

# THE TRAVELLING NATURALIST

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## Tour Report

### Canada – Wildlife of the Canadian Rockies

16-28 June 2019

Canada jay



Black bear cub



American pika



Pine grosbeak



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### Day 1: London Heathrow to Calgary

Sunday 16 June 2019

After a slightly delayed departure from Heathrow, everyone arrived at Calgary airport late in the evening. Everyone was tired from their journeys but all were in surprisingly good spirits and very excited about the days ahead. We transferred by shuttle to a nearby airport hotel for the evening where, after a bite to eat, beers and coffee, and a quick discussion about the logistics of the tour, everyone was more than ready for bed.

### Day 2: Calgary to Canmore & Banff National Park

Monday 17 June 2019

Having had such a long day of travel the previous day, we opted for a nice relaxed start and a leisurely breakfast, allowing enough time for the coffee to work its magic, and for us all to prepare for our journey into the mountains. It was a beautiful sunny day in Calgary and as we loaded up the van ready to leave, we had a quick scan around the grassy fields outside the hotel to check for wildlife. A few birds were singing (including savannah sparrow, and chipping and clay-coloured sparrows, all of which provided us with good views) and it wasn't long before we spotted a red-tailed hawk and even a distant bald eagle circling around. We also spotted a white-tailed jack rabbit scampering through the grass on the far side of the field. It was an excellent start to the morning.

We finished loading the van and left the car park before promptly stopping to watch Richardson's ground squirrels calling from the entrance of their burrows on the roadside verge. We took advantage of this impromptu stop to make a short walk along the road to scan across the nearby ponds. Amongst other things, we enjoyed some great views of red-winged blackbirds, gadwall, lesser scaup, Swainson's hawk and a very nice looking coyote that was sitting in the long grass keeping a very watchful eye on the nearby ducks.

By 9.30am we were on the road again and heading out of Calgary. Having avoided the rush-hour traffic, it wasn't long before we were on the main highway heading west towards the mountains. The weather conditions were perfect, and we enjoyed spectacular views of the mountains sprawling out ahead of us as we progressed away from the flat prairie landscape and into the foothills.

As we got closer to Canmore we stopped in one of the provincial parks to take a walk and stretch our legs. The wildflowers in the montane meadows were looking fantastic with great displays of meadow death camas, cut-leaved anemones and swathes of locoweeds and yellow lady's slipper orchids. We spotted several duck species on a nearby kettle lake (including buffleheads, American green-winged teal and Barrow's goldeneye) and there were several spotted sandpipers and a nice family of killdeer (with fluffy young chicks) skulking around the rocky margins of the lake. We also had some nice views of an osprey overhead.



A walk through the forested margins of the lake produced some nice views of siskin, cedar waxwings (lots of them), yellow-rumped warblers (mostly Audubon's form), American robin, young grey jays, ruby crowned kinglets, northern flicker and several more species of sparrow. The heat of the warm afternoon



also meant that there were several butterflies fluttering around, including two species of swallowtail, lots of silvery blues, common alpins, and even a painted lady too.

We enjoyed a relaxed lunch sitting by the banks of the Bow river, watching the comings and goings of bank swallows, great blue herons and the odd common merganser. A series of loud thunder claps and a brief shower of rain heralded the end of our lunch break. We climbed back into the van and headed off to spend the afternoon exploring a little of Banff National Park.

We spotted a few bighorn sheep (including a small lamb) as we travelled along the highway, and we were even lucky enough to spot a beautiful young cinnamon black bear that had got himself trapped alongside the highway on the wrong side of the wildlife fencing (put there to keep animals away from the busy road). We could see that the poor young bear was obviously stressed at his plight so, having stopped only briefly to make sure that the bear was okay, we quickly moved off to prevent stressing the bear any further and called the National Parks officers, who promptly



came to help the poor bear get back on the safe side of the park fence. It was a tantalisingly brief view but we were all left on a high for the rest of the day after such an unexpected encounter with the lovely bear.

We spent the remainder of the afternoon exploring the area around Lake Minnewanka. Apart from providing us all with some fun opportunities on how to pronounce the name of the lake in the most (and least) appropriate ways, we also enjoyed the opportunity to photograph both Columbian and golden-mantled ground squirrels, both of which were common in the area and many were totally indifferent to our presence. It had certainly been a fantastic day for wildlife sightings and spectacular conditions for viewing the dramatic scenery around the lake. Even a light shower of rain couldn't dampen our spirits as we listened to the common loons calling from out on the lake and we ventured back to our van and made our way back to Canmore to check into our hotel.

Once settled in our rooms we met in the hotel's cosy, pub-style restaurant for a relaxed meal and the chance to toast the wonderful successes of our day. Then, having discussed our plans for the days ahead, we all headed off for a much needed night's sleep.

### **Day 3: Canmore & Banff National Park**

**Tuesday 18 June 2019**

After a night of thunderstorms and some very heavy rain, we woke to a rather cloudy and drizzly looking day in Canmore. We started our day slowly with a relaxed breakfast as we watched how the weather developed and considered our plans for the day. Fortunately, by the end of breakfast, the cloud had lifted and the rain had eased off, so we headed up to a local trail to go for a walk and look for a great horned owl nest.

As we arrived at the trailhead, the sun had started to come out and, while we readied ourselves for the walk, we scanned the cliffs high above us where we spotted a nice big mountain goat sunning itself out on the exposed rocky ledges.

There were lots of wildflowers in bloom as we made our way slowly along the forest trail and it seemed that every couple of steps we stopped to photograph a new flower or to try to spot a bird flitting in the

trees. By the time we had arrived at the pretty lakes at the top of the trail we had found dozens of new plants in flower including several new orchid species, yellow columbines, heart-leaved arnica and red paintbrush as well as having some really nice views of magnolia warbler, red-breasted nuthatch and lots and lots of American robins.

By the time we reached the top of the trail (or as far as we were going to venture) it was nearing midday and the trail had become reasonably busy with people, so we found a sitting spot out of the way and ate our lunch as we admired the crystal-clear lakes and scanned the caves in the cliffs for signs of owls. Our lunch was enjoyed under the watchful eye of cheeky least chipmunks and golden-mantled ground squirrels that scuttled between the rocks around us, and we watched as American dipper dived for tiny fish and invertebrates just a few feet in front of us.



All the time we maintained an eye on the cliffs in hopes of a great horned owl putting in an appearance at the entrance of its nest site, but it wasn't to be. We were, however, rewarded with some lovely views of ospreys overhead and excellent views of violet-green swallows visiting nests in the cliffs.

We retraced our route back down to the van, spotting coralroot orchids and Pacific slope flycatcher as we did so.

For the remainder of the afternoon we made our way into Banff, stopping first in the town for a brief shopping foray and look around, before heading up to the nearby ski slopes to search for goats and sheep and to admire the views down across the valley. We stopped briefly to watch a small group of female bighorn sheep and their young lambs that had gathered by the roadside to lick minerals and salts from the verge, and took the opportunity to get some lovely photos of the young lambs as they relaxed alongside their mums.

We stopped at a nearby restaurant for a relatively early dinner and the chance to sample some local Canadian 'bubbly' before we ventured out again for some early evening wildlife watching. It turned out to be a very productive evening as, shortly after leaving the restaurant we found a black bear foraging for dandelions on a steep bank immediately alongside the road. Unfortunately for us, we didn't have too long to view the bear before it was scared off by some rather less experienced wildlife watchers, but it was a great find nonetheless and we were happy to have seen yet another bear within the first few days of our tour.

Continuing, we stopped to watch a few mule deer that crossed the road ahead of us, before heading back into Banff townsite to explore the river in hopes of spotting a beaver. We lingered quietly for as long as we dared in a few likely spots, braving the few hungry mosquitoes that seemed out to get a couple of us, and waiting patiently for a beaver to put in an appearance. Unfortunately for us, they didn't, but we did get to see a musk rat as it swam stealthily across one of the narrow channels off the main river.

As the light began to fade we headed off for a quick evening safari drive around Banff golf course where we encountered several female elk and the odd white-tailed deer before we eventually headed back to our hotel for the evening.

After an early breakfast we loaded up our things and checked out of our hotel ready for our journey north towards Jasper. We set off in sunny weather but it seemed likely that 'sun and showers' would be the order of the day as a few ominous clouds began to build over the mountains.

We travelled along the Bow Valley Parkway where Jennifer spotted our first snowshoe hare as it dashed from the road in front of us. We stopped at a few spots along the parkway to scan for wildlife and to take in some of the sights. A stop at Castle junction provided us with some nice opportunities to photograph the impressive views of Castle Mountain and the Bow River, whilst a quick stop at the bridge allowed us to check for osprey at the well used nest there, and to look at the flushes of butterwort and elephant's-head lousewort flowering alongside the river.

Towards the end of the parkway we stopped at a viewpoint to scan along the railway (a popular route for animals moving through the park) but the rain had started to set in a little, so we didn't linger long. We started heading north along the Icefield's Parkway in good weather, but scattered cloud and showers obscured the mountains at times. Nonetheless, we enjoyed some fantastic views of fresh snow-covered mountains along parts of the journey, particularly where we stopped to look at the crowfoot glacier.

We remained vigilant for wildlife as we travelled but the clouds had started to close in by the time we passed Bow Lake so we pressed on with our journey hoping to find a gap in the weather. It cleared a little and we stopped to snap a few photos at the foot of the Athabasca Glacier. It was a short-lived adventure though as an icy squall raced down the valley and it started to snow. Thankfully, we weren't far from the vehicle at the time and we beat a hasty retreat and continued our journey.

We eventually did find a break in the weather and we stopped to look for birds and flowers alongside the Saskatchewan River. Here we found some lovely examples of the slender and northern green rein orchids alongside the large fully opened flower spikes of elephant's head Lousewort. In addition, we also had some lovely views of red-tailed hawks at the nest and watched as their rather damp and bedraggled-looking chicks jostled for position in the nest.

We stopped for lunch alongside the river at a nearby picnic spot. We scanned for mountain goats on the cliffs around us and watched the cheeky Columbian ground squirrels as they enquired over the exact nature of our meal.

Enjoying the improved conditions, we stopped at big bend and went for a quick walk, taking the chance to admire the swathes of lichens and yellow mountain dryas that carpet the glacial landscape alongside the river. We walked along the turquoise river to watch the icy water cutting its way through a deep limestone canyon before heading back to the car and continuing on our way.

Having maintained such a vigil for wildlife throughout the course of the day it was wonderful when we were finally rewarded with the sighting of a nice young grizzly bear walking along beside the road. We pulled over, off the highway, to watch it for a while, giving the bear plenty of space to go about its business (before the inevitable 'bear jam' of cars gathered). The bear seemed un-phased by the growing number of cars gathering alongside the road and, fortunately for us, our courteous consideration towards the bear was rewarded when the bear decided to walk very confidently past our vehicle before eventually disappearing back into the forest. It was another brief, but exciting, encounter and we were struggling to believe that we had just seen our third bear in as many days. This was certainly unprecedented.

Having been in the vehicle for a lot of the morning, we were keen to make best use of the afternoon's break in the weather and we called in at Sunwapta Falls for quick look around. As a busy tourist destination





in the Rockies, we were pleasantly surprised to find only moderate numbers of people milling around at the falls (which were looking rather spectacular given the recent heavy rains). Having admired the falls for a while, we used the opportunity to take a short walk along one of the forest trails where we found plenty of nice flowers in bloom (including large mats of twinflower and even a few Calypso orchids). We also enjoyed some lovely views of a merlin perched high in a tree and, when we eventually returned to the vehicle, we enjoyed a rather close encounter with a very inquisitive raven.

After a long and exciting journey, we eventually arrived at our lodge, in the late afternoon. Whilst waiting to get checked into our rooms, we went for a quick look at the outstanding views down across the valley, admired the nice shows of brown-eyed susans that were blooming on the bank down to the river, and we scanned the edges of the forest for signs of wildlife. Once warmed up and settled into our cosy rooms, we gathered in the lodge restaurant for dinner where we recapped on our growing lists of wildlife and made plans for our days in Jasper National Park.

### **Day 5: Rainstorm/snowstorm in Jasper National Park**

**Thursday 20 June 2019**

After a night of heavy, heavy rain and an extreme weather warning for the area that promised little respite from the deluge, we prepared for the day ahead. We enjoyed a leisurely breakfast in the warmth of the lodge and watched as the rain poured from the roof. There was little hope of avoiding it so we planned accordingly.

We started our day with a brief stop in the tiny town of Jasper, which gave us a chance to stock up on a few lunch supplies for the day, and a good opportunity for some of the group to buy a few additional items of waterproofing before we ventured further.

Once suitably supplied, we spent the morning exploring the area around Edith and Annette Lakes while we waited for the cloud base to lift a little. There was little moving in the rain-soaked fields and forests and even the ducks had taken to shelter. We did spot a nice mule deer buck, its developing antlers still in velvet, and we stopped to take a few photos before we headed off towards Maligne Lake.

Unfortunately, our plans to venture up to Maligne lake were eventually scuppered by heavy snow fall and, having ventured some way up the road (making good use of our 4x4 minibus) in the increasingly blizzard-like conditions, we eventually decided that there was little benefit to be gained from our endeavours, so we opted instead to explore the lower-lying areas of the park.

By early afternoon we had covered enough ground, and seen so little wildlife through the torrents of rain, that we turned our attentions instead to the one thing that would definitely look spectacular in the rain ... the waterfalls!

We drove out to Athabasca Falls (normally one of the busiest tourist sites in Jasper National Park and one we'd usually seek to avoid) to find just a handful of people milling around the viewpoint. This presented a rare opportunity to really enjoy the spectacular waterfalls (that were thundering with water) without jostling for position amidst hundreds of other sightseers. The rain had eased a little and, as we wandered around avoiding the pond-like puddles on the trails, we spotted a bedraggled Townsend's



solitaire sheltering under one of the bridges. It seemed that the extreme weather conditions at higher altitude had started to work in our favour. Having enjoyed some great views of this often difficult to find, alpine bird, we ventured back towards town keeping our eyes open for mammals as we travelled.

Attempting to stay out of the rain as much as possible, we explored the trails around Pyramid Lake, stopping occasionally to scan for wildlife, before eventually returning to the lodge for a tea and a chance to warm up a bit before heading out again to explore.

Once suitably revived we ventured back up along the Maligne Lake road where we spotted a couple more mule deer that we stopped to photograph. We continued along the road, through the rain and back up into the snow. The mountain trails were still and quiet and we stopped to photograph some bald eagles that watched patiently over their snow-covered nest.

Eventually we headed back to Maligne Canyon for dinner (where we were kept very amused by a local lounge singer) before taking an evening walk around the spectacular canyon. Once again, the weather worked in our favour and after dinner we were able to enjoy this spectacular (and normally very busy) landmark with nobody else around.

It had been a tough day all round, but we had all endured it very well and we returned to our lodge happy with our efforts, and ready for a good night's rest.

## Day 6: Jasper National Park

Friday 21 June 2019

What a difference a day makes! The worst of the weather had passed and, while the morning started a little drizzly and overcast, the sky was filled with the promise of a better day ahead as the clouds once again began to reveal the mountains around us.

Having enjoyed a good breakfast at the lodge we ventured back up towards Maligne Lake. As we started to ascend the long road up to the lake we encountered a beautiful grizzly bear with three tiny cubs of the year (coy) in tow. The bear seemed anxious to cross the road so we stopped to give them plenty of space and the bears graciously obliged us with a wonderful view as they crossed the



road immediately in front of us. Unfortunately, not everyone was prepared to share the road with the bears that morning, but despite the actions of some inconsiderate drivers, all the bears did make it safely across the road. Once the large female bear had turned to look at us, and then checked to see that all her young cubs were all present and accounted for, they all disappeared off into the forest once again. Naturally, this sighting was enough to leave everyone on a high for the rest of the day but it was still early, and who knew what the rest of the day could bring?



We stopped in at a likely looking spot to scan for wildlife and look for tracks in the fresh snow. It didn't take very long and we had spotted lots of fresh grizzly tracks, found osprey at the nest and were watching mountain bluebirds, hairy woodpeckers, white-crowned and chipping sparrows flitting between the bushes. It was all very different from our experience just 24 hours earlier. The still mountain air resonated with the distinctive song of white-throated sparrows and we noted the occasional squeak of picas from the nearby rocks. We focused our attention on the rock piles and Lyndsay soon spotted the plump figure of pica, posing nicely for us atop a snow-covered boulder.



We continued up the winding road towards Maligne Lake, taking time to admire the spectacular views of lakes and mountains along the way, and arrived at the lake late in the morning. The ground was still heavy with wet snow, but the snow ploughs were hard at work clearing the roads as we readied ourselves for our walk. Before going too far, we took the opportunity to enjoy some nice close encounters with the grey jays and brown-headed cowbirds that were inquisitively searching for handouts around the busy car park.

Unfortunately, the trail we had planned to walk on was closed but, having already fortified ourselves with tea and cinnamon buns at the Lake Café, we contented ourselves with exploring the comparatively snow-free shoreline of the lake. It turned out to be a very productive afternoon. Much of the wildlife – which would normally be distributed through the subalpine forests and the alpine habitats above the tree-line, had been displaced by the snow – was busy foraging in the patches of snow-free ground along the margins of the lake. During a short walk we enjoyed some wonderful views of numerous different sparrows, several different warblers, more mountain bluebirds, buff-bellied pipits, pine grosbeak and lots of siskins and American robins. We even managed to catch sight of a few meadow voles as they scuttled across the snow. At one point we were even privy to a ridiculously close encounter with a rather indifferent northern bog lemming that seemed happy to forage in the bushes right at our feet.



We had started to head back down the road towards Jasper in the mid-afternoon when we encountered a female black bear and two yearling cubs foraging alongside the road. Naturally we pulled up off of the road to watch the bears for a while. However, we quickly found ourselves caught in the midst of a bear jam as people and cars jostled for position around us, all trying to get views and photos of the bears. We consoled ourselves that the bear and her cubs appeared totally un-phased by the gathering hoards around them, and were probably actually benefiting from it, as they continued to feed quite happily on the luxurious dandelion leaves growing on the verge. However, despite enjoying some lovely views of bears, the throngs of people around us did eventually become a bit much to endure and, not wanting to witness the limits of the bears tolerance, we opted to leave the bears behind and continue to look for wildlife elsewhere.



We stopped near Medicine Lake to take in the marvellous views. The clouds had lifted completely by then and we had amazing views of the snow-covered mountains reflected in the lake. As we lingered we had some wonderful close encounters with white-throated sparrows (a species we had heard more than we had seen), Lincoln's sparrows and grey-crowned rosy finches as they pecked at the seed heads in the long grass around us. Scanning across the lake, we enjoyed more great views of bald eagles, osprey and Barrow's goldeneye too.

In the improved conditions we opted to revisit our pica spot in hopes of improving on our sightings from earlier in the day. We were certainly not disappointed when, having sat quietly amidst the boulders for just a short while, several curious picas appeared from amidst the rocks to take a closer look at us. Some of them even approached us to within a few metres!

Having noticed that much of the tourist traffic from the lake had subsided we made the decision to drive back up road to see if we could find our bear and her two cubs again. Fortunately for us, we found her again, sitting happily feeding, not far from where we had last seen her. This time, the bear jam had subsided, leaving just a couple of respectful onlookers, and we enjoyed a prolonged viewing of the bear and her cubs as they fed happily alongside the road.

Having enjoyed such an amazing day of wildlife viewing, our stomachs eventually reminded us that it was time to eat and we headed back to Jasper for dinner. After dinner we stopped in town to admire the old steam locomotive parked up alongside the railway before heading back to the lodge, where we recapped the day with a glass of wine in the common room.

#### **Day 7: Jasper to Field along the Icefields Parkway**

**Saturday 22 June 2019**

We enjoyed another leisurely breakfast at lodge (and marvelled at the glorious weather that was developing outside the window) before packing up our vehicle in preparation for our journey south again. While Lyndsay organised the checkout from our rooms, we watched rufous hummingbirds buzzing around outside the lodge.

Once on the road, we headed back towards the Icefields Parkway, stopping occasionally to admire the reflections of mountains in the calm mountain lakes and to look for wildlife on the edges of the forest.

The gorgeous, crystal clear conditions were perfect for our journey back along the parkway. The skies were deep blue and the mountains were sparkling from top to bottom with fresh fallen snow. It was perfect the whole way.

At one point in the journey we stopped to look at a large moose standing alongside the river. It was a reasonably distant view but seeing the unmistakable outline of these huge animals was a great way to break up our long drive. We also stopped to allow several huge male bighorn rams cross the road in front of us, then only five minutes later had two black bears (one blonde and one cinnamon-coloured) cross the road right in front of us and walk straight past the vehicle. We pulled off the road to watch the bears for a while, giving us enough time to ascertain that this was a male bear following a female bear. It was quite clear that the female was not interested in the male bear's intentions though, particularly when she gave him the slip and swam across the river to avoid him.

We continued south for a while but stopped for an impromptu break at the foot of the Athabasca Glacier. Here we made best use of the exceptional conditions and spectacular views (away from the crowds) as we relaxed and enjoyed our lunch.

As we headed into the Banff National Park again, we spotted another lovely female black bear foraging alongside the road and it was with great delight that we noticed she had two young cubs with her. Once again, we pulled off the road and lingered for a while to watch her at a distance. She seemed a little nervous of the jam of vehicles that soon stopped to watch her. However, the cars soon dispersed when she moved her young family back into cover away from the road and we lingered longer, giving the bear plenty of space to go about her business, to see if she would return. Once all the other cars had moved off, we were very happy to see that she did return to feed on the lush grasses alongside the road. It was certainly worth being patient for this view and we got to watch the tiny cubs wrestling and tumbling and even play fighting in the branches of a nearby tree as mum quietly grazed nearby.

It was mid-afternoon when we stopped for a walk at Peyto Lake. Here we enjoyed some spectacular views down onto the turquoise lake and watched Clark's nutcrackers calling from the treetops. We also spotted more golden-mantled and Columbian ground squirrels basking on the rocks below us, heard distant pica, and even got a little caught up in someone's wedding photos!

A light shower of rain prompted us to continue our journey, but with the wonderful day of wildlife viewing we had been enjoying, it seemed almost inevitable that we would spot another bear (which we did) shortly before leaving the Icefields Parkway. We stopped only briefly to watch the black bear before joining the main highway that would take us west into Yoho National Park and to the tiny railway town of Field.



We arrived at our hotel late in the afternoon, just in time to celebrate our very successful day of wildlife watching with a few drinks and a lovely meal at the nearby restaurant.

## Day 8: Yoho National Park

Sunday 23 June 2019

We started the day early, watching the rufous hummingbirds visit the colourful hanging baskets outside our hotel rooms. A quick cup of coffee and some fresh fruit from the hotel bar and we headed up to Emerald Lake to explore.

It was a little drizzly and overcast when we arrived, but we enjoyed some nice views of the lake in the stillness of the morning, before the afternoon breeze picked up and wiped the reflections from the surface of the water. Now battle-hardened by our wet day in Jasper, we remained unfazed by the drizzly conditions and we opted to go for a little walk. Within a few steps of starting along the trail we were awestruck by the wealth of wildflowers in bloom and we hadn't ventured very far before finding some impressive specimens of striped coralroot orchid, swathes of round-leaved and various



rein orchids, mountain forget-me-nots, a variety of wintergreens (none of which were in full flower), queen's cups and lots more besides. In addition, we also had some wonderful close encounters with a beautiful pair of great northern divers that were lovingly tending their one fluffy chick. It was all so much fun that everyone resisted the temptation to head for cover when a rather imposing rain cloud appeared over the mountains.

Eventually a heavy rain shower did force us to retreat and we headed back to the nearby Cilantro Café, where we fortified ourselves with some suitably calorific snacks and warm drinks while we dried ourselves by the crackling log fire and waited for the showers to pass. The rain soon passed, the sun came out, and we headed out again for a longer walk around the lake. We couldn't resist stopping to take just a few more photos of the great northern divers and we enjoyed watching them chase fish in the crystal-clear water.

As we explored the lake shore further, we found lots more colourful wildflowers including both early blue and Canadian violets, mountain death camas, sticky false asphodel, the diminutive pink flowers of mealy primrose and the ubiquitous swathes of yellow lady's slipper orchids. We also enjoyed some good views of osprey, and barn, tree and violet green swallows over the lake, and there were lots of yellow-rumped warblers, chipping sparrows and both ruby-crowned and golden-crowned kinglets active in the trees around us. We also spotted a Townsends' solitaire and had some nice views of red squirrels too.

It was a fantastic first half of the day but hunger eventually motivated us to return to the café for a late lunch. It was a beautiful afternoon so, with a few good hours left in the day, we headed to Takakkaw Falls, stopping in at 'marmotopia' to look for hoary marmots on the way. Unfortunately, there were no marmots to be found as we scanned the rocks and boulders but, as we continued to search, we did manage to find a nice group of mountain goats with their young kids, high up on the cliffs above us. It was while we were all enjoying this that a nice black bear walked out of cover on the hillside above us. The bear appeared rather indifferent to our presence as he casually ambled in and out of the scrubby vegetation in search of food and it wasn't long before we lost sight of him completely as it continued on its way, back into the dense undergrowth.



We arrived at Takakkaw Falls in the late afternoon and went for a short walk to admire the falls (the second highest waterfall in Canada). The conditions were perfect, and we all took plenty of photos of the impressive falls before we eventually drew our long day to a close and heading back to our hotel for dinner.

#### Day 9: Yoho National Park

Monday 24 June 2019

We started the day early, once again spending a little time looking for hummingbirds around the hotel's hanging baskets. It was a nice clear morning and we enjoyed a flyover by an osprey as we photographed some of the flowers in front of the hotel. After grabbing a quick cup of coffee and some morning snacks at the hotel bar we headed back to 'marmotopia' in the hope that the beautiful morning sunshine might have tempted some hoary marmots out to bask on the rocks. Our plan paid off and, when we arrived, we quickly spotted several plump marmots sitting out in the open, sprawled out atop the large boulders. We lingered for a while to watch these comical rodents go about their business (which apparently involves a lot of lounging around) and were delighted when one of the marmots took it upon himself to come and have a closer look at us. It was a very comical few minutes, and very much a case of 'who is watching who?', as the marmot sat at our feet, looking at us quizzically. It was a wonderful way to start our day.

Late morning we headed back up to Emerald Lake where we enjoyed some nice views of Townsend's warbler feeding in the trees as we sat and enjoyed a leisurely brunch overlooking the lake.

After brunch we went for a short walk through the forest where, as we wandered through the luxurious growths of oak fern we spotted mountain chickadees, crossbills, white-barred crossbills and pine grosbeaks flitting in the trees. We also heard MacGillivray's warbler singing in the trees (although, despite our best efforts, we couldn't find it).



It was about midday when we went for a quick look at the falls at the Natural Bridge before leaving to escape the crowds with a walk through the forest on a trail we now call 'Jennifer's trail'. It was here that Jennifer quickly spotted the flowers of the sparrows-egg lady's slipper orchid (a species we had been working very hard to find for everyone). Our gentle afternoon stroll along our newly named trail was fantastic! We didn't see another soul on the trail, and we wandered along, enjoying the quiet of the forest surrounded by the heavy scent of prickly rose and warm fir trees. It was the middle of the day and the forests were relatively quiet, but we found plenty of new wildflowers to photograph and enjoyed some great views of Swainson's thrushes and red squirrels as we ambled along.

By mid-afternoon we stopped at the Visitor Centre in Field before heading on to Lake Louise village for a quick bite to eat and a cup of coffee. It was now late afternoon and the conditions were beautiful, so we took our opportunity to rush to see Lake Louise (one of the busiest tourist traps in the Canadian Rockies) whilst it wasn't too busy. We stopped for a short while to admire the views before heading up to Moraine Lake. We lingered a little longer at the impressive Moraine Lake, taking some time to find a nice quiet spot to photograph the lake. It was then that a sudden movement out of the corner of our eye alerted us to the presence of a long-tailed weasel scampering along the lakeshore, carrying a large lemming in its mouth. It was an incredible encounter with a very unexpected (and very difficult to find) species and we attracted quite a few quizzical looks from casual onlookers as Lyndsay excitedly dashed along the lakeshore, in a hurried attempt to photograph the elusive beast. It was certainly another very exciting end to another busy day in the Canadian Rockies.

#### **Day 10: Field to Kananaskis Provincial Park (Via Banff National Park)**

**Tuesday 25 June 2019**

After two very busy days of wildlife watching we took the opportunity to have a more relaxed start to the morning, enjoying a coffee and a leisurely continental breakfast in the hotel bar, before getting ready for check-out and our journey into Kananaskis country.

We then set off towards Banff townsite where we explored a few trails and revisited some of our watch points in the hope of finding a beaver. Unfortunately, it wasn't to be, but we saw plenty of evidence of their activity and there were plenty of birds around to distract us. American redstart, olive-sided and alder flycatchers, red-breasted nuthatches, yellow warblers, dark-eyed juncos and warbling vireos were all active and singing in the trees. We also found some showy clumps of yellow coral root orchids (well, about as showy as this plant ever gets) and some nice reddish flowered wintergreens in full bloom too!

We stopped in Canmore for lunch and a coffee at the Rocky Mountain Bagel Co. (a very popular local institution in the town) before heading out along Highway 40 where we found several large groups of bighorn sheep feeding alongside the road. We stopped for a while to watch one group of sheep that had several very young lambs with them. It was clearly the first time the young lambs had been down to the road and we watched as they gambled and frolicked with each other under the watchful eyes of their mothers.

We spotted several more groups of sheep as we continued our journey and we eventually called in for a quick rest stop at the Peter Lougheed Visitor Centre where we managed to spot a few mountain goats feeding high on the cliffs opposite the centre.

It was late afternoon and we turned off the main highway and began our journey along the long gravel road towards our lodge. We hadn't gone very far when we spotted a large black bear moving along a steep bank below the road. The bear was a little anxious at our presence, so we didn't linger too long, allowing the bear to quietly feed and continue its business without the need to look over its shoulder all the time.





We arrived at the lodge in good spirits, in plenty of time to relax into the comfy environs of the lodge and enjoy the splendid views of the jagged mountains and the valley below. We sat out on the lodge balcony for a while and scanned for wildlife, taking the opportunity to update our burgeoning species lists, and enjoy the siskins twittering in the nearby trees and the sounds of the Wilson's snipe whirring over the marshes below.



After a relaxed dinner and a glass or two of wine we couldn't resist the opportunity for one last scan for wildlife from the lodge balcony, and we were very pleased to spot a small group of elk emerge from the forest and start chasing around in the valley immediately in front of the lodge. It was a beautiful way to draw the day to a close.

#### **Day 11: Kananaskis Provincial Park**

**Wednesday 26 June 2019**

Today we had an early start with a 6am safari drive out from the lodge. It started well with a young moose which wandered right past the car and started browsing the bushes before disappearing off into the forest again. Continuing we encountered two beautiful black bears – one large black male and a smaller cinnamon female and we watched as the male followed the female attentively, perfectly indifferent to our presence. We left the two bears and began making our way back to the lodge only to find another bear, this time a blond black bear attentively sniffing a bear scat in the middle of the road. We couldn't bring ourselves to leave it straight away and we watched it for a while before it quietly went on its way back into the forest.



As we approached the lodge we spotted a nice elk stag, still in velvet, on the edge of the forest and we stopped to take a quick look before we returned for a well-earned, leisurely breakfast and the chance to relax a little and enjoy the wonderful views and wildlife around the lodge before heading out again for an afternoon walk to explore some of the subalpine and alpine habitats further into Kananaskis.



By this stage of the tour, it seemed almost inevitable that we'd be waylaid by some wildlife or other en route to our destination, but none of us could have expected encountering a rather large, elderly female grizzly bear wandering alongside the road and basking in the midday sun! The encounter didn't last particularly long but we parked up alongside the road and enjoyed lovely views of the very calm and relaxed bear as she came ambling past, crossed the road behind us, and eventually disappeared off into the forest. We saw her well enough to get a few photos and to notice that she was wearing a radio collar and had a prominent ear tag numbered 104. (A later visit to the Peter Lougheed Visitor Centre allowed us to report the sighting and find out a little more about this well known, local bear.) After such an exciting encounter, we were definitely all on a high for the rest of the day and very alert to what on earth we might encounter next.

The afternoon weather was absolutely splendid as we ventured along the road to higher altitude. We eventually stopped to take a walk along a trail through some lovely alpine forest in the hope of finding some patches of glacier lilies. The sky was blue, as only a high-altitude sky can be, and we were surrounded by snow-covered peaks and stunted forests of subalpine fir and larch. Unfortunately, the heavy snows of the days prior had somewhat swamped many of the early spring flowers but we still found an abundance of yellow pasqueflowers and both mountain and early buttercups (that were all making a valiant attempt to flower again amidst the thick patches of rapidly melting snow). We enjoyed watching the chipping and white-crowned sparrows foraging around the tiny trees and the Columbian ground squirrels calling from the entrance of their soggy burrows. We ventured a little further along the trail hoping to find some clearer patches of ground (and more flowers) amidst the denser forest slopes, but we were thwarted by the wet snow. So, rather than get ourselves hopelessly wet and cold for no real reward, we made our way back to the car to explore some other sites back along the highway.

We stopped to enjoy our packed lunch on a warm sunny, snow-free slope below a prominent scree slope where we scanned the surrounding slopes for signs of mountain goats or bears and enjoyed finding a myriad of tiny, colourful alpine plants flowering amidst the rocks. As we relaxed in the sunshine as butterflies fluttered past, bighorn sheep wandered by on the road below us, Clark's nutcrackers called from the treetops above us and pica (including some very tiny and adorably cute pica kits) dashed between the rocks around us. It was a fantastic way to spend a very relaxed afternoon.

We eventually headed on to call in for a quick look around the Visitor Centre at Peter Lougheed Provincial Park. The stop gave us the opportunity to look around the centre's excellent displays, report our recent bear sighting to the park officials and scan the nearby cliffs for mountain goats (which we did not find) before we headed back to the lodge for afternoon tea and the chance to rest and recuperate before dinner.

We enjoyed another delicious dinner at the lodge before intrepidly heading out again for a late evening wildlife watch back at the Visitor Centre. Our journey along the long gravel road was reasonably quiet (by comparison to the wildlife-filled day that we had already experienced), but we enjoyed some nice views of mule deer and the odd snowshoe hare as we drove along. We arrived at the centre about an hour before sunset and sat on the balcony (heroically enduring the few hungry mosquitoes that feasted on Lee and Mike ... the designated sacrificial lambs of the group). A few barn swallows swooped around our heads and an inquisitive red squirrel scuttled around us as the evening chorus of bird song reached its crescendo.

As the sun slowly set and the colour faded from the sky, the view across the valley remained quiet. Only the odd white-tailed deer ventured out into the meadows to quietly graze. It was then that we all began to hear the frenetic scrabbings and high-pitched chattering from the three large nest boxes on the wall next to us. We watched and waited in the diminishing daylight when slowly, one by one, we watched as dozens of long-legged myotis bats began to exit their roost, swooping close by our heads as they did so. It had been a very long day for all of us and, with darkness upon us, we didn't wait to see the entire emergence of several hundred bats from their roost.

We returned to the van and started our journey back along the road to the lodge. Even in the darkness, our day of wildlife watching wasn't over. It seemed like every few hundred metres there were snowshoe hares waiting to dash across the road in front of us and disappear back into the darkness of the forest. It became quite a fun game trying to spot them as we travelled but, after such a busy day, they were too numerous for us to be bothered to count them. We eventually returned to the lodge exhausted from our day and very ready for a good night's rest.

## **Day 12: Kananaskis Provincial Park**

**Thursday 27 June 2019**

It was our last full day in the field and, not wanting to waste any opportunity to see more wildlife, the whole group was, once again, up early and ready for one final early morning safari drive. The weather had turned a little and it was overcast and drizzling when we set off. Given our previous experiences in the rain, we weren't in massively high hopes of seeing much when we set off. However, given all the good luck that this particular group had been enjoying, we were not altogether surprised when we encountered a beautiful grizzly bear just at the end of the lodge driveway! We watched as the young bear stopped to scratch itself on the edge of the nearby bridge, before watching wander back past the front of the lodge, and out across the river valley. It was an exciting encounter for us all, and a good reminder to the group that, no matter how close you are to human habitation, you are always in bear country on this tour!

We continued to watch the bear at a distance as it ambled across the valley, swam across the river and made its way up into the forest and disappeared. It was a fantastic start to our day.



Having explored for the rest of the morning, finding a few more elk and plenty more snowshoe hares, we returned to the lodge for another leisurely breakfast and once again took the opportunity to linger longer at the lodge to watch the scores of siskin and pine grosbeaks picking grit from under the deck outside the lodge and search, once again, for the Wilson's snipe that could be heard calling from the moose wallow below us.

By late morning we were all ready to venture out once again, despite the inclement weather, and we headed off into the park to explore some more. Unfortunately, the driving rain and low cloud base inhibited our ambitions to walk up to one of our favourite mountain lakes and we ate our packed lunch in the dry comfort of the van before venturing into the Peter Lougheed Provincial Park to search for better weather and an alternative opportunity to stretch our legs.

We eventually called in at Kananaskis Lake and ventured out for a stroll along the lakeshore. The weather slowly improved, and the rain eased off as we walked. We managed to get some nice views of several male goosander out on the lake. Yellow warblers were still calling from perches high up in the forest trees and spotted sandpipers fluttered along the lakeshore. On the edge of the woods we found a friendly yellow pine chipmunk that seemed un-phased by the inclement weather, and a very confiding golden mantled ground squirrel that came to visit us as we admired the swathes of river beauty that were flowering alongside the boat ramp. It wasn't the wildlife-filled bonanza that we had all become accustomed to on this trip, but it turned out to be a very pleasant afternoon ... despite the weather.

The weather continued to improve as we made our way back to the lodge and we returned in good time to get dried off and relax a little before dinner. Over our last evening meal together we discussed the plans for our final day, updated our lists, and enjoyed a glass of two of wine in the relaxed comfort of the lodge as we and mentally prepared ourselves for our return from the wilderness.

### **Day 13: Kananaskis to Calgary**

**Friday 28 June 2019**

On our final morning we opted for a relaxed start, taking our final chance to enjoy the comfort and outstanding views around the lodge, and the chance to organise our things before our inevitable journey home. After breakfast we made one last effort to get some photos of the pine grosbeaks and siskins outside the lodge before we eventually packed up our things and headed off.

We stopped in Canmore for fuel and took the opportunity to rinse the accumulation of dust from the van before venturing east once again, back towards Calgary.

We stopped for lunch once again by the river, where Jennifer found some more freshly opened sparrows egg Lady's slipper orchids and we listened to the yellow warblers singing from the bushes and watched as ospreys and fly-fishermen patrolled the river in search of fish. It was a lovely way to spend the middle of the day, providing us with plenty of distractions from the looming prospect that our wonderful tour was slowly ending. It wasn't over yet though and after finishing our relaxed lunch we eventually headed off to explore a bit more of the park.

Shortly after leaving our picnic spot we managed to spot yet another black bear! This time it was a beautiful young cinnamon bear, that was nervously making its way through a patch of wildflowers in one of the meadows when we spotted him. The bear seemed unusually surprised that we had spotted him (particularly given the fact that it was the middle of the day and just a few yards from a relatively busy carpark) and it wasn't long before he lost his nerve completely and bolted for cover in the nearby trees. It was frustrating that none of us got a photograph, but I think that the wonderful view of that handsome young bear's face, enshrouded by colourful wood lilies, lady's-slipper orchids, brown-eyed Susans and asters, will not leave any of our memories for a very long time.





After lunch we took another walk to look at the flourish of wildflowers that had bloomed since our first visit to the site all those days ago. Wood lilies, tall harebells, sulphur buckwheat and gaillardias now adorned the colourful meadows. Whilst walking we also encountered a nice ruffed grouse strutting across one of the meadows and lots more cedar waxwings that were now busily feeding hungry youngsters. The tiny lake now supported young families of Barrow's goldeneye and buffleheads, and the fluffy killdeer chicks (that we had spotted on our first visit) were now fledged and called plaintively from the lake margins.

It was tough to tear ourselves away but, after spending as long as we could in the park, it was eventually time for us to leave the mountains and continue our journey back towards Calgary.

We encountered a little traffic (something that we had become very unaccustomed to) on our way back towards the city but, with plenty of time to spare, we relaxed and used the time to spot birds and wildflowers alongside the highway.

We arrived in Calgary shortly before 5pm and called into a local bird sanctuary to kill some time before heading to the airport. A leisurely amble around some of the trails in the park rewarded us with some excellent views of wood ducks with their fluffy young chicks, house wrens singing, northern flickers, lots more Richardson's ground squirrels, and even some very confiding mule deer. It was a lovely way to spend the final hour of our tour and it was certainly preferable to waiting around in an airport.

Nevertheless, our wonderful tour did eventually have to end and we made our way to the airport, arriving in plenty of time to say our farewells, enjoy a relaxed evening meal at the airport and prepare ourselves for our long journeys home.



# Checklist

THE TRAVELLING  
**NATURALIST**

	Common Name	Scientific Name	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Seen
	<b>Birds</b>	<b>Aves</b>													
1	Snow goose	<i>Chen caerulescens</i>									x				
2	Canada goose	<i>Branta canadensis</i>	x				x	x					x	x	
3	Wood duck	<i>Aix sponsa</i>												x	
4	Cinnamon teal	<i>Spatula cyanoptera</i>													
5	Blue-winged teal	<i>Spatula discors</i>													
6	Northern shoveler	<i>Spatula clypeata</i>													
7	Gadwall	<i>Mareca strepera</i>	x												
8	American wigeon	<i>Mareca americana</i>	x												
9	Mallard	<i>Anas platyrhynchos</i>	x	x	x						x	x	x	x	
10	Northern pintail	<i>Anas acuta</i>													
11	Green-winged teal	<i>Anas carolinensis</i>	x												
12	Canvasback	<i>Aythya valisineria</i>													
13	Redhead	<i>Aythya americana</i>													
14	Ring-necked duck	<i>Aythya collaris</i>													

15	Greater scaup	<i>Aythya marila</i>	x											
16	Lesser scaup	<i>Aythya affinis</i>	x										x	
17	Harlequin duck	<i>Histrionicus histrionicus</i>												
18	Bufflehead	<i>Bucephala albeola</i>	x									x	x	
19	Common goldeneye	<i>Bucephala clangula</i>												
20	Barrow's goldeneye	<i>Bucephala islandica</i>	x				x			x			x	
21	Hooded merganser	<i>Lophodytes cucullatus</i>												
22	Common merganser	<i>Mergus merganser</i>	x		x		x					x	x	
23	Ruddy duck	<i>Oxyura jamaicensis</i>											x	
24	Ruffed grouse	<i>Bonasa umbellus</i>											x	
25	Spruce grouse	<i>Falci pennis canadensis</i>												
26	Dusky grouse	<i>Dendragapus obscurus</i>												
27	White-tailed ptarmigan	<i>Lagopus leucura</i>												
28	Willow ptarmigan	<i>Lagopus lagopus</i>												
29	Common loon	<i>Gavia immer</i>	x				x		x	x		H	x	x
30	Pied-billed grebe	<i>Podilymbus podiceps</i>												
31	Red-necked grebe	<i>Podiceps grisegena</i>												
32	Horned grebe	<i>Podiceps auritus</i>												
33	Black-necked grebe	<i>Podiceps nigricollis</i>												
34	Western grebe	<i>Aechmophorus occidentalis</i>												



35	American bittern	<i>Botaurus lentiginosus</i>													
36	Great blue heron	<i>Ardea herodias</i>	x								x				
37	American white pelican	<i>Pelecanus erythrorhynchos</i>													
38	Double-crested cormorant	<i>Phalacrocorax auritus</i>													
39	Turkey vulture	<i>Cathartes aura</i>													
40	Western osprey	<i>Pandion haliaetus</i>	x	x			x		x	x	x		x	x	
41	Golden eagle	<i>Aquila chrysaetos</i>													
42	Sharp-shinned hawk	<i>Accipiter striatus</i>													
43	Cooper's hawk	<i>Accipiter cooperii</i>												x	
44	Northern goshawk	<i>Accipiter gentilis</i>													
45	Northern harrier	<i>Circus hudsonius</i>													
46	Bald eagle	<i>Haliaeetus leucocephalus</i>	x			x	x		x	x				x	
47	Swainson's hawk	<i>Buteo swainsoni</i>	x											x	
48	Red-tailed hawk	<i>Buteo jamaicensis</i>	x	x	x						x		x	x	
49	Sora	<i>Porzana carolina</i>									H				
50	American coot	<i>Fulica americana</i>													
51	Sandhill crane	<i>Antigone canadensis</i>													
52	Black-necked stilt	<i>Himantopus mexicanus</i>													
53	American avocet	<i>Recurvirostra americana</i>	x												

54	Killdeer	<i>Charadrius vociferus</i>	x											x	
55	Wilson's snipe	<i>Gallinago delicata</i>			H						x	x	x	H	
56	Wilson's phalarope	<i>Phalaropus tricolor</i>													
57	Spotted sandpiper	<i>Actitis macularius</i>	x				x	x				x	x	x	
58	Solitary sandpiper	<i>Tringa solitaria</i>													
59	Lesser yellowlegs	<i>Tringa flavipes</i>													
60	Greater yellowlegs	<i>Tringa melanoleuca</i>													
61	Bonaparte's gull	<i>Chroicocephalus philadelphia</i>													
62	Franklin's gull	<i>Leucophaeus pipixcan</i>	x											x	
63	Ring-billed gull	<i>Larus delawarensis</i>													
64	California gull	<i>Larus californicus</i>													
65	American herring gull	<i>Larus smithsonianus</i>													
66	Caspian tern	<i>Hydroprogne caspia</i>													
67	Black tern	<i>Chlidonias niger</i>													
68	Rock dove	<i>Columba livia</i>	x	x			x				x			x	
69	Eurasian collared dove	<i>Streptopelia decaocto</i>													
70	Mourning dove	<i>Zenaida macroura</i>													
71	Great horned owl	<i>Bubo virginianus</i>													
72	Barred owl	<i>Strix varia</i>													

73	Northern pygmy owl	<i>Glaucidium californicum</i>													
74	Northern saw-whet owl	<i>Aegolius acadicus</i>													
75	Short-eared owl	<i>Asio flammeus</i>													
76	Common nighthawk	<i>Chordeiles minor</i>													
77	American black swift	<i>Cypseloides niger</i>													
78	Vaux's swift	<i>Chaetura vauxi</i>									x				
79	Rufous hummingbird	<i>Selasphorus rufus</i>						x	x	x	H			x	
80	Calliope hummingbird	<i>Selasphorus calliope</i>													
81	Belted kingfisher	<i>Megasceryle alcyon</i>													
82	Red-naped sapsucker	<i>Sphyrapicus nuchalis</i>													
83	American three-toed woodpecker	<i>Picoides dorsalis</i>										x			
84	Black-backed woodpecker	<i>Picoides arcticus</i>													
85	Downy woodpecker	<i>Dryobates pubescens</i>												H	
86	Hairy woodpecker	<i>Leuconotopicus villosus</i>					x				x				
87	Northern flicker	<i>Colaptes auratus</i>	x	x			x	x	H		x		x	x	
88	Pileated woodpecker	<i>Dryocopus pileatus</i>										H			
89	American kestrel	<i>Falco sparverius</i>													
90	Merlin	<i>Falco columbarius</i>			x										
91	Prairie falcon	<i>Falco mexicanus</i>													



92	Peregrine falcon	<i>Falco peregrinus</i>													
93	Say's phoebe	<i>Sayornis saya</i>													
94	Olive-sided flycatcher	<i>Contopus cooperi</i>							H	H					
95	Western wood pewee	<i>Contopus sordidulus</i>													
96	Willow flycatcher	<i>Empidonax traillii</i>							H	H	x				
97	Alder flycatcher	<i>Empidonax alnorum</i>												H	
98	Pacific Slope flycatcher	<i>Empidonax difficilis</i>		x											
99	Western kingbird	<i>Tyrannus verticalis</i>													
100	Eastern kingbird	<i>Tyrannus tyrannus</i>												x	
101	Cassin's vireo	<i>Vireo cassinii</i>													
102	Warbling vireo	<i>Vireo gilvus</i>			x						x				
103	Red-eyed vireo	<i>Vireo olivaceus</i>												H	
104	Grey jay	<i>Perisoreus canadensis</i>	x	x	x		x		x					x	
105	Steller's jay	<i>Cyanocitta stelleri</i>													
106	Black-billed magpie	<i>Pica pica</i>	x	x	x	x	x	x	x	x	x	x		x	
107	Clark's nutcracker	<i>Nucifraga columbiana</i>						x				x			
108	American crow	<i>Corvus brachyrhynchos</i>	x	x	x	x	x	x	x	x	x			x	
109	Northern raven	<i>Corvus corax</i>	x	x	x	x	x	x	x	x	x	x	x	x	
110	Cedar waxwing	<i>Bombycilla cedrorum</i>	x		x		x				x			x	
111	Black-capped chickadee	<i>Poecile atricapillus</i>									x				

112	Mountain chickadee	<i>Poecile gambeli</i>								x	x				
113	Boreal chickadee	<i>Poecile hudsonicus</i>													
114	Chestnut-backed chickadee	<i>Poecile rufescens</i>													
115	Horned lark	<i>Eremophila alpestris</i>													
116	Sand martin	<i>Riparia riparia</i>	x								x	x	x	x	
117	Tree swallow	<i>Tachycineta bicolor</i>	x	x		x			x	x	x			x	
118	Violet-green swallow	<i>Tachycineta thalassina</i>		x		x			x	x	x	x		x	
119	Northern rough-winged swallow	<i>Stelgidopteryx serripennis</i>													
120	Barn swallow	<i>Hirundo rustica</i>		x			x	x	x	x	x	x	x	x	
121	American cliff swallow	<i>Petrochelidon pyrrhonota</i>								x	x		x	x	
122	Golden-crowned kinglet	<i>Regulus satrapa</i>	H	H					x	H	x				
123	Ruby-crowned kinglet	<i>Regulus calendula</i>	x	x	H			x	x	x	x	x	H	x	
124	Rock wren	<i>Salpinctes obsoletus</i>													
125	Marsh wren	<i>Cistothorus palustris</i>													
126	Bewick's wren	<i>Thryomanes bewickii</i>													
127	Winter wren	<i>Troglodytes hiemalis</i>													
128	House wren	<i>Troglodytes aedon</i>	x											x	
129	Red-breasted nuthatch	<i>Sitta canadensis</i>	H	x			H		H	H	x	H			
130	White-breasted nuthatch	<i>Sitta carolinensis</i>													

131	Brown creeper	<i>Certhia americana</i>													
132	Grey catbird	<i>Dumetella carolinensis</i>													
133	Brown thrasher	<i>Toxostoma rufum</i>													
134	Common starling	<i>Sturnus vulgaris</i>	x					x	x	x	x			x	
135	Varied thrush	<i>Ixoreus naevius</i>		H	H	H			H	H	H	H	H	H	
136	Western bluebird	<i>Sialia mexicana</i>													
137	Mountain bluebird	<i>Sialia currucoides</i>					x								
138	Townsend's solitaire	<i>Myadestes townsendi</i>				x	x		x				x		
139	Swainson's thrush	<i>Catharus ustulatus</i>	H	x	H	H	x	H	H	x	x	H	x	H	
140	Hermit thrush	<i>Catharus guttatus</i>											H		
141	American robin	<i>Turdus migratorius</i>	x	x	x	x	x	x	x	x	x	x	x	x	
142	American dipper	<i>Cinclus mexicanus</i>		x											
143	American pipit	<i>Anthus rubescens</i>					x								
144	Evening grosbeak	<i>Hesperiphona vespertina</i>													
145	Pine grosbeak	<i>Pinicola enucleator</i>					x			x	x	x	x	x	
146	Grey-crowned Rosy Finch	<i>Leucosticte tephrocotis</i>					x	x							
147	Purple finch	<i>Haemorhous purpureus</i>													
148	House finch	<i>Haemorhous mexicanus</i>	x												
149	Red crossbill	<i>Loxia curvirostra</i>								x			x		
150	Two-barred crossbill	<i>Loxia leucoptera</i>								x					



151	American goldfinch	<i>Spinus tristis</i>													
152	Pine siskin	<i>Spinus pinus</i>	x		x		x	x	x	x	x	x	x	x	
153	Red fox sparrow	<i>Passerella iliaca</i>													
154	Song sparrow	<i>Melospiza melodia</i>													
155	Lincoln's sparrow	<i>Melospiza lincolni</i>	x		x	x	x			x	x	x			
156	White-crowned sparrow	<i>Zonotrichia leucophrys</i>	x	x			x				H	x	x	x	
157	White-throated sparrow	<i>Zonotrichia albicollis</i>	H				x		x		H			H	
158	Golden-crowned sparrow	<i>Zonotrichia atricapilla</i>													
159	Dark-eyed junco	<i>Junco hyemalis</i>	x	x	x	x	x	x	x	x	x	x		x	
160	Savannah sparrow	<i>Passerculus sandwichensis</i>	x											x	
161	Leconte's sparrow	<i>Ammodramus lecontei</i>													
162	Grasshopper sparrow	<i>Ammodramus savannarum</i>													
163	Chipping sparrow	<i>Spizella passerina</i>	x	x	H	x	x	x	x	x	x	x	x	x	
164	Clay-colored sparrow	<i>Spizella pallida</i>	x				x							x	
165	Brewer's sparrow	<i>Spizella breweri</i>					x								
166	Vesper sparrow	<i>Pooecetes gramineus</i>													
167	Lark sparrow	<i>Chondestes grammacus</i>													
168	Yellow-headed blackbird	<i>Xanthocephalus xanthocephalus</i>	x										x		
169	Western meadowlark	<i>Sturnella neglecta</i>													

170	Bullock's oriole	<i>Icterus bullockii</i>													
171	Baltimore oriole	<i>Icterus galbula</i>													
172	Red-winged blackbird	<i>Agelaius phoeniceus</i>	x	H							x		x	x	
173	Brown-headed cowbird	<i>Molothrus ater</i>	x	x	x		x	x			H				
174	Rusty blackbird	<i>Euphagus carolinus</i>													
175	Brewer's blackbird	<i>Euphagus cyanocephalus</i>						x						x	
176	Common grackle	<i>Quiscalus quiscula</i>													
177	Northern waterthrush	<i>Parkesia noveboracensis</i>													
178	Tennessee warbler	<i>Leiothlypis peregrina</i>													
179	Orange-crowned warbler	<i>Leiothlypis celata</i>													
180	Nashville warbler	<i>Leiothlypis ruficapilla</i>													
181	Yellow warbler	<i>Dendroica petchia</i>								x	x		x	x	
182	MacGillivray's warbler	<i>Geothlypis tolmiei</i>								H					
183	Common yellowthroat	<i>Geothlypis trichas</i>		H							H		H		
184	Magnolia warbler	<i>Setophaga magnolia</i>		x											
185	Mangrove warbler	<i>Setophaga petechia</i>													
186	Blackpoll warbler	<i>Setophaga striata</i>													
187	Yellow-rumped (Audubon's) warbler	<i>Setophaga coronata</i>	x	x	x		x	x	x	x	x		x		
188	Yellow-rumped (Myrtle) warbler	<i>Setophaga coronata</i>	x		x	x	x	x	x						

189	Townsend's warbler	<i>Setophaga townsendi</i>								x	x				
190	Wilson's warbler	<i>Cardellina pusilla</i>					x								
191	American redstart	<i>Setophaga ruticilla</i>									x				
192	Western tanager	<i>Piranga ludoviciana</i>													
193	Black-headed grosbeak	<i>Pheucticus melanocephalus</i>													
194	House sparrow	<i>Passer domesticus</i>			x	x	x	x	x		x				
	<b>Mammals</b>	<b>Mammalia</b>													
1	Hoary marmot	<i>Marmota caligata</i>								x					
2	Yellow-bellied marmot	<i>Marmota flaviventris</i>													
3	Columbian ground squirrel	<i>Spermophilus columbianus</i>	x	x	x			x	x	x	x	x	x	x	
4	Golden-mantled ground squirrel	<i>Spermophilus lateralis</i>	x	x				x				x	x		
5	Richardson's ground squirrel	<i>Spermophilus richardsonii</i>	x											x	
6	Thirteen-lined ground squirrel	<i>Spermophilus tridecemlineatus</i>													
7	Yellow-pine chipmunk	<i>Tamias amoenus</i>											x		
8	Least chipmunk	<i>Tamias minimus</i>		x			x	x	x	x		x	x	x	
9	Red squirrel	<i>Tamiasciurus hudsonicus</i>	H	x	H	x	H	x	H	x	x	x	x	x	
10	Eastern grey squirrel	<i>Sciurus carolinensis</i>												x	
11	Northern bog lemming	<i>Synaptomys borealis</i>					x								
12	Meadow vole	<i>Microtus pennsylvanicus</i>					x					x			



13	Canadian beaver	<i>Castor canadensis</i>													
14	Northern pocket gopher	<i>Thomomys talpoides</i>													
15	Common muskrat	<i>Ondatra zibethicus</i>		x											
16	North American porcupine	<i>Erethizon dorsatum</i>					track s								
17	American pica	<i>Ochotona princeps</i>					x	H				x	x		
18	Snowshoe hare	<i>Lepus americanus</i>			x							x	x	x	
19	White-tailed jack rabbit	<i>Lepus townsendii</i>	x												
20	Mountain cottontail	<i>Sylvilagus nuttallii</i>													
21	Long-legged myotis	<i>Myotis volans</i>											x		
22	Canada lynx	<i>Lynx canadensis</i>													
23	Bobcat	<i>Lynx rufus</i>													
24	Cougar	<i>Puma concolor</i>													
25	Coyote	<i>Canis latrans</i>	x	x									x		
26	Grey wolf	<i>Canis lupus</i>													
27	Red fox	<i>Vulpes vulpes</i>													
28	Black bear	<i>Ursus americanus</i>	1	1			4 (2 cubs)	5 (2 cubs)	1		1	3		3	
29	Grizzly bear	<i>Ursus arctos</i>			1		4 (3 cubs)					1	1		
30	Wolverine	<i>Gulo gulo</i>													
31	Canadian river otter	<i>Lontra canadensis</i>													
32	American marten	<i>Martes americana</i>													
33	Fisher	<i>Martes pennanti</i>													
34	Ermine	<i>Mustela erminea</i>													
35	Long-tailed weasel	<i>Mustela frenata</i>								x					
36	Least weasel	<i>Mustela nivalis</i>													
37	American mink	<i>Neovison vison</i>													

38	American badger	<i>Taxidea taxus</i>													
39	Striped skunk	<i>Mephitis mephitis</i>													
40	Northern raccoon	<i>Procyon lator</i>													
41	Moose	<i>Alces americanus</i>						x				x			
42	Wapiti (Elk)	<i>Cervus elaphus</i>		x							x	x	x	x	
43	Mule deer	<i>Odocoileus hemionus</i>		x	x	x	x						x	x	
44	White-tailed deer	<i>Odocoileus virginianus</i>	x			x		x				x	x	x	
45	Woodland caribou	<i>Rangifer tarandus</i>													
46	Pronghorn	<i>Antilocarpa americana</i>													
47	American bison	<i>Bison bison</i>													
48	Mountain goat	<i>Oreamnos americanus</i>		x					x		x				
49	Bighorn sheep	<i>Ovis canadensis</i>	x	x				x			x	x		x	
	<b>Butterflies and Notable Insects</b>	<b><i>Insecta</i></b>													
1	Canadian tiger swallowtail	<i>Papilio canadensis</i>													x
2	Pale swallowtail	<i>Papilio eurymedon</i>													x
3	Clouded sulphur	<i>Colias philodice</i>													x
4	Silvery blue	<i>Glaucopsyche lygdamus</i>													x
5	Mourning cloak	<i>Nymphalis antiopa</i>													
6	Painted lady	<i>Vanessa cardui</i>													
7	Lorquin's admiral	<i>Limenitis lorquini</i>													
8	Ringlet	<i>Coenonympha tullia</i>													x
9	Common alpine	<i>Erebia epipsoda</i>													x
10	Persius duskywing	<i>Erynnis persius</i>													x
11	Eyed hawkmoth	<i>Smerinthus ocellatus</i>													x
12	Longhorn beetle sp.	<i>Cerambycidae sp.</i>													x

	<b>Notable Spiders</b>	<b>Arachnidae</b>													
1	Crab spider	<i>Thompsidae sp.</i>													x
	<b>Plants</b>														
1	Subalpine fir	<i>Abies bifolia</i>													x
2	Engelmann spruce	<i>Picea engelmannii</i>													x
3	Douglas fir	<i>Pseudotsuga menziesii</i>													x
4	Western hemlock	<i>Tsiga heterophylla</i>													x
5	Western larch	<i>Larix occidentalis</i>													x
6	Lodgepole pine	<i>Pinus contorta</i>													x
7	Ponderosa pine	<i>Pinus ponderosa</i>													x
8	Balsam poplar	<i>Populus balsamifera</i>													x
9	Trembling aspen	<i>Populus tremuloides</i>													x
10	American dwarf mistletoe	<i>Arceuthobium americanum</i>													x
11	Rocky mountain juniper	<i>Juniperus scopulorum</i>													x
12	Creeping juniper	<i>Juniperus horizontalis</i>													x
13	Common juniper	<i>Juniperus communis</i>													x
14	Arctic Willow	<i>Salix arctica</i>													x
15	Scouler's willow	<i>Salix scouleriana</i>													x
16	Grey-leaved willow	<i>Salix glauca</i>													x
17	Bog birch	<i>Betula nana</i>													x
18	Green alder	<i>Alnus viridis</i>													x
19	Northern gooseberry	<i>Ribes oxycanthoides</i>													x
20	Bristly blackcurrant	<i>Ribes lacustre</i>													x



21	Black elderberry	<i>Sambucus racemosa</i>													x
22	Snowberry	<i>Symphoricarpos albus</i>													x
23	Black twinberry	<i>Lonicera involucrata</i>													x
24	Twinning honeysuckle	<i>Lonicera dioica</i>													x
25	Mallow ninebark	<i>Physocarpus malvaceus</i>													x
26	Saskatoon	<i>Amelanchier alnifolia</i>													x
27	Thimbleberry	<i>Rubus parviflorus</i>													x
28	Wild raspberry	<i>Rubus idaeus</i>													x
29	Shrubby cinquefoil	<i>Pentaphylloides floribunda</i>													x
30	Prickly rose	<i>Rosa acicularis</i>													x
31	Western mountain-ash	<i>Sorbus scopulina</i>													x
32	Tall Oregon grape	<i>Mahonia aquifolium</i>													x
33	Red-osier dogwood	<i>Cornus sericea</i>													x
34	Lewis mock orange	<i>Philadelphus lewisii</i>													x
35	Wolfwillow	<i>Elaeagnus commutata</i>													x
36	Canada buffaloberry	<i>Shepherdia canadensis</i>													x
37	Labrador tea	<i>Ledum groenlandicum</i>													x
38	Four-angled mountain heather	<i>Cassiope tetragona</i>													x
39	Kinnikinnick	<i>Arctostaphylos uva-ursi</i>													x
40	Wild chives	<i>Allium schoenoprasum</i>													x
41	Sticky false-asphodel	<i>Tofieldia glutinosa</i>													x
42	Mountain death-camas	<i>Zigadenus elegans</i>													x
43	Meadow death-camas	<i>Zigadenus venenosus</i>													x
44	Bronzebells	<i>Stenanthium occidentale</i>													x
45	Wood lily	<i>Lilium philadelphicum</i>													x

46	Queen's cup	<i>Clintonia uniflora</i>													x
47	Star-flowered false Solomon's-seal	<i>Maianthemum stellatum</i>													x
48	False Solomon's-seal	<i>Maianthemum racemosum</i>													x
49	Clasping-leaved twisted-stalk	<i>Streptopus amplexifolius</i>													x
50	Mountain blue-eyed grass	<i>Sisyrinchium montanum</i>													x
51	Yellow lady's-slipper	<i>Cypripedium parviflorum</i>													x
52	Sparrow's-egg lady's-slipper	<i>Cypripedium passerinum</i>													x
53	Fairyslipper	<i>Calypso bulbosa</i>													x
54	Heart-leaved twayblade	<i>Listera cordata</i>													x
55	Round-leaved orchid	<i>Amerorchis rotundifolia</i>													x
56	Pale coralroot	<i>Corallorhiza trifida</i>													x
57	Striped coralroot	<i>Corallorhiza striata</i>													x
58	Blunt-leaved rein-orchid	<i>Platanthera obtusata</i>													x
59	Round-leaved rein-orchid	<i>Platanthera orbiculata</i>													x
60	Tall white rein-orchid	<i>Platanthera dilatata</i>													x
61	Northern green rein-orchid	<i>Platanthera hyperborea</i>													x
62	Slender rein-orchid	<i>Platanthera stricta</i>													x
63	Bracted orchid	<i>Coeloglossum viride</i>													x
64	Cow parsnip	<i>Heracleum maximum</i>													x
65	Heart-leaved alexanders	<i>Zizia aptera</i>													x
66	Wild sarsaparilla	<i>Aralia nudicaulis</i>													x
67	Northern bedstraw	<i>Galium boreale</i>													x
68	Sulphur buckwheat	<i>Eriogonum umbellatum</i>													x
69	Broad-leaved willowherb (river beauty)	<i>Epilobium latifolium</i>													x

70	Fireweed	<i>Epilobium angustifolium</i>													x
71	Moss campion	<i>Silene acaulis</i>													x
72	Foamflower	<i>Tiarella trifoliata</i>													x
73	Five-stamened mitrewort	<i>Mitella pentandra</i>													x
74	Spotted saxifrage	<i>Saxifraga bronchialis</i>													
75	Tufted saxifrage	<i>Saxifraga cespitosa</i>													
76	Diamond-leaved saxifrage	<i>Saxifraga rhomboidea</i>													x
77	Hairy rockcress	<i>Arabis hirsuta</i>													x
78	Lyall's rockcress	<i>Arabis lyallii</i>													x
79	Heart-leaved bittercress	<i>Cardamine cordifolia</i>													x
80	Alpine smelowskia	<i>Smelowskia calycina</i>													x
81	Yellow mountain-avens	<i>Dryas drummondii</i>													x
82	White mountain-avens	<i>Dryas octopetala</i>													x
83	Dwarf raspberry	<i>Rubus arcticus</i>													x
84	Wild strawberry	<i>Fragaria virginiana</i>													x
85	Sibbaldia	<i>Sibbaldia procumbens</i>													x
86	Snow cinquefoil	<i>Potentilla nivea</i>													x
87	Old man's whiskers	<i>Geum triflorum</i>													x
88	Dwarf poppy	<i>Papaver pygmaeum</i>													x
89	Mountain buttercup	<i>Ranunculus eschscholtzii</i>													x
90	Early buttercup	<i>Ranunculus glaberrimus</i>													x
91	Globeflower	<i>Trollius laxus</i>													x
92	Cut-leaved anemone	<i>Anemone multifida</i>													x
93	Prairie crocus	<i>Pulsatilla patens</i>													x
94	Western pasqueflower	<i>Pulsatilla occidentalis</i>													x
95	Blue Clematis	<i>Clematis occidentalis</i>													x
96	Western meadowrue	<i>Thalictrum occidentale</i>													x
97	Yellow columbine	<i>Aquilegia flavescens</i>													x



98	Red columbine	<i>Aquilegia formosa</i>													x
99	Blue columbine	<i>Aquilegia brevistyla</i>													x
100	Columbian monkshood	<i>Aconitum columbianum</i>													x
101	Red clover	<i>Tifolium pratense</i>													x
102	Common sweet clover	<i>Melilotus officinalis</i>													x
103	White sweet clover	<i>Melilotus alba</i>													x
104	Prairie goldenbean	<i>Thermopsis rhombifolia</i>													x
105	Silky locoweed	<i>Oxytropis sericea</i>													x
106	Showy locoweed	<i>Oxytropis splendens</i>													x
107	Field milk-vetch	<i>Astragalus agrestis</i>													x
108	Yellow sweet-vetch	<i>Hedysarum sulphurescens</i>													x
109	Creamy peavine	<i>Lathyrus ochroleucus</i>													x
110	Common butterwort	<i>Pinguicula vulgaris</i>													x
111	Early blue violet	<i>Viola adunca</i>													x
112	Canada violet	<i>Viola canadensis</i>													x
113	Common harebell	<i>Campanula rotundifolia</i>													x
114	Western blue flax	<i>Linum lewisii</i>													x
115	Swamp hedge-nettle	<i>Stachys palustris</i>													x
116	Slender blue penstemon	<i>Penstemon procerus</i>													x
117	Yellow penstemon	<i>Penstemon confertus</i>													x
118	Elephant's head lousewort	<i>Pedicularis groenlandica</i>													x
119	Common red paintbrush	<i>Castilleja miniata</i>													x
120	Western yellow paintbrush	<i>Castilleja occidentalis</i>													x
121	Common toadflax	<i>linaria vulgaris</i>													x
122	Alpine speedwell	<i>Veronica wormskjoldii</i>													x
123	Alpine forget-me-not	<i>Eritricium nanum</i>													x
124	Mountain forget-me-not	<i>Myosotis asiatica</i>													x

125	Tall bluebells	<i>Mertensia paniculata</i>													x
126	Lemonweed	<i>Lithospermum ruderales</i>													x
127	Greenish-flowered wintergreen	<i>Pyrola chlorantha</i>													x
128	Pink wintergreen	<i>Pyrola asarifolia</i>													x
129	One-sided wintergreen	<i>Orthilia secunda</i>													x
130	Twinflower	<i>Linnaea borealis</i>													x
131	Bunchberry	<i>Cornus canadensis</i>													x
132	Alpine rock jasmine	<i>Androsace chamaejasme</i>													x
133	Mealy primrose	<i>Primula incana</i>													x
134	Few-flowered shootingstar	<i>Dodecatheon pulchellum</i>													x
135	Common dandelion	<i>Taraxacum officinale</i>													x
136	Hooker's thistle	<i>Cirsium hookerianum</i>													x
137	Leafy thistle	<i>Cirsium foliosum</i>													x
138	Alpine pussytoes	<i>Antennaria alpina</i>													x
139	Rosy pussytoes	<i>Antennaria microphylla</i>													x
140	Showy pussytoes	<i>Antennaria pulcherrima</i>													x
141	Prairie sagewort	<i>Artemisia frigida</i>													x
142	Yarrow	<i>Achilles millefolium</i>													x
143	Pearly everlasting	<i>Anaphalis margaritacea</i>													x
144	Oxeye daisy	<i>Leucanthemum vulgare</i>													x
145	Black-eyed susan	<i>Rudbeckia hirta</i>													x
146	Brown-eyed susan	<i>Gaillardia aristata</i>													x
147	Heart-leaved arnica	<i>Arnica cordifolia</i>													x
148	Mountain arnica	<i>Arnica latifolia</i>													x
149	Hairy arnica	<i>Arnica mollis</i>													x
150	Leafy arnica	<i>Arnica chamissonis</i>													x

151	Arrow-leaved coltsfoot	<i>Petasites sagittatus</i>													x
152	Sweet coltsfoot	<i>Petasities frigidus</i>													x
153	Northern goldenrod	<i>Solidago multiradiata</i>													x
154	Streambank groundsel	<i>Senecio pseud aureus</i>													x
155	Showy aster	<i>Aster conspicuus</i>													x
156	Smooth aster	<i>Aster laevis</i>													x
157	Leafy aster	<i>Aster foliaceus</i>													x
158	Smooth fleabane	<i>Erigeron glabellus</i>													x
159	Cut-leaved fleabane	<i>Erigeron compositus</i>													x
160	Parry's townsendia	<i>Townsendia parryi</i>													x
161	Mountain cliff-fern	<i>Woodsia scopulina</i>													x
162	Fragile bladderfern	<i>Cystopteris fragilis</i>													x
163	Common moonwort	<i>Botrychium lunaria</i>													x
164	Oak fern	<i>Gymnocarpium dryopteris</i>													x