

MOUNT REVELSTOKE AND GLACIER NATIONAL PARKS



ABOUT THE PARKS:

Mount Revelstoke National Park is a place of contrasts. From dense old-growth rainforest of giant cedar and pine, travel up through subalpine forest, and finally alpine meadows and tundra. Marvel at the spectacular view of the ice-clad peaks of the Monashee Mountains and, to the east, the Selkirk Mountains. The Giant Cedars hiking trail takes you through a stand of ancient Western Red Cedars, and the Skunk Cabbage trail introduces you to jungle-like wetland, a birder's paradise.

Glacier National Park protects, for all time, a portion of the Columbia Mountains Natural Region, in the interior wet belt of British Columbia. The steep, rugged mountains, warm, moist climate and wide variety of plant and animal life are typical of this natural region. The park protects unique stands of old-growth cedar and hemlock and critical habitat for threatened and endangered wildlife species such as the mountain caribou, mountain goat and grizzly bear.

HOW TO BOOK A VISIT:

To book a visit, call 708-992-2968 or email revglacier.reception@pc.gc.ca.

THE PROGRAMS:

ON THE ROCKS

Students will explore the summit of Mount Revelstoke in order to better understand the ways in which water and ice shape the local landscape. A model of the watershed will assist them to better understand the changes at a landscape level.

CURRICULUM CONNECTION:

Grade 8 Science

- A4: use models to explain how systems operate
- D2: describe how water and ice shape the landscape
- D3: describe factors that affect productivity and species distribution



Parks
Canada

Parcs
Canada





WILDERNESS WRITING

In a wilderness setting, students will be presented with examples of nature writing. This will be followed by written exercises, which will allow them to explore the human relationship with nature.

CURRICULUM CONNECTION:

Grade 8 Writing and Representing

Purposes (Writing and Representing)

- C1: write meaningful personal texts that explore ideas and information to: experiment, express self, make connections, reflect and respond, remember and recall

SNOWSHOEING

Safe winter travel and preparedness will be the main focus of a snowshoe hike. Students will travel on trails, and participate in active and cooperative games. See below for worksheet.

CURRICULUM CONNECTION:

Grade 8 Physical Education

- A6: participate daily in moderate to vigorous physical activity to enhance fitness
- A7: demonstrate a willingness to participate in a wide range of physical activities, including individual and dual activities
- B5: relate activity-based movement skills to movement concepts, including body awareness (e.g., parts of the body, weight transfer) spatial awareness (e.g., personal and general space, directional, pathways, levels, planes) qualities of movement (e.g., speed, force, flow) relationships (e.g., to people, to objects)
 - Identify environmental factors when planning and participating in physical activities in an outdoor setting
 - Plan and participate in activity-specific motor skills in a variety of alternative environments
 - Plan and participate in an outdoor experience
- Identify and use survival skills in a variety of environments



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ART IN THE PARK

In a wilderness setting, students will explore a variety of art pieces by different nature artists. Students will develop an art piece, which will reflect their relationship with nature.

CURRICULUM CONNECTION:

Grade 8 Arts

- compare a variety of images of a given subject in different media, styles, techniques, and so on
- develop and make images using a variety of design strategies and sources of imagery, individually and in combination
- demonstrate an awareness of the meanings and purposes of images within a variety of contexts



SNOWSHOEING PREPAREDNESS WORKSHEET

Name **2 people** that you would tell where you are going, and when you plan to return:

What **day** and what **time** do you plan to return:

Day: _____ Time: _____

From the list below, **circle 11 items** that you would carry because they are **essential** for **SAFETY** on a winter snowshoe hike:

- | | | |
|--------------------------|-------------------|--------------------|
| Headlamp | ipod | Extra warm clothes |
| Thermos | Waterproof jacket | First Aid Kit |
| Pocket Knife | Story book | Binoculars |
| Sunglasses | Radio/Cell phone | Whistle |
| Teddy Bear | Water/Food | Repair kit |
| Deck of cards | Matches/Lighter | Camera |
| Large orange plastic bag | | |

What kind of clothes would you wear on a winter snowshoe hike?

Draw clothes on the stick figure below and label them describing what types of clothes are important for a winter snow shoe hike. Consider types of fabric as well as types of clothes.



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SNOWSHOEING SCENARIO 1

There's a group of 4 or 5 of you. You decide to go snowshoeing on the Five Kilometre Loop. You get dropped off at the trailhead, and you plan to hike back to your home in town by 5pm. There is a lot of fresh snow on the trail, which makes it hard and slow to walk. There are no tracks to follow. You travel for a long time, enjoying yourselves, when suddenly you realize you are lost.

If you **don't** have a cell phone, what would you do?

What **equipment** would you want with you?

If you have a cell phone that works, **what phone numbers** would you want?

Do you have any other considerations or concerns in how to deal with this scenario?





SNOWSHOEING SCENARIO 2

There's a group of 4 or 5 of you. You decide to go snowshoeing on the Five Kilometre Loop. You get dropped off at the trailhead, and you plan to hike back to your home in town by 5pm. There is a lot of fresh snow on the trail, which makes it hard and slow to walk. There are no tracks to follow. You travel for a long time, enjoying yourselves, when suddenly the tallest member in your groups falls and breaks their lower leg.

If you **don't** have a cell phone, what would you do?

What **equipment** would you want with you?

If you have a cell phone that works, **what phone numbers** would you want?

Do you have any other considerations or concerns in how to deal with this scenario?

