

自然  
natuur  
حماية

**NATURE**  
as a second language

природа  
naturaleza  
kalikasan  
natura  
वरुणी  
자연

Alberta

# An Introduction to Alberta's Provincial Parks 阿尔伯塔省省级公园介绍 (Chinese)

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## ALBERTA PROVINCIAL PARKS 阿尔伯塔省的省级公园



grizzly bear



pronghorn



crossbill

When people think of Alberta, some think of rolling grasslands beneath a big blue sky. Others picture towering Rocky Mountains with white, snowy peaks. And some imagine endless forests filled with lush wetlands. Alberta is known for its many different landscapes and the amazing diversity of wildlife that live in them, from grizzly bears and bald eagles to pronghorn and hundreds of songbird species.

When Albertans want to get away from their busy lives, they can visit these wild places to experience and learn about the natural world. That's why the Alberta government has created parks and protected areas all over the province. The government protects these landscapes so that they stay natural, and so people can enjoy them now, and into the future.

当人们想起阿尔伯塔省，思绪就会飘向那广阔的蓝天下绵延起伏一望无际的草原，那皑皑白雪覆盖的雄伟壮丽的洛基山脉的层峦迭嶂，令人浮想联翩的无尽的森林，水草丰茂的湿地星罗棋布般地散布其中。

阿尔伯塔省以其丰富的自然地貌和赖以生存其中的多样化的野生物种而闻名，它们包括了灰熊、秃鹫、叉角羚和几百种鸟类。

当人们想要摆脱他们繁忙的生活，阿尔伯塔省人就会来到野外，体验和了解这个自然的世界。这就是为什么阿尔伯塔省政府在全省各地创建了众多的公园和保护地。省政府致力于保护这些地貌以期它们留存永续，使得人们现在和将来都可以享受其乐。



## PROTECTING NATURE 保护自然



bighorn sheep



great horned owl



prickly rose



Parks are great places to visit and explore. Parks also play an important role protecting the landscapes that wild animals and plants need. In addition, parks contribute to the environment by protecting natural systems such as the rivers and streams that provide Alberta with drinking water.

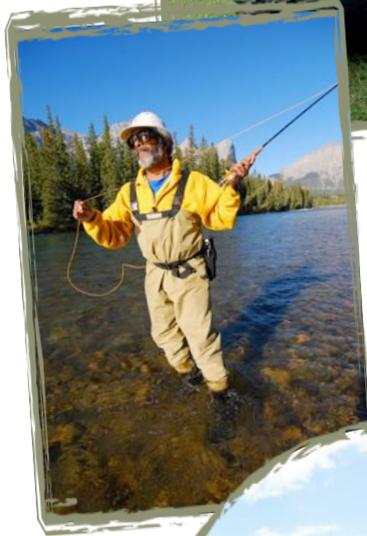
Most of all, parks protect biodiversity, or the “variety of life.” There are many diverse species of fish, mammals, birds, plants, and lichens in our province, and even more types of insects. Whenever you visit a park, think about how you can reduce your impact on nature and the wildlife we are trying to protect.

If you learn how to protect nature in a park, you can help care for the environment on the rest of the planet as well!

众多的公园是一个广大的地域需要去探索 and 发现，同时这些公园也起着保护地貌和赖以生存其中的动物和植物的重要作用。另外，公园也对向阿尔伯塔省提供饮水的河流和小溪的自然生态系统的环境保护做出了贡献。

最重要的是，公园保护了生物多样性，或者叫做“生命多样性”。我省有着众多的鱼类、哺乳动物、鸟类、植物和地衣多样性物种，昆虫的种类则更多。不管何时去公园，请时刻想着您怎样可以减少对我们正在努力保护的大自然和野生生命的影响。

如果在公园里知道里如何保护大自然，您就是在努力关心这个地球上其它生命的生存环境！



There are many ways to enjoy Alberta's parks and protected areas. You could camp overnight in a tent or recreational vehicle. Or you could take a day trip, and meet your family and friends for a sunny picnic by a lake. There are parks with excellent walking or skiing trails, parks where you can spend a relaxing afternoon fishing, and parks where you can learn about natural environments from the people who work and spend their time there.

人们可以有許多方式来欣赏阿尔伯塔省的公园和保护地。可以夜晚在帐篷或者休闲旅行车里野外宿营，还可以白天旅行，探亲访友，在阳光明媚的湖边享受丰盛的野餐。公园里有曲径通幽的散步和滑雪小道，你可以午后尽情放松地钓鱼，也可以从公园的工作人员或者生活在那里的人们了解其自然环境。

Whatever you decide to do, visiting a Provincial Park in Alberta is free! Only a few activities, such as overnight camping and fishing, cost money.

不管你决定要做什么，阿尔伯塔省的省级公园都是免费开放的！只有少数活动是收费的，比如，夜晚露营和钓鱼。

There are hundreds of parks for you to discover! Why not start right now?

有几百个公园等待你去发现，为什么不现在就开始？

## THE ALBERTA PARKS NETWORK BY NATURAL REGION

### 按自然区域分布的阿尔伯塔省的公园网络



canadian shield  
boreal forest  
parkland  
foothills  
rocky mountains  
grasslands

Alberta is divided into six different natural regions – the Boreal Forest, Canadian Shield, Aspen Parkland, Foothills, Grassland, and Rocky Mountain – and each has a unique blend of plants, animals, weather, geology and soils. Alberta’s many parks and protected areas conserve the different landscapes, plants, and animals within each of these regions while providing opportunities for visitors to enjoy the outdoors and connect to the wilderness.

There are many different types of parks across Alberta. In some, such as ecological reserves, the landscapes are sensitive or rare, so only research or other educational activities that do not disturb the area are allowed. Recreation areas and provincial parks have less sensitive landscapes where many more kinds of facilities and activities are allowed. In all parks and protected areas, the activities allowed are balanced with the need to protect the environment.

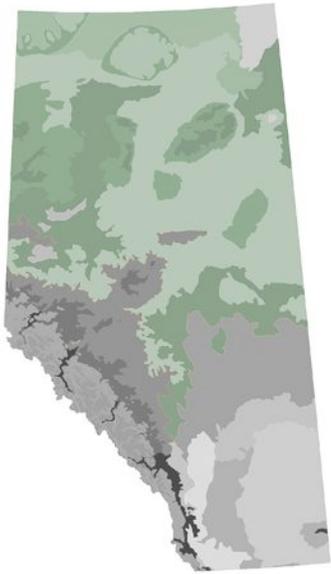
With each region and protected area so different from the next, you might have a hard time choosing which place to explore first. The following section will tell you more about each region. And for each natural region we’ve profiled two parks. The following section will tell you more about the natural regions. For each one, we look at two parks: one that is popular and easy to get to, and one that is more difficult to reach and where fewer people visit, but contains wilderness at its best!

阿尔伯塔省划分为六个不同的自然区域—北方森林区 (The boreal Forest)、加拿大地盾 (Canadian Shield)、白杨公园地 (Aspen Parkland)、山麓丘陵 (Foothills)、草地 (Grassland) 和洛基山脉 (Rocky Mountain)—每个区域都有其独特的植物、动物、天气、地质和土壤。阿尔伯塔省的许多公园和保护地都保存着各自不同的地貌、植物和动物，向来访者提供享受野外乐趣的机会，把他们与荒野连接起来。

众多不同类型的公园遍布阿尔伯塔省。比如有些公园是生态保护区、其地貌是敏感和珍贵稀少的，只允许进行不对该地区产生影响的研究和教育活动。休闲区和省级公园的地貌则不那么敏感，那里允许更多的活动并建有很多设施。在所有的公园和保护地，允许开展的各类活动要与环境保护的需要结合起来。

每个地区和保护地的区别竟是如此不同，你很难选择从哪里开始你的第一次探索之旅。下面部分会向你介绍各个地区的更多的情况。对于各个自然保护区，我们重点选择两个公园加以介绍：一个是广受欢迎的和容易去的，而另一个要想去则相对困难些，人们一般也很少涉足，但却是极荒野的魅力。





## Boreal Forest Natural Region

The boreal forest is Alberta's largest natural region. It covers more than half of the province and stretches all across Canada. The boreal forest also covers northern Europe, northern China, and Russia. Here you will find thick green forests and many lakes and wetlands. The boreal forest has short summers and long, cold winters with lots of snow.

## 北方森林自然区

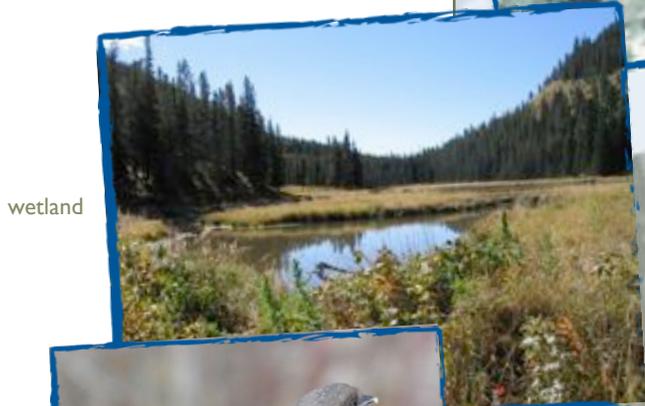
北方森林区是阿尔伯塔省最大的自然保护区，面积超过了半个省并延伸贯穿到整个加拿大。北方森林区还覆盖北欧、中国北部和俄罗斯。在这里你可以找到茂密的绿色森林、众多的湖泊和湿地。该区的夏季短暂，冬季寒冷而漫长并多雪。



moose

The forests and wetlands of the Boreal Forest Natural Region are home to many animals including moose, black bears, wolves, beavers, owls, and millions of migratory birds. If you like birds, this is the region for you: nearly half of all North American birds rely on the boreal forest.

北方森林自然区里的森林和湿地是包括麋鹿、黑熊、野狼、河狸，猫头鹰和几百万候鸟在内的众多动物的家园。如果你是鸟类爱好者，这里就是你的天堂。因为几乎北美洲的一半的鸟类都栖息在这里。



wetland



boreal chickadee



## Lesser Slave Lake Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Along the eastern shore of one of Alberta's largest lakes, Lesser Slave Lake Provincial Park is one of the most popular parks in the boreal forest region. From the top of Marten Mountain you can enjoy amazing views, and on warm summer days the sandy beaches are full of people enjoying the water and the sun. Lesser Slave Lake is also an Important Bird Area—a place where hundreds of different kinds of birds stop on their migration journeys every year.

这个公园位于阿尔伯塔省那些最大的湖其中一个的东岸，奴隶湖省级公园是北方森林区那些最受欢迎的公园里的一个。从貂山 (Marten Mountain) 上俯瞰风景美不胜收，风和日丽的夏季日子里沙滩上到处都是戏水的人们。奴隶湖也是重要的鸟类保护地—是每年几百种鸟类在迁徙过程中的驿站。

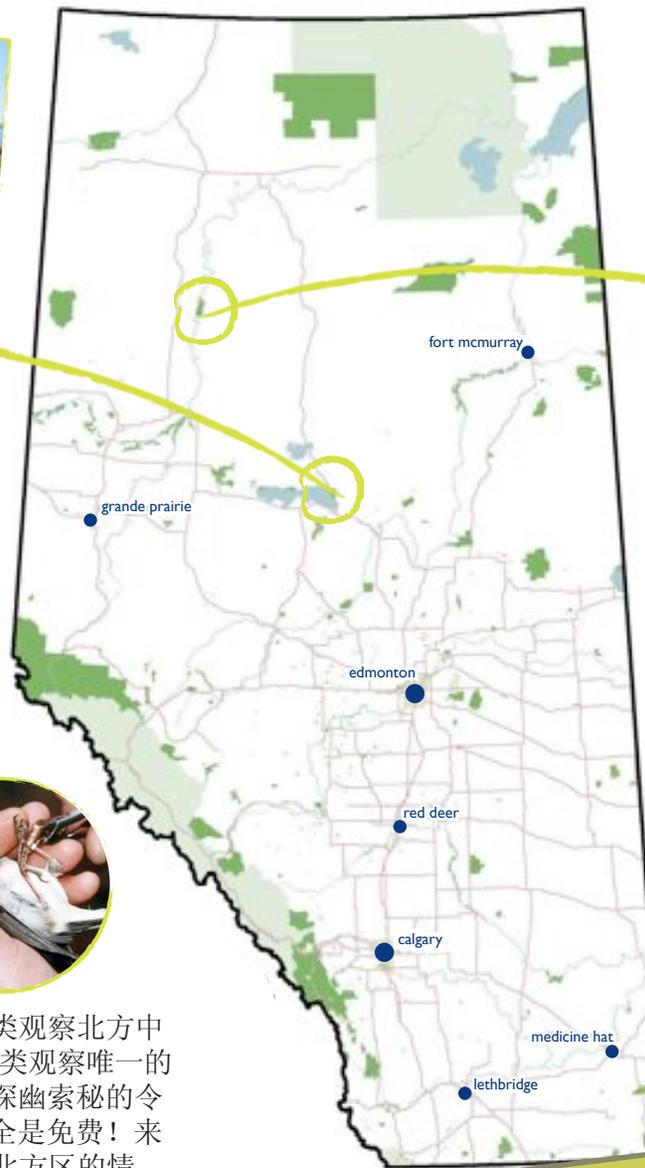


## Lesser Slave Lake Bird Observatory

visit site at [www.lslbo.org](http://www.lslbo.org)

The Lesser Slave Lake Bird Observatory and the Boreal Centre for Bird Conservation (BCBC) are the only facilities of their kind in the world. They offer many exciting opportunities to explore and learn – all for free! Visitors can learn about the boreal forest in the exhibit gallery and watch scientists do important bird research at the Lesser Slave Lake Bird Observatory. They can talk to knowledgeable staff about the forest and bird life or explore the many trails through the forest.

奴隶湖鸟类观察站和鸟类观察北方中心 (BCBC) 是全世界此类观察唯一的设施。它们提供了很多探索奥秘的令人兴奋的机会——而且全是免费！来访者可以在展示厅了解北方区的情况，观察科学家们是如何在观察站里进行重要的鸟类研究工作。他们可以和知识丰富的工作人员进行交流，也可以去森林中众多的小径探幽。



0 60 120 240 km  
 provincial park or protected area  
 national park

there are over 200 parks to explore in the boreal forest!

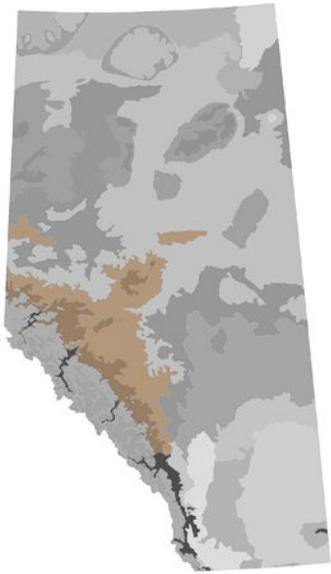


## Notikewin Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Notikewin Provincial Park offers a quieter wilderness experience than Lesser Slave Lake. Located in northern Alberta where the Peace River and the Notikewin Rivers meet, this quiet park has excellent fishing in both rivers and is an amazing place to recharge and connect with the wilderness.

与奴隶湖相比诺提克温省级公园可以让你体验更为安静的野外。它处于阿尔伯塔省北部和平河 (Peace River) 和诺提克温河 (Notikewin River) 交汇的地方。这个位于两河交汇处安静的公园是垂钓的理想场所，是恢复身心疲劳和与野外交流的好去处。



## Foothills Natural Region

Most of the foothills natural region lies just east of the Rocky Mountains, although there are small areas in other parts of Alberta. This region is known for its beautiful forests and hills, which make it an excellent place for outdoor activities from mountain biking and canoeing in summer to skiing in winter. The weather in the foothills is relatively damp and cool most of the year.

## 山麓丘陵自然区

大多数山麓丘陵自然区都处于洛基山脉的东面，一些小面积的区域分散在埃尔伯塔省其它地方。该区出名的是它的美丽森林和山麓，是户外运动的相当理想的场所。在夏季可以骑山地自行车和划独木舟，在冬季则是滑雪。全年大部分时间气候相对湿润和凉爽。

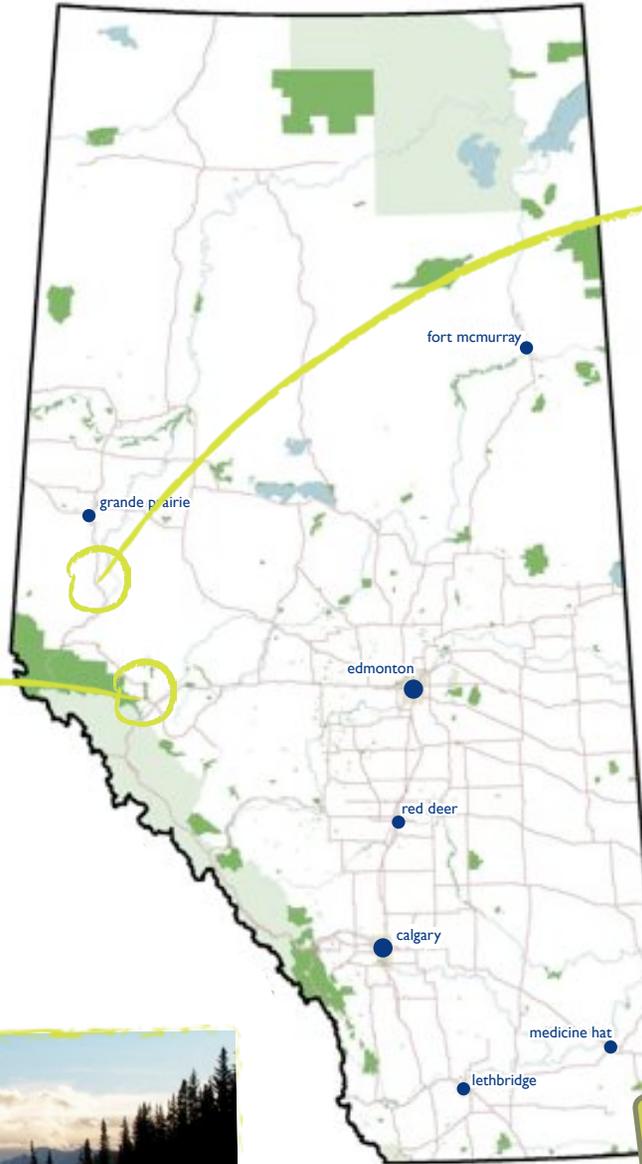


## William A. Switzer Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

William Switzer Provincial Park is one of the more popular parks in the foothills region, yet it remains uncrowded and peaceful. Here you can enjoy beautiful views of the Rocky Mountains, spend time on one of five small lakes, and participate in activities such as walking, hiking, canoeing, wildlife viewing, cross-country skiing, and snowshoeing.

威廉姆 A. 斯韦策省级公园是山麓丘陵地区众多受欢迎的公园之一，但是却不那么拥挤并且祥和。在这里你可以欣赏到洛基山脉的美丽景色，可以逗留在五个小湖中的任意一个，加入诸如散步、长途徒步旅行、独木舟、野生生命观察、穿越全国的滑雪，雪鞋行走等各项活动。



## Musreau Lake Provincial Recreation Area

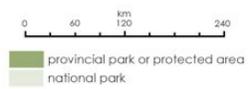
visit at [www.albertaparks.ca](http://www.albertaparks.ca)

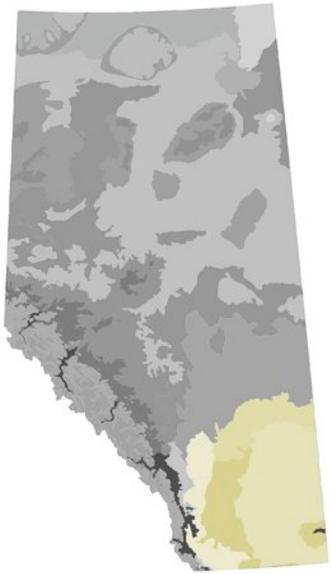
Musreau Lake is a quiet, relaxing place with tall forests, few visitors, and many opportunities for fun outdoor activities. Visitors can hike, boat on the lake in the summer, and cross-country ski in the winter.

姆斯洛湖是一个安静的放松的去处，森林树木高大，游客稀少，给户外运动爱好者提供了很多机会。夏季时游客可以长途徒步旅行，或泛舟湖上，冬季则可以做穿越全国的滑雪运动。



there are over 100 parks to explore in the foothills!





prairie crocus

## Grassland Natural Region

If you like warm, dry weather, endless horizons, and a landscape shaped by glaciers 10,000 years ago, you'll enjoy exploring the Grassland Natural Region. This is the land of wide-open spaces, and if you stand on one of the few hills and look out you'll feel like you can see forever. Look a little closer though, and you may discover hidden coulees full of life!

You won't find many trees or shrubs in the grasslands, as they are mainly found hugging the rivers and sheltered places. You will find many kinds of grasses though, such as needle and thread, and blue gramma. This area is also known for its colourful wildflowers such as prairie crocus and wild blue flax. Many interesting animals live here too—from rattlesnakes and pronghorn to badgers and prairie falcons.

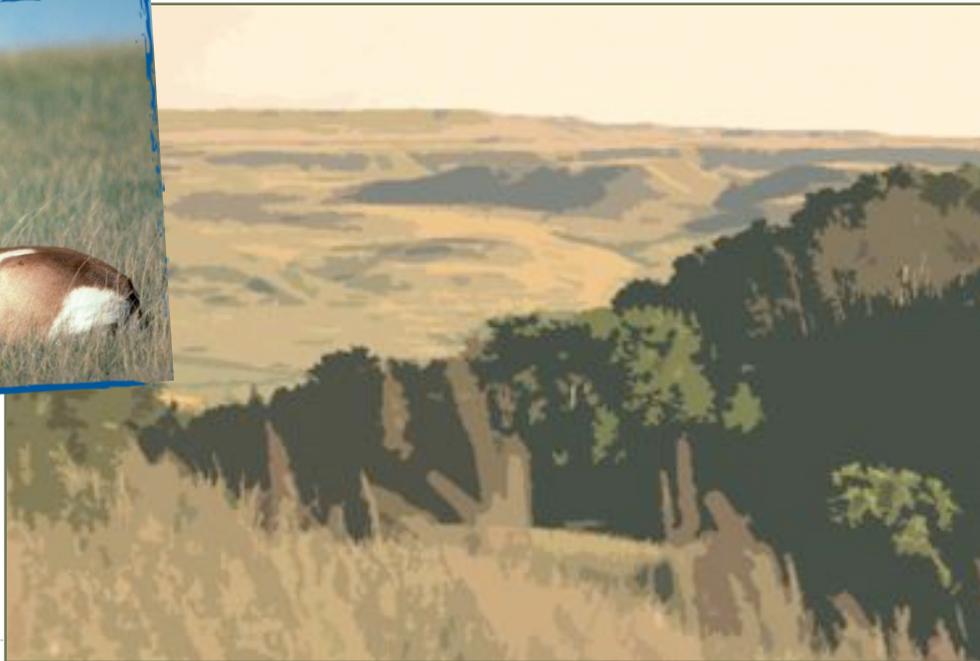
## 草地自然区

如果你喜欢温暖干燥的气候，喜欢广阔无垠的地平线以及一万年前由冰川形成的地貌，你就应该尽情地去探索草地自然区。这是开放的空间地带，如果你站在了屈指可数的某个山顶上，放眼望去，就会感觉像是看到了永恒。稍加仔细地观察，就可以发现那些隐藏的无数的生命。

在草地区域找不到很多的树木和灌木，它们主要是在河谷两岸和避风处。但可以找到许多草类植物，如针状和线状的植物，蓝克草等。该地区色彩绚烂的野花闻名遐迩，如草原藏红花和野生蓝麻。从响尾蛇和叉角羚到獾和草原鹰隼，许多令人感兴趣的动物都生活在那里。



pronghorn



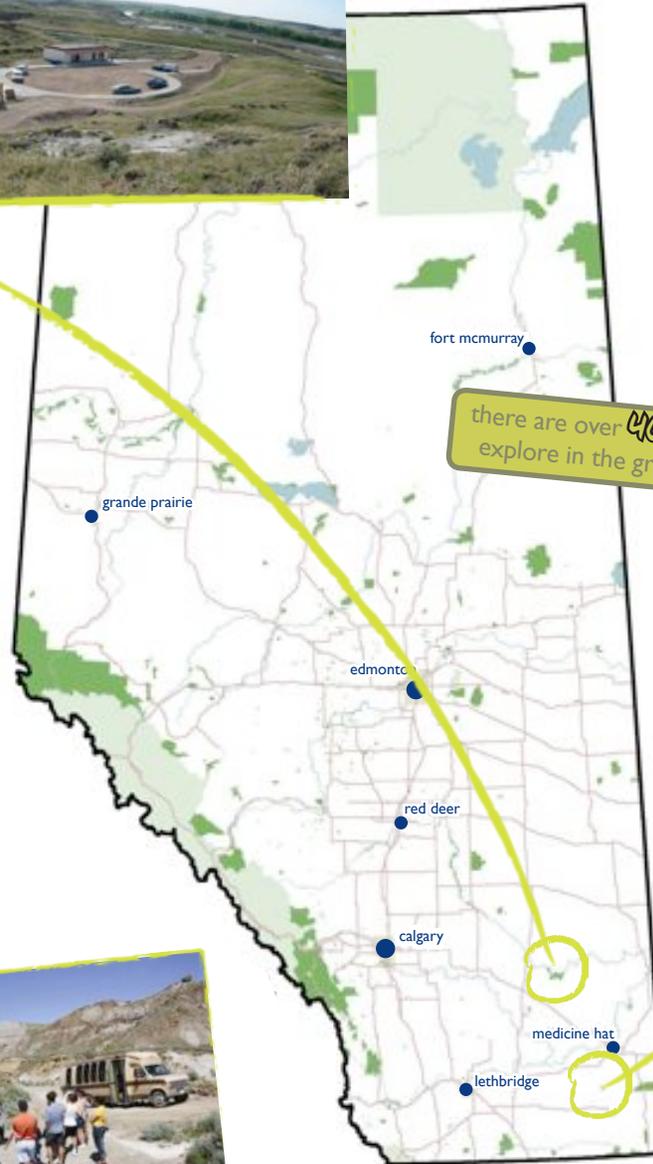


## Dinosaur Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

A visit to Dinosaur Provincial Park is like a trip 75 million years back in time. A UNESCO World Heritage Site, this hot and dry park has the world's richest source of Late Cretaceous fossils (such as dinosaur and reptile bones and footprints) in one spot on earth. Visitors can learn all about fossils at the Royal Tyrrell Museum Field Station, right in the park! Located in the badlands, this area is famous for its amazing rock formations called "hoodoos" and for its winding river valleys.

访问一次省级恐龙公园就像是一次在时间上回到7500万年前的时空旅行。这是联合国教科文组织的一处世界遗产遗址，这个干热的公园有着世界上最丰富的白垩纪晚期的化石埋藏（诸如恐龙和爬行类动物的骨骼化石和脚印）。来访者可以在皇家泰瑞尔博物馆现场工作站了解有关化石的情况，该站就设在公园内！该公园位于恶地（badlands），这个地方一直以拥有令人惊叹的石头列阵，人们也叫它“恶运（hoodoos）”和它九曲十八盘的河谷而闻名。



there are over 40 parks to explore in the grasslands!

0 60 120 240 km  
 provincial park or protected area  
 national park

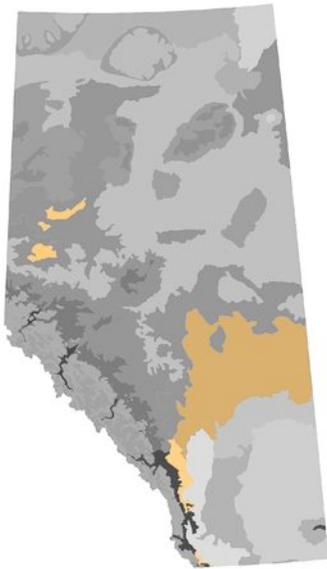
## Red Rock Coulee Natural Area

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Red Rock Coulee Natural Area is known for its amazing huge round red rocks. These unusual rocks are reddish due to the oxidation of iron, and are some of the largest of their kind on earth. Visitors can also see grassland plants such as sagebrush, gumbo primrose and prickly pear cactus, and wildlife such as meadow lark, rock wren, Richardson ground squirrel, and pronghorn. One might even encounter rattlesnakes, short-horned lizards, and even scorpions, so be careful when walking!

红岩干河谷区令人惊异的巨大的红色圆石柱闻名遐迩。这些非同一般的岩柱由于氧化铁的缘故呈红色，它们是世界上同类岩柱中最大的那种。旅游者同时还可以观赏到草地植物，如山艾树、秋葵、仙人掌、霸王树仙人掌，野生生命则有草原云雀、石鹪鹩、理查申地松鼠和叉角羚。有人甚至会碰上响尾蛇、短角晰蜴、毒蝎。走路多加小心呀！





## Parkland Natural Region

Grassy hills, shady forests, and calm lakes make this a peaceful area—and an especially beautiful one when the leaves change colour in September and October to create a backdrop of orange and yellow against crisp blue skies. While many of Alberta's forests are dominated by evergreens that keep their needles year-round, the parkland region is dominated by deciduous trees that shed their leaves for the winter.

## 公园地自然区

绿草覆盖的丘陵，遮天蔽日的森林，静谧的湖泊使得这个地区和平而安详——有着一种特殊的美。九、十月来临时，在湛蓝的天空映衬下变了颜色的树叶让大地成了一片金黄。许多阿尔伯塔省的森林由于针状叶常年保持单调的绿色，而该公园地保护区主要是以落叶树种为主，冬季树叶脱落。



The region is especially known for its balsam poplar and aspen trees, which are tall and thin with broad leaves that shake in the wind. You might see coyote and white-tailed deer in the parkland region. And be sure to bring your binoculars so you can spot birds such as the trumpeter swan, snow goose, and red-tailed hawk.

这个地区特别出名的是它的香脂白杨和颤杨树，它们长得又高有细，阔叶，可在风中抖动。人们还可以看见北美草原小狼和白尾鹿。别忘了带上望远镜，这样你就可以观察到各种鸟类，比如，号手天鹅，雪雁和红尾隼。



## Saskatoon Island Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Saskatoon Island Provincial Park is a favourite spot for people to visit in northwestern Alberta, an area known as the Peace Country. Many go to pick saskatoon berries in July and August, while others enjoy the still waters of Saskatoon Lake and Little Lake. This park is one of the oldest in Alberta.

At the end of April every year, the community and park visitors celebrate the annual return of the trumpeter swans to the Peace Country with the Swan Festival. Trumpeter swans are an important symbol for the community. The festival builds awareness and appreciation for these birds and their habitat, and has many free activities and events.

萨斯卡通岛省级公园是人们喜爱去的阿尔伯塔省西北部的一个地方，以“和平之乡 (Peace Country)” 而负盛名。在七、八月份人们会去萨斯卡通岛采浆果，有些人会去那里享受萨斯卡通湖 (Saskatoon Lake) 和小湖 (Little Lake) 静谧的湖水。这个公园是阿尔伯塔省最早的公园之一。

每年的四月末，社区的人们和游客会用一年一度的天鹅节来庆祝号手天鹅回到“和平之乡”。号手天鹅是该社区的一个重要的标志。该节日使人们对这些鸟类和它们的栖息地建立起一种意识和重视，并举行好多免费参加的各种各样的活动。



trumpeter swan



## Rumsey Ecological Reserve

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

There are no public roads in the Rumsey Ecological Reserve, so visitors must explore the flat-topped hills and forests on foot. With no cars or trucks around, you will have a peaceful hiking experience and a good chance to see birds, deer, and maybe even a porcupine.

没有通到岚苜溪生态保护区的大道，游客必须徒步探寻平顶的山梁和森林才能到那里。周围没有汽车和卡车，游客能体验到寂静跋涉的经验和有很大机会看到鸟类、鹿，甚至豪猪。





ptarmigan



## Rocky Mountain Natural Region

With its towering mountains and large carnivores such as grizzly bears and cougars, the Rocky Mountain natural region attracts visitors from all over the world. Some are surprised to see different landscapes inside this natural region, from dry valley bottoms to windswept alpine meadows.

## 落基山脉自然区

巍峨耸立的洛基山峰，灰熊和美洲狮等大型食肉动物，落基山脉自然区吸引着全世界无数的旅游爱好者。从干河谷到大风掠过的高原草原，人们惊叹于自然区内不同的地貌。

Along the valley bottoms you'll find the dry and grassy montane zone, with trees such as the Douglas fir and animals such as elk, bighorn sheep, and moose. Higher up along the sides of the valleys is the subalpine zone, with lodgepole pine and subalpine fir trees. You might even spot grizzly bears, cougars, lynx, and gray jays. Hike or climb even higher to the alpine zone and you might see spectacular wildflowers and lichens, animals such as the mountain goat, hoary marmot, or ptarmigan. But come prepared, for in the alpine there is the chance of snowstorms year-round!

沿着河谷旅行，你会发现干燥和草木茂盛的山区。这里有道格拉斯枞杉等树种，动物则有麋、加拿大盘羊、驼鹿等。沿河谷岸壁的上方是亚高山区，那里有黑松和亚高山杉树等，你也以找到灰熊、美洲狮、猞猁和灰鸦身影。再向上走或攀登就是高山区了，那里有景色绝佳的野花和地衣，有高山羊、灰白土拨鼠、雷鸟。但是在到访这个地区前人们要做好充分准备，因为在高山区那里常年会有暴风雪。



## Peter Lougheed Provincial Park

visit at [www.kananaskis-country.ca](http://www.kananaskis-country.ca)

If you want to see the Rockies as you've seen them in books and photos, visit Peter Lougheed Provincial Park. One of the many provincial parks in Kananaskis Country, a large protected area just southwest of Calgary, Peter Lougheed Provincial Park is famous for its jagged mountain peaks, dramatic lakes, and interpretive theatre about the natural world. This park is also home to dozens of grizzly bears, and its conservation officers keep both wildlife and people safe by closing hiking trails when bears are in the area, and educating visitors.

如果你渴望看到书中和摄影照片里的洛基山脉，那就来皮特·龙黑得省级公园吧。它是卡纳纳斯基斯乡 (Kananaskis Country) 众多公园中的一个。它位于卡尔加里西南，是一个很大的保护区。该区出名的是它的犬牙交错的山峰、风景如画的湖泊，戏剧般演绎的自然世界。这个公园同样也是几十头灰熊的家园。当灰熊出没该区域时，保护区的官员就会关闭远途跋涉的小道，保证野生生命和人们的安全，同时对旅游者加以教育。



## Siffleur Wilderness Area

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Visitors to the Siffleur Wilderness Area must explore the rough terrain on foot, as there are no public roads through this area of high mountain peaks and glaciers. Spend a few days backcountry camping in places where bighorn sheep and bears are far more common than people, and you'll probably have quite the wilderness story to tell!

斯夫莱和荒野区的到访者必须步行探索该区的崎岖地势，因为那里没有通过高山山峰区域和冰川现成的道路。要在荒无人烟的地带度过好几天，那里是加拿大盘羊和熊出没的地方。你可能要有令人刺激的荒野的故事可讲了。





## Cypress Hills Interprovincial Park

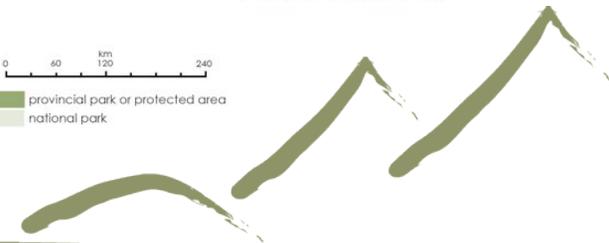
visit at [www.cypresshills.com](http://www.cypresshills.com)

You might not expect to find a montane landscape in the middle of the prairies, but that's exactly what you'll see in Cypress Hills Interprovincial Park. Straddling the southern Alberta-Saskatchewan border, this popular "interprovincial" park is like no other in the province. It is an oasis of lodgepole pine and mixed forest surrounded by grasslands. The Cypress Hills – named by French settlers who mistook the lodgepole pine trees as jackpine, or cypres – rise 600 metres higher than the surrounding prairies, and are the highest point of land between the Rocky Mountains and the east coast of Canada. Just imagine the views!

你可能不会想到在草原的中部发现一个山区的景观，这就是你在柏树岭省际公园所要看到的。在南部横跨埃尔伯特和萨斯卡切温两省边界，这个广受光顾的“省际”公园确实与众不同。它是被草地区环绕的一片黑松林和混合林组成的绿洲。柏树岭——这个名字来自法国先前的开拓者，他们误以为黑松树为短叶松或者柏树岭——比起周边的草原高出六百米，是落基山脉和加拿大东海岸之间的最高点。想象那会是一个什么样的景色吧！



0 60 120 240 km  
provincial park or protected area  
national park

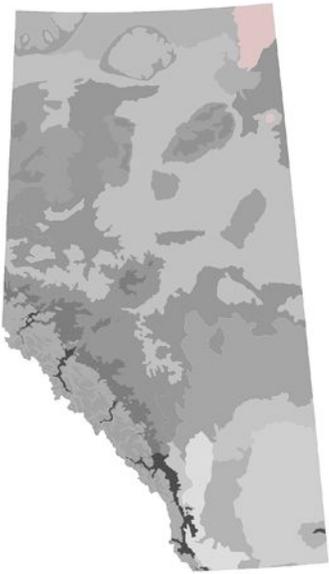


## Canadian Shield

The Canadian Shield is home to many different landscapes—from forests and lakes to some of the oldest exposed bedrock in Alberta! Located in the far northeast corner of Alberta, the Canadian Shield is more difficult to reach than any of the other natural regions. Many parks can only be reached by floatplane, but people who visit this region are always glad they went!

## 加拿大地盾

加拿大地盾是许多不同地貌的家园——从森林、湖泊到阿尔伯塔省内那些暴露出的最古老的岩石！它位于阿尔伯塔省偏远的东北角，比起其它那些自然区加拿大地盾是个更难去的地方。地盾里许多公园只能通过水上飞机才能到达。但是去过那里的人们却从来无怨无悔！



floatplane



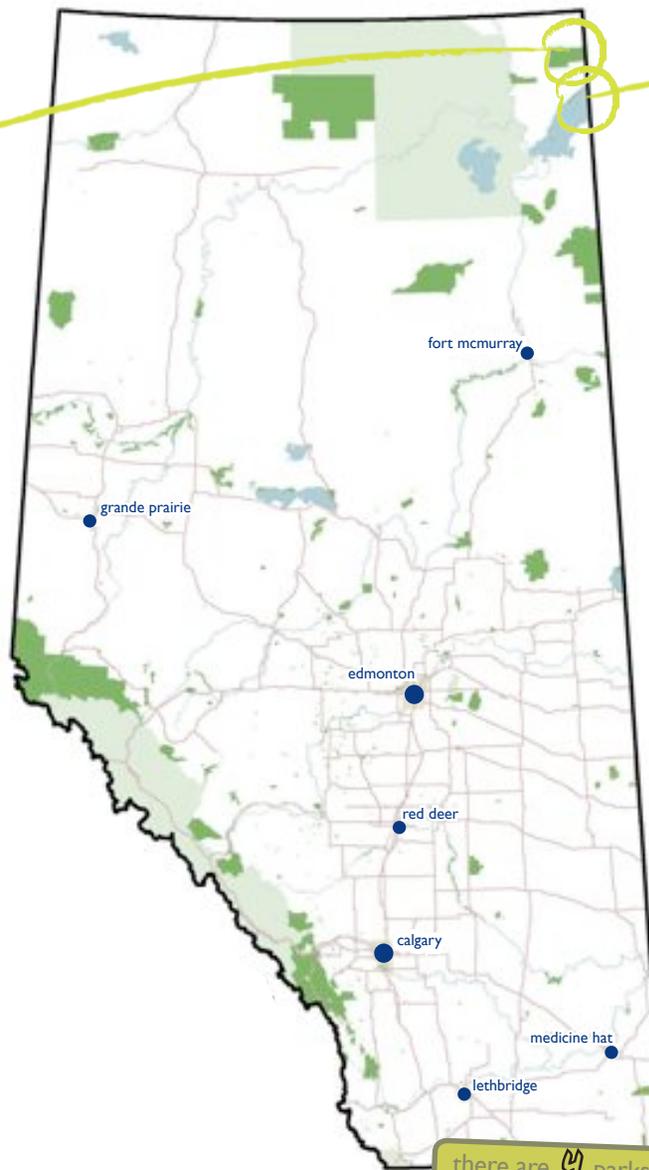


## Colin-Cornwall Lakes Wildland Provincial Park

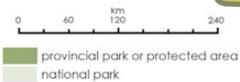
visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Visitors to Colin-Cornwall Lakes Wildland Provincial Park can expect an inspiring outdoor wilderness experience exploring wetlands, rocky islands, and large lakes. You must travel by floatplane to reach this park.

想去科林—科沃尔湖区野地省级公园的人可以期待令人兴奋的户外旷野的体验，探索湿地、石头岛、各大湖。而且是要乘水上飞机。



there are 4 parks to explore in the Canadian Shield!



## Fidler Greywillow Wildland Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Fidler-Greywillow Wildland Provincial Park protects part of the north shore of Lake Athabasca and two of its islands. An enormous lake at 7,850 km<sup>2</sup>, Lake Athabasca stretches across the Alberta border into Saskatchewan. Visitors can only reach Fidler-Greywillow Wildland Provincial Park in the summer by floatplane or boat.

该公园保护了阿萨巴斯卡湖(Lake Athabasca)和众多岛屿中的两个岛屿的北岸部分。广袤的湖面达7,850平方公里，阿萨巴斯卡湖从埃尔伯塔省一直延伸到萨斯卡切温境内。只有在夏季通过水上飞机或者是船游客才能到那里。



# KANANASKIS COUNTRY - MORE THAN A PARK

## 卡纳纳斯基斯乡 - 不仅仅是公园

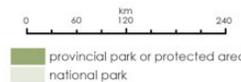
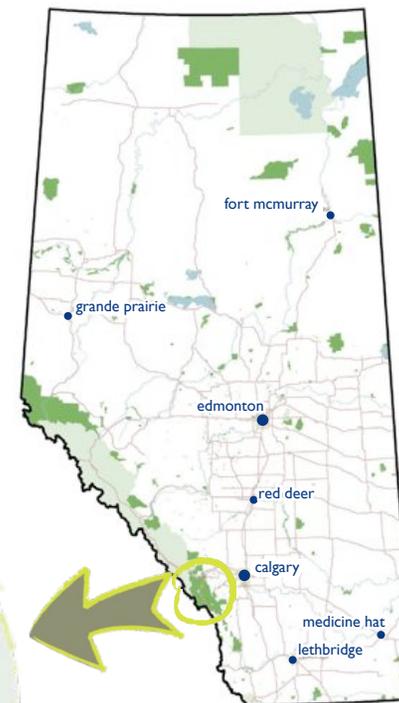
visit at [www.kananaskis-country.ca](http://www.kananaskis-country.ca)

Just a forty-five minute drive west of Calgary, Kananaskis Country is a popular destination for Albertans who love the outdoors. With over 4000 km<sup>2</sup> of wilderness to explore, Kananaskis Country is perfect for all kinds of activities, from hiking and mountain biking to fishing and skiing.

In 1978, this vast area of Alberta was protected as a multi-use area aimed at balancing outdoor recreation, tourism, ranching, and other industries with the need to protect watersheds, wildlife habitat, and landscapes. In some places, the land is shared with grazing cattle, oil wells, logging, and even movie productions. In other places, different parks and recreation areas have been created to protect wildlife and nature, and for people to come and enjoy this special place!

离卡尔加里西面只有四十五分钟的车程，卡纳纳斯基斯乡是埃尔伯塔省那些喜欢户外活动的人常去光顾的目的地。荒野地面积达4,000平方公里，无论是远足、山地自行车、钓鱼还是滑雪，它是各种活动的理想之地。

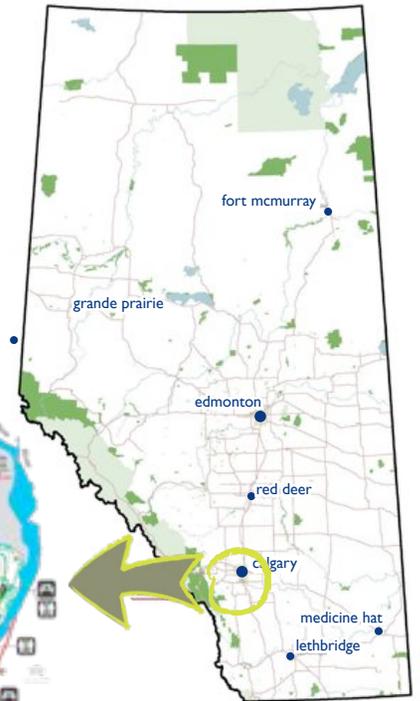
1978年，这个巨大的区域被指定为多用途保护区，在户外休闲娱乐、旅游、牧场放牧和其它工业与保护流域、野生生命栖息地，以及地貌之间加以平衡。有些地方牛群放牧、采油钻井、伐木，甚至拍电影共同发展；而另一些地方则建立了各种公园和休闲娱乐区来保护野生动物和大自然，人们可以去欣赏这个特殊地方。



Government of Alberta

# AN URBAN WILDERNESS EXPERIENCE

## 一次城市荒野体验



### Fish Creek Provincial Park

visit at [www.fishcreekpark.ca](http://www.fishcreekpark.ca)

One of the largest urban parks in North America, Fish Creek Provincial Park has both parkland and grassland landscapes to explore. Located on the south side of Calgary, and accessible by public transit, this popular park offers visitors a wilderness experience without leaving the city. Stop by the visitor centre to learn about urban wildlife.

Note: for an urban park close to Edmonton, visit the Lois Hole Centennial Provincial Park, southwest of St. Albert, or the Cooking Lake-Blackfoot Provincial Recreation Area, east of Sherwood Park.

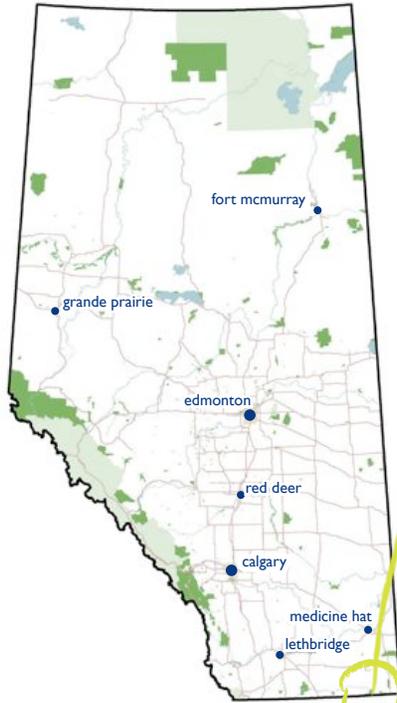
这是北美最大的城市公园之一，钓鱼湾省级公园同时拥有可供探秘的公园地和草地地貌景观。它位于卡尔加里市的南面，有公交车到达那里。这个广受欢迎的公园给游客提供了既不离开城市又可以体验荒野经验的场所。你可以到游客中心去了解城市里的那些野生动植物。

备注：要想游访埃德蒙顿市附近的公园，可以去圣阿尔伯特西南面的乐易斯·昊乐百年纪念省级公园 (Lois Hole Centennial Provincial Park) 或者地处瑟伍德公园 (Sherwood Park) 东面的酷景湖-伯莱克福特省级休闲娱乐区 (Cooking Lake-Blackfoot Provincial Recreation Area)。

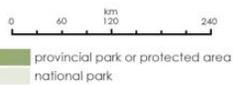


# A CULTURAL LANDSCAPE

## 一处文化景观



petroglyphs



### Writing-on-Stone Provincial Park/Áísínai'pi National Historic Site

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

On the far southern edge of Alberta is Writing on Stone Provincial Park, or Áísínai'pi National Historic Site. This park is a sacred landscape that has special spiritual significance for the indigenous Blackfoot people who hunted and travelled the Great Plains for generations and whose culture continues to thrive. The First Nations petroglyphs (carvings) & pictographs (paintings) that cover the sandstone cliffs demonstrate the spiritual connection of a people with a place. In fact, the Blackfoot people called the area “Áísínai'pi,” which means “where the drawings are.”

石刻省级公园/阿易斯奈毗国家历史遗址 (Writing-on-Stone Provincial Park/ Áisinai'pi National Site) 石刻省级公园地处埃尔伯塔省南边的偏远地带，它也叫阿易斯奈毗国家历史遗址。对于世代代穿行于大平原上进行狩猎的土著黑脚民族来说这是一个特别的神灵圣地，他们的文化至今仍在继续兴旺。第一民族刻在岩石上的物象（雕刻）和古代石壁画（绘画）覆盖了岩石峭壁，显示了人与大地的精神联系。实际上，黑脚民族管这个地方叫“阿易斯奈毗”，意思为“这是画的地方”。





## STAYING SAFE 带标志的小资料

### Plan ahead.

*Alberta weather can change very quickly*

- carry rain gear and warm clothes, even in the summer
- make sure someone knows where you are going and when you will return
- be aware of current trail conditions
- know your limits and when to turn back



计划在前  
阿尔伯塔省的天气变化多端

- 带上雨具和保暖的衣服，即使是在夏天也要这么做
- 走之前要让人知道你要去哪里和什么时候回来
- 要知道当时那些小径的条件情况
- 清楚你的极限和什么时候向后转

### Don't attract or surprise wildlife.

*Make sure bears, cougars, and other wild animals know you're coming*

- never approach or feed wild animals
- sing or talk loudly while hiking
- hike in groups when possible
- carry bear spray



不要招惹和惊吓野生动物  
确保熊、美洲狮和其它动物知道你正在接近

- 决不要靠近或者喂食野生动物
- 行进时唱歌或者大声说话
- 如果当时的情况可能的话，要与别人结伴远足
- 带上防熊喷雾剂

### Never leave a fire unattended.

*Most wildfires are caused by people*

- use provided fire pits only
- make sure your fire is out before you leave
- have a fire only when necessary
- keep fires small



离开时一定要将篝火熄灭  
大多数野火都是人为造成的

- 只在设定的火坑内生火
- 确保你生的火在你离开前完全熄灭
- 只在必要时点火
- 将火势控制在小规模

### Keep it natural

- clean up after yourself and others
- do not remove plants, rocks, deadfall (fallen branches and logs), or artifacts
- stay on designated trails



保持自然

- 离开前清理干净你和别人留下的垃圾
- 不要搬动植物、石头、朽木（倒下的树枝和树干），人造景观
- 逗留在指定的小径上

### Keep your campsite clean.

*Wildlife are attracted to smell – don't give them a reason to visit*

- keep food and toiletries in your vehicle or camper, but not your tent
- never leave drink containers, garbage, or coolers unattended
- use the provided bins for garbage—they're bear-proof!
- pour the dirty water you use to wash dishes into outhouse toilets



保持你的营地的清洁  
野生动物会受到气味的吸引——不要给它们闯入的机会

- 将食品和垃圾留在车内或者野营车里而不是帐篷里
- 要仔细照料你的饮料罐、垃圾、冰箱
- 利用提供的垃圾箱——它们可以防熊
- 把你洗盘子的脏水倒进房子外面的马桶里

## Hiking and walking 远足和走步

Hiking and walking are two of the most popular park activities, and it's easy to understand why. Alberta Parks maintains thousands of well-marked trails that are easy to find and follow so you can get exercise and fresh air, or spend some time exploring the natural setting and enjoying the sights, sounds, and smells of the great outdoors.

When hiking or walking in a park, remember to let someone know where you're going and give yourself enough time to return before it gets dark. Some trails are flat while others climb steep hills or mountains. Trails range from fully accessible paved trails to rugged paths where a map or guide is recommended. Check the Alberta Parks website at [www.albertaparks.ca](http://www.albertaparks.ca) or phone a Provincial Park Visitor Centre for maps and about current trail information such as closures, wet or snowy ground, obstacles, or wild animals in the area.

远足和走步是公园里两种重要的活动，说起来很容易理解。阿尔伯特省的公园里有几千条带有清楚标志的小径，可以用来探幽寻胜并沿着它们进行锻炼和呼吸新鲜空气，花时间去探索它们的情况，欣赏美妙的风景、声音、户外旷野的气息。

在公园里远足和走步时，要记着要让人们知道你要去哪儿，要留给你足够的时间在天黑前返回。有些小径的路很平坦，但有些则是攀援着陡峭的山坡和大山；有些是铺过的路，而有些则是地图上或导游手册里推荐的崎岖不平的小道。上网查询阿尔伯特公园中心 [www.albertaparks.ca](http://www.albertaparks.ca) 或者给省级公园旅游者中心打电话索要地图和目前关于小径道路封闭、潮湿、雪地、障碍，该地区野生动物等的信息。



daypack

hiking boots

### Checklist:

- day backpack
- first aid kit
- good shoes or boots
- good socks
- water bottle
- snacks
- camera
- warm clothes and raingear
- map of the area

### 核对清单:

- 白天用的背包
- 急救用品
- 好鞋和靴子
- 好袜子
- 水瓶
- 快餐
- 照相机摄像机
- 暖和的衣服和雨具
- 地图





## Picnicking 野餐

One of the easiest and most enjoyable things to do in a park is spend time with family and friends over a meal in the outdoors. Few parks have stores where you can buy food, so be sure to bring your own food and clean up after you are done. With hundreds of picnic sites across the province complete with picnic tables, outhouse toilets, and places to set up barbecues and stoves, you can always enjoy some fresh air with your food. Many sites also have campfire pits and firewood sales, and some sites even have playing fields.

在公园里可以做的最轻松和乐此不疲的一件事就是花时间和家人以及朋友在户外来顿野餐。只有个别公园里有商店出售食品，所以最好确定自己备好食品，用餐后清理干净。全省的公园里有几百处野餐的地点，备有桌子，户外厕所，野外烧烤和炉子的地方，你可以在清新的空气里尽情享受你的美味。许多地点设有篝火坑，并有劈柴出售，有些地点甚至有游戏场所。

### Checklist:

- food
- drinks
- proper clothes: be prepared for unexpected weather
- camp stove or portable barbecue
- firewood and matches (if there are campfire pits available)
- cutlery and plates
- bags for garbage and for recyclables
- sunscreen and bug spray

### 野餐清单:

- 食物
- 饮料
- 合适衣服——防备天气的变化
- 露营用的炉具或者便携式烧烤用具
- 劈柴和火柴（如果你去营地有篝火坑的话）
- 就餐用具和盘子
- 垃圾袋和回收袋
- 防晒霜和驱虫喷雾剂



firewood

## Camping

### 露营

Camping—staying overnight in a portable home like a tent, motorhome, camper or trailer—can be great fun for the whole family and is an easy way to spend more time in the outdoors.

Frontcountry campgrounds in Alberta have picnic tables, fire pits, clean drinking water, outhouse toilets, and garbage containers. Some also have shelters where you can eat and cook if it rains. Some locations have electrical and sewer hook-ups at your site and comfort stations with showers and laundry facilities.

You'll need to bring your own equipment and you must pay fees to camp in an Alberta Parks campground. Many sites are available on a first-come-first-served basis, although most parks allow you to reserve a campsite before your visit. Check the Alberta Parks reserve. albertaparks.ca website or phone a visitor centre to find out more about reserving a campsite.

露营—在类似帐篷、汽车屋、休闲车、或者拖车这类便携式家屋里野外过夜—对于整个家庭来说有着很大的乐趣，也是一种在户外度过更多时间的一种简便的方式。

在阿尔伯塔前乡露营地设有野餐桌、篝火坑、提供净饮用水处、户外厕所和垃圾容器。有些还有棚屋，下雨天你可以在里面吃饭和烹调。有些地方还有连接你的宿营地的电源、下水道和休息站，里面有淋浴和洗衣房设施。

你需要带上自己的装备，如果要在阿尔伯塔省公园提供的露营地露营则要付费。尽管大多数公园容许你事先预定露营地点，许多地点都是先来先有的服务。关于预定露营地点的情况请查询阿尔伯塔公园预定服务的网址 [www.albertaparks.ca](http://www.albertaparks.ca) 或者打电话给旅游者中心来预定露营地。



tent



recreational vehicle  
(tent trailer)

#### Checklist

(most camping gear can be rented or purchased second-hand)

- tent or recreational vehicle (RV)
- sleeping bags and sleeping pads
- food and a water container
- cooler to store food
- newspaper and matches to light a campfire
- clothes for all weather conditions
- flashlights
- camp stove

#### 核对清单

(可以租用或买二手的营具)

- 帐篷或休闲娱乐车 (RV)
- 睡袋和睡垫
- 食品和一个装水的容器
- 点篝火用的报纸和火柴
- 冷藏食物的冷藏器
- 适应各种天气的衣服
- 手电筒
- 营地炉灶



## BACKCOUNTRY VS. FRONTCOUNTRY CAMPING

### 后乡区域—前乡区域的露营

Frontcountry facilities are places that you can access by car. The backcountry includes the parts of our parks that are more wild and undeveloped. There are many backcountry campsites and trails across the province. If you travel to the backcountry you will need to plan for a full day or overnight trip and may need specialized equipment or training.

Travelling in the backcountry is a great way to have an adventure and to see parts of the natural world that most people never visit. Just remember to always check with local Provincial Park Visitor Centres, park offices or the Alberta Parks Information line before your trip, or consider hiring a professional guide to lead your trip.

所谓前乡设施是你开车到的那些地方。后乡包括公园那些相当荒僻和未加开发的地方。全省各地到处都有后乡露营地点和小径。如果要到后乡旅行，你事先就要对整个白天和夜晚行程加以计划，可能还要有特别的装备和训练。

在后乡旅行是一种很大的冒险方式，但是却可以看到自然世界的各个部分，那是很多人从未见到过的。必须要记住在你出发前与当地的省级旅游者中心、公园的官员、阿尔伯塔省公园信息热线联系核对情况，或者考虑雇一个职业向导给你领路。



backcountry camping



frontcountry camping



## Boating

### 各种船的乐趣

If you like being on the water, try exploring a park by boat! Whether you choose to paddle a canoe, take a whitewater raft tour, or drive a recreational motorboat, you'll get to see a part of the landscape you might otherwise miss. Motorboats are not allowed in all parks, and some rivers have dangerous sections that require special boats and skills.

You must follow provincial regulations for boater safety, such as getting a Recreational Boat Operators License, wearing a personal flotation device that helps you float in the water and carrying proper equipment. Weather can change very quickly on Alberta lakes and rivers—always be prepared to return to shore.

如果你喜欢水上运动，去尝试用船来探索公园！无论你要划上一只独木舟、要么来上一次木筏冲浪、或者驾驶一辆娱乐摩托艇，你都会看到你以前漏过的不同的景观。公园里是不容许开摩托艇的，某些河段的危险区域也不容许，那里需要特殊的船和驾驶技巧。

你必须遵守省级摩托艇驾驶员安全守则，比如，要取得一份娱乐船只操作员执照，穿戴可以使你浮在水上的漂浮装备，带有相应的装备。阿尔伯塔省的湖泊和河流的天气瞬息万变——要时刻做好回到岸上的准备。



personal floatation device

#### Checklist:

- boat (canoe, kayak, motorboat, etc)  
Most parks do not rent boats.
- safety equipment such as spare paddles, bailing bucket, and a whistle
- personal floatation devices
- clothes for all weather conditions
- recent weather report and forecast

#### 核对清单:

- 船只（独木舟、皮划艇、摩托艇等）。  
大多数公园不对外租船。
- 安全装备，比如备用划桨、打捞筐、口哨
- 单人漂浮装备
- 适应各种天气的衣服
- 最近的天气报告和预报





bicycle helmet



mountain bike

## Biking 自行车运动

Some parks allow visitors to ride bicycles on certain trails. These might be smooth, paved trails where a regular city bicycle would work, or they might be more rugged where you need a specialized mountain bike with wide tires. Either way, riding a bike is a fun way to get to know a park. Just make sure you know which trails allow bicycles before you go.

有些公园容许来访者在某些小径上骑车。在那些通畅的铺过的小径上普通的城市用自行车就可以了，但是在那些崎岖不平的小径上则需要特殊的宽胎山地自行车。随便哪种方式骑自行车去了解一个公园都是一种乐趣。在你出发前要了解清楚哪些小径是可以骑车的。

Just as you would when hiking, remember to let someone know where you're going and give yourself enough time to return before it gets dark.

就像你要去远足之前那样，记住要让人知道你要去哪儿，并在天黑之前给自己回来留下充足的时间。

### Checklist:

- a bicycle (a mountain bike is best for unpaved trails)
- a helmet
- water bottle
- snacks
- map of the area

### 核对清单

- 一台自行车（山地车对于未加铺过的路是最好的）
- 头盔
- 水瓶
- 快餐
- 地图



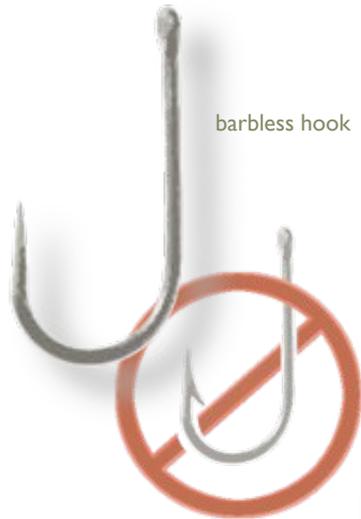
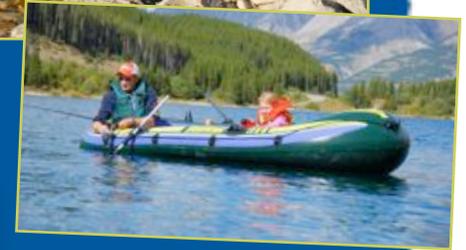
## Fishing 钓鱼

While you can eat most types of fish that you catch in Alberta's parks, people here fish for sport and for fun, not for food. Many of Alberta's lakes and rivers have lots of fish, but to conserve the numbers of wild fish, visitors require an Alberta fishing license and are only allowed to keep a certain number of fish each day. For some species that have been threatened with extinction-like the bull trout-you are required to release any fish you catch back into the water.

Many lakes and rivers in Alberta have unique fishing rules. Ask about these rules before you go fishing, and be sure to get a sportfishing guide when you purchase your license.

大多数在阿尔伯塔省公园里逮到的各种鱼都是可以吃的，人们在这里钓鱼只是为了运动或者取乐而不是为了吃。许多阿尔伯塔的湖泊、河流里有大量的鱼类，但是为了保有野生鱼类的数量，来访者首先要取得阿尔伯塔钓鱼许可证，而且每天钓鱼的数量是有限度的。因为有些种类的鱼正面临灭种的危险—比如牛鳟鱼—要求规定当你逮到任何鱼类都要放回水里。

阿尔伯塔省许多湖泊和河流有着独特的钓鱼规定。在钓鱼前要弄清这些规定，确保你在购买钓鱼许可证的同时得到一份运动钓鱼的指导。



barbless hook

### Checklist:

- Alberta fishing license (you can buy this online or in convenience stores and gas stations)
- fishing rod
- fishing tackle such as pliers and a knife
- bait to attract fish where allowed
- barbless hooks: barbed hooks are illegal in Alberta

### 核对清单:

- 阿尔伯塔省钓鱼许可证（你可以在网上购买或者便利店和加油站购买）
- 钓鱼竿
- 钓具，比如扁嘴钳和刀
- 某些地方可以容许使用的钓鱼饵
- 没有倒钩刺的鱼钩—在阿尔伯塔省使用倒钩刺的鱼钩属于非法。

## Touring

### 游览

You could also make your visit to a park part of a larger sightseeing trip as you get to know Alberta. Enjoy a picnic or a hike in a park during the day, and then get to know a nearby community at night.

Wherever you are exploring in Alberta, a provincial park or protected area is never far away.

为了了解阿尔伯塔省你也可以把游览公园作为一个更大的观光游览之旅的一部分。白天在公园里享受野餐和远足，在夜晚则可以去了解附近的社区。

不管你在阿尔伯塔省的哪里探索，一个省级公园或者保护地都不会离你太远。



## Winter Sports 冬季运动

In many parts of Alberta, the weather often turns cold and snowy in October or November and stays that way until March or April. But don't let cold weather keep you inside. Instead, visit a park and try some outdoor winter sports. You can ski down hills or along flat trails, or wear snowshoes to walk on top of the snow. You can toboggan or you can ice-fish, or even winter camp! Whatever you do, dress warmly and get ready to discover why so many Albertans love the winter!

When skiing or snowshoeing in a park, let someone know where you're going and give yourself enough time to return before it gets dark. Remember that it gets dark very early in the evening during Alberta winters. Also, check with a visitor centre to make sure it's safe before walking on a frozen lake or pond.

If you're driving to a park in the winter, it's a good idea to check the road conditions on the Internet before you leave.

在阿尔伯塔省的很多地方十月、十一月的气候会变得寒冷和多雪，并且会一直持续到来年的三月、四月份。别让寒冷的天气把你留在了室内。相反，你应当去公园看看，尝试一下某项户外冬季运动。你可以在山坡上或某条小径上滑雪，或者穿上雪鞋到雪上去趟雪。还可以玩儿雪橇和冰下捕鱼，甚至冬季露营！不管做什么都要穿的暖和些，去看看为什么那么多的埃尔伯塔人热爱冬季！

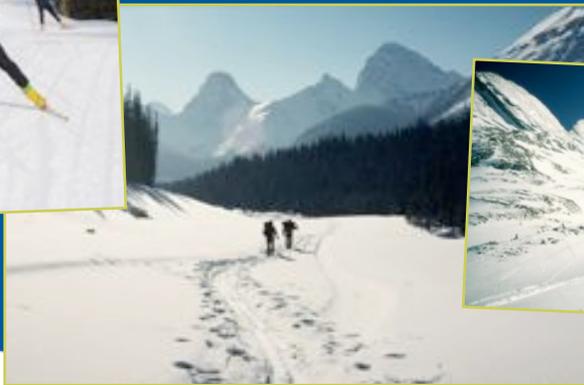
在公园里滑雪和雪鞋行走，让人知道你打算去哪儿和留给自己足够的时间在天黑前回来。要记住埃尔伯塔的冬天天黑得特别早。与旅游者中心核对确保在某个冰冻的湖和池塘上行走时是安全的。

如果你是冬季开车去一个公园，在你出发之前上网查对去的那条路的路况是一个不错的主意。



### AVALANCHE! 雪崩！

Weather conditions in the Rocky Mountains can change quickly which, in winter, may cause snow to suddenly slide downhill in deadly avalanches. If you plan to travel in the backcountry in the mountain parks, you should take an avalanche safety course and visit [www.avalanche.ca](http://www.avalanche.ca) to check on current warnings. 落基山脉的气象条件变化多端，冬季里常会引起山坡一侧的雪顺坡滑落形成致命的雪崩。如果你计划在山区公园的后乡旅行，你要走一条雪崩安全路线。要上网 [www.avalanche.ca](http://www.avalanche.ca) 查询当前的线路警告。



#### Checklist:

- equipment for your winter sport (skis, ski poles, ski boots, snowshoes)
- avalanche safety equipment (if necessary)
- warm layers of winter clothes
- water bottle and snacks

#### 核对清单:

- 你的冬季运动的装备 (滑雪板、滑雪杆、滑雪靴、雪鞋)
- 雪崩安全装备 (如果必须的话)
- 冬季衣服的保暖层
- 水瓶和快餐

## LEARNING ABOUT AND CONNECTING TO THE NATURAL WORLD

了解自然世界 接触自然世界



### Learning about nature in parks 了解公园里的自然世界

Parks and protected areas are outdoor classrooms where anyone can be a student. By learning to recognize the wildlife and landscapes around you, you'll feel more at home in the outdoors and become inspired to protect our natural world.

公园和保护地是户外的大课堂，每个人都可以做它们的学生。通过学习可以认识野生动植物和你周边的地貌，在户外你可以感觉更像是在家里，会受到激励来保护我们的自然世界。

There are many ways to learn about Alberta's natural landscapes, wildlife and features. If you like to be alone and learn quietly, you can take a guidebook to go bird watching, or teach yourself to recognize plants. Some parks even have park educators who will teach you about the park's natural surroundings through guided walks, bus tours, and campground educational theatre shows. Learning in parks is free, but formal bus tours and a few special events may cost money. You will also have an opportunity at some parks to donate money in support of these education programs.

有很多种方式来了解阿尔伯塔的自然地理、野生动植物和它们的特性。如果你喜欢独处和安静的学习，你可以拿上一本指导的书去进行鸟类观察，或者自学认识植物。有些公园甚至有公园辅导员，他们通过带你走讲解路线教你了解公园的自然地貌，还有巴士旅游线路和营地教育舞台表演。在公园学习是免费的，但是正规的巴士游览和少数的活动可能会收费。你也会有一些机会在一些公园对这些教育项目捐款赞助。

## Art and Inspiration 艺术和灵感

Would you prefer to paint, write, or take photographs on your park visit? Or sit quietly and be inspired by the beauty of the world around you? Parks are perfect places for activities such as these, and they can be done almost anywhere.

Just remember, cutting or removing of any plants, antlers, rocks or fossils is not allowed in parks or protected areas. Make your art from memories instead!

在游览公园时你是喜欢画画、写作，还是摄影？抑或只是安静地坐在那里感受周围世界的美丽的灵感？公园是这些活动的完美的地方，公园里的任何地方几乎都可以给你灵感。

但是要记住，在公园和保护地里砍折和清除任何植物、鹿角、岩石或者化石都是不容许的。那就用你的记忆来做你的艺术品吧！



binoculars

### 核对清单：

- 合适的衣服—总想着会有意外的天气！
- 水和快餐
- 教育项目计划
- 需要付费的开销
- 你对该公园要提问的问题
- 导游书
- 望远镜
- 艺术品的装备

### Checklist:

- *proper clothes-always dress for unexpected weather!*
- *water and snacks*
- *education program schedule*
- *money for fees if required*
- *your questions about the park*
- *guidebooks*
- *binoculars*
- *art supplies*



## PARK PEOPLE 为公园工作的人们

PARK PERSON



Name: Jay Nagendran  
Originally from: Sri Lanka  
Arrived in Canada: 1974

As Assistant Deputy Minister of Alberta Tourism, Parks and Recreation, Jay enjoys working to improve Albertans' quality of life. He also enjoys hiking and site-seeing in the province's parks - especially Cypress Hills Provincial Park and Kananaskis Country. Jay has even taken a horseback riding course so that he can explore more remote parks on horseback.

Thousands of people contribute to parks and protected areas by being stewards of the natural world. Being a steward means caring for parks and protecting them for future generations. Anyone can become a steward by becoming a volunteer or even working for Alberta Parks. And just by visiting a park you can act in ways that help protect these amazing areas – you can pick up any garbage you find or report problems and concerns to park offices.

Here are some of the stewards you might meet while exploring the parks.

有几千人作为这个自然世界的管理者在为这些公园和保护地做出贡献。成为一名管理者意味着要关心这些公园并为了将来的子子孙孙而保护它们。任何人都可以通过做志愿者或者甚至成为阿尔伯塔公园的工作人员来成为它们的管理者。在到访这些公园时你可以有多种行为方式来帮助保护那些神奇美妙的世界——你可以捡拾别人丢掉的垃圾或者向公园的工作人员报告你发现的问题及你的关切。

这里是在你探索那些公园时会碰到的一些管理者。

## Visitor Information Officers 旅游者信息官员

### Who they are:

Information officers work at Park Visitor Centres and answer all kinds of questions about the parks. They know about trail and weather conditions, outdoor activities, learning opportunities like guided walks and campground shows, and park rules.

### How they can help you:

Visitor information officers can give or sell you maps and brochures. They are great at suggesting places to go, activities you might enjoy, and any hazards to watch out for during your visit.

### Where to find them:

You can speak to an information officer in person at a Provincial Park Visitor Center, or by phone and email.

### 他们是谁:

信息官员工作在公园旅游者中心并回答有关该公园的各种各样的问题。他们熟悉小径道路和天气情况、户外的活动、像徒步行走导游和露营营地的表演以及公园的规定等信息。

### 他们如何帮助你:

旅游者信息官员可以向你提供或者出售给你各种地图和小册子，是建议你哪些地方应当去、哪些活动你可以参加、在旅游期间你要注意哪些危害的行家里手。

### 在哪里可以找到他们:

你可以到省级旅游者中心与一位信息官员当面交谈，也可以电话或者电子邮件与他们联系。



Name: Marie-Pierre Chappeland  
Originally from: France  
Arrived in Canada: 1993

As the Office Manager at Bow Valley Provincial Park, Marie-Pierre gives information to visitors and coordinates the Volunteer Stewards program, among many other duties. She loves the hikes along mountain ridges for their amazing views, and enjoys hiking or skiing into a cozy backcountry cabin, then warming up by a fire.

PARK PERSON



Name: Eric Panorel  
Originally from: the Philippines  
Arrived in Canada: 2006

Fish Creek Provincial Park was the first park Eric explored when he came to Canada. When he found out that he could volunteer there, he decided this would be a good way to give back to the Park, and joined volunteers of all ages picking up garbage near Fish Creek. Eric's favourite park is Peter Lougheed Provincial Park, where he enjoys hiking, mountain biking, and camping. He looks forward to his first winter camping experience this year.

## Conservation Officers 保护官员

### Who they are:

Conservation officers are like police officers, and are experts at public safety. They make sure that visitors are safe and are following park rules, and they ensure that nature is protected.

### How they can help you:

Conservation officers can answer your questions and can help you if you do not feel safe, have a concern or question, or have been hurt.

### Where to find them:

Conservation officers patrol by truck, horse, boat, or on foot through campgrounds, trails, and day-use areas. If you need to speak with one, just walk up to them—they are very friendly!

If you have an emergency, you can call 9-1-1 in most parks just as you would in the city.

### 他们是谁:

保护官员就像是警官，他们是公众安全专家。他们要确保旅游者的安全，遵守公园的各项规定，保证自然界受到了保护。

### 他们如何帮助你:

保护官员可以回答你的提问，如果你感到不安全、你有关切或者问题，或者你受伤了，他们可以给你帮助。

### 在哪里可以找到他们:

保护官员在营地、小径、人们白天活动的地区使用卡车、骑马、船只或徒步巡逻。如果你发生了情况，直接上前和他们讲——他们非常好!

在大多数公园里如果你发生了紧急情况，你可以像在城市里那样呼叫9-1-1。





## Park Interpreters and Environmental Educators 公园的导游和环境教育者

### Who they are:

Friendly park interpreters and environmental educators know all about animals, plants, and landscapes in the park. Their job is to help visitors connect with the natural world through educational programs and experiences. Most interpreters are hired seasonally, so you will usually only see them from May to September. In the fall, winter and spring, park educators do many environmental education programs for schools and community groups.

### 他们是谁:

友好的公园导游和环境教育者熟悉公园里所有的动物、植物和地貌。他们的任务就是通过教育项目和经验帮助到访者与自然世界接触。大多数的导游都是按季节受雇的，所以通常你只能在五月到九月期间可以看到他们。秋季、冬季和春季里，公园教育者会对学校和社区团体开展多种环境教育的项目。

### How they can help you:

Park interpreters will answer questions and help you recognize wildlife. They also lead walks and present campground shows to teach visitors about the natural world.

### 他们如何帮助你:

公园的导游会回答你的问题，帮你认识野生动植物。他们也会通过领路和做营地介绍来教旅游者有关周边自然世界。

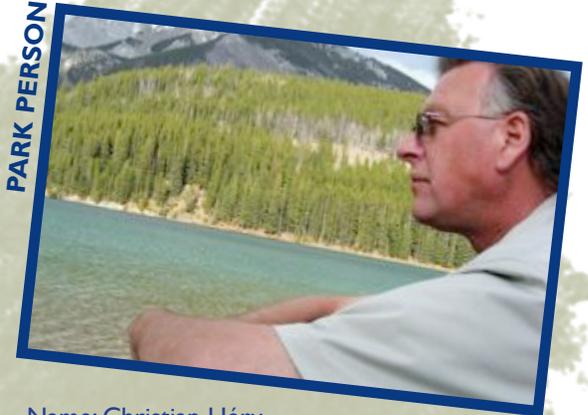
### Where to find them:

Interpreters spend their time in campground theatres (called "amphitheatres"), popular day-use areas, trails, and sometimes in schools or at community events.

### 在哪里可以找到他们:

导游主要工作地点在营地的剧场（叫做“圆形剧场”），白天人群多的地方，小径，有时也会在学校和社区举办的活动上。

PARK PERSON



Name: Christian Héry  
Originally from: France  
Arrived in Canada: 1998

As the Web and Print Publications Coordinator in Kananaskis Country, Christian is happy to have found his "dream job" in his favourite protected area. He hikes, bikes, and skis in Kananaskis, and hopes to soon try snowshoeing.

PARK PERSON



Name: Dusan Rokvic  
Originally from: Serbia  
Arrived in Canada: 2005

Dusan Rokvic is the Program Coordinator for the 4 Seasons Recreation Program, which gets new Canadians in Calgary involved in recreational opportunities. He enjoys many park activities, very often accompanied by new immigrants. He has great memories of melting snow, flowers, streams, sunny peaks and hundreds of new Canadians exploring the parks.

## Campground Hosts 营地东道主

### Who they are:

Campground Hosts volunteer in campgrounds to provide hospitality and information, ensuring that visitors have enjoyable and safe experiences.

### How they can help you:

Campground Hosts provide information and answer questions about facilities, services, activities, rules, and regulations. They also share their knowledge about amenities and services within the surrounding community, and about the Alberta Parks network. In the case of emergencies, Campground Hosts can help visitors access help.

### Where to find them:

Campground Hosts can be found either in their well-marked campsite or sometimes walking around the campground, wearing identification that says Parks Volunteer. They are always looking for the next new visitor to greet and introduce to their park or provincial recreation area.

### 他们是谁:

营地东道主是营地里的志愿者，他们可以提供殷勤的服务和信息，确保来访者获得愉快和安全的体验。

### 他们如何帮助你:

营地东道主提供信息和回答有关设施、服务、活动、制度和规定方面的问题。他们也与你分享有关周围社区内的设施和服务以及阿尔伯塔公园网络方面的情况。出现紧急情况时，他们可以帮助游客取得救助。

### 在哪里可以找到他们:

可以在他们设在公园里的有清楚标志的营地地点找到他们，有时他们会在营地周围走动，带有“公园志愿者”字样的身份标志。他们总是在寻找刚到的游客去表示欢迎并介绍他们的公园或者省级娱乐地区。



## Facility Operators 设施经营者

### Who they are:

Facility Operators run private companies that work with the Alberta Government to operate campgrounds and day-use sites. They make sure campgrounds are clean, safe, and protected. They register campers, provide firewood for sale, and often operate stores and comfort stations.

### How they can help you:

If there's a problem with the campground facilities such as drinking water, toilets, picnic tables, and so on, tell the Campground Operators.

### Where to find them:

Facility Operators are often busy, but they are easy to find around campgrounds, day-use sites, or campground stores.

### 他们是谁:

这些设施经营者是些私人经营的公司, 他们和阿尔伯塔省政府一道经营营地和白天使用的那些地点。他们确保营地的干净、安全和受到保护。他们对宿营者进行登记, 出售劈柴, 经常是经营商店和公共厕所。

### 他们如何帮助你:

如果营地的设施有问题, 诸如饮水、马桶、野餐桌等等, 告诉营地的经营者。

### 在哪里可以找到他们:

他们一般很忙, 但是在营地的周围、白天使用的地点、营区商店里很容易找到他们。

### PARK PERSON



Name: Romana Windsteig  
Originally from: Italy and Austria  
Arrived in Canada: 1953

Romana retired from nursing in 1992 and now volunteers with many Park groups, including the Friends of Fish Creek, where she helps with most outdoor programs, including the Park Clean-up and high school education programs. She enjoys cycling, walking, and wildlife watching, and has found that being outdoors has greatly improved her health.

### PARK PERSON



Name: Bocar Diallo  
Originally from: Senegal  
Arrived in Canada: 2005

A PhD student in Geomatics at Sherbrooke University in Quebec, Bocar worked as a research assistant in Kananaskis Country while on a student exchange. This job allowed him to explore the parks while helping with activities like GIS mapping, taking water samples, and tracking bears. He still remembers how impressed he was at the sight of his first bear.

PARK PERSON



Name: Slawa Gruscynska  
Originally from: Poland  
Arrived in Canada: 1979

The Cultural Diversity Coordinator with the City of Calgary – Arts and Culture, Slawa Gruscynska has wonderful memories of bringing her daughter to Alberta’s parks. They would join a group of friends and spend the day hiking and picnicking. Her daughter is now grown up, and Slawa still loves to sight-see, walk, and relax in Fish Creek and Bow Valley Provincial Parks.

## Park Maintenance Staff 公园维护人员

### Who they are:

park maintenance workers are responsible for repairing and cleaning park buildings and facilities. They help keep the parks in excellent condition.

他们是谁:

他们是谁: 公园的维护人员对修理和清洁公园的建筑和设施负有责任。他们可以使公园保持良好的状态。

### How they can help you:

If there is a problem with a building or facility such as the public outhouses, comfort stations, and shelters, tell the park maintenance workers.

他们如何帮助你:

如果建筑和设施有了问题, 比如: 公众使用的户外厕所、室内的厕所, 躲避处, 告诉维护人员。

### Where to find them:

In campgrounds, visitor centres, and day-use areas throughout the parks.

在哪里可以找到他们:

遍布公园各地的营地、旅游者中心、白天光顾的地方。

PARK PERSON



Name: Ashim Banerjee  
Originally from: Kenya  
Arrived in Canada: 2006

A student in the Business Administration and Information Technology program at Medicine Hat College, Ashim has been helping the Heritage Association of Cypress Hills with trail maintenance and marking ski trails in Cypress Hills Interprovincial Park for the past two years. He also enjoys hiking, biking, and “meeting new people from all walks of life” in the parks.

## Park Ecologists and Researchers 公园的生态专家和研究人員

### Who they are:

These scientists study plants, wildlife, and their relationship with each other and the land. Some even study people to figure out the best ways to provide rewarding park experiences. Many researchers work for Alberta's colleges and universities in partnership with the Government of Alberta.

### How they can help you:

Biologists and researchers make important discoveries about the parks and share them with the public and other park staff.

### Where to find them:

You may never encounter a researcher as they often work behind the scenes, but research sites such as the Kananaskis Field Station or the Boreal Centre for Bird Conservation often provide free tours and open houses.

### 他们是谁:

这些科学家研究植物、野生动植物，它们之间以及它们与环境之间关系。有些甚至是研究游客的，研究最好的办法使他们获得最好的公园体验。许多研究人员是阿尔伯塔省政府的合作伙伴为阿尔伯塔的学院和大学工作。

### 他们如何帮助你:

生态学家和研究人员在公园的研究上有重大发现，并与大众和公园的工作人员分享他们的成果。

### 在哪里可以找到他们:

因为他们经常在幕后的地方工作，所以你不会碰上他们。但是，有些研究地点比如卡纳纳斯基斯现场工作站或者鸟类保护北方中心提供免费的游览和开放的研究室。

PARK PERSON



Name: Ksenija Vujnovic  
Originally from: the former Yugoslavia  
Arrived in Canada: 1993

Ksenija's job as an ecologist with the Parks Division of Alberta Tourism, Parks and Recreation has taken her to many beautiful places, from the Onefour Heritage Rangeland Natural Area in the very southeastern corner to the Canadian Shield Natural Region in the northeast. Her favourite park is Fidler-Greywillow Wildland Provincial Park in the Canadian Shield. In the winter, she enjoys cross-country skiing at the Cooking Lake - Blackfoot Grazing, Wildlife and Provincial Recreational Area with her husband Drajs, a Park zoologist.



Name: Dragomir Drajs Vujnovic  
Originally from: the former Yugoslavia  
Arrived in Canada: 1993

A zoologist with the Parks Division of Alberta Tourism, Parks and Recreation in Edmonton, Drajs's work allows him to study wildlife in some of his favourite parks, including the Milk River Natural Area and Rock Lake-Solomon Creek Wildland Park. One day in the Willmore Wildland Park, he spotted four grizzly bears, a caribou, and a marmot all in the same spot! Drajs also enjoys cross-country skiing, cycling, and taking photographs.

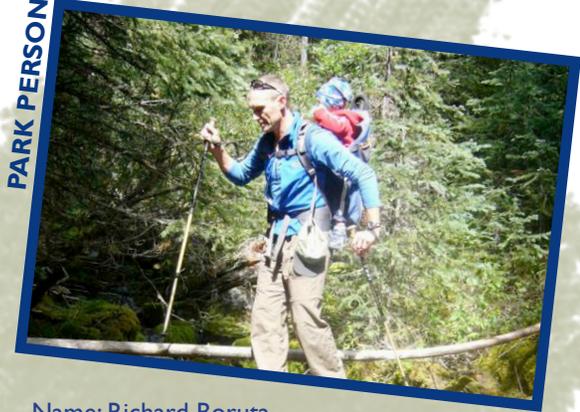
## And many more... 还有更多的人员...

There are many more people who make sure that our parks and protected areas are safe, organized, and easy to explore. These include Planners, Managers, and Communications people, to name just a few. You might not see these people in the park, but they are working hard to make sure you have an excellent visit, and to make sure parks stay natural, protected, and accessible to you.

还有更多的人员在工作来保证我们的公园和保护地是安全的、组织有序的和易于探寻的。这些人包括计划人员、经理人员、通讯联络人员等等。在公园里你会看不到这些人，但是他们辛勤的工作会使你的来访获得极大的成功，并保证公园保持在一种自然的状态，受到保护，也使得你可以接触它们。



PARK PERSON



Name: Richard Boruta  
Originally from: Czech Republic  
Arrived in Canada: 1998

Richard first came to Canada to visit friends, but found it simply “too nice to leave.” Now a biathlon and cross-country ski coach at the Canmore Nordic Centre, he enjoys skiing, biking, and climbing in Kananaskis Country. One of his best memories is of the time he navigated the Mt. Indefatigable traverse—carrying his one-and-a-half-year-old baby!

## PARK STEWARDSHIP (GETTING INVOLVED)

### 公园管理员 (参与其中)



Name: Eric Kuhn  
Originally from: United States  
Arrived in Canada: 1970

The head of Visitor Services in Kananaskis Country, Eric will never forget the day when, while hiking alone in Writing-on-Stone Provincial Park, he came upon one rattlesnake, then another, and another! Surrounded by over a dozen snakes, he stayed calm and moved away slowly, taking with him a “thrilling memory.” Eric likes to explore the parks on foot and on skis.

If you decide that you want to become a park steward, there are many ways to get involved:

#### *By Visiting Parks:*

You can be a steward simply by caring for Alberta's parks and protected areas and understanding why they are so important. Each time you visit, the fees you pay for your campsite or firewood allow park employees to care for the park in a way that is responsible to nature.

#### *By Volunteering:*

Each year, hundreds of volunteers contribute thousands of hours to parks. From helping with education programs and special events to building and cleaning up trails or working with cooperating associations, these generous people are a big part of Alberta's Provincial Parks.

#### *By Working for Parks:*

If you dream of working outdoors and protecting a beautiful environment, think about working for Alberta Tourism, Parks and Recreation. Every year, parks across the province hire seasonal park interpreters, visitor centre and campground staff, and conservation officers.

You can learn more about volunteer, career, or contract opportunities with parks by visiting [www.albertaparks.ca](http://www.albertaparks.ca) or by talking to park staff or volunteers in person.

如果你决定你要成为一名公园管理员，有很多办法参与其中：

#### 通过游访公园：

很简单，通过关心阿尔伯塔的公园和保护地，理解他们是如何的重要就可以是一名管理员了。你的每次游访，你花在营区和劈柴上的费用就可以使公园的雇员用一种对自然负责的方式来照料公园。

#### 通过做志愿者：

每年都有好几百名志愿者对公园贡献了好几千小时的工作。他们帮助教育项目和特别活动的实施、对建筑和小径的清理，或者与各种协会合作一道工作，这些慷慨的人们是埃尔伯塔省级公园很大的组成部分。

#### 通过为公园工作：

如果你梦想在户外工作和保护优美的环境，就考虑一下为埃尔伯塔省的旅游业、公园和娱乐设施工作。每年全省各地的公园都要雇佣季节性公园导游、旅游者中心和营区工作人员，以及保护官员。

你可以上网 [www.albertaparks.ca](http://www.albertaparks.ca) 查询有关志愿者、职业或者与公园的合同工作的机会。也可以与公园的工作人员或者志愿者当面交谈。

## BASIC INFORMATION

If you have questions while visiting or planning a trip to Alberta Parks, stop at a Visitor Centre, check online at [www.albertaparks.ca](http://www.albertaparks.ca), or call the Alberta Parks Information Line at 780-427-3582; toll-free 1-866-427-3582.

If you see a fire in any of Alberta's forests, call 310-FIRE (3473)

If you see a crime in a park, you can leave an anonymous tip by calling Green Crimestoppers at 1-800-222-TIPS (8477)

A complete list of park regulations can be downloaded at [www.albertaparks.ca](http://www.albertaparks.ca)

For more information about travelling in Alberta, visit: [www.travelalberta.com](http://www.travelalberta.com)

### Road Conditions

For online information on road conditions, check websites such as:  
The Alberta Motor Association [www.ama.ca](http://www.ama.ca)  
The Weather Network Canada [www.weather.ca](http://www.weather.ca)

### Avalanche Conditions

For information on current backcountry avalanche conditions, visit: the Canadian Avalanche Centre at [www.avalanche.ca](http://www.avalanche.ca)

In case of an emergency, call 9-1-1

**Government of Alberta** ■  
Tourism, Parks and Recreation

REPORT WILDFIRES  
**310-FIRE**

Helping  
Protect  
Our  
Environment  
**CRIME STOPPERS**  
1-800-222-TIPS  
[crimestoppers.ab.ca](http://crimestoppers.ab.ca)

## 基本信息

如果你在出游或者计划出游阿尔伯塔的一个公园时有了问题，可以去一家旅游者中心，上网核对[www.albertaparks.ca](http://www.albertaparks.ca)或者打电话给阿尔伯塔公园信息热线780-427-3582；免费电话是1-866-427-3582。

如果你在阿尔伯塔的森林中看到了火情，呼叫310-FIRE(3473)

如果你在公园里看到了犯罪行为，你可以匿名报警呼叫绿色犯罪阻止者(Green Crimestoppers) 电话是 1-800-222-TIPS(8477)

可以在 [www.albertaparks.ca](http://www.albertaparks.ca) 上下载一份完整的公园规定。

关于在阿尔伯塔旅行的更多的信息，请上网查询 [www.travelalberta.com](http://www.travelalberta.com)

### 道路情况

要网上获取有关道路的情况，请查询下面的网址：  
阿尔伯塔机动车协会 [www.ama.ca](http://www.ama.ca)  
加拿大气象网络 [www.weather.ca](http://www.weather.ca)

### 雪崩情况

要想获取当前的后乡雪崩情况的信息，上网：  
加拿大雪崩中心 [www.avalanche.ca](http://www.avalanche.ca)

紧急情况发生呼叫 9-1-1

