

Skyline Trail, Nova Scotia

The Skyline Trail is a seven-kilometre, looping, hiking trail at Cape Breton Highlands National Park in Nova Scotia, Canada. It lies on the western side of the Cabot Trail, near French Mountain's summit



Labrador Pioneer Footpath

From L'Anse Au Clair to Pinware.

Prior to the construction of the Labrador Straits Highway in the 1950s, local communities were linked by a series of walking paths. These paths were a vital part of the lifestyle of the region and, when sea travel wasn't possible, were the only means of contact for residents before the arrival of telephones and automobiles. The Labrador Straits coastline has retained these old footpaths historically used by residents traveling on foot, or by dog sled, and are now used as a base for this walking trail system. The Labrador Pioneer Footpath now travels between the communities of L'Anse Au Clair, Pinware approximately 110 km to Red Bay.



Mount Lorne Hiking Trail

Total Distance: 19 km

Return Time: 7 hours

Elevation Gain: 1200 m

Difficulty: Difficult

Region: Whitehorse

Traditional Territory: CTFN, KDFN

When you drive south of Whitehorse, you can't miss this formidable mountain looming in the distance. Mount Lorne offers views of Whitehorse, Grey Mountain, Marsh Lake, Bennett Lake, McConnell Lake, Cowley Lake, and numerous peaks across the South Klondike Highway.



Fundy Footpath, New Brunswick

The Fundy Footpath is a 41 km hiking trail that starts at the Fundy Trail Parkway from Big Salmon River to Fundy National Park in New Brunswick, Canada. The trail connects to the 33 km Fundy Trail at Fundy National Park, which in turn connects to the Dobson Trail.



Ovayok Trail

Length 5.5 km

Elevation gain 192 m

Route type: Out & back

Get to know this 5.5-km out-and-back trail near Cambridge Bay, Nunavut. Generally considered a moderately challenging route. This trail is great for hiking, and it's unlikely you'll encounter many other people while exploring.



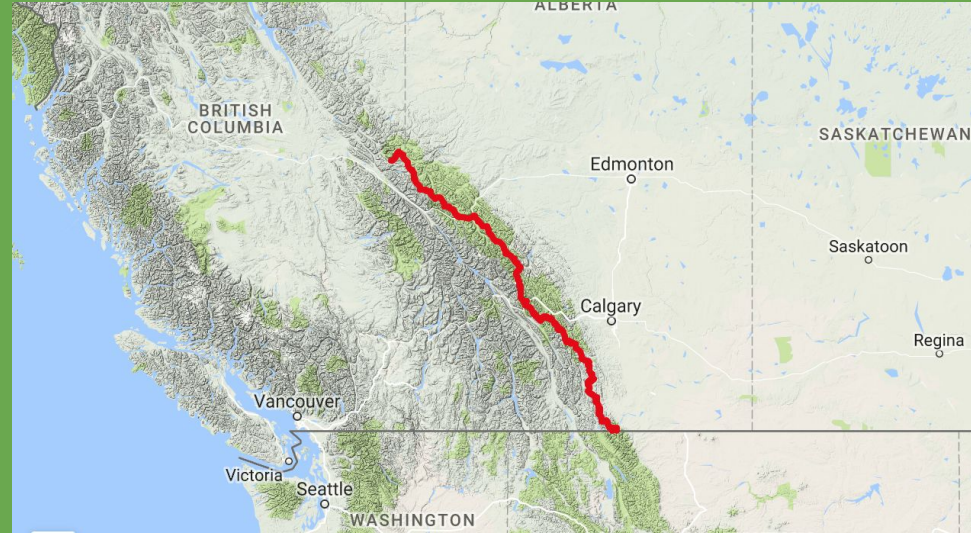
Klondike Goldrush Trail

From 1897-98, the Klondike Gold Rush transformed a traditional trade route into highway. Thousands of men, women, and children completed the journey from Dyea, Alaska to Lake Bennett, British Columbia. Today, the Chilkoot Trail is a 33 mile recreational trail. Each year, over 10,000 people day hike, backpack, or trail run this corridor. As they do, they pass hundreds of artifacts left behind by gold seekers. In 2022 the trail was officially designated the Chilkoot National Historic Trail.



Great Divide Trail

The Great Divide Trail traverses the continental divide between Alberta and British Columbia, wandering through the vast wilderness of the Canadian Rocky Mountains for more than 1100 km. It is one of the most spectacular and challenging long-distance trails on the planet.



Juan de Fuca Trail

The Juan de Fuca Trail is a multi-day hike along the south west coast of Vancouver Island in British Columbia, Canada. It is a challenging backpacking trip through the rainforest and across beaches. Along its 47 kilometre length you will experience lots of gorgeous scenery, old-growth trees, sandy beaches, and mud.



Spirit Sands and Devil's Punch Trail

Length 10.3 km

Elevation gain 122 m

Route type: Loop

Explore this 10.3-km loop trail near Glenboro, Spruce Woods Provincial Park, Manitoba. Generally considered a moderately challenging route, it takes an average of 2 h 14 min to complete. This is a very popular area for birding, hiking, and snowshoeing, so you'll likely encounter other people while exploring. The best times to visit this trail are April through October.



Leave no Trace

1. PLAN AHEAD AND PREPARE

2. TRAVEL AND CAMP ON DURABLE SURFACES

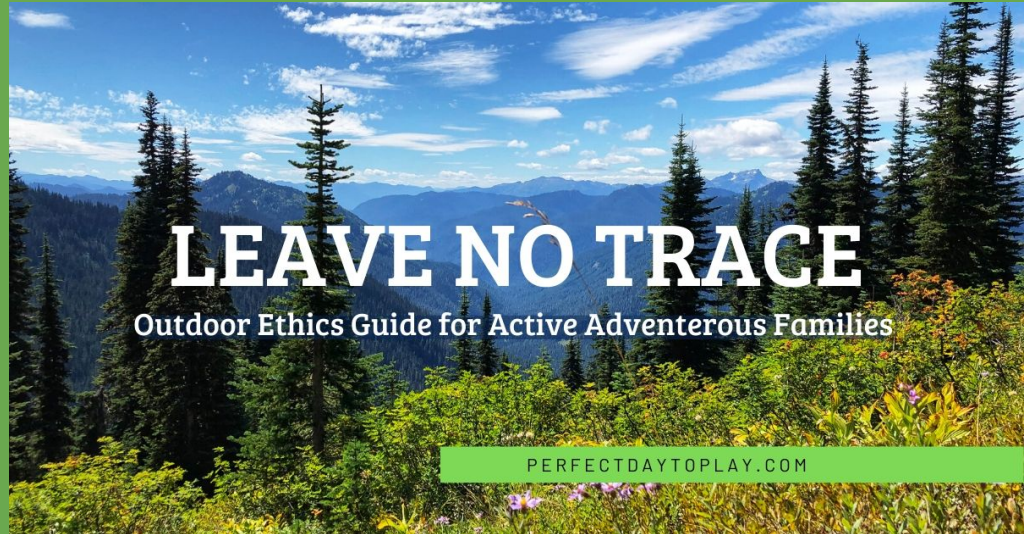
3. DISPOSE OF WASTE PROPERLY

4. LEAVE WHAT YOU FIND

5. MINIMIZE CAMPFIRE IMPACTS

6. RESPECT WILDLIFE

7. BE CONSIDERATE OF OTHERS



Geographic Features



Provincial Flower of Alberta

Although all of the above are native wildflowers to be found in Alberta, the wild rose was designated the floral emblem of Alberta in 1930. It grows almost everywhere in the province, brightening the countryside with flashes of pink.



Provincial Flower of PEI

The Lady's Slipper is PEI's official provincial flower. The Lady's Slipper was made the official provincial flower on April 25, 1947. The orchid gets its name from the shape of its petals which look like a slipper. The Lady's Slipper blooms in late May and June and grows in shady woodlands.



Provincial Flower of BC

The Pacific Dogwood is a flowering shrub or tree (it can grow in either form) that grow at the edges of forests up and down the west coast. They particularly like open to dense mixed forest environments located along streams at long elevations. They grow anywhere from two to twenty meters (6.5 to 65.5 feet).



Provincial Flower of Saskatchewan

The provincial floral emblem is the Western Red Lily, selected in 1941., Known botanically as *Lilium philadelphicum*. It grows in moist meadows and semi-wooded areas and stands out brilliantly with its flaming red blossoms against a natural green background.



Provincial Flower of Manitoba

“Manitoba's provincial flower, the Prairie Crocus (*Anemone patens*) is a harbinger of spring, being the first wildflower of the year to bloom, usually in mid-April.



Provincial Flower of Ontario

White Trillium, found in the forests and woodlands of Ontario, the White Trillium blooms in late April and May. The blooms are very sensitive to light, and the white flowers usually bend toward the sun as it moves across the sky. Contrary to popular belief, it is not illegal to pick a white trillium in Ontario. However, picking the flower can seriously injure the plant and it can take years to recover.



Provincial Flower of Quebec

The blue flag (Iris versicolor) is the floral emblem of Quebec, as per An Act respecting the flag and emblems of Québec, which came into force on November 5, 1999. An indigenous spring flower, the blue flag grows on over half of Quebec's territory, from the St. Lawrence Valley to the shores of James Bay



Provincial Flower of PEI

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Provincial Flower of Nova Scotia

Mayflower:

In Nova Scotia, the trailing arbutus or mayflower was officially adopted in 1901, when an act of the legislature stated it "is hereby declared to be and from time immemorial to have been the emblem of Nova Scotia".



Provincial Flower of New Brunswick

The Purple Violet (*Viola Cucullate*) was named the official floral emblem of New Brunswick on December 1, 1936. This particular flower was chosen through a co-operative effort of the school children and the Women's Institutes of the province.

A modest plant of some five to ten inches in height, the Purple Violet grows in moist meadows and along stream banks. Besides this violet, there are eight other species which have a purple or blue blossom. There are also yellow and white violets. The violets are thought of as spring flowers, but sometimes they flower as late as October.



Provincial Flower of Newfoundland and Labrador

Pitcher Plant

More than 100 years ago, Queen Victoria chose the pitcher plant to be engraved on a newly minted Newfoundland penny.

In 1954 the Newfoundland Cabinet designated this interesting plant as the official flower of the province.

The pitcher plant gets its nourishment from insects that are trapped and drown in a pool of water at the base of its tubular leaves. These plants, with their wine and green flowers, are found on bogs and marshes around the province.



Provincial Flower of Nunavut

The purple saxifrage (*Saxifraga oppositifolia*) was unanimously adopted by the Legislative Assembly of Nunavut on May 1, 2000, as the official flower of Nunavut.



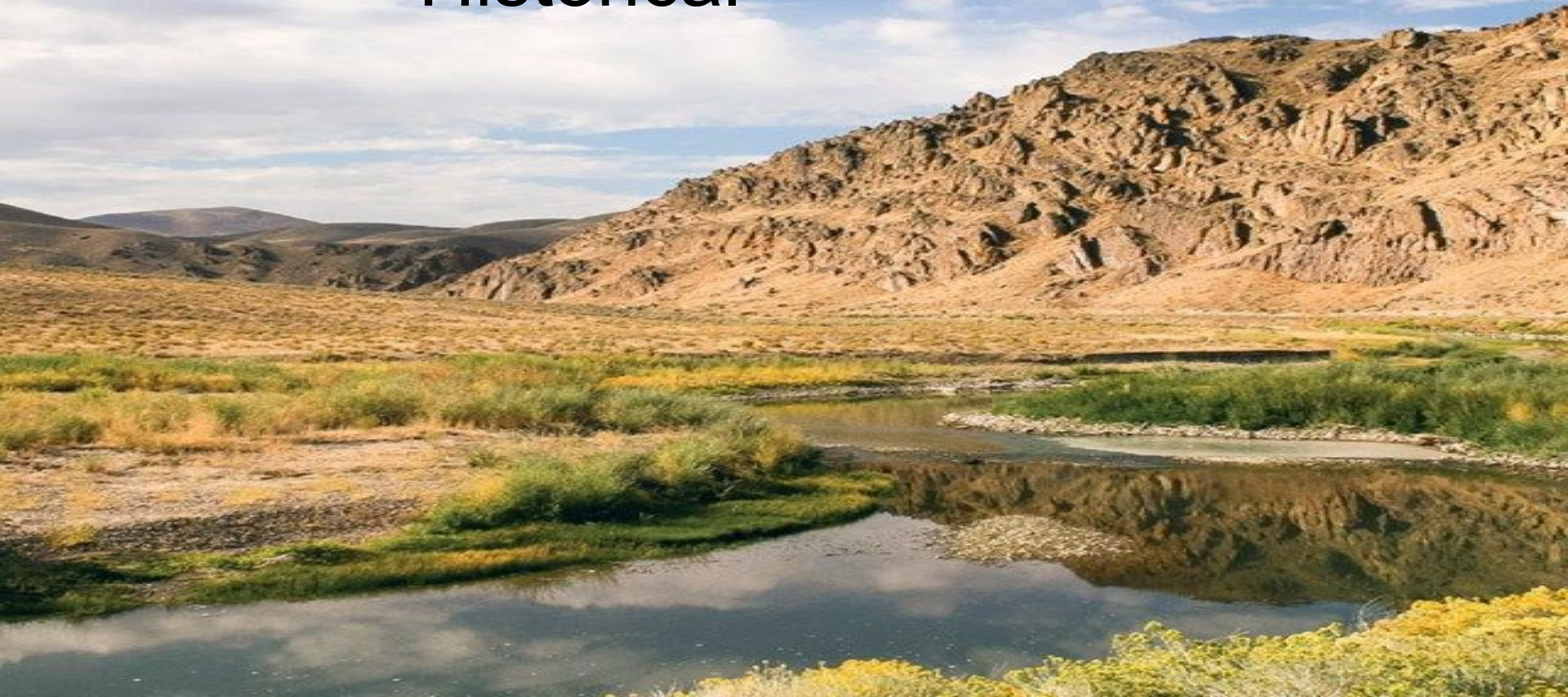
Provincial Flower of Northwest Territories

mountain avens

For the Northwest Territories, the floral emblem is the creamy-white mountain avens (*Dryas octopetala*), which blooms in profusion for a short time each spring



Historical



World Heritage Sites - Canada



How did Ontario get its name?

The word "Ontario" comes from the Iroquois word "kanadario", meaning "sparkling" water. The province is well named, since lakes and rivers make up one-fifth of its area. In 1641, "Ontario" described the land along the north shore of the easternmost part of the Great Lakes. Later, the southern part of the province was referred to as "Old Ontario". The name "Ontario" was adapted for the new era that began in 1867, when the area became a province.





Indigenous

NATIVE LANDS, NATIONAL TRAILS

STRENGTHENING RELATIONSHIPS
BETWEEN NATIONAL TRAILS AND
INDIGENOUS COMMUNITIES

Nature



What to do with injured animal

Do not remove the animal from its natural habitat. The animal may not need assistance, and you could do more harm than good. Keep your distance. For advice, contact a wildlife custodian who is authorized by Ontario to rehabilitate wildlife.

<https://www.ontario.ca/page/how-help-sick-injured-or-orphaned-wild-animal>



Giant Hogweed

Giant Hogweed is an extremely invasive species that originated from Asia and Eastern Europe. It is a perennial and a member of the carrot and parsley family. Giant hogweed can pose a serious health hazard for humans. If the plant's watery, clear sap comes into contact with human skin and is then exposed to sunlight, the UV radiation can cause severe burning and weeping.



Jefferson Salamander

The Salamander is considered
Endangered

“Endangered” means the species
lives in the wild in Ontario but is
facing imminent extinction or
extirpation.



Why is snow white? Why are most plants leaves green?

Snow is white because the various colours of the light spectrum are all reflected off the snow. When all of the light spectrum colours are combined together, the sum of the colours looks white.



When the light spectrum hits a green plant's leaves, most of the colour spectrum is absorbed or transmitted through the leaves. However, the green colour of the light spectrum is not absorbed or transmitted, but rather reflected. Your eye absorbs the green colour and your brain interprets the colour as green. Are the green light waves involved in photosynthesis?



Safety



Sun Protection

CLOTHING: THE BEST PROTECTION

Trousers, shirts and T-shirts are an easy way of protecting the most exposed parts of your body without even thinking about it. But not all clothing provides equal protection: a light cotton T-shirt will let some UV through while a tight weave offers better protection than a loose or stretch weave because, when the stitching stretches, it loses its protective properties. A damp garment will also be less effective while a loose garment will offer more protection. And finally, washing can improve the UPF* of cotton! (So it's important to always wash clothes before wearing them).

In addition, it's still important to apply a layer of sunscreen to your skin. Ideally, you should wear UV-certified garments that guarantee optimal protection: long sleeved shirts (Men), Tank tops (Women) or windcheaters, for example.



Sun Protection

FOR HIKING & BACKPACKING



Crampon or Icer

A hiking crampon is a device that attaches to your hiking boots to help you walk on snow and ice. There are different types of crampons for different purposes, such as hiking, trekking, climbing, etc.



How can you avoid getting blisters?

Blisters are the most common foot injury, caused by friction, moisture, and heat on your feet. Blisters are bubbles of skin filled with clear fluid that can appear anywhere on your foot. Blisters can be extremely painful -- enough to cause you to stop your hiking activity. To prevent them, you should wear quality hiking boots or hiking shoes that fit well and are broken in properly, high-quality socks that wick away sweat and reduce friction, and sock liners or foot powder if needed. If you feel a hot spot on your foot, you should stop and apply a blister bandage or moleskin to protect it.



What to wear while hiking

Comfortable and sturdy pants: Trails have twists and turns, so you need to move freely—moisture-wicking and flexible material is your best bet for bottoms.

A moisture-wicking top: Depending on the weather, consider a short-sleeve or long-sleeve shirt made of moisture-wicking material (e.g., merino, nylon, polyester) to help keep you cool and dry.

A warm jacket: Polyester fleece works great for this, though a puffy jacket with a polyester fill or water-resistant down inside is smart for colder conditions.

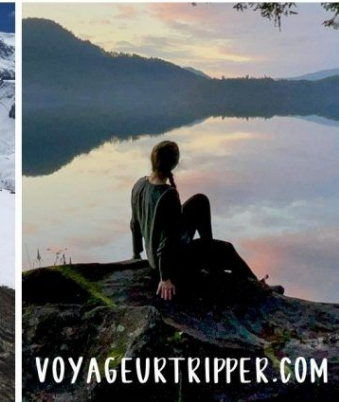
A rain jacket: opt for a jacket that's waterproof and breathable, meaning it will block rain and wind, but will also let you sweat without feeling like you're wearing a plastic bag. In seriously soggy weather, pack rain pants too.

A brimmed hat: Keep your head dry and protected from the sun. Don't forget to also bring sunglasses.

Sturdy shoes: You don't need heavy-duty or leather hiking boots, but your hiking footwear should provide support, protection from rocks and roots, and traction on wet and dry surfaces.



What to Wear Hiking IN DIFFERENT SEASONS AND CONDITIONS



Heat Exhaustion

Heat exhaustion happens when your body overheats and can't cool itself down. It usually results from physical activity in hot weather. Symptoms include muscle cramping, dizziness, confusion and nausea. They usually improve by drinking water and resting in a cool place. Untreated, heat exhaustion can lead to heatstroke, a life-threatening condition.



Health Benefits of Hiking

It's probably no surprise that hiking is good for your health, but it might surprise you that the benefits reach from head to toe!



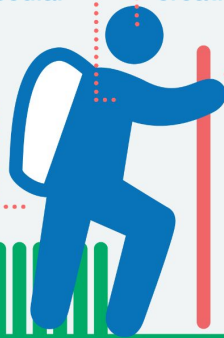
Hiking:
good for your mind
and your body

LOWER BODY
Strengthens
quads, glutes
and hamstrings

HEART
Improves
cardiovascular
health

MIND
Promotes
creativity

UPPER BODY
Hiking poles
work the arms,
shoulders and
back



Cell Phone Reception

Expect to have no cellphone reception on your hike. The majority of hikes of wilderness hikes do not have cell phone reception. Even though you are within a kilometre of "civilization", there is a good chance you will not be able to use your phone to call for help, so take the proper essentials and do your research before you leave.



What does GPS mean

The Global Positioning System (GPS) is made up of satellites, ground stations, and receivers. Satellites act like the stars in constellations—we know where they are supposed to be at any given time. The ground stations use radar to make sure they are actually where we think they are. A receiver, like you might find in your phone or in a car, is constantly listening for a signal from these satellites. The receiver figures out how far away they are from some of them. Once the receiver calculates its distance from four or more satellites, it knows exactly where you are. Presto! From miles up in space your location on the ground can be determined with incredible precision! They can usually determine where you are within a few yards of your actual location.



Emergency Shelter

Emergency Shelter should be taken for wilderness hikes in case you get lost or injured and have to spend the night outside. Pack a thermal tarp or large bright coloured plastic bag. This will not only help protect you from the sun or rain but the bright or reflective colour can help rescuers spot you from the distance.





Trails

West Coast Trail

The West Coast Trail, originally called the Dominion Lifesaving Trail, is a 75 km (47 mi) backpacking trail following the southwestern edge of Vancouver Island in British Columbia, Canada. It was built in 1907 to facilitate the rescue of shipwrecked survivors along the coast, part of the treacherous Graveyard of the Pacific. It is now part of the Pacific Rim National Park and is often rated by hiking guides as one of the world's top hiking trails



East Coast Trail

The East Coast Trail is a long-distance coastal footpath located in the Canadian province of Newfoundland and Labrador. It is a developed trail over 336 kilometres long, creation of which began in 1994. It is made up of 25 linked wilderness paths and passes through more than 30 communities.



International Trails Day

International Trails Day is a day dedicated to celebrate trails, their development, uses and the healthy lifestyle they encourage. For many years now, North America has traditionally celebrated a trails day on the first Saturday in June.



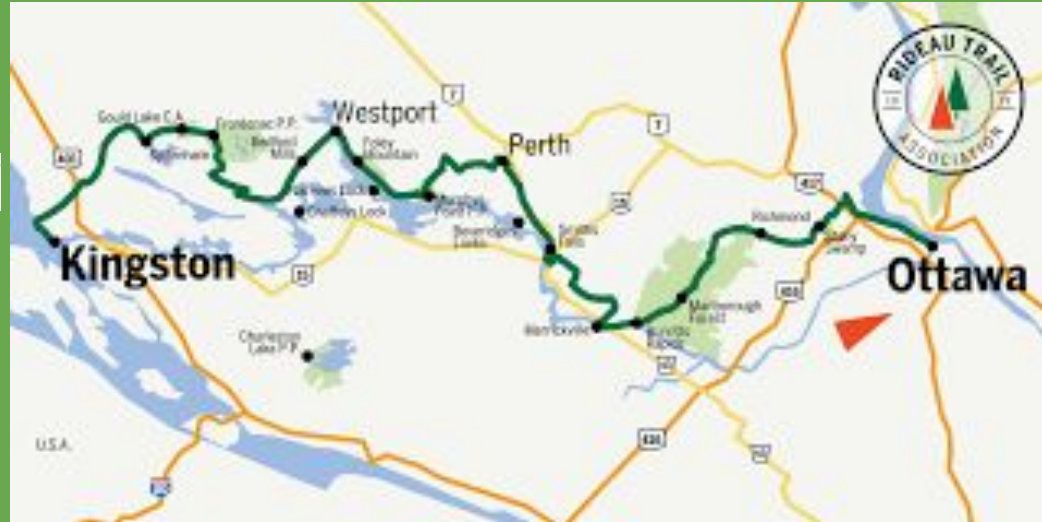
Hike v Walk - What is the difference

Walking is generally an exercise that you do outside in an urban or suburban setting, or indoors in a gym on a track or treadmill. Hiking, in contrast, is walking that's done in the outdoors and along natural terrain. You'll usually encounter elevation changes when hiking, but not necessarily when walking.



Rideau Trail

In November 1971, an official Trail opening was held at the Foley Mountain Conservation Area north of Westport, attracting an audience of about 200 supporters. The ceremony was performed by the Rt. Hon. John Davies, Federal Minister of the Environment and the Hon. James Auld, Ontario Minister of Tourism and Information. At that time, the Rideau Trail Association had about 250 members



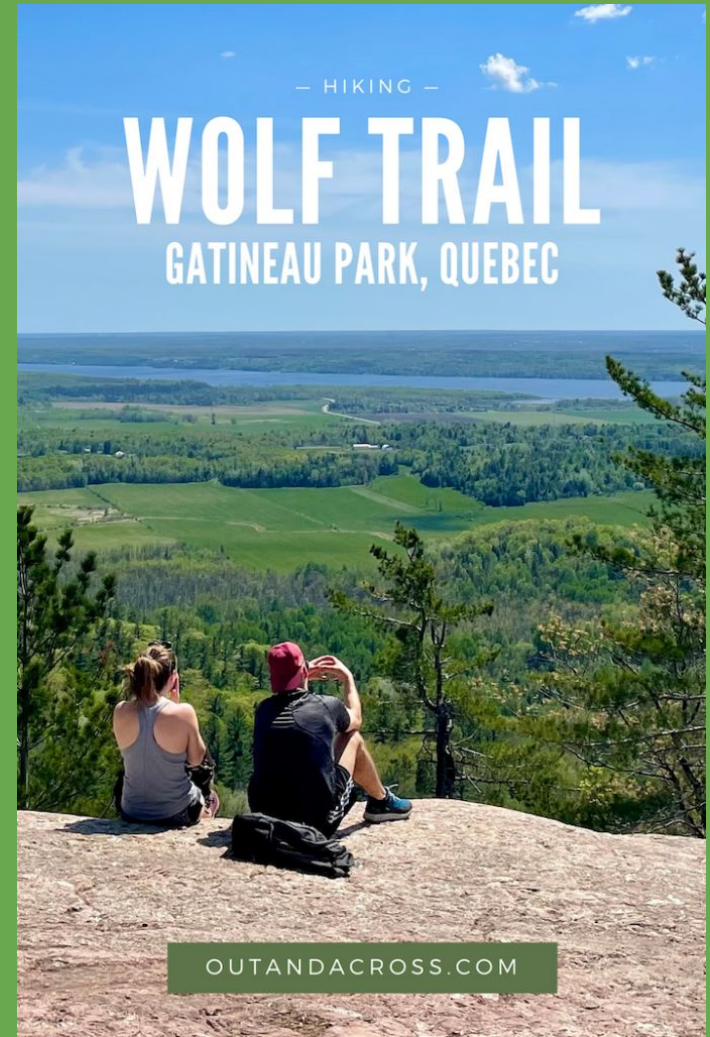
Wolf Trail

Length 9.8 km

Elevation gain 479 m

Route type: Out & back

Enjoy this 9.8-km out-and-back trail near Stoneham-et-Tewkesbury, Jacques-Cartier National Park, Quebec. Generally considered a challenging route. This is a very popular area for birding, hiking, and snowshoeing, so you'll likely encounter other people while exploring. The trail is open year-round and is beautiful to visit anytime.



What is a hike?

Walking is generally an exercise that you do outside in an urban or suburban setting, or indoors in a gym on a track or treadmill. Hiking, in contrast, is walking that's done in the outdoors and along natural terrain. You'll usually encounter elevation changes when hiking, but not necessarily when walking.



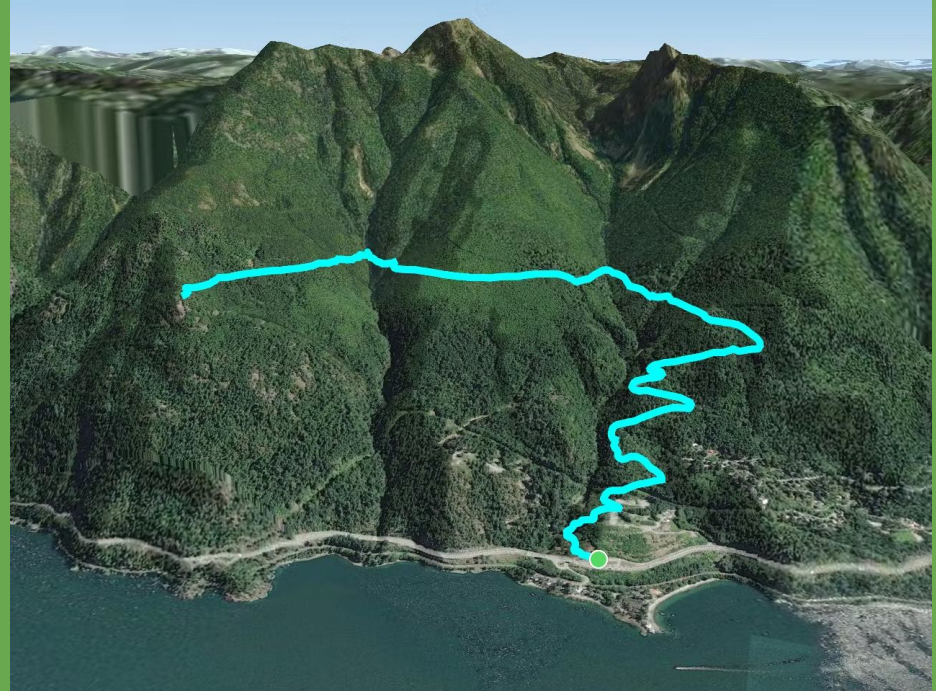
Tunnel Bluffs Trail, BC

Length 7.4 km

Elevation gain 684 m

Route type: Out & back

7.4-km out-and-back trail near Sea to Sky Highway, Lions Bay, British Columbia. Generally considered a challenging route, it takes an average of 3 h 40 min to complete.



Where is the East Coast Trail located?

The **East Coast Trail** (ECT) is a long-distance coastal footpath located in the Canadian province of Newfoundland and Labrador. It is a developed trail over 336 kilometres (209 mi) long,^[1] creation of which began in 1994. It is made up of 25 linked wilderness paths and passes through more than 30 communities.^[2] It was named one of the best adventure destinations by **National Geographic** in 2012 and is extended and improved yearly.^[3]



Weather



Cumulonimbus Clouds or Thunder Clouds

Cumulonimbus clouds are large cumulus clouds that have grown and can tower above 20,000 feet. What's unique about these clouds is how their base can form near the ground and their tops extend high into the sky. They are commonly known as thunderclouds and can produce a mix of heavy rain, snow, hail, thunder, lightning, gusty winds or even tornadoes. A flat-top on a cumulonimbus cloud is a strong indicator of a thunderstorm.

