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### For further information read:

- Natural History of Stanley Park, Vancouver Natural History Society, 1988.
- Great Blue Heron Colonies, L. Scott Forbes et al., Environment Canada, 1985.

WE HOPE YOU ENJOY YOUR WALK; IF THERE IS ANY WAY WE CAN MAKE THE WALK MORE ENJOYABLE PLEASE ...

Contact Lifeorce Foundation, Box 3117, Vancouver, BC, V6B 3X6

Phone (604) 299-2822

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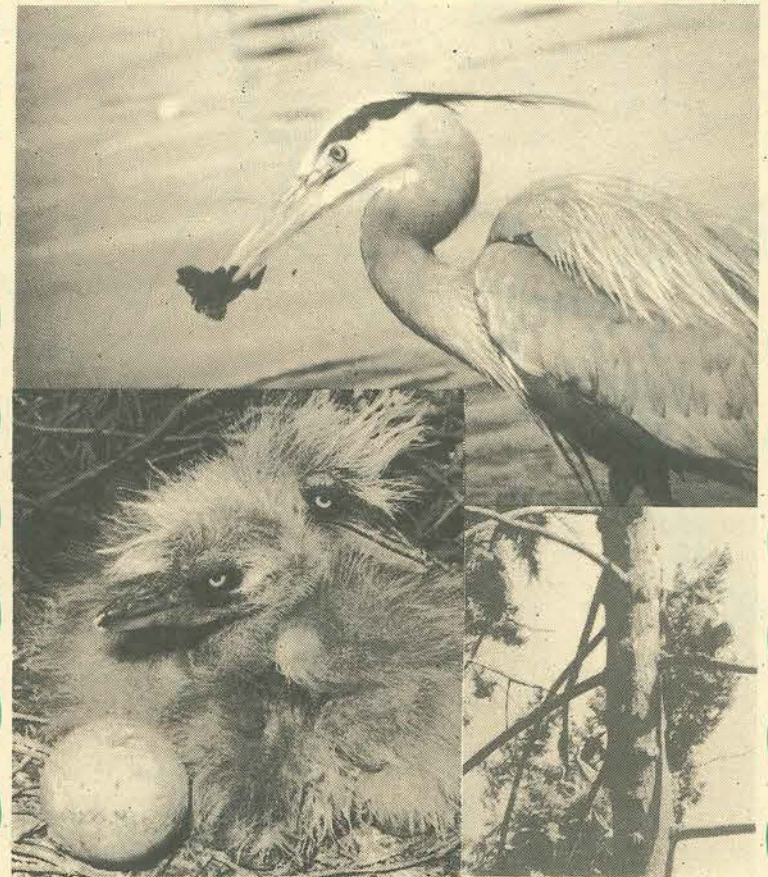
# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

1

### Great Blue Heron/Shoreline Walk



Great Blue Heron

## Stanley Park History

On May 12, 1886, the first resolution of Vancouver's first city council was to request that the Canadian government grant a military reserve, declared by the Royal Engineers (1863), to the city for a public park. The reserve was used for defense purposes and the tall trees were used for sailing mast poles. Ottawa decided on June 8, 1887 that this precious 1,000 acres (400 hectares) of forested peninsula could be used as park land, but would remain under federal government ownership. In 1889, Lord Stanley, Canada's Governor-General, dedicated Stanley Park "To The Use And Enjoyment Of People Of All Colours, Creeds And Customs For All Time." On November 1, 1908, the Minister of Militia granted a 99-year lease of Stanley Park to the City of Vancouver. Stanley Park was administered by city council until the appointment of a Park Commission in 1888. Presently, it is called The Vancouver Board of Parks and Recreation, and has an elected seven-member Board of Parks Commissioners.

A lease for Deadman's Island to be used as park land was granted in 1930, but on September 26, 1942 the lease was cancelled and Deadman's Island is now a military base.

In 1988, the Vancouver-based ecology organization, Liferforce, lobbied Environment Canada to designate Stanley Park as a historic site. In January 1989, the Minister of the Environment, Lucien Bouchard, declared Stanley Park a national historic site - to restore and preserve this area of historical, geological, archaeological and ecological importance for present and future generations.

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The park also provides a home and/or resting spot for at least 233 bird species including sea birds, herons, eagles, owls, jays, sparrows, ducks and geese.

Beautiful, interesting flora include ferns, mushrooms, and flowering plants. Old coniferous and deciduous trees with their undergrowth provide homes for many types of songbirds. There are 231 native plants and an unknown number of exotic plants.

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Statue of Lord Stanley

## Great Blue Heron/Shoreline Walk (2.6 km/1.6 mi)

The Stanley Park Great Blue Heron (*Ardea herodias*) colony has been known since 1921 when K. Racey (1921) reported 39 nests in a single spruce tree at Brockton Point. Racey suggested that the colony had been active previously judging from the amount of tree defoliation due to heron excrement. The colony has ranged in size from 20 to 40 nests and has probably shifted locations at least twice since 1921. The colony in 1981 spread from the Vancouver Public Aquarium parking lot to Malkin Bowl. In 1977 the nests were 27 to 34 m up in two Douglas fir trees. In 1981 the nests were 20 to 30 m up in two Douglas fir and five western red cedar trees.

Hérons from the Stanley Park colony forage at Burrard Inlet and probably elsewhere. Food items recovered at the base of trees with nests included Pacific staghorn sculpin, voles and shrimp. Gunnels are also a favourite food item found throughout the park.

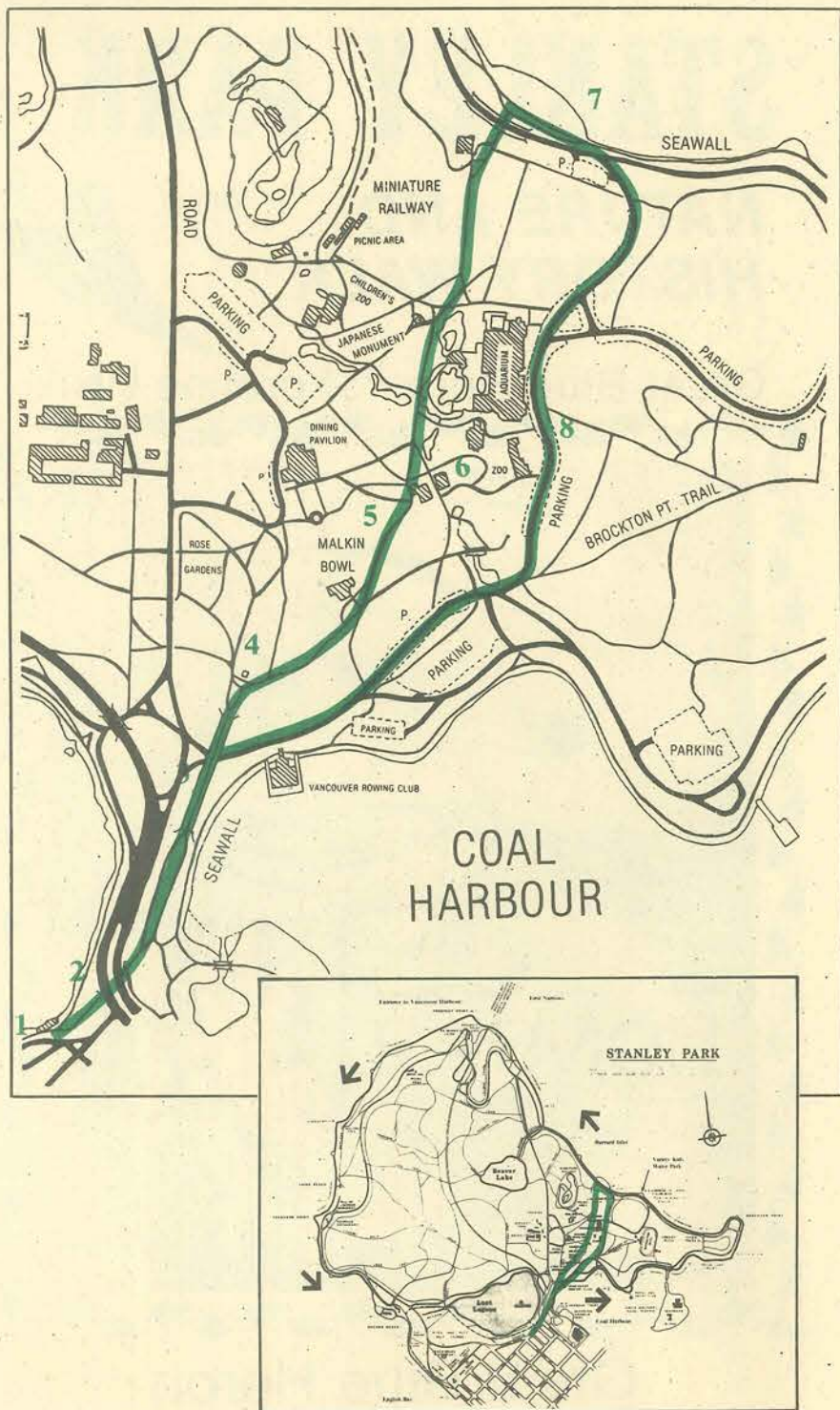
**ADULTS/YOUNG:** This bird is about four feet long and has a wingspan of up to 2.13 m (7 ft). Above, the bird is blueish grey; below, white streaked with black. The crown is white, with a black crest; the sides of the head are black and the face is slate blue. The legs and feet are black. During the mating season, two feathers of this bird's crest become long and threadlike.

Hérons have elongated necks and legs. They fly with their necks bent in an "S" shape and with their heads supported between their shoulders. Their bills average eight inches in length and are sharp edged and pointed in order to spear food. Herons have four long, clawed toes on each foot, three of which are directed forward, and the fourth backward. The claw on the middle of the forward toes has a rough, conelike inner margin which is used in preening the heron's soft plumage.

(Continued Inside)

Cover: Since at least 1923 the magnificent Great Blue Heron has lived in Stanley Park. The twig nest provides a home in the heronry. Herons fish in surrounding waters.

Photographs from top clockwise: Adult Great Blue Heron (by Al Grass), Young in rookery (by Peter Hamilton), Great Blue Heron chicks (by Wayne Campbell).



### Great Blue Heron/ Shoreline Walk Highlights

- You can start the Great Blue Heron/ Shoreline Walk at the Lost Lagoon Bus Loop(1). Use the Causeway underpass (2), cross the Promenade (3) for pedestrians only, and then take the trail to the right of the statue of Lord Stanley (4), who dedicated the park in 1889.
- The first two heron rookeries that you will see are located just behind the Harding Memorial (5). There are seven nests in one tree and three nests in an adjacent tree.
- Further along the walk there is another cluster of nests in the Western red cedar in the enclosed duck pond area (6).
- After observing the herons in their homes you can watch them fish at the shoreline (7). Here they perch on rocks waiting to catch fish.
- If you don't catch them at feeding time in this area you can continue east along the Seawall where one may be sighted. (Additional sites of interests are described in the Seawall East Walk Guide 2).
- To return to the Lost Lagoon Bus Loop follow the road (8) back to the Promenade (3) and the Causeway underpass (2).

### Great Blue Heron/Shoreline Walk (Continued)

The clutch size ranges from one to eight pale blue eggs. The young are covered with white or yellow powder down at birth and bear little resemblance to the adult.

Two subspecies are recognized in the province. *Ardea herodias fannini* breeds along the coast, while *A. herodias* breeds in the Interior.

**RANGE:** The Great Blue Heron breeds from southeastern Alaska and coastal British Columbia east to the Gaspé Peninsula and Nova Scotia south to Mexico, the West Indies and Galapagos Islands. The heron winters from coastal British Columbia, central United States, and southern New England south to northern South America.

**STATUS:** Herons are sedentary and migratory. Residing on the coast, the bird is a widespread breeder to southern British Columbia.

**NONBREEDING HABITAT:** Great Blue Herons are widely distributed throughout the year along the coast (including Vancouver Island and the Queen Charlotte Islands), and throughout the interior south of latitude 52 degrees North.

Great Blue Herons are found in a variety of salt, brackish and freshwater environments. On the coast, they frequent sheltered and shallow bays, lagoons, inlets, coves, tidal mud flats, sloughs, marshes, rivers, and irrigation ditches. Jetties and log booms are frequently used as communal roosting sites. Solitary birds often roost in coniferous trees. In the B.C. interior, herons may be seen around lake shores, rivers, sloughs, marshes and ponds. On the southwest mainland coast and southeastern Vancouver Island, wet and dry agricultural fields are used for foraging. Birds have been recorded from sea level to 2,100 m elevation.

**BREEDING HABITAT:** Great Blue Herons mate in large groups called "heronries". On the coast, the Great Blue Heron breeds primarily along southeastern Vancouver Island, the southern Gulf Islands and the lower Fraser Valley, east to Hope. Isolated pairs breed near Prince Rupert, and the southern Queen Charlotte Islands.

Colonies are usually located in mature forests (deciduous, coniferous, or mixed) that are relatively free from disturbance and near suitable foraging areas. Occasionally, colonies can be

found in areas of high disturbance (e.g., Stanley Park and Sea Island). On the coast, they are usually situated on islands, or mainland sites near tidal mud flats. Inland colonies are usually situated on the banks of slow-moving rivers, sloughs, or marshy lakes.

**NESTS:** Nest-building begins in March on the coast and in April in the interior. Nests are large stick platforms up to 1 m in diameter and 38 cm in depth. The nest cup is a shallow depression lined with small twigs, bark strips, fresh evergreen boughs, or rushes. Fifteen species of trees have been used as nest sites. On the coast, red alder is the preferred nest tree; black cottonwood is the main species used in the interior. The most frequently used conifer in the province is Douglas fir.

A 1923 photograph taken at Brockton Point shows the 166-year old "Heron Tree" which was cut down in 1927. This tree had 23 nests with 80 young.

Existing Great Blue Heron sanctuaries must be preserved and protected because of the displacement of colonies by human activities and the toxicological effects of environmental contaminants magnified in the food web.

Information provided by Wayne Campbell



Great Blue Heron chicks

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- A Field Guide to the Shells of the Pacific Coast and Hawaii, P.A. Morris, 1966.

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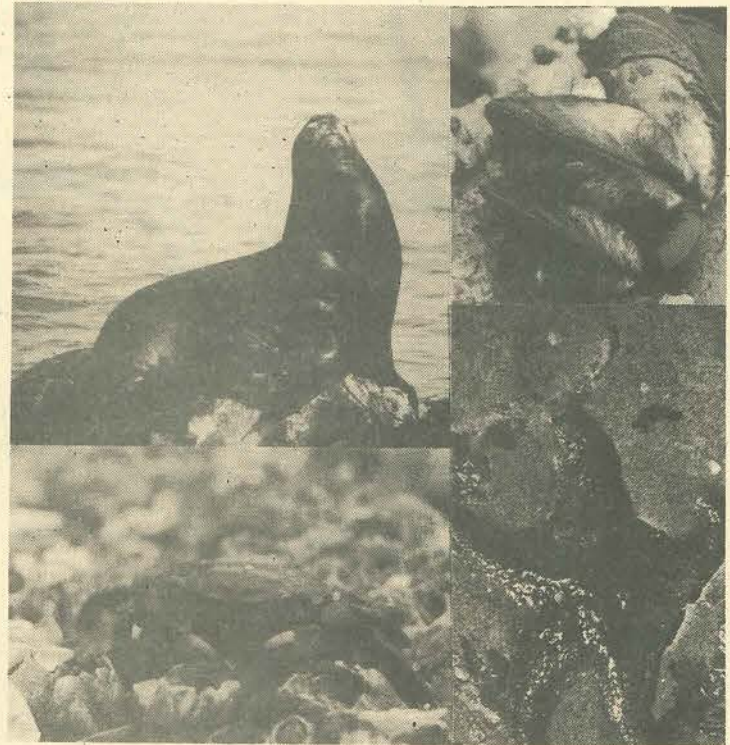
# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

### Seawall East Walk

2



## Marine/Intertidal Life

## Stanley Park History

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Statue of Lord Stanley

## Seawall East Walk (4.7 km/2.9 mi)

The total Stanley Park Seawall surrounds 8.9 km (5.5 mi) of shoreline to protect Stanley Park from the relentless forces of the sea. The Seawall was first recommended in 1918 by Park Superintendent Rawlings and was constructed over a 62-year period. If you

wish to walk the entire seawall you need both Guide #2 and #3. Sections of the seawall were built when funds were available. Funding came largely from the Federal government and The City of Vancouver with major contributions from private organizations such as the Alberta based Devonian Foundation.

For 32 years Master Stonemason James "Jimmy" Cunningham supervised construction. He died at the age of 85 in 1963 prior to completion of the seawall in 1980 (just northwest of Second Beach). Built by Depression gangs of relief workers, HMCS Discovery seamen assigned to punishment details, and others, it was constructed of granite blocks weighing up to 100 pounds and, in later years, concrete for capping and the outer curb, and stone taken from former old B.C. streetcar lines.

The Seawall East Walk gives you the experience of viewing a variety of birds and other marine life such as Harbour seals and sea lions. There are numerous historic sites including former pioneer villages, lighthouses and a former Native Indian village. You will also be able to enjoy a diversity of land and marine vegetation.

Interesting geological formations can be found along the walk. These include columnar joints, dykes, sandstone, sedimentary and igneous rocks.

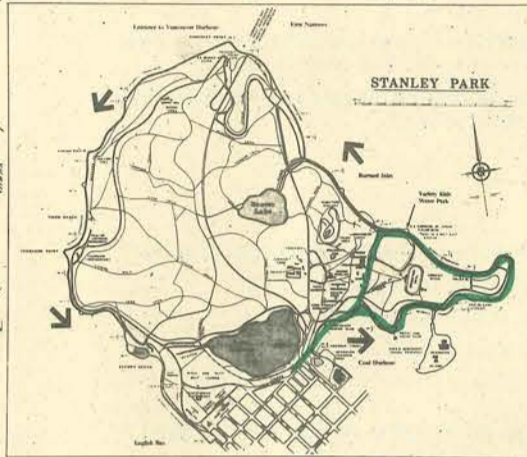
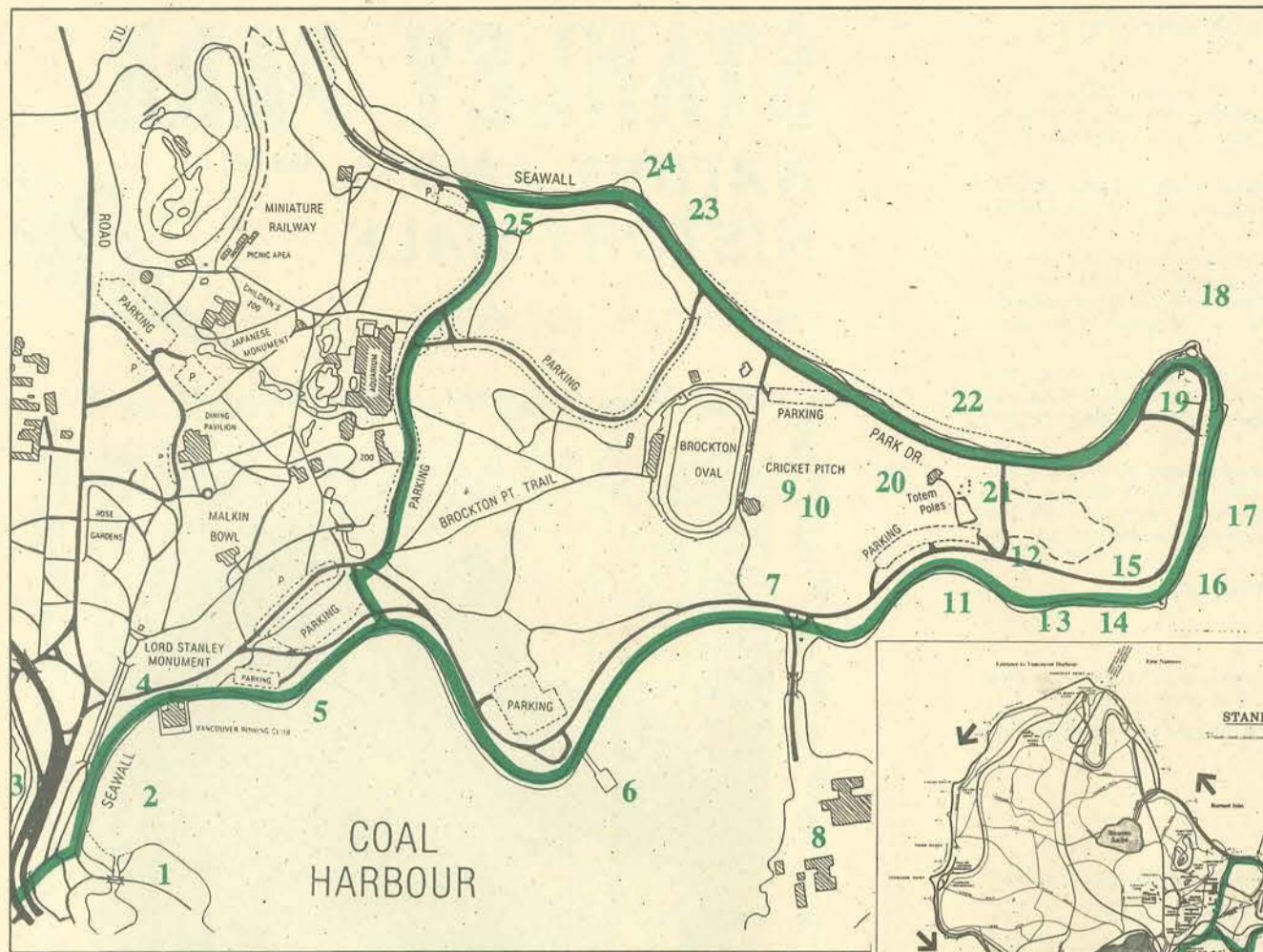
A good time to explore the beaches is at low tide following a heavy storm when it is sometimes possible to find deep water species such as snails and clams.



Seawall construction.

Cover: Marine and intertidal life is abundant in the waters surrounding Stanley Park.

Photographs from top left clockwise: California sea lion, Blue mussel, Leather star and Green shore crab (by Al Grass).



### Seawall East Walk Highlights

- When you start the Sea Walk East walk at the Lost Lagoon Bus Loop you will use the Georgia Street underground pedestrian walk which will take you to Coal Harbour (2) (name derived from coal deposits found on southern shore in the 1800s) with Devonian Park (1) on your right. The building of the causeway (3) on your left resulted in the creation of Lost Lagoon which had previously joined Coal Harbour (see Lost Lagoon Walk Guide #4).

- Coal Harbour is an excellent place to look for cormorants - both the larger Double-crested (with a yellow throat patch) and the smaller Pelagic.
- The resident bird in this area is the Northwestern Crow which feeds upon intertidal life exposed during low tide.
- In winter, rafts of ducks such as the American Wigeon may be seen feeding in the shallows. Throughout the year Great Blue Herons and Belted Kingfishers are seen fishing here. Kingfishers make spectacular plunge dives into the water.



1906 CVA ST.PK.P.301

- The first heritage building on this walk is The Vancouver Rowing Club (4) built in 1911. (The original was built in 1886.)
- Indian Middens (5) are found between The Rowing Club and The Royal Vancouver Yacht Club (6). Middens are mounds of refuse such as broken shells, fire ash, animal bones and chips or flakes of stone tools.

NOTE: Please do not remove or disturb these remains or the vegetation which protects the middens.

- Watch here in the spring and summer for two of our smaller gulls - the Mew Gull and the beautiful black-headed Bonaparte's Gull. The Common Tern is here between August and late October.

- The next historic site is where the present Royal Vancouver Yacht Club (6) stands. (The Club was given permission to be located here in 1905 and the original building was destroyed by fire in 1909). Numerous pioneers and Chinese pig farmers settled here in the late 1800s. A buffalo paddock was located on the site of the existing Yacht Club parking lot.

- There is another Indian Midden (7) where you can find grey and white pieces of broken shell mixed in with sooty soil.

Remember: Please do not remove or disturb these remains or the vegetation which protects the midden.

- You will pass Deadman's Island (8) which is not a part of Stanley Park. The Deadman Island/ HMCS Discovery is a military base.

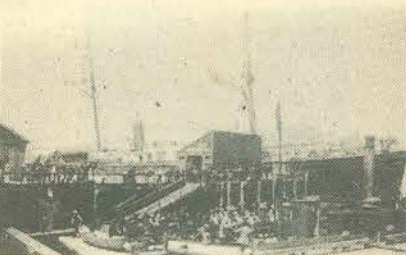
There was a battle for control and use of the land but in 1906 the federal government was affirmed ownership. In 1942 the land was transferred to the Department of National Defense.

- Brockton Point, named after Mr.F.Brockton, senior engineer aboard the HMS Plumper, is only the easternmost tip of the park peninsula but most people consider the point to be the entire area which was officially opened as the Brockton Point Athletic Club, July 1-3, 1891. This includes the cricket pitch (9) and club house (10).



1894 CVA ST.PK.P.96

- Fisherman's Cove (11) was once a village occupied since the 1860s and the site of a sawmill. Many of the settlers were evicted during the "Squatter Eviction" trials of the 1920s.
- Passing the Brockton Point Cut-Off (12) you will arrive at Hallelujah Point (13) where a monument was erected to commemorate the Salvation Army's picnic and meeting area where cries of "Hallelujahs" were heard throughout the area.



- A ferry landing (14) for Brockton Point sports events was also built by August 1890.

- The Pioneer Cemetery (15) was the first in the region which expanded from The Nine O'Clock Gun (16) to the Lighthouse (18). The present road was built through the approximately 200 grave sites.



CVA ST.PK.P.121

- The Nine O'Clock Gun (or Time Gun) (16) is fired electrically each night at 9 pm. The gun was first installed close to the present site in 1894. It was made of tin, copper and antimony, cast in England in 1816 and brought to Vancouver aboard the HMS Plumper.
- The HMS Egeria Benchmark (17) is the area, partially enclosed by a chain, with a plaque stating that this spot was used as a reference for this surveying ship in 1898.



CVA ST.PK.P.275

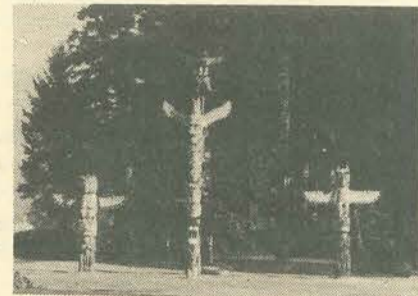
- The Brockton Point Lighthouse (18) was first built in 1890. The original building was made of wood.



1931 Van.Sc.P.14

- Brockton Point is an excellent place to look for sea ducks such as Barrow's Goldeneye, Oldsquaw and Surf Scoters. The Red-breasted and Common Merganser are two beautiful fishing ducks with the male Harlequin Duck diving here for crabs, chitons or snails while the female raises the family in nearby mountains.

- Here the ebbtide flows quickly and standing waves, formed by the friction along the sea floor, break again and again while the Glaucous-winged Gulls watch for stirred-up food particles.
- At low tide you will find beds of bull kelp which provide food and shelter for small marine animals including crabs and fishes.
- In the springtime the large maples are covered with insects which attract warblers. Lady fern, foam flower and western swordfern are also found here.
- The Chehalis Monument (19) commemorates a 1906 tragedy when the Union Steamship Line's tug Chehalis exploded when hit by CPR's Princess of Victoria and nine people drowned.



Peter Hamilton

- The Totem Poles (20) were erected by 1924. There are seven poles and a shed that house two Indian Canoes. The "Homultchison" canoe may be up to 150 years old.



Peter Hamilton

- The Petroglyph Rock (21), found in 1923, was carved with numerous designs by Indians. Parks Board Chairman W.C. "Bill" Shelley donated it after a difficult 1926 move from the B.C. interior. (The plaque is inaccurate.)

- Harbour seals and Steller's sea lions can be found in the kelp beds offshore (22). Harbour seals are native to the area while the sea lion migrates from more southern waters in the U.S..

- The Girl in a Wetsuit (23) bronze statue was bolted to a seaside boulder in 1970. The artist was Elek Imredy.

- The Empress of Japan Figurehead (24), is a replica of the original figurehead which was donated by R.W. Brown, the editor of The Province newspaper, in 1927.

- In May 1984 the Vancouver Natural History Society's study of intertidal organisms at Figurehead Point beach found a total of 149 taxa - the majority of which were small worms and crustaceans.

- More Indian Middens have been found in this area (25). Dozens of human skeletons were uncovered along and under the site of the present Park Driveway for the next 500 meters (1/3 mile).

- Double-crested Cormorants may appear here, displaying their agile swimming ability to catch fish while submerged for 40 seconds and to a depth of 45 meters. The western terrestrial garter snake hunts for fish such as Tidepool sculpins in the tidal pools.

- The "black zone" along parts of the seawall at the high tide level is produced by a marine lichen.

- In the shell sand, detailed, colorful seashells with snails and limpets can be found.

- If you didn't decide to take both Seawall East and West Walk, your return to the Lost Lagoon Bus Loop is quickest along the road shown on the map but more pleasant through the trails also shown on the map. Along the trails there is the chance of encountering a "roving" flock of small birds. Try "pssshing" to bring them closer. The social band usually consists of Black-capped and Chestnut-backed Chickadees, Golden-crowned Kinglets, Red-breasted Nuthatches and perhaps a Brown Creeper.

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- A Field Guide to Western Birds-3RD Edition Field Guide to Trees of Britain and Europe, Allan Mitchel.

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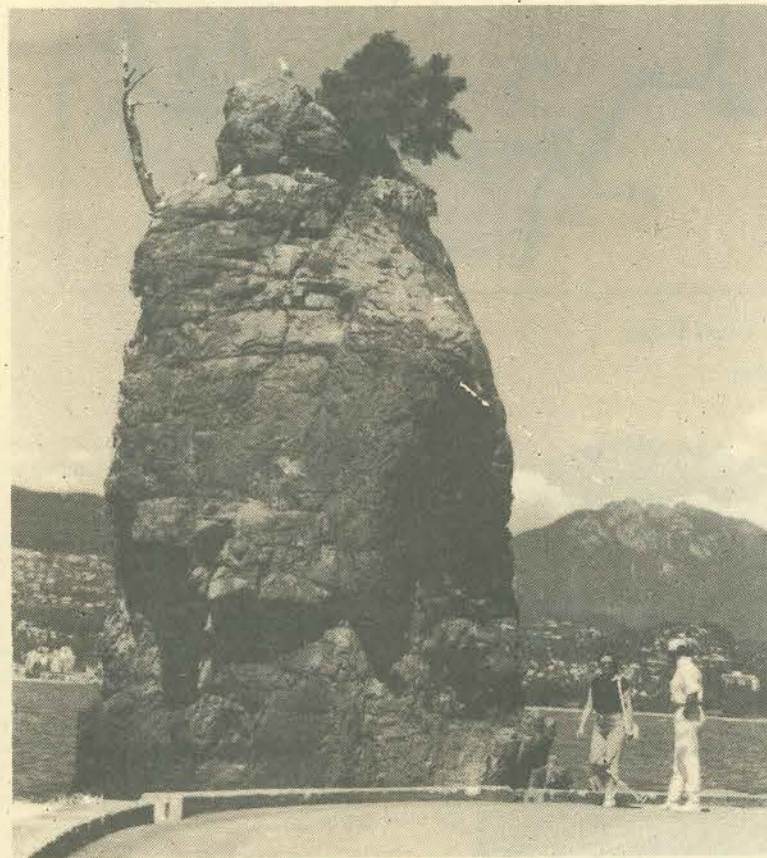
# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

3

### Seawall West Walk



Geology

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Statue of Lord Stanley

## Seawall West Walk (7 km/4.3 mi)

The Seawall West Walk will take you past sites of past Indian dwellings and camps, a lighthouse, picnic grounds, an internationally famous seabird colony, lava flows, Squamish and Musqueam Indian funeral sites, a salmon spawning stream, sandy beaches and many more natural and historic sites.

The total Stanley Park Seawall surrounds 8.9 km (5.5 mi) of shoreline to protect the park from the relentless forces of the sea. The Seawall was first recommended in 1918 by Park Superintendent Rawlings and was constructed over a 62-year period. If you wish to walk the entire seawall you need both Guide #2 and #3. Sections of the seawall were built when funds were available. Funding came largely from the Federal government and The City of Vancouver with major contributions from private organizations such as the Alberta based Devonian Foundation.

For 32 years Master Stonemason James "Jimmy" Cunningham supervised construction. He died at the age of 85 in 1963 prior to completion of the seawall in 1980 (just northwest of Second Beach). It was constructed by Depression gangs of relief workers, HMCS Discovery seamen assigned to punishment details, and others. It was built of granite blocks weighing up to 100 pounds and, in later years, concrete for capping and the outer curb, and stone taken from former old B.C. streetcar lines.



Seawall construction.

The Seawall West Walk gives you the experience of viewing a variety of birds and other marine life such as Harbour seals and sea lions. There are numerous historic sites including former pioneer villages, lighthouses and a former Native Indian village. You will also be able to enjoy a diversity of land and marine vegetation.

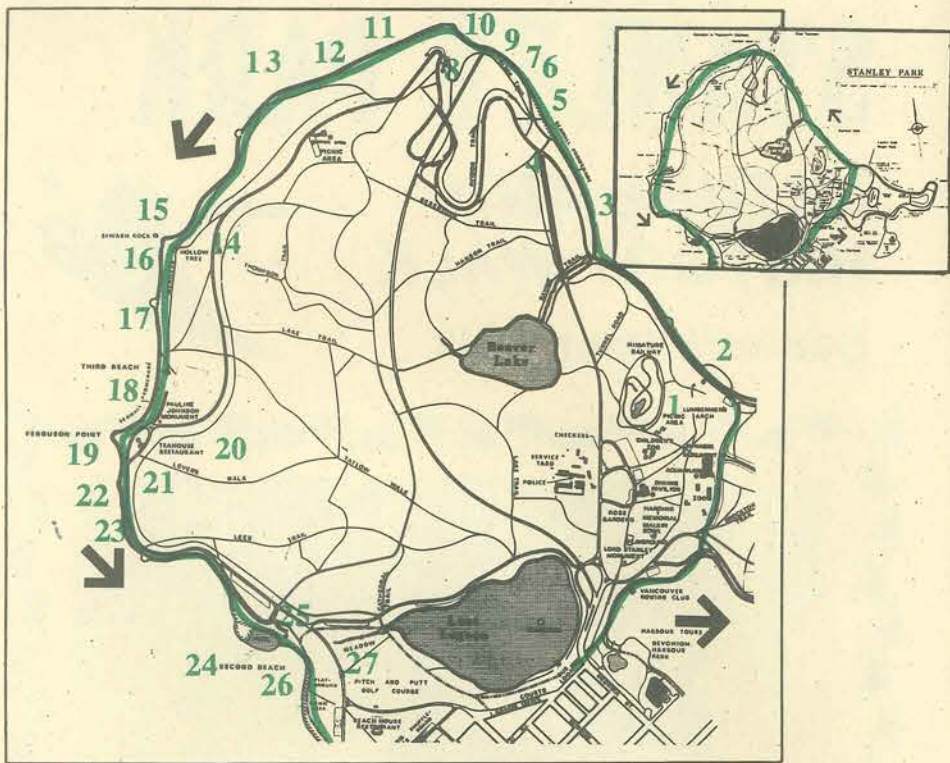
Interesting geological formations can be found along the walk. These include columnar joints, dykes, sandstone, sedimentary and igneous rocks.

A good time to explore the beaches is at low tide following a heavy storm when it is sometimes possible to find deep water species such as snails and clams.

Cover: Various types of geological formations can be seen while walking along the seawall.

Photograph: Siwash Rock (by Peter Hamilton).





## Seawall West Walk Highlights



1940 Arch.P.41 BOP.91

• The Seawall West Walk starts at Lumbermen's Arch (1). To get there we recommend that you start at The Lost Lagoon Bus Loop and walk in.



After 1912 CVA ST.PK.P.80

- In the 1860s, Lumbermen's Arch (1) was a Squamish Indian settlement called Whoi-Whoi or Xway-Xway. It had been used by Indians for approximately 500 years. During the 1888 road building, numerous Indian skeletons were discovered. There is an Indian midden below the grass and trees throughout this area.
- In 1905 there was a deer paddock here. And in 1911 the Esplanade was driven through. By 1913 the Lumbermen's and Shinglemen's Society named the "Bowie Arch" after designer George Bowie.
- The present Variety Club playground (2) was once the site of a swimming pool completed in 1932.
- This is a good place to test your bird I.D. skills - watch for Red-throated and Common Loons, Horned and Red-necked Grebes, gulls and many more.
- At the mouth of Beaver Lake Creek (3), which drains Beaver Lake, you will find wintering waterfowl such as Barrow's Goldeneye (1000) and Surf Scoters (1000). A family of Common Mergansers is also seen here. This is even a good place to watch Great Blue Herons fish for gunnels (eel-like fish).
- Here in the drip mats where seepage dampens rock faces, cascading blooms of yellow monkey-flower and small-leaved montia flourish.
- In 1880 a small logging outfit moved its boom here. The exposed rock is sedimentary.



1900 CVA ST.PK.P.315

• A number of Indian dwellings and hut-like tombs built on stilts in this area called were Chaythoos (4), an Indian word meaning "high place" or "high bank". This was also the location of the waterworks care-taker's house in which there was a large valve used to regulate the water-flow from Capitano to Vancouver.

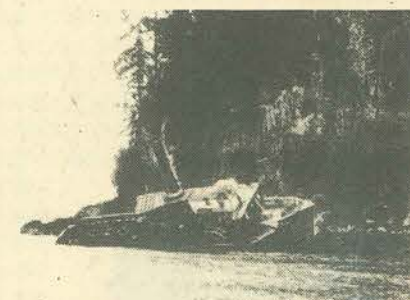
- Above the seawall are outcrops of sandstone (5) with dark lines slanting east to west called "cross-beds".
- The "black zone" at the high tide level along the seawall is a marine lichen.
- Western terrestrial garter snakes hunt in the tidal pools for fish. Between the rocky cliffs and Second Beach Pool you may find the adult northern alligator lizard which is tan or grey-brown while the young have blackish sides and a coppery colored back.
- Western Grebes and Pigeon Guillemots fish in the tidal rapids here.
- The south abutment for Lion's Gate Bridge (6), which cost six million dollars to build in 1938, is set in sandstone. Tidal currents and bridge traffic have weakened the foundation and steel pilings have been added to improve its strength.

- Walking past the ship's beacon (7) you reach Prospect Point (8). Over the years it has been called South Head, Calamity Point, Observation Point and Prospect Bluff. It is the highest point of land in Stanley Park, measuring 64.3 m (211 ft) above sea level. Prospect Point cliff (20 m) is an igneous, intrusive rock called andesite. The perpendicular wall of volcanic columns, called "columnar joints", formed cracks at a right angle to the cooling surface of volcanic magma. This is an andesite dyke.
- Indian legends say that there are caves here that cannot be entered by mortals. In one cave there is the "Rainmaker", Si Atmuth, who controlled the rain by opening and closing his lodge door on Prospect Point.
- Two different Indian legends tell us that the rock "Sunz" (9) was either the wife of the Indian who became Siwash Rock (later on the walk) or a woman who was punished by the gods while washing her hair (the rock's extension).



"Sunz"

1937 CVA ST.PK.P.91



BOP.91

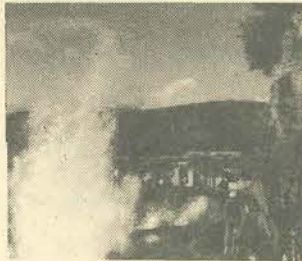
• Next at The Prospect Point Lightstation (10) was the site where the first steamship on the Pacific coast, the S.S. Beaver, ran aground on July 26, 1888. Only a few parts were salvaged (the wheel is at the Vancouver Maritime Museum) and several years later the boat sunk in deeper waters. In spite of the necessity, there wasn't a lighthouse in operation until October 2, 1898.



Al Grass

- The sea bird colony (11) recognized by a strong stench of guano, is comprised of Glaucous-winged Gulls, Pelagic Cormorants (60 nests) and Pigeon Guillemots (about four pairs).

NOTE: The protection of sea birds is very important since the health of sea bird populations is a measure of the general health of the marine environment.



Peter Hamilton

- On a windy fall or winter day the waves break along this part of the seawall and send water up to 20 feet in the air. Be careful you don't get wet.



Peter Hamilton

- A dark grey and brown Eocene sandstone cliff (12), deposited in the late Cretaceous time (before 66 million years ago), is almost continuous to Siwash Rock (15).
- When approaching you will see large rounded lumps that show dark brown stains when dry. These are called "concretions" (13), formed when water cemented sand with iron oxide.



Peter Hamilton

- In both World Wars the western heights and the bluffs were used for military purposes. The site of a W.W. II searchlight (14) can be seen as you approach Siwash Rock (also see Bluffs Walk Guide 6).
- On early maps of 1864, the spectacular volcanic "Siwash Rock" (15) was referred to as "Nine Pin Rock" because of its resemblance to a bowling pin. Indians believed that the Indian called Skalsh was turned into stone as a reward for unselfishness by Q'was the Transformer.
- Near Siwash Rock is Starflower which is not well represented in the park. A number of beautiful plants flourish in the seepage on the rock faces. These include yellow monkey-flower and maidenhair fern.
- Pelagic and Double-crested Cormorants can be seen in this area. In Sept/Oct from here to Ferguson Point Parasitic Jaegers can be seen stealing fish from gulls and terns. Jaegers, "terrors of the seas", are hawk-like birds that chase the gulls and terns in the most fantastic of airborne acrobatics, in order to get them to regurgitate their food.



Peter Hamilton

- The cliff near Siwash Rock contains an andesite dyke which is 35 million years old (16). It intrudes layered sandstone at left of above photograph.



Peter Hamilton

- In the sandstone are lines of pebbles (17). A yellow flower with succulent leaves called "stonecrop" covers parts of the cliffs.

- A variety of gulls and, in the winter, a raft of waterfowl such as grebes and Surf Scoters are also found here.

- On approaching Third Beach (18) we must remember that Stanley Park beaches were created by man-made disposal of sand along the shore. Dressing rooms and washrooms were built in 1928 and a concession stand was added in 1935. The beach was closed during W.W. II.

- In the springtime the large maples are covered with insects and this attracts warblers.

- Ferguson Point (19), named after A.G. Ferguson, member of the first Parks Board in 1888, was used for military purposes during W.W. II and totem sales in the 1940s and 1950s. The Ferguson Point Teahouse (20) dates back to the 1950s when it was an officers' mess hall.

- During the winter on the beach one can find bivalves with nicely ribbed shells and small clams with pink shells.

- In the natural grotto found here (21) you can hear the echo of the waves.

- At low tide one can find sandpipers such as Black Turnstones and Sanderlings. Watch for the rhythmic pecking of the two species. Sanderlings often run in and out with the surf.

- At low tide imprints of ancient leaves and stems can be found on the flat sandstone slabs (22). The fossilized plant lived over 66 million years ago.

- Past Ferguson Point, dark green glacial silt is exposed beside the seawall (23).

- In the cove the algae covering the beach is bladder wrack.

- A bigleaf maple is located where the bicycle path joins the seawall.



Al Grass

- On approaching Second Beach you can pick salal berries and see swordfern. Note the "leaf" of the swordfern to see how the plant got its name. Look for the spore clusters.

- In winter there are wigwags and mallards here. The endangered Harlequin Duck and Marbled Murrelet have also been spotted.

- Second Beach (24) got a bathhouse in 1912 and a pool (25) in 1932. At low tide the marine life is colourful. Take care not to slip on the green algae which provides a habitat for a creature which looks like a millipede with large jaws and a grey, green and blue soft body. This is a sea cucumber.

- Along the shore the granitic boulders brought in by the Pleistocene glaciers provide shade for black chiton and the purple sea star. The sandstone (26) here is light brown and white and Eocene in age (30-50 million years old).

- The Ceperley Meadow Playground (27) was donated by Mrs. Ceperley and bequeathed in 1918.

NOTE: Some of the wall stones on the southern side came from Vancouver's Mountainview Cemetery in 1968.

- When leaving the park, you'll pass lawn bowling (the first green in 1919 bordered an elk paddock), the Sports Pavilion (opened May 16, 1930 and now a restaurant), pitch and putt (opened 1932), tennis courts (dating back to the early 1930s), shuffleboard, Parks Board Office (built in 1961), and a bust of David Oppenheimer, a former Vancouver Mayor (1888 - 1891).

- Now that your walk is over you can sit at English Bay's sandy beach where you can find a Ring-billed Gull, Rhinoceros Auklet, Common Marbled Murrelets and Pigeon Guillemots. At night-times you can enjoy a bright and beautiful Pacific sunset.

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### For further information read:

- Natural History of Stanley Park, Vancouver Natural History Society, 1988

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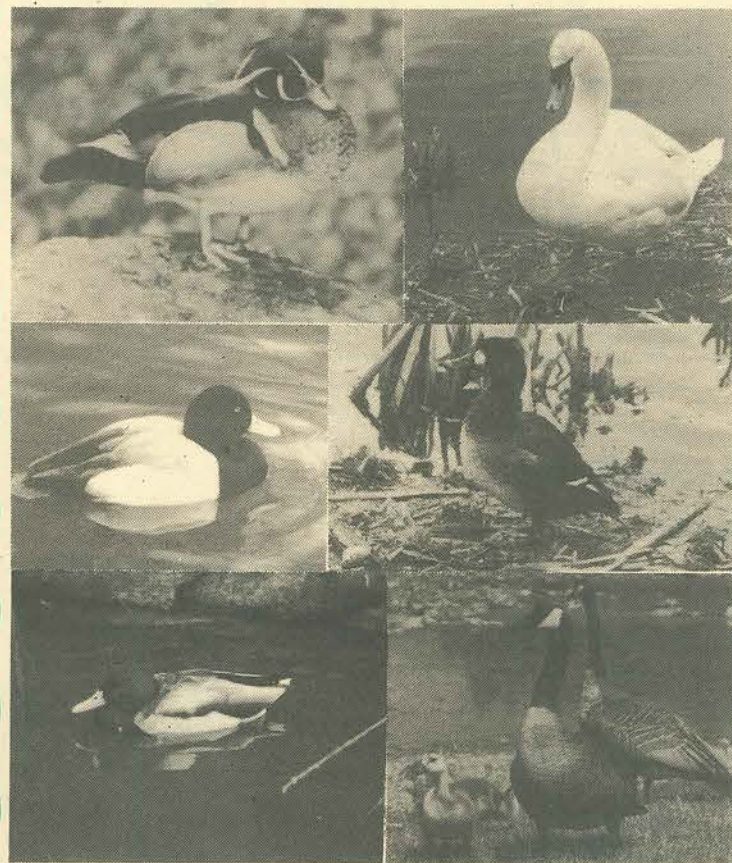
# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

4

### Lost Lagoon Walk



## Water Fowl

## Stanley Park History

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Statue of Lord Stanley

## Lost Lagoon Walk (1.9 km/1.2 mi)

A popular spot for strolling, jogging and bird watching, Lost Lagoon was named in 1922 by Indian poet, Pauline Johnson, whose memorial can be found at Ferguson Point (see Lover's Walk, Guide #7) Her poem "Lost Lagoon" ends as follows:

O lure of the Lost Lagoon,  
I dream tonight that my paddle blurs,  
The purple shade where the seaweed stirs,  
I hear the call of the singing first,  
In the hush of the golden moon.

The freshwater, artificial lake, the control of which in 1913 was transferred from the federal government to the City of Vancouver, stretches 41.09 acres (16.63 hectares), and is approximately 4 feet deep. The present distance around the lagoon is 1.75 km (1.1 mi).

Lost Lagoon was created by the construction of the Causeway which separated the body of water from Coal Harbour. In 1792, Captain George Vancouver and Spanish explorer Galiano thought the Stanley Park peninsula was an island. During high tides and winds, waves ripped across Second Beach (Indians called it "Staitwouk") filling the creek and the Coal Harbour Basin (the present Lost Lagoon).

In 1912 the construction of the Causeway was authorized by the Parks Board after much debate. The Vancouver Trades and Labour Council opposed the plan for an "artificial lake"; they wanted it filled for playground. It was called a class-line dispute with white collar workers supporting the lake plan.

The future of this basin of water was constantly in jeopardy. In 1905 the Parks Board agreed to fill in the entire area for an open field. Fortunately the Board did not have the money. A sports stadium and museum was also proposed. During WW II a pier was built with pumping equipment for additional water in case of an air raid on Vancouver.

For those who love to feed birds, this is one of the best walks to take. The lagoon is a year-round home for birds such as Great Blue Herons, sparrows, chickadees, Canada Geese, Wood Ducks, and mallards.

In 1938 the Board declared that Lost Lagoon be used as a wildlife sanctuary and they instructed park employees to set out grain for waterfowl. This practice still continues. The large wood huts near the shore are feeding stations. Nest boxes have also been placed here for Wood Ducks.

**IMPORTANT:** Please feed birds and other animals only natural foods such as grains (see "For Everyone's Safety" on the back of this brochure).

Cover: Migratory and resident waterfowl find refuge in Stanley Park waters.

Photographs from top left clockwise: Wood Duck, Mute Swan, Lesser Scaup (female), Canada Geese, Mallard, and Lesser Scaup (male) (by Peter Hamilton).



## Lost Lagoon Walk Highlights

- The Lost Lagoon Walk starts at the Bus Loop (1). Walk towards the Causeway (2) and go down the path to the Lost Lagoon Trail.
- Up to the 1960s a wharf located behind the concession stand was used for boat rental but was discontinued because wildlife was suffering. The concern was first raised by the Parks Board in the 1940s when the waterfowl were clubbed with oars and killed for food (3).



Purple loosestrife

- Lagoonside flowers include cat-tail (all year), purple loosestrife and white morning glory (Spring/Summer), American brooklime (Summer) and yellow iris (Spring).

- Irises were planted along the east side in 1930. Weeping willow trees and the exotic briar patch found here were transplanted.

- Water celery and cinquefoil also occur along the shoreline.



- Insects such as dragon flies and the smaller damsel fly catch insects in mid-air.



Hybrid

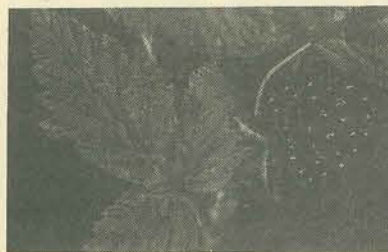
- House Sparrow and swallows such as the Barn, Cliff, Rough-winged, Tree and Violet-green may be found here (7). Hybrids such as Domestic and Canada Geese may also be seen.

- Waterfowl include Canada Goose, Mallard, American Coot, Grease and Lesser Scaup, Bufflehead, Tufted Duck (rare), Canvasbacks, Common Merganser, Hooded Merganser (rare), Barrow's and Common Goldeneye in the winter-time. The Blue-winged and Cinnamon Teal appear in the summer.



1868 CVA ST.PK.P.112

- Along the north side of the path (8), which was built in 1939, is an area that was settled by Squamish Indians in the 1800s. They called Lost Lagoon "Chul-wah-ulch". Settlers also lived here in the log cabins until the late 1880s.



Salmonberries

- Yellow loosestrife and a variety of dock (the plant that is an antidote for stinging nettle) may be found here (9), while on the other side of the trail we find golden-fruited and red-fruited salmonberries.



- It is common to see the Bald Eagle dive into the lagoons to catch fish with its talons. Lost Lagoon fish include steelhead trout and brown catfish which could weigh up to 1.4 kg (3 lbs) and be 16 inches in length. Great Blue Herons may also fish here.



Red huckleberry

- Along the north side there are salal, ladyfern and red huckleberry.



Peter Hamilton

- Lost Lagoon Creek (10) is a tranquil area where one finds rough-skinned newts and western painted turtles.

- Walking along the west side you will see numerous Grey squirrels (also black in color) which were introduced.

- During the summer evenings watch for Big and Little brown bats flying over the lagoon feeding on insects. In the daytime they roost in hollow trees or under loose bark.

- In 1910 the city designated the southern strip of land as parkland and all houses were removed by 1913. The only remaining house is now the "Pooh Day Care Centre" (11).



Dawn Redwood

- A variety of exotic native shrubs, plants and trees are located between Lost Lagoon and the Pitch & Putt (12). Here you can enjoy magnolias, rhododendrons (Himalayan), Davidia tree (China) and the true living fossil called Dawn Redwood (China).

- Beginning in late February and peaking in April and early May you can enjoy the Spring migration of songbirds.

- Lifeforce, the ecology organization, hopes that you have enjoyed your park adventure and will return to learn more about conservation and the preservation of historic Stanley Park.



1898 CVA ST.PK.P.33



1923 Map.P.102

- The eastern side of Lost Lagoon (4), which was part of Coal Harbour (5), was the site of a bridge of wood pilings which was built in 1888. Depending on water conditions, people could canoe from Coal Harbour through to Second Beach.

- Glaciomarine clay near Lost Lagoon was used for brickmaking and lignite.

- On your left is the Lost Lagoon Fountain (6). At night it is lit by coloured lights. It was installed in July 1936 as part of the Golden Jubilee celebrations of Vancouver's incorporation in 1886. Indians once dug for clams here which was the tidal mudflat of "Coal Basin".

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### For further information read:

- Amphibians of British Columbia, D.M./R.W. Campbell, Royal BC Museum, 1984
- Reptiles of British Columbia, P.T./R.W. Campbell, Royal BC Museum, 1984
- Hiking Guide to the Big Trees of Southwestern British Columbia, R. Stoltmann, 1962

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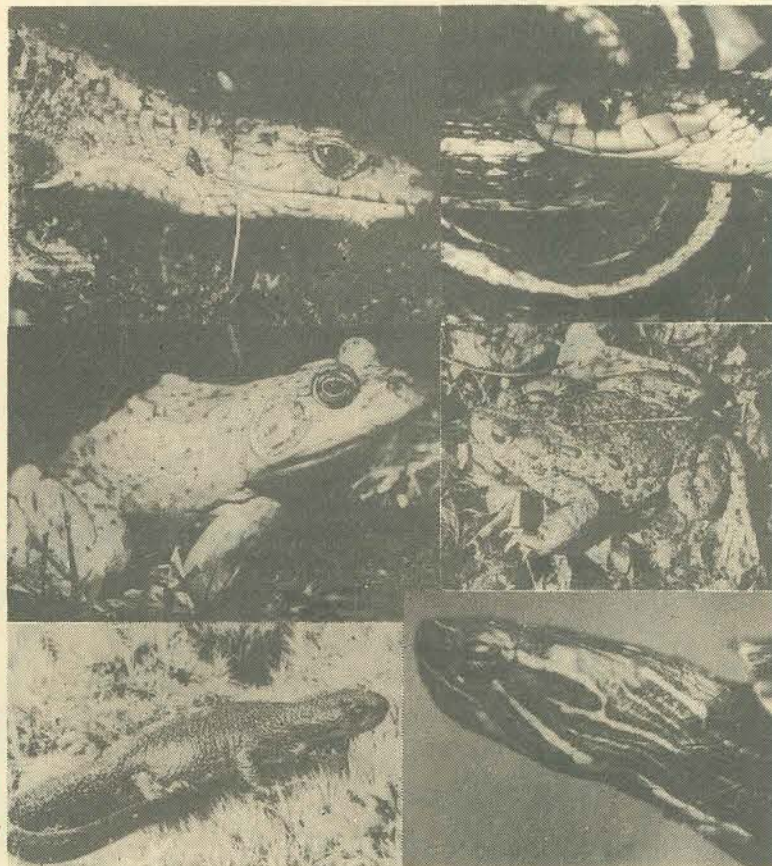
# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

5

### Beaver Lake Walk



## Reptiles & Amphibians

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Statue of Lord Stanley

## Beaver Lake Walk (5.8 km/3.6 mi)

Beaver Lake is a small 10.50 acre (4.28 hectare) shallow lake which is completely surrounded by forest. The lake itself is almost completely covered by water plants such as water lilies. Look for buckbean and marsh cinquefoil around the edge of the lake.

During the Beaver Lake Walk you will experience the beauty of the natural wildlife in Stanley Park. On a warm summer day it is an excellent place to look for dragonflies, rough-skinned newts, the western painted turtle, toads, frogs and treefrogs. Under rotten logs is where the northwestern, western red-backed and long-toed salamanders live. Insects, worms and small invertebrate are abundant.

The western terrestrial garter snake hunts here and also at Lost Lagoon and off the seawall. The snake is grey to dark brown with prominent yellow-orange dorsal stripes and two rows of dark brown to black blotches between the stripes. This may be the only garter which coils around small mammals. Garters give birth to live young with black or brown background and yellow stripes.

There is good warbler migration in the spring and during June to July.

When Stanley Park was created, the number of wildlife decreased, but in 1907 the beaver returned to the lake and hence the name "Beaver Lake". The Indians called the lake "Ahka-Chu".

As a result of "meadow lake formation" (the decaying vegetation removing oxygen from the water and increasing vegetation), the lake will go through the cycle from lake to shallow pond, to wet meadow, and then forest. Early beautification programs, such as adding aquatic plants in 1937, have sped up the decline. Fortunately the aquatic plants did not survive in Lost Lagoon.

The aquatic life below the plants include cutthroat trout and brown catfish, which can be found up the stream and into the Beaver Pond (near the miniature train).

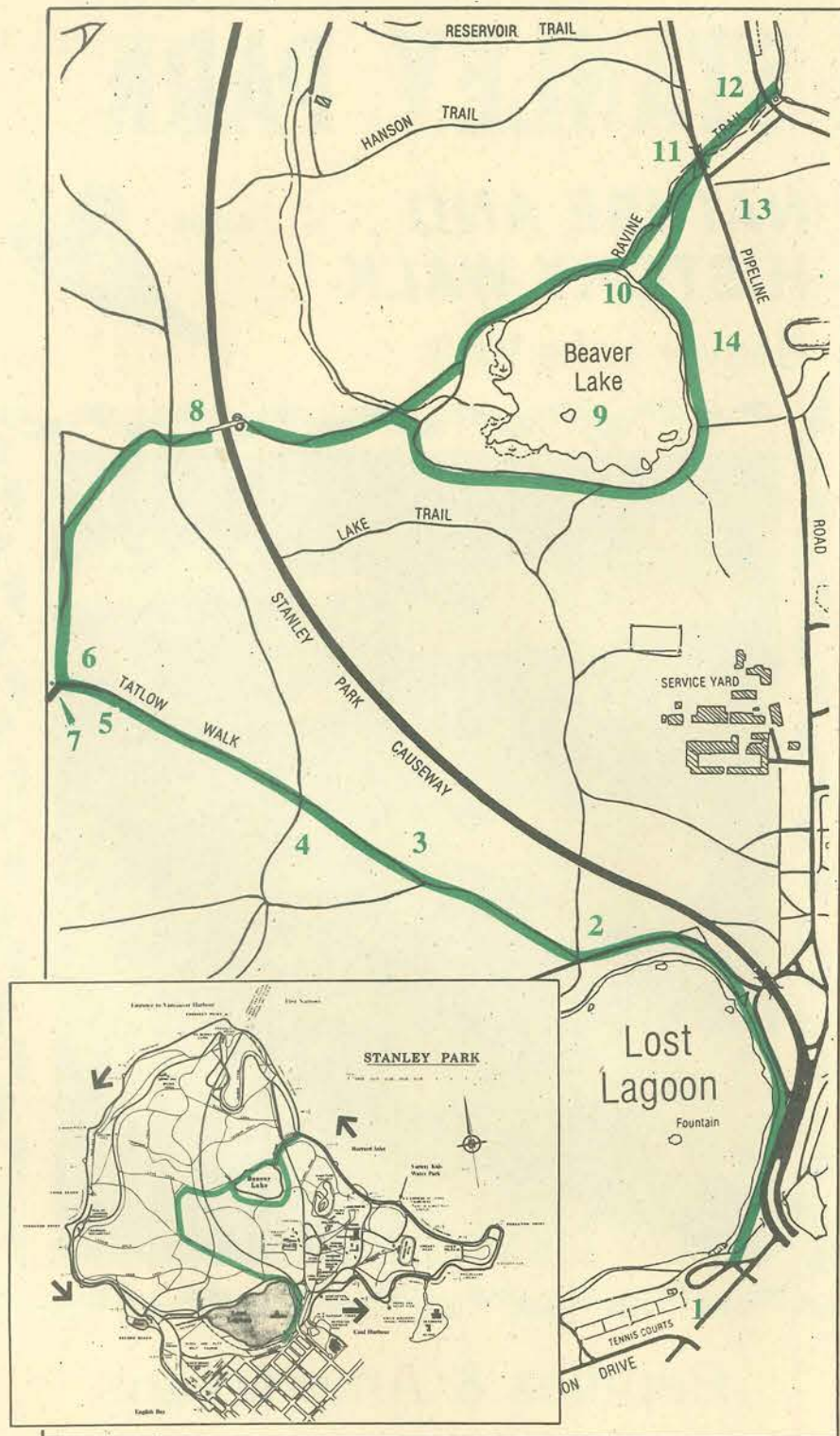
From 1916 to 1946, the lake was used as a fish hatchery and members of the Vancouver Angling Society could fish for \$1.00 a day. The hatchery was closed following a chlorination accident which killed 250,000 trout fingerlings on October 7, 1943. It was decided that the limited operation was too expensive. It is now illegal to fish in Beaver Lake.

Other plans such as using lake water for mill boilers (1865) and a muskrat farm (1920) were also proposed.

**Important:** Do not collect amphibians or reptiles. They will die. Leave them in their natural environment for others to enjoy.

Cover: Reptiles and amphibians are important members of the Stanley Park ecosystem. There have been 14 species of herptiles recorded including nine amphibians and five reptiles.

Photographs from top left clockwise: Alligator lizard, Red spotted garter, Western toad, Western painted turtle, Rough-skinned newt and Bullfrog (by Al Grass).



## Beaver Lake Walk Highlights

- The Beaver Lake Walk starts at the Lost Lagoon Bus Loop (1) where you will walk along the eastern shore of Lost Lagoon to see some of the waterfowl and historic sites described in the Lost Lagoon Walk Guide #4.
- The Tatlow Walk is designated by a sign directing you to Ferguson Point and Third Beach.



1890 LOG.P.28

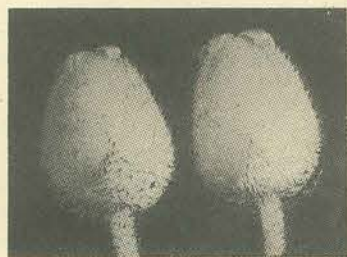
- Along the first 50 meters of the Tatlow Walk (2), cut in 1911, there are tree stumps with springboard holes, which were used by loggers to insert boards to stand on while cutting the tree.



Peter Hamilton

- You will also see numerous woodpecker holes on your right hand side in trees surrounded by deer fern and lady fern. On the other side there is deer fern with spiny wood fern.

- At the split in the trail keep right on Tatlow Walk; Lees' Trail is on the left.
- In this area (3) you find typical coastal forest with dense undergrowth, pools, small streams and rivulets, and boggy areas with skunk cabbage.



Salal

Al Grass

- In shady areas you find the salal plant, presently used in floral arrangements. This plant has pink flowers which change to dark purple berries, which were used as winter food by Indians.
- At the Tatlow Walk and Cathedral Trail crossroad you'll find on your left hand side the decayed stumps of the "Seven Sisters". (4) These trees were thought to be named after the seven Sutherland sisters who promoted hair tonic in Vancouver around 1900. In 1951 the large Douglas fir and Western red cedars were cut down for alleged "public safety" reasons. Only one tree whose top has been cut remains.



1925 CVA ST.P.K.P.76

Seven Sisters



1900 POF.P.684

Sutherland Sisters



Peter Hamilton

NOTE: In 1920 Ottawa ordered that "dead tops be removed" mainly for aesthetic reasons because a solid green mass was preferred.

- On the left side of the trail there is a triple trunk Western red cedar (5) measuring 3.5 m (11.6 ft) in diameter and 57.9 m (140 ft) tall. The top spires are still intact.

- On the right side, near the junction, is a slender Douglas fir (6), only 1.5 m (5 ft) thick, but towering nearly 71.6 m (235 ft).

- Between Tatlow and Lover's Walk there is a fallen Western red cedar (7) which was 58.8 m (193 ft) in height and 720 to 780 years old. Decay and cutting have reduced the size.

- At the fork leave Tatlow Walk and take the right hand trail to head north to Lake Trail. Going east on Lake Trail you will cross the Equestrian/ Pedestrian bridge (8) (built around 1975) which crosses the Causeway.

- After walking through a typical coastal forest, at the junction take the left Ravine Creek Trail where a small wooden bridge crosses a cool, clear stream.

- The calm waters of Beaver Lake (9) can now be seen on your right. The rustic benches date back to 1910.

- Beaver Lake Creek (10) is 225 m (245 yds) in length. At the end of the creek there is a small waterfall which empties into the salt water below the seawall. Fallen logs have been left for the spawning trout and salmon.

- On the eastern facing slopes north of the lake is ladyfern, foamflower and swordfern.

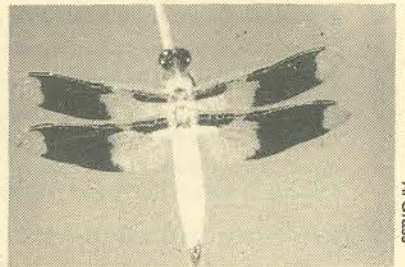
- Around the lake is a narrow strip of marsh with native willows and skunk cabbage.



Al Grass

Sundew

- Along the lake edge peat mosses form thick spongy patches and we find Labrador tea and other bog plants such as the insect-eating sundew.



Al Grass

Dragonfly

- In summer, flashes of greens, blues and reds delight the eyes as dragonflies dart about grabbing insects from out of the air. Dragonflies and the more slender damselflies are important predators on other flying insects. They can't sting you.

- Below the Pipeline Road wooden plank bridge (11), built around 1975, are the remains of a water supply pipe that carried Vancouver's water supply from Capilano, under the First Narrows Bridge, under Pipeline Road and across a Coal Harbour narrow bridge into the city.

- The next bridge (12), which is concrete with granite slabs, was completed in 1930 following earlier bridges opening in 1888 and 1911.

- Across Pipeline Road the several giant Douglas firs (13) in this area may be the tallest in Stanley Park.

- Retrace your walk but take the east and south side of the lake trail for an exciting new view of Beaver Lake and new encounters with fauna and flora.

- In the tall trees on the east side of the lake (14) you may see a perching Bald Eagle. On the lake there is buck-bean with the water lilies.

- Here you will also find salal, deer fern, false azalea, salmonberry, red huckleberry, oval-leaved blueberry and Alaska blueberry.

- The white foam on green leaf plants provides a home for the immature spit bug.

- Small stickleback fish may also be found in water along the trail.

- On a small southwest ridge you find swordfern with spiny wood fern. There is magic in ferns! Folklore tells us if you sprinkle the spores in your shoes, it will make your footsteps invisible.

- Lifeforce, the ecology organization, hopes that you have enjoyed your park adventure and will return to learn more about conservation and the preservation of historic Stanley Park.

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- Please remember that fire is an enemy of the forest and all its natural inhabitants. You can help prevent fires by not smoking while walking, by not lighting campfires, by removing refuse (especially those with reflective surfaces such as glass and cans) and, of course, reporting any fires to park authorities.
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### For further information read:

- Wildflower Genetics - A Field Guide for B.C. and the Pacific Northwest, J. Griffiths and F.R. Ganders, 1985
- Hiking Guide to the Big Trees of Southwestern British Columbia, R. Stoltmann, 1962

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Phone (604) 299-2822

**HAPPY TRAILS, "PARK EXPLORER"!**

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# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

6

### The Bluffs Walk



## Forest Vegetation



## Stanley Park History

On May 12, 1886, the first resolution of Vancouver's first city council was to request that the Canadian government grant a military reserve, declared by the Royal Engineers (1863), to the city for a public park. The reserve was used for defense purposes and the tall trees were used for sailing mast poles. Ottawa decided on June 8, 1887 that this precious 1,000 acres (400 hectares) of forested peninsula could be used as park land, but would remain under federal government ownership. In 1889, Lord Stanley, Canada's Governor-General, dedicated Stanley Park "To The Use And Enjoyment Of People Of All Colours, Creeds And Customs For All Time." On November 1, 1908, the Minister of Militia granted a 99-year lease of Stanley Park to the City of Vancouver. Stanley Park was administered by city council until the appointment of a Park Commission in 1888. Presently, it is called The Vancouver Board of Parks and Recreation, and has an elected seven-member Board of Parks Commissioners.

A lease for Deadman's Island to be used as park land was granted in 1930, but on September 26, 1942 the lease was cancelled and Deadman's Island is now a military base.

In 1988, the Vancouver-based ecology organization, Lifeorce, lobbied Environment Canada to designate Stanley Park as a historic site. In January 1989, the Minister of the Environment, Lucien Bouchard, declared Stanley Park a national historic site - to restore and preserve this area of historical, geological, archaeological and ecological importance for present and future generations.

Stanley Park is recognized internationally as a rare, natural, urban park which provides a sanctuary for people and a natural habitat for animals. A diversity of indigenous and naturalized fauna and flora can be found in Stanley Park and its surrounding shoreline. There are at least 47 mammals, nine amphibia, five reptilia, and much more. One of the most popular animals is the squirrel, who usually greets you when you enter the park.

The park also provides a home and/or resting spot for at least 233 bird species including sea birds, herons, eagles, owls, jays, sparrows, ducks and geese.

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Statue of Lord Stanley

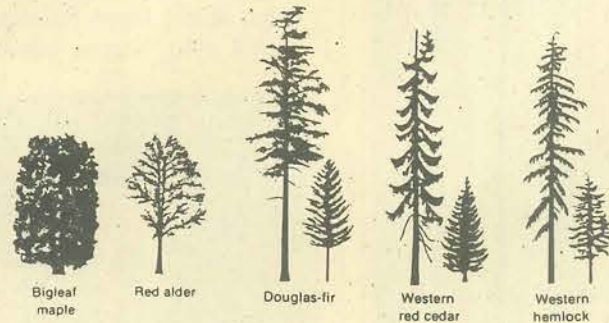
## The Bluffs Walk (5.4 km/3.3 mi)



1898 CIA ST.PK.P.99

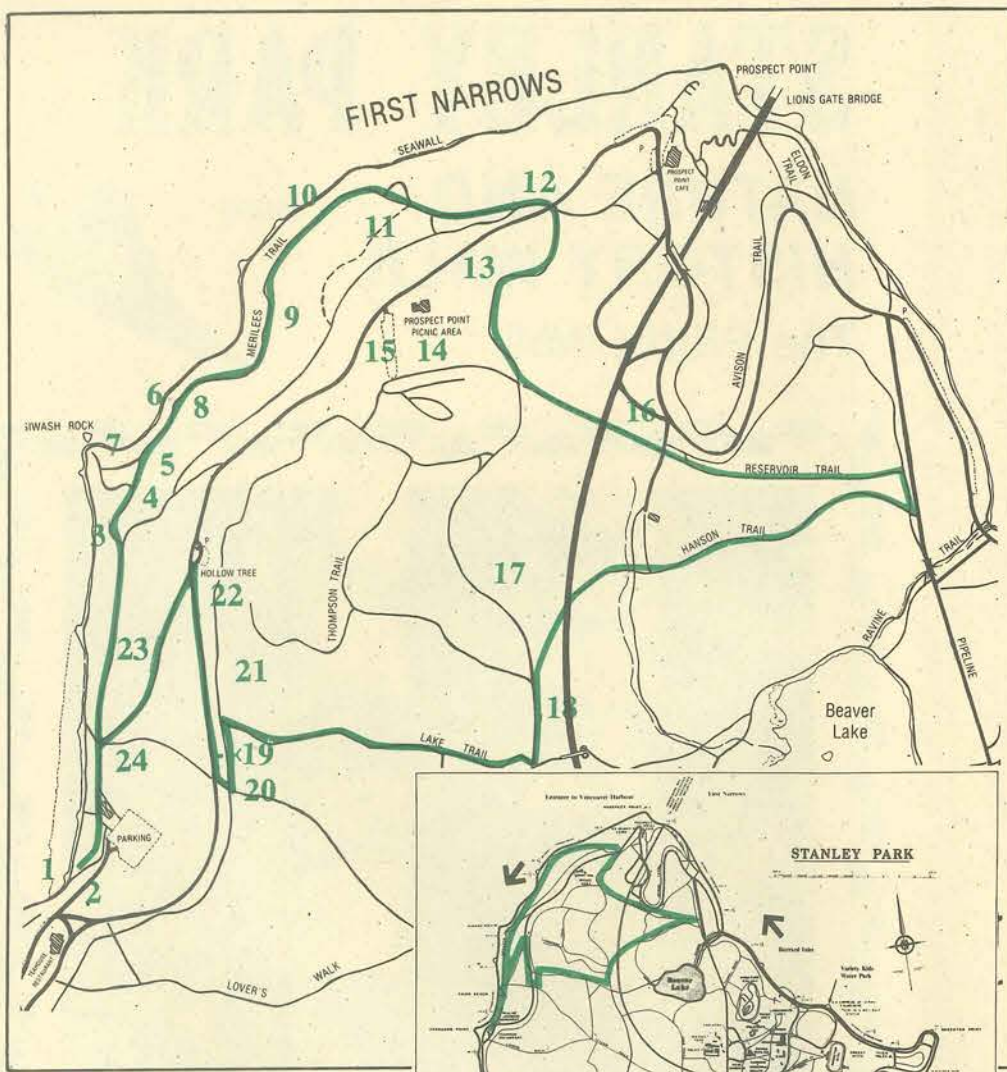
The biogeoclimate system of classifying forest ecosystems puts Stanley Park entirely within the Pacific range's variant of the Drier Maritime Coastal Western Hemlock subzone.

Along the Bluffs Walk you will find some of the wilderness depicted in the above 1889 photograph. The dense undergrowth provides habitats for numerous species of B.C. wildlife. It is typical of a West Coast forest and an essential feature of Stanley Park. Heavy moss that cover branches can still be found. The spruce tree in the center is 11.3 meters (38 feet) in diameter.



Cover: There is a rich diversity of forest vegetation in Stanley Park. There are 213 native plants and an unknown number of exotic plants.

Photographs from left clockwise: Misty forest; Licorice fern and Salmonberry (by Al Grass).



### The Bluffs Walk Highlights

- You can start the Bluffs Walk by following the Seawall (1) from Stanley Park's Beach Avenue entrance to the beginning of Merilees Trail (2) (description of the highlights seen along the seawall are in Seawall West Walk, Guide #3).

- Watch for terns here: Caspian in the summer and Common during their Fall migration. Also a large gull-like bird called the Parasitic Jaeger is often seen chasing Common Terns in order to make them regurgitate their food so they can eat it.

- Small shorebirds such as turnstones and Sanderlings frequent the rocks, and once in a while you can see a Black Oystercatcher.

- In summer you can watch for Osprey (sometimes called "fish hawk").

- When you start to descend a hill, you will soon see the site of an old coast defence artillery station (3). Here you can still find the wood crossbars, used for an observation post since W.W. I, about 21 m (70 ft) up in a large Douglas fir, located on the west side.

- At the bottom of this hill, there is the former site of a popular 1914 picnic site to the left (4).



1945 CVA ST.PK.P.228

- At the path where there are salal plants and shrubs, there are large railway-type spikes protruding from the middle of the path (5). These are the remains of a gun platform where in 1914 there were two guns from the HMS Shearwater.



Springboard logging

- The wall of a W.W. I ammunition bunker (6) can be found in front of the site of a W.W.I searchlight.

- Above the 50 foot Siwash Rock is an excellent viewpoint (7). There is also a plaque describing the legend of Siwash Rock which explains that

the Indian "Skalsh" was rewarded for his unselfishness by being turned into stone by "Q'uas the Transformer".

- On the cliffs above the seawall moss such as *tortula muralis* can be found.

- WARNING:** Along this part of the trail (8), there is old fencing or no protective fencing, so please keep well back from the water side of the trail, which is an 18 m (60 ft) drop.

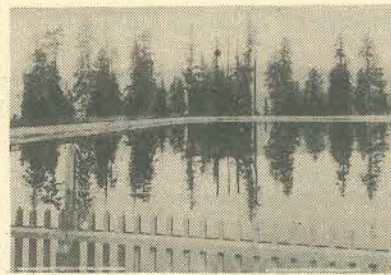
- Maidenhair fern is found on top of the sandstone cliffs between Siwash Rock and Prospect Point.

- Along the next part of the trail the isolated, dense forest area (9) provides a good Bald Eagle habitat.

- Predominant moss on the forest floor is *plagiothecium undulatum*.

- A bench carved from a log provides a good resting spot for a last view of the water and beach (10).

- Old stumps with notches for loggers' spring boards can be found here (11). The boards were used to gain height for tree cutting.



1889 CVA ST.PK.P.224

- At the fork (12) where there is a fire hydrant, go down Cathedral Trail (13), and you will find a picnic area at the site of the Old Reservoir. The picnic area (14) was built on top of Vancouver's Old Reservoir, whose overflow once fed Beaver Lake and former hatchery operations (one was at (16) which is now a leaf-mulching area). The concrete box (15) with "1904" inscribed on it was a water trough for horses.

- From this picnic area through to Lover's Walk there is swordfern with spiny wood fern. There is also foamflower with swordfern on the flat ridgetop surrounding the picnic area.

- The large Western red cedar (17) is actually two cedars which grew together.

- Just where there is a log bench on the trail side, there is a massive Western red cedar, which is the largest of its species in the park (18).

- If you walk through several large Western red cedars and a thicket of vine maples (19) you will come upon a "nurse log" (20), whose rich decomposing wood provides the environment for a row of trees to grow on top.

- Another bigleaf maple (21) is the largest known maple in Canada, measuring 3.4 m (11.2 ft) in diameter, 28.9 m (95 ft) tall, with a branch spread of 19.5 m (65 ft).



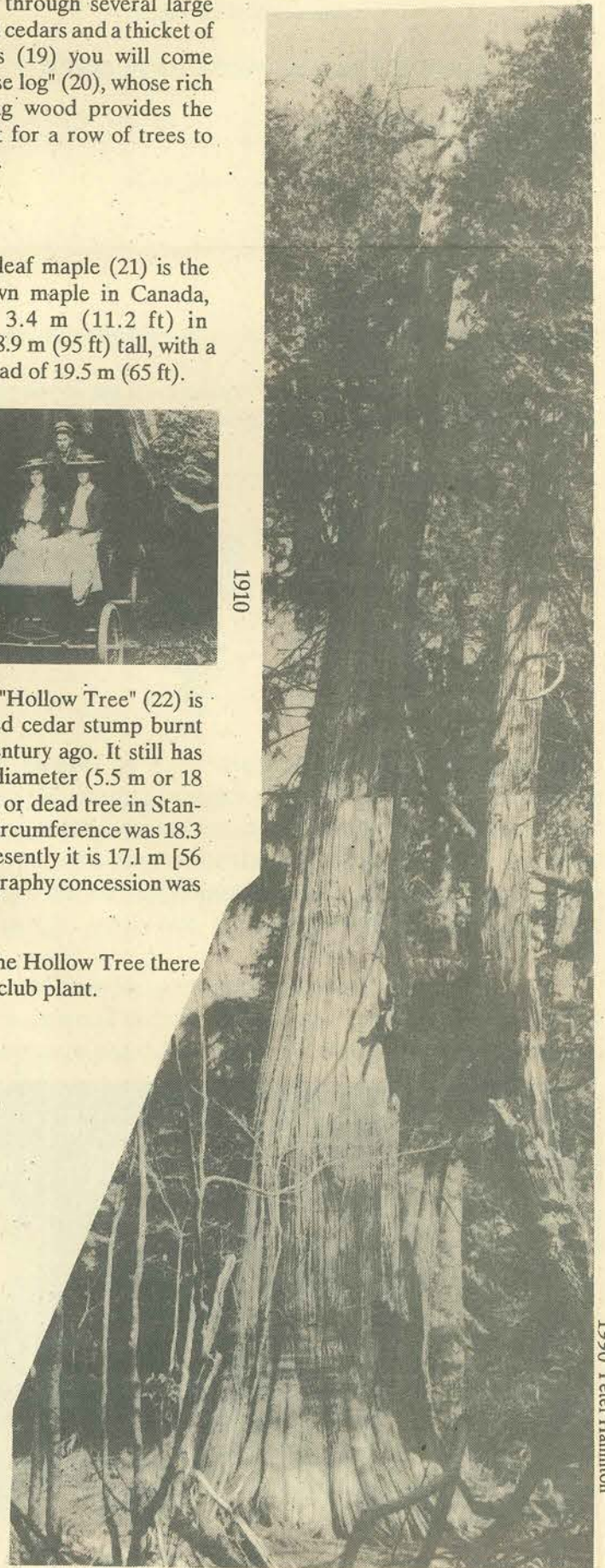
1910

- The popular "Hollow Tree" (22) is a Western red cedar stump burnt out over a century ago. It still has the greatest diameter (5.5 m or 18 ft) of any live or dead tree in Stanley Park. Its circumference was 18.3 m (60 ft) (presently it is 17.1 m [56 ft]). A photography concession was located here.

Just west of the Hollow Tree there is one devil's club plant.

- In the area between the Hollow Tree and Lover's Walk there is foamflower with swordfern on the west-facing slopes. A giant Western red cedar (23) can be found on the path towards the Hollow Tree (22). This cedar tree is 4.3 m (14.1 ft) in diameter. Unfortunately this magnificent tree has been topped and is only 39.6 m (130 ft) tall. It has a hanging garden of licorice ferns and moss. It also has a massive branch which is the size of a large tree. This tree is sometimes called the "National Geographic Tree" because it was in a 1978 National Geographic magazine article. A big leaf Maple stands beside it.

- At the end of the walk you will find several large alders one of which is believed to be the largest of its kind in Canada (24). The multiple trunk tree, which was once a cluster of saplings which grew together, is 5.8 m (18 ft, 11 in) in circumference and 29.6 m (97 ft) tall, with branches spanning 22.6 m (74 ft).



1990 Peter Hamilton

1890 CVA ST.PK.P.9

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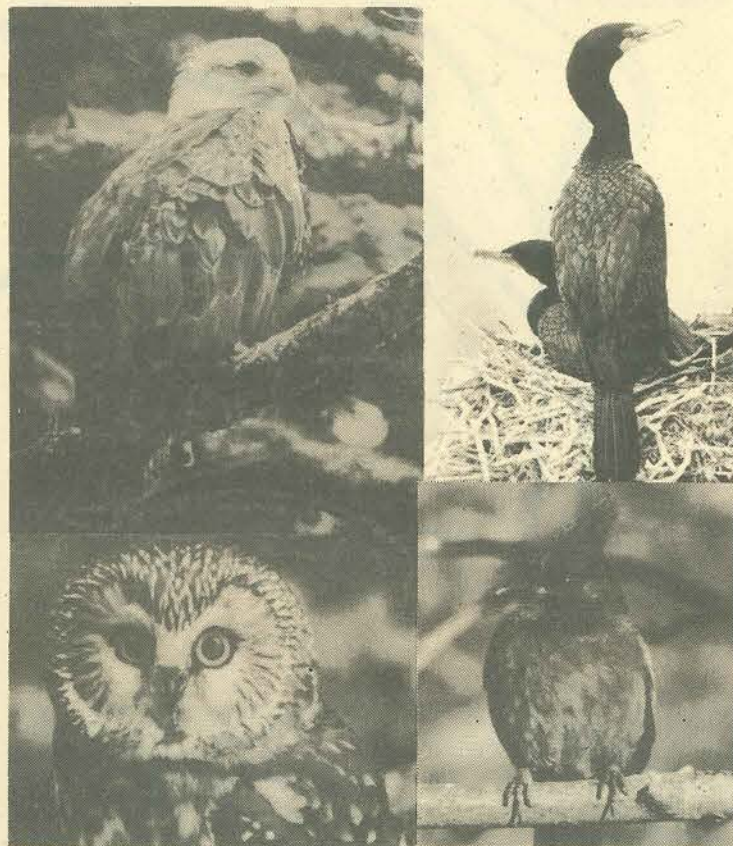
# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

7

### Lover's Walk



Birds

## Stanley Park History

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Statue of Lord Stanley

## Lover's Walk (1.6 km/9 mi)

Both red and blue huckleberries are found along the Lover's Walk.

Along these trails you should look up to enjoy the bird life which is in the upper canopy of the forest. Here you will see kinglets, Townsend's Warblers and Black-throated Gray Warblers.

The rows of "shotgun" holes on the trees are the work of the Red-breasted Sapsucker, a woodpecker.

The unusual nest-like branches on hemlocks are called witches' brooms and indicate that there is mistletoe on the tree. Indian legend tells that spirits live in these witches' brooms and they walk the forest at night. Those who destroy the witches' daytime haunt are said to be cursed by the spirit who dwells therein. Birds do nest here.

The understory growth is dominated by plants of the heather family (e.g., salal, huckleberry, false azalea, etc.) and this indicates that the soil is acidic.

In 1920 Ottawa ordered that "dead tops be removed". This was done for "scenic effect" because it was felt that a solid green mass was aesthetically pleasing.

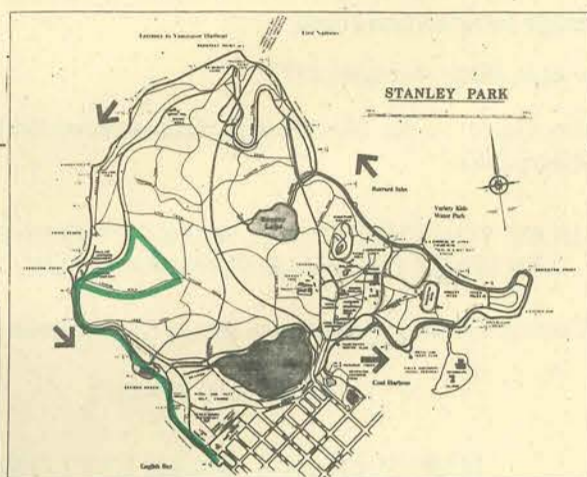
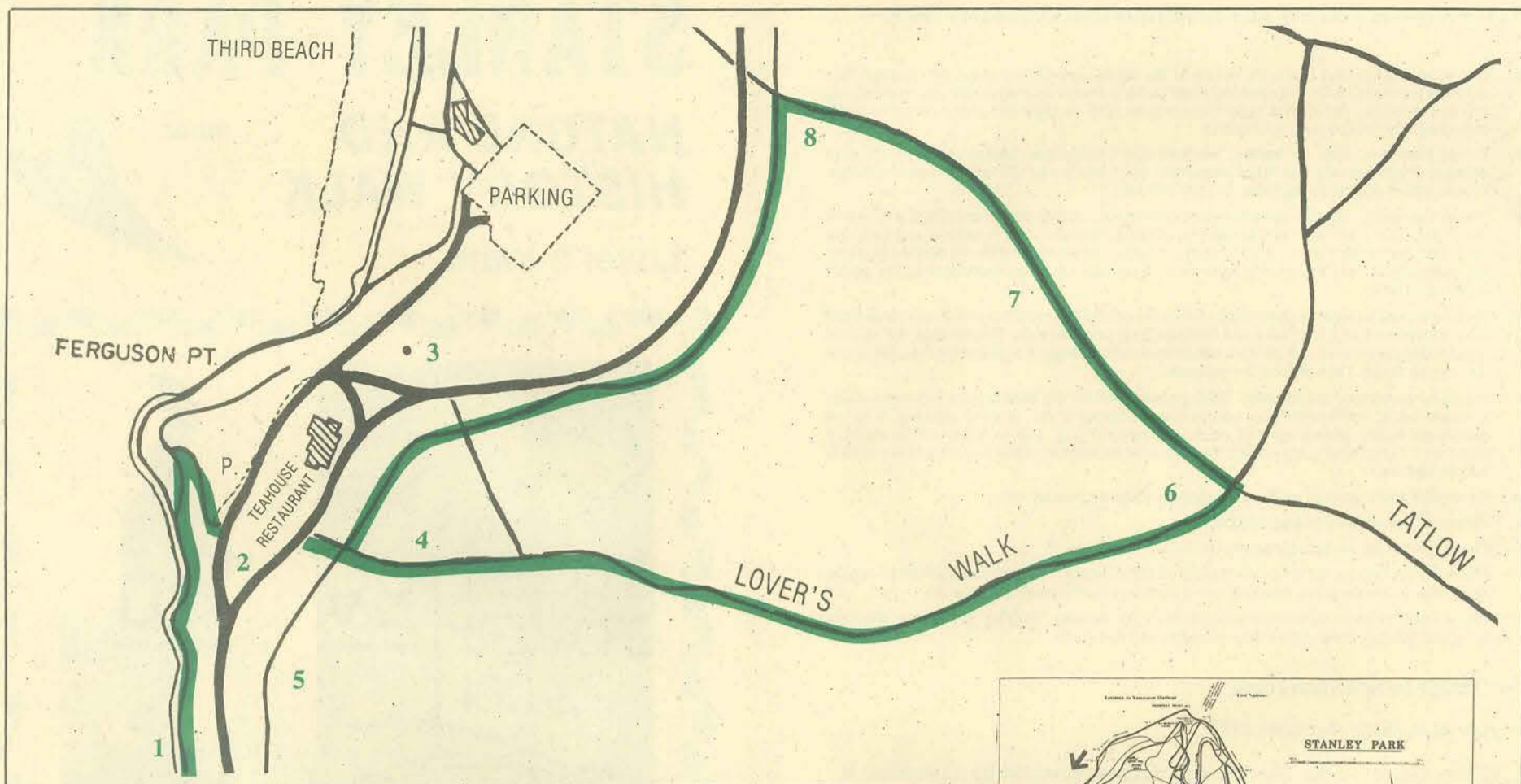


Peter Hamilton

Witches' broom

Cover: More than 230 species of birds have been sighted in Stanley Park. Stanley Park's varied bird life is one of the natural gifts that people cherish most about the park.

Photographs from top left clockwise: Bald Eagle (by Al Grass), Double-crested Cormorant (by Wayne Campbell), Stellar's Jay and Northern Saw-whet Owl (by Al Grass).



American Robin



Baby Robin



Black-capped Chickadee

Al Grass

### Lover's Walk Highlights

- The Lover's Walk begins after walking along the Seawall (1). (Those highlights are described in the Seawall West Walk, Guide #3).
- The Ferguson Point Teahouse (2) was built in the early 1950's and was first a military mess hall. Ferguson Point was named after A.G. Ferguson, member of the first Parks Board in 1888, and used as a defense site during W.W. II.



Peter Hamilton

- If you cross the parking area you will find the Pauline Johnson Memorial (3). Pauline Johnson was an Indian poet credited with naming Lost Lagoon. She died of cancer in 1913 and the memorial was built in her honour by the Women's Canadian Club of Vancouver in 1922.
- Back at the Lover's Walk you will find some young conifers (4) (alders and maples), planted to restore the area that was destroyed by fire.



Al Grass

- Saw-whet Owls can be seen here.

- Although sometimes justified, "thinning and brush clearing" practices are often overdone. Dense shrubs and deciduous trees are essential parts of the natural forest. Many of the song-birds in the Stanley Park forest nest and find shelter in the shrub layer.



Spiny wood fern

Al Grass

- From Lover's Walk to the Prospect Point picnic area there is swordfern with spiny wood fern. Also from this trail to the Hollow Tree there is foamflower with swordfern on western-facing slopes. A salal and swordfern association is also found in the Lover's Walk area.

- A maple (5) is nearly 2.7 m (9 ft) in diameter.
- The giant log (6) which fell in February of 1980 was believed to be the largest Western red cedar remaining in Stanley Park. It was 4.3 m (14 ft) in diameter and 58.8 m (193 ft) tall. It was nearly 800 years old.
- Now you will pass the upturned root disk of a giant cedar (7) which toppled in 1944.
- A giant bell-bottomed Western red cedar (8) has the greatest diameter (5.0 m or 16.4 ft), of any living park tree. The tree is topped and is only 33.5 m (110 ft) tall.
- Lifeforce, the ecology organization, hopes that you have enjoyed your park adventure and will return to learn more about conservation and the preservation of historic Stanley Park.



Bigleaf maple



Red alder



Douglas-fir



Western red cedar



Western hemlock

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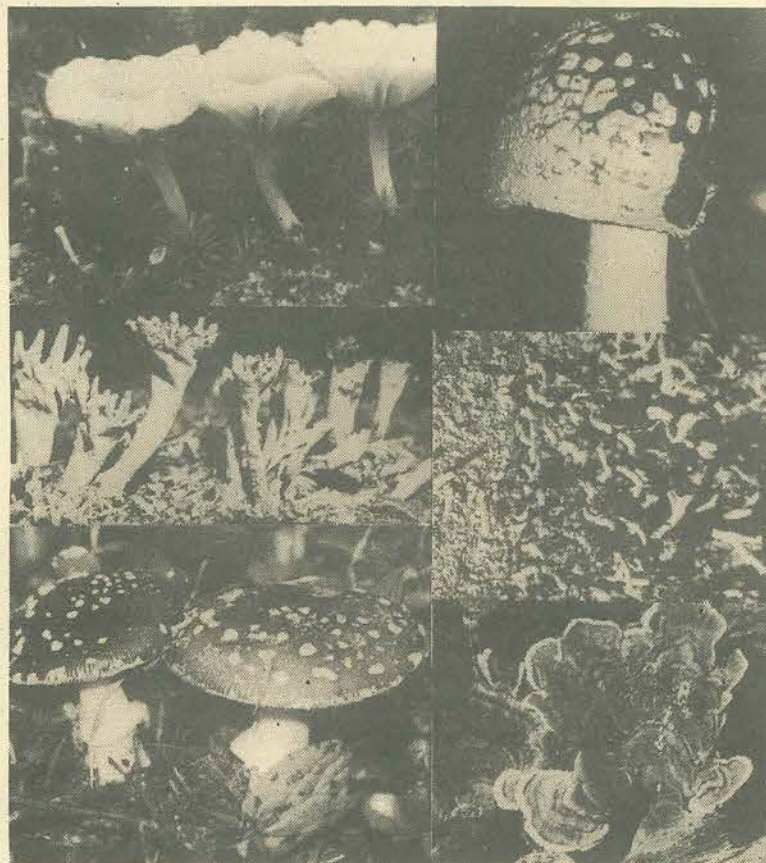
# STANLEY PARK

GUIDE

8

## NATURE AND HISTORY WALK

### Cathedral and Lake Trail Walk



## Mosses, Fungi, Lichen & Nurse Logs

## Stanley Park History

On May 12, 1886, the first resolution of Vancouver's first city council was to request that the Canadian government grant a military reserve, declared by the Royal Engineers (1863), to the city for a public park. The reserve was used for defense purposes and the tall trees were used for sailing mast poles. Ottawa decided on June 8, 1887 that this precious 1,000 acres (400 hectares) of forested peninsula could be used as park land, but would remain under federal government ownership. In 1889, Lord Stanley, Canada's Governor-General, dedicated Stanley Park "To The Use And Enjoyment Of People Of All Colours, Creeds And Customs For All Time." On November 1, 1908, the Minister of Militia granted a 99-year lease of Stanley Park to the City of Vancouver. Stanley Park was administered by city council until the appointment of a Park Commission in 1888. Presently, it is called The Vancouver Board of Parks and Recreation, and has an elected seven-member Board of Parks Commissioners.

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Statue of Lord Stanley

## Cathedral and Lake Trail Walk (3.8 km/2.4 mi)

On this park adventure you will see interesting forest vegetation such as nurse logs with a "garden" of mosses, shrubs and tree seedlings. These fallen trees provide a kind of nursery for young plants - even in death the tree is full of "life".

The energetic, bubbly song of the woods is brought to you by the tiny Winter Wren. Varied Thrush, which looks like a robin with a dark band across the breast, is also seen in this area. In summer the flute-like song of the Swainson's Thrush lends magic to the forest.

Watch for piles of cone scales on logs - this is the squirrels' dinner table.

The ghostly white plants growing in the hemlock duff are indian pipe - a saprophyte. Also note the bent-over tips (called leaders) of the hemlock.

Those with sharp eyes might spot a Saw-whet, Barred or Great Horned Owl. The alarm calls of the crows can lead you to an owl. Look for owl pellets which are the regurgitated balls of fur and bones (the undigested part of the owls' meal).

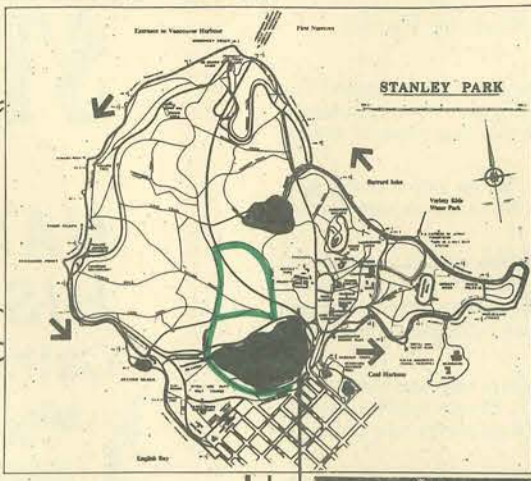
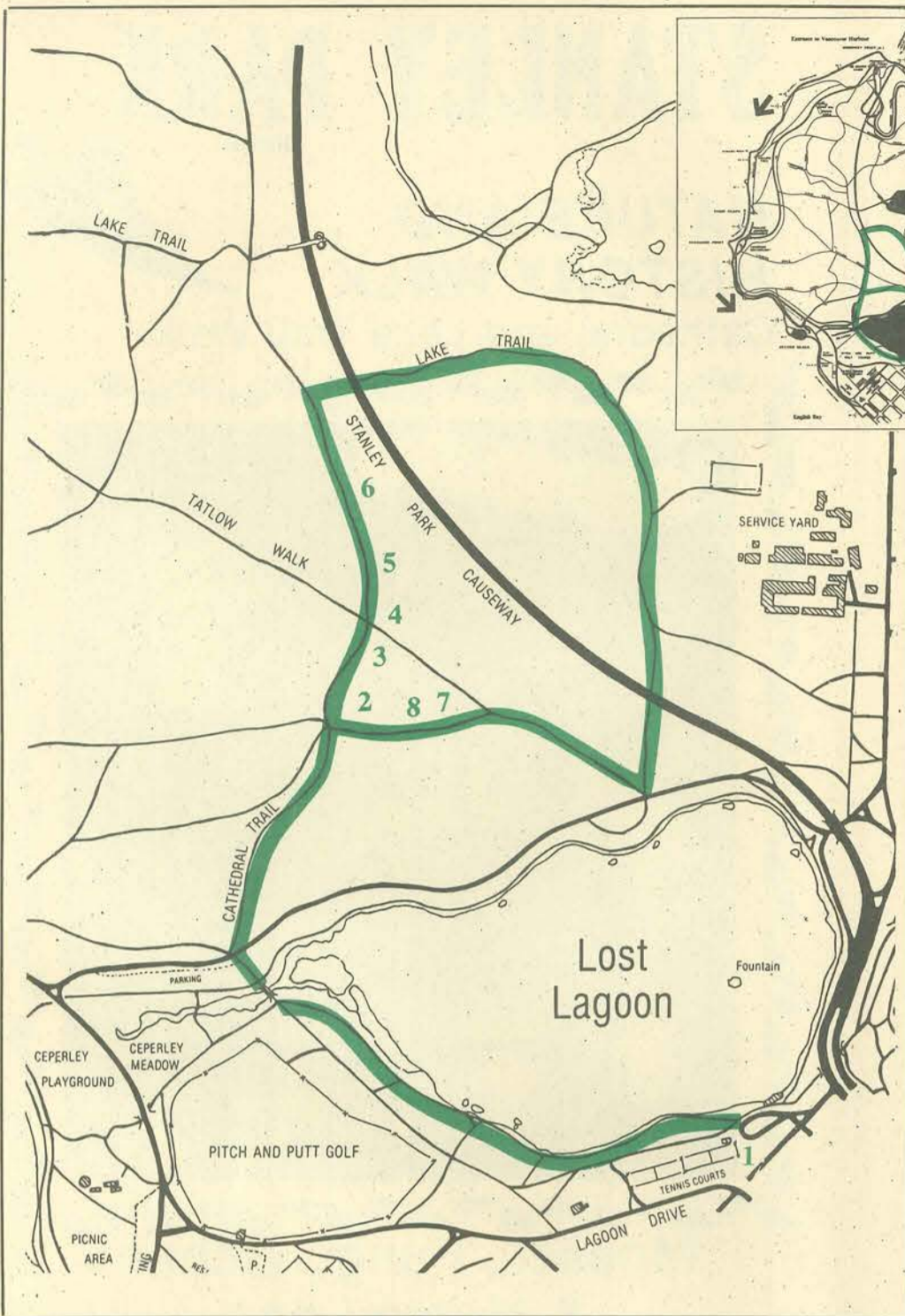
A true native is the banana slug which is yellow, yellowish-green or sometimes whitish and may or may not have black spots. The black slug is an introduced species and is black to chestnut brown in colour. Be kind to them because they play an important role in the ecosystem by eating all sorts of things.



Western Screech Owl

Cover: Stanley Park has numerous types of mosses, fungi and lichen. Fallen logs which provide environments for plants and trees to grow are called "nurse logs".

Photographs from top left clockwise: *Omphalina Umbellata*, *Amanita Muscaria*, British Soldier Lichen, Polypore Fungus, *Amanita Pantherina* and *Cladonia* Lichen (by Al Grass).



Misty forest.

Douglas squirrel

Al Grass

## Cathedral and Lake Trail Highlights

- The Cathedral and Lake Trail Walk starts at the Lost Lagoon Bus Loop (1), where you will walk along the western side of Lost Lagoon (The west bank and surrounding area is described in the Lost Lagoon Walk, Guide #4). After crossing the bridge, do not take the trail which is immediately across the road; the Cathedral Trail entrance is approximately 50 feet to the east.

- In the area west of Cathedral Trail there is skunk cabbage.

- There is a giant Douglas fir (2) identified by a square notch in the bark, a memento given to a retiring park forester. The tree is 2.5 m (8.3 ft) in diameter and 61 m (200 ft) to its sawn off top.



Seven Sisters

1925 CVA ST.PK.P.76



Sutherland Sisters

1900 CVA Port.P.684

- The site of "Seven Sisters" (3), thought to be named after the seven Sutherland sisters who promoted hair tonic in Vancouver around 1900, is next. Only the decaying stumps remain because in 1951 the large Douglas fir and Western red cedars were cut down for alleged "public safety" reasons. (Note: Dating back nearly 60 years, tree tops were cut mainly for aesthetic reasons because a solid green mass was preferred.)

- Just past the Seven Sisters you can find a patch of pink campion flowers.(4)

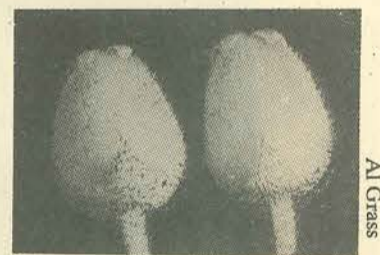


Peter Hamilton

- Further along is a giant nurse log (5) with a row of trees growing atop the fallen tree and sending the roots around and through the rich decomposing wood.

- Next you will see trees with witches' broom (6) which indicate the growth of mistletoe. Indian legend tells us that in these unusual nest-like branches spirits live in the daytime and during the evenings they walk through the forests. Those who destroy the "witches'" home are said to be cursed.

- Here (7) you find typical coastal forest with dense undergrowth, pools, small streams and boggy areas with skunk cabbage.

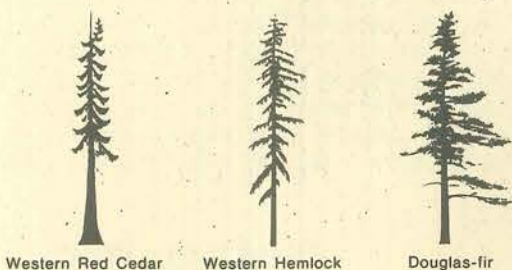


Al Grass

- Between Tatlow Walk and the Lake Trail there is salal with deer fern.

- In shady areas (8) the salal plant, which is used in floral arrangements, has pink flowers which change to dark purple berries. The berries were used as winter food by native Indians.

- Lifeforce, the ecology organization, hopes that you have enjoyed your park adventure and will return to learn more about conservation and the preservation of historic Stanley Park.



Western Red Cedar

Western Hemlock

Douglas-fir



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# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

9

### Lees' Trail/Ceperley Meadow Walk



## Mammals

## Stanley Park History

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Statue of Lord Stanley

## Lees' Trail/Ceperley Meadow Walk (3.2 km/2 mi)

In contrast to Stanley Park's mature natural forest the area between English Bay and Lost Lagoon is home to one of Vancouver's finest collection of exotic trees, shrubs and garden flowers. Some of the flora was donated by Vancouver citizens.

In 1966 the Parks Board planted an entire rhododendron collection of 7000 plants and several thousand seedlings to create a walking garden around the Pitch and Putt. This project was completed 13 years later. After that, 110 magnolias were added.

The tree canopy of native Douglas fir, Western red cedar, Western hemlock and red alder blends with exotic trees such as larches, swamp cypresses, Dawn Redwoods and the Tree of Heaven. Smaller trees such as the native vine maple blend with exotics such as magnolias, dogwoods, drenies, dove trees, stewartias, Japanese maples and many others.

Note: The Dawn Redwood was not listed in any botany books prior to WW II because it wasn't discovered until the 1940s. The tree was found in China and identified from fossils found near Tokyo (hence "dawn" redwood).

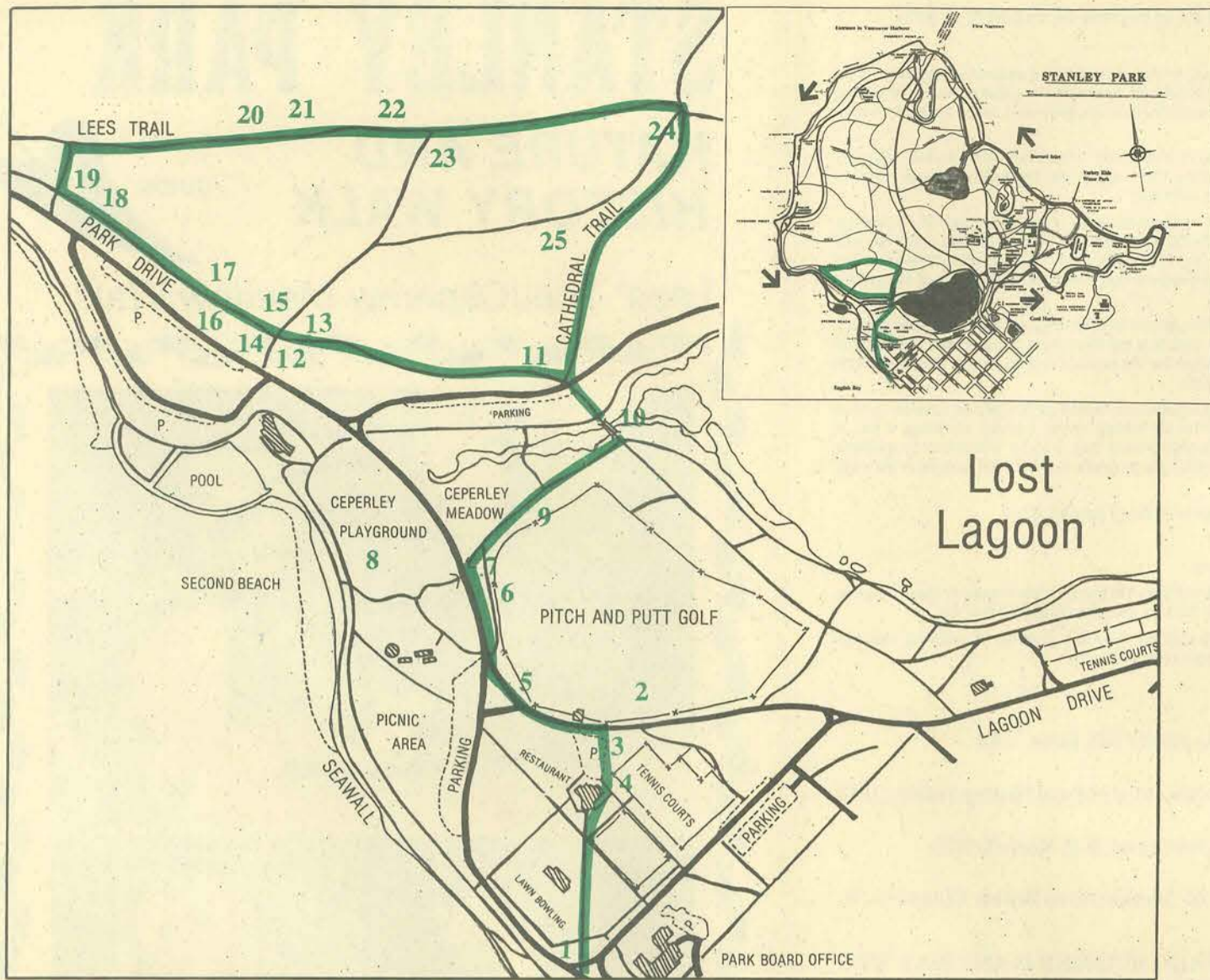
Native shrubs include red huckleberry and salal. Also, hostas, a herbaceous plant, is used to suppress weeds.

Although the changes in both plant and bird communities are significant, the greatest change has been in the native mammal populations. The diverse wildlife ranged from the Virginia opossum (introduced in Washington state, 1925) to the Mountain goat. Elk, black bear, cougar, wolf, blacktailed deer, snowshoe hare and humpback whales visited or lived in the park area. However with the creation of the park and the cutting of trees these species soon disappeared. Occasionally a blacktailed deer may swim across Burrard Inlet from the North Shore.

Introduced species such as the Eastern Grey squirrels (also black), Mute Swans and striped skunks can often be detrimental to native species. If exotic animals were removed then native species would have a greater chance of survival. The park's approximately 49 original native species have been reduced to 32 species while six new species have been established.

The native Douglas squirrel, which is smaller than the Grey squirrel and has a reddish-brown underside, can be seen eating mushrooms, berries and the seeds of coniferous trees.

Cover: Mammals such as raccoons, squirrels, and opossums live free in Stanley Park. Douglas squirrels are indigenous while the large Grey squirrels (also black in colour) are naturalized after transplantation from Eastern Canada. Photographs from top clockwise: Child feeding Grey squirrel (by Peter Hamilton), Virginia opossum (by Al Grass), Raccoon (by Peter Hamilton).



Peter Hamilton

- On the other side there is a shade-tolerant old cedar nurse log with salal, hemlock seedling, red huckleberry and spiny wood fern (13). Nearby there is also a hemlock with a hollow base which appears to be on stilts because the nurse log has decomposed to soil. (14). On top of this tree is the unusual nest-like witches' broom which indicates that there is mistletoe on the tree. Indian legend tells us that spirits live in the witches' broom and they walk the forests during the night. Those who destroy the witches' daytime haunt are said to be cursed by the spirit who dwells therein.

- Pause for a moment to consider the nurse log - a log with a garden growing on it. Even though it is dead new life springs from the remains of the old.

- The junction here (15) is known as "Squirrel Corner".

- Alongside the trail are very old power lines (16).

- Next look for sapsucker holes (wells) in trees (17). The spectacular Pileated Woodpecker is often seen and heard along the Lees' Trail. The white and black Downy and Hairy Woodpeckers are also found in this area.

- The boggy area here (18) is full of skunk cabbage.

- There is a pioneer stand of alder at the junction (19). There is also a good example of a cedar with a dead snag top and woodpecker holes.

- Offshore you can see rafts of waterfowl such as Surf Scoters, Harlequin Ducks and goldeneyes. Ring-billed Gulls are often numerous here. Thousands of Western Grebes are here in Fall and Spring. They are also present during the winter.



Douglas fir cone

Al Grass

- A large Douglas fir (20) can be found here. It was topped at 82 m (270 ft).

- This "brownish" area has been sun-scaled (21).

- Next there's another large cedar (22).

- The fir trunk here (23) was used as a "spar" tree to anchor a logging cable.

- Just near the fire hydrant (24) there's another large fir.

- In this seepage area you can find skunk cabbage and lady fern (25).

- Now that you have completed the Lees' Trail/Ceperley Meadow Walk retrace your steps or catch the bus at the Lost Lagoon Bus Loop.

### Lees' Trail/Ceperley Meadow Walk Highlights

- You can start the Lees' Trail and Ceperley Meadow Walk at the park entrance on Beach Avenue (1).

- When entering the park you'll pass by a lawn bowling green (first opened in 1919 and bordering an elk paddock), the Sports Pavilion

- (opened May 16, 1930 and now a restaurant), a Pitch and Putt (opened 1932), tennis courts (dating back to the early 1930s), shuffleboard, Parks Board office (built in 1961) and a bust of David Oppenheimer, a former Vancouver Mayor (1888 to 1891).

- An interesting blend of exotic and native flora can be seen between English Bay and Lost Lagoon (2). (See details in walk introduction.)

- Rufus Hummingbirds can be seen at the flowers in summer.

- Behind the Beach House restaurant (3) stands the well-known California redwood and sequoia. These trees are the tallest trees on earth.

- Between the Beach House Restaurant and the Tennis Courts you will find a row of six sycamores. This ancient tree has a skin-like bark with seedpods which hang down (4).

- Walking past the west side of the Pitch and Putt Golf you will find numerous Ginkgo trees. First there is a Ginkgo tree, which is a "living fossil" (5).

- Further along, there is an old Western red cedar with springboard notches which were used by loggers. Growing on top there are cedar and mountain ash trees (6). Nearby on the other side of the trail is another old cedar with springboard notches (7).

- The Ceperley Meadow playground (8) was bequeathed in 1918 by Vancouver resident Mrs. Ceperley. Some of the wall stones on the southern side came from Mountainview Cemetery in 1968.



Peter Hamilton

- Next you will see Pileated Woodpecker holes in a cedar tree (9).



Golden-crowned Kinglet

Al Grass



Song Sparrow

Al Grass

- A good place to view waterfowl and to test your "sparrow skills" is the bridge (10). In the bushes there are chickadees, kinglets, sparrows and many others.

- The correct trail to take is immediately across the road from the bridge. You will return by the Cathedral Trail which is approximately 50 feet to the east.



Lady fern "fiddlehead"

Al Grass

- Between Lees' Trail and Lover's Walk there is lady fern with foamflower and swordfern (11). This area is typical of the Coastal Western Hemlock zone and has a dominance of hemlock. Vegetation is determined by the amount of sunlight: in sunny areas you find salmonberries and in the shade you find ferns.

- Shrubs are a good place to look for bushtits, warblers and chickadees. In spring there are usually lots of warblers such as the Yellow-rumped in the trees.



Peter Hamilton

- The large burl on the Western red cedar (12) is possibly a reaction to fungal infection.



Springboard logging

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- A Field Guide to Western Butterflies, J.W. Tilden, 1985
- Trees of North America and Europe, R. Phillips, 1978
- Native Trees of Canada, R.C. Hosie, 1979

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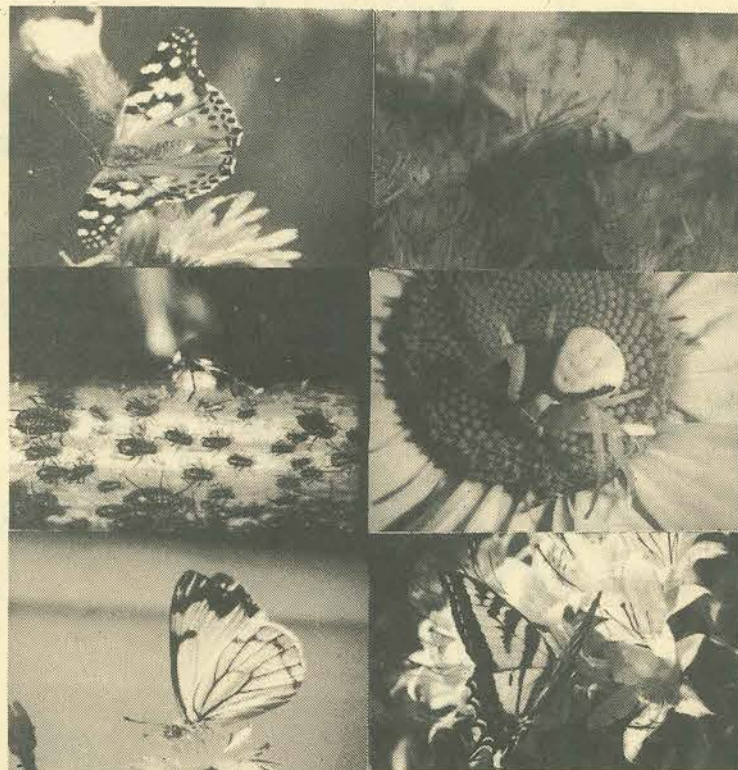
# STANLEY PARK

## NATURE AND HISTORY WALK

GUIDE

10

### Garden Walk



## Insects

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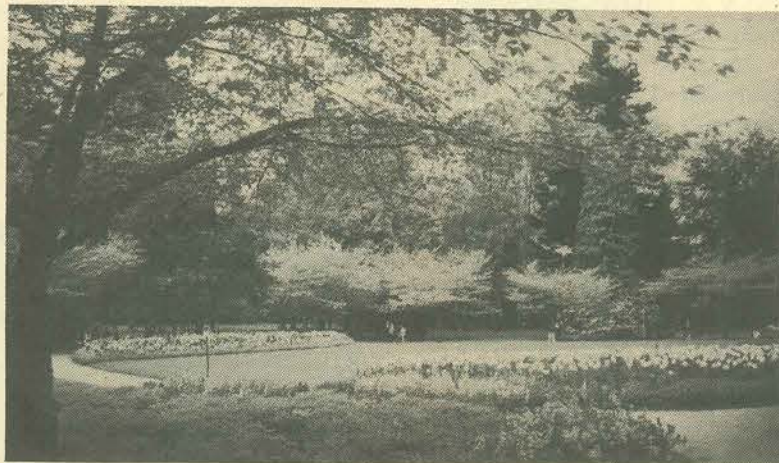


Statue of Lord Stanley

## Garden Walk (3.4 km/2.1 mi)

In summer wonderful places to see and photograph are along the Garden Walk. The Stanley Park we visit today is very different from that which our forefathers viewed when the park was designated in 1889. The construction of playing fields, dams, roadways, parking lots, concessions, restaurants and numerous memorials have severely altered the park's natural environment.

Our moist and temperate climate was the key to successful transplantation of exotic flora.



Al Grass

### Stanley Park Gardens

As spring turns to summer you can see a parade of beautiful butterflies such as the Western Tiger Swallowtail, Milbert's Tortoise-shell, Red Admiral, Gorguin's Admiral and the Painted Lady. You can also see butterfly-like insects known as skippers visiting bright flowers.

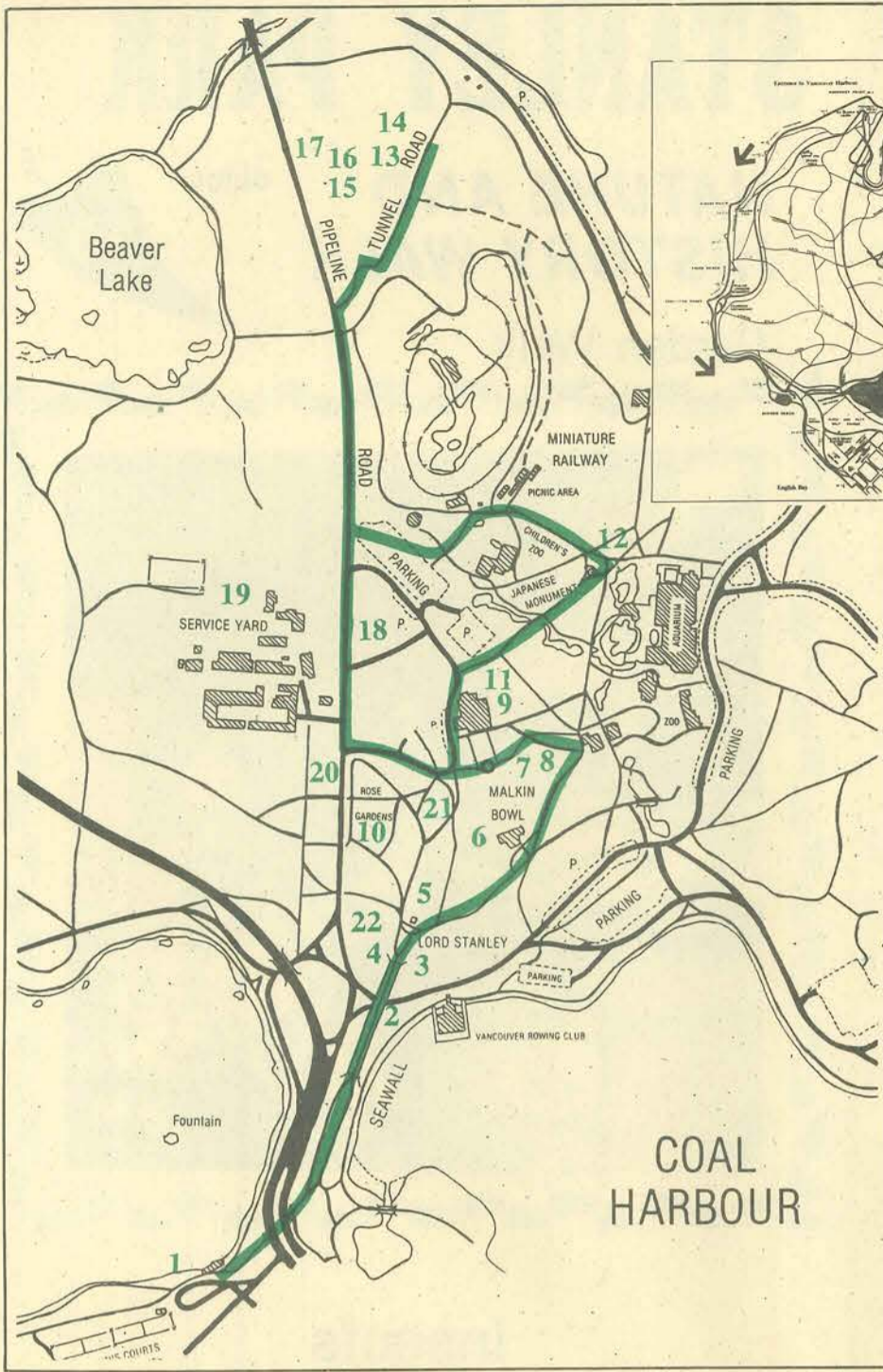
A sunny day is best for photographing these wonders of nature. Use a camera with a short telephoto or a macro-zoom. Butterfly photography takes a bit of patience but the rewards are exciting and priceless.

Along this walk take time to study nature. What colour plants do the butterflies prefer? And watch their behaviour - butterfly watching is fun! It is also fun to watch the wasp-mimicking insects such as Syrphids flies - they can't bite or sting but get the same protection as a wasp does by having similar warning colours. A common species here is the Drone fly which looks like a honey bee.

The gardens are also a good place to spot hummingbirds in the summertime. House finches are a common bird in these areas.

Cover: Numerous varieties of insects can be found in Stanley Park. The exact insect count is unknown.

Photographs from top left clockwise: Painted Lady, Honey Bee, Crab Spider, Tiger Swallowtail, Pine White and Lady Beetle with Aphids (by Al Grass).



NOTE: The tallest Douglas fir was 91 m (325 ft) and was toppled in 1926. Perch trees for eagles are protected in the U.S. but not in Canada.



CVA ST.PK.P.341

- The Rose Garden (10) was started by the Kiwanis community service organization in 1920 "to demonstrate the possibilities of Rose Culture in Vancouver". There are more than 3100 individually named bushes.
- The Garden of Remembrance (11) has a wishing well, rockery and pool, surrounded by shrubbery which was created by the Women's Auxiliary to the Air Services in memory of British and Commonwealth airmen killed in W.W. II.
- The Japanese Monument (12) was erected in honour of Japanese Canadians who died in W.W. I. The 1910 duckpond and waterway which contributed to the tranquility of the area was destroyed in 1989 as a result of yet another Vancouver aquarium expansion. Tall sweet gum and hop-horn bean were also destroyed.
- The Checker Board (18) was built in 1922 for the Vancouver Checker Association.
- Salal with swordfern can be found in this area.
- The Service Yard (19) was built around 1914 and is presently used for maintenance, storage, zoo quarantine and Vancouver Police mounted squad headquarters.



1914

## Garden Walk Highlights

- The Garden Walk starts at the Lost Lagoon Bus Loop (1), at the Stanley park boundary. Use the causeway underpass to reach the Promenade (also called the Boulevard) (2), a concrete pedestrian bridge across the park driveway, which was designed in 1925 by sculptor Charles Marega.
- Just before the end of the Promenade there are two monuments, a 1928 statue of Robbie Burns (3), a Scottish poet who died in 1796, donated by the Vancouver Burns Fellowship and the Queen Victoria memorial (4), donated by the "school children of Vancouver" in 1905.
- The Harding Memorial (7), designed with a flanking bronze eagle by Promenade designer Charles Marega, was unveiled in 1923 to commemorate the first visit of a U.S. president, Warren G. Harding, to Canada.
- Further east is a garden with three other plaques (8): Canadian Forestry Corps (three oak trees, from Royal forest of Windsor, England); P.Z. Caverhill (fir tree and plaque); Frances E. Willard (camellia bush and plaque).

Note: the sturdy exotic Arizona cypress with large cones by the Robbie Burns statue.

- A statue of Lord Stanley (5), Governor General of Canada (1888-1893), reminds us that the park was dedicated in 1889.
- Taking the trail to the right you will pass Malkin Bowl (6) which was the result of a 1934 Parks Board decision to build a bandstand to replace an earlier bandstand (1911) nearby. It was named "Marion Malkin Malcolm Memorial Bowl" in memory of produce businessman/mayor W.H. Malkin's wife. The bowl was restored in 1984 several years after a fire.



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- The Dining Pavilion (9) is a heritage building which was built in 1913 with a west addition in 1923 and later interior renovations.
- Here we find the Pavilion Tree (also called the "Umbrella Tree") which is an exotic Campedown elm, Scottish elm, European ash and ash.

- Along Tunnel Road you will find a large fir which measures 2.5 m (8.1 ft) in diameter and 61 m (200 ft) tall to the broken top (13).



- The large fir stump (14) here was notched by early loggers for their spring boards, used when they cut the tree. On top there are hemlock trees, salal and salmonberry.



Al Grass

- In this area you will find a grove of twisted vine maple (15) and a fir which is the tallest tree in Stanley Park, measuring 1.8 m (5.9 ft) in diameter and 76.2 m (250 ft) tall (16). There is also the 72.5 m (238 ft) "Eagle Tree" which is a Douglas fir (17). The dead upper branches are a favorite perch for Bald Eagles.

The Bald Eagles' breeding begins late February.

- The Shakespeare Memorial and Garden (20) was officially opened in 1936 to feature exotic plants and trees of Elizabethan England. Here you will find the Shakespeare Memorial and numerous commemorative plaques. There is also a 1984 teakwood bench with a mysterious plaque which reads, "In Memory of a Gentle Lady".
- Here you will find friendly exotics such as the cucumber tree, true cedar of the Himalayas (misnamed "red cedar"), London plane trees, American sycamore, Spanish chestnut, English oak, yew and holly.
- The tulip tree on the Causeway slope reaches an incredible 110 feet.
- B.C.'s little-known species of ground cypress, called "yellow cedar", which does not appear naturally at sea level can also be seen here.
- Dr. John Yak attempted to identify the trees but his work was destroyed by vandals.

When leaving this Garden Walk you will pass a playground (21) which was the site of the first checker boards. The playground was built around 1900.

- At this site (22), the first park building was erected. It was a house for the first park employee, Henry Avison, who was hired in 1888 to prevent fires and tree cutting. The Parks Board at that time stated that there would be no more buildings constructed, in order to preserve the natural beauty of Stanley Park.