

WATER

CONNECTS US



Métis Nation
British Columbia

Observing Life from Mountain to Sea





Welcome

“Tânsi nimiyohtînân kâ takohtiyin.”

We are happy you have arrived

Northern Michif

translated by Elder Vince Ahenakew of Île-à-la-Crosse, Saskatchewan

Join us on our adventure from mountains to ocean in British Columbia, where we will introduce you to some species you might find along the way. There will be mushrooms, bees, trees, and so many more. Perhaps even a moose! We invite you to use this book to write down when and where you were introduced to them. Maybe you will be lucky enough to meet all the beings in this book and many more!

While on this adventure, we invite you to consider how water connects and supports us all. Whether it is in the form of rain and snow that replenishes groundwater sources, glaciers that slowly melt to feed rivers and ecosystems, or the vast ocean where freshwater mixes with saltwater. Water is an important aspect for all life to flourish. We wish you a wonderful journey as you discover your relatives from the high glacial waters to the depths of the ocean and what makes our world so beautifully interconnected.





Harvested Species

Harvesting practices are vehicles through which traditional knowledge is shared within communities, ensuring that plants, animals and other relatives are harvested in a sustainable and ethical way. Each region in B.C. has a Captain of the Hunt available to help with your harvesting questions. Together, they make up the British Columbia Métis Assembly of Natural Resources (BCMANR), a group of well-respected harvesters and knowledge holders that work with MNBC on various harvesting, conservation, and food security initiatives.

Below are some of popular species harvested by Métis throughout the province.

Harvested Birds

There are several species of grouse in B.C., including the Spruce Grouse, Dusky Grouse, Ruffed Grouse and Sooty Grouse. They are featured in many traditional Métis recipes such as soups and stews. Yum!



Harvested Plants

There are dozens of edible wild berries throughout B.C. Huckleberries and Saskatoon berries are quite popular. They can be eaten raw or made into jam to enjoy with some bannock!

Salmon Fishing

Salmon spawn in the rivers and live their adult lives in the ocean, allowing salmon to be harvested on the coast and inland. Salmon are also an important food not only for people, but also for bears, raccoons, fish, and other wildlife.

Animal Trapping

Small mammals such as beavers, snowshoe hares, and martens are harvested through trapping. These animals can be eaten and their fur used for clothing, such as trim on moccasins.





How to Help

In a world where we are constantly reminded of the negative impacts on ecosystems around us, it is important to also focus on the actions we can take as individuals. Impacts such as pollution, the introduction of invasive species, and natural disasters are largely influenced by human activities. But this also means that there are many things we can do as individuals to help reduce these effects.

Water and Waterways

- Dispose of paint, batteries, and other toxic chemicals at your local recycling depot
- Avoid using generative AI when possible
- Water outdoor plants in the early mornings or in the evening to reduce evaporation
- Run full loads in dishwashers and washing machines





Land, Air, and Relatives

- Leave places better than when you arrived, like picking up litter
- Remove invasive species and plant native ones in your garden
- Join local conservation groups to carry out projects like restoration or monitoring
- Place stickers on your windows to prevent bird window collisions

Yourself

- Go outside every day, if only for a couple of minutes
- Build a relationship with a non-human relative in your daily life
- Create a sit-spot, somewhere you can visit throughout the year and notice changes
- Try to find all of the species in this booklet and many more





BCMANR

British Columbia Métis Assembly of Natural Resources (BCMANR)

The British Columbia Métis Assembly of Natural Resources (BCMANR) is a separate, non-political society that is affiliated with Métis Nation British Columbia (MNBC), and is mandated within MNBC's Natural Resource Act to manage natural resources on MNBC's behalf.


BCMANR is based on the success of the Métis people since the 1700s. The "Buffalo Assembly" and the "Laws of the Prairies" were established by the "community" way of life. These communal commitments ensured the survival of the Métis people during tough times. The basic principles were: no "individual" way of thinking, and "that strength was generated from the collective group". These principles were the basis of the historic Métis culture, and the present-day infrastructure and principles honours the past.



Métis Harvester Cards

Métis Citizens are eligible to apply for an MNBC Harvester Card, which recognizes their right to participate in traditional and cultural harvesting activities. All MNBC Harvester Card holders are required to complete an annual online harvester survey to help keep records current and support community planning. The survey collects information about hunting, fishing, trapping, gathering, and other recreational or cultural uses of the land, ensuring that Métis harvesting practices are accurately represented and supported. If you have any questions or need assistance completing the survey, please contact the Harvesters Program at harvesters@mNBC.ca





Species Checklist

As you explore the outdoors, use this book as your personal nature checklist. Each species includes a small checkbox so you can mark off what you've spotted, and page numbers are provided to help you quickly find the information you're looking for.

Subalpine Species

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(<i>Megaptera novaeangliae</i>) |
| <input type="checkbox"/> Rockweed
(<i>Fucus distichus</i>) | <input type="checkbox"/> Minnnows
(Family <i>Leuciscidae</i>) |
| <input type="checkbox"/> Mussels
(<i>Mytilus edulis</i>) | <input type="checkbox"/> Common Loon
(<i>Gavia immer</i>) |

Now it's time to head outdoors and begin your adventure!

As you explore, remember to stay safe. Certain plants and animals are safest when left undisturbed, and only properly identified species should ever be considered for eating.

Take your time, stay curious, and enjoy discovering the wonders of nature around you.







Subalpine Species





Paintbrush

(Castilleja hispida)

Date: _____ Location: _____

Paintbrushes are small flowering plants with narrow green leaves on the stem and red leaves surrounding the green tubular flowers. The plants are 20–80 cm (7–30 in) tall, depending on the species.

Habitat: Paintbrush flowers are found in subalpine wildflower meadows at high to mid elevations.

Fun Fact: The “flowers” on this plant are actually red-coloured leaves to mimic flowers and attract pollinators. These leaves lack chlorophyll, a pigment that makes plants green and produces energy. To compensate for the red leaves making less energy, the roots attach to nearby plants and steal nutrients to feed the Paintbrush plant.



Whitebark Pine

(Pinus albicaulis)

Date: _____

Location: _____



Clark's Nutcracker

(Pinus albicaulis)

Date: _____

Location: _____

Whitebark Pine trees grow 4.5–9 m (15–30 ft) tall with white and grey bark. The needles grow in groups of 5 and the cones are 6.4 cm (2.5 in). Clark's Nutcrackers are pale gray with black wings and are 27–30cm (10.5–12 in) long.

Habitat: Whitebark Pine trees and the Clark's Nutcrackers are found in subalpine or at high elevations in areas with rocky soils.

Fun Fact: The Clark's Nutcrackers can open the Whitebark Pine cones that otherwise stay closed. The Clark's Nutcrackers hide the seeds to eat during winter. Whitebark Pine grow from seed caches that get forgotten by these birds.





Lanceleaf Stonecrop

(Sedum lanceolatum)

Date: _____

Location: _____



Spreading Phlox

(Phlox diffusa)

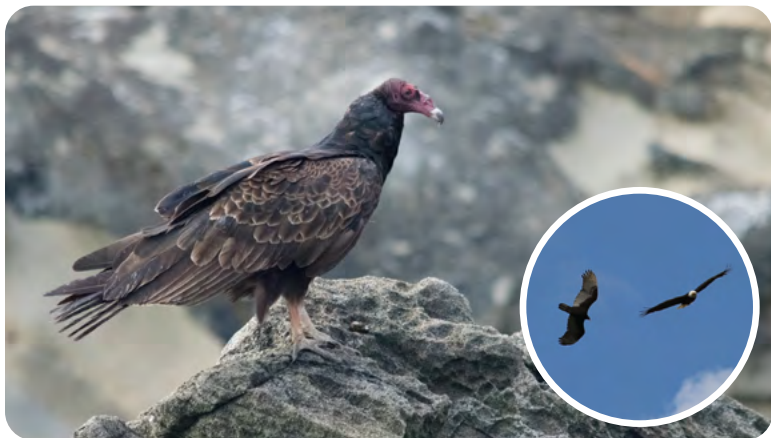
Date: _____

Location: _____

Lanceleaf Stonecrop is a short succulent plant that is 5–25 cm (2–10 in) tall. It has green leaves, red stems and yellow flowers shaped like stars. Spreading Phlox is 5–10 cm (2–4 in) tall with green leaves and pink or purple flowers.

Habitat: Both plants are found on dry rocky slopes in subalpine meadows or open forests at high elevations.

Fun Fact: Lanceleaf Stonecrop stores water in its leaves to help it survive when the soil dries out on rocky areas. Spreading Phlox grows close to the ground to protect itself from harsh winds, and takes 20 years to flower for the first time.



Turkey Vulture

(Cathartes aura)

Date: _____ Location: _____

Turkey Vultures are large dark brown birds, measuring 64–81 cm (25–39 in) with a wingspan of 170–178 cm (67–70 in). Their red heads lack feathers, and they have a distinctive red bill. In flight, they look similar to eagles in size but their silhouette has a small V-shaped head in comparison.

Habitat: They are found in open areas, as high up as subalpine meadows to low lying areas along roadsides and landfills in cities.

Fun Fact: Turkey Vultures help reduce the spread of diseases by eating dead animals. Their high stomach acid can dissolve almost anything, including bones, and protects them from catching any diseases such as rabies.





Subalpine Larch

(Larix lyallii)

Date: _____

Location: _____



Subalpine Fir

(Abies lasiocarpa)

Date: _____

Location: _____

Subalpine Larch trees are usually 7.5–15 m (24–49 ft) tall with a maximum height of 30 m (33 yd). Subalpine Fir trees are usually 9–18 m (29.5–59 ft) tall with a maximum height of 52 m (170.5 ft). Subalpine Larch trees have small brown cones while the Subalpine Fir trees has large dark purple cones.

Habitat: Both trees are found at high elevations and subalpine meadows.

Fun Fact: Larch trees are the only deciduous conifer trees in B.C., dropping their needles each fall whereas evergreen trees keep their needles all year round. Unlike the Subalpine Fir trees whose needles stay green in the fall, the Subalpine Larch trees needles turn a beautiful golden yellow.



Marmot

(Marmota flaviventris)

Date: _____ Location: _____

Marmots range from 14–20 kg (30–44 lbs), depending on the species, and can vary in shades of grey, yellow, or brown. There are four marmot species in B.C.: Hoary, Vancouver Island, Woodchuck, and Yellow-bellied marmot (shown above).

Habitat: Marmots are found at high elevations and rocky slopes. They build their burrows in the ground where they hibernate during the winter.

Fun Fact: Due to shortened spring and summer seasons in sub-alpine areas, some marmots only have four months to raise their young and prepare for hibernation. Hibernation can be as long as eight months, during which they may only take one breath every few minutes.





White Pasqueflower

(Pulsatilla occidentalis)

Date: _____

Location: _____



Beetles

(Order Coleoptera)

Date: _____

Location: _____

White Pasqueflower plants grow 30–60 cm (12–23.5 in) tall. They have large white flowers that are 4–7 cm (1.5–3 in) wide, with green leaves with hairy stems. Beetles come in many shapes and sizes.

Habitat: White Pasqueflower can be found in alpine and subalpine meadows and beetles can be found throughout B.C.

Fun Fact: White Pasqueflowers come out right after the snow melts. The flowers start low to the ground and grow tall to spread the seeds in the wind. Their flowers supply pollen and warmth to pollinators. Beetles can often be found sheltering themselves from the elements in the seed heads.



Mountain Goat

(Oreamnos americanus)

Date: _____ Location: _____

Mountain goats are 1.2–1.5 m (4–5 ft) in length standing and weigh 45–135 kg (99–298 lbs). They are white in color with thin long horns.

Habitat: You can find mountain goats in alpine and subalpine areas on the steep slopes and rocky cliffs of the mountains.

Fun Fact: Mountain goats are amazing climbers that can maneuver on steep cliffs even if they only have small ledges to grip on. Mountain goats are so well equipped for the rocky slopes that even newborn mountain goats can walk, jump, and climb only a few hours after birth.





Grouse Whortleberry

(Vaccinium scoparium)

Date: _____

Location: _____



Blue-leaved Huckleberry/ Cascade Blueberry

(Vaccinium deliciosum)

Date: _____

Location: _____

Grouse Whortleberry shrubs are 10–25 cm (4–10 in) tall. Blue-leaved Huckleberry and shrubs are around 15–30 cm (6–12 in) tall. Both have small bell-shaped flowers. Grouse Whortleberries are red and Blue-leaved Huckleberries are blue.

Habitat: Both are found in sub-alpine meadows and high elevations.

Fun Fact: Both species are a part of the huckleberry/blueberry family. They are a tasty food source not only for humans, but also for wildlife. We don't recommend eating berries you don't know, but if you're with someone who can identify these plants, they are quite a tasty treat!



Arctic Lupine

(*Lupinus arcticus*)

Date: _____

Location: _____



Bumble Bees

(*Genus Bombus*)

Date: _____

Location: _____


Arctic lupine is a small plant that grows up to 60 cm (23.5 in) tall. They have narrow green leaves with purple flowers. Bumble bees are fuzzy and are most are black and yellow.

Habitat: Arctic Lupine can be found in subalpine meadows and open areas. Bumble bees can be found throughout B.C.

Fun Fact: Arctic Lupine leaves gather water at the stems, where the droplet eventually flows down the stem and waters the plant. The plant's flowers attract various pollinators, such as bumblebees, providing an important food source during the spring in these harsh climates.





A watercolor painting of a mountain landscape. The scene features a range of jagged, snow-capped mountains in the background, rendered in soft blues and whites. In the foreground, a calm lake reflects the sky and the surrounding green and yellow hillsides. The overall style is soft and painterly, with visible brushstrokes and a gentle color palette.

Mountain Species





Goldenrod

(Solidago lepida)

Date: _____

Location: _____



Hornets

(Genus Vespa)

Date: _____

Location: _____

Goldenrod is a perennial flowering plant that grows 0.3–1.5 m (1–5 ft) tall. It has green pointed leaves along the stem with large bunches of golden flowers. Most hornets have a thick body and are less hairy than bees.

Habitat: Goldenrod grows from subalpine meadows down to sea level. Hornets are found throughout B.C.

Fun Fact: Goldenrod flowers provide pollen for many different pollinators, including hornets, and their seeds become an excellent winter food source for birds. Unlucky insects attracted to this plant for pollen can become a food source for lucky birds.



Bighorn Sheep

(Ovis canadensis)

Date: _____ Location: _____

Bighorn Sheep get 1.5–1.8 m (5–6 ft) in length and can weigh 55–155 kg (121–340 lbs). Their coat is white and brown.

Habitat: They can be found in subalpine meadows, mountain slopes, and on cliffs.

Fun Fact: Both male and female sheep have horns but only the male sheep's horns grow large and curl into a circle. Males use these horns to head butt other males during mating season, when they compete for the attention of females.





Bearberry

(Arctostaphylos uva-ursi)

Date: _____ Location: _____

Bearberry (also known as Kinnikinnick) is a small evergreen plant that trails along the ground, growing 20 cm (8 in) tall. It has white and pink bell-shaped flowers and red berries.

Habitat: Bearberry can be found in subalpine meadows, rocky slopes, and dry forested areas.

Fun Fact: Bearberry flowers provide pollen for pollinators in the spring, and the berries are important food sources for animals and birds later in the year. Bears especially love these berries. Although they are edible for humans, they lack flavor, so we don't recommend eating them or any plants you do not know.



Crow

(Corvus brachyrhynchos)

Common Raven

(Corvus corax)

Date: _____

Date: _____

Location: _____

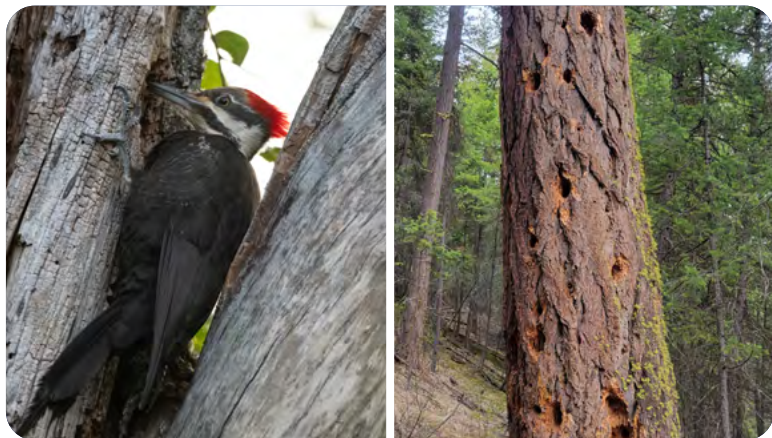
Location: _____

Ravens and Crows are both black. Ravens are larger, usually 56–69 cm (22–27 in) in length, while Crows are 41–53 cm (16–21 in) in length. Ravens have bushy neck feathers and diamond shaped tails in flight. Crows have smooth neck feathers and fan shaped tails.

Habitat: Ravens are found in all habitat types in B.C. whereas Crows tend to be found in more urban areas.

Fun Fact: Both Crows and Ravens are extremely intelligent. Ravens are able to mimic different sounds including human words. Crows are known to make and use tools.





Pileated Woodpecker

(Dryocopus pileatus)

Date: _____ Location: _____

Pileated Woodpeckers have black bodies with white stripes on their face and a red crest on its head. They are 40–49 cm (16–19 in) in length with a wingspan of 66–75 cm (26–30 in).

Habitat: Pileated Woodpeckers are found in forested areas at all different elevations.

Fun Fact: Pileated Woodpeckers are primary cavity users, meaning they make a new tree cavity to nest in each year. Their previous year's cavity makes an excellent home for other wildlife to live in. You can also find their signature rectangle shaped holes in dead trees."



Western Ponderosa Pine

(Pinus ponderosa)

Date: _____ Location: _____

Ponderosa Pine trees are usually 18–40 m (60–130 ft) tall reaching up to 80 m (262 ft) with thick brown bark. The needles are in groups of 2–5, and the pinecones are 11 cm (4.5 in).

Habitat: Ponderosa Pine trees are found in forested and mountain areas, usually ecosystems that are heat and drought tolerant areas. These areas are typical in the interior of B.C.

Fun Fact: Since Ponderosa Pine trees live in areas that have frequent forest fires, they have thick fire-resistant bark and drop their lower branches to reduce risk of fire damage. These traits allow them to survive low severity forest fires, so they can live for 400 to 600 years.





Grizzly Bear

(Ursus arctos ssp. horribilis)

Date: _____ Location: _____

Grizzly Bears have brown fur and are 1.8–2.6 m (6–8.5 ft) in length, weighing 110–530 kg (242–1168 lbs). They have a distinct hump on their back and have rounded ears.

Habitat: Grizzly bears are found throughout different ecosystems from alpine areas to lower elevation forests throughout B.C. Although they are common, it's rare to see them as they tend to avoid urban areas.

Fun Fact: Grizzly bears need to eat an average of 20,000 calories during the fall to prepare for hibernation because they can lose 30% of their body weight over the winter season!



Douglas Fir

(Pseudotsuga menziesii)

Date: _____

Location: _____



American Red Squirrel

(Tamiasciurus hudsonicus)

Date: _____

Location: _____

Douglas Fir trees usually grow 24–36 m (80–120 ft) tall. They have green needles and long brown cones. Red squirrels are brown and grow to a length of 28–34 cm (11–12 in), weighing only 140–250 g (5–9 oz).

Habitat: They are both found in forest and mountain regions throughout B.C.

Fun Fact: The thick fire-resistant bark of the Douglas fir trees allow them to survive low severity forest fires, and they can live to over 1000 years old. Douglas Fir trees provide both habitat and food for wildlife, such as the Red Squirrel.





Lichens

(Class Lecanoromycetes)

Date: _____ Location: _____

Lichen comes in all sorts of different shapes. They often spread along the surface of rocks or hang off of trees like long strands of hair. They come in various colours, usually white, green and black.

Habitat: Lichens are found all throughout in B.C., especially in moist or rocky sites.

Fun Fact: Lichen is made up of fungi that has a close relationship with algae. The fungi protect algae from the elements, and the algae supplies the fungus with nutrients. Lichen are usually the first species to establish, making them a pioneer species.



Mosses

(Phylum Bryophyta)

Date: _____ Location: _____

Mosses are small, nonvascular plants that come in different shades of green, brown and yellow. They are all different shapes and can be found attached to trees, rocks or the ground.

Habitat: Mosses are found at all different elevations but prefer moist forests and mountains.

Fun Fact: Mosses are non-vascular plants, which means they have shallow roots and lack tubes that transport water and nutrients that trees and other vascular plants have. Some species of moss can dry up and go dormant. When they get wet again, they spring back quickly and go back to photosynthesizing.





Barred Owl

(Strix varia)

Date: _____

Location: _____



Great Gray Owl

(Strix nebulosa)

Date: _____

Location: _____

Barred Owls measure 43–51 cm (17–20 in) in length. Great Gray Owls measure 61–84 cm (24–33 in) in length. Both owls are a mix of colours that help them camouflage into their surroundings.

Habitat: Both owls can be found in a range of different forested habitats. The Barred Owl is seen more commonly in southern B.C. whereas the Great Gray Owl is seen inland and up north.

Fun Fact: You may know that owls have excellent vision, but they mainly hunt using sound! Owls ears are asymmetrical on their head, allowing them to pinpoint exactly where the sound is coming from.



Pika

(Ochotona princeps)

Date: _____ Location: _____

Pikas are 16– 21 cm (6–8 in) in length and weigh 150–300 g (5–10.5 oz). They are grey to brown in colour, and don't have a tail.

Habitat: They live in the rocky fields at high elevations.

Fun Fact: Pikas make a warning noise that sounds like “PEEEK” as they run around their rocky dens. They gather grass to fill the rocky crevices they call home, using it to make nests for their young, and to hide in for the winter.





Steller's Jay

(Cyanocitta stelleri)

Date: _____

Location: _____



Canada Jay

(Perisoreus canadensis)

Date: _____

Location: _____

Steller's Jays are 30–34 cm (12–13.5 in) in length and Canada Jays are 25–33 cm (10–13 in) in length. Steller's Jays are blue with a black head and Canada Jays are grey and white.

Habitat: Both birds are found in mountain and forested areas. Steller's Jays commonly move to lower elevations during the winters, unlike the Canada Jay that can handle colder temperatures.

Fun Fact: The Steller's Jay is the official provincial bird of B.C., and the Canada Jay is the official National bird. The Canada Jay can be found in every province and territory in Canada!



Grey Wolf

(Canis lupus)

Date: _____ Location: _____

Wolves measure 1.5 to 2 m (5–6.5 ft) in length and weigh 38–54 kg (84–119 lb). Their fur colors can be a mix of grey, black, brown, and white.

Habitat: Wolves can be found in mountains and forests throughout B.C.

Fun Fact: Most wolves hunt in packs, but they are also opportunistic and will eat salmon in coastal areas. Wolf packs howl to communicate with one another across great distances, however not all wolves travel in packs. Those lone wolves don't howl at all to avoid being detected by wolf packs.





A watercolor-style landscape painting. In the background, a large, rugged mountain peak is visible under a sky filled with soft, white and light blue clouds. The middle ground features rolling green hills and a dense forest of evergreen trees. In the foreground, a calm body of water, possibly a lake or a wide river, reflects the sky and the surrounding greenery. Several large, light-colored rocks are scattered along the shoreline. The overall style is soft and painterly, with visible brushstrokes and a gentle color palette.

Forest Species





Black-capped Chickadee
(*Poecile atricapillus*)

Date: _____

Location: _____



Flies
(Order Diptera)

Date: _____

Location: _____

Black-capped Chickadees are 12–15 cm (5–6 in) in length. Chickadees have a grey and brown body with a white and black head. Flies come in many shapes, sizes and colours.

Habitat: Anywhere there are trees in B.C., you can find Chickadees. Flies can be found everywhere in B.C.

Fun Fact: To store food for winter, Chickadees hide thousands of seeds in different spots during the fall. To remember all their hiding spots, their brains grow by creating new brain cells. In the spring when their food, such as flies, are readily available, their brains shrink back down to conserve energy.



Western Hemlock

(Tsuga heterophylla)

Date: _____ Location: _____

Western Hemlocks are an evergreen tree with brown bark, usually 23–37 m (75–120 ft) tall reaching up to 79 m (259 ft). They have green short flat needles and cones measuring 2 cm (0.75 in).

Habitat: Western Hemlock trees are found along the coast of B.C. and in the Rocky Mountains.

Fun Fact: When a tree dies and a stump or log is left behind, it slowly decomposes and provides nutrients for the forest. Western Hemlocks commonly grow out of the tops these stumps and send their roots through the wood into the ground. Over time, as the old tree fully decomposes, the Hemlock roots are left behind, making it seem the Hemlock has legs!





Moose

(Alces alces)

Black-billed Magpie

(Pica hudsonia)

Date: _____

Date: _____

Location: _____

Location: _____

Moose are large mammals that are 2.5–3 m (8–10 ft) in length, up to 2m (6.5 ft) tall, and weigh 230– 540 kg (507–1190 lbs). Male antlers can reach up to 1.8 m (6 m) in spread. Black-billed Magpies are 46–61 cm (18–24 in) in length and are black, white and blue.

Habitat: Moose are found in forests, while Magpies can be found in both forests and the interior of B.C.

Fun Fact: Moose can swim and dive under water to eat aquatic vegetation. You may also find Black-billed Magpies on moose and other large mammals, picking off ticks to eat.



Western Sword Fern

(Polystichum munitum)

Date: _____

Location: _____



Western Maidenhair Fern

(Adiantum aleuticum)

Date: _____

Location: _____

Sword Ferns grow up to 1.5 m (5 ft) tall and have narrow hairy leaves.

Maidenhair Ferns grow up to 60 cm (23.5 in) tall, with small soft leaves on thin black stems that form a circle.

Habitat: Both can be found in forests at middle to low elevations, however Maidenhair Ferns are sometimes found in subalpine regions.

Fun Fact: A “fiddlehead” refers to the curled up stem of a fern before the leaves open up. Not all fern fiddleheads are edible, so know your ferns before cooking them! Ferns reproduce through spores found at the bottom of their leaves that you can scratch off with your nails.





Bigleaf Maple

(Acer macrophyllum)

Date: _____

Location: _____



Licorice Fern

(Polypodium glycyrrhiza)

Date: _____

Location: _____

Bigleaf Maple trees are deciduous trees usually 15 m (50 ft) tall, reaching up to 48 m (158 ft). Their white flowers hang in bunches, and their bark is often covered in moss. Licorice Ferns are the small ferns typically attached to moss.

Habitat: Both are commonly found in moist forests.

Fun Fact: Bigleaf Maple tree's bark is high in moisture and calcium which is perfect for epiphytes. Epiphytes are organisms that grow on another organism without causing harm. In this case, the moss is growing on the Bigleaf Maple, and the Licorice Ferns are growing on the moss.



Turkey-Tail
(*Trametes versicolor*)

Northern Red Belt
(*Fomitopsis mounceae*)

Date: _____

Date: _____

Location: _____

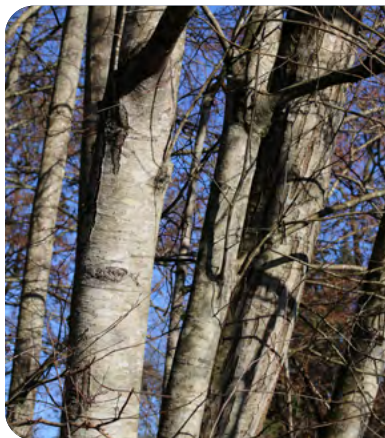
Location: _____

Turkey-Tail and Northern Red Belt are two mushrooms that keep growing until environmental conditions prevent them from growing any bigger. Turkey-Tails are thinner than Northern Red Belts, but both have bands of different colours as they grow each year.

Habitat: Both are found in forests, growing on decaying trees.

Fun Fact: A similar tree fungus species in B.C. is the Artist's Bracket (*Ganoderma applanatum*) known for its ability to be drawn on by scratching the underside. When the underside is scratched, it turns brown. Turkey-Tail and Northern Red Belt do not turn brown when scratched.





Red Alder

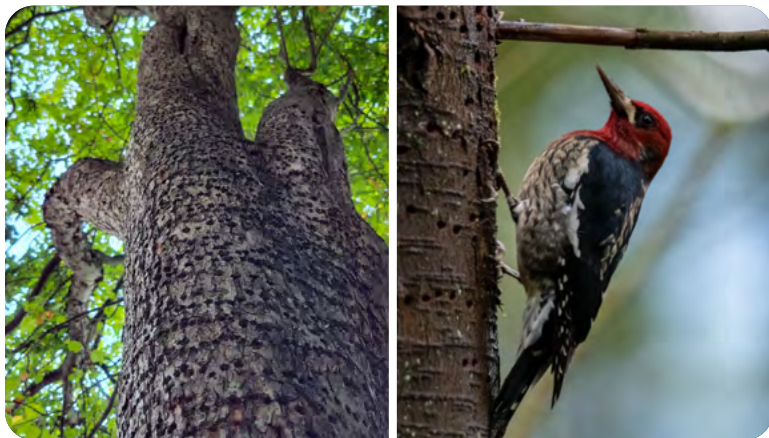
(Alnus rubra)

Date: _____ Location: _____

Red Alder trees are deciduous trees with grey bark, usually 18 m (60 ft) tall, reaching up to 42 m (136 ft). They have oval serrated leaves and small cone-like flowers.

Habitat: Red Alder trees are found near waterways, as well as recently disturbed sites like avalanche paths and burnt forests.

Fun Fact: Red Alder trees are considered a pioneer species because they have nitrogen fixing bacteria attached to their roots. The bacteria transform atmospheric nitrogen into a form the trees can use. Nitrogen is necessary for plant growth but few species have these bacteria to help them. Decomposing Alder leaves help by making nitrogen available in the soil for those plants.



Red-breasted Sapsucker

(Sphyrapicus ruber)

Date: _____ Location: _____

Red-breasted Sapsuckers are 20–23 cm (8–9 in) in length and are black and white with a red head.

Habitat: Red-breasted Sapsuckers breed in the interior of B.C. and are found year-round in forests along the coast.

Fun Fact: Red-breasted Sapsuckers create small holes in lines on trees. The trees fill the holes with sap to heal the damage, which traps insects that are attracted to the sap. In turn, the insects provide food for Sapsuckers and other species. Once the sap has dried in the holes, the sapsucker will create a new line of holes on the tree.





Elk

(Cervus canadensis)

Date: _____

Location: _____



White-tailed Deer

(Odocoileus virginianus)

Date: _____

Location: _____

Elk are 1.8–2.7 m (6–9 ft) in length, weighing 180–500 kg (397–1102 lb). White-tailed Deer are smaller, measuring 1.4–1.7 m (4.5–5.5 in) in length, and weighing 30–115 kg (66–254 lb). Elk have darker brown fur, and lack the white underbelly that Deer have.

Habitat: Elk are most commonly found in the Rocky Mountains, whereas Deer occur throughout B.C.

Fun Fact: Both male Elk and Deer grow new antlers every year. During this period, the antlers have a velvet-like covering that later gets removed. During breeding season, they compete for females by using their antlers to fight other males. After breeding season, the antlers fall off, restarting the cycle.



American Dipper

(Cinclus mexicanus)

Date: _____

Location: _____

Common Water Strider

(Aquarius remigis)

Date: _____

Location: _____

American Dippers are small grey songbirds that measure 18–22 cm (7–8.5 in) in size. Common Water Striders are 1.3 cm (0.5 in) in length with 6 legs and a narrow brown body.

Habitat: Dippers can be found along rivers where they eat fish and aquatic invertebrates such as Water Striders.

Fun Fact: Dippers are named after their tendency to dip their body. No one truly knows why they dip, but it is cute to watch them bob up and down! Water Striders are so light, and have special water repellent feet, that they can use the surface tension on water to glide across the surface.





Fly Agaric

(Ariolimax columbianus)

Date: _____ Location: _____

Fly Agaric mushrooms grow in clusters. They range in colour from red to orange, with white spots and a white stem. They have gills underneath the cap and a white veil on the stem.

Habitat: Fly Agaric mushrooms are found in forests or grassy fields.

Fun Fact: The Fly Agaric Mushroom is widely spread across the Northern Hemisphere, and probably the one most easily recognized in contemporary culture. You'll find it represented in all sorts of fairytales, children books, and popular video games, partly due to its bright colours and easily recognizable spots. However, the mushroom is toxic and we don't recommend consuming it.



King Bolete

(Boletus edulis)

Date: _____ Location: _____

King Bolete mushrooms can reach up to 30 cm (12 in) in diameter and 3 kg (6.5 lb) in weight. It has a yellow to brown cap and a white underside and stem.

Habitat: King Bolete mushrooms are Found in forests at both high and low elevations.

Fun Fact: King Bolete mushrooms are highly sought after by foragers, as they can be eaten fresh or dried. Fungi are organisms made up of underground fungal networks called mycorrhizal networks. These networks resemble thin roots, and the mushrooms we see above the ground are the reproductive structures of these networks. We don't recommend harvesting any mushrooms you do not know.





Raccoon

(Procyon lotor)

Date: _____ Location: _____

Raccoons are 65–100 cm (25.5–39 in) in length and weigh 5–14 kg (11–24 lb). They have black and gray fur, and look like they are wearing a black mask over their eyes.

Habitat: Raccoons are commonly found in forests near waterways or in urban areas. Often you find them looking for insects, berries, garbage, and other food sources.

Fun Fact: Raccoons are generalists when it comes to finding food. Raccoons are omnivores because they eat plants, small animals and insects. They often will “wash” their food by dipping it in water before eating it.



Spruce Grouse

(Canachites canadensis)

Date: _____ Location: _____

Spruce Grouse are plump brown and grey birds that are 38–43 cm (15–17 in) tall. Males have pronounced bare skin above their eyes, which look like eyebrows.

Habitat: They are found in evergreen forests. Although they are called “Spruce” Grouse after the evergreen Spruce tree, they are still found in forests without Spruce trees.

Fun Fact: During mating season, male Spruce Grouse spread open their tails and fan their feathers out. Then, they swish their tails back and forth to make a sound as part of their courting display to attract a mate.





Ghost Pipe

(Monotropa uniflora)

Date: _____ Location: _____

Ghost pipes are small white plants growing 5–25 cm (2–10 in) tall, that grow in clusters. They have white flowers and completely lack chlorophyll which makes plants green and allows them to do photosynthesis.

Habitat: Ghost pipes are found in moist forests at low elevations.

Fun Fact: Ghost pipes are parasitic plants that attach their roots to nearby tree roots to access nutrients and carbon they cannot provide for themselves. While some species of trees, such as Douglas Fir and Bigleaf Maple, help each other by sharing nutrients between one another, Ghost Pipes only take nutrients from their host trees.



Pacific Banana Slug

(Ariolimax columbianus)

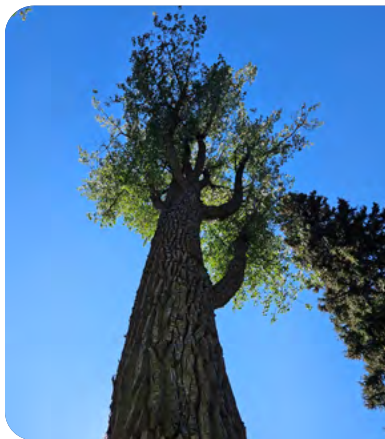
Date: _____ Location: _____

Banana slugs are typically yellow to brown in color and grow up to 25 cm (10 in) long. Their large size makes Pacific Banana Slugs the second largest terrestrial slug.

Habitat: Banana slugs are found in moist forests.

Fun Fact: Slugs are decomposers because they eat dead plant and animal material and turn it into nutrients for the soil. Decomposers are important for cycling nutrients in ecosystems. The slime the banana slugs make to keep their bodies moist contains chemicals that can numb the tongue of predators. They also can carry mites and parasitic organisms in their slime.





Black Cottonwood

(Populus trichocarpa)

Date: _____ Location: _____

Black Cottonwoods are deciduous trees usually 18–28 m (60–90 ft) tall, reaching up to 57 m (188 ft). They have thick brown bark, 13 cm (5 in) long leaves, and fluffy cotton-like seeds.

Habitat: Black Cottonwood trees are commonly found in clearings and near waterways in forests and wetlands.

Fun Fact: Black Cottonwood is the largest and fastest growing hardwood tree in B.C. These trees rarely live over 200 years and are easily damaged by the elements. Once dead, the bark often peels away creating homes for cavity users, including for bats to raise their young in.



Fireweed

(Chamaenerion angustifolium)

Date: _____ Location: _____

Fireweed grows 3m (10 ft) tall and has narrow, thin leaves on a single main stem with a cluster of pink flowers on top. Their seeds are fluffy, and easily carried by the wind.

Habitat: Fireweed is found in open areas, wetlands recently burned forests.

Fun Fact: Fireweed is great for re-establishing ecosystems because of its ability to hold the soil together with its roots and bring nutrients back to the forest. Fireweed's bright flowers attract pollinators and the foliage is edible to both animals and humans. We don't recommend harvesting any plants you do not know.







Grassland Species





Bison

(Bos bison)

Date: _____ Location: _____

Bison are large brown mammals measuring 2.4– 3.9 m (8–13 ft) in length with the males being larger than the females weighing up to 910 kg (2005 lb). This makes the bison the largest land mammal in North America by weight.

Habitat: Bison are found in grasslands and open plains in B.C.

Fun Fact: Woods Bison have always lived in northeast B.C., while Plains Bison have been introduced. The four herds of Bison in B.C. have grown to a population size that allows some harvesting. When a Bison is harvested, it can supply hundreds of pounds of meat, and many uses can be found for the hide and other parts.



Arrowleaf Balsamroot

(Balsamorhiza sagittata)

Date: _____ Location: _____

Arrowleaf Balsamroot grows 20–80cm (8–31.5in) tall with green arrow shaped leaves and bright yellow flowers.

Habitat: They are found in low to mid elevations, in hot and dry areas such as grasslands and open forests.

Fun Fact: Arrowleaf Balsamroot is similar to sunflowers, with long narrow petals surrounding a group of individual flowers in the center. The bright yellow petals along the outside attracts pollinators when they bloom in the early spring. Each of these small flowers in the center of the petals will create seeds if pollinated.





Coyote

(*Canis latrans*)

Date: _____ Location: _____

Coyotes are grey and brown canines measuring 1–1.3 m (3.3–4.3 ft) in length, weighing up to 22 kg (49 lb). Coyotes are smaller than a wolf and have pointed ears. Unlike wolves, they run with their tail down.

Habitat: Coyotes are found in open woodlands, forested areas and urban areas throughout B.C. but are not found on the islands.

Fun Fact: Coyotes are considered opportunistic carnivores which means they mainly eat small mammals and scavenge for meat, but will occasionally eat fruits and other vegetation when available. Coyotes are able to sprint up to 70 km to catch their prey and are good swimmers, too.

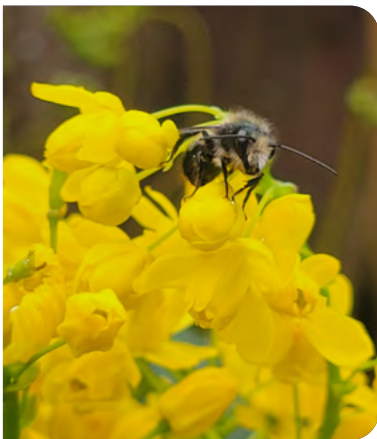


Oregon Grape

(Berberis aquifolium)

Date: _____

Location: _____



Mason Bees

(Genus Osmia)

Date: _____

Location: _____

Oregon Grape is a tall plant growing up to 3 m (10 ft) tall. It has serrated leaves and yellow bunches of flowers, which turn into blue fruit. Mason bees are small fuzzy bees that can be blue or green in color.

Habitat: Oregon Grapes are found in forests and grasslands. Mason bees are typically kept for home gardens and agriculture.

Fun Fact: Mason bees come out in early spring, and Oregon Grapes are one of the first flowering shrubs of the season able to provide the bees with much needed food. Mason bees are also known as hairy belly bees since they have fuzzy stomachs that carry pollen.





Common Garter Snake

(Thamnophis sirtalis)

Date: _____ Location: _____

Garter Snakes are 40–100 cm (15.5–39 in) long. Although they vary in color, they typically have striped backs with bands of yellow running down their body.

Habitat: They have a wide range of habitat, living in most places of B.C. with the exception of northern B.C.

Fun Fact: Garter Snakes cannot create their own body heat, so they cuddle in the winter to keep warm. It is common to see Garter Snakes sunning themselves in the spring and on cold days on the side of the path. They are not venomous and are non-aggressive.



Virginia Strawberry

(*Fragaria virginiana*)

Date: _____ Location: _____

Virginia Strawberries are 5–15 cm (2–6 in) tall with leaves in groups of three. They have white flowers that turn into strawberries when pollinated.

Habitat: Wild strawberries can be found throughout B.C. in many different types of ecosystems. Other species include Woodland Strawberry (*Fragaria vesca*) and Coastal Strawberry (*Fragaria chiloensis*).

Fun Fact: Wild Strawberries are packed full of flavour and can be used to make jams and other sweet treats. The plants spread by “suckers” that branch off from the main plant and then root and sprout a new plant. The flowers are sometimes even pollinated by ants who crawl over them.





Nootka Rose

(Rosa nutkana)

Date: _____ Location: _____

Nootka Roses are 20–120 cm (8–47 in) tall with pink, five-petaled flowers. Their red fruits are called rosehips.

Habitat: They have a wide range of habitat, living in most places of B.C. with the exception of northern B.C.

Fun Fact: Wild roses provide food for various pollinators, and the rose hips are great sources of nutrients for birds. The thorny bushes offer protection for birds from predators. Rose hips are edible for humans, but be careful about eating the seeds because they have little hairs that can cause an itchy bum if consumed.



Snowshoe Hare

(Lepus americanus)



Short-eared Owl

(Asio flammeus)

Date: _____

Date: _____

Location: _____

Location: _____

Short-eared Owls are 41 cm (16 in) tall and are mixed shades of brown. Snowshoe hares have brown or white fur and measure 38–53 cm (15–21 in) long, weighing up to 1.5 kg (3 lb).

Habitat: Short-eared Owls can be found in grasslands, and Snowshoe Hares are found in forests and grasslands.

Fun Fact: Short-eared Owls eat small Snowshoe Hares and other small mammals. Snowshoe hares change their fur colour depending on the season, which helps them hide from predators. They are brown in the summer, making them harder to find in the forest or grasslands, and white in winter, so they are harder to spot in the snow.





Saskatoon

(Amelanchier alnifolia)

Date: _____ Location: _____

Saskatoon plants grow up to 6 m (20 ft) tall, with round leaves that have serrated edges near the tip. They have white flowers with five petals and dark purple/blue berries.

Habitat: These plants can be found in forests at low to mid elevations or in open woodlands and grasslands.

Fun Fact: Saskatoon berries are edible for animals and humans, and are the most commonly harvested berry for Métis in B.C. The berries can be made into jams to eat with bannock. We don't recommend harvesting any berries you do not know



Barn Swallow

(Hirundo rustica)

Date: _____ Location: _____

Barn Swallows are blue, orange and white measuring 15–20 cm (6–8 in) long. To quickly identify them, look for their V shaped tail in flight.

Habitat: Barn Swallows live in any open terrain they can find water and nesting sites, such as grasslands. They commonly nest in human made structures such as barns, or natural spaces like caves and cliffsides.

Fun Fact: Barn swallows are the most widespread swallow species in the world. In B.C. they nest and breed in the summer months, then fly thousands of kilometers to overwinter in the warmer climate of South America.





Common Yarrow

(Achillea millefolium)

Date: _____

Location: _____



Wasps

(Family Vespidae)

Date: _____

Location: _____

Yarrow grows 30–90 cm (12–35.5 in) tall and has feathery leaves along the mainstem. They have groups of white flowers at the top of the plant that attract pollinators such as wasps.

Habitat: Both species can be found everywhere from subalpine meadows to the coast in B.C.

Fun Fact: Common Yarrow attracts lots of different insects to pollinate them, including wasps and beetles. Yarrow leaves have been used externally to treat minor injuries such as cuts, scrapes, bee stings, and burns. Although this is a medicine plant for humans, it is toxic for cats, dogs, and horses.



Canada Goose
(*Branta canadensis*)



Snow Goose
(*Anser caerulescens*)

Date: _____

Date: _____

Location: _____

Location: _____

Canada Geese are brown with black and white heads, measuring 0.75–1.2 m (2.5–4 ft). Snow Geese are white with black on their wings, measuring 64–79 cm (2–2.5 ft).

Habitat: Both are found in wetlands and fields throughout B.C.

Fun Fact: Snow Geese are mostly seen during bird migration season when they migrate in flocks of thousands of birds. Snow Geese have a very loud flight call that can be heard from over a kilometer away. Canada Geese breed in B.C. in the summer, and while some migrate south for winter, many near urban areas that have consistent food sources become year-round residents.





Showy Milkweed

(Asclepias speciosa)

Swallowtail

(Papilio eurymedon)

Date: _____

Date: _____

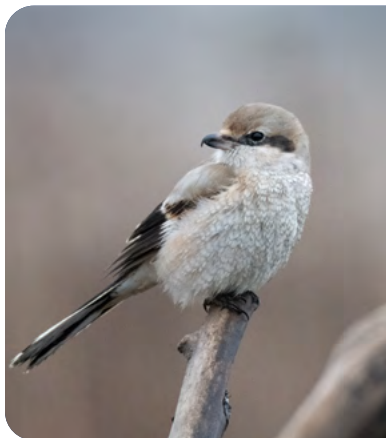
Location: _____

Location: _____

Swallowtails are black and yellow butterflies, with long tails at the end of their wings. They measure 60–95 mm (2.5–4 in) long. Showy Milkweed is 40–120 cm (15.5–47 in) tall, with green leaves and balls of pink flowers.

Habitat: Swallowtails can be found throughout B.C., and Milkweed is found in the interior at low elevations.

Fun Fact: Swallowtail butterflies have a defense mechanism where the tails at the bottom of their wings break off when predators try to eat them. You can see an example of this in the above photo on the right. Milkweed are important nectar source for pollinators, such as Swallowtails.



Northern Shrike

(Lanius borealis)

Date: _____

Location: _____



Mouse

(Family Muridae)

Date: _____

Location: _____

The Northern Shrike measures 23–27 cm (9–10.5 in) long. It is grey with a black bandit mask and a sharp hooked bill. Mice are small rodents with thin long tails.

Habitat: They are found in grasslands and open woodlands near waterways. Mice can be found throughout B.C.

Fun Fact: Don't let the Shrike's small size fool you. Although they are the size of a small song bird, they can hunt prey larger than them. They hunt birds and small mammals such as mice and are known to impale their prey on spikes to eat later. During the winter, they fluff up their feathers to trap air, insulating themselves to stay warm.

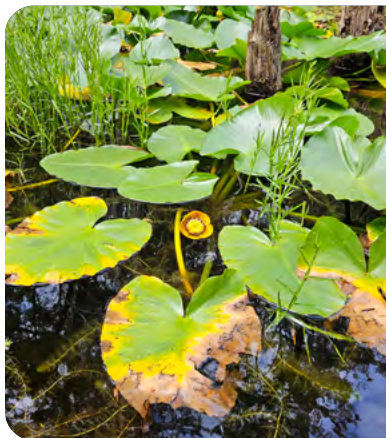




A watercolor illustration of a landscape. In the background, there are blue mountains with patches of white snow under a cloudy sky. Below the mountains is a dense green forest. In the foreground, there is a body of water reflecting the sky and forest. On the left side of the water, there are green plants with pink flowers. A dark blue horizontal bar is positioned across the middle of the image, containing the text 'Wetland Species' in white.

Wetland Species





Western Yellow Pond Lily
(Nuphar polysepala)

Date: _____

Location: _____



Dragonflies
(Suborder Anisoptera)

Date: _____

Location: _____

Yellow Pond-lily leaves are 7–35 cm (2.5–13.5 in) big with yellow flowers measuring 35–60mm (1.5–2.5 in). Dragonflies come in a variety of different colors, and have a long narrow body with four wings.

Habitat: Pond-lilies float on the top of the water in marshes and lakes, and dragonflies live near water.

Fun Fact: Pond-lilies are commonly pollinated by beetles. Dragonflies are one of the best hunters in the animal Kingdom. They have a success rate of 95%, due to their ability to fly in every direction and control all four wings separately.



Pacific Chorus Frog

(Pseudacris regilla)

Date: _____

Location: _____



Northern Red-legged Frog

(Rana aurora)

Date: _____

Location: _____

The Pacific Chorus Frog, also known as the Pacific Tree Frog, measures 3–5 cm (1.2–2 in) long with different color patterns of greens and browns. The Northern Red-legged Frog is 8.1–10.7 cm (3.2–4.2 in) long, with brown and red colouring.

Habitat: Both species are found in wetlands in Haida Gwaii and southern coastal B.C., although Pacific Chorus Frogs are found more widely throughout southern B.C.

Fun Fact: Pacific Chorus Frogs can change their color to blend in better with their environment and sound like creaking doors. Red-legged Frogs are named for the bright red pattern on their legs. Their legs are translucent underneath.





Sandhill Crane

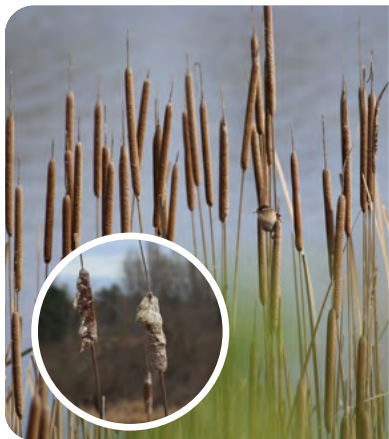
(Antigone canadensis)

Date: _____ Location: _____

Sandhill Cranes are tall birds that measure 86–122 cm (34–48 in) with a 2 m (6.5 ft) wingspan. They have brown bodies with long necks. Adults have a red patch on their head.

Habitat: Sandhill cranes can be found in wetlands or grasslands throughout B.C.

Fun Fact: Sandhills Cranes have a loud rattling call that can be heard over a kilometer away. A 2.5 million year old fossil of a Sandhill Crane was found in Florida, showing how long these birds have been around. Dinosaurs continue to walk among us, since birds are direct descendants of theropod dinosaurs that survived the last mass extinction event about 65 million years ago.



Cattails

(Genus Typha)



Marsh Wren

(Cistothorus palustris)

Date: _____

Date: _____

Location: _____

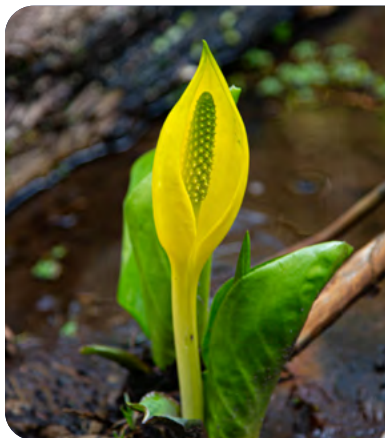
Location: _____

Cattails grow up to 3 m (10 ft) tall and have long narrow leaves that resemble large blades of grass. Marsh Wrens are 10–14 cm (4–5.5 in) long, and are a mix of brown and white.

Habitat: Both are found in wetlands and marshes, most commonly in southern B.C.

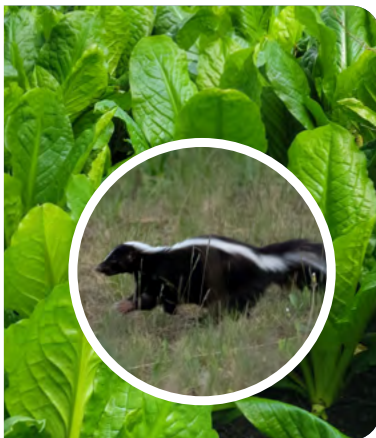
Fun Fact: Cattails are nesting habitat for lots of different birds, including Marsh Wrens. You can often find Marsh Wrens singing while standing on top of the Cattail flowers and seed heads. Cattail seed heads explode once they are mature, which helps the seeds disperse in the wind.





Skunk Cabbage

(Lysichiton americanus)



Striped Skunk

(Mephitis mephitis)

Date: _____

Date: _____

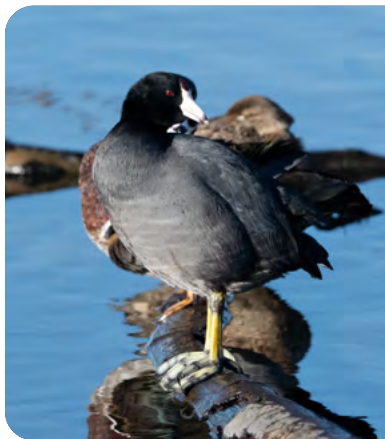
Location: _____

Location: _____

Skunk Cabbage grows 30–150 cm (12–59 in) tall, with large leaves measuring 30–120 cm (12–47 in). Skunks are 53–76 cm (20–30 in) in length, weighing up to 4.2 kg (9 lb). They are black with white stripes down its back.

Habitat: Skunk cabbage is found in wetlands, and skunks are found in forest and in urban areas. Both are found in southern B.C.

Fun Fact: Skunk Cabbage gets its name because they smell like Skunk's spray, which attracts pollinators. Another name for this plant is Swamp Lantern, because of their big yellow 'flower'. These aren't true flowers, but a modified leaf surrounding a floret of flowers.



American Coot

(*Fulica americana*)

Date: _____ Location: _____

Coots are round birds with grey bodies, a black head, red eyes and a white bill. They are 38 cm (15 in) tall.

Habitat: They are found in wetlands and waterways throughout B.C.

Fun Fact: Don't let Coots fool you into thinking they are ducks, because they are most closely related to chickens than ducks. They are sometimes called Water Chickens, Whoopie Chickens or Mud Hens. They have chicken-like feet with wide flaps that help them run on top of the water, which is necessary for them to take flight.





Stinging Nettle

(Genus Urtica)



Plantain

(Genus Plantago)

Date: _____

Date: _____

Location: _____

Location: _____

Stinging Nettle grows 1–3 m (3–10 ft) tall, with pointed green leaves.

Plantains are 60 cm (23 in) tall, with broad leaves and green flower clusters.

Habitat: Where you can find Stinging Nettle, you will likely be able to find Plantain. Both are commonly found throughout B.C.

Fun Fact: Stinging Nettle has little hairs on the stems and the underside of the leaves. These hairs cause an itchy rash when you touch them. Plantain can be chewed up into a poultice for putting on these rashes and help soothe the pain.



Belted Kingfisher

(Megaceryle alcyon)

Date: _____ Location: _____

Kingfishers are blue and white birds measuring 33 cm (13 in) long. Females have a brown band across their chest.

Habitat: They are found along waterways, wetlands and the coast.

Fun Fact: For most species of birds with sexual dimorphism (the males and females look different), the males are more brightly colored than females. The Belted Kingfisher is one of the few bird species where the female is more brightly colored than the male. Kingfishers are excellent at diving, plunging headfirst into the water to catch fish.





Wood Duck

(Aix sponsa)

Date: _____ Location: _____

Wood Ducks have beautiful iridescent patterns with lots of different colors, as if they are a painted work of art. They measure 43–51 cm (17–20 in) long. Males have a green head and red eyes.

Habitat: Wood Ducks are found in southern B.C. in lakes and wetlands.

Fun Fact: Wood ducks are secondary cavity users, which means they use abandoned cavities made by woodpeckers in hollowed out trees. They have claws on their feet to help them grip branches, allowing them to easily perch in trees. The ducklings jump out of the tree cavity, falling up to 15 m (50 ft) without getting injured because they are light and bounce.



Rufous Hummingbird

(Selasphorus rufus)



Salmonberry

(Rubus spectabilis)

Date: _____

Date: _____

Location: _____

Location: _____

Salmonberry plants are 2–4 m (6.6–13 ft) tall with butterfly-shaped leaves and fuchsia flowers. Their berries vary in colour, from orange to red. Rufus Hummingbirds are 7–9 cm (2.8–3.5 in) long. Females are brown and green and males are brown with golden iridescent feathers on their chin.

Habitat: Salmonberries are found in wetlands and streams along the B.C. coast. Rufus Hummingbirds can be found throughout B.C. during the spring and summer.

Fun Fact: When Salmonberry flowers are in bloom, you can expect to see Rufus Hummingbirds around. The flowers provide nectar early in the season for Hummingbirds returning from their overwintering sites.





Common Merganser

(Mergus merganser)

Date: _____ Location: _____

Common Mergansers are 56–69 cm (22–27 in) long. They are gray with brown heads and males turn white with green heads in breeding season.

Habitat: They are found in wetlands, rivers and coastal areas.

Fun Fact: Common Mergansers nest in cavities similar to Wood Ducks, and have large clutches (group of eggs) up to 17 eggs. The chicks leave the nest a day after hatching and ride on their mother's back for the first few days. Only females raise the young but it isn't uncommon to see several mothers raising all their ducklings together. Sometimes you can see groups with 70 ducklings!



Willows

(Genus *Salix*)

Date: _____

Location: _____



Tiger Moth

(*Pyrrharctia isabella*)

Date: _____

Location: _____

Willows typically are 5–12 m (16–40 ft) tall. Specific species are hard to identify because their leaves are different shapes within the same species. Tiger Moth caterpillars are black and orange, and are commonly known as woolly bears.

Habitat: Willows and tiger moths are found throughout B.C.

Fun Fact: Willows are great host plants to lots of different species of butterflies and moths. A host plant is a plant that invertebrates use to lay their eggs on and provide food for the newly hatched larvae. It's like being born into a buffet of your favourite food!





Western Redcedar

(Thuja plicata)

Date: _____ Location: _____

Western Redcedars are evergreen trees with brown bark. They are usually 18–40 m (60–130 ft) tall, reaching up to 84 m (277 ft). They have flat scale-like needles and 0.8 cm (0.3 in) cones.

Habitat: They are found at low elevations areas with wet soils.

Fun Fact: Cedar bark is very soft and flexible and can be taken off in strips. In the soft bark, you can often see evidence of animals. For example, the tree in the photo above shows that a bear climbed the tree at some point. Dead Western Redcedar trees take hundreds of years to fully decompose, providing nutrients to the forest floor and plants that grow out of their stumps.



Beaver

(Castor canadensis)

Date: _____ Location: _____

Beavers have brown fur with a large flat tail measuring 90–120 cm (35–47 in) length weighing up to 30 kg (66 lb). They have long front teeth that continuously grow that helps them chew wood.

Habitat: They are found in wetlands, lakes and rivers throughout B.C.

Fun Fact: Beavers live in lodges or dams that they construct with trees they collect as building materials. Beaver lodges are in lakes and marshes. Beaver dams are in rivers. When the dam is created, it can change the flow of river, flooding the area upstream and creating more wetland habitat. In urban areas, metal wiring is often put around tree trunks to prevent beavers removing them.





Bald Eagle

(Haliaeetus leucocephalus)

Date: _____ Location: _____

Juvenile bald eagles are brown and when they turn 5 years old, they get their signature white head and tail feathers. They measure 70–95 cm (2.5–3 ft) long with a 2 m (6.7 ft) wingspan.

Habitat: Bald Eagles can be found near waterways and forests throughout B.C.

Fun Fact: The sound of Bald Eagles is likely different than what you've heard in movies. Often movies use the call of a Red-tailed Hawk (*Buteo jamaicensis*) to make Eagles sound fiercer. In reality, Eagles have a higher pitched call that sounds like they are laughing. Rather than eagles being mighty hunters, they typically steal fish and prey from other animals.



Green Heron

(Butorides virescens)

Date: _____

Location: _____



Great Blue Heron

(Ardea herodias)

Date: _____

Location: _____

Green Herons are a mix of colours and measure 41–56 cm (16–22 in) long. Great Blue Herons are blue and gray, measuring 1–1.4 m (3.2–4.6 in).

Habitat: They are both found in wetlands, waterways and coastal areas. The Green Heron is only found on the south coast of B.C.

Fun Fact: Both herons are excellent hunters. They move slowly through the water so they don't create any ripples that might scare their prey. Great Blue Herons hunt with their neck fully extended while Green Herons tuck their neck in, extending it quickly to catch their prey.





Western Toad

(Anaxyrus boreas)

Date: _____ Location: _____

The Western Toad measures 6–12 cm (2.4–4.7 in) in length and is green and brown, and covered in warts.

Habitat: Western Toads are found in wetlands and forests throughout B.C.

Fun Fact: Like many amphibians, Western Toads lay their eggs in the water attached to aquatic plants and woody debris. The eggs hatch into tadpoles and slowly develop legs until they're able to leave the water. As adults, toads spend most of their time in the forest and are most active at night to avoid drying up from the sun.



Western Painted Turtle

(Chrysemys picta ssp. bellii)

Date: _____ Location: _____

Western Painted Turtles have a mostly flat brown shell with a bright red pattern on the bottom. They have dark scales with yellow stripes. They are up to 25 cm (10 in) long.

Habitat: Western Painted Turtles are in wetlands, lakes and slow flowing streams in southern B.C.

Fun Fact: Painted Turtles are commonly found basking on logs in the sun on warm sunny days. A Painted Turtle's sex is determined by the temperature the egg experienced during development. Lower temperatures produce males and higher temperatures produce females. Painted Turtles can live up to 40 years old.







Coastal Species





Arbutus

(*Arbutus menziesii*)

Date: _____ Location: _____

Arbutus trees are usually 6–18 m (20–60 ft) tall growing to a maximum of 40 m (131 ft) tall. They have evergreen leaves, and small white flowers that produce orange-red berries. Their bark is reddish-brown, and peels off in flakes.

Habitat: Arbutus trees are found close to the ocean in southern B.C.

Fun Fact: Arbutus trees are one of the only evergreen trees that have leaves rather than needles in B.C. The large number of berries they produce lasts long into the winter and provides food for wildlife. The trees also make great nesting sites for birds.



Double-crested Cormorant

(Nannopterum auritum)

Date: _____ Location: _____

Double-crested Cormorants are black and are 76–89 cm (2.5–3 ft) long with a 1.1–1.2 m (3.6–4 ft) wingspan.

Habitat: Double-crested Cormorants are found in both saltwater and freshwater bodies of water along the B.C. coast and southern B.C.

Fun Fact: Most aquatic birds such as ducks have waterproof feathers to keep their bodies dry and help them float. Double-crested Cormorants do not have waterproof feathers, making them less buoyant, which allows them to dive deeper and stay underwater longer. To dry their feathers after swimming, they perch on rocks and logs with their wings spread open.





Black Bear

(Ursus americanus)

Sockeye Salmon

(Oncorhynchus nerka)

Date: _____

Date: _____

Location: _____

Location: _____

Black bears have black to brown fur. They are 1.5–2 m (4.5–6 ft) long and weigh up to 280 kg (610 lb). Sockeye Salmon are grey and turn red and green during their spawning life stage. They are 20–65 cm (10–25 in) long.

Habitat: Black bears are found throughout the B.C., including urban areas. Salmon are found in freshwater and in the ocean during their adult life stage.

Fun Fact: During the spawning season, Black Bears eat large amounts of Salmon to prepare for hibernation. Sockeye Salmon have a form called Kokanee Trout that spend their entire lifecycle in freshwater.



Killdeer

(Charadrius vociferus)

Date: _____ Location: _____

Killdeers are brown and white with black stripes. They are 20–28 cm (8–11 in) long with a 45–50 cm (18–19 in) wingspan.

Habitat: Killdeers are found typically near water but can be found in fields and open areas throughout B.C.

Fun Fact: Killdeer get their names from their song which sounds like the word “kill-deer”. When predators come close to Killdeer nests, the mothers will pretend to struggle on the ground with an injured wing to lure the predators away. Once the predator is far enough away from the nest, she will get up and fly away leaving the predator behind.





River Otter

(Lontra canadensis)

Shore Crab

(Hemigrapsus nudus)

Date: _____

Date: _____

Location: _____

Location: _____

River Otters are 90–140 cm (3–4.5 in) long, weighing up to 11 kg (25 lb), with brown fur. Shore Crabs can be purple, yellow or green and grow up to 5 cm (2 in) long.

Habitat: River Otters can be found both in coastal waters, rivers and lakes throughout B.C. Shore Crabs can be found along beaches underneath rocks or in tide pools.

Fun Fact: River Otters have a general diet eating whatever food is available, such as crabs when they are in the ocean or amphibians in rivers. River Otters are playful and enjoy sliding around on ice and snow in the winter.



Osprey

(Pandion haliaetus)

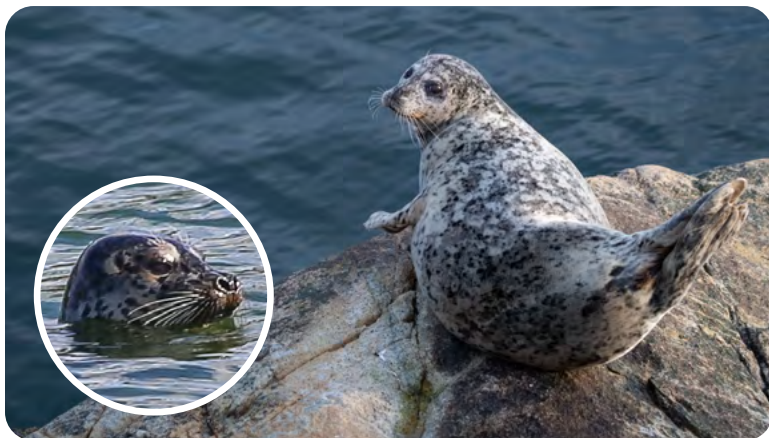
Date: _____ Location: _____

Osprey are brown and white and measure 55–60 cm (20–25 in) in length with a wingspan of 1.5–2 m (4.5–6 ft).

Habitat: They are found along waterways and coastlines throughout B.C.

Fun Fact: Ospreys are excellent at hunting fish and have up to a 70% success rate. Their talons have barbed pads on the soles of their feet and the ability to reverse their outer toe backwards. These characteristics are helpful for having a better grip on slippery fish. When they catch a fish, they will carry it with its head or tail first to reduce the amount of drag while flying.





Harbour Seal

(Phoca vitulina)

Date: _____ Location: _____

Harbor seals are gray. They are usually 1.5 m (5.5 ft) long and weigh up to 100 kg (220 lb).

Habitat: Harbor seals are commonly found along the rocky shores of the B.C. coast. They can live in both freshwater and saltwater, so you may see them swimming in the ocean or in freshwater rivers.

Fun Fact: Harbor Seals can sleep on land or fully submerged. When sleeping underwater, they can go up to 30 minutes without taking a breath.



Sea Lion

(Eumetopias jubatus)

Date: _____ Location: _____

Sea Lions are brown. They are 2–3.5 m (6–11 ft) long, with males weighing up to 1000 kg (2200 lb). A good way to identify the difference between a Seal and a Seal Lion is that Sea Lions have ears visible on the outside of their heads whereas Seals do not.

Habitat: Sea Lions are found along the B.C. coast in the water and on rocky shorelines.

Fun Fact: Sea Lions are very playful, and their pups like to play in the waves of the water. They are typically seen in large groups hunting together and raising their young together.





Rock-barnacles

(Genus *Balanus*)

Date: _____

Location: _____



Ochre Sea Star

(*Pisaster ochraceus*)

Date: _____

Location: _____

Rock-barnacles are white and gray and are 0.5–10 cm (0.2–4 in) wide. Sea Stars come in a wide variety of colours and measure 10–25 cm (4–10 in) wide.

Habitat: Both are found along coastal shorelines on the B.C. coast.

Fun Fact: Rock-barnacles have been around for over 180 million years and can be found in coastal areas worldwide. Sea Stars are able to regenerate if they are injured. If a severed arm of a Sea Star has part of the central disk attached to it, it can even grow a completely new body.



Rockweed

(Fucus distichus)

Date: _____

Location: _____



Mussels

(Genus Mytilus)

Date: _____

Location: _____

Rockweed is a species of brown algae that grows up to 0.4 cm (0.2 in) wide and up to 30 cm (12 in) long. Mussels in B.C. are grey, blue or purple and grow up to 5–10 cm (2–4 in) long.

Habitat: Both are found along coastal shorelines on the B.C. coast.

Fun Fact: Rockweed provides protection and habitat for small aquatic life, who hide underneath them for shelter. Mussels are a great food source for aquatic life such as Otters and birds. Some birds such as Crows and Gulls drop Mussels from tall heights onto hard surfaces to crack them open.





Orca
(*Orcinus orca*)



Humpback Whale
(*Megaptera novaeangliae*)

Date: _____

Date: _____

Location: _____

Location: _____

Orcas are black and white dolphins. They are 8–10 m (26–32 in) long and weigh up to 7.2 tons. Humpback Whales are gray. They are 15–20 m (45–60 ft) long and weigh 30–40 tons.

Habitat: They are both found in the ocean along the B.C. coast.

Fun Fact: Orcas are very social and live in family groups called pods. The offspring live with their mothers. Since females can live up to 90 years old, which means pods can have multiple generations travel together. Humpback Whales sing complex songs when communicating. They also use a hunting technique that involves circling their prey with bubbles to trap them like a net.



Minnows

(Family Leuciscidae)

Common Loon

(*Gavia immer*)

Date: _____

Date: _____

Location: _____

Location: _____

Loons are black, white, and gray birds that are 70–90 cm (30–35 in) long. Minnows are a group of different species of freshwater fish that are under 10 cm (4 in) long.

Habitat: Loons are found in coastal waters and large lakes. Minnows are found in fresh water such as lakes and rivers. Both are throughout B.C.

Fun Fact: Loons hunt by diving underwater, eating small fish such as Minnows. You are unlikely to see a Loon on land because their feet are attached to the back of their body. This helps them swim but makes it very hard to walk on land.





A watercolor illustration of a mountain landscape. In the background, there are snow-capped mountains under a light blue sky with a few birds flying. In the middle ground, a river flows through a valley with green trees and purple flowers. In the foreground, there are large grey rocks and a sandy bank. A white infinity symbol is overlaid on the right side of the river.

Appendix

Additional Species Log

Species Name: _____

Date: _____ Location: _____

Additional Details: _____

Species Name: _____

Date: _____ Location: _____

Additional Details: _____

Species Name: _____

Date: _____ Location: _____

Additional Details: _____

Species Name: _____

Date: _____ Location: _____

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Species Name: _____

Date: _____ Location: _____

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Species Name: _____

Date: _____ Location: _____

Additional Details: _____

Species Name: _____

Date: _____ Location: _____

Additional Details: _____

Resources

Websites: www.audubon.org/bird-guide www.wildsafebc.com
 www.allaboutbirds.org www.inaturalist.ca

Books:

Finding the Mother Tree by Suzanne Simard (2021)

50 Keystone Flora Species of Coastal British Columbia and the Pacific Northwest by Collin Varner (2024)

British Columbia Nature Guide by McCloskey and Kennedy (2020)

The Sibley Guide to Trees by David Allen Sibley (2009)

All That the Rain Promises and More... by David Arora (1991)

Medicines to Help Us by Christi Belcourt (2023)

Wildlife and Trees in British Columbia by Fenger, Manning, Cooper Gy and Bradford (2006)

Plants of the Rocky Mountains by Kershaw, MacKinnon and Pojar (2016)

Plants of Coastal British Columbia by Pojar and MacKinnon (2004)

Plants of the Inland Northwest and Southern Interior British Columbia by Parish, Coupé and Lloyd (2018)



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Maarsi (thank you) to all!



Environment and
Climate Change Canada



**“Kîspin kwayes kimanâcihtânaw
nipî ekosîsi nipiy ta-kanawihtam
kahkiyaw kîkway.”**

*If we take care of water,
it will take care of everything else.*

Northern Michif

Teaching shared by BCMANR Captain, Gary Ducommun.
Translated by Laura Burnouf of Beauval, Saskatchewan.



Métis Nation
British Columbia