

WELCOME SPRING

Enjoy a spring walk through beautiful Kildonan Park to enjoy birds including Spring migrants, early wildflowers, butterflies, and whatever else we can find. at this wonderful time of year **MAY 15 - MAY 30.**



SUMMER IN THE CITY



Enjoy urban nature including birds, butterflies, wildflowers, trees and whatever else we can find in a city park of your choice. I would suggest Kildonan Park, Assiniboine Park, Assiniboine Forest or King's Park as good locations. **JUNE 30 - AUGUST 30.**

FALL COLOURS IN THE CITY

You don't have to go outside Winnipeg to enjoy the golden glow of aspens and other fall leaves, not to mention migrating birds, fall fruits and late wildflowers. Conducted in Assiniboine Forest. **SEPTEMBER 20 - OCTOBER 20.**



NATURE PREPARES FOR WINTER

Why do some birds stay here while others migrate? Where do frogs, toads and turtles go? What methods do plants use to survive the winter? You probably know that monarch butterflies migrate but what about other insects including other butterflies? Do chipmunks hibernate? Learn the answers to these and other questions on a fall stroll through Kildonan Park with the Urban Naturalist. **OCTOBER 1 - NOVEMBER 30.**

NATURE PHOTOGRAPHY WALK

An outing for photographers of all levels along the riverside trails, through the English Garden and around and inside the Conservatory at Assiniboine Park led by an experienced nature photographer. **MAY 1 - OCTOBER 30.**

To learn more about these walks or to book an outing please call the Urban Naturalist at (204) 338-4590, write to Urban Naturalist c/o Morris Sorenson 16-1780 Main St. Winnipeg MB R2V 2A1 or send e-mail to mosor@shaw.ca



TAKE ONLY PICTURES ..

LEAVE ONLY FOOTPRINTS



TEACHERS, SCOUT AND GUIDE LEADERS, YOUTH LEADERS, ETC.

Please check my website at: www.wilds.mb.ca/urbanat for children's programs, etc.

ADULT SPECIAL INTEREST NIGHT COURSES

Taught throughout the year at various Winnipeg high schools, the University of Manitoba and other sites. Please call or write for details.



THE
URBAN NATURALIST

Nature Tours and Outdoor Education

MORRIS SORENSON

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Winnipeg, MB R2V 2A1
(204) 338-4590

Email: mosor@shaw.ca

Website:

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FEATURE TOUR

EXPLORE
MANITOBA'S
ASPEN PARKLAND
WITH THE
URBAN NATURALIST



Join Morris Sorensen for a guided tour of the Parklands/Mixed Forest Gallery, the newest gallery at the Manitoba Museum and an interpretive nature walk in Assiniboine Forest which contains the finest preserved example of aspen parkland in our area. The aspen parkland/mixed forest is the largest ecosystem in southern Manitoba and has shaped much of our heritage, settlement patterns and culture. Only \$12 per person including museum admission for groups of seven or more. For details, please visit our website at www.wilds.mb.ca/urbanat. E-mail: Morris@shaw.ca or call Morris at (204) 338-4590.

BUDGET PRICED INTRODUCTORY WALK (BUNN'S CREEK NATURE WALK)



On this walk we get a sample of urban nature at its finest. Located in North Kildonan just off Henderson, the Bunn's Creek Nature trail gives us a little bit of every-thing. In the past, I have seen great blue herons, wood ducks and kingfishers. If we do not see beavers we will see evidence of their work. Migrating warblers crowd the woods in the spring and fall and there is a yearly parade of wildflowers. We will also learn some of the human history of the area. Special rate for this walk only is \$2 per person with the usual minimum of 4 and maximum of 20. MAY 15 - OCTOBER 30.

REGULAR WALKS

SCOTIA STREET - BETWEEN THE PARKS

This walk combines both nature and history. Starting at the Pavilion at Kildonan Park, we will follow various streets including historic Scotia Street (once a major walking route for settlers travelling to the trading post at Point Douglas) past St. John's Cathedral (site of the oldest Anglican Church in Western Canada) and its historic cemetery dating back to the time of the Selkirk Settlement and ending at St. John's Park, the oldest city park in Winnipeg. APRIL 1 - NOVEMBER 30.



STURGEON CREEK RIVERSIDE RAMBLE

Starting and finishing near the courts of St. James, off Portage Avenue, this walk also includes elements of human and natural history, including birds, native and introduced wildflowers, other aspects of urban nature plus a little bit about the important Métis leader, Cuthbert Grant, and his mill. JUNE 1 - OCT 30.



SPRING WILDFLOWERS OF ASSINIBOINE PARK

Away from the crowds, following the river side trails of Assiniboine Park, we will see native wildflowers and shrubs such as nodding trillium, starry false Solomon's seal, hanesberry various violet species, saskatoon and chokecherry in bloom. MAY 20 - JUNE 15.



PLANTS AND PLANT LORE IN ASSINIBOINE FOREST

This walk will emphasize interesting plant lore including plant names and origins, edible, medicinal and poisonous wild plants, and plants of various habitats including aspen parkland, tall grass prairies and wetlands. We may find water hemlock (extremely poisonous), senecio snakeroot, saskatoon, hawthorn, false dandelion, chokecherry, wild strawberry, pineappleweed, wild bergamot, wild licorice, poison ivy and many others depending on the season. JUNE 1 - SEPTEMBER 15.



EXPERIENCE THE WILD SIDE OF WINNIPEG (URBAN NATURE WALKS)

Join Morris, "The Urban Naturalist" as he explores the parks, ravines and other green spaces which are among the hidden treasures of our prairie city. Walks are typically 2-3 hours long at a moderate pace with rest stops and lots of nature lore. They are suitable for adults in reasonably good physical condition (you will be required to sign a waiver) and older children. Except as indicated, the cost is \$5 per person with a minimum group size of 4 participants up to a maximum of 20. If you don't belong to a group, you can easily put one together with family and friends. With 10 walks to choose from, there is something for everyone.