



NCC  
CCN

Gatineau Park  
Parc de la Gatineau



Les  
**Amis**  
du parc de la Gatineau  
**Friends**  
of Gatineau Park



MY ADVENTURES



**ACTIVITY BOOKLET**

**Gatineau Park**

Yours to protect. Yours to enjoy.

## Tips for Your Adventures

Are you ready to explore Gatineau Park?  
It is home to many precious plants and animals!  
You are a welcome guest adventurer!

Here are some important pointers.

- “ Stay on the official marked trails:
  - To avoid encountering ticks and poison ivy, or damaging rare and fragile plants, or the homes of small animals.
  - It’s a lot easier for you to find your way, and for Park staff to find you, if they have to.
- “ The sound of your footsteps and your voice warn animals of your presence. Keep a safe distance, observe from afar and do not feed any animals.
- “ Plan your outing.
- “ Bring water and a snack.
- “ Dress for the weather.
- “ Cellphone reception varies in the Park.
- “ **In case of an emergency, call 613-239-5353.**

**You’re ready!**

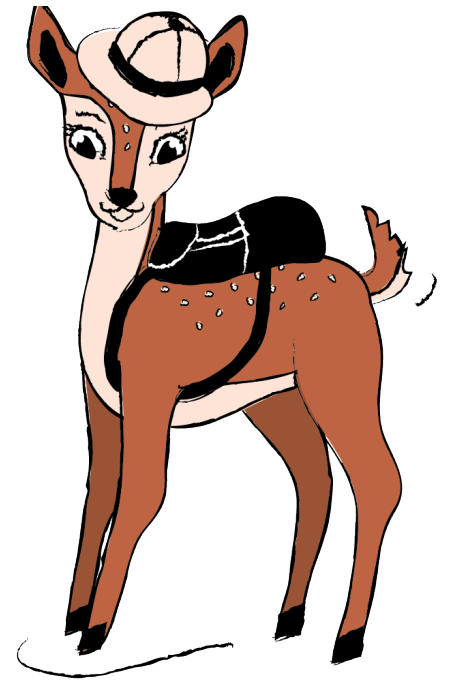
# ACT IT

Time to tread lightly, and leave as little trace of your passage as possible.

## Visit as the avatar of a fawn!

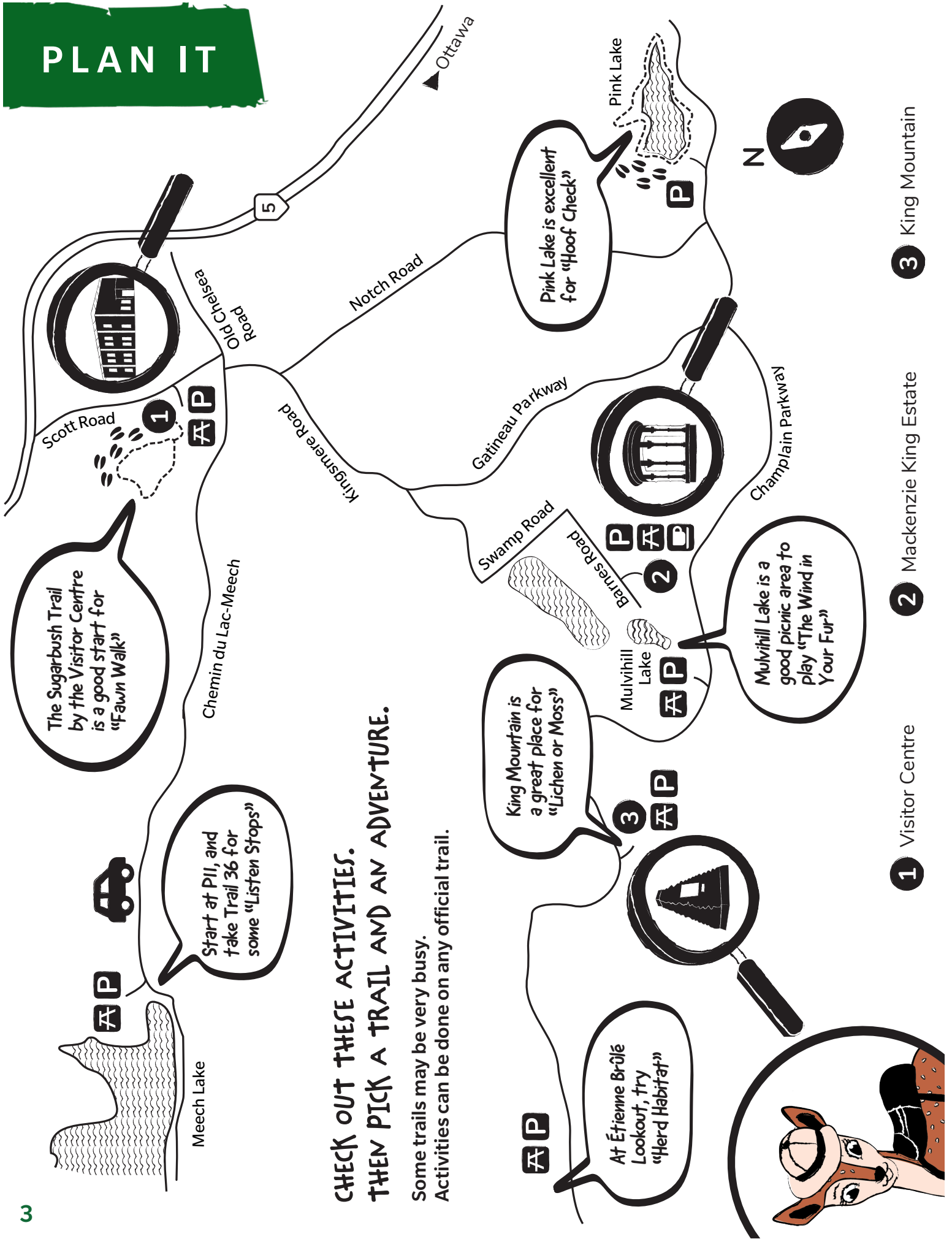
Have someone to read this:

- ☞ Put one hand on your human heart, and close your eyes.
- ☞ Feel seven heartbeats as a human.
- ☞ Your legs are growing longer and thinner.
- ☞ Fur is growing and covering your skin, and you have spots on your back.
- ☞ Your bottom is stretching into a fluffy, flashing tail.
- ☞ Your ears are getting bigger and flatter.
- ☞ Your hands and feet are melding into four pointy hoofs.
- ☞ At a clap of the hands, you will turn into a fawn!



**You are ready to plan your adventures as a beloved and protected Park animal!**

# PLAN IT



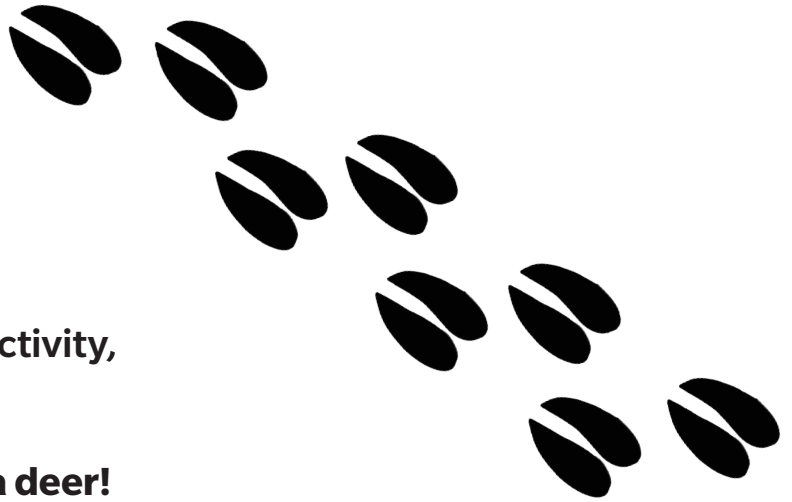
## CHECK OUT THESE ACTIVITIES. THEN PICK A TRAIL AND AN ADVENTURE.

Some trails may be very busy.  
Activities can be done on any official trail.

1 Visitor Centre

2 Mackenzie King Estate

3 King Mountain



# Fawn Walk

The Sugarbush Trail is ideal for this activity, but any official, marked trail will do.

**Now that you are a fawn, walk like a deer!**

Deer walk on their pointy hoof tiptoes in an elegant line.

They must be alert at all times.

When they hear a human or a dog, they are scared. A dog off-leash is stressful.

They freeze — not moving at all — until the human or dog has left.

If they must run, they run fast, staying on a path if they can.

You may notice the flash of the white underside of their tails!

## Your turn

As you walk along the trail, wave your hand as a “tail flash” and freeze each time you hear a human or a dog coming — until it is safe to continue.

You may be amazed how much work it is!

## Hoof Check

Pink Lake is a good place for this activity, but if Pink Lake is busy, try it on any trail you like.

Deer feel with their hoofs where the earth has been pressed by many feet to make a path so they can keep silently on the trail, not on noisy dry leaves or crumbly cliffs or sticky mud. In four places along the trail:

- 🦌 Let a grown-up stand (in a safe spot) on the trail, eyes closed.
- 🦌 Take eight big steps away along the trail.
- 🦌 Try to sneak up silently!
- 🦌 Next, poke at the earth with your “front hoof” — once on the path and once right beside the path.

Is it hard and dry (like the earth would crack to bits) or nice and soft (where roots of plants grow)?

**Pressed earth near the trees and forest:**

Silent     Heard me  
 On the path  hard, dry     nice, soft  
 By the path  hard, dry     nice, soft

**In shade of evergreens:**

Silent     Heard me  
 On the path  hard, dry     nice, soft  
 By the path  hard, dry     nice, soft

**On open rocky area by cliffs:**

Silent     Heard me  
 On the path  hard, dry     nice, soft  
 By the path  hard, dry     nice, soft

**On boardwalk or pavement:**

Silent     Heard me  
 On the path  hard, dry     nice, soft  
 By the path  hard, dry     nice, soft

# NOTICE IT

## The Wind in Your Fur

Mulvihill Lake is a nice picnic area with a trail by a lake and forest to do this activity.

**As a fawn, you will put your deer senses to work.**

On a trail, pick two spots that are quite different.

1) a very moist place    2) a very dry and rocky place

From each spot, take three steps away.

Within this space, what tiny things do you notice?

**At the dry, rocky place**

First, close your eyes.

Which way is the wind blowing on your fawn cheeks?

Can you feel the sunlight on your fawn body?

With your fawn nose, can you smell the earth?



**Deer notice everything.**  
Their senses pick up the smallest things that humans often miss.

**With your fawn eyes, can you see...**

grass seed head



crystal "jewel"



busy ant



flower



fleck of "gold"

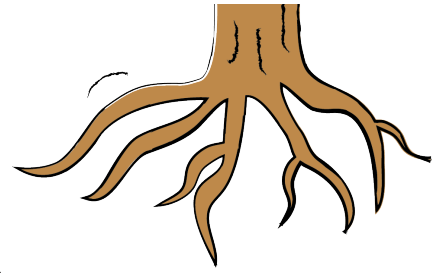


little jumping spider



**What else?**

# NOTICE IT



## The Earth at Your Hoofs

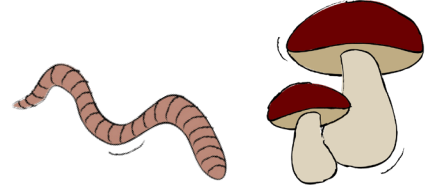
### At the moist, shady place

Close your eyes.

Now which way is the wind blowing on your fawn cheek?

Can you feel sunlight or cool shade on your fawn body?

Can you smell the earth?



### Can you see...

worm

mushroom

root

dewdrop

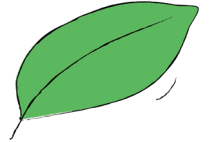
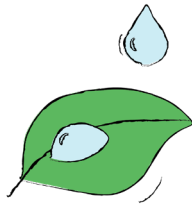
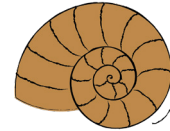


snail shell

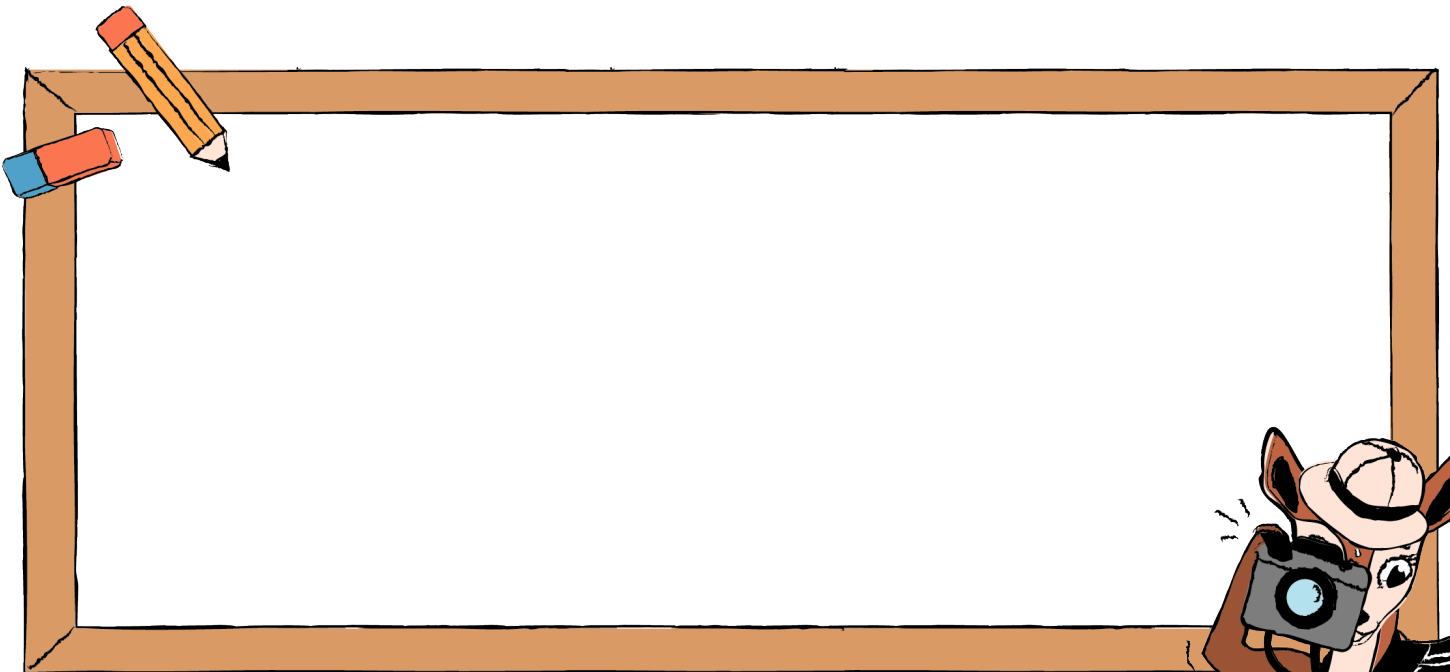
evergreen cone

maple key seed

brightly coloured leaf



### What else?



## Lichen or Moss

The King Mountain Trail is one of the best places for lichens and mosses

As a fawn, it's a good idea to know the difference between lichen and moss.

Deer eat lichen.



### Lichen is

- often crunchy, flat or bumpy
- often grey-green, black, pale like ashes, orange or red
- found on flat rocks but can be on a stone wall, on a tree trunk or a branch
- located in the blazing hot sun and dry winds, but also in the shade
- shaped like little standing “goblets” or cups
- possibly more than 1,000 years old, having taken since the Ice Age to grow into a patch the size it is now!



### Moss is

- like velvet
- usually deep emerald green or olive green
- especially low on a tree trunk, on rocks, on the earth or on logs and tree stumps
- found in moist shady places, which may be on the north side of a tree
- shaped like little “fairy antennae”
- not able to live as long as lichen

# FIND IT



Lichen     Moss



Lichen     Moss



Lichen     Moss



Lichen     Moss



Lichen     Moss



Lichen     Moss

**Protect lichen and moss — stay on the trail!**

# Herd Habitat

Étienne Brûlé Lookout by the upper parking lot is great for this activity. Any trail will be fun too.



**As a fawn, try to find a good, safe place to live.**

Deer like to live where it is open enough to spot their enemies, but also with cover to hide.

**They like...**

Open sunny places with low twigs



Open cliffs where the deep snow is blown away or melts fast



Near evergreens for shelter from snow and access to food



**On your walk:**

Each time you come to an open place, softly call “sunny side!” and do a deer dance.

Each time you come to an overgrown place, softly call “shady side!” and a grown-up has to do a deer dance.

If a grown-up does not do a deer dance, you get five minutes later bedtime.

## Listen Stops

The trail from the O'Brien area has good spots for this activity.

### Get ready to listen — as a fawn!

During your walk, stop three times, close your eyes and listen for 30 seconds.

### What sounds do you hear?

On your left “front hoof” count how many.

#### Human noises

- 👂 airplane
- 👂 people shouting
- 👂 footsteps crunching on the path
- 👂 car on the road
- 👂 bicycle
- 👂 dog barking

On your right “front hoof” count how many.

#### Nature sounds

- 👂 wind in trees
- 👂 bird calls
- 👂 woodpecker drumming
- 👂 frog calling
- 👂 red squirrel calling
- 👂 dragonfly

## At home, or anywhere

### You can turn into a fawn, at a clap of the hands.

- “ Watch for deer where you live. Even in cities, deer can be clever at hiding and finding food.
- “ If you did a fawn walk along your street, would you feel at ease or scared because of too many humans and dogs?
- “ Use your fawn senses to discover micro-treasures near your home. Draw or take photos of what you find.
- “ Are there lichens and mosses near you?
- “ Try a “listen stop” around your home. Is there nature near you?

### Prepare for your next Park visit.

- “ Practise with binoculars.
- “ Look for Park events you can take part in.
- “ Ask for the other booklets like this one.

# Time to turn back into a human — for now!

## Ready?

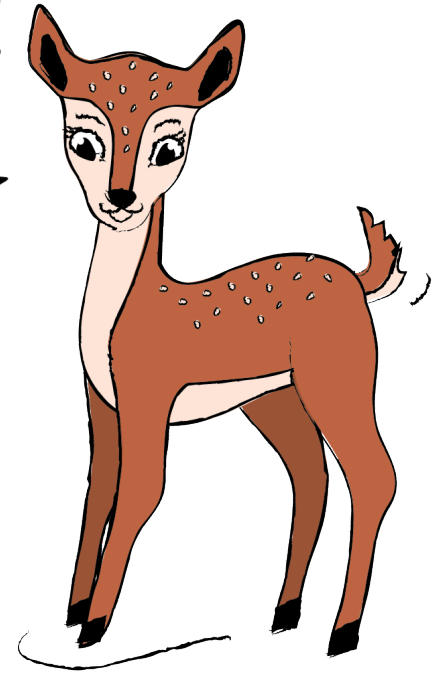
One.

Two.

Three.

A clap of the hands — and you're a human again!

*Would you like to stay a fawn forever?*



In case your friends don't believe that you really were a fawn during your adventures in Gatineau Park, you can ask a Park employee to sign your adventure certificate:

- ▮ at the Gatineau Park Visitor Centre, 33 Scott Road, Chelsea
- ▮ at the Mackenzie King Estate
- ▮ at the Philippe Lake registration kiosk

Or you can ask any Gatineau Park employee.

# DIPLOMA



To all doubters, scoffers, bemused friends and relatives:

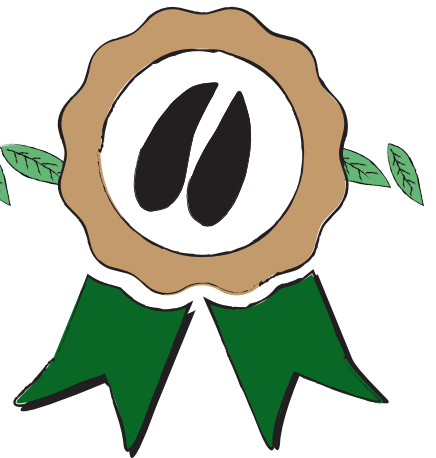
**Be it known that**

-----  
Name

**REALLY TRULY WAS THE AVATAR OF A FAWN  
ON AN ADVENTURE IN GATINEAU PARK**



Signed by a Gatineau Park representative:





COVER ANIMAL – PEREGRINE FALCON

## DID YOU KNOW?

The peregrine falcon is best known for its diving speed during flight — which can reach more than 300 kilometres per hour — making it not only the world’s fastest bird, but also the world’s fastest animal. The peregrine falcon feeds mainly on smaller birds. It builds its nest on cliffs where it can perch. This species at risk has made a comeback. Each year since 2010, the Park’s student biologists monitor its presence to ensure that Gatineau Park is contributing to the protection of this amazing raptor.



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**Gatineau Park Visitor Centre**  
33 Scott Road | Chelsea QC J9B 1R5  
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