

**KEN REID
CONSERVATION
AREA**



Kawartha Quest

YOUR PASSPORT TO EXPLORATION
AND ADVENTURE



**KAWARTHA
CONSERVATION**

Discover • Protect • Restore



**TD Friends of the
Environment
Foundation**

Introduction

Welcome to the Kawartha Quest. Join your friends and family in exploring Ken Reid Conservation Area as you search for clues to help you complete your quest to become a Kawartha Conservation Junior Ecologist. As you complete the activities in your passport, you will uncover the letters to a secret code word. Letters are hidden in stars throughout the passport – like the one below. Once you've completed all the activities, head over to KawarthaConservation.com/Quest where you can unscramble the secret code word and redeem your Jr. Ecologist certificate!

Remember Explorers, safety first! These tips will help ensure you have a great time on your quest.

- Bring water, sunscreen and a hat
- Be sure to have a pen or pencil to fill in your passport
- Bring along a camera or smartphone to take pictures of your adventure
- Always stay on the trails and watch out for poison ivy

When identifying poison ivy look for:

- Compound leaves with 3 leaflets
- The stalk of the middle leaflet is much longer than the stalks of the side leaflets



This passport belongs to:



Meet Flynn the Fox! Flynn will be travelling around Ken Reid Conservation Area with you as your adventure guide to give you tips, tricks and clues to help you complete your passport. Keep an eye out for Flynn and their clue envelope!



Rules

- Ensure you have all of your supplies to complete your passport: pen or pencil, a camera or smartphone to take pictures, and spare paper
- Remember to take only what you need from the Conservation Area to finish your passport. Practicing sustainable harvesting ensures there is enough left for nature
- Please abide by the rules of the Conservation Area
- To submit your passport, go to the Kawartha Conservation website at www.KawarthaConservation.com/Quest



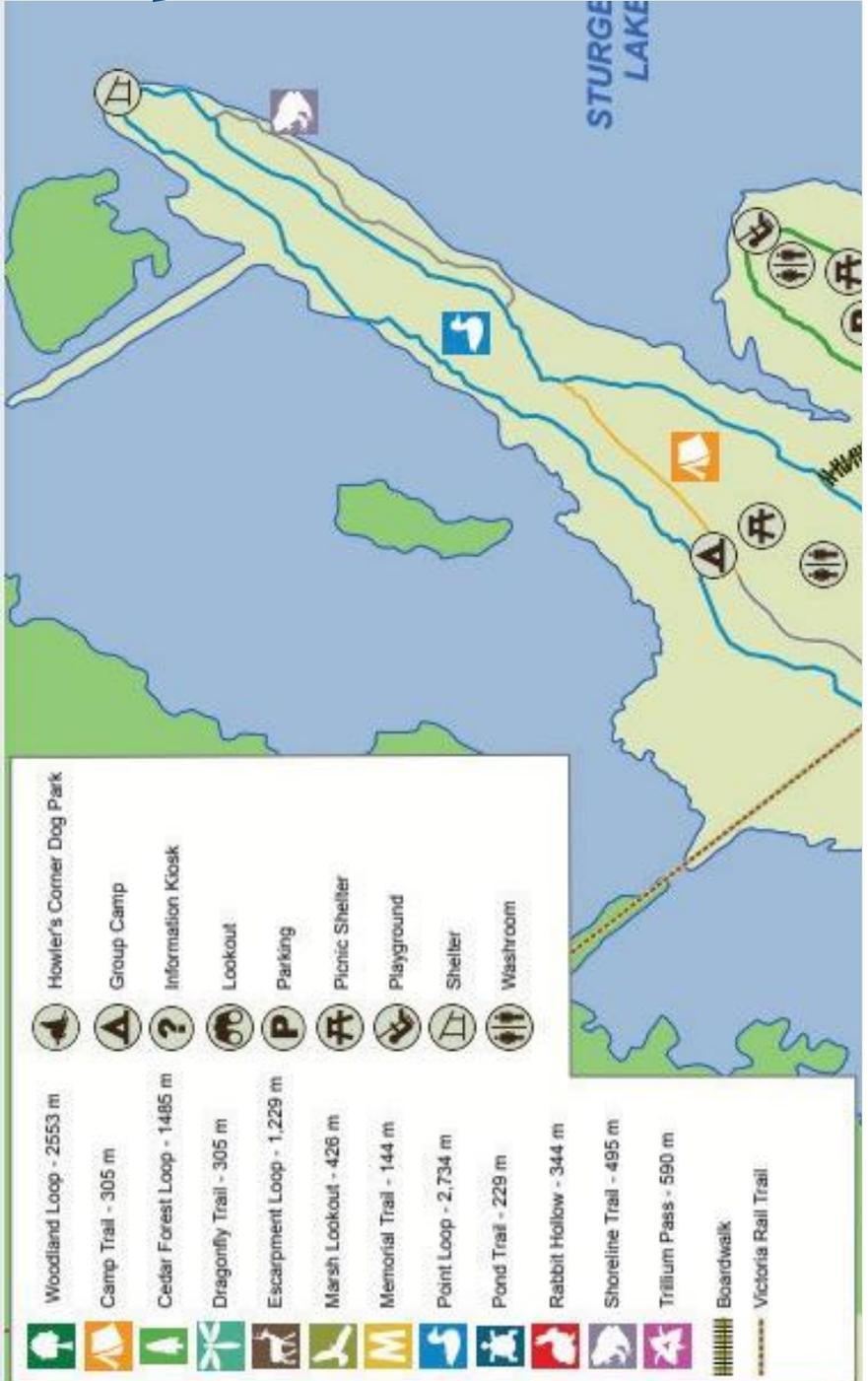
This passport entitles you to one (1) pinecone from Ken Reid Conservation Area to complete a future activity.

Please do not take more than one. This will let everyone complete the activity and allows for pinecones to be left for the animals at Ken Reid Conservation Area.



From time to time Kawartha Conservation projects, programs and services are featured in the media, either through the initiative of in-house communications staff or through interest by watershed media. We want to ensure that you are aware of this possibility, as your participation may be sought on these occasions. When submitting your passport on the Kawartha Conservation Website, please review the waiver and sign where appropriate to indicate your position on being included in such media coverage.

Map





Winter Tracking on Escarpment Loop

All of these animals call Ken Reid Conservation Area their home. Do you think you can find all of their tracks? Use the ruler on the side to help you measure the tracks you find.



Fox

Print usually fuzzy because they drag their feet
2-3"



White-tailed Deer

2 hoofed toes (cleaves) form a heart shaped track. Toes are pointed.
1.8-3.2" long
1.5-2.5" wide



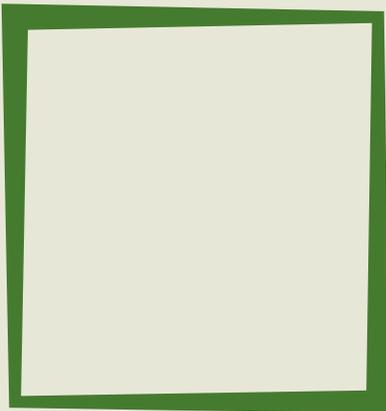
Turkey

3.75-5" long
4-5.5" wide
Classic game bird track with 3 bulbous toes and a shorter back toe



Porcupine

Most easily found in the winter
2.5" in the front with four toes
3.5" in the back with 5 toes



Did you find a track not on our list? Draw it here!



Memorial Trail Pollinator Bingo

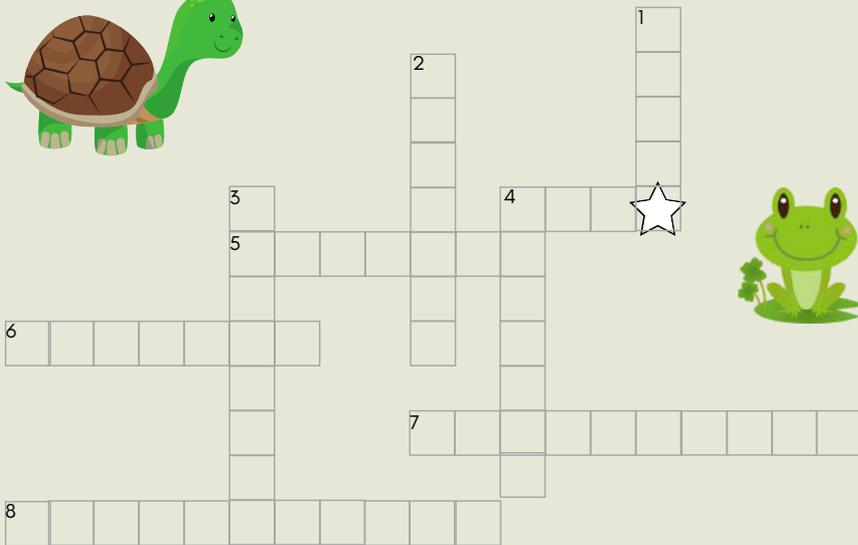
Using the Celebration Trail and help from the sign at the trail entrance, can you see all of the items below to fill out the bingo card?

B	I	N	G	O
Honey Bee	Grasshopper	White Flower	Mulch	Apples
Mud	Yellow Flower	Pollen	Ladybug	Hummingbird
Butterfly	Nuts	Free	Red Flower	Rocks
Tall grass	Flower with a smell	Mushroom	Dragon fly	Water
Berry Patch	Old hollow log	Bumble Bee	Purple Flower	Caterpillar



Pond Trail Crossword Puzzle

Complete the crossword below by using information on the sign at the pond, as well as by walking the trail finding the answers along your walk.



DOWN

ACROSS

1 - Type of fruit tree at the beginning of the Pond Trail

2 - Type of red shrub that grows along the pond

3 - A bottom dwelling creature that lives in water with good water quality

4 - This term refers to anything occurring or associated with the bottom of a water body, like the pond.

4 - What colour is the Pond Trail on the map of Ken Reid Conservation Area?

5 - The second life stage of a frog

6 - What activity are you not allowed to do at the pond.

7 - A bottom dwelling creature that lives in water with poor water quality

8 - The number of boards on the puncheon. (A puncheon, or plank road, is the wooden crossing that covers the wet section)

Birding along Woodland Loop

The Woodland Loop is home to many different birds—keep your eyes open and listen carefully. Can you spot or hear the ones below? Check off the boxes when you find them!

Woodpecker



 Peek, peek, trill
or
drumming

Black Capped Chickadee



 Chick-a-dee-dee-dee
or
Cheeseburger

Northern Cardinal



 Cheer, cheer, cheer
or
birdie, birdie, birdie

Great Blue Heron



 Roh, roh, roh

Canada Goose



 Honk, honk,
honk

Osprey



 Kyew,
kyew, kyew

Hint: The lower three
like to keep their feet
wet!



Rabbit Hollow Word Scramble

Welcome to Rabbit Hollow! While you are walking along the trail, keep an eye out for wood cookies with letters and numbers on them, like the one with Flynn. Keep an eye out on standing trees and fallen down trees for the clues. You will always find them from the trail and not behind the trees



Write in the letters you find at each location:

20 11 10 4 21 25 13 18 21

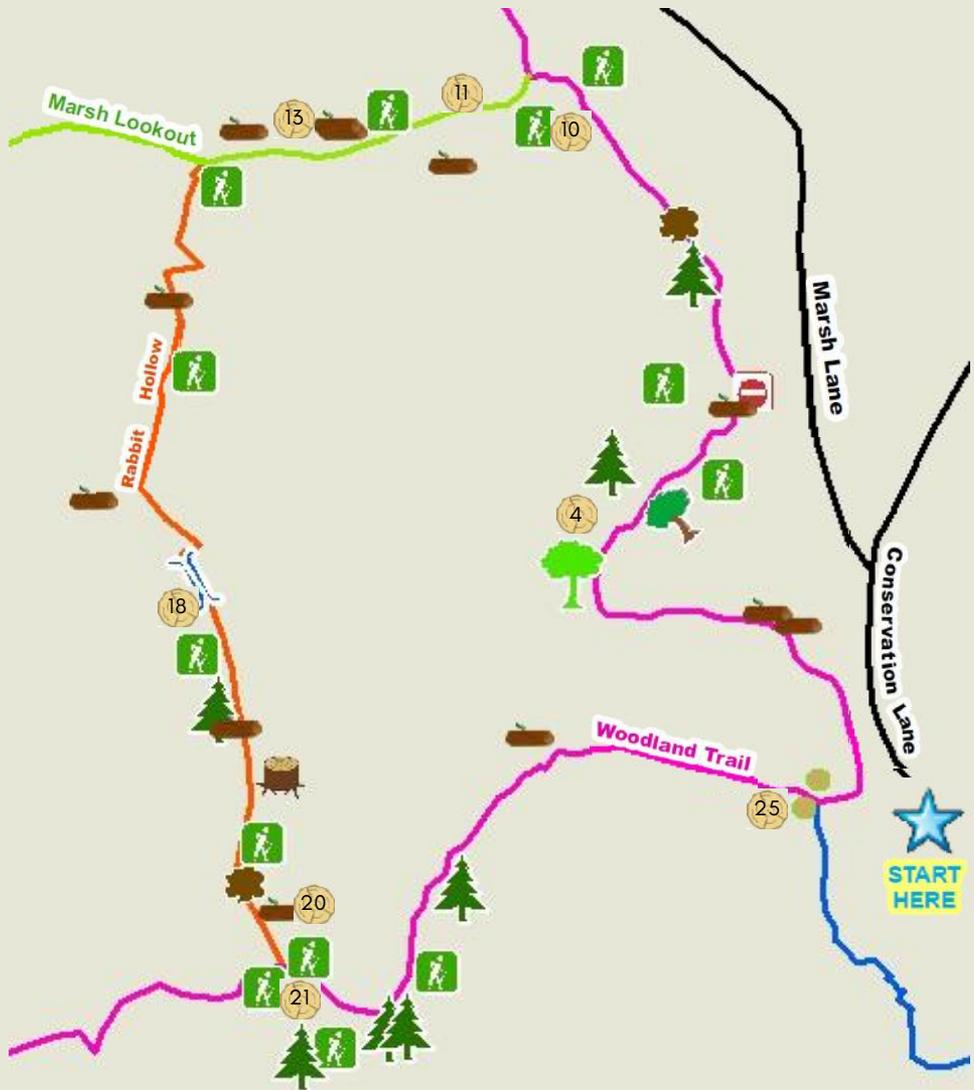
Unscrambled word:

_____  _____



A specialized scientist who surveys ecosystems and evaluates their diversity.

Rabbit Hollow Word Scramble



Legend

	Hidden Letters		Tree Stump / Dead Tree		Secret Trail (Do Not Enter)		Woodland Trail
	Start/Finish		Trail Marker		Tree Overhanging on Trail		Rabbit Hollow
	Large Evergreen Tree		Mud Pit		Road Way		Pond Trail
	Birch Tree (3 trunks)		Wood Posts		Marsh Lookout		
	Fallen Tree		Boardwalk				

Wayfinding with cairns on the Marsh Lookout

What is a cairn?

Cairns are man-made rock formations that are generally built to mark significant areas. They can be used to signify important features, or direct people towards them. Cairns have been used since prehistoric times!



How do cairns work?

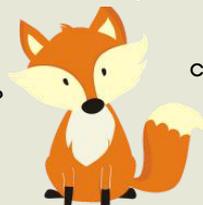
Cairns are directional guides to keep visitors on the right trail, much like some of the coloured markers you would see here around Ken Reid Conservation Area. They are made when rocks are stacked on top of each other by other Conservation Technicians, just like the ones from Kawartha Conservation.



Can you help us build cairns along the Marsh Lookout trail to help you and your family navigate the way?

Things to consider:

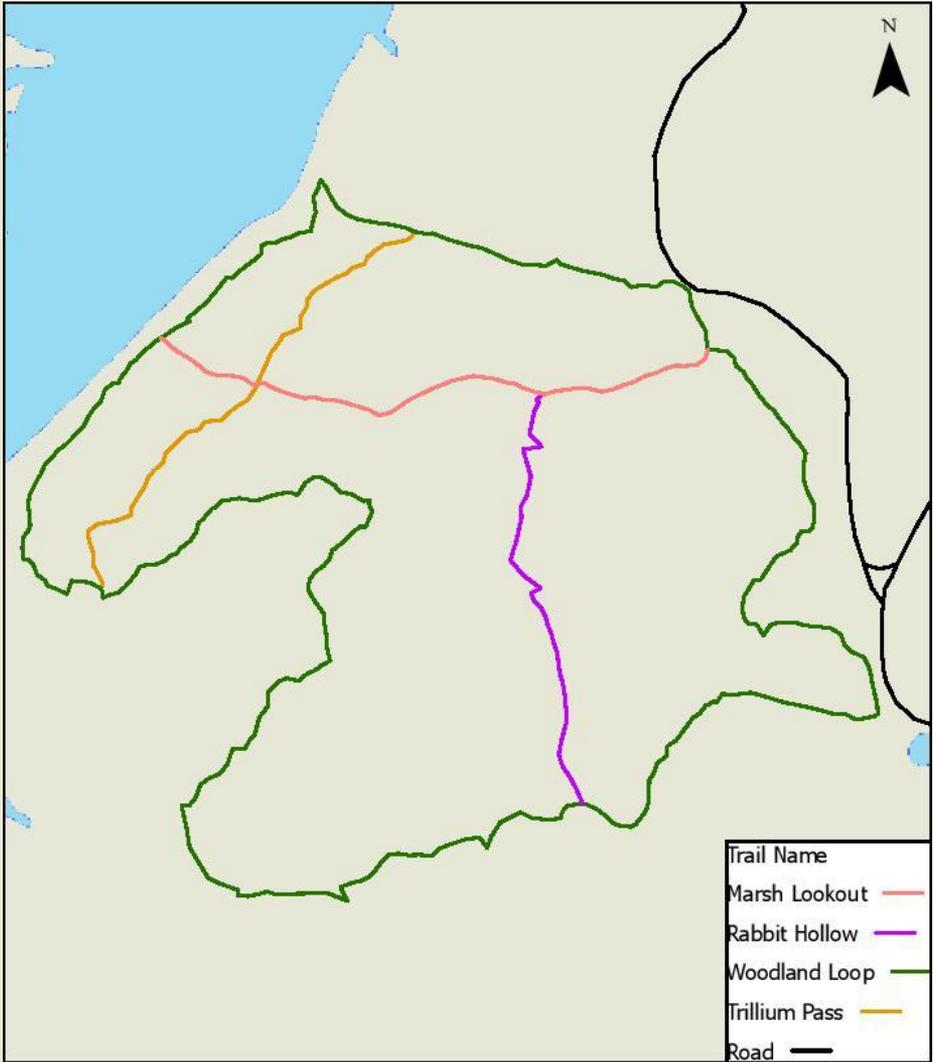
Does your cairn indicate a significant feature on the trail?
Do you have a landmark in mind?
Take a photo of your creation, and mark it on the map!



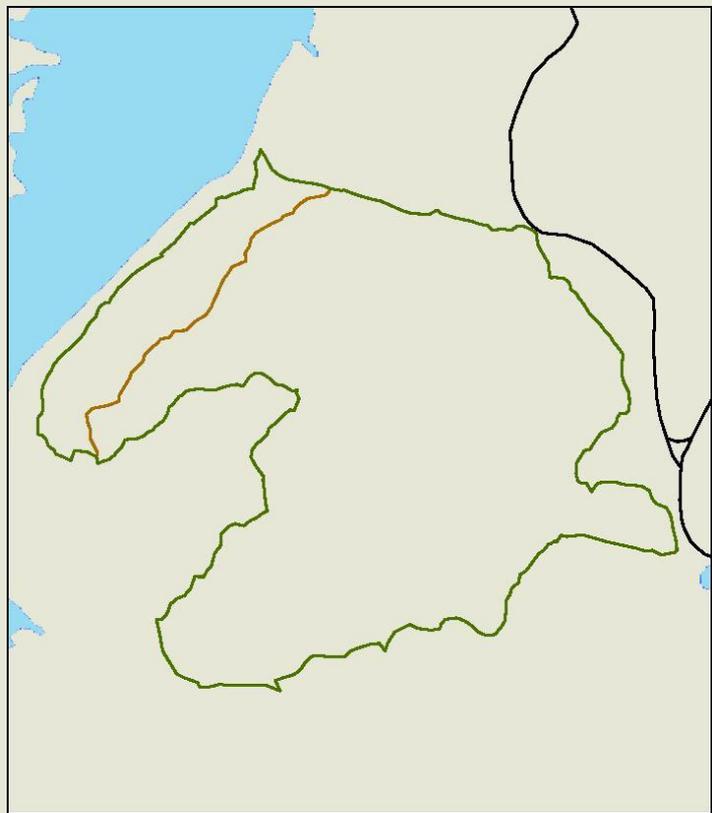
Remember!

Please disassemble your cairn after marking it on the map. This way, everyone can try their hand at wayfinding with cairns!

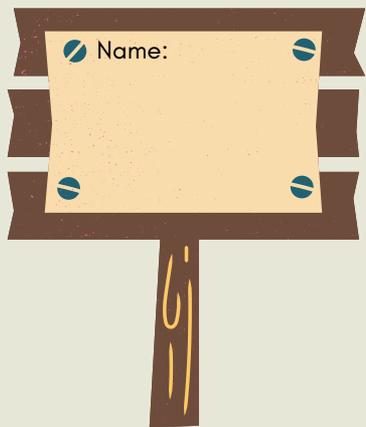
Wayfinding with Cairns on the Marsh Lookout



Trillium Pass Make-a-Map



LEGEND

A large, empty rectangular box with a grey border, intended for creating a legend.

We've provided the trail system for Woodland Loop (Green) and Trillium Pass (Brown)... the rest is up to you!

Choose interesting features along the trail that you'd like to include, draw icons for your features on the map, and create a legend in the provided space.

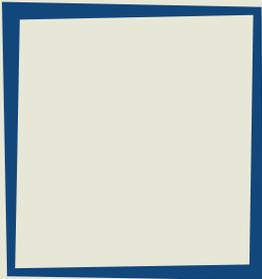
Forest Bathing on the Dragonfly Trail

Despite its name, forest bathing isn't something you do before bed in the bathtub. Forest bathing is about being in the trees and forests and outdoors all around us. It can help us to feel better, improve our mood and our overall health. By slowing down, immersing ourselves in nature, and exploring our senses, we take our relationship with nature to a new level.

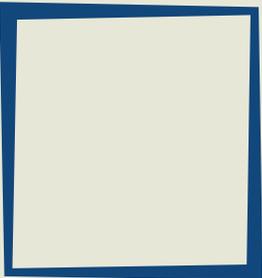
Try it and see. Stand or sit next to a tree. Shh, don't make a sound. Close your eyes. What does the tree feel like? What can you hear? What can you smell?

Using each of the boxes below, write down what you felt while sitting in nature with your 5 different senses.

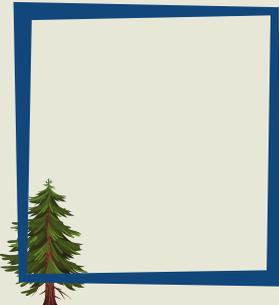
Sight



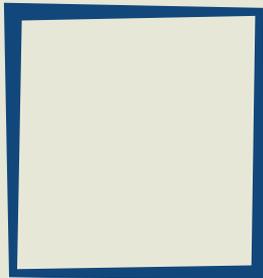
Hearing



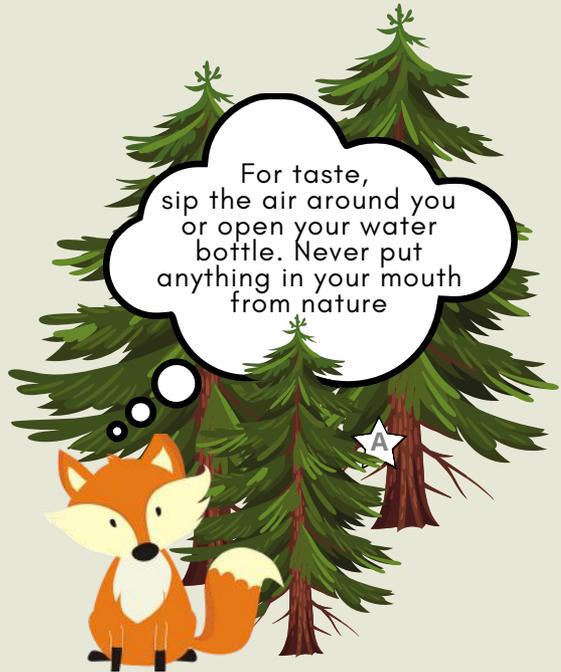
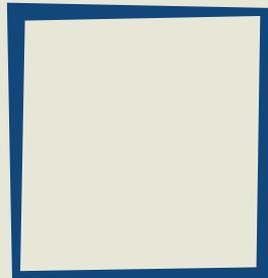
Smell



Taste



Touch



Feeding the Birds along Point Loop

The Point Loop and Cedar Boardwalk are home to many Black-capped Chickadees. Come out to try to feed the birds or make a natural bird feeder and feed the Chickadees at home.

- The best seeds to feed are black oil sunflower seeds.
- Cup the seeds in your hand and stand very still while you wait. The closer you stand to trees and shrubs, the safer the birds will feel visiting you.
- Please take excess bird seed or sunflower seeds home.

Feeding Tips



DIY Natural Birdfeeder



1. Pick a pinecone from Ken Reid Conservation Area and bring it home.
2. Tie a string to the top of the pinecone.
3. Coat the pinecone in peanut butter or lard.
4. Roll the coated pinecone in black oil sunflower seeds.
5. Hang in your yard and wait for the birds to come.

Shoreline Trail Worm Charming

What is Worm Charming?

Worm charming, also known as worm grunting or fiddling, are ways to talk to the worms and get them to move to the surface of the earth. Animals that feed on worms use their own worm charming methods - it's all about vibrations.

Why does it work?



Worm charming works by mimicking two threats to the worms:

Digging moles feed on earthworms, however these rodents can't stand the sun, so worms travel to the surface to escape them.

Rainfall is dangerous to worms because they can easily drown underground. Heading to the surface when they "feel" the vibrations of rain keeps this from happening.

Worm charming at Ken Reid Conservation Area

Steps:

1. Look for stations with yellow stakes on the Shoreline trail. Once you've found one, ensure the tip of the stake is firmly pushed down into the earth.
2. Find a stick and gently tap or rub it against the notches of the stake, creating vibrations.
3. Inspect the soil as you create vibrations

Were you able to talk to any worms? How many did you find?



Take home activity

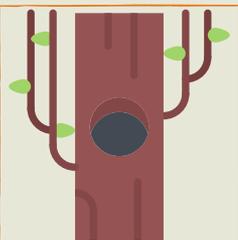
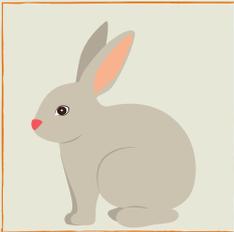
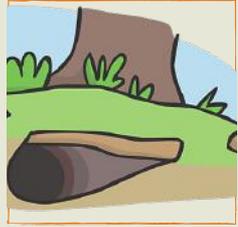
Try this at home using garden tools with metal prongs, such as garden forks. The metal prongs help to increase the vibrations sent into the earth.

For best results, choose a moist location with rich soils.



Natural shelters along the Cedar Loop

The Cedar Loop is home to a wide range of animals. Can you match the different animals to their homes?



Congratulations!



You are now one of
Kawartha Conservation's
Junior Ecologists!

To redeem your certificate, go to
www.KawarthaConservation.com/Quest to
submit the secret code word and upload any
photos you would like to share!



Thank you for joining me on
this adventure through Ken
Reid Conservation Area.
I hope you'll visit again
soon.



Bonus Activities

If you had fun completing the Kawartha Quest, try some of these activities at any of our Conservation Areas.

- ABC's of the Forest
- Photo scavenger hunts
- Kawartha Conservation's orienteering courses
- The Talking Forest
- Visit www.KawarthaConservation.com for other fun activities.

Kawartha Conservation's Conservation Areas

Durham East Cross Forest Conservation Area
4560 Devitts Road, Nestleton Station

Windy Ridge Conservation Area
998 Mount Horeb Road, Omemee

Fleetwood Creek Natural Area
902 Ballyduff Road, Pontypool

Pigeon River Headwaters Conservation Area
445 Gray Road, Janetville



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