

**Find 2 species  
per category  
to complete  
the activity!**



## Identification Guide

Below is a list of some of the common species of plants and animals you'll find in this area. This is a generalized list and by no means exhaustive.

Keep your eyes peeled and see if you can find any of the species noted below.

*It is likely you identified species that are not in this guide. Not to worry! Take a photo of anything that piqued your curiosity and upload it to the iNaturalist app. Every photo you upload is helping contribute to scientific study in BC. Perhaps you'll even discover a new species!*

Look around the trunks of trees to help identify these!

FIND 2



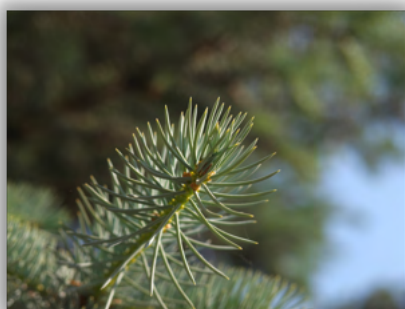
**Western Hemlock**



**Douglas Fir**



**Western Red Cedar**



**Silver (Amabilis) Fir**



**Big Leaf Maple**



**Dogwood**

You are wandering through a Coastal Western Hemlock Ecological Zone, which stretches all along the coast of the province. Coniferous forests predominate this zone, meaning forests with evergreen trees that bear cones. These forests are also commonly called "temperate rainforests" because of the mild, wet climate in which they grow. These forests are complex and often highly productive ecosystems.

The dominant tree species here is the Western Hemlock. At elevations below 1,000m, old-growth Douglas-fir and Western Red Cedar are interspersed with second-growth coniferous (think needles) and deciduous (think leaves) trees and a variety of shrubs. At 1,000m and above, the forest cover is mostly Silver (Amabilis) Fir, Yellow Cedar and Mountain Hemlock.

# Friendly Fronds

A bit trickier to distinguish, can you spot all four?

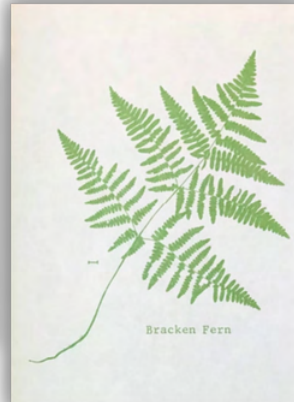
FIND 2



**Deer Fern**



**Sword Fern**



**Bracken Fern**



**Lady Fern**

The shady woods of the coastal forest provide ideal conditions for fern growth. Millions of years ago, ferns and their relatives were the dominant plant forms on earth. Many kinds grew as big as trees and formed great, steamy forests, habitat for dinosaurs and winged reptiles! Many of the ferns known today originated from these fern forests.

The easiest way to identify fern types is by looking at the frond and the blade. The frond consists of a stipe (the petiole or leaf stalk) that emerges from the ground and bears a large blade. The blade is divided into leaflets, or pinnae. The pinnae may be further divided, producing a beautiful frond. The amount of division will determine the type of fern. Unlike other plants, they don't produce flowers or seeds. Instead, they reproduce by spores on the underside on the leaves.

# Creepy Crawlies

You may have to crouch down on the ground to find these!

FIND 2



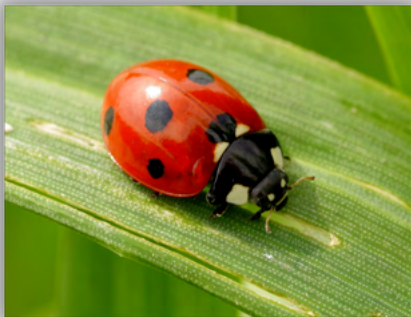
**Banana Slug**



**Swallowtail (butterfly)**



**Bumblebee**



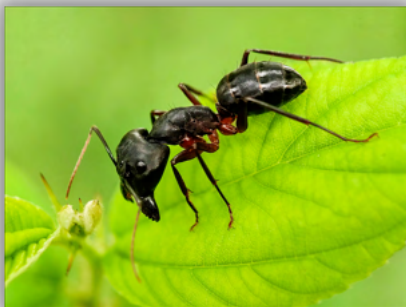
**Ladybug**



**Dragonfly**



**Mosquito**



**Black Carpenter Ant**



**Looper Moth**



**Fir Sawyer Beetle**

Insects may be small, but their role in the forest ecosystem is mighty. Insects like ladybugs, ants, beetles, and slugs help break debris of the forest, often called litter, which consists of decaying leaves, twigs, moss, and animal waste. They are essentially the recyclers of the forest. Other insects like bees, butterflies, and moths, are crucial in pollinating (assisting in plant reproduction) wild flowering plants and agricultural crops.

April/May is the best time for wildflowers and July/Aug for berries!

FIND 2



**Queen's Cup**



**Skunk Cabbage**



**Salmonberry**



**Fireweed**



**False Azalea**



**White Heather**



**Huckleberry**



**Goatsbeard**



**Salal**

The moist ecosystem of the forest provides a perfect home for many shrub and flowering species. These smaller plants make up the lower understory of the forest. They are herbaceous (soft stemmed) shade-tolerant species that provide food for the birds and animals of the forest. Depending on the time of year, it may be difficult to identify the plant species above as the flowers may not yet be in bloom.

You'll likely have to be patient to spot these creatures!

FIND 2



**Douglas Squirrel**



**Chipmunk**



**White Tailed Deer**



**Raven**



**Red Breasted Sapsucker**



**Bald Eagle**



**Raccoon**



**Snowshoe Hare**



**Black Bear**

The combination of mountainous terrain, lush plant life, and waterways provide a perfect habitat for many animals. Our smaller park friends such as the Douglas Squirrel, Chipmunk and Raccoon are most likely found around picnic areas and campgrounds. Our larger friends, such as the Black Bear and Deer are generally off on their own hiding from all the commotion.

No matter the size, please remember to respect all wildlife by keeping your distance.

## Safety



**Remember to check Park Alerts & Conditions ahead of time**

### Trip Plan, Train & Take the Essentials

No matter how short your outdoor adventure is, always remember the three Ts:

#### **T**rip Plan

- Plan your route.
- Know the terrain & conditions.
- Check the weather.
- Fill out a trip plan.

#### **T**rain

- Know and stay within your limits.
- Obtain knowledge & skills you need before heading out.

#### **T**ake the Essentials

- First aid kit
- Extra food and water
- Extra clothing for changes in weather
- Navigation/communication devices
- Flashlight/headlamp + extra batteries
- Signaling device (whistle, mirror, etc.)
- Emergency blanket/shelter
- Pocket knife
- Sun protection
- Fire making kit

**For more information on safety in the outdoors, please visit:**

[www.adventuresmart.ca](http://www.adventuresmart.ca)



## Safety

### Keep Wildlife Wild and Stay Safe



- Respect wild animals and never feed them.
- Observe wildlife from a distance.
- Do not follow or approach animals.



- Never turn your back or run from animals as this can trigger a predatory response.



- Keep pets on a leash and continue to use caution, even in off-leash areas.



- Avoid surprise encounters by making noise with your voice or clapping hands.
- When camping, keep a "bare campsite".

For more information on wildlife safety please visit:

[www.wildsafefbc.com](http://www.wildsafefbc.com)

## Accessibility

This activity requires users to photograph plant & wildlife while walking along a forested trail. Most loop or nature trails are rated as easy with less than 100m of elevation change with varying terrain of gravel, pavement, roots, & rocks. Please refer to the park map for specific details on trail information.

You can find more information here:

[Park Accessibility Information – BC Parks](#)

Currently, this guide is only available in English.



# Help Keep Your Parks Beautiful

## Keep your park clean

Use the appropriate recycling, garbage, and wastewater disposal facilities, whenever available. Please pack out your waste if these are not accessible. This includes all food scraps and any hazardous materials.

## Keep your park from burning up

Respect fire bans. Never leave a fire unattended and only use designated fire pits. Put fires out completely.

## Keep your park relaxed and positive

Respect other park visitors and campers while they experience the natural peacefulness of open spaces. Follow the guidance of staff and signs so that everyone can stay safe. Deliberate or unnecessary noise, such as loud music, is not allowed at any time. Smoking tobacco or cannabis, e-cigarettes, and vaping are not allowed in most areas.

## Keep your park culture & history

Remember that you are on the traditional lands of Indigenous Peoples. Take extra care around pit houses, shell middens, and other heritage sites. Leave any cultural artifacts or remains where you find them.

## Keep your parks great and accessible for everyone

Donate, volunteer, or find other ways to give back to your parks:

[www.bcparksfoundation.ca](http://www.bcparksfoundation.ca)

