Hello! Would you like to become a Park Explorer just like Frankie Fox? Complete the activities in this booklet to discover more about Manitoba’s provincial parks and the great ways for you to explore the outdoors. Once you are done, fill in the back page and return the book to become an official Park Explorer!

What are your three favourite things to do in a park?

1) 
2) 
3)
Plight of the Piping Plover

Piping Plovers face many dangers on the beach during the summer. Help the Plovers get safely to their nest—avoid the dangers along the way.

The Piping Plover is an endangered shorebird that nests on the shores of Lake Winnipeg, on the same beach you and I enjoy. Learn what the Piping Plover looks like by colouring the picture below.

Story Time: Ancient Waters

Use the words provided to fill in the blanks and complete the story of how the landscape of Grand Beach was formed thousands of years ago.

Words to use:

kilometres  
Agassiz  
21  
ice  
sand  
Ancient Beach  
glacier  
boulders  
Winnipeg

Over 12,000 years ago all of Manitoba lay buried under a giant mountain of __________, called a ______________. The ice that covered Manitoba was several _________________ thick. As the ice moved across the land it pushed ____________, and the melt waters brought white _____________. When the climate began to warm, the glacier retreated and left behind a giant glacial lake, known as Lake ______________. At its peak the ancient lake was _______________ metres higher than the present day Lake _______________. 8,000 years ago the ancient lake drained, but the ancient shores can still be seen on ____________________________ hiking trail.
True Colours

The word amphibian mean ‘double life’, frogs and toads lead a double life on land and in the water. Amphibians, like frogs and toads, are indicator species, which mean their presence and health can tell us about the overall health of the environment in which they live. Grand Beach is home to many species of frogs and toads that are in decline around the world. Learn to identify the frogs and toads of Grand Beach to be able to keep your eye on the health of the wetlands. Frogs and toads can be identified by sight and sound, colour the amphibians below, read their call sounds and fill in the blank if you see or hear them around the park.

Name: Spring Peeper
Colour: Rusty to gray-yellow. Dark markings on back and across eyes.
Habitat: Moist forests.
Song: Single, loud, high pitched peep repeated over and over.
Places I have seen/heard this frog:

Name: Northern Leopard Frog
Colour: Green with black spots outlined with yellow.
Habitat: Everywhere, these are very mobile frogs
Song: Sounds like snoring
Places I have seen/heard this frog:

Name: Canadian Toad
Colour: Brown, grey-green or reddish. Red warts surrounded by black spots.
Habitat: Wooded and grassy areas near lakes and ponds.
Song: Brief harsh trill, longer call then the gray treefrog.
Places I have seen/heard this toad:

Name: Gray Treefrog
Colour: Gray, brown or bright green, with dark blotches on back.
Habitat: Wooded areas, these frogs sometimes live in hallows in trees.
Song: Short flutey trill
Places I have seen/heard this frog:
Welcome to Bear Country!

Grand Beach is home to many wild animals, including the Black Bear. While in bear country we must be respectful of these magnificent animals, a clean campsite will keep the bears away and will keep you and the bears safe. Items or odours that attract bears are called attractants. Circle the 7 bear attractants in the picture below to show that you are BearSmart. Can you think of any other attractants that are not in the picture? Write them down.

Sand Dunes

The sand dunes of Grand Beach are a very fragile environment. The dunes at Grand Beach have developed over thousands of years but can be damaged in a very short time. Do your part to protect this delicate ecosystem. For each of the activities below circle the ones that help protect the sand dunes and mark with a X the ones that will harm the dunes.

- Walking on the plants that grow in the dunes.
- Driving ATVs on the beach.
- Pulling plants out of the sand.
- Biking through the sand dunes.
- Walking on designated paths.
- Removing sand from the beach.
The world has now lost 70 percent of its wetlands. Wetlands are important ecosystems because they clean out pollution in the water and are home to many plants and animals. However, they need our help. Please return the plants and animals to the wetland by finding them in the word scramble below.

Words to Find

- Marsh Marigold
- Merganser
- Mink
- Mudpuppy
- Muskrat
- Otter
- Painted Turtle
- Pelican
- Dragonfly
- Duckweed
- Freshwater Shrimp
- Great Blue Heron
- Leopard Frog
- Algae
- Black Bear
- Water Mite
- Whirligig Beetle
- Wood Duck
- Bulrush
- Caddisfly Larvae
- Cattail
- Arrowhead
- Caddisfly larvae
- Damselfly nymph
- Reed Grass
- Red Winged Blackbird
- Tadpole
- Water Lily
- Beaver
- Blue Spotted
- Salamander
- Mallard
- Snail
Fishy Business

This fish is an exotic species, which means it is not native to Manitoba's waters. This fish was introduced into Manitoba in the late 1800s for sport fishing. However, it can be destructive to wetlands, as the fish thrashes around in the reeds and destroys valuable plants that support other wetland animals. Connect the dots to find out what fish you have caught.

Waves of Time

Grand Beach has been a social gathering place for recreation since the early 1900s. Use the code below to discover some of the things the first visitors did while at Grand Beach.

| a b c d e f g h i j k l m n o p q r s t u v w x y z |
| 5 8 3 13 6 14 22 4 2 25 10 7 1 12 21 24 20 26 17 9 11 18 16 23 19 15 |

Long before the highway was built, travelers came to Grand Beach by __ __ __ __ __. At one time the train arrived at 9 26 5 2 12.

Grand Beach every __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ ______
Across
6. Stick to the designated trails around the sand dunes and avoid walking on these.
7. This endangered bird nests on the shores of Grand Beach.
8. Keep these out of your campsite and you will be BearSmart.
9. The type of bear that makes its home at Grand Beach.
11. You can tell this bird of prey in flight by the ‘m’ shape of its wings.
12. The last train to leave Grand Beach each night.

Down
1. The carp were once prized for sport fishing but can destroy vital _________ habitat.
2. An amphibian whose call sounds like snoring.
3. A special adaptation that birds of prey have which they use for catching their food.
4. Piping Plovers’ legs are this colour.
5. A plant that grows in wetlands and helps filter water.
10. This ancient lake once covered most of Manitoba.

Need a Hint! All the answers are hidden in your booklet.

Ask an Interpreter!

Do you have a question for a park interpreter about a plant that you saw during your visit? Send us your questions and we will answer them and send it back with your completed booklets.

My question is:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Check off the boxes of each activity you have completed. Return the completed booklet to receive your official pin and certificate. (Your book will also be returned to you.)

Did you enjoy doing this activity book? If so, you can do other Junior Naturalist / Park Explorer books at the following locations:

Whitewater
Spruce Woods
Birds Hill
Hecla
Grand Beach

Completed booklets can be returned to campground offices, park interpreters or mailed to the address below:

Park Explorer Program
Head of Interpretation
Parks and Natural Areas
200 Saulteaux Crescent
Winnipeg, MB, R3J 3W3

YOU ARE ALMOST AN OFFICIAL PARK EXPLORER!

Child’s Name ________________________________
Address ________________________________
City ______________________________________
Province ______________________________________
Postal Code ________________________________

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