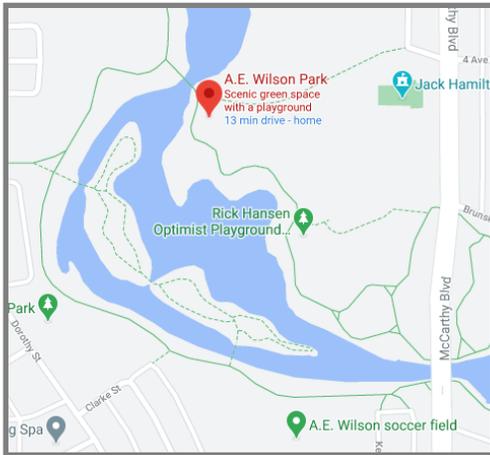


A.E. Wilson Park



A 35 minute to 1 hour winter walk/hike to find **two secret islands, winter birdwatching** and a **beaver habitat!** What happens under the ice during winter? A great place to toboggan and discover Grandfather Rocks

A.E. Wilson Park is located on 7th Avenue North off of McCarthy Boulevard North. Search Google Maps for “Rick Hansen Optimist Playground” and it will take you to a big parking lot for A.E. Wilson Park.



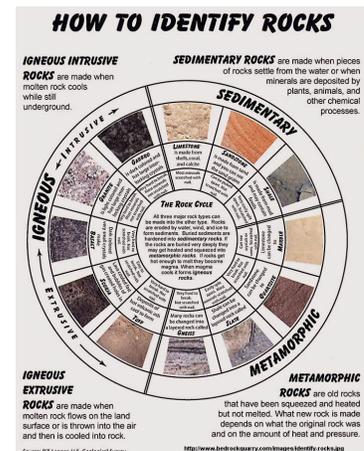
Stroller and wheelchair accessible during the winter months because the City of Regina keeps the paved pathway clear. The dirt pathways on the island are not recommended for wheelchairs during the winter.



Playing on rocks is fun! Be careful in winter because they can be slippery.

Are they **igneous, sedimentary or metamorphic?** Download the How to Identify Rocks guide (below):

fitz6.wordpress.com/2012/06/07/identifying-rocks/



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! **Frogs** have buried into the mud and their veins are filled with an **anti-freeze type substance** and they thaw in the spring!

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



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



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A.E. Wilson Park



Who chewed on this tree? Keep your eyes open...



What is that? That tall stuff is **native grass. How many can you find? We found **5 different types!****



Birds and wildlife eat this grass during Saskatchewan's cold winters to survive! They also eat the berries below!



Russian Olive Tree



Snowberry



Wild Rose—Rosehips



**What do these three flags represent?
Regina, Saskatchewan, Canada
Which is which?**



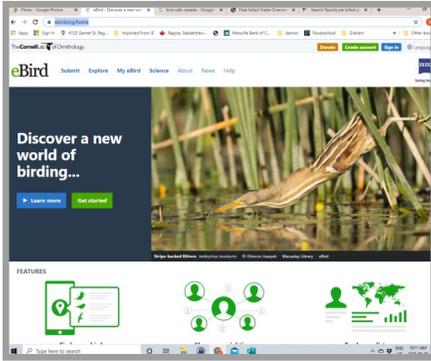
Head over the bridge to **two secret islands in the city —Prairie Island and Boreal Island!**



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Introduction to Birdwatching



You can see which types of birds have been spotted at A.E. Wilson Park recently!

ebird.org/home

Explore

Explore Regions

Regina, Saskatchewan

Click on **Hot Spots**

Look for Regina —A.E. Wilson Park

Select it!

SPECIES NAME	COUNT	DATE	OBSERVER
1. Downy Woodpecker	1	10 Nov 2020	Christopher Harris
2. Common Raven	1	10 Nov 2020	Christopher Harris
3. Red-breasted Nuthatch	3	10 Nov 2020	Christopher Harris
4. House Sparrow	42	10 Nov 2020	Christopher Harris
5. House Finch	8	10 Nov 2020	Christopher Harris
6. Dark-eyed Junco	7	10 Nov 2020	Christopher Harris
7. Gray Partridge	16	2 Nov 2020	Dale G Hjertaas
8. Rock Pigeon	37	2 Nov 2020	Dale G Hjertaas
9. Merlin	1	2 Nov 2020	Dale G Hjertaas
10. Black-billed Magpie	3	2 Nov 2020	Dale G Hjertaas
11. Black-capped Chickadee	6	2 Nov 2020	Dale G Hjertaas
12. American Tree Sparrow	3	2 Nov 2020	Dale G Hjertaas
passerine sp.	6	2 Nov 2020	Dale G Hjertaas

Click on the Species Name and it will provide a picture and the bird song.



Dark-Eyed Junco

Specimen courtesy of the Royal Saskatchewan Museum

House Sparrow
Passer domesticus

Identification
POWERED BY MERLIN

Widespread and abundant in cities, neighborhoods and farms. Avoids dense woods. Flocks cluster in dense bushes, bustling around and chattering to one another. Males have smart black bibs, bright rufous napes, and stunningly patterned wings with brilliant buffs and browns. Underparts are pale pearly-gray. Females are plain brown with cute face and lighter eyebrow. Native to Eurasia; introduced to much of the rest of the world.

House Sparrow

Calls

© Dale Hest
1962-1963, Washington, United States
(1 Aug 1990)
Merlin Library 100, 5000

www.allaboutbirds.org/

Listen to a bird call or song or click ID info!

Take a closer look at birds at the Life Sciences Gallery at the **Royal Saskatchewan Museum**. Check out www.royalsaskmuseum.ca for hours.

The **Breeding Bird Atlas of Saskatchewan**—

become a Citizen Scientist for birdwatching.

www.birdscanada.org/bird-science/where-we-work/



Downy Woodpecker on Boreal Island at A.E. Wilson Park!



Cedar Waxwing

Specimen courtesy of the Royal Saskatchewan Museum



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A.E. Wilson Park



How many bird's nests can you spot?
We found 15!
Check the low bushes and the tops of trees. **Birds use the wild rose bushes as a nursery in the spring.** This provides protection from weather and predators and is a food source.



This could be a **hummingbird** or a **warbler nest!**



Likely a magpie nest. Hummingbird and warbler nests are the smallest. Then magpies. **Baltimore oriole nests look like a little basket.**



Look grandpa! I see a **Downy Woodpecker!**



Why is there a pile of sticks on the ice? Beavers need fresh food all winter and pile sticks on the ice to keep them fresh!



A beaver lodge! Please be careful as there is a beaver family living here. Enjoy from afar. They leave the lodge at dusk and dawn to eat.



Check out the **natureregina Instagram** page for short videos about the beaver lodge, an introduction to birdwatching and more!



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

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Winter Activities



Tobogganing with friends



Mom's can have fun too!



What a view!



Snow angel!



Hide and seek—make it to home base before you are tagged!



Piggyback rides!



Who can resist snow races!



If you tuned into Wandering Wednesdays—Summer Edition...he's still running! But now in snow!



Dress for winter! Snow pants, warm jacket, winter boots, neck warmer, warm hat, gloves and lots of layers under-



Boreal Island

Grandfather Rocks

To some First Nations peoples, all of earth's elements are valuable and important. However, rocks are considered to be the wisest of all Earth's elements! After all, rocks have been around the longest, for millions, even billions of years. Because rocks are so old and have many stories to tell, Indigenous peoples sometimes call the Earth's rocks 'grandfathers'.

www.manitoba.ca/iem/min-ed/kidsrock/earthwise/index.html



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