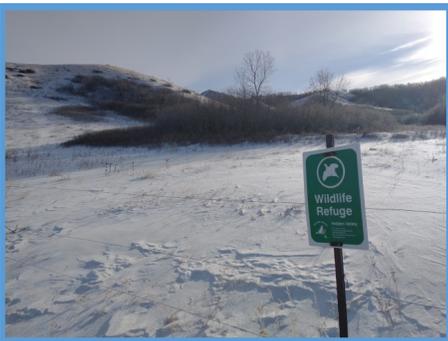


Hidden Valley Wildlife Refuge



Hidden Valley Wildlife Refuge 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 (Sod Farm Road) until the Hidden Valley sign on your right.



Nature Regina purchased this half section of land in the 1930s to **preserve and protect the wild fauna and flora** and the surface itself in a natural form. This Wildlife Refuge is **relatively small** and is **ecologically fragile**.



Please no pets or mountain bikes.



The pathways were formed by wildlife. Please stick to the pathways to **protect the wildlife** that make this place home. Just remember if you go up, you must come down! The **slopes may be icy**. We **recommend ice cleats, walking sticks or snowshoes**. A very good workout!



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

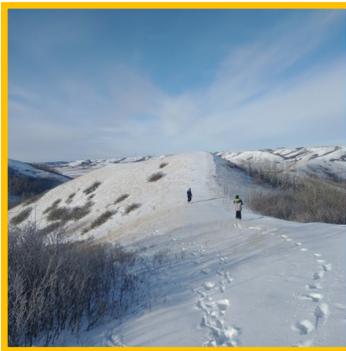
Nature Regina gratefully acknowledges financial support from



Hidden Valley Wildlife Refuge



Up, up, up!



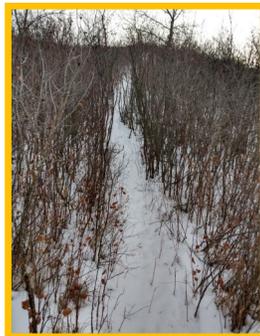
The top of the Qu'Appelle Valley provides amazing views!



What do you see?



A family of white-tailed deer!
The deer is a great jumper and runner. It can reach speeds of up to 58 kilometers per hour!



And back down again!
The slopes can be icy.
We enjoyed sliding down the hill!



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

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Whose animal tracks are those?



White tailed deer!



What do you think happened here? White tailed deer tracks? Fox? Coyote?

[www.wyemarsh.com/
usercontent//
Animal_Tracks.pdf](http://www.wyemarsh.com/usercontent//Animal_Tracks.pdf)

And what happened here?



Look closely...you can see the fox tracks leading up to the hole which is likely a habitat for a mouse or vole.



Rose hips -
Wild Rose bush



Seed head -
Purple Prairie Coneflower

[www.canadiangeographic.ca/
article/animal-facts-red-fox](http://www.canadiangeographic.ca/article/animal-facts-red-fox)

Native plants are an important winter food source for birds and wildlife.

Watch how a red fox finds mice and voles underneath the snow!
www.youtube.com/watch?v=RCqQYpM1hCA



Cacti in the winter!
These cacti drain moisture in the fall so they look very wrinkly but once it warms up they come back to life!



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