

# Eagle Point Nature News

Adventure Awaits....

[www.epbrparksCouncil.org](http://www.epbrparksCouncil.org)



March 17, 2020



## How We're Adapting to the New Normal..

If we all make an effort to stay home we can help reduce the spread of the Covid 19 virus. Schools have closed and our office is closed. Eagle Point-Blue Rapids Parks Council is rethinking how we can deliver Environmental and Outdoor Education, as you can imagine! Under normal circumstances, March and April would find us visiting classrooms to do presentations or taking classes of students outdoors to explore the nearby woods and our parks areas.

## The Need to Get Fresh Air.

While it is important to distance yourself from others during this time, you can and should get fresh air. Nature helps reduce stress and anxiety and improves our health both mentally and physically.

Over the next few weeks, Eagle Point-Blue Rapids Parks Council will be assembling a newsletter full of outdoor activities for families who are now doing work and school from home. We hope that you embrace this time together! Enjoy just being together and keep things simple. And remember....go outside!

## Good Stuff to do with Your Kids - Part 1: Take a Hike!

The walking and hiking trails near Drayton Valley can provide you with 30 minutes to two hours or more of forest immersion. Shut off your phones and let Mother Nature help your family de-stress and get exercise.



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## While You're Hiking.....

- Make it a fun hike - Walk on those logs, look for bird nests, find that perfect walking stick, find five shades of green or purple or brown, and stop and listen!



Photo by Annie Spratt on Unsplash

- Trail Detective: March is a great time to be studying tracks and other clues left by wild animals! Wet snow and mud preserve footprints. If you don't have a book with tracks, download this a great Track Activity Book at [https://albertaparks.ca/3307/media/it\\_remains\\_take\\_home\\_book](https://albertaparks.ca/3307/media/it_remains_take_home_book)



- Do you like Riddles? For the older kids, you can download Eagle Point-Blue Rapids Parks Council's **Simple Tree Key** at [www.epbrparkscouncil.org/goodstuff1](http://www.epbrparkscouncil.org/goodstuff1) and solve the riddle of which tree species it is. How many species you can identify on your walk/hike.
- Geocaching: The Drayton Valley area has LOTS of geocaches hidden in and around the town and even in our local parks! Sign up on [www.geocaching.com](http://www.geocaching.com) or download the app to see find out where they are. Turn your family hike into a seeker's adventure. Be forewarned! This is an addicting hobby!
- Feeling Crafty in the Forest? Try Bark Rubbings: All you need are some interesting trees, a bit of charcoal, soft pencil (8B is good) or oil

pastels and some squares of paper. Use different colours for the rubbings or various colours of paper. Bring the forest's fingerprint home! The kids can assemble all the rubbings into a collage once they get home.

<https://craftinvaders.co.uk/bark-rubbing-exploring-trees/>

- Trail Steward: Bring some gloves and a garbage bag. Turn the trail into a more beautiful place by picking up trash along the way. Teach the Mantra - *Leave the Forest Better than You Found it.*



<https://hikeitbaby.com>



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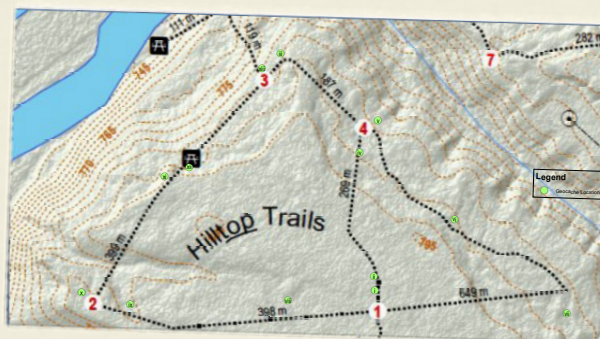




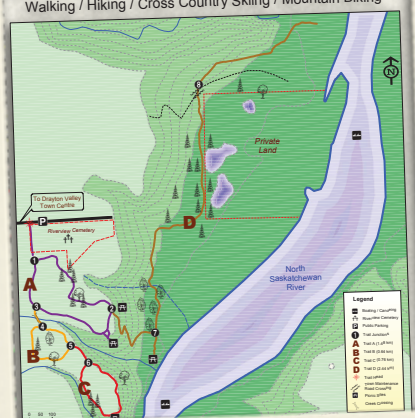
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ROTARY / PEMBINA NORDIC COMMUNITY TRAILS  
Walking / Hiking / Cross Country Skiing / Mountain Biking



## Where can We Hike?

Trail Maps for Eagle Point Provincial Park are available at [www.epbrparkscouncil.org/activities/hiking](http://www.epbrparkscouncil.org/activities/hiking).

### **Eagle Point Provincial Park:**

- **Rotary-Pembina South Trails** - 5 minutes east of 50 St/50 Avenue, you'll find the trailhead near the cemetery for 3 easy to moderate loops and a longer, steeper trail.

- **Hilltop and Hillside Trails** - find the trailhead for this easy to moderate hiking trail on the road to Willey West Campground. Park just outside the steel gates in winter.





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## Questions or Suggestions?

### Contact:

Eagle Point-Blue Rapids  
Parks Council

**Sandra Bannard,**

Executive Director

[sandra@epbrparkscouncil.org](mailto:sandra@epbrparkscouncil.org)

**Kathy Schwengler,**

Education & Outreach

Coordinator

[outreach@epbrparkscouncil.org](mailto:outreach@epbrparkscouncil.org)



### Visit our website:

[www.epbrparkscouncil.org](http://www.epbrparkscouncil.org)