

# Shuswap Naturalist Club Field Outings

## April – June 2024 Overview

**April 5, 2024**



**Committee Members: Cathy Meakes, Mitch Milgram, John Woods, Marcia Woods**

### **Everyone Welcome!**

Club members and non-members are welcome on all outings. Members and non-members are responsible for signing in with the leader for safety and liability reasons. If you need to leave before the trip has ended, please let the leader know in advance.

### **Public Advertising**

Selected SNC field outings will not be advertised to the public to keep group size manageable as necessary for environment protection and group safety (e.g., Coyote Park). The field outings committee will request community publicity (e.g., newspaper, radio etc.) on a trip-by-trip basis (items marked \*\*).

### **Notifications to Club Members**

All club members will receive emails in advance of up-coming outings. Outings also will be posted in advance on the Club website.

**Dogs** These group field trips are not suitable for dogs.

### **Leader's Responsibilities**

1. Please be at the starting point 15 minutes in advance of the advertised starting time. As people arrive leaders will ask members and non-members to print their names on the trip attendance form. Non-members will be asked to sign a waiver form.
2. Membership forms will be available for non-members if they wish to join.
3. Leaders will let the group know how long the trip will be and discuss safety.
4. Leaders will write a short trip report and send it to a Field Outings Committee member (Cathy, John, Mitch, or Marcia). The Committee will submit a report to the club newsletter editor for the next monthly issue. Photos will be included if possible. Attendance sheets, waivers and membership forms will be collected by the Committee.

**Difficulty Ratings** (all trips will be slow-paced with the focus on observing nature)

**DR-1 (Easy)** , mostly paved or good path, fairly level with some hills – up to 2 hours

**DR-2 (Moderate)**, longer distance with steeper hills and switchbacks, some uneven and rough path – up to 2 hours

**DR -3 (Difficult)**, longer steeper hills and switchbacks. Elevation gain and distance increases. Some endurance and stamina required. 2 to 3 hours plus

## **APRIL 2024**

**\*\* April 7 (Sunday) Early spring birds and flowers in Vernon** 8:00 a.m. to 2-3 p.m. to Swan Lake Nature Reserve and Trail and the Allen Brooks Nature Centre, Vernon with leaders **Cathy Meakes, Mitch Milgram and John Woods**

This field outing will start at the Junglemania Parking Lot in Salmon Arm 8 a.m. and then by carpool south to Swan Lake Nature Reserve where we'll take a leisurely 1.8 km loop hike through the grasslands including time at a 3-storey observation tower. We'll then move to the Allan Brooks Nature Centre about 20 minutes away where we will take a relaxed stroll on the trails around the Centre while keeping sharp eyes to the sky for resident and migrant raptors. Washrooms will be available at Swan Lake and at the Allan Brooks Nature Centre. **DR-1 (Easy)**

**\*\*April 18 (Thursday) Kalamalka Lake Park, Cosen's Bay Birds and Wildflowers** 9:00 a.m. to 2:00 p.m. with leaders **Mitch Milgram, Cathy Meakes and John Woods** Meet at 9 am at Junglemania Parking lot in Salmon Arm for carpooling. It will be a little more than an hour's drive from there. We will regroup in the main parking lot in Kalamalka Lake Provincial Park. The trails are smooth and mostly wide but there is some up and down, so bring walking sticks. Expect to walk a few kilometers. There are outhouses in the main parking lot. **DR-1 (Easy) to DR-2 (Moderate)**

**\*\*April 21 (Sunday) Birding for Families at the Wharf** 9:00 to 11:00 a.m. **John & Marcia Woods & Nature Kids' leaders (see poster)**. Meet at the Nature Centre at 9:00 a.m. **DR-1 (Easy)**

**April 25 (Thursday) Spring Flowers at Little Mountain Park** 10:00 a.m. to 12:00 noon. Leaders: **Mitch Milgram and Cathy Meakes**. Meet at 10 a.m. at the Okanagan Ave. entrance and parking area to Little Mountain Park (at the end of Okanagan Ave.) This is a relatively short walk to the summit along a mostly level trail but there is a short steep section up to the summit with some loose gravel in places, so bring walking poles if you use them. There are no washroom facilities. **DR-1 (Easy) to DR-2 (Moderate)**

**\*\* April 28 (Sunday) Birding for Families at the Wharf** 9:00 to 11:00 a.m. Meet at the Nature Centre at 9:00 a.m. Leaders: **Cathy Meakes, Patricia Perkins & Nature Kids' leaders (see poster)**. **DR-1 (Easy)**

## **MAY**

**May 2 (Thursday) Birds and Wildflowers at Coyote Park** 08:00 to 10:00 a.m. Leaders: **Cathy Meakes and Mitch Milgram**. Meet at the main park entrance at Lakeshore Road NE and 54 Ave NE. As we progress from early to late spring, Coyote Park often floods with migrant birds and the arrival of nesting birds. This is one of the best places in the Shuswap to see and hear Nashville Warblers. We should also be able to find a variety of early-blooming orchids. **DR-1 (Easy)**

**\*\*May 5 (Sunday) Birding for Families at the Wharf 9:00-11:00 a.m. Leaders: Cathy Meakes, Marcia Woods and John Woods & Nature Kids' (see poster). Meet at the Nature Centre at 9:00 a.m. DR-1 (Easy)**

**\*\*May 12 (Sunday) Birding for Families at the Wharf 9:00-11:00 a.m. John & Marcia Woods & Nature Kids' leaders (see poster). Meet at the Nature Centre at 9:00 a.m. DR-1 (Easy)**

**\*\*May 26 (Sunday) Dancing Grebes at the Wharf Leaders: Barb and Ken Raynor. 10:00 a.m.-12:00 noon. This Easy stroll from the Nature House to the tip of the Wharf should give many opportunities to see Western Grebes including their amazing courtship dances. Washrooms available. Meet at the Nature House and bring your binoculars! DR-1 (Easy)**

## **JUNE**

**June 6 (Thursday) Birding in Revelstoke 7:00 a.m. to 6 p.m.** This will be an all-day expedition to Revelstoke to enjoy the best birding spots with John and Marcia Woods. We will meet at the Junglemania parking lot at 07:00 a.m. to arrange car-pooling. Our first stop will be at the Revelstoke A&W for a coffee and bathroom break, then on to one of the most famous birding backyards in British Columbia. We will continue to selected areas along the Columbia River valley and take walks up to 1.5 hours on mostly flat terrain. Additional washroom break(s) will be arranged as required. Bring a lunch, water, and sunscreen. **DR-1 (Easy) to DR-2 (Moderate)**

**June 9 (Sunday) A Morning with Nature on Mallory Ridge with Eleanor and Tom Marshall 8:00 a.m. to 12 noon.** We will explore the proposed Mallory Ridge Protected Area with Eleanor and Tom. A moderately difficult (steep) but slow-going hike to learn about the proposed protected area including its birds, reptiles, amphibians, butterflies, flowers, trees, mushrooms and more! Meet at the Junglemania parking lot at 8:00 a.m. for car-pooling. Expect to be back to cars by noon. **DR-2 (Moderate) to DR-3 (Difficult)**

**June 13 (Thursday) Birds, Flowers and Donkeys at the Turtle Valley Donkey Refuge 9:00 a.m. -1 p.m.**

The Donkey Refuge has offered us a birding and botany tour of their property guided by Bob and Sandra Ewart followed by an opportunity to meet the donkeys! You can either arrive at the Refuge at 9:00 a.m. or meet John and Marcia Woods in the parking lot beside Junglemania in Salmon Arm at 8:00 a.m. to organize carpooling. The Refuge will be closed to the public during our visit and they have kindly offered these tours to our club members free-of-charge. Of course, anyone wanting to make a donation to the donkeys is welcome to do so. Expect to be walking about 1.5 hours through moderate terrain that includes some uneven ground because of cattle use. Good hiking boots are suggested and bring your walking poles if you normally use them. The Refuge will have tea and coffee for us after the hike. Washrooms will be available at the Refuge. **DR-1 (Easy) to DR-2 (Moderate).**

**June 30 (Sunday) Larch Hills Bogs, Wildflowers and Old Growth 9:00 a.m. to 12-1 p.m.**

Meet at Junglemania parking lot at 9 am for car pooling or go directly and meet at the Larch Hills main chalet parking lot just before 10 a.m. From the main Larch Hills chalet parking lot, we'll car pool and make two stops. Walking distances are short and relatively easy for this trip. First stop will be at the 'south hub' where we'll walk a short level distance to the bog. Stop two will be at the 'north hub', a 5 km drive further into the recreational area. Here we'll walk in for less than a kilometer along a relatively

level trail. There are outhouses at the main chalet parking lot, at the south hub, and maybe at the north hub. **DR-1 (Easy)**

**\*\*Birding for Families** A publicly advertised suite of four 2-hour events starting at the Nature Centre and slowly walking out to the end of the wharf. Our focus will be on Western Grebes and other waterfowl and we'll have several spotting scopes to help children and adults get great views of common birds. These events are open to the public and are offered in partnership with NatureKids leaders Molly Cooperman and Carolyn Uher. One or two nature mentors from the Shuswap Naturalist Club will provide spotting scopes and help everyone get some great views of waterfowl including the possibility of "dancing" grebes. Family groups of any size and single adults are welcome.

See poster on next page



# BIRDING FOR FAMILIES



PRESENTED BY

NATUREKIDS BC, SHUSWAP NATURALIST CLUB AND THE SALMON ARM BAY NATURE ENHANCEMENT SOCIETY



ENJOY A MORNING WALK ON THE WHARF WITH LOCAL NATURE EXPERTS. BRING YOUR FAMILY AND LEARN ABOUT WESTERN GREBES AND OTHER WATERFOWL. WE'LL HAVE SPOTTING SCOPES TO HELP CHILDREN AND ADULTS GET GREAT VIEWS OF COMMON BIRDS.

## 2024 DATES

APRIL 21, APRIL 28, MAY 5, AND MAY 12

## TIME

9:00AM TO 11:00AM

## LOCATION

SABNES NATURE HOUSE PARKING LOT  
SALMON ARM WHARF



JOIN  
NATUREKIDS BC



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[WWW.SABNES.ORG](http://WWW.SABNES.ORG)