

SOUTHERN ALBERTA CHAPTER
GREEN NOTES NEWSLETTER



CLARA'S on TOP of the WORLD

See pages 8-9 for other celebs' favourite spots

Our wilderness land is our community | 3

You can help us fight for your parks | 5

CPAWS Environmental Education Programs | 6

CHAPTER TEAM

Anne-Marie Syslak, Executive Director
Katie Morrison, Conservation Director
Jaclyn Angotti, Education Director
Kirsten Olson, Office & Fund Program Administrator
Ericka Rau, Communications & Outreach Coordinator (on leave)
Stacy McGuire, Communications Specialist
Sara Keebler, Environmental Educator
Alex Mowat, Lead Hiking Guide
Julie Walker, Hiking Guide
Justin Howse, Hiking Guide
Lauren Bally, Hiking Guide
Edita Sakarova, Bookkeeper
Anastasia Goncharova, Summer Outreach Coordinator

CHAPTER BOARD OF DIRECTORS

Gord James, Chair
Riley Prescott
David McIntyre
Phil Nykyforuk
James Early
Doug Firby, Chair, Conservation Committee
Dave Delawski
Liv Vors
Jim Donohue, Treasurer, Chair of Finance Committee
Duncan Taylor, Chair, Engagement Committee
Andre de Leebeek

EDITORIAL AND DESIGN

Doug Firby, Chair, Conservation Committee
Stacy McGuire, Communications Specialist
Paul Ruchlewicz, GDC, PMR Design

CONTACT INFORMATION

CPAWS Southern Alberta Chapter
infosab@cpaws.org
www.cpaws-southernalberta.org

IN THIS ISSUE

Executive Director's Message

Our wilderness land is our community • 3
By Anne-Marie Syslak

CPAWS SOUTHERN ALBERTA Conservation Update

Next step for the Castle: Shaping a protection plan • 4
By Katie Morrison

You can help us fight for your parks • 5
By Anne-Marie Syslak

Education Update

CPAWS Environmental Education Programs • 6-7

FEATURES

Celebrity Albertans dish on their favourite natural areas • 8-9

Coordinator keeps team of volunteers on track • 10
By Stacy McGuire

When people move in for the beauty, it has an impact on the land • 11
By Joe Pavelka

A lifetime of recreating in nature
By Don Carruthers Den Hoed • 12

Albertans love their wilderness, survey reveals • 13
By Stacy McGuire

Orienteering gets you closer to the land • 14
By Marsha Fehr

Our CPAWS guides pick their favourite hikes • 15
By Julie Walker and Alex Mowat

Modern rec gear better suits users' needs • 16-17
By Stacy McGuire





By Anne-Marie Syslak
Executive Director

OUR WILDERNESS LAND IS OUR COMMUNITY

EXECUTIVE DIRECTOR'S MESSAGE

HERE IS ONE OF THE MOST IMPORTANT QUESTIONS YOU WILL EVER ASK YOURSELF: IS YOUR LIFE MUD-LUSCIOUS AND PUDDLE WONDERFUL?

Close your eyes and think of smelling the fresh scent of pine after a rain, hearing the chirping of Boreal Chorus frogs in the spring or hiking to a mountain top vista. One of Alberta's greatest assets is easy access to parks and wilderness areas

We are so very fortunate that we can go to any number of amazing places in the Rocky Mountains, park lands, grasslands, foothills and even in the urban centres of our province to escape our stressful lives and connect with nature.

At CPAWS, we understand the value of this connection between nature and the health and well-being of Albertans. Albertans who experience and gain an appreciation for the natural world will be moved to become stewards of these precious places.

We must also better understand our impact on the landscape. To ensure we preserve these special places, we need to focus on low impact sustainable recreation and the kinds of activities that leave no trace of human activity. It also means proper planning and management of activities on the landscape.

This edition of our newsletter focuses on recreation. You will read about our recent first-of-its-kind survey showing how, where and when Albertans recreate and their wilderness values. You will find out what local celebrities love to do outside and where they go to enjoy Alberta's nature. You will get some useful tips on the most efficient, lightest and coolest high-performance outdoor gear. And, we will reveal the CPAWS' picks for top hikes - for beginners, intermediates and advanced hikers.

This edition also focuses on the importance of nature for everyone. We have an update on the Castle and what conservation should mean when creating plans to

“To ensure we preserve these special places, we need to focus on low impact sustainable recreation and the kinds of activities that leave no trace of human activity.”

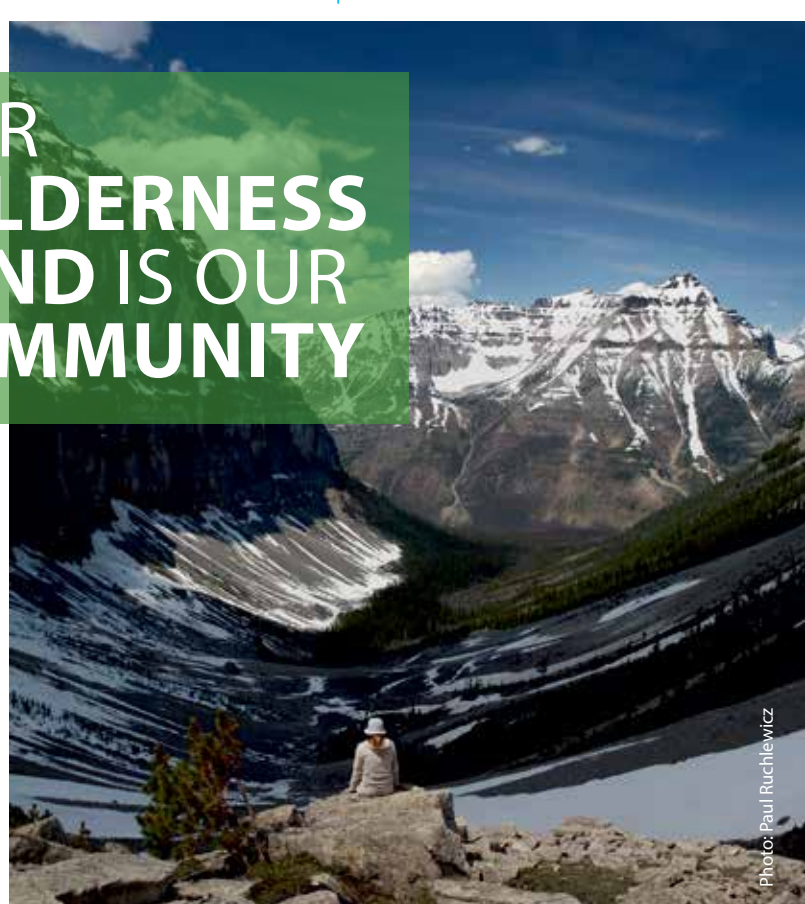


Photo: Paul Ruchlewicz

meaningfully protect our protected areas. You will learn more about our campaign to limit the development footprint in our Rocky Mountain national parks.

Albertans love and value our province's parks and wilderness. In fact, they want more! We need Albertans to speak up and champion conservation. We need to encourage the government to reflect public priorities and meaningfully protect more wilderness. We need to create and implement policy that puts nature first.

Albertans need to fully understand their role in protecting the wilderness while enjoying the landscape responsibly. Albertans' health and wealth rely on nature and we can have it all with proper planning and management.

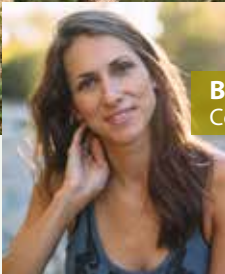
CPAWS works hard to ensure that you have places that make your life mud-luscious and puddle wonderful. Places that connect us all, no matter your work or political stripe. We are all part of this ecosystem and by default or design, we are all doing something. This summer, as you enjoy Alberta's amazing wilderness, think about your impact and your role in preserving Alberta's heritage.

Collectively, we can leave a legacy of nature in Alberta. As Aldo Leopold said: “We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.”

THE PROBLEM IS BIG, BUT WE ARE NOT TOO SMALL TO MAKE A DIFFERENCE.

Yours in conservation,
Anne-Marie Syslak

NEXT STEP FOR THE CASTLE: SHAPING A PROTECTION PLAN



By **Katie Morrison**,
Conservation Director

Last fall's announcement that the Government of Alberta would be creating the Castle Wildland and Provincial Park was a triumphant

culmination of decades of hard work by CPAWS Southern Alberta (CPAWS SAB) and local residents.

This year's management planning will define what conservation actually means in this protected area.

The ecologically valuable Castle area plays a role in the Crown of the Continent ecosystem, has abundant biodiversity and protects the headwaters for the Oldman Watershed. It needs protection.

Protected areas are great places to recreate and connect with nature, and they benefit local economies. Conserving them means protecting the water, air quality, wildlife and plants, particularly species at risk. The management plan for the region needs to reflect these priorities.

The provincial government has committed to reaching the International Union for the Conservation of Nature's (IUCN) target of 17 per cent protection of representative landscapes in the province. Right now, 12 per cent is protected (eight per cent of that is national park land and four per cent are provincial protected areas).

The IUCN standard of protection is simple and direct: "a clearly defined geographical space, recognized, dedicated and managed, through legal or other effective means, to achieve the long term conservation of nature with associated ecosystem services and cultural values."

Alberta's Provincial Parks Act sets out multiple purposes for provincial parks (including the designations of both wildland and provincial parks).

- Preservation of Alberta's natural heritage
- Conservation and management of flora and fauna
- Preservation of specified areas, landscapes and natural features and objects in them that are of geological, cultural, historical, archeological, anthropological, paleontological, ethnological, ecological or other scientific interest or importance
- Facilitate their use and enjoyment for outdoor recreation, education and the appreciation and experiencing of Alberta's natural heritage
- Ensure their lasting protection for the benefit of present and future generations

To conserve and restore the natural values of the Castle, CPAWS believes decision-making must be grounded in science. Much of the Castle is wilderness, but the cumulative effects of

intensive land uses such as oil and gas, forestry, grazing and off-highway vehicle use have damaged many areas. Studies show disturbances exceed thresholds that are acceptable for species at risk in Alberta, such as grizzly bear, cutthroat trout and bull trout. Many roads, trails, staging areas, well sites, clear-cuts and other disturbed features need to be reclaimed.

What does it mean to have a protected area?

- A science-based plan is in place to take care of nature.
- The focus is on low-impact, sustainable recreation.
- Restoration plans are at the forefront.
- The precautionary principle is used to decide what activities are allowed and where (this principle implies a responsibility to protect the environment from exposure to harm when science has found a risk).

The principles have significant implications for the Castle. Any land use, such as off-highway vehicle use, which scientific research shows has the potential to cause damage to the land and water, should not be allowed in the Castle. Tough decisions will be required.

Polling repeatedly shows that most visitors who come to protected areas like Banff and Kananaskis do so for their natural beauty and wilderness value and want these areas protected. While high impact activities such as off-highway vehicles are allowed in some areas, a recent Alberta-wide poll shows these users represent a small minority of Albertans.

In the South Saskatchewan Region of Southern Alberta (SSR) (roughly the southern one-third of the province), only two per cent of residents participate in off-road vehicle use in summer and fall, and only three per cent in winter and spring¹.

Science-based planning, management and enforcement of appropriate land use on public lands will help ensure the health of the larger landscape. As part of the bigger Eastern Slopes landscape, the protected areas of the Castle begin to shape the region's future.

CPAWS - SAB will continue to champion meaningful protection for the Castle region. This year, we will be involved in planning processes and put forth recommendations that make conservation outcomes a priority for the Castle.

1. Albertans' Values and Attitudes toward Recreation and Wilderness Report.

We will need the voices of all Albertans to support the creation of a management plan for the Castle that puts conservation first and, as outlined in the Parks Act, ensures "lasting protection for the benefit of present and future generations."



*“You can help us **Fight** for **Your Parks.**”*

ALBERTA IS HOME TO SOME OF THE MOST SPECTACULAR NATIONAL PARKS IN THE WORLD. FROM JASPER TO BANFF TO WATERTON, OUR ROCKY MOUNTAIN PARKS AND WILDERNESS ARE THE PRIDE OF CANADA.

In recent years, however, commercial development interests have put these beloved protected areas at risk.

From the theme park-like Glacier Skywalk that privatized a public viewpoint in Jasper, to the approval of a blueprint for massively expanding the Lake Louise ski resort into what was legally protected and untouched wilderness, an ongoing barrage of proposals for development prompted CPAWS to release a special report in the fall of 2015, highlighting the commercial development threats in Canada’s national parks.

Since then, we joined forces with other conservation organizations to launch the Fight For Your Parks campaign, which calls on Canadians to stand up and protect these treasured places.

Since the fall launch of the campaign, we have made progress. The new federal government has committed to limiting development in our national parks, and backed that up by stopping a private proposal to build a seven-storey tall Mother Canada statue in Cape Breton Highlands National Park. Catherine McKenna, Minister of Environment and Climate Change, has repeatedly committed to refocus on protecting our national parks’ ecological integrity.

So far, however, no steps have been taken to stop development in our Rocky Mountain national parks.

Meanwhile Parks Canada, the agency responsible for managing national parks on our behalf, drives forward

a tourism agenda focused on development and increased visitation, and continues to make decisions about the future of our parks behind closed doors.

The March 2016 federal budget, for example, included a \$66-million allocation for a new biking and hiking trail in Jasper, even though there had been no prior public discussion about the project. Parks Canada has refused to release any additional information about the project. We have heard informally that this path would literally pave a corridor through wilderness and endangered caribou habitat.

It seems the agency has lost sight of its legal mandate to protect nature first and is operating like a tourism agency, not a conservation organization.

We need your help. We need to let the minister know there is a big problem in Banff and Jasper, and that Canadians do not want any further expansion of the development footprint in these treasured national parks.

Please go to FightForYourParks.ca today to learn more and to sign our petition. Canada’s national parks belong to all Canadians and we need to stand up and defend them.



CPAWS ENVIRONMENTAL EDUCATION PROGRAMS

June 2015 to June 2016

We set a new record for delivering education programs this past year. The CPAWS Education team delivered programs to students, teachers, community members and newcomers to Canada. We explored species at risk, water conservation, parks and protected areas, forest ecosystems and grizzly bear conservation.

TOTAL EDUCATION PROGRAMS

- 500 programs
- 8,600+ people

SCHOOLS

- We delivered more than 450 programs to 7,732 students
- 132 interpretive hikes
- 10 interpretive snowshoe treks
- 180 classroom programs
- 315 classroom visits

NEW IMMIGRANT PROGRAMS



- We help new immigrant audiences discover parks and water issues in Canada
- 35 presentations
- Engaged with more than 800 newcomers

COMMUNITY PROGRAMS



- Delve into conservation issues with members of the public & corporate groups
- 8 nature programs
- More than 50 outreach events reaching thousands of Albertans

TEACHER PROFESSIONAL DEVELOPMENT



- We explore environmental education with teachers' across southern Alberta
- 5 workshops at two teacher's conventions
- Professional development days with 2 schools
- Engaged a total of 100 teachers



To support our environmental education programs please visit:
www.cpaws-southernalberta.org/campaigns/education

CELEBRITY ALBERTANS DISH ON THEIR FAVOURITE NATURAL AREAS



Will Ferguson
Author

WILL FERGUSON, Canadian award-winning author of more than a dozen books ranging from travel adventure to literary fiction.

Perhaps it comes from growing up adrift in the middle of the boreal forests of northern Alberta, but I have always been

attracted to the opposite – whether it is open water, small islands or sparse desert emptiness. The Badlands in particular resonate with me. The arid beauty, the colours shifting with the light, the topiary nature of the landscape: It feels both oddly alien and deeply atavistic.

DAVE KELLY, Canadian actor and television host

We like to spend time on the Douglas Fir Trail in southwest Calgary two blocks away from our home.

Our kids are five and three and we love to go to the trail and wander down to the river, throw rocks, and wander back. The best times are always when there is no schedule, no rush, and we just walk, talk, listen, look around and see what we see.

It also helps if there is ice cream at Angel's Cafe at the riverside - but that is just a bonus.

The Kelly kids explore the Douglas Fir Trail in Calgary with Mom and Dad.



Carol loves biking in her free time.

CAROL HUYNH, Canadian freestyle wrestler, and first gold medalist for Canada in Women's Wrestling at Olympics

My favourite ways to spend time outdoors is jogging, hiking and biking. When

I am in Calgary, I usually jog on the Bow River pathways on the east bank of the Bow across from Bowness, or along the Douglas Fir Trail by Edworthy Park. Using the bike path system in Calgary is also a lot of fun in the summer.

A few of my best outdoor memories:

- 1) Six-day canoe trip on the Bowron Lakes in B.C.
- 2) Hiking Black Tusk and camping at Garibaldi Lake in Squamish, B.C.
- 3) Hiking the Trails between the towns of Cinque Terre in Italy

MICHAEL BERNARD FITZGERALD, Musician

I like to spend time in Kananaskis Country. I have been going there with my family since I was a kid. It's so close to town, there is no excuse not to go.

My favourite pastime is camping. I love sleeping in a tent, cooking on the fire and hiking with the dogs. Waking up outdoors is an amazing way to start the day.

Michael loves to spend his time in Kananaskis.



Photos: Alison Seto



Brian and Dee looking for snow leopards in Ladakh.

**BRIAN KEATING,
Naturalist, speaker and adventurer**

I like to do quiet forest walking with my wife, binoculars at the ready.

My favourite place to spend time in the wilderness is in the alpine, tent set up with a view after backpacking and bushwhacking, in a remote location perfectly situated for extended high hikes, bird and wildlife watching.

**CLARA HUGHES,
Olympian (cyclist/speedskating),
humanitarian and adventurer**

I live in Canmore and have the most incredible backcountry backyard. The surrounding area is for everyone to enjoy. All it takes is motivation to get out the door.

Every day I can get outside and immerse in nature is a great day on Planet Earth. The trails, the mountains, the forest and the creeks fill me with life and motivation. I like to hike and trail run. And I love to camp.

Enjoying time outdoors between meetings.



**NAHEED NENSHI,
Mayor of Calgary**

Calgarians are blessed with so many options to experience nature both inside and outside our city limits. Calgary's RiverWalk and the amazing downtown parks it connects (including Prince's Island and St. Patrick's Island) is a true gem. I, like many Calgarians, love that I can step out of my office and enjoy amazing natural spaces just down the street.



Clara loves to get out in the backcountry whenever she can.



Coordinator KEEPS TEAM of VOLUNTEERS on TRACK



Carrie Dimini, Volunteer

OUR VOLUNTEERS COULDN'T BE NEARLY AS EFFECTIVE IN WHAT THEY DO IF THEY DIDN'T HAVE SOMEONE TO POINT THE WAY.

FOR CPAWS SOUTHERN ALBERTA, THAT SOMEONE IS VOLUNTEER COORDINATOR CARRIE DIMINI.

As a mother of two and manager of a busy doctor's office, Carrie knows the value of good time management. Her skills serve her well as she manages the activities of more than 50 volunteers, who conduct research, teach education workshops, serve on the board directors and attend community events.

Carrie decided to volunteer for CPAWS a few years ago, after attending an event for young environmental professionals.

"Speakers were presenting information about the various career paths available in the environmental industry," she said. "I happened to hear CPAWS Executive Director Anne Marie Syslak talk about what CPAWS does to protect parks and wilderness areas in Alberta.

"I knew immediately this was the organization I wanted to volunteer with."

Carrie loves to learn about current conservation issues.

"I enjoy staying informed of what's going on in conservation and education in Alberta. I feel like I am helping to protect the areas I like to use all the time and it is important to me to give something back."

Carrie loves to snowshoe. During the summer, she enjoys hiking and camping in Kananaskis with her family and friends. She especially loves to go to Spray Lakes.

"We did a hike out at Spray Lakes, had lunch and just as we got in the car to leave we passed a bear having his lunch, too!" says Carrie. "We were a little unnerved that we were sharing our lunch space so close to a bear, but we still love going out there.

"It's relaxing and quiet. It rejuvenates me."

Carrie is still looking for new ways to volunteer, such as trying her hand at teaching a CPAWS education workshop for newcomers to Canada.

To volunteer with CPAWS, go to the volunteer section of the website under the How can I help? tab at www.cpaws-southernalberta.org



Photo: Spray Lakes Sunrise, Paul Ruchlewicz



By Joe Pavelka
Guest Author

WHEN PEOPLE MOVE IN FOR THE BEAUTY, IT HAS AN IMPACT ON THE LAND

When people move to places for the extraordinary recreation, cultural and natural features, the shift is known as amenity migration or lifestyle migration. In recent decades, such population shifts become a force of change in rural and mountainous areas across North America.

Alberta places, such as Canmore, Banff, Sylvan Lake and Jasper, and countless more in British Columbia are known for their attractive recreation-filled lifestyle.

When people move for economic reasons, such as employment, the migration is grudgingly accepted as a part of modern life. But migration for pursuing a leisure-driven lifestyle has been less accepted, save for retirees.

Retiree, Full-time and Part-time Residents

Three groups of people migrate for an area's amenities. The first is retirees, as they have done for years. The second is full-time residents, who are generally younger and still need to work. The third is the part-time resident, often a second homeowner.

Each of these groups are driven by different motives and needs and the impact they have vary, too. For instance, retirees can move to almost any destination as long as it is affordable and has medical facilities. They also tend to gravitate to warm places, such as Panama, Belize and Costa del Sol. Western Canada, with its rugged climate and landscape, ranks low for these people.

Western Canada attracts more full-time and part-time migrants. Often, full-time migrants came west, fell in love with the magic of the mountains and decided to stay. They often don't move for the money, but rather for the beauty and the lifestyle. Part-time residents, however, maintain a primary residence elsewhere (such as Calgary, Toronto, or even Europe), don't rely on the destination to earn a living, and often have less connection to the place.

Tourism and Amenity Migration are not the same

Both tourism and amenity migration are based on attracting people to places with extraordinary assets. Destinations

often use similar marketing to the tourist and the migrant. However, there are important differences between the two that hold implications for the communities engaged in amenity migration.

What does a tourism destination need? What does an amenity migration destination need? A tourist needs a place to stay short-term and an amenity migrant needs a house or condo. Banff is well known for its short stay tourism and can accommodate millions of visitors. By doing so, Banff can maintain a strong economy with a fixed geographic footprint within a National Park.

Canmore is better known for its amenity migration, and it grows by adding to the housing stock. For Canmore to grow economically, it needs to constantly expand its physical footprint. Once a physical build out has been achieved, there is little economic development left for towns heavily reliant on amenity migration.

Advice for Amenity Migration Towns

To understand a tourist destination, consider it like having a long lost friend call you up and ask to stay at your house for a couple of nights as they're passing through town. As host, you go out of your way to make their stay as pleasant as possible, maybe because you like them and maybe because you know they're leaving soon.

In amenity migration, it's like your friend decides your place is so nice they don't want to leave. Now what is your relationship going to be like? Are you going to show the same level of host enthusiasm? Towns engaged in amenity migration must understand the difference between it and tourism. Strategies that work for short stay visitors are not necessarily going to work for an amenity migration population and economy.

Amenity migration is a complicated phenomenon with many social, economic and environmental implications. It also presents a variety of moral and ethical questions about our right to be mobile versus our impact on the environment.

To learn more about amenity migration in the Bow Valley you can view this short online film: <http://ethnographictraveller.com/video/canmore-amenity-migration-joe-pavelka-2011/>



Photo: Daniela Mitache



Photo: PMR Design

A LIFETIME OF RECREATING IN NATURE

Connecting people with all abilities to the natural world



Don Carruthers Den Hoed
Guest author

TEN YEARS AGO, I WONDERED IF THERE WAS A WAY KIDS WITH DISABILITIES COULD PARTICIPATE IN MORE ENVIRONMENTAL EDUCATION FIELD STUDIES, RATHER THAN BE LEFT BEHIND.

Thanks to the support of countless managers, graduate supervisors, an army of volunteers, partner groups and colleagues, that initial question led to a province-wide inclusion plan and support for people of all abilities to connect with nature.

Whether on an adaptive day trip to an urban park or an overnighter in Kananaskis, people newly included in parks and outdoor recreation say the experience makes them feel better. Their feelings are more than anecdotal; they're echoed and confirmed by research—like a recent study, I co-led with Dr. Sonya Jakubec of Mount Royal University, which found that inclusive experiences in nature led to increased mood, health, feelings of love, sense of community, and more, for both persons with disabilities and their caregivers. Being outside feels good.

Inclusive events also tend to generate a stream of gratitude for providing people with an experience of a lifetime. However, the idea that getting outside should be an experience of a lifetime has long troubled me, because it implies that some people may only expect to be included in nature once, and only as a special event. Getting outside shouldn't be an exceptional event, but just part of our everyday lives.

Disability, likewise, isn't exceptional. It affects everyone. On nearly every adaptive trip, I meet someone who acquired his or her disability through injury, illness, or age. A former mountain guide who had a stroke and suddenly needed a team to pull him in an adaptive wheelchair, or a military veteran learning to live with operational stress through support programs. They were having an experience of a lifetime, but in a life that had drastically changed—and change comes to us all, eventually.

Another of my projects—a study in collaboration with Dr. Jakubec and other colleagues on the role of nature and parks at end-of-life—indicates that, despite the barriers they may face, many people feel nature can improve quality of life for

the dying, and can provide respite for caregivers. A recent call to my office was a request for ideas about how to help a terminally ill patient enjoy one last campfire—we simply directed the Doctor to a nearby picnic site with a fire ring.

We shouldn't only be able to enjoy nature when we are young and fit. People change—in their health and in their abilities—and we ought to foster a range of experiences in nature for people of all abilities and through all life stages. In other words, our pursuit of wellness through a connection to nature should focus on both experiences of a lifetime and a lifetime of experiences. It feels good to take in breathtaking gusts and views from the peak of a mountain. But when getting to the top of a mountain is out of reach, the natural places closest to us will be our sources of comfort.

Don Carruthers Den Hoed has worked in parks in Alberta for 25 years and is a PhD Candidate in the Interdisciplinary Graduate Program at the University of Calgary and an Adjunct Professor in the Mount Royal University School of Nursing and Midwifery.



Albertans LOVE their WILDERNESS, SURVEY reveals

Photo: Tracy Elliott

ALBERTA IS HOME TO AMAZING LANDSCAPES AND ALBERTANS KNOW IT.

A province-wide survey conducted for CPAWS by The Praxis Group found that three-quarters of all Albertans get outside and enjoy Alberta's wilderness on a regular basis.

Most survey respondents said they value quiet recreation and 88 per cent want more wilderness protection. Most of those surveyed are engaging in low impact recreation, like hiking and camping, and 86 per cent prefer non-motorized recreation.

In fact, 83 per cent of Albertans surveyed wanted wilderness protected even if they never visit those areas.

"This says to me people recognize the value of nature and they are willing to make tradeoffs to protect it for future generations," says Katie Morrison, Conservation Director for CPAWS Southern Alberta.

The Praxis Group conducted a random phone survey with 1,300 adult Albertans between April 27 and May 5, 2015. The margin of error is +/- 2.71%, 19 times out of 20.

The survey was designed with input from academics, partners, and stakeholders and an outside consultant, the Praxis Group. None of the previous surveys encompassed both outdoor activities and wilderness values and none has been done province-wide.

"We needed a more comprehensive understanding of how Albertans are using the land to help inform planning decisions for the future of Alberta" says Morrison. "As Alberta's population grows, more people are getting outside and into our parks and wilderness areas.

"We wanted to learn about what is actually happening on the landscape. With more demand on the environment, low impact sustainable recreation and proper planning is going to be more important to safeguard environmentally sensitive areas."

Morrison says commercial development in places like Banff National Park and high impact activity, like motorized recreation, threaten to have a significant impact on sensitive environments.

"We need to make sure that land-use decisions are in the interests of the majority of Albertans and that we protect and grow our amazing parks and wilderness areas in Alberta."

CPAWS has shared the survey results widely with municipalities, recreation groups, the real estate industry, government officials and land managers. Doing so will ensure the results can be considered in formal land use decisions and recreation planning.

"It has been interesting to see how the results have been used," says Morrison. "We've actually had people quoting the survey results back to us in meetings, pushing for land use practices that are representative of the majority Albertans. That is very rewarding."

CPAWS will continue to disseminate the results so that decision-makers have the information they need to plan for the protection of the environment while addressing the various recreation activities in Alberta.

"Now that we know how much people appreciate these areas, we hope they will be empowered to be stewards of our parks and wilderness areas and use their voices to advocate for better land management and more protected areas in our province," says Morrison.

"We can enjoy economic benefits, great recreational places and prioritize ecologically sensitive areas. We can have an even better Alberta; we just need to plan for it."

To read the full report on Albertans' Values and Attitudes Towards Recreation and Wilderness visit <http://www.cpaws-southernalberta.org/>.

RECREATION STATS: representation of all adult Albertans

- 76% participate in some form of outdoor recreation
- 98% want protection of water to take precedence over industrial development
- 88% want governments to preserve more wilderness
- 86% prefer non-motorized recreation in wilderness areas over motorized recreation
- 83% want wilderness protected and left in its natural condition even if these areas are never visited by, or benefit, humans.

ORIENTEERING GETS YOU CLOSER TO THE LAND



Marsha Fehr,
Guest author

ORIENTEERING ENGAGES YOUR MIND AND STRENGTHENS YOUR BODY AS YOU NAVIGATE THROUGH UNFAMILIAR TERRAIN USING ONLY YOUR WITS AND A MAP WITH CHECKPOINTS ON IT.

It is most often done on foot, but you can also orienteer on skis, snowshoes or mountain bike. Although it is typically done as a race, you can also orienteer as though it were a leisure hike through the forest or park.

Orienteering is popular with all age groups around the world. There's even a world cup circuit and world championships. In 2015, Canadians from 8 to 85 years old competed at the Canadian Champs in New Brunswick; the World Junior Orienteering Champs in Norway; Oringen (a competition in Sweden); and the World Orienteering Champs in Scotland. Alberta was represented by two elite Calgary juniors and one elite senior athlete, as well as several Alberta orienteering families.

If you ask an orienteer why they do it, the answer is likely, why just run? It's not only fun, but there are also loads of benefits to orienteering, including getting you outdoors. You may never really respect the terrain until you have to use your knowledge of it to get somewhere, and you do it successfully. Knowing how to navigate in any terrain also increases your self-confidence.

Decision-making is a key component to orienteering. What is the best route for you? Do you go through the marsh and

over the hill? Or do you take the path around the hill? Rapid decision-making becomes instinctive, making orienteers self-reliant people.

Orienteers are also environmental stewards. Private land or protected areas are clearly outlined on the map as off-limits. Orienteers believe in the motto "leave nothing but footprints." Once an event is over, you would be hard-pressed to find any record of an orienteering event having taken place there.

Orienteering is a lifelong sport that challenges participants both physically and mentally, no matter your skill or fitness level. Come and be challenged. Give orienteering a try. Orienteering clubs in Calgary and Edmonton hold weekly events to welcome newcomers, including instruction for the beginner and novice.

Wear clothes suitable for the weather to walk or run in. Check out the club nearest you and come to an event!

THE CANADIAN ORIENTEERING CHAMPIONSHIP IS IN CANMORE THIS SUMMER!

Visit www.coc2016.ca for more information.

CALGARY

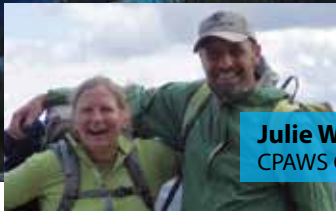
Foothills Orienteering: orienteeringcalgary.ca

EDMONTON

Overlanders Orienteering: www.orienteer.ab.ca

"leave nothing but footprints."

OUR CPAWS GUIDES PICK THEIR FAVOURITE HIKES



Julie Walker & Alex Mowat,
CPAWS Guides

WE GAVE LONG-TIME INTERPRETIVE HIKING GUIDES ALEX MOWAT AND JULIE WALKER A DIFFICULT DILEMMA WHEN WE ASKED THEM TO PICK THEIR TOP THREE FAVOURITE HIKES. THEY BOTH SAID THEIR FAVOURITE HIKES COULD FILL A BOOK.

BUT WE WOULDN'T TAKE NO FOR AN ANSWER, AND GOT THREE GREAT RECOMMENDATIONS:

BEGINNER

Emerald Lake - 5.3 kilometre loop return,
28 metre elevation gain

The walk around Emerald Lake in Yoho National Park is a “must do” for any new hiker. Emerald Lake is one of the most bio-diverse short hikes in the Rockies. Even from one shore to the other, the plants are amazingly different. From a Yew tree to Devils Club, the variety is outstanding. The colour of the lake is stunning; the air vibrates with wild freshness. It is almost as if you are walking inside a jewel, or in a rainforest garden, yet you are in the main ranges of the Canadian Rockies.

Getting there: Follow the Trans-Canada Highway west to Field, and look for the Emerald Lake sign one kilometre past the town turnoff.

INTERMEDIATE

Burstall Pass - 14.6 kilometre return,
470 metre elevation gain

Arriving at the alluvial flats (outflow streams and gravel beds) of the Robertson Glacier is to enter a different world. Bring your sandals; the hop, skip and jump across the flowing streams is a blast, with the glacier and various peaks framing the experience. After a brief climb through the forest, you will come across high alpine meadows with an easy switchback ascent to Burstall Pass itself. There, you can look at the impressive limestone peaks of Banff National Park and Leman Lake. This is a great place to take in the mountains over a long, well-deserved lunch break. And keep your eye out for grizzly bears - they are big fans of the area too!

Getting there: From downtown Canmore, follow signs leading uphill to the Canmore Nordic Centre. Reset your trip odometer to zero at the Nordic Centre turnoff. Continue ascending on Smith-Dorrien / Spray Trail (Highway 742). Pavement soon ends. After crossing Whiteman's Gap, proceed generally southeast. At 41.5 kilometre (25.7 mi), immediately past Mud Lake, turn right (west) into the Burstall day use area, at 1910 m (6265 ft.). This is across from the Chester Lake trailhead parking lot.

ADVANCED

Alpine Circuit, Lake O'Hara Area - 12.4 kilometre return,
1051 metre elevation gain

This area connects sections of seven trails into an incredible loop that has views of more than a dozen lakes and ponds and a series of amazing peaks along the Continental Divide. The 12.4 kilometre loop undulates up and down.

The alpine circuit captures so much of the best of the Lake O'Hara area in one day. It will leave you in awe. The lakes you peer down on from the steep passes you ascend and descend from are magnificent in their hues. The geology, forests and various views are spellbinding.

“Each time I am here,” says Alex, “I feel like I am in one of the most beautiful places on the planet - and that we are so blessed to have it protected as part of Yoho National Park.”

Getting There: It is located 11 kilometres west of Lake Louise and is accessible by shuttle bus only. Pre-booking is required. Call (250) 343-6433 for more information.



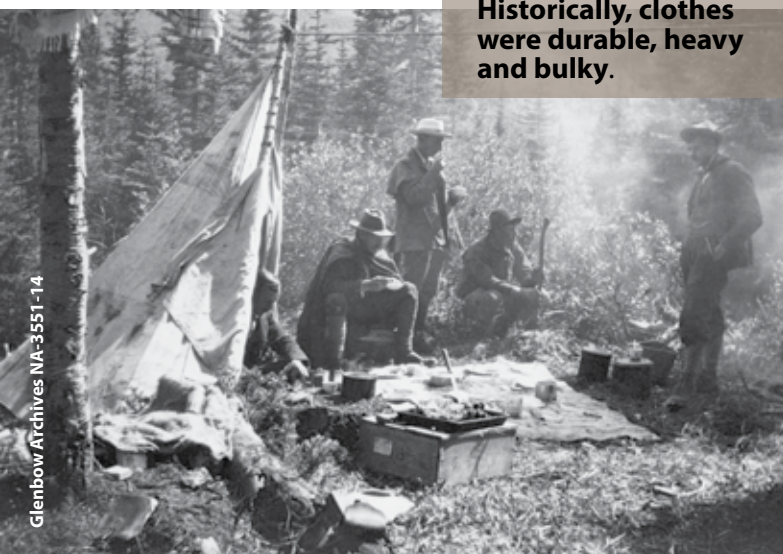
Photo: Alex Mowat

MODERN REC GEAR BETTER SUITS USERS' NEEDS



This jacket has many features including breathable material under the arms only.

Historically, clothes were durable, heavy and bulky.



Glenbow Archives NA-3551-14

"People started to look for water-resistant materials," he says. "If water stays on your skin, or if it reaches your skin from the outside it can be dangerous, because it can make you cold."

"Now, we are seeing hybrid pieces with material blends like wool and polyester that keep your skin dry."

Similar clothing has been developed for all outdoor lifestyles.

"Now people are wearing outdoor clothing from Monday to Friday and for urban activities. It is not just for a trip to the back country anymore."

People are also becoming more conscious of where their clothing is coming from, and they're opting for sustainable materials.

"It makes long-term business sense to protect the places we want to recreate in, so businesses are carrying clothes to reflect this," says Michael.

FOOTWEAR

While many people are still using a standard hiking boot, many are moving to a lighter shoe/boot combination. Lightweight footwear is important for those looking to shave time off their hikes or runs, especially with a move towards more competitive trail running. Now, shoes are flexible and have plates on the bottom to protect from sharp objects, such as branches, poking into the shoe.

As with clothing, the fabrics are light and breathable.



This light hiking shoe has grip, and plates on the bottom for protection from branches and rocks.

By Stacy McGuire
Communications Specialist



THE EVOLUTION OF RECREATION GEAR

At the turn of the 20th century, people looked like they stepped off the movie set of *The Revenant*. Coats, hats and boots were made of thick leather. Tents were made of canvas and backpacks weighed more than a small child.

Modern recreation gear is efficient, light and meant for high performance to shave time off outdoor challenges; and it looks good too!

CLOTHING

To be durable, outdoor wear used to be heavy and bulky. Today's outdoor clothes are equally durable but are also lightweight, comfortable and move with your body. Fabric blends ensure clothes are breathable, water resistant and sun resistant. The technology first became popular in cross-country skiing, says Michael Heuchert, Outreach Coordinator with Mountain Equipment Co-op (MEC).

This backpack is small and has space for a mobile device.



BACKPACKS

No more heavy, external frame backpacks for today's modern hiker. Few backpacks weigh more than two kilograms, and they have a variety of features. In fact, busy city-dwellers can buy a backpack with space for a mobile device.

"The lines are getting blurred between wilderness and city gear," says Michael. "And, a lot more science goes into creating backpacks. They are made to fit the individual now by paying attention to the different needs people have."



Michael demonstrates paddling in a Play Boat.

WATER GEAR

Canoes haven't changed shape much, but the pricier versions are made with light and strong materials, like carbon fibre. Kayaks, however, have changed substantially, says Michael.

"Kayaks have changed more for maneuvering. We have play boats – small boats with parts that sit mainly underwater so they can do flips and cartwheels – but we also have river runners, and flat water kayaks for oceans/lakes."


Whether you are a luxury traveler, an urbanite who takes recreation in small bites or you want to travel fast and light in the backcountry, you can find the gear to suit your needs. Recreation gear has been transformed to better meet users' needs.

These TIPS will HELP keep *you* SAFE out THERE

GETTING TO THE BACKCOUNTRY IS EASIER AND THAT MEANS IT IS ALSO EASIER TO GET LOST OR ENCOUNTER A BEAR.

Michael Heuchert, Outreach Coordinator with Mountain Equipment Co-op (MEC), suggest you keep these safety tips in mind:

- **Before you leave, tell someone where you are going and when you plan on checking in.**
- **Do not rely on technology alone. Carry a map, compass and flashlight, too – along with extra food, water, a pocket knife and clothes.**
- **GPS satellite tracking devices are very handy in wilderness areas.**
- **Carry bear spray where you can access it – on a belt, not in your backpack.**
- **Travel in groups and talk, sing or clap to alert wildlife of your presence.**
- **Carry a wildlife horn to scare away wildlife. A bear banger kit is an alternative, but make sure you know how to use them. If you aim it improperly, and set it off behind the bear it may drive it towards you. Bangers also have a flare in case you get lost.**

 **CPAWS**
CANADIAN PARKS AND WILDERNESS SOCIETY
SOUTHERN ALBERTA CHAPTER

ANNUAL GENERAL MEETING

Panel Discussion: Bison Belong and Beyond
Thursday, September 29
Details to follow.

Visit www.cpawssouthernalberta.org

Photo: Chad Larsen



**FOREVER WILD.
LEAVING A
LEGACY WE CAN
BE PROUD OF.**



Photo: Chad Larsen

**JOIN
US!**

CPAWS
CANADIAN PARKS AND WILDERNESS SOCIETY
SOUTHERN ALBERTA CHAPTER

Visit www.cpaws-southernalberta.org

**HELP KEEP CANADA WILD
WITH A GIFT TO**



Yes, I want to keep Canada *WILD!*
Here is my supporting donation: \$ _____
First Name: _____
Last Name: _____
Email: _____
Telephone: _____
Address: _____
Postal Code: _____
City: _____ Prov: _____

Four easy options to provide your gift:

- Please find my cheque enclosed**
- Please make cheque payable to the Canadian Parks and Wilderness Society.
 - If you are making a monthly contribution, please write "VOID" across the front of a personalized cheque to allow us to process your gift.

- Credit Card:** **MasterCard** **Visa** **Amex**
(Please circle one)

Card Number: _____
Expiry Date: _____ (mm/yy)
Name on Card: _____

For the above two options, please mail this form to:
Canadian Parks and Wilderness Society
Southern Alberta Chapter
c/o Canada Olympic Park
88 Canada Olympic Road S.W.
Calgary, AB T3B 5R5

- Donate securely online at:
www.cpaws-southernalberta.org
- Call our office at (403)232-6686 with your credit card in hand to make your donation over the phone.

At your request, you can receive a tax receipt for your donation. More importantly, you'll receive our sincerest thanks for helping make CPAWS a strong voice for the wilderness.

- Check here if you do not want to be included on our list serve.





CPAWS is Canada's
voice for wilderness.



Canadian Parks and Wilderness Society
Southern Alberta Chapter
c/o Canada Olympic Park
88 Canada Olympic Road SW
Calgary, AB T3B 5R5

Tel: 403.232.6686
Email: infosab@cpaws.org
www.cpaws-southernalberta.org
PM Agreement 40043929