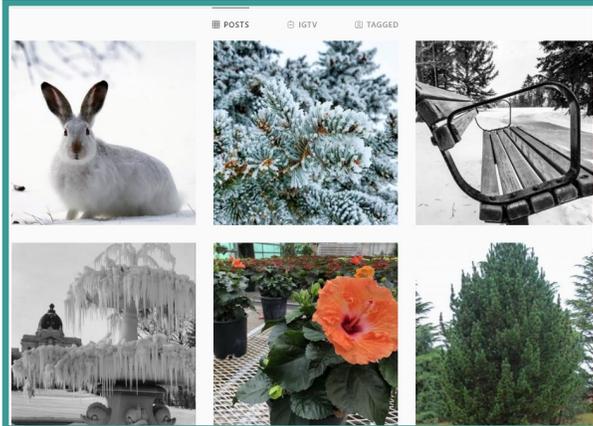


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Other Fun Winter Activities!

By the Saskatchewan Science Centre



Check out the **Wascana Centre Instagram and Facebook** pages for more creative ideas about spending time in Wascana Centre.



JoyLab 2.0
 JoyLab 2.0 is an all-new collection of curated experiences designed to provide Instagram-ready moments for visitors while discovering how simple things can bring about a feeling of joy. JoyLab 2.0 consists of several rooms that provide amazing photo backdrops for your friends and family. PLUS, you'll get a chance to interact with some Science Centre favorites, including the Toronto Machine, the Bubble Dik, and more!

Into Nature's Wild
 From the Academy Award®-nominated producers of the acclaimed hit film National Parks Adventure comes Into Nature's Wild, an unforgettable cross-country adventure into the hidden wonders of the natural world.
 A non-stop ride via kayak, bike, train, hot air balloon, zipline, kiteboard, hiking boots and more, Into Nature's Wild visits some of the most beautiful but untamed landscapes of the great outdoors, from the lush coastline of Oregon and the wilds of Alaska to the ancient canyons of the Southwest and the rolling hills of the Appalachian Trail.
 Setting out on this journey are three trailblazers – astronaut John Herrington, Alaskan bush pilot and youth advocate Ariel Tweto, and long-distance hiker Jennifer Pharr Davis – who

Watch “Into Nature’s Wild” at the **Kramer Imax Theatre at the Saskatchewan Science Centre** or visit **Joy Lab 2.0**. Then head out on a hike through the “Secret Path to a Bird Habitat” steps away from the IMAX entrance!



Tobogganing on Wascana Hill (Douglas Hill)



Tobogganing on the hill by the Saskatchewan Science Centre turn off

Check out the **best toboggan hills in Regina** including safety tips at reginatobogganhills.com/



Great views of Regina from the top of Wascana Hill or Douglas Hill as it is affectionately called by locals!



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