

Mid-March to Mid-October
ACTIVITY GUIDE



 Families
WIN
Walking into Nature

TAKE THE WIN PLEDGE —

get outside and active! Hendrie Valley's trails include special activities for families that want to go Walking into Nature.

Pledge to get your family outdoors, download activity guides and our mobile app at www.rbg.ca/walkingintonature.

Tune into our cell phone tour by dialing
1-888-301-8560.



Walking into Nature on Hendrie Valley Trails

Every season is exciting on the trails at RBG!

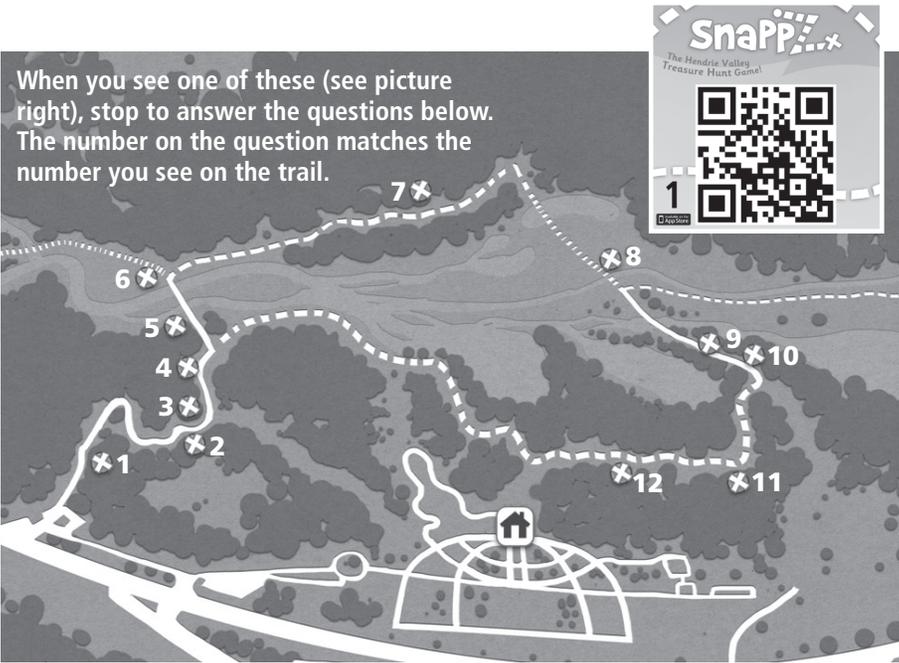
In the warmth of the sun the forest and wetland are buzzing with creatures as they search for food. Turtles bask on logs, insects drink nectar from flowers, and many animals enjoy the shade under the trees, just like we do.



Families WIN program was developed with the support of
Burlington Community Foundation



When you see one of these (see picture right), stop to answer the questions below. The number on the question matches the number you see on the trail.

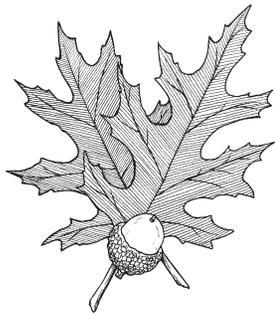


Northern Leopard Frog

ON THE TRAILS



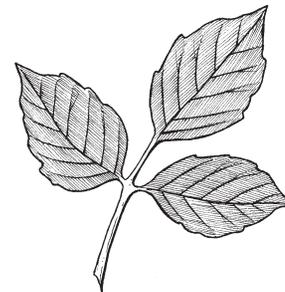
Black-capped Chickadee



Red Oak

1. Find a Black Cherry Tree. The bark looks like it's covered in burnt potato chips!
2. Hold out your hands with seeds, if you please! What is this curious (and hungry) little bird that visits your palm?
3. Imagine hearing a big tree like this fall down! Find the centre of the roots. Can you trace a root from tree to tip?
4. Oak trees are an important part of this forest. Red oak leaves are pointy and white oak leaves are rounded. Can you find one of each?
5. The marsh is full of calling birds! Conk-la-reeee is the call of the black bird with red patches on the wings. Can you imitate the sound of this bird?
6. Listen up! How many sounds do you hear? The world is buzzing with the sounds of busy insects!

7. Find the huge fallen tree. Look how its roots hold the soil in place. These trees hold up the hillside! Who might live under the roots?
8. Sometimes animals visit the water and leave tracks in the mud. Can you find any?
9. You will walk over a piece of metal along this path. This is a tunnel for fish, but one animal works hard to plug it with sticks every day! Which animal could do that?
10. In summer, you'll find these hard-shelled animals basking in the sun on logs in the water. Look out over the wood deck. Can you see any animals enjoying the sun?
11. Many bushes and other plants make juicy, brightly coloured things that animals love to eat in the fall. Can you find any? (Don't eat them, they're for the animals!)
12. Spot the fungus! There are many kinds of fungi here, how many can you count?



Poison Ivy

This 3-leafed plant loves to grow along the trail edges, but don't touch it! It has oil on its leaves and stem that will cause an itchy, blistered rash. Let's leave it for the deer to eat!