

Hiking at Redberry Lake

CHECK OUT OUR PAGE: REDBERRY LAKE TRAILS ASSOCIATION



A Few General Guidelines for Hiking

- Do not litter
- Stay on the path
- Do not disturb any local wildlife or plant life (take pictures instead of picking flowers etc.)
- Report any vandalism you see or take part in
- Keep quiet and enjoy the peaceful sounds of nature
- Always remember snacks, water, sun-screen, a hat, a map, and first aid kit in case of emergency
- Always let someone know where you are going and when you expect to be back
- Know the trail
- Know your limits and your own capabilities

TICKS

Often forgotten on hikes is the danger of ticks.

Though small in size, ticks can carry diseases, such as Lyme disease and Rocky Mountain spotted fever. These diseases can be very detrimental to those infected with them.

Tick season is generally over half-way through June you should always be careful.



Redberry Lake
Biosphere Region
redberrylake.ca

TICK TIPS

-It is always a good idea to wear long sleeved clothing and pants during heavy tick season. Insect repellent with high DEET is also a good plan.

-After your hike you should always check your entire body for ticks, as you can not always feel them.

-If you find yourself to be inhabited by a tick you should use a small set of tweezers and grab the tick's head close to the body. Pull out slowly and steadily, being careful not to crush the tick's body, as it will irritate it, causing it to inject bacteria.

-Ticks are not insects as commonly believed, but of the arachnid family like spiders and scorpions.

-Common ticks around the Redberry Lake Biosphere Reserve area are the Black Legged Tick (Deer Tick) and the Brown Dog Tick.

BEARS

Though bear sightings are rare in the area around Redberry Lake, there are a few every year, and it is best to know how to react if confronted by one. First off if you see a bear do not approach it. Bears do not like being surprised, so if you see one let your presence be known. If the bear does not retreat act dominant. Often bears bluff toughness to scare away threats, but if you act like you are in charge the bear may take off. Never try to outrun or out swim a bear. Though they may look large and clumsy, they are actually very quick. Running just provokes the bear to chase you. In the rare case the bear attacks you despite these steps you should fight back. If the bear realizes you will fight it may give up and look for easier prey. Aim for the eyes and nose. Though playing dead supposedly works with Grizzly Bears it does not work on Black Bears, which are more common around this area.

-Never try to get close to a bear to take pictures, touch or feed them.

-Bears are dangerous wild animals, they will attack if provoked.

-Bears are unpredictable. Avoid them as best as you can.

-While camping, do not leave food or garbage lying around at night, as this may draw a bear to your campsite.

-Report any bear sightings in the area.

NATURE INFORMATION

The Riparian zone is the area between a body of water such as a stream or lake and the land. This is the dominant kind of land in the Core and Buffer Zone of the Redberry Lake Biosphere reserve. The Riparian habitat consists of low lying vegetation making the immediate area marshy and swampy.

Redberry Lake is comprised of two different types of marshes: saltwater and freshwater.

The Freshwater Marsh is an area of land that encounters periodic flooding from fluctuating water levels. The Marsh is made up of small pools and streams among different shrubs and grasses. It is a natural habitat for Loons, Ducks, Trout and many micro-organisms that make their home amidst the natural streams and the Trout Pond at Redberry Lake.

The Saltwater Marsh is the transitional area from where the lake's tide meets and comes over the shore. Saltwater Marsh's are very diverse and rich ecosystems. The lake tide brings in fresh chemicals and nutrients that supply the habitat with life. Saltwater Marsh's are critical in sustaining natural flora and fauna along Redberry's shores as the Freshwater Marsh's are critical in sustaining life in the region surrounding Redberry Lake.

Discovery Trail

EASY



IMAGINE: You take your family, friends or just yourself on a very special hike. You find a well maintained and marked trail where you can play a tree symphony and listen to the sound of different wood types, where you can watch the guests at an insect hotel, where you feel the softness and warmth of sand, the cold of stones and the funny shape of pine cones on your bare feet. On the displays at each station you can read and learn about nature's secrets and if you are lucky you can see some wildlife!

Currently we are raising funds to extend and complete this first self-guided and educational walking trail of its kind in the Biosphere Reserve.

If you want to help establish this unique Discovery Trail, please contact us. We are looking for your contribution as volunteer or as sponsor to make this happen. A detailed project description, promotional plan, timeline, budget plan, sponsorship levels and form of recognition are available upon request.

We are pleased to be supported by the following sponsors:



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EASY

Download the map

How to get there: On Hwy. 40 follow the signs to Redberry Lake Regional Park and to the Research and Education Centre of the Redberry Lake Biosphere Reserve. GPS: 52.713289,-107.214152

Start: 100 meters north of the Centre – look for the trail sign.
Length in total: 3.4 km (return)
Duration: 45 minutes

Hike along the lake through red berry bushes and the marsh. Interpretive displays show the animals and plants who live here.

A raised platform provides a nice look over the marsh. End up at the beacon and navigation light in Millenium Point Harbour. The white beacon there marks the conservation core of the Redberry Lake Biosphere Reserve.



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Grassland Golf Course

MODERATE

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Lookout Trail

MODERATE

How to get there:

On Hwy. 40 follow the signs to Redberry Lake Regional Park. But instead of turning left to the Regional Park entrance drive straight on. Follow the road for about 2 kilometers until you arrive at a right hand bend (there is a farm on the left hand side). Turn left here and follow the road for 3.3 kilometers. Before the road turns right, park your vehicle on the left hand side at the edge of a field. GPS: 52.667592,-107.237875

Length in total: 1.5 km (return)

Duration: 20 minutes

Walk up the hill and enjoy the beautiful lookout on Redberry Lake and its Islands as you arrive the top. If you are lucky you can also see some wildlife in the valley.



Crooked Trees

EASY

This trail is not directly around Redberry Lake but is close by and most definitely worth checking out!

How to get there: Past Speers on Hwy. 40 to Flint Road and follow the sign "Crooked Bush". GPS 52.870979,-107.537538

Start: At the parking lot at the sign saying "Friends of the Crooked Bush".

Length in total: 200 meters (loop)

Duration: 10 minutes

Walk along a boardwalk and admire these wild aspen trees. They do not grow straight up like normal trees but rather stay twisted, looped and bent. A display explains some of the theories about what made the trees grow like this. Bring a lunch! There is a picnic table on the site.

