

# Middle Lake

## Bow Valley Provincial Park



Grouse tracks



Grouse are a 'chicken-like' bird that remain active in the winter. To walk on the snow they have extended scales on their feet that act like snowshoes. To keep warm they puff up their feathers. Can you spot a grouse or tracks?

### NATURE NUGGET

## Time Travels

Take a look at the mountain to the North. Yamnuska, as it is more commonly known, comes from the Nakoda word *lyamnathka*, which means 'flat faced mountain.' However, it was officially named Mt. John Laurie in 1961. John Laurie was an educator, political activist, and friend to the Nakoda First Nation. In 1941 he was adopted by the Nakoda Chief Enos Hunter and his wife who named him White Cloud. The 1961 renaming of Mt. John Laurie was at the request of the Nakoda People.



**FAMILY FUN** Middle lake can be a great place to go skating as the wind often will blow the snow off the lake! Bring your skates for some fun!

## Records of Reflection

Draw a picture or write a memory from your day!

## Safety Snippet

If you plan to go skating be sure to be ice smart! Snow on the ground doesn't always mean ice is safe to skate on! Colour of ice *may* be an indication of its strength:

- Clear blue is the strongest
- White opaque or 'snow ice' is half as strong as blue ice
- Grey ice is unsafe

***Make sure the ice is safe before heading out!***



## Canyon Day Use Peter Lougheed Provincial Park

Showshoe Hare Tracks



Snowshoe hare grow a new white coat in the winter to blend in with the snow. In the summer they blend in with ground. This is called camouflage. Snowshoe hare make up 85% of a lynx's diet, a common wildcat here in Kananaskis.

**NATURE NUGGET**

### ***Time Travels***

Peter Lougheed was the premier of Alberta (1971-1985). MLA Clarence Copithorne (Banff-Cochrane) saw a demand for recreation in this area and developed a plan to improve the road into Kananaskis. Calgarian architect, Bill Milne, encouraged Copithorne to involve the public. Over 48 000 Albertans responded to a survey, mostly in favor of creating a park. Bill and Clarence secured Lougheed's support to conserve this landscape by taking him on a helicopter tour over the valley. In 1978 it was officially made a provincial park!

**FAMILY  
FUN**

Canyon Day use is a great place to snowshoe and have a fire at designated fire pits. (bring wood). Rent snowshoes at Kananaskis Outfitters at Kananaskis Village

### ***Records of Reflection***

Draw a picture or write a memory from your day!

### **Safety Snippet**

Designated snowshoe trails are safe from avalanche hazards. Exploring outside of designated trails, (especially in higher elevations) however could be a fatal mistake. If you venture off the trails, be sure you have the proper training and equipment to do so and know the avalanche conditions before you go!



## Wedge Pond Evan Thomas Provincial Recreation Area

Grizzly Bear Tracks



Did you know that bears don't *truly* hibernate? They go into a deep sleep called torpor. This means they can be disturbed awake by noise, warm weather, or the smell of a tasty dead carcass. Bears may still be active when there is snow on the ground.

### NATURE NUGGET

## Time Travels

in 2011 Alberta Parks facilitated a prescribed burn in the Evan Thomas area. Fires are very important to forests as it helps renew growth, and increases diversity in vegetation and wildlife. Older forests are also more vulnerable to wildfires. Having controlled burns protects the forest as well as people that recreate there. Look on the slopes around you. Can you see some of the burn scarred trees?



**FAMILY  
FUN**

This is a great place to try cross county skiing (Wedge trail) with the family! You can rent skis for the whole family at Kananaskis Outfitters at Kananaskis Village.

## Records of Reflection

Draw a picture or write a memory from your day!

## Safety Snippet

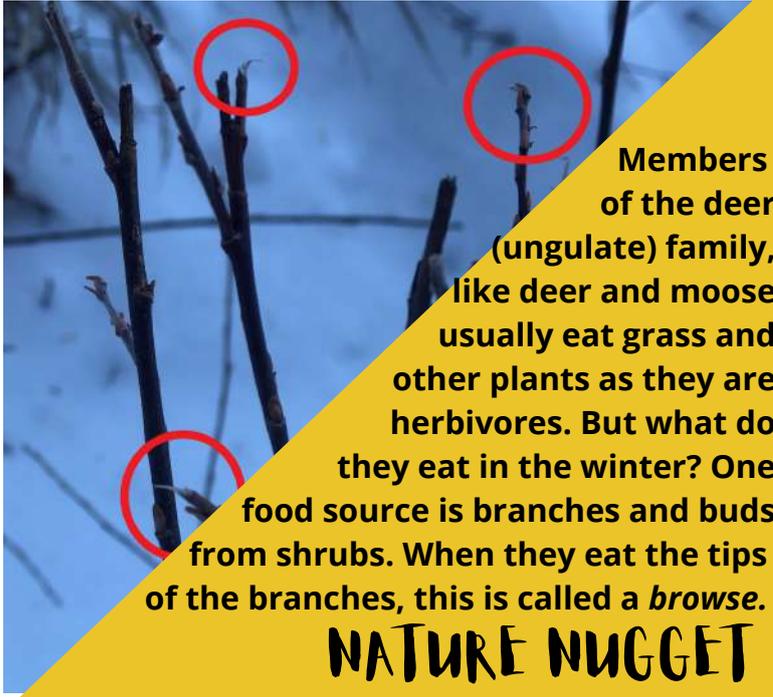
Be sure to leave this area as you found it and practice 'leave no trace' principles. Leaving garbage behind or feeding wildlife could end up being fatal to that animal or even people. Take only pictures and leave only footprints! Keep our wild spaces wild!

## Sibbald Lake

### Sibbald Provincial Recreation Area



Moose Tracks

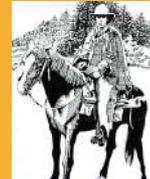


Members of the deer (ungulate) family, like deer and moose usually eat grass and other plants as they are herbivores. But what do they eat in the winter? One food source is branches and buds from shrubs. When they eat the tips of the branches, this is called a *browse*.

### NATURE NUGGET

## Time Travels

Watch out for cow pies (not the eating kind) underfoot! The name *Sibbald Flat* comes from its ranching tradition. The Sibbalds were one of the first settlers to reside here in 1875. Because the nearest post for supplies was Montana, the Sibbald boys joined the annual caravans bringing back food, materials and long-horned steers. Frank Sibbald took some of these cattle to the open grasslands and became the areas first rancher. Grazing leases are still in effect today, which is why you may see signs of ranching in th area!



**FAMILY FUN**

Sibbald Lake has designated fire pits (bring your own wood). Have a picnic and do a winter scavenger hunt! Link to scavenger hunt sheet:

<https://www.albertaparks.ca/albertaparksca/learning/nature-source/>

## Records of Reflection

## Safety Snippet

Always be prepared and have a plan when venturing to the mountains. Many places in Kananaskis Country (including Sibbald) have no cell reception. Make sure you are prepared for the day by making a checklist.

Do you have:

- ✓ Hydration
- ✓ Nutrition
- ✓ Insulation
- ✓ Illumination
- ✓ Communication

(does someone know where you are?)

Draw a picture or write a memory from your day!

## Heart Creek Trail

Heart Creek Provincial Recreation Area



Do you know how to tell coniferous (trees with needles) apart? *Spruce* needles have *sides* and are *sharp* when you touch the tip. *Fir* tree needles are *flat and flexible* (they will bend). *Pine* needles are *paired and pretty long*. Can you ID some of the trees here?

### NATURE NUGGET

## Time Travels

Heart Mountain (on east side of creek) was named in 1957 for its heart shaped layer of limestone near the top. Did you know that limestone is made up of the skeletons of prehistoric sea creatures that once lived in the tropical sea that was Alberta millions of years ago? You can tell a rock is limestone by rubbing it with another rock, and if it smells like rotten eggs, it's limestone!



**FAMILY  
FUN**

Heart creek trail is a great family walk. Easy, flat with great features like bridges and a frozen waterfall at the end! No equipment needed.

## Records of Reflection

Draw a picture or write a memory from your day!

## Safety Snippet

If you plan to walk on the creek be sure to bring ice grips so you don't slip! Waterfalls can be fun to explore, but be sure to stick to designated trails. Serious injuries have happened from people venturing off trail to get better views. Keep safe and stick to the trail!