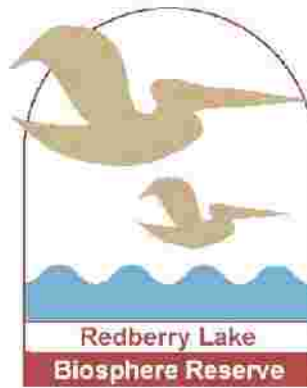


Hiking 101

An Informative Guide to Redberry Lake's Hiking Trails



Happy Hiking

If you have any questions:

**Please come visit us at the Redberry
Lake Biosphere Reserve Center**

Or Call us at (306)549-6040

Common Animals

- *The American White Pelican
- *White Tail Deer
- *Richardson's Ground Squirrel
- *Red Squirrel
- *Chipmunk
- *Common Loon
- *Canada Goose
- *Canvas Back
- *Eastern King Bird
- *Barn Swallow
- *Green Winged Teal
- *Blue Jay
- *Ruby Throated Hummingbird

Watch out for the Endangered Piping Plover!

Common Plants

- *Common Cat Tail
- *Balsam Poplar
- *Aspen
- *Pussy Willow
- *Thorny Buffalo Berry
- *White Birch
- *Stinging Nettle
- *Tall Climbing Grass
- *Red Wood Lily
- *Scapose Hawk's Bird
- *Prairie Rose
- *Marsh Ragwort

A Few General Guidelines for Hiking

- Do not litter
- Stay on the path
- Do not disturb any local wildlife or plant life (take pictures instead of picking flowers etc.)
- Report any vandalism you see or take part in
- Keep quiet and enjoy the peaceful sounds of nature
- Always remember snacks, water, sunscreen, a hat, a map, and first aid kit in case of emergency
- Always let someone know where you are going and when you expect to be back
- Know the trail
- Know your limits and your own capabilities

Ticks

Often forgotten on hikes is the danger of ticks. Though small in size, ticks can carry diseases, such as Lyme disease and Rocky Mountain spotted fever. These diseases can be very detrimental to those infected with them. Tick season is generally over half-way through June you should always be careful.

- It is always a good idea to wear long sleeved clothing and pants during heavy tick season. Insect repellent with high DEET is also a good plan.
- After your hike you should always check your entire body for ticks, as you can not always feel them.
- If you find yourself to be inhabited by a tick you should use a small set of tweezers and grab the tick's head close to the body. Pull out slowly and steadily, being careful not to crush the tick's body, as it will irritate it, causing it to inject bacteria.
- Ticks are not insects as commonly believed, but of the arachnid family like spiders and scorpions.

-Common ticks around the Redberry Lake Biosphere Reserve area are the Black Legged Tick (Deer Tick) and the Brown Dog Tick.

Bears

Though bear sightings are rare in the area around Redberry Lake, there are a few every year, and it is best to know how to react if confronted by one.

First off if you see a bear do not approach it. Bears do not like being surprised, so if you see one let your presence be known. If the bear does not retreat act dominant. Often bears bluff toughness to scare away threats, but if you act like you are in charge the bear may take off. Never try to outrun or out swim a bear. Though they may look large and clumsy, they are actually very quick. Running just provokes the bear to chase you. In the rare case the bear attacks you despite these steps you should fight back. If the bear realizes you will fight it may give up and look for easier prey. Aim for the eyes and nose. Though playing dead supposedly works with Grizzly Bears it does not work on Black Bears, which are more common around this area.

- Never try to get close to a bear to take pictures, - touch or feed them.
- Bears are dangerous wild animals, they will attack if provoked.
- Bears are unpredictable. Avoid them as best as you can.
- While camping, do not leave food or garbage lying around at night, as this may draw a bear to your campsite.
- Report any bear sightings in the area.

Nature Information

The Riparian zone is the area between a body of water such as a stream or lake and the land. This is the dominant kind of land in the Core and Buffer Zone of the Redberry Lake Biosphere reserve. The Riparian habitat consists of low lying vegetation making the immediate area marshy and swampy.

Redberry Lake is compromised of two different types of marshes: saltwater and freshwater.

The Freshwater Marsh is an area of land that encounters periodic flooding from fluctuating water levels. The Marsh is made up of small pools and streams among different shrubs and grasses.

The Freshwater Marsh is a natural habitat for Loons, Ducks, Trout and many micro-organisms that make their home amidst the natural streams and the Trout Pond at Redberry Lake.

The Saltwater Marsh is the transitional area from where the lakes tide meets and comes over the shore. Saltwater Marsh's are very diverse and rich ecosystems. The lake tide brings in fresh chemicals and nutrients that supply the habitat with life.

Saltwater Marsh's are critical in sustaining natural flora and fauna along Redberry's shores as the Freshwater Marsh's are critical in sustaining life in the region surrounding Redberry Lake.