

SELF-GUIDED INTERPRETIVE WALK

The interpretive trail has twelve stops. Each number on the map corresponds to a numbered post along the trail and a description in this brochure. The stops highlight some of the features that make Sunnyside a unique urban oasis.

LEGEND

Nature Trail	Waterpark	Bike Park
Interpretive Trail	Washrooms	Forest
	Parking	Nature Reserve



FOLLOW ALONG WITH YOUR MAP

1

Nature's Archway

This native Vine Maple is characteristic of our forest and is abundant throughout the Urban Forest. Look for them as you walk and you will see that these multi-stemmed trees pepper the forest and often arch over the path. In the fall their soft green leaves transform into oranges, reds and yellows adding another level of beauty to the Urban Forest.

2

Important Understory

The forest understory, which consists of the plants growing below the trees, plays an important role in a forest and is invaluable to its wildlife inhabitants. Birds and small mammals use these plants as a source of food, a place to nest and raise their young and as a protected shelter against predators. Red elderberry, thimbleberry and trailing blackberry highlight this area.

3

Rotten Roots

In 2004, trees were removed in this area to contain a tree disease called laminated root rot, which attacks and spreads through the roots of Douglas-fir trees, causing the trees to rot and die. The removal of these trees has increased the amount of light reaching the understory and enabled plants, such as salmonberry to flourish in the open spaces. Dark-eyed juncos, chickadees, wrens and other birds inhabit this dynamic ecosystem.

4

Berries for the Birds and Beyond

Huckleberry bushes are scattered throughout the Urban Forest and provide food for a variety of different animals in the form of its small, bright red berries. Animals that depend on it in the Urban Forest include black-tailed deer, banana slugs, deer mice and spotted towhees. Usually found growing on old stumps and fallen trees, look for them as you walk and see all of the different places they grow.

5

A Forest Nurse

This tree stump has taken on a new role and is as valuable now as it was when it was a live tree; it is now a nurse stump. A nurse stump is a stump that has been left to decompose in place and adds greatly to the surrounding ecosystem. It provides nutrients to the soil and is a great place for many plants, such as huckleberry, vine maple and ferns, to grow on. How many of these stumps can you see on your walk?

6

A Legacy from the Ice Age

Just in behind here is a large boulder covered with moss and licorice ferns. How did it get here? It likely came from the Coast Mountains and was carried by the glacier that once covered this area. As the glacier retreated the boulder became too heavy to be carried and was dropped in place. These 'glacial erratics' can range from small rocks to boulder size and beyond!

7

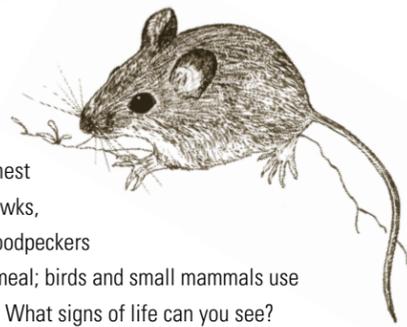
Did you know that this cut stump is still alive?

When a tree is damaged it seeps sap and a callus forms to prevent further sap loss. The callus grows and covers the entire wounded area. This cut stump has built a callus, which shows it is still alive. Where does this stump get its energy? The stump is able to obtain energy from its roots, which are taking energy from the roots of a nearby tree. In effect, it is a parasite.

8

Wonderful Wildlife Trees

Standing dead trees, or wildlife trees, are a valuable part of a forest. Loose bark and rotting wood allow small birds and bats to nest underneath. Predators, such as owls and hawks, utilize perches as lookouts as they hunt. Woodpeckers excavate holes trying to capture their next meal; birds and small mammals use the holes they leave behind as safe habitat. What signs of life can you see?



9

Living on the Edge

A habitat is an area that provides an animal with its food, shelter from extreme weather and protection from predators. When one habitat meets and blends into another it creates a special type of habitat called edge habitat. Edge habitat is one of the most diverse types of habitats found and boasts more animals and plants than its counterparts. In the Urban Forest an edge habitat exists where the root rot area meets the unaffected forest. To see where this edge habitat is, look up; the area unaffected has tall trees blocking the sky, whereas the cleared area does not.

10

If a Tree Falls in a Forest...

...it becomes valuable plant and wildlife habitat. This tree fell due to a combination of hardpan clay soil, shallow roots, its weight and likely a strong wind. Once it fell its role in the forest transitioned and it became habitat for plants and animals that might not have otherwise used it. Given time more plants will inhabit it and animals, mainly small mammals, will continue to use it as protective shelter.

11

A Cut Above

This stump is remnant of the logging that took place within the Urban Forest in the early 1900's. The rectangular notches on the sides are characteristic of the way in which trees used to be cut down. Loggers would put boards in the notches to stand on while using giant handsaws to cut down the tree; now that's a lot of work! Most of these stumps are now nurse stumps and are found throughout the Urban Forest.

12

Seeing the Forest and the Trees

Look around, what do you see? The Urban Forest is made up of all of the components you have seen on the walk working together in a delicate balance. Sunnyside Acres Urban Forest is complex, dynamic and home to an abundance of wildlife.

