



Kids 'n Nature



A Guide to Visiting Presqu'ile Provincial Park

Spring 2017

Friends of Presqu'ile Park	2
Vision	2
Kids 'n Nature Program.....	2
Program Delivery.....	2
Range of Topics.....	3
Booking a Program.....	3
An Interpreter in your Classroom	4
A Day at the Park.....	4
Custom Programs	4
Program Cost	4
Sample Itineraries.....	5
Safety Concerns.....	6
Ticks	6
Poison Ivy.....	7
Fall Waterfowl Hunting	7
Liability Insurance	7
Preparing for a Visit	8
What to Bring	8
Supervision	8
Rules	8
Respecting nature	8
Washrooms	8
Lunch facilities	9
Transportation	9
Rain dates/cancellation policy	9
Self-use facilities	9
More Information.....	9
Directions to Presqu'ile Provincial Park	10
Finding your way in Presqu'ile Provincial Park.....	11
Guide to the Walking Trails/Map.....	12,13

Kids 'N Nature Program

Kids 'n Nature is an exciting approach to educational programming that will encourage children to understand and care for our region's rich biodiversity – investigating how ecology works, why biodiversity is important, and why its preservation affects humans individually and collectively.

A key element to this program is problem-solving – a hands-on teaching approach to address the Ontario Science and Technology curriculum focused on Science, Technology, Society, and the Environment.

The Kids 'n Nature program has been developed and funded by The Friends of Presqu'ile Park, in cooperation with Presqu'ile Provincial Park. The program was launched in 2010, the United Nations' International Year of Biodiversity, and it coincided with the completion of the Marsh Boardwalk project. Our programming covers all five habitats that are found in Presqu'ile Provincial Park: the marsh, the forest, the dunes/tombolo/pannes, the meadowlands, and the lake/beach.

Using these habitats we explore: food chains, habitat health and interconnectedness, species and habitat sustainability, human benefit, and stewardship.

PROGRAM DELIVERY

The **Kids 'n Nature** program aims to create an understanding of biodiversity through a rich problem-based learning experience for students in Kindergarten through Grade 7 using two key elements.

First, an interpreter will visit the class during the in-school portion, to discover students' current knowledge and to introduce them to specific content with respect to biodiversity and Presqu'ile Park's habitats. Students will then be given a 'mission' to complete on their field trip to the Park.

Second, the in-park portion of the program lasts for approximately half a day.

Groups may choose to participate in the in-park **and/or** the in-school portion. Students will be provided with worksheets to help them with their mission during their visit to the Park.

The range of in-park programs will take place in the appropriate habitat chosen by the teacher. Each individual program is tailored to the specific expectations of grade-related Ontario Curriculum.

Through the authentic, problem-based learning experience, students will take away a connection to nature and an optimistic outlook on the relationship between humans and the environment.

Teachers may want to incorporate these into an assessment for their students. Pre-visit and post-visit activity sheets are also available for groups to use in their classroom.

RANGE OF PROGRAM TOPICS

The **Kids 'n Nature** program concentrates on the biodiversity of Presqu'ile Park, using one of its five habitats as a teaching platform. Each visit will cover one of the following habitat study areas. Repeat visits can be accommodated to cover more than one habitat.

- the marsh (Marsh Boardwalk)
- the forest (Jobes' Woods Trail)
- the dunes/tombolo/pannes
- the meadowlands
- the lake/beach habitats

The following is a list of grades and topic areas to choose from:

- **Kindergarten: Caring for our Environment**
 - While hunting for the 'messy marsh visitor,' students will identify how they can help plants and animals in the marsh. Pond study or scavenger hunt included.
- **Grade 1: Characteristics of Living Things**
 - Focusing on insects, students will recognize the features of living things and how their habitat meets their needs. Pond study or scavenger hunt included.
- **Grade 2: Growth and Changes in Animals**
 - By examining different features of a habitat and specific animal needs, this program will focus on the way humans affect the environment and benefit from an animal's existence. Pond study or scavenger hunt included.
- **Grade 3: Growth and Changes in Plants**
 - Focusing on the many types of plants in a habitat, students will recognize the value of plant life as it provides not only food but shelter, nurseries, protection and clean water for animals. Pond study or scavenger hunt included.
- **Grade 4: Habitats and Communities**
 - Students will evaluate the connections between various species in a habitat and identify what makes a habitat healthy. Involves small group work. Pond study or scavenger hunt included.
- **Grade 6: Biodiversity**
 - Living things each have distinctive needs in order to survive. Students will explore what happens when these needs are no longer met and how this occurs. Pond study or scavenger hunt included.
- **Grade 7: Interactions in the Environment**
 - In small groups, students will determine what a specific species requires for survival and how it is affected by other species, including humans. Pond study or scavenger hunt included.

AN INTERPRETER IN YOUR CLASSROOM

Prior to visiting the park, our interpreter can come to your classroom to prime students for their field trip. The interactive activities provided can be schedule for 30 to 60 minutes. Teachers who choose the in-class portion in addition to their in-park visit report a greater depth of experience by their students.

A DAY AT THE PARK

A single class visiting the park can choose to experience a program with our interpreter in the morning or afternoon. Please allow 2 hours for a program. If the group would like to spend the entire day at the park, students can enjoy their lunch in the park before or after the program and participate in a self-guided activity. Please advise the interpreter when booking your trip if you need assistance in preparing a self-guided activity.

Schools sending multiple classes to the park on the same day should arrange for one class to experience a program in the morning while the other participates in a self-guided activity. Classes can then switch in the afternoon. We cannot guarantee the availability of an extra interpreter to accommodate both classes at the same time, especially on the same trail.

We strongly recommend that you ensure your bus will stay in the park during your visit, as trails, washrooms and picnic areas are very far apart.

CUSTOM PROGRAMS

If you are unable to visit the park, or you would like a program designed to meet your specific requirements, please contact us. We will attempt to accommodate your request and classroom visits can be arranged.

PROGRAM COST

We believe that getting kids into nature is the only way to create a lasting educational experience. Whether they visit our Nature Centre, hike our marsh boardwalk, or attend our Summer Day Camp, having the opportunity to experience nature first hand is the key to instilling a sense of value for our natural environment in our kids.

The Friends of Presqu'ile Park have invested over \$125,000 in the Kids 'n Nature Program over the last seven years. It is funded through efforts such as weekly barbecues and the Christmas at Presqu'ile art and craft show. From time to time, we also receive grants from community groups to help us meet our program objectives.

There is currently **no cost** to participate in the Kids 'n Nature program – the Friends cover your park entrance fees and the interpreter's salary. Donations to the Friends of Presqu'ile are always welcome, though!

Participating groups are responsible for funding and providing their own transportation. When arriving at the Main Gate, group leaders are responsible for ensuring they receive a Kids 'n Nature vehicle permit, as failing to display a valid permit inside the park may result in fines. Please advise the interpreter when booking whether your group will arrive in a bus or in separate vehicles so the appropriate number of permits can be prepared.

HOW TO BOOK A PROGRAM

- 1) Choose a program
 - a. In-class programs are 30 to 60 minutes in length and are scheduled prior to an in-park program
 - b. In-park programs are around 1.5 hours in length, making up a half day. Please choose a location as well as topic from our list.
- 2) Submit your request
 - a. Click on our new “Sign Up Now” link for the booking request form from our website (<http://friendsofpresquile.on.ca/schoolprogramsc104.php>) or request a copy via email or fax
 - b. Submit your request via the website or email (kidsn.nature@friendsofpresquile.on.ca) or fax (613-475-2209)
- 3) What to expect
 - a. An initial booking confirmation will be sent to you. Booking is handled on a weekly basis by a volunteer before our interpreter starts in mid-May. At least two weeks before your visit, our interpreter will contact you to develop an itinerary and ensure it works for you.
 - b. Our programs run rain or shine. We do not offer rain dates. If you must cancel your program, please do so via email or phone as soon as possible to allow other groups to participate. Groups that do not provide sufficient notice or do not show up will not be allowed to participate in the future.

Sign Up Now!

Kids 'n Nature Interpreter, Friends of Presqu'ile Park
Telephone 613 475 1688, ext. 3 (May through October)
Fax 613 475 2209
E-mail: kidsn.nature@friendsofpresquile.on.ca

Sample Itineraries

Below are examples of the timing of a visit. You are welcome to arrive/depart whenever is convenient for you.

IN-PARK VISIT: One class, half-day

9:00am	Group arrives at the Main Gate and the bus receives a complimentary parking pass from the Gate Attendant (or from Interpreter at the Marsh Boardwalk.)
9:05am	Bus stops at the comfort station for a washroom break.
9:20am	Bus brings group to Marsh Boardwalk parking lot. Teacher checks in with Interpreter. Group assembles where instructed. Bus waits for group or leaves after confirming pick up time with teacher/interpreter.
9:30am	Interpreter provides an introduction, group stops for a snack at first lookout, then walks around Marsh Boardwalk, completes pond study and interactive activity
11:00am	Group returns to parking lot and waits for the bus.
11:15am	Bus transports group to comfort station for washroom break
11:30am	Bus returns group to school.

IN-PARK VISIT: Two classes, whole day

(It takes some logistical planning and good communication with your bus driver, but it can be done!)

9:00am	Group arrives at the Main Gate and the bus receives a complimentary parking pass from the Gate Attendant (or from Interpreter at the Marsh Boardwalk.)
9:05am	Bus stops at the comfort station for a washroom break.
9:20am	Bus brings group to Marsh Boardwalk parking lot. Teacher checks in with Interpreter. Group exits bus and has a snack.
9:30am	Bus driver confirms pick up time with teacher/interpreter. Bus transports Class 2 to Jobes' Woods Trail. Class 2 arrives at Jobes' Woods Trail and proceeds with self-guided walk. Bus remains there until Class 2 is finished. Class 1 assembles where instructed. Interpreter provides Class 1 with an introduction and proceeds with planned activities (walk around Marsh Boardwalk, with pond study and interactive activity).
10:30am	Class 2 boards the bus and bus drives to Marsh Boardwalk to pick up Class 1.
11:00am	Class 1 returns to parking lot and waits for the bus.
11:15am	Bus transports Classes 1 & 2 to Day Use area for lunch, washroom break and games.
12:15pm	Bus transports Class 1 to Jobes' Woods Trail for self-guided walk. Bus then transports Class 2 to Marsh Boardwalk.
12:30pm	Interpreter provides Class 2 with an introduction and proceeds with planned activities. (walk around Marsh Boardwalk, with pond study and interactive activity).
1:00pm	Bus leaves Marsh Boardwalk to pick up Class 1 at Jobes' Woods Trail.
1:45pm	Bus leaves Jobes' Woods Trail to pick up Class 2 at the Marsh Boardwalk.
2:00pm	Class 2 returns to parking lot and waits for the bus.
2:15pm	Bus picks up Class 2 and transports group to comfort station for washroom break
2:30pm	Bus returns group to school.

Safety Concerns

Principals and teachers sometimes have questions about the following safety concerns, so we have provided you with the following to keep you and your group informed. Our staff will encourage all visitors to stay on the trails, point out hazards along the trails and avoid walking visitors through areas with long grasses and Poison Ivy.

TICKS

Ticks are members of the spider family that feed of blood from living bodies. They are found in long grasses, brush or leaves where animals live. Ticks travel by crawling or hitchhiking on animals – they do not fly or jump.

There are many different species of ticks and not all of them carry the bacteria for Lyme disease. The most common tick you may encounter is the American Dog Tick, which does NOT carry the bacteria. The only tick that carries the disease in Ontario is the Black-legged (or Deer) Tick.



Black-legged Tick

Tick Bite Prevention

When you are out in tick habitat, you can better protect yourself by taking a few precautions:

- Wear long sleeves and tuck your pants into your socks
- Wear light-coloured clothing so you can detect ticks before they attach
- Use insect repellent containing “DEET” – use manufacturer’s instructions

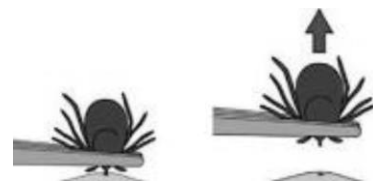
After you have been in tick habitat, you should:

- Conduct a tick check. Look on your clothes and body. Pay close attention to your scalp, behind the ears, neck, arm pits, navel, groin and behind the ears.
- Check your clothing for ticks after exposure to possible tick areas
 - If you discover a tick remove it and bag it. Place clothes in hot dryer for 1 hour
- Shower within 2 hours of being in risk areas

Tick Removal

If you find a tick, follow these steps:

- Use fine point tweezers
- Grasp the tick as close to your skin as possible
- Gently pull straight out
- Disinfect the bite area
- See a medical professional as soon as possible to seek advice for treatment
- Watch for symptoms (fever, headaches, stiff neck, jaw pain, sore muscles, bulls-eye rash) and seek medical attention if you feel unwell or if you cannot safely remove the tick



Do not:

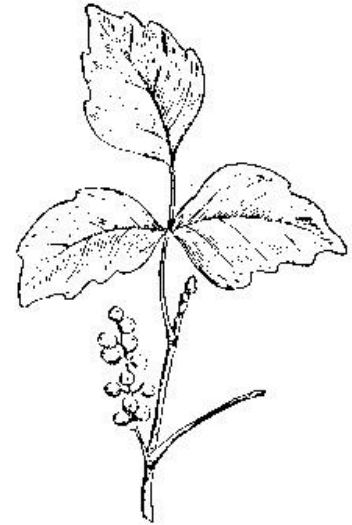
- Grasp tick around bloated belly
- Use a match, heat, Vaseline, essential oils or chemicals
- Twist when pulling out the tick

Following these simple suggestions you can have a safe and enjoyable time exploring Presqu'île. For more information, please consult the following website:
www.ontario.ca/page/lyme-disease

POISON IVY

Poison Ivy is a natural part of the ecosystem at Presqu'île, providing food for animals and stabilizing soil in open areas. It typically grows along the edges of trails and for that reason we urge visitors to stay on the trails.

Learning to recognize Poison Ivy can save you from a lot of discomfort. Each leaf has three leaflets, the centre one with a longer stalk. It tends to have shiny, droopy looking leaves and can be a small plant or a vine. Leaves can be reddish in colour in spring and fall. It doesn't always have berries, but when it does they are cream-coloured, waxy looking and in dense clusters along the stem. All parts of the plant contain oil that if it comes in contact with skin can result in a very itchy rash. This oil can be transmitted to you from shoes and clothing.



If you think you have come in contact with Poison Ivy:

- Wash the infected area with soapy cold water. Do this as soon as possible to prevent the oils from soaking in the skin any farther than they may have already.
- Do not rub/scratch the skin or infected area too hard. This can cause secondary infection.
- You can use a towel with ice cubes wrapped in it on the area. The coolness will help reduce the pain and itching. Then let the area air dry.
- Use calamine lotion to reduce itching and redness.

For more information, please consult the following website:
<http://www.omafra.gov.on.ca/english/crops/facts/99-015.htm>

FALL WATERFOWL HUNT

Controlled waterfowl hunting occurs at Presqu'île from late September to late December on Mondays, Wednesdays, Fridays and Saturdays. Hunting occurs in specified areas along the marsh and High Bluff and Gull Islands. Hunters must stay in their hunting blinds. The park is still open to visitors on these days and school groups stay well away from hunting activities. If this is an issue for your school, please schedule your visit for a Tuesday or Thursday. In-class visits from our interpreter can be made on hunt days.

INSURANCE COVERAGE

Please contact us if you require proof of the Friends of Presqu'île's liability insurance.

Preparing for Your Visit

WHAT TO BRING

Please advise students and volunteers to come prepared with clothing and footwear suitable for outdoor activity. Inevitably, there is at least one student per trip who will wear their indoor shoes and walk right into water or mud! Below are some suggestions:

- Rubber boots – to protect feet from water and mud on trails
- Extra socks – in case water and/or mud is encountered
- Long pants and long-sleeved shirt – to protect against insects and sharp vegetation
- Windproof outer jacket or rainwear
- Hat – to protect against the sun, rain and insects
- Sunscreen (apply at home)

SUPERVISION

Teachers and volunteers are expected to supervise all members of their group and enforce rules during the park visit.

RULES

While at the park, students, teachers and parents are requested to:

- Stay on the trails – avoid walking through long grass
- Not remove any natural objects from the park – e.g. rocks, fossils, plant parts, wildlife
- Not pick any plants
- Not disturb the wildlife
- Not litter – put recycling and garbage in appropriate containers
- Respect other park users
- Refrain from smoking during program

RESPECTING NATURE

At Presqu'île, we show respect for the natural world by not picking plants, not stepping on animals, handling live specimens gently and returning them to where they were found and being quiet around animals. Visitors that cannot show respect for nature will be asked to sit out of activities.

WASHROOMS

There are NO permanent washrooms or hand washing facilities located at the Marsh Boardwalk or Jobes' Woods Trail. You may want to schedule a stop at a comfort station before or after you arrive at the trail. Check when booking your trip which comfort stations are open or whether there is a portable washroom currently on site.

Between fall and spring, running water is shut off to the comfort stations, so they may not be available for your use. Please remember to respect the campers in the park by using the comfort stations in an orderly manner.

LUNCH FACILITIES

The Marsh Boardwalk has space at the first lookout tower for snack time before you start your hike.

If you wish to spend lunch time in the park, there are a few locations you might consider using:

- In the campgrounds, there is the Amphitheatre, which has a covered area with benches and is located very close to the Maples comfort station.
- In the two Day Use areas along the south shore of the park there are scattered picnic tables and vault toilets. There is lots of space for students to run around in.
- In Day Use 2, there is a picnic shelter. There is a \$75 fee to book it ahead of time, but if it is not reserved when you arrive, you are welcome to use it. Vault toilets are located nearby.
- There are limited picnic tables outside the Park Store. The store is typically not open during spring and fall.

TRANSPORTATION

***Please plan for your bus/vehicles to remain in the park during your entire visit. Distances between program/washroom/lunch facilities are too far for walking.**

Directions and maps to the park as well as within the park are available – **please make a copy of these yourself and your bus driver.**

RAIN DATES/CANCELLATION POLICY

When booking your trip to Presqu'île, ask whether we have availability for rain dates. Typically there is no room for rain dates in June, when we have a lot of bookings. We are prepared for your group's visit rain or shine, unless there is lightning. If you wish to cancel due to rain, please advise us immediately.

Self-Use Facilities

While on their own time, groups are welcome to utilize the self-use facilities in the park, including:

Walking Trails – ask for a digital copy of the map

- Marsh Boardwalk – interpretive signs are posted along the trail
- Jobs' Woods Trail – ask for a digital copy of the trail guide
- Owen Point Trail – ask for a digital copy of the trail guide
- Pioneer and Newcastle Trails

Beach – please be advised there are no lifeguards on duty

Day Use – open areas, perfect for group games, with picnic tables and vault toilets

More Information

For more information on Presqu'île Provincial Park and the Friends of Presqu'île Park, check out the following resources:

www.friendsofpresquile.on.ca

www.ontarioparks.com/english/pres.html

Directions to Presqu'ile Provincial Park

328 Presqu'ile Parkway, Brighton, ON K0K 1H0

From Eastbound or Westbound Highway 401:

1. Take Exit 509 Northumberland County Road 30 to Brighton/Campbellford
2. Turn south on Northumberland County Road 30 and follow for 8 km to Brighton
3. Turn west at stoplight onto Main Street (Highway 2) and follow for 1 km
4. Turn south at Ontario Street (look for the blue Ontario Parks sign) and follow for 4 km. Follow the road as it curves west and then south.
5. You will then enter the gates for Presqu'ile Provincial Park and soon arrive at a stop sign by the main gatehouse.

From Eastbound Highway 2:

1. In Brighton, turn south at Ontario Street (look for the blue Ontario Parks sign) and follow for 4 km. Follow the road as it curves west and then south.
2. You will then enter the gates for Presqu'ile Provincial Park and soon arrive at a stop sign by the main gatehouse.

From Westbound Highway 2:

1. In Brighton, turn south at the stoplight onto Prince Edward Street and follow past the railroad tracks.
2. Turn west on Butler Street (look for the blue Ontario Parks sign).
3. After the first stop sign, continue west.
4. At the second stop sign, turn south onto Ontario Street. Follow the road as it curves west and then south.
5. You will then enter the gates for Presqu'ile Provincial Park and soon arrive at a stop sign by the main gatehouse.



Finding your way in Presqu'île Provincial Park

Entering the park:

- Stop at the main gatehouse to your left to check in with the gate attendant and obtain a map, on the back of the park tabloid, if needed. If no one is at the gatehouse, walk back to the main office on your right.
- Continue down the main road (Presqu'île Parkway) into the park.
- **Beaches 1, 2, 3**, the **Owen Point Trail**, and the Park Store are to the west (on your right).
- The **Marsh Boardwalk** is to the east (on your left) after the turn off for Beach 3.
- If you continue south along Presqu'île Parkway, it curves to the east and soon after there is a fork in the road. **STAY TO YOUR RIGHT**; do NOT enter the residential road.
- To the south (on your right) is the entrance to the campgrounds, where you will find the **Maples Comfort Station** and the **Amphitheatre**.
- Continuing east, past the campground entrance, you will find another fork in the road. You must turn to the right (south) as this is a one-way loop road. This loop will take you to the following places (in order): Day Use Area 1, Pioneer Trail/Newcastle Trail parking lot, Day Use Area 2 (with Picnic Shelter), **Nature Centre**, **Lighthouse Interpretive Centre**, lighthouse, Atkins Lane and **Jobes' Woods Trail**.

Exiting the park:

- When leaving the southern portion of the park, follow the one way loop road past **Jobes' Woods Trail**, then turn to the west (right) to exit.
- Follow the road as it passes the campground entrance and curves north (right).
- At the stop sign, turn west (left) and follow the curve in the road.
- You will then pass, in this order, the Park Store, Owen Point Trail, **Marsh Boardwalk**, Beach 3, 2 and 1 turnoffs and the main gate.

Washrooms

Vault toilets (non-flushable) are available for use year round in both day use areas, the Lighthouse Interpretive Centre parking lot and the Atkins Lane parking lot. Comfort stations may be open, depending on the time of year, in the campgrounds.

Lunch Facilities

If you wish spend lunch time in the park, there are a few locations you might consider using:

- In the campgrounds, there is the Amphitheatre, which has a covered area with benches and is located very close to the Maples comfort station.
- In the two Day Use areas along the south shore of the park there are scattered picnic tables and vault toilets. There is lots of space for students to run around in.
- In Day Use 2, there is a picnic shelter. There is a \$75 fee to book it ahead of time. If it is not reserved when you arrive, you are free to use it.
- There are limited picnic tables outside the Park Store. The Store is typically not open during spring and fall.