

THE CANADIAN ROCKIES

A GREENTOURS TRIP REPORT

Lead by Rene Montero, Fiona Dunbar and Sarah Green



Daily report by Fiona Dunbar and Sarah Green
Species lists by Fiona Dunbar John Ball and Rene Montero

Day 1 Sunday 30th June Arrival and Engadine Lodge

Sarah and I arrived an hour or two ahead of the rest of the group who were flying in from the Vancouver Pretour. We spent those hours and a bit more queuing for our hire car as a strike by Westjet had left stranded passengers trying to make their way home overland! Rahul took the group up to the Lodge while we sorted the hire car out – spotting a Black bear and Cub, Elk and to top it all a Grizzly feeding directly below the lodge balcony not long after they arrived! This balcony looks out over a ‘moose meadow’ cut through with a meandering chalky blue river backed by granite snow streaked mountains that rise out of pine forests. We caught up during supper – a superb chunk of steak with butternut squash soup for starter and a fresh chocolate mousse for pudding - before turning into our rather lovely rooms.

Day 2 Monday 1st July Bow Valley Provincial Park

Rain overnight continued somewhat during the gorgeous breakfast (smoothies, smoked salmon, anything you like cooked, good coffee in big mugs...) A pair of White-tailed Deer frolicked and grazed in the Moose meadows across the river. In the trees, Pine Siskin and Yellow-rumped Warbler called, and Wilson’s Snipe called from the wet meadows.

We set off out at 9.15 am. Before very long John spotted a youngish Grizzly Bear feeding on dandelions by the road, his fur wet with rain and with a magnificent backdrop of pines and mountain tops. We stopped and watched him for several minutes as he fed, unconcerned by us. Our next stop was for a White-tailed Deer stag



with velvet antlers who crossed the road, stopping to drink from a puddle. The clouds descended as we passed a lake and dam, so we did not stop long by an Osprey in a tree.

Reaching Bow Valley Provincial Reserve the skies cleared and it was difficult not to stop by the superb flowery meadows (actually clearings for the power lines) filled with Bastard Toadflax, Yellow Oxytropis, Blue Eyed Grass and red splashes of Western Wood Lilies. We made our way to a small parking lot on the banks of the Bow River. Under the pine trees was a shrubby understory of Silverberry, Creeping Juniper, Thimbleberry, Gooseberry, twined through with Purple Clematis and Twining Honeysuckle. Peas were common and showy with *Hedysarum boreale* or Northern Sweet Vetch, Yellow and Showy Loco Weed. Other lovely things were scented *Gallium boreale*, Goat's beards, Blue-eyed Grass, Brown-eyed Susan. Margaret spotted the first Common Pink Wintergreen, a lovely thing, and it scented the air too. *Anemone multifylla* and *occidentalis* were both flowering, and on the far bank of the river was a large stand of River Beauty. Belted Kingfishers and White-throated Sparrows were seen, also a Yellow Flicker. Walking a trail along the banks of the river we were soon tempted down narrow tracks to the water's edge, where Yellow and Sparrow's Egg Slipper Orchids mixed with Bunchberry, Pretty Shooting Stars, Common Butterwort and beautiful patches of Round-leaved Orchids. We noted patches of pine resin oozing aromatically, prickly insect galls on the leaves of the very common Prickly Rose and a few ink cap fungi. For lunch we sat in pleasant sunshine at picnic tables overlooking the river. The hotel had provided very good sandwiches to order, and Rene provided a big bag of snacks including dark chocolate coated mango. A Bald Eagle flew past lazily against the mountainside.

Passing some magnificent stands of Yellow Lady's Slipper Orchids, we next headed for a small trail at Many Springs. Rather lovely green Bracted Orchids mixed with Indian Paintbrushes – at least two species *miniata* and *hispida*, patches of Yellow Dryas with pendulous yellow flowers and twisted seedheads, *Erigeron phillidelphius*, *Aquilegia brevistyla*, and so many more flowers. The sun brought out butterflies. Red-winged Blackbirds were seen and an Osprey flew over. Reaching the pretty spring fed pond lots of beaver activity was clearly visible with several dams and pointy gnawed tree stumps. A big swallowtail was Anise Swallowtail. Margaret, Chris, Rob and I walked round the full circuit and saw a somewhat tatty but still exciting Mourning Cloak. Not before we had stopped by the edge of the lake to birdwatch for a moment and gently sunk into the water ankle-deep – it was a floating boardwalk...



It was time to head back to Engadine, stopping briefly for a large sunlit Black Bear feeding on a bank by the road and slowing to get round a pair of Bighorn sheep who were avidly licking salt from the centre of the road with no concern for the traffic. Back near the lodge we stopped by the bridge where the cliff swallows were swooping building nests with the mud which we saw them scooping from below the balcony earlier. John spotted a small flock of Chippings Sparrows. The kitchen staff brought us amazing charcuterie boards of cured meats, European cheeses, dried cranberries and olives, pumpkin seeds and amazing crisp breads which we nibbled

on while sitting in the sun on the balcony. Supper was again excellent.

Day 3 Tuesday 2nd July Highwood Pass and Rock Glacier Trail



Despite another rainy night, we woke up to beautiful sunny weather and another filling and very Canadian breakfast. On our journey up to the Highwood Pass we were happy to see and photograph several beautiful Arctic hares along the edge of the road, with their characteristic white coloured feet (left over from their winter coats) visible as they hopped along grazing. Several groups of Big-horned sheep were seen along the way, seemingly oblivious to the people and cars around them and focused instead on salt on the road.

Surrounded by majestic snowy mountains and a landscape of mostly Arctic Willow

and Engelman Spruce, we followed the trail through a colony of squeaking Columbian Ground Squirrels and found *Ranunculus niveus*, a superb morel and a lovely display of *Anemone occidentalis*. Rounding a corner into a clearing we were all very excited to see a Coyote run across to hide in the bushes before, rather obligingly, coming back out and giving us a nice view of its black tipped tail and pale, reddish coat as it ran back and forth. Other highlights were *Valeriana sitchensis*, *Claytonia lanceolata* or Western Springbeauty and lovely Mountain Chickadees and Chipping Sparrows.

Slightly further up the forest became interspersed with patches of snow, and a mountain river ran to our left as we discovered a patch of Glacier Lilies, yellow *Viola orbiculata* and a rather intriguing little orange fungus, later identified as Alpine Jelly Cone *Guepiniopsis alpina*. A Hairy Woodpecker was calling and hammering nearby and with the help of Rene's bird call app we managed to locate it.

Next on the agenda was Rock Glacier trail and as soon as we arrived Fiona spotted a beautiful white male Mountain goat grazing on the mountain slopes above, and later as we were leaving a second one joined. We did not travel far down the trail; however this was for good reason as the first 100m was home to a range of tiny alpinines including Moss Campion, Arctic Forget-me-not and Yellow-spot Saxifrage. And before long Rob noticed a Pika amongst the rocks, and we had an excellent view of it eating, calling and flitting about the scree slope. On the way home we stopped at Elbow pass a couple of minutes down the road for some charcuterie.

The journey back was punctuated by Marianne spotting two Red-tailed Hawks and a fine Red Fox trotting across the road carrying a Snowshoe Hare!



Day 4

Wednesday 3rd July

Commonwealth and Burstall Trails



Before we even made it to breakfast Margaret was happy to see a beautiful rosy Pine Grosbeak flitting about in the trees from her balcony. We started the morning by walking a few minutes from the lodge to find a trail that the lodge staff had recommended to us, past countless Columbian Ground squirrels that popped their heads out of their burrows to squeak at us indignantly and a charming Chipmunk which was perched atop a dead branch, using its tail to wrap around the branch for support. *Penstemon confertus* and *Dryas octopetala* were found along the banks of the road along with Elephanthead (*Pedicularis groenlandica*) and Dwarf Raspberry.

After a nice sighting of Varied Thrush atop one of the tall pines, we followed the trail and came across two Snowshoe Hares, their long pink ears circled by black, lots of fresh elk scat and tree stumps with patches of lime green/yellow lichen. Some of the group attempted to follow a small trail back across the flats to the lodge and, though we didn't make it far as the path was difficult and boggy, a sudden fluttering noise alerted us to a Dusky Grouse that had been startled off the path. We then admired the grouse (a large bird with a beautiful red patch above the eye) as it began eating pine needles nested among the branches above us and a rather beautiful pink Calypso Orchid before returning to the lodge for a picnic lunch.

After a quick break we headed 10 minutes down the road to Mud Lake and Margaret spotted a couple young white-tailed deer on the edge of the road which quickly bounded off into the forest. After stopping at the lakeside for a minute to watch the Buffleheads in the water below, we headed up the trail past a waxcap and truffle mushroom. The rain made it difficult to see any birds but we continued on past a dramatic view of a gorge and some of the group continued on further and was rewarded with a patch of Calypsos and another Mountain Goat.

After another excellent dinner, two red hawks were seen perching on the trees opposite the lodge and a distant white-tailed deer was grazing contentedly on the plain as we headed off to bed.

Day 5

Thursday 4th July Sunshine meadows + Storm Mountain Lodge



Today the adorable Pine Grosbeak Margaret had seen yesterday from her room appeared on the balcony while we were having coffee. Some of the group spotted another White-tailed deer grazing in the meadows below the lodge. We finally settled all doubts about the Snipe, who was spotted displaying above us and confirmed as a Wilson's, and Chris got a good look at a Three-toed Woodpecker. We set off straight after breakfast to head to the next lodge via Sunshine Meadows. Several Black-tailed deer and Big

horned sheep, this time with several adorable babies, were spotted as we wended along the roads and past incredible scenery (snow-topped mountains, the seven sisters, blue lakes...). A loon was seen on one of the glacial blue rivers.

Once we arrived at Sunshine Meadows ski resort we were all quite excited to take the Gondola and ski lift up to the walk surrounded by incredible snowy mountains. The weather was again beautiful and, on the ski lifts, we saw our second Elk grazing below. The woodland clearings below us were thick with flowering Glacier Lilies. Once we reached the start of the trail we were amazed by the 360 degree views of mountains, turquoise blue lakes and pine forests surrounding us. Continuing down the circular path, Columbian ground squirrels chased each other, nearly running over the feet of some of the group a few times. John spotted a couple of larger marmots. Nutcrackers were common and *Ranunculus niveus* and White Drayas were common too. After a lunch overlooking the improbably perfect and beautiful Rock Isle Lake, we headed back down the mountain past incredible displays of Glacier Lily. WE stopped for a refreshing drink in the Lodge café and some of the group saw Hoary Marmots on the track below from the Gondola.

We then arrived at Storm Mountain lodge and got set up in the beautiful log cabins before a delicious meal. However we only made it through the starter before a Grizzly Bear mother and cub appeared in the field nearby, visible from the window by our table. We rushed out to see them from one of the cabins, before finishing our meal!



Day 6 Friday 5th July

Emerald Lake

Before breakfast Fiona had a stroll around the cabins of the lodge (most of which have Golden-mantled Ground Squirrels nesting below them), not wandering down paths as the Grizzlys could well have been resting up nearby. These cabins and the main lodge were built nearly a hundred years ago to encourage tourism in the area; at that time the road was just a dirt track. Even so the flowers were lovely, Yellow Aquilegia and Blue Clematis covered with morning dew right outside my room, Heart-leaved Arnica, Common Pink and Greenish Wintergreens, Yellow Coralroot and Fragrant White Orchids at the woodland



edge.



From there we headed straight out to the very picturesque Emerald Lake. As the name suggests, the water was a beautiful blue colour. Less than a couple hundred metres down the gravel path a family of Common Loons were visible (two parents and a baby) diving and feeding the fledgling on the lake very close to where we were standing to watch. followed the 6km track around the lake, Bunchberry covered the sides of the trail and we were lucky to see some beautiful specimens of Mountain Lady's Slipper, a pleasant surprise considering we didn't expect to see this rare species here. There were also lots of Round-leaved Orchids, Yellow Ladies' Slippers and verdant patches of purple-flowered Butterwort. In a shaded area were lovely flowers Spring Beauty or *Clintonia uniflora*. Shrubs were dominated by Silverberry, Thimbleberry, Baneberry, Labrador Tea, Mahonia nervosa and Serviceberry. Herbs included lovely Yellow Aquilegia,

Heart-leaved Arnica, Bracted Lousewort *Thalictrum occidentale* or Meadow Rue, Claspig Twistedstalk, Bronze Bells and Yellow Indian Paintbrush. In the open areas and all the way around butterflies were frequent in the sunshine. A pile of something disgusting was of huge interest to the butterflies and had attracted numerous Checkerspots, four or so Anise Swallowtails, a Tawny CrescentSpot, a Milbert's Tortoiseshell and a Satyr Anglewing! While we stopped below the tall Englemen pines for a lunch break a beautiful Osprey soared and hovered overhead, its pale plumage reflecting the green of the lake. Savannah Sparrows flitted in the bushes and a Flicker called from

the trees nearby. On the last leg of the path a family of Merganser's swam along excitedly, the babies in line with the mother.

The group split into a swifter and a more relaxed pace! I (Fiona) and Rene were with the latter party. We both saw lots of lovely things and had our breath taken away but stunning views of the lake. At the end of the lake there is a marshy area with *Eleocharis palustris*, white flowered *Tofieldia glutinosa*, Fragrant White Orchids and (possibly) Huron Green Orchids, as well as cotton grass and innumerable beautiful sedges. I paddled in the river. A second gathering of butterflies with half a dozen Anise Swallowtails was admired. In the wooded stretch on the far side Rene spotted a gorgeous, minute, delicate Mitrewort surrounded by Twinberry and *Tiarella trifolia* or Foam Flower on an upturned tree stump. I was pleased to see lots of one of my favourite ferns, the lovely Oak Fern, and a few spectacularly spiny Devils Clubs. A White-crowned Sparrow posed at the top of a tiny pine tree and sang and sang. Marianne spotted a Camberwell Beauty!

It was hot! We were glad to complete the circuit and have lunch and water.



Next we went to a stunning natural stone bridge which has the glacial Kicking Horse River which drains Emerald Lake flowing through. A delightful spot, we saw Harebells growing by the water.

At Rahul's insistence, we drove to the spectacular Takkakaw Waterfall nearby, passing up a steep gorge to reach it. Roadside plants included Yellow Ladies Slipper, Linaria Vulgaris or Verbascum thapsus,



and tall, blue-flowered Stickseed or *Lappula floribunda*.

and we all felt for the poor coach driver who had to reverse down the hairpin bends having failed to make a particularly sharp one. The falls, in the northern half of Yoho park, drop 833 ft - making it one of the highest waterfalls in Canada. I was pleased to find White Dryas in flower and One-flowered wintergreen amongst the twinflower and moss by the footpath.

The nearby town of Field provided a small tourist shop as well as a museum full of fossils from the Burgess shales. Because delicate muscle and organ tissues are distinctly visible as a thin film in the carbon-heavy shale, soft-bodied organisms that would have otherwise remained unknown were fossilised.



Finally we stopped briefly at the Spiral Tunnel viewpoint to witness the train come through three different points of the mountain at once - a real treat for train enthusiasts!



Day 7 Saturday 6th July Icefield Parkway – Peyto Lake, Wilcox pass



This morning Rene opted to take us out for breakfast. We stopped at a cafe in the village of Lake Louise which had Jacobs Ladder and Aquilegias flowering outside, for breakfasts and excellent coffees. A quick stop at stunning Bow Lake for the views and glaciers and a group photo, before making our way to Peyto Lake at an altitude of 2155 m. An absolute honey pot, the trail to the lookout point was crowded, but you could understand why when you got there. The lake and the view were spectacular. Highlights of the trackside vegetation included White Globe Flower *Trollius albiflorus* and White Mountain Heather.

After travelling along the Icefield Parkway, famously the most scenic highway in the world, we peaked at the Wilcox Trail Head at an altitude of 2370m and views of Athabasca Glacier and Snow Dome Glacier. The Columbia Icefield is the only place in the

world from which the water flows into 3 oceans – Pacific, Atlantic, and the Arctic. Orange *Agoseris*

aurantica was near the car park, where we ate our packed lunches. The path was quite steep, but most of us made it out of the pine woodland to the first viewpoint over the Athabasca Glacier. Alpine meadows were full of Showy Locoweed, Golden Aster and Spotted Saxifrage and Alpine Forget-me-not. John picked up a Golden Eagle circling.

Breaking the journey on the return we stopped by an area of old pine woodland. Although somewhat dry inside the darkness of the trees, the thick sphagnum moss understory had a number of Calypso Orchids, one still in good flower, as well as Bracted Orchid and a couple of other green orchid species. In all we had 6 orchid species here as Rene found Round-leaved Orchid, Yellow Lady's Slipper and a gorgeous stand of Sparrow's Egg Orchids along the verge. There were Camberwell Beauty and Anise Swallowtails as road casualties here, too.

Day 8 Sunday 7th July Paint Pots trail and Radium Hot Springs

This morning around the lodge we had Yellow-rumped Warbler calling.

Starting the morning on the Paint Pots trail, a Golden Crowned Kinglet was calling and flew about in the trees around us, as we wandered up the short trail. The Pots get their red, yellow and brown colour from the acidic and metal-rich soil. The Ktunaxa people used to collect ochre to make pigments. In the 1920s, the area was turned into a National Park to protect this natural phenomenon and the surrounding landscape. The Paint Pots site is still considered a sacred site by First Nations today and are treated with respect. We potted past beautiful patches of Butterwort, Bush vetch, and Fox and Cubs before we came to the boardwalk over the orangey mud, which proved to be the perfect spot for well-preserved footprints of any animals that walked through the open area – in this case Chris spotted some large grizzly bear footprints, and we later saw Moose,



Wolf and even

Opossum! (these could be seen underneath the water). Walking back along the path Fiona spotted some intricate little Mitrewort flowers, Wilson's Snipe and Dark-eyed Junco were seen and Nutcrackers flew in the trees. All along the path beautiful sun-like Heart-leaved Arnica were on display and several different species of butterfly flitted about. Finally an aster Fiona could identify! Black-tipped Aster was common. Fiona asked a couple of young First Nations men what they were harvesting by the track. They were very



friendly and were picking Labrador Tea both for smoking and for tea making.

Next on the itinerary was to head to Radium Hot Springs looking out for mammals on the way, and so we did. First some beautiful Mountain Goats appeared on the side of the road with kids in tow and at the next viewpoint we had our first sighting of male Big-horn Sheep, aptly named. We had a quick lunch in the beautiful sunshine (31 degrees) looking out on moose meadows (a distant pair of Trumpeter Swans were spotted) around the now meandering Wild Horse River, with two Turkey Vultures circling closely overhead.

On the way back to the lodge we explored a new track (Settlers Road - it called to us) and within a couple minutes a beautiful Black Bear cub (probably 2/3 years old) appeared ambling through the trees to the right of the road, beautifully lit in the sun - he seemed completely unbothered by our presence. Continuing down the logging road, through spruce woodland, the verges were scattered with Western Wood Lilies. We reached the river, where a large local family group were preparing to set off on a rafting trip down river.

A second sign post called to us - Mcleod Meadows. It turned out to be a campsite, but it was well worth the walk onto the double suspension bridge that took the footpath over the river. River Beauty grew thickly on the banks. On our return, a rather flustered lady attempting to put a tent up told each of us in turn 'there's a path round over there'.



Day 9 Monday 8th July Marble Canyon and Airport

Before breakfast, an intrepid few joined me for a stroll up the path through the woods from the lodge. We were rewarded with Yellow Coralroot, Yellow Rattle, Twinflower of course, Heart-leaved Arnica, and particularly nice, a patch of Single-flowered wintergreen and patches of nearly flowering Fringed Grass of Parnassus. Birds noted included Dark-eyed Junco, Tennessee Warbler and Ruby-crowned Kinglet.

Leaving Storm Mountain Lodge for the last time, we were treated to a glimpse of a beautiful, shimmering Rufous hummingbird by Chris and Rob's cabin before we headed a few minutes away to Marble Canyon.

A short 1.5km circular walk took us all the way along the river and across the canyon several times, past several very photogenic Golden-mantled Ground Squirrels, one perched atop a rock with its cheeks full of food nibbling away. The canyon itself was the meeting point of two glaciers. More Heart-leaved Arnica bloomed all along the path and there were some spectacular displays of Twinflower in rocky crevices, in front of which was a lilac *Gentianella amarella*. 5 or so endangered Black Swifts were on the wing - they nest in this gorge. The mossy ledges of the canyon lead up to swathes of paintbrushes and we even saw a Camberwell Beauty spotted by John, settling to suck salt from the handrail. The climate was hot and dry again today, so we opted for a few shorter walks and continued onto Moose Meadows for a lunch break via Vista lake viewpoint.

Moose Meadows provided White Penstemnon, Showy Locoweed, *Potentilla gracilis*, Water Avens, a pink form of the Cutleaf Anemone, but no moose. However, as we set off, we were surprised to find

a beautiful Black Bear wandering down the roadside, only a couple hundred metres from where we perched to eat lunch, a wonderful final bear for the trip!

We reached Calgary International Airport with plenty of time, and we said goodbye to Rene and Jenny (who were both headed to Vancouver) and headed to the gates.



Systematic List Number 1

Plants

Day one	30 th June	Transfer to Engadine Lodge
Day two	1 st July	Bow Valley Provincial Park – Whitefish and Many Springs trails
Day three	2 nd July	Highwood Pass and Rock Glacier trails
Day four	3 rd July	Commonwealth and Burstall Trails, Engadine Lodge Surrounds
Day five	4 th July	Sunshine Meadows, transfer to Storm Mountain Lodge
Day six	5 th July	Emerald Lake, Natural Bridge and Takkakaw Waterfall
Day seven	6 th July	Icefield Parkway – Peyto Lake, Wilcox pass, ‘Calypso spot’
Day eight	7 th July	Road to Radium – Paint Pots, Viewpoint over Wild Horse Valley, Settlers Road and Mcleod Meadows Campsite
Day nine	8 th July	Storm Mountain Lodge Surrounds, Marble Canyon and Bow Valley Parkway, transfer to Calgary

PTERIDOPHYTA – Ferns and their relatives

<i>Cryptogramma acrostichoides</i>	American Parsley Fern	Marble Canyon
<i>Equisetum arvense</i>	Common Horsetail	Widespread and common
<i>Equisetum fluviatile</i>	Water Horsetail	Emerald Lake and Paint Pot Trail
<i>Equisetum hyemale</i>	Common Scouring Rush	Emerald Lake
<i>Equisetum palustre</i>	Marsh Horsetail	Emerald Lake
<i>Equisetum pratense</i>	Meadow Horsetail	Emerald Lake
<i>Equisetum scirpoides</i>	Dwarf Scouring Rush	Widespread in the Rockies
<i>Equisetum telmateia</i>	Giant Horsetail	Bow Valley PP
<i>Gymnocarpium dryopteris</i>	Oak Fern	Emerald Lake
<i>Huperzia selago</i>	Fir Clubmoss	Moraine Lake
<i>Woodsia sp</i>	Woodsia	Highwood Pass

SPERMATOPHYTA

Gymnospermae

Cupressaceae

<i>Juniperus horizontalis</i>	Creeping Juniper	Bow Valley PP, Emerald Lake, etc.
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Pinaceae

<i>Abies lasiocarpa</i>	Subalpine Fir	Widespread and locally numerous at timberline
<i>Larix lyallii</i>	Subalpine Larch	Widespread timberline tree
<i>Picea engelmannii</i>	Engelman’s Spruce	Locally dominant over large areas
<i>Pinus contorta</i>	Lodgepole Pine	Widespread and dominant over large areas
<i>Pseudotsuga menziesii</i>	Douglas Fir	Widespread, numerous in BC
<i>Tsuga heterophylla</i>	Western Hemlock	Dominant over large areas in BC

Taxaceae

<i>Taxus brevifolia</i>	Western Yew	Scattered
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Angiospermae - Dicotyledones

Apiaceae

<i>Heracleum lanatum</i>	Cow Parsnip	Widespread
<i>Zizia aptera</i>	Heart-leaved Alexanders	Bow Valley Provincial Park

Araliaceae

<i>Opopanax horridus</i>	Devil's Claw	Emerald Lake
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Asteraceae

<i>Achillea millefolium</i>	Yarrow	Widespread and common
<i>Agoseris aurantiaca</i>	Orange Agoseris	Paint Pots
<i>Agoseris glauca</i>	False Dandelion	Bow Valley PP
<i>Antennaria lanata</i>	Woolly Pussytoes	Emerald Lake etc, common
<i>Antennaria rosea</i>	Rosy Everlasting	Widespread in small numbers
<i>Arnica cordifolia</i>	Heart-leaved Arnica	Locally common in the Rockies – I was misnaming this Balsamroot
<i>Aster</i> spp.		Various not identified due to lack of information
<i>Chrysopsis villosa</i>	Golden Aster	Paint Pots
<i>Cirsium arvense</i>	Creeping Thistle	Noted
<i>Cirsium hookerianum</i>	White Thistle	Wilcox Pass, Roadsides
<i>Cirsium</i> spp.	thistles	A few others unidentified
<i>Erigeron compositus</i>	Cut-leaved Fleabane	Common on Wilcox Pass and a few other sites
<i>Erigeron</i> spp.	Fleabanes	Various other species not identified
<i>Gaillardia aristata</i>	Brown-eyed Susan	Numerous in lower drier areas
<i>Hieracium aurantiacum</i>	Fox and Cubs	Roadsides, day 8
<i>Leucanthemum vulgare</i>	Ox-eye Daisy	Widespread, roadsides, days 3-8
<i>Petasites frigidus</i>	Sweet Coltsfoot	Leaves near the lodge, day 8
<i>Senecio vulgaris</i>	Groundsel	Noted
<i>Solidago lugens</i>	Black-tip Groundsel	Day 7, 8
<i>Solidago multiradiata</i>	Northern Goldenrod	Emerald Lake
<i>Taraxacum officinale</i>	Dandelion	Widespread and very abundant
<i>Tragopogon dubius</i>	Goatsbeard	Bow Valley PP, scattered records

Berberidaceae

<i>Berberis repens</i>	Creeping Oregon Grape	Emerald Lake
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Betulaceae

<i>Betula glandulosa</i>	Bog Birch	Highwood Pass
<i>Betula occidentalis</i>	Water Birch	Bow Valley PP

Boraginaceae

<i>Mertensia paniculata</i>	Tall Bluebells	Roadsides to Takkakaw Waterfall
<i>Myosotis alpestris</i>	Alpine Forget-me-not	High passes

Brassicaceae

<i>Arabis lyallii</i>	Lyall's Rock-cress	Day 7
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<i>Draba aurea</i>	Golden Draba	Bow Valley PP
<i>Draba</i> species	Others unidentified	
<i>Campanulaceae</i>		
<i>Campanula rotundifolia</i>	Harebell	Natural bridge, Settlers Road
<i>Caprifoliaceae</i>		
<i>Linnaea borealis</i>	Twinflower	Widespread and often in abundant
<i>Lonicera dioica</i>	Twining Honeysuckle	Bow Valley PP
<i>Lonicera involucrata</i>	Twinberry	Widespread
<i>Viburnum edule</i>	Mooseberry	Bow Valley PP
<i>Caryophyllaceae</i>		
<i>Cerastium arvense</i>	Field Mouse-ear	Bow Valley PP, Moose Meadows
<i>Minuartia austromontana</i>	Rocky Mountain Sandwort	Wilcox Pass
<i>Cornaceae</i>		
<i>Cornus unalaschkensis</i>	Bunchberry	Widespread and common
<i>Crassulaceae</i>		
<i>Sedum lanceolatum</i>	Lance-leaved Stonecrop	High passes
<i>Eleagnaceae</i>		
<i>Eleagnos commutata</i>	Silverberry	Locally abundant, Bow Valley PP
<i>Shepherdia canadensis</i>	Canada Buffaloberry	Widespread
<i>Ericaceae</i>		
<i>Cassiope mertensiana</i>	White Mountain Heather	Peyto Lake
<i>Cassiope tetragona</i>	Four-angled Mountain Heather	In flower on Wilcox Pass
<i>Ledum groenlandicum</i>	Common Labrador Tea	Emerald Lake, Peyto Lake, Paint Pots
<i>Menziesia ferruginea</i>	Rustyleaf	Wilcox Pass, Emerald Lake
<i>Moneses uniflora</i>	One-flowered Wintergreen	Takakow Waterfall, Storm Mountain Lodge
<i>Phyllodoce empetiformis</i>	Pink Mountain-heather	Sunshine Meadows, Emerald Lake
<i>Phyllodoce glanduliflora</i>	Yellow Heather	Days 3,5,6,7
<i>Pyrola asarifolia</i>	Common Pink Wintergreen	Widespread and locally common
<i>Pyrola chlorantha</i>	Greenish-flowered Wintergreen	Days 4,5, in bud
<i>Vaccinium scoparium</i>	Grouseberry	Most days
<i>Vaccinium</i> spp		Various, not identified
<i>Fabaceae</i>		
<i>Astragalus alpinus</i>	Alpine Milk-vetch	Sunshine Meadows & Wilcox Pass
<i>Hedysarum boreale</i>	Northern Sweet-vetch	Common at Bow Valley PP scattered elsewhere
<i>Hedysarum sulphurescens</i>	Yellow Sweet-vetch	Widespread in the Rockies
<i>Lathyrus ochroleucus</i>	Creamy Peavine	Bow Valley & Storm Mtn Lodge
<i>Medicago lupulina</i>	Black Medick	Widespread

<i>Oxytropis campestris</i>	Field Locoweed	Widespread
<i>Oxytropis splendens</i>	Showy Locoweed	Widespread in the Rockies
<i>Trifolium pratense</i>	Red Clover	Days 7,8
<i>Trifolium repens</i>	White Clover	A few records
<i>Vicia cracca</i>	Tufted Vetch	Paint Pots trail
<i>Gentianaceae</i>		
<i>Gentiana prostrata</i>	Moss Gentian	Highwood Pass
<i>Gentianella amarella</i>	Northern Gentianella	Marble Canyon
<i>Grossulariaceae</i>		
<i>Ribes cereum</i>	Wax Currant	Commonwealth Trail
<i>Ribes lacustre</i>	Black Gooseberry	Widespread
<i>Lamiaceae</i>		
<i>Prunella vulgaris</i>	Self-heal	Scattered records
<i>Lentibulariaceae</i>		
<i>Pinguicula vulgaris</i>	Common Butterwort	Widespread in bogs
Linaceae		
<i>Linum perenne</i> ssp lewisii	Blue Flax	Common in and around Bow Valley PP
<i>Nymphaeaceae</i>		
<i>Nuphar lutea</i> ssp.polysepala	Yellow Pond Lily	Distant, Wild Horse Valley
<i>Onagraceae</i>		
<i>Epilobium angustifolium</i>	Rosebay Willowherb	Widespread, often just new leaves
<i>Epilobium latifolium</i>	River Beauty	BVPP, Settlers Road, rivers
<i>Parnassiaceae</i>		
<i>Parnassius fimbriata</i>	Fringed Grass-of-Parnassus	Storm Mountain Lodge
<i>Parnassia palustris</i>	Grass-of-Parnassus	Day 7 , in bud
<i>Plantaginaceae</i>		
<i>Plantago lanceolata</i>	Ribwort Plantain	Paint Pots Trail
<i>Polemoniaceae</i>		
<i>Polemonium pulcherrimum</i>	Showy Polemonium	Probably planted, by a coffee stop
<i>Polygonaceae</i>		
<i>Polygonum viviparum</i>	Alpine Bistort	Bow Valley PP
<i>Rumex acetosella</i>	Sheep's Sorrel	Scattered records
<i>Portulacaceae</i>		
<i>Claytonia lanceolata</i>	Western Spring Beauty	Highwood Pass and ??
<i>Primulaceae</i>		
<i>Androsace chamaejasme</i>	Alpine Rock-jasmine	Locally common, high passes

Dodecatheon pulchellum Few-flowered Shooting Star Bow Valley PP, in fine flower

Ranunculaceae

Anemone drummondii Drummond's Anemone Bluish backs to petals
Anemone multifida Windflower Bow Valley PP, pink form at Moose Meadow

Anemone occidentalis Western Anemone Peyto Lake, BVPP, Wilcox Pass
Anemone parviflora Few-flowered Anemone Widespread in the Rockies
Aquilegia flavescens Yellow Columbine Widespread
Caltha leptosepala White Marsh Marigold Peyto Lake
Clematis occidentalis Columbia Bower Bow Valley PP, Storm Mountain Lodge

Ranunculus acris Meadow Buttercup A few records
Ranunculus gmelinii Small Yellow Water Buttercup Moose Meadows
Ranunculus nivalis Snow Buttercup High passes and meadows
Ranunculus repens Creeping Buttercup Noted Bow Valley PP
Thalictrum occidentale Western Meadow-rue Widespread
Trollius albiflorus Globeflower Peyto Lake

Rosaceae

Dryas drummondii Yellow Dryad Locally very common
Dryas octopetala White Mountain Avens Widespread, in flower Takkakaw waterfall and Marble Canyon

Fragaria vesca Wood Strawberry Less common, taller flower stems
Fragaria virginiana Scarlet Strawberry Widespread and common
Geum triflorum Western Red Avens Moose Meadow

Potentilla anserina Silverweed Common
Potentilla fruticosa Shrubby Cinquefoil Common
Potentilla gracilis Slender Cinquefoil Moose Meadows
Potentilla spp. cinquefoil spp. Others unidentified
Rosa acicularis Prickly Rose Common
Rubus arcticus Dwarf Raspberry Commonwealth Trail
Sibbaldia procumbens Sibbaldia Highwood Pass

Rubiaceae

Galium aparine Cleavers Noted day 6
Galium boreale Northern Bedstraw Widespread

Salicaceae

Populus tremuloides Aspen Widespread and very common
Salix arctica Arctic Willow Highwood Pass
Salix spp. Several other species present but not identified

Santalaceae

Geocaulon lividum Northern Bastard Toadflax BVPP, Emerald Lake, Paint Pots

Saxifragaceae

<i>Leptarrhena pyrolifolia</i>	Leather-leaved Saxifrage	Highwood Pass
<i>Mitella nuda</i>	Bishop's Cap	Emerald Lake and Takkakaw Waterfall
<i>Saxifraga bronchialis</i>	Spotted Saxifrage	Days 3 and 7.
<i>Saxifraga lyallii</i>	Red-stemmed Saxifrage	Day 7
<i>Tiarella trifoliata</i>	Three-leaflet Coolwort	Emerald Lake
<i>Scrophulariaceae</i>		
<i>Castilleja lutescens</i>	Yellow Paintbrush	Common
<i>Castilleja miniata</i>	Scarlet Paintbrush	Widespread and locally very common
<i>Castilleja occidentalis</i>	Western Yellow Paintbrush	Emerald Lake
<i>Castilleja rhexifolia</i>	Alpine Paintbrush	Day 7.
<i>Orthocarpus tenuifolius</i>	Thin-leaved Owl Clover	Premier Lake in the past
<i>Pedicularis bracteosa</i>	Bracted Lousewort	Scattered, mostly in leaf
<i>Pedicularis groenlandica</i>	Elephanthead	Bow Valley PP - Many Springs, Wilcox Pass
<i>Penstemon confertus</i>	Yellow Beardtongue	Commonwealth Trail, Moose Meadows
<i>Penstemon procerus</i>	Small-flowered Penstemon	Day 3
<i>Veronica serpyllifolia</i>	Thyme-leaved Speedwell	Scattered records
<i>Veronica wormskjoldii</i>	Alpine Speedwell	Takkakaw Waterfal
<i>Valerianaceae</i>		
<i>Valeriana sitchensis</i>	Sitka Valerian	Scattered records
<i>Valariana sp</i>		not identified
<i>Violaceae</i>		
<i>Viola adunca</i>	Western Dog Violet	Scattered records
<i>Viola canadensis</i>	Western Canada Violet	Bow Valley PP and Emerald Lake
<i>Viola orbiculata</i>	Round-leaved Violet	Days 3 and 4 and other days
<i>Viola renifolia</i>	Kidney-leaved Violet	Emerald Lake
<i>Monocotyledones</i>		
<i>Araceae</i>		
<i>Lysichiton americanus</i>	Yellow Skunk Cabbage	Spotted whilst driving
<i>Cyperaceae</i>		
<i>Carex spp</i>	Sedges	Many noted, not identified
<i>Eleocharis palustris</i>	Creeping Spikerush	Emerald Lake
<i>Eriophorum angustifolium</i>	Tall Cottongrass	Emerald Lake
<i>Eriophorum scheuchzeri</i>	White Cottongrass	Emerald Lake
<i>Trichophorum caespitosum</i>	Deer Grass	Numerous at Emerald Lake
<i>Iridaceae</i>		
<i>Sisyrinchium montanum</i>	Blue-eyed Grass	Bow Vally PP , Natural Bridge, Takakkaw Falls
<i>Juncaceae</i>		
<i>Juncus spp</i>	Rushes	Many seen, not identified

Liliaceae

<i>Clintonia uniflora</i>	White Clintonia	Peyto Lake
<i>Erythronium grandiflorum</i>	Yellow Fawn Lily	Highwood Pass, Emerald Lake (lvs) Sunshine Valley in huge numbers Bow Valley PP, Settlers Road
<i>Lilium philadelphicum</i>	Western Wood Lily	Widespread and common
<i>Maianthemum racemosum</i>	False Solomon's Seal	Widespread and common
<i>Maianthemum stellatum</i>	Star-flowered Solomon's Seal	Scattered records
<i>Stenanthium occidentale</i>	Bronze Bells	Emerald Lake
<i>Streptopus amplexifolius</i>	Large Twisted-stalk	Emerald Lake.
<i>Tofieldia glutinosa</i>	Sticky False Asphodel	Scattered in the Rockies
<i>Tofieldia pusilla</i>	Dwarf False Asphodel	Scattered, mostly in leaf
<i>Veratrum viride</i>	Green False Helleborine	Emerald Lake, Paint Pots
<i>Zigadenus elegans</i>	Mountain Death Camas	

Orchidaceae

<i>Amerorchis rotundifolia</i>	Round-leaved Orchid	Locally common, as at Bow Valley Provincial Park, and Emerald Lake.
<i>Calypso bulbosa</i>	Calypso	Commonwealth and Burstall trails, Icefield Parkway
<i>Coeloglossum viride</i>	Long-bracted Frog Orchid	Several sites, e.g. Bow Valley PP, Emerald Lake, Paint Pots
<i>Corallorhiza striata</i>	Striped Coralroot	Bow Valley PP, rather over
<i>Corallorhiza trifida</i>	Yellow Coralroot	Storm Mountain Lodge.
<i>Cypripedium montanum</i>	Mountain Lady's Slipper	Emerald Lake.
<i>Cypripedium parviflorum</i>	Yellow Lady's Slipper	Fine at Bow Valley PP and Emerald Lake, Icefields Parkway. Seen on 4 days.
<i>Cypripedium passerinum</i>	Sparrow's-egg Lady's Slipper	Emerald Lake, Icefields Parkway
<i>Goodyera oblongifolia</i>	Rattlesnake Orchid	Highwood Pass in leaf
<i>Listera cordata</i>	Heartleaf Twayblade	Days 4 and 6
<i>Platanthera dilatata</i>	Tall White Bog Orchid	Locally common
<i>Platanthera obtusata</i>	Blunt-leaved Bog Orchid	Emerald Lake. 2 basal leaves
<i>Platanthera saccata</i>	Slender Bog Orchid	I think most of our green orchids with leaves clasping the stem were these!

Poaceae

<i>Anthoxanthum odoratum</i>	Sweet Vernal Grass	Scattered
<i>Dactylis glomerata</i>	Cock's-foot	Widespread
<i>Lolium perenne</i>	Perennial Rye-grass	Scattered

Very many other grasses were present but not identified.

Typhaceae

<i>Typha latifolia</i>	Bulrush	Spotted whilst driving
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Systematic List 2

Lepidoptera (courtesy of John Ball)

Anise Swallowtail	<i>Papilio zelicaon</i>
Comma (American)	<i>Polygonia sp.</i>
Western Pine Elfin	<i>Callophrys eryphon</i>
Common Blue (American)	<i>Polyommatus cf. icarus</i>
Western Tailed Blue	<i>Cupido amyntula</i>
Aphrodite Fritillary	<i>Speyeria aphrodite</i>
Pearly Crescent Spot	<i>Phyciodes tharos</i>
Tawny Crescent Spot	<i>Phyciodes batesii</i>
Mourning Cloak (known as Camberwell Beauty in Europe)	<i>Nymphalis antiopa</i>
Milbert's Tortoiseshell	<i>Aglais milberti</i>
Common Alpine	<i>Erebia epipsodea</i>
Uhler's Arctic Skipper	<i>Oeneis uhleri</i>
Arctic Skipper (known as Chequered Skipper in Europe)	<i>Carterocephalus palaemon</i>

Systematic List 3

Birds of the Canadian Rockies by Rene Montero

The systematic order and nomenclature generally follow 'The Sibley Guide to Birds' By David Sibley, National Audubon Society, 2000.

X= Presence

H= Heard

			1	2	3	4	5	6	7	8	
1	Trumpeter swan	<i>Cygnus buccinator</i>								X	
2	Common Loon	<i>Gavia immer</i>					X	X			
3	Pied-billed Grebe	<i>Podilymbus podiceps</i>	X								
4	Great Blue Heron	<i>Ardea herodias</i>		X							
5	Canada Goose	<i>Branta canadensis</i>	X				X	X			
6	Mallard	<i>Anas platyrhynchos</i>		X							
7	Barrow's Goldeneye	<i>Bucephala islandica</i>				X					
8	Common Goldeneye	<i>Bucephala clangula</i>				X					
9	Bufflehead	<i>Bucephala albeola</i>				X					
10	Common Merganser (Goosander)	<i>Mergus merganser</i>		x				X			
11	Golden Eagle	<i>Aquila chrysaetos</i>							X		
12	Bald Eagle	<i>Haliaeetus leucocephalus</i>	X	X							
13	Red-tailed Hawk	<i>Buteo jamaicensis</i>			X	X					
14	Osprey	<i>Pandion haliaetus</i>		X				X			
15	Turkey Vulture	<i>Cathartes aura</i>							X		
16	Dusky Grouse	<i>Dendragapus obscurus</i>				X					
17	Spotted Sandpiper	<i>Actitis macularia</i>		X		X					
18	Wilson's Snipe	<i>Gallinago delicata</i>	X	X	X				X	X	
19	Dunlin	<i>Calidris alpina</i>		X							
20	Rock Dove	<i>Columba livia</i>	X								

21	Rufous Hummingbird	<i>Selasphorus rufus</i>					X			
22	Belted Kingfisher	<i>Ceryle alcyon</i>	X							
23	Northern Flicker	<i>Colaptes auratus</i>	X				X			
24	Hairy Woodpecker	<i>Picoides villosus</i>		X						
25	Three-toed Woodpecker	<i>Picoides tridactylus</i>			X					
26	Warbling Vireo	<i>Vireo gilvus</i>	X							
27	Clark's Nutcracker	<i>Nucifraga columbiana</i>				X			X	
28	American Magpie	<i>Pica hudsonia</i>	X	X						
29	American Crow	<i>Corvus brachyrhynchos</i>	X	X	X	X	X	X	X	X
30	Common Raven	<i>Corvus corax</i>			X		X	X	X	
31	Violet-Green Swallow	<i>Tachycineta thalassina</i>				X				
32	Cliff Swallow	<i>Hirundo pyrrhonota</i>	X	X	X	X				
33	Barn Swallow	<i>Hirundo rustica</i>			X		X			
34	Mountain Chickadee	<i>Poecile gambeli</i>		X	X		X			
35	Red-breasted Nuthatch	<i>Sitta canadensis</i>				X				
36	Golden-crowned Kinglet	<i>Regulus satrapa</i>							X	
37	Ruby-crowned Kinglet	<i>Regulus calendula</i>				X				
38	Varied Thrush	<i>Ixoreus naevius</i>			H	H	X			
39	American Robin	<i>Turdus migratorius</i>	X	X	X	X	X	X	X	X
40	Swainson's Thrush	<i>Catharus ustulatus</i>	X	H	H			X	X	
41	Hermit Thrush	<i>Catharus guttatus</i>		H	X			X	X	
42	European Starling	<i>Sturnus vulgaris</i>					X	X		X
43	Tennessee Warbler	<i>Vermivora peregrina</i>				X				
44	Yellow-rumped Warbler	<i>Dendroica coronata</i>				X	X	X		
45	Townsend's Warbler	<i>Dendroica townsendi</i>				X				
46	Yellow Warbler	<i>Dendroica petechia</i>	X							
47	Savannah Sparrow	<i>Melospiza melodia</i>					X			
48	Chipping Sparrow	<i>Spizella passerina</i>		X	X	X	X			
49	Dark-eyed Junco	<i>Junco hyemalis</i>		X		X				X
50	White-crowned Sparrow	<i>Zonotrichia leucophrys</i>	X	X	X		X			

- 51 Fox Sparrow *Passerella iliaca*
- 52 Song Sparrow *Melospiza melodia*
- 53 Red-winged Blackbird *Agelaius phoeniceus*
- 54 Brown-headed Cowbird *Molothrus ater*
- 55 House Sparrow *Passer domesticus*
- 56 Pine Siskin *Carduelis pinus*
- 57 Common Redpoll *Carduelis flammea*
- 58 Pine Grosbeak *Pinicola enucleator*

		X						
	X							
X	X							
	X							
				X				
	X	X	X	X	X	X	X	
		X						
			X					

Systematic List Number 2 Mammals

by Rene Montero

X = Presence

? = Uncertain identification

S = Signs (Footprint, Feces, etc)

			1	2	3	4	5	6	7	8	
1	Pika	<i>Ochotona princeps</i>	X								
2	Nuttall's Cottontail	<i>Sylvilagus nuttallii</i>			X						
3	Snowshoe Hare	<i>Lepus americanus</i>				X					
4	Least Chipmunk	<i>Eutamias minimus</i>					X		X	X	
5	Yellow-pine Chipmunk	<i>Eutamias amoenus</i>			X	X					
6	Hoary Marmot	<i>Marmota caligata</i>					X				
7	Columbian Ground Squirrel	<i>Spermophilus columbianus</i>		X	X	X	X				
8	Golden-mantled Ground Squirrel	<i>Spermophilus lateralis</i>					X	X	X	X	
9	Red Squirrel	<i>Tamiasciurus hudsonicus</i>		?		X			X	X	
10	Beaver	<i>Castor canadensis</i>		S					S		
11	Coyote	<i>Canis latrans</i>			X						
12	Gray Wolf	<i>Canis lupus</i>								S	
13	Red Fox	<i>Vulpes vulpes</i>			X						
14	Black Bear	<i>Ursus americanus</i>	X	X	X					X	
15	Grizzly (Brown) Bear	<i>Ursos arctos</i>	X	X		S	X			X	
16	Elk (Wapiti)	<i>Cervus elaphus</i>	X			S	X				
17	Mule Deer	<i>Odocoileus hemionus</i>		X			X	X	X	X	
18	White-tailed Deer	<i>Odocoileus virginianus</i>		X				X		X	
19	Mountain Goat	<i>Oreamnos americanus</i>			X	X				X	
20	Bighorn Sheep	<i>Ovis canadensis</i>		X	X		X			X	

VANCOUVER ISLAND PRE-TOUR

British Columbia

A Greentours Tour Report

23rd to 30th June 2024

Led by René Montero

Day 1: June 23 – The Journey Begins

Today the adventure began. I received the flight to the vibrant city of Vancouver and welcomed the group with open arms. That night, we settled into the cozy Tsawwassen Coast Inn, eagerly anticipating the journey ahead. The city buzzed with energy, and the air was filled with a sense of excitement and possibility.

Day 2: June 24 – Ferry to Vancouver Island and Qualicum Beach

The morning greeted us with the promise of new landscapes as we boarded the ferry to Vancouver Island, arriving at the Duke Point Ferry station. The ferry ride itself was a spectacle, with the ocean's expanse stretching endlessly, dotted with islands and marine life. Seagulls soared overhead, and we caught glimpses of dolphins playing in the wake.

Upon arrival, we spent the morning visiting areas of interest in the vicinity, immersing ourselves in the local flora and fauna. Lunch was enjoyed in the Nanaimo Harbour area, where we explored the scenic Nanaimo Harbour walkway and Maffeo Sutton Park. The harbour was alive with activity, and we observed various bird species, including herons and gulls, as we strolled along the waterfront.

After a short transfer, we visited Neck Point Park, which offered an amazing view of the ocean shore and the surrounding nature. The park's rugged coastline and tide pools were teeming with life, providing excellent opportunities for birdwatching. By evening, we arrived at Qualicum Beach, a quaint seaside town known for its stunning beaches and charming atmosphere. Our stay at the Qualicum Beach Inn was marked by the amazing colours of the sunset.

Day 3: June 25 – Coombs Market, Little Qualicum Provincial Park, and Ucluelet

The day began with a visit to a charming local market area in Coombs. The market was bustling with activity, offering a delightful array of local crafts, fresh produce, and baked goods. We enjoyed walking through.

After our market visit, we headed to Little Qualicum Provincial Park, where nature's artistry was on full display. Waterfalls cascaded over rocky cliffs, surrounded by lush greenery and the vibrant hues of wildflowers. The park was alive with the songs of Swainson's Thrush and the cheerful calls of various songbirds. We were thrilled to spot the American Dipper interacting and feeding in the currents of the fresh waterfalls, showcasing their unique behaviour.

Departing from Little Qualicum Provincial Park, we visited an amazing old-growth forest trail named "A Walk in the Forest." This trail was a gateway to nature's wonders, with towering trees draped in moss, and the forest floor blanketed with lush ferns. The atmosphere was both serene and awe-inspiring. We were delighted to spot frogs and banana slugs, highlighting the rich biodiversity of this preserved area.

By afternoon, we transferred to Ucluelet, our home for the next few days, staying at the breathtaking Black Rock Oceanfront Resort. The resort's location, perched on rugged cliffs with panoramic ocean views, was a testament to the raw beauty of the Pacific Northwest. Here, we observed coastal ecosystems teeming with life, including bald eagles soaring overhead and sea birds along the rocky shores.

Day 4: June 26 – Whale-watching in the Pacific Rim

Pacific Rim National Park greeted us with its awe-inspiring landscapes, a mosaic of rainforests, beaches, and rugged coastlines. The diversity of flora and fauna was astounding; towering cedars, ancient ferns, and the calls of seabirds created an immersive natural symphony. Despite the rainy weather, we embarked on a whale-watching boat trip and had a very successful day. The waters off the coast were alive with the majestic presence of whales, their immense bodies breaching the surface with grace and power. The sight of a humpback whale's tail fluke disappearing into the deep blue left us in awe of the ocean's wonders. We also saw sea otters from a distance, their playful behaviour a delightful spectacle. Sea otters are known for their remarkable ability to use tools, such as rocks, to open shellfish, and we observed them floating on their backs, occasionally diving and resurfacing with their catch. The park's marine ecosystem was a vibrant tapestry of life, showcasing the delicate balance of nature. During our excursion, we also spotted sea lions basking on rocks.

Day 5: June 27 – Pacific Rim National Park and Wildlife Adventures

We were greeted with lovely weather and embarked on a boat trip in search of Black Bears and Sea Otters. We were amazed to see the bears eating clams and starfish on the rocky shores, a captivating display of their foraging behaviour. Alongside, we identified various bird species, including the majestic bald eagle and the elusive marbled murrelet. In the afternoon, we explored the renowned Lighthouse Loop, with its stunning shore views of the Pacific scene. The loop offered breathtaking vistas of the rugged coastline, where waves crashed against rocky outcrops and seabirds soared above. The park's ecosystem, with its mix of forest and marine environments, offered a rich tapestry of wildlife.

Day 6: June 28 – Ancient Cedars Loop, Cathedral Grove, and Moonwater Lodge Our day began with an early visit to the Ancient Cedars Loop trail. This trail led us through a pristine old-growth forest, where the air was thick with the scent of pine and earth, and the forest floor was a vibrant mosaic of ferns and moss. The towering cedar trees, some over 800 years old, stood as silent guardians of the forest, their massive trunks and expansive canopies providing a habitat for a myriad of species. The view to the ocean side from the trail was breathtaking, offering a panoramic vista of the Pacific's endless horizon and the rugged coastline below. This ecosystem is biologically important, serving as a critical habitat for numerous plant and animal species, and playing a key role in carbon sequestration and climate regulation.

Subsequently, we continued to Cathedral Grove, a sanctuary of ancient Douglas firs and red cedars. Walking among these giants was a journey back in time, with the forest's tranquillity interrupted only by the soft rustling of leaves and the occasional call of a bird. We marvelled at the diversity of plant life, from towering trees to the smallest ferns, and listened to the chorus of forest birds.

From there, we travelled to Moonwater Lodge, with a breathtaking view. The lodge offered a peaceful retreat, with stunning views of the surrounding.

Day 7: June 29 – Goldstream Provincial Park and Whale-watching for Orcas and Sea Otters from Victoria

In the morning, we visited Goldstream Provincial Park, known for its lush forests and rich wildlife. We walked a beautiful trail that led us to a humid area with a lot of bird activity. The dense canopy and the tranquil atmosphere created an ideal habitat for various bird species. As we quietly made our way along the trail, we had a very special encounter with a Mule Deer. The deer, seemingly unbothered by our presence, allowed us to take some amazing photographs, capturing the essence of the park's serene beauty.

From Victoria, we set out on another whale-watching adventure, this time with the hope of seeing orcas. The waters around Victoria are renowned for their orca populations, and we were not disappointed. Pods of transient orcas, their dorsal fins slicing through the water, provided a spectacular display of grace and power. The day was a celebration of the ocean's incredible biodiversity. We also kept our eyes peeled for various seabirds and marvelled at the rich intertidal zones teeming with life.

Day 8: June 30 – Farewell to Vancouver Island and Onward to the Rockies

Our final day on Vancouver Island began with a ferry ride back to Vancouver. The island's rugged beauty and rich biodiversity had left an indelible mark on our hearts. From Vancouver, we boarded a flight to Calgary, ready to join the main tour of the Canadian Rockies. As the plane ascended, we looked back at the landscapes we had explored, filled with gratitude for the experiences and the natural wonders we had witnessed. Our journey had been a celebration of nature's splendour, from the tiniest and most vibrant flowers to the majestic whales and towering trees.

Systematic List Number 1 Plants

By René Montero

The nomenclature and systematic order generally follow 'Plants of Western Oregon, Washington, and British Columbia' by Eugene N.Kozloff. As in many regional floras the families are arranged alphabetically, as are the genera and species within them, and this is followed here. The series of field guides published by Lone Pine were invaluable and have very good coverage of the flora of the region: 'Alpine Plants of British Columbia, Alberta, and Northwest North America' by Pojar and MacKinnon et al., 2013, 'Plants of the Rocky Mountains' by Kershaw, MacKinnon and Pojar, 1998, 'Plants of Southern Interior British Columbia and the Inland Northwest' by Parish, Coupe, and Lloyd et al., 1996, and 'Plants of the Pacific Northwest Coast' by Pojar and MacKinnon et al, 1994.

PTERIDOPHYTA– Ferns and their relatives

<i>Adiantum aleuticum</i>	Western Maidenhair fern	Fairly common
<i>Athyrium filix-femina</i>	Common Lady Fern	Widespread
<i>Blechnum spicant</i>	Deer Fern	Western BC, pacific rim
<i>Dicranum scoparitum</i>	Broom Forkmoss	Various locations
<i>Equisetum hyemale</i>	Common Scouring Rush	Goldstream
<i>Equisetum telmateia</i>	Giant Horsetail	Various locations
<i>Frullania nisquallensis</i>	Hanging Millipede Liverwort	Cathedral Grove
<i>Gymnocarpium disjunctum</i>	Pacific Oak Fern	Cathedral Grove
<i>Hylocomium splendens</i>	Stairstep Moss	Cathedral Grove
<i>Hypnum circinale</i>	Coiled-leaf Claw-Moss	Various locations
<i>Leucolepsis acanthoneura</i>	Menzies' Tree Moss	Little Qualicum Falls, Goldstream
<i>Metzgeria conjugata</i>	Rock Veilwort	Pacific Rim
<i>Pleurozium schreberi</i>	Red-stemmed Feather Moss	Little Qualicum Falls
<i>Polytrichum juniperinum</i>	Juniper Haircap Moss	Little Qualicum Falls
<i>Polypodium glycirrhiza</i>	Licorice Fern	Maffeo Park, Cathedral Grove, goldstream
<i>Polypodium scolieri</i>	Leathery Polypody	Lighthouse loop
<i>Polystichum munitum</i>	Common Sword Fern	Locally common in western BC
<i>Porella navicularis</i>	Tree Ruffle Liverwort	Cathedral Grove
<i>Pseudisothecium stoloniferum</i>	Cat's Tail Moss	Various locations
<i>Pteridium aquilinum</i>	Common Bracken	Common
<i>Rhytidiadelphus squarrosus</i>	Square Gooseneck Moss	Pacific Rim
<i>Sphagnum rubiginosum</i>	Variiegated Peat Moss	Pacific Rim
<i>Selaginella wallacei</i>	Wallace's Spikemoss	Neckpoint Park
<i>Struthiopteris spicant</i>	Deer Fern	Pacific rim, Cathedral grove

SPERMATOPHYTA

Gymnospermae

Cupressaceae

Thuja plicata Western Redcedar Widespread and often co-dominant

Pinaceae

Abies grandis Grand Fir Neckpoint
Picea sitchensis Sitka Spruce Lighthouse loop
Pinus contorta Lodgepole Pine Widespread and dominant over large areas
Pseudotsuga menziesii Douglas Fir Widespread, numerous in BC
Tsuga heterophylla Western Hemlock Dominant over large areas, pacific rim

Angiospermae ***Dicotyledones***

Aceraceae

Acer macrophyllum Big-leaf Maple Neckpoint Park, cathedral grove, goldstream

Araliaceae

Oplopanax horridus Devil's Claw Scattered records,

Asteraceae

Bellis perennis Daisy Arboretum
Cirsium vulgare Spear Thistle Neckpoint Park
Eriophyllum lanatum Common Woolly Sunflower Neckpoint Park
Hypochaeris radicata Rough Cat's-ear Various locations
Jacobaea vulgaris Ragwort Neckpoint Park
Leucanthemum vulgare Ox-eye Daisy Widespread
Senecio vulgaris Groundsel Neckpoint Park
Taraxacum erythrospermum Red – seeded Dandelion Neckpoint Park
Taraxacum officinale Dandelion Widespread and extremely abundant

Berberidaceae

Berberis aquifolium Oregon Grape Various locations

Berberis nervosa Long-leaved Oregon Grape Various locations

Achlys californica Deer's-foot Cathedral Grove

Achlys triphylla Vanilla Leaf Various locations

Betulaceae

Alnus rubra Red Alder Widespread, locally common

Brassicaceae

Lepidium densiflorum Common Peppergrass Neckpoint Park

Buddlejaceae

Buddleja davidii Buddleia Arboretum

Cactaceae

Opuntia fragilis Brittle Prickly Pear Cactus Neckpoint Park

Caprifoliaceae

Linnaea borealis Twinflower Widespread and often in abundant

Lonicera ciliosa Orange Honeysuckle Neckpoint Park, Little Qualicum Falls

Lonicera hispidula Hairy Honeysuckle Neckpoint Park

Lonicera involucrata Twinberry Widespread

Symphoricarpos albus Snowberry Widespread

Viburnum edule Mooseberry Pacific rim

Caryophyllaceae

Cerastium arvense Field Mouse-ear, Field Chickweed Bow Valley Provincial Park

Stellaria media Chickweed Arboretum

Convolvulaceae

Convolvulus arvensis Field Bindweed Arboretum

Cornaceae

Cornus unalaschkensis Bunchberry Widespread and common

Crassulaceae

Sedum spathulifolium Broad-leaved Stonecrop Neckpoint Park

Ericaceae

Arbutus menziesii Pacific Madrone Arboretum, Little Qualicum Falls, Goldstream

Arctostaphylos uva-ursi Bearberry Widespread and common

Chimaphila umbellata Prince's Pine Little Qualicum Falls

Gaultheria shallon Salal Common

Pyrola picta White-veined Wintergreen Western BC

Rhododendron menziesii Mock Azalea pacific rim

Vaccinium ovatum Evergreen Huckleberry Pacific Rim

Vaccinium parvifolium Red Huckleberry Common Western BC

Fabaceae

<i>Lupinus polyphyllus</i>	Large-leaved Lupine	Scattered records
<i>Medicago lupulina</i>	Black Medick	Widespread

Geraniaceae

<i>Geranium robertianum</i>	Herb Robert	Goldstream Provincial Park
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Lamiaceae

<i>Prunella vulgaris</i>	Self-heal	Scattered records, LQF, lighthouse loop
<i>Circaea alpina</i>	Enchanter's Nightshade	Scattered records

Polygonaceae

<i>Rumex obtusifolius</i>	Broad-leaved Dock	Roadside weed
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Portulacaceae

<i>Claytonia sibirica</i>	Candyflower	Western BC, Pacific rim, CG, Goldstream
<i>Claytonia perfoliata</i>	Miner's Lattuce	Various areas
<i>Montia parvifolia</i>	Small-leaved Claytonia	Western BC

Primulaceae

<i>Lysimachia latifolia</i>	Western Starflower	Little Qualicum Falls, Cathedral Grove, Goldstream
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Ranunculaceae

<i>Aquilegia formosa</i>	Crimson Columbine	Pacific Rim
<i>Ranunculus occidentalis</i>	Western Buttercup	Neckpoint Park
<i>Ranunculus repens</i>	Creeping Buttercup	Common
<i>Ranunculus uncinatus</i>	Little Buttercup	Scattered records, Goldstream

Rosaceae

<i>Amelanchier alnifolia</i>	Western Service Berry	Common and widespread
<i>Amelanchier alnifolia</i>	Western Service Berry	Common and widespread
<i>Aruncus dioicus</i>	Goatsbeard Spiraea	Widespread in BC
<i>Crataegus monogyna</i>	Common Hawthron	Arboretum
<i>Fragaria vesca</i>	Wood Strawberry	Neckpoint Park, Little Qualicum Falls
<i>Holodiscus discolor</i>	Ocean Spray	Widespread in BC
<i>Physocarpus capitatus</i>	Pacific Ninebark	Pacific Rim
<i>Potentilla anserina</i>	Silverweed	Lighthouse loop
<i>Potentilla villosa</i>	Northern Cinquefoil	lighthouse loop
<i>Prunus spp.</i>	Plums, Charries and Alies	Arboretum
<i>Rosa nutkana</i>	Nootka Rose	Neckpoint Park, pacific rim.
<i>Rubus armeniacus</i>	Armenian Blackberry	Arboretum
<i>Rubus laciniatus</i>	Cutleaf Blackberry	Goldstream
<i>Rubus parviflorus</i>	Thimbleberry	Widespread and common in western BC

Rubus spectabilis Salmon-berry Trailing Pacific Rim, Goldstream Provincial Park

Salicaceae

Populus balsamifera Black Cottonwood Scattered records
ssp.trichocarpa
Populus tremuloides Aspen Widespread and very common

Saxifragaceae

Boykinia occidentalis Brookfoams A walk in the forest
Heuchera micrantha Crevice Heuchera Western BC
Tellima grandiflora Fringe Cups Scattered records
Tiarella trifoliata Foamflowers, Three-leaflet Widespread in Pacific Rim, Little
Coolwort Qualicum Falls
Tolmiea menziesii Youth-on-Age Cathedral Grove

Scrophulariaceae

Castilleja miniata Scarlet Paintbrush Widespread and locally very common
Collinsia parviflora Maiden Blue-eyed Mary Neckpoint Park
Digitalis purpurea Foxglove Roadsides in various locations

Urticaceae

Urtica dioica Stinging Nettle Scattered records

Monocotyledones

Araceae

Lysichiton americanus Yellow Skunk Cabbage Locally common

Liliaceae

Allium cernuum Nodding Onion Neckpoint Park

Maianthemum dilatatum False Lily-of-the-Valley Pacific Rim, Cathedral Grove, Goldstream
Trillium ovatum var.ovatum Western Trillium Pacific Rim, Little Qualicum Falls,
Cathedra Grove, Goldstream

Orchidaceae

Corallorhiza maculata Spotted Coralroot Little Qualicum Falls, Goldstream
Corallorhiza mertensiana Western Coralroot Several in western BC
Goodyera oblongifolia Rattlesnake Orchid Common in leaf or bud at various BC

Systematic List Number 2 Mammals

By René Montero

1	Pacific Harbour Seal	<i>Phoca vitulina richardii</i>
2	Steller Sea Lion	<i>Eumetopias jubatus</i>
3	Orca	<i>Orcinus orca</i>
4	Humpback Whale	<i>Megaptera novaeangliae</i>
5	Sea Otter	<i>Enhydra lutris</i>
6	Roosevelt Elk	<i>Cervus elaphus roosevelti</i>
7	Columbian Black-tailed Deer, Mule Deer	<i>Odocoileus hemionus</i> <i>columbianus</i>
8	Black Bear	<i>Ursus americanus</i>
9	American Red Squirrel	<i>Tamiasciurus hudsonicus</i>
10	Dall's Popoise	

Systematic List Number 3 Birds

1	Common Loon	<i>Gavia immer</i>
2	Pied-billed Grebe	<i>Podilymbus podiceps</i>
3	Pelagic Cormorant	<i>Phalacrocorax pelagicus</i>
4	Double-crested Cormorant	<i>Phalacrocorax auritus</i>
5	Great Blue Heron	<i>Ardea herodias</i>
6	Canada Goose	<i>Branta canadensis</i>
7	Harlequin Duck	<i>Histrionicus histrionicus</i>
8	Bald Eagle	<i>Haliaeetus leucocephalus</i>
9	Turkey Vulture	<i>Cathartes aura</i>
10	Black Oystercatcher	<i>Haematopus bachmani</i>
11	Spotted Sandpiper	<i>Actitis macularia</i>
12	Pigeon Guillemot	<i>Cephus columba</i>
13	Marbled Murrelet	<i>Brachyramphus marmoratus</i>
14	Rhinoceros Auklet	<i>Cerorhinca monocerata</i>
15	Glaucus-winged Gull	<i>Larus glaucescens</i>
16	Caspian Tern	<i>Hydroprogne caspia</i>
17	Rock Dove	<i>Columba livia</i>
18	Band-tailed Pigeon	<i>Patagonenas fasciata</i>
19	Eurasian Collared Dove	<i>Streptopelia decaocto</i>
20	Anna's Hummingbird	<i>Calypte anna</i>
21	Rufous Hummingbird	<i>Selasphorus rufus</i>
22	Belted Kingfisher	<i>Ceryle alcyon</i>
23	Red-breasted Sapsucker	<i>Sphyrapicus ruber</i>
24	Western Wood-Pewee	<i>Contopus sordidulus</i>
25	Pacific-slope Flycatcher	<i>Empidonax difficilis</i>
26	Warbling Vireo	<i>Vireo gilvus</i>
27	Steller's Jay	<i>Cyanocitta stelleri</i>

28	American Crow	<i>Corvus brachyrhynchos</i>
29	Common Raven	<i>Corvus corax</i>
30	Violet-Green Swallow	<i>Tachycineta thalassina</i>
31	Barn Swallow	<i>Hirundo rustica</i>
32	Brown Creeper	<i>Certhia americana</i>
33	Bushtit	<i>Psaltriparus minimus</i>
34	Pacific Wren	<i>Troglodytes pacificus</i>
35	American Dipper	<i>Cinclus mexicanus</i>
36	Golden-crowned Kinglet	<i>Regulus satrapa</i>
37	Varied Thrush	<i>Ixoreus naevius</i>
38	American Robin	<i>Turdus migratorius</i>
39	Swainson's Thrush	<i>Catharus ustulatus</i>
40	European Starling	<i>Sturnus vulgaris</i>
41	Cedar Waxwing	<i>Bombycilla cedrorum</i>
42	Orange-crowned Warbler	<i>Vermivora celata</i>
43	Townsend's Warbler	<i>Dendroica townsendi</i>
44	Wilson's Warbler	<i>Wilsonia pusilla</i>
45	Western Tanager	<i>Piranga ludoviciana</i>
46	Black-headed Grosbeak	<i>Pheucticus melanocephalus</i>
47	Spotted Towhee	<i>Pipilo maculatus</i>
48	Dark-eyed Junco	<i>Junco hyemalis</i>
49	White-crowned Sparrow	<i>Zonotrichia leucophrys</i>
50	Fox Sparrow	<i>Passerella iliaca</i>
51	Song Sparrow	<i>Melospiza melodia</i>
52	Brown-headed Cowbird	<i>Molothrus ater</i>
53	House Sparrow	<i>Passer domesticus</i>
54	American Goldfinch	<i>Carduelis tristis</i>