

25 WEEKS OF ADVENTURE

Responsible and Safe Recreation Guidelines

PACK OUT YOUR GARBAGE



This includes organics such as fruit peels and toilet paper. Garbage is not only unsightly but may also attract wildlife, thus increasing the possibility of human-wildlife conflict.

TAKE ONLY PHOTOGRAPHS



It may seem harmless to pick flowers and mushrooms or non-living material such as shells and dead wood, but these all play ecological roles in the habitat, so please leave them and let them do their thing.

LET WILDLIFE FEED THEMSELVES



Fed animals can become accustomed to people providing food and become aggressive. Human food can also make animals sick - let animals eat their natural food.

PRACTICE GOOD TRAIL ETIQUETTE



Stay on the trail - shortcutting and trampling cause erosion and damage the habitat. Give wildlife their space, and be courteous and considerate to other trail users.

BE CONSIDERATE WHEN "GOING" IN NATURE



Don't put garbage in the toilet or outhouse - it can attract wildlife. If you must go outside, go 100m from camps, water sources, and trails. Dig a hole for solid deposits, and bury any waste and used toilet paper.

BE PREPARED



Leave trip details with a trusted contact. Be properly equipped for today's activity and prepared for sudden weather changes. Come up with a plan for keeping the group together and stick to it.

25
WEEKS OF
ADVENTURE

BINGO

SLIDE DOWN A SNOWY SLOPE	GO BEACHCOMBING AFTER A WINTER STORM	MAKE A WISH FOR NATURE AT 25x25.ca	WATCH A SALMON RUN	OBSERVE ANIMAL TRACKS IN THE SNOW - bonus if you can identify which animals made them!
GO FOR A HIKE AND SOAK UP FALL COLOURS	VISIT A WATERFALL	FIND A BIKE-FRIENDLY PARK AND GO FOR A RIDE	GO FOR A COLD PLUNGE	IDENTIFY AN UNKNOWN BIRD USING THE MERLIN APP
COLLECT 5 MUSHROOM OBSERVATIONS ON iNATURALIST	VISIT discoverparks.ca AND CHOOSE 1 SELF-GUIDED ACTIVITY TO DO	25 WEEKS OF ADVENTURE FREE SPOT	CHASE A LEAF DOWN A STREAM	EXPERIMENT FOREST BATHING - sit in silence while fully taking in the surroundings
GO STARGAZING	LOOK FOR COOL INTERTIDAL ORGANISMS AT LOW TIDE	BUILD A SNOWPAL	PLAN A CAMPING TRIP	BRING A BUDDY FOR A WALK IN YOUR FAVOURITE PARK
HUG A BIG TREE	GO BIRD WATCHING	TAKE A SELFIE AT A SUMMIT OR A SCENIC VIEWPOINT	GO FOR A WALK ALONG THE OCEAN (OR A LAKE)	GET YOUR BOOTS MUDDY

HOW TO WIN: Be sure to film or photograph yourself doing each task and share it with us on Instagram tagging [@bcparksfdn](https://www.instagram.com/bcparksfdn) and using [#25WeeksOfAdventure](https://www.instagram.com/hashtag/25WeeksOfAdventure). Stories, Post or Reels all count! You'll be automatically entered to win. A prize draw will be held every month to select the winners. Must be following [@bcparksfdn](https://www.instagram.com/bcparksfdn) to win.

Winners will be contacted through Instagram by [@bcparksfdn](https://www.instagram.com/bcparksfdn) - Be mindful of scam accounts. Good luck!

25  25

 | BC Parks

 BC PARKS FOUNDATION