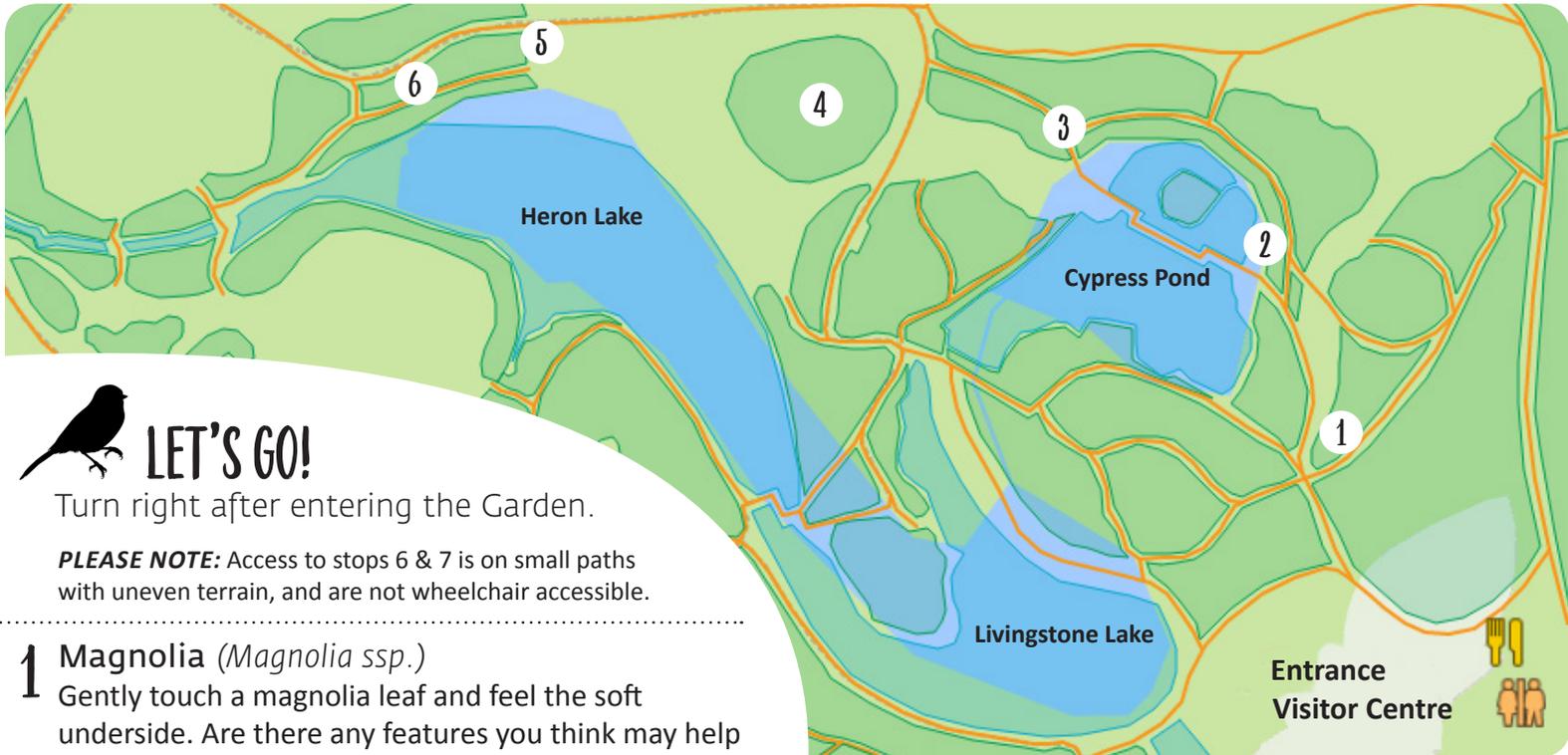


# LAKE LOOP SELF-GUIDED TOUR



## LET'S GO!

Turn right after entering the Garden.

**PLEASE NOTE:** Access to stops 6 & 7 is on small paths with uneven terrain, and are not wheelchair accessible.

- 1 Magnolia** (*Magnolia ssp.*)  
Gently touch a magnolia leaf and feel the soft underside. Are there any features you think may help protect the tree against hungry insects? Don't forget to search for a beautiful flower; some magnolia blooms are as large as a dinner plate!
- 2 Bald cypress** (*Taxodium distichum*)  
Look for the mysterious knobby "knees" of the cypress trees along the shore. These woody root projections develop in soggy soil or standing water. Scientific research into the purpose of these knees is ongoing. Theories include aerating the roots and preventing the tree from toppling. What do you think the "knees" are for?
- 3 Bamboo & coast redwood** (*Sequoia sempervirens*)  
Bamboo is the largest member of the grass family, and some species can grow over three feet in a single day!

Walk along the path, and find a coast redwood tree among the bamboo. The tallest tree species on earth, coast redwoods can live for 1800 years in their native habitat in Northern California. Some have grown to over 115m (379 ft) tall, taller than the Hotel Vancouver!

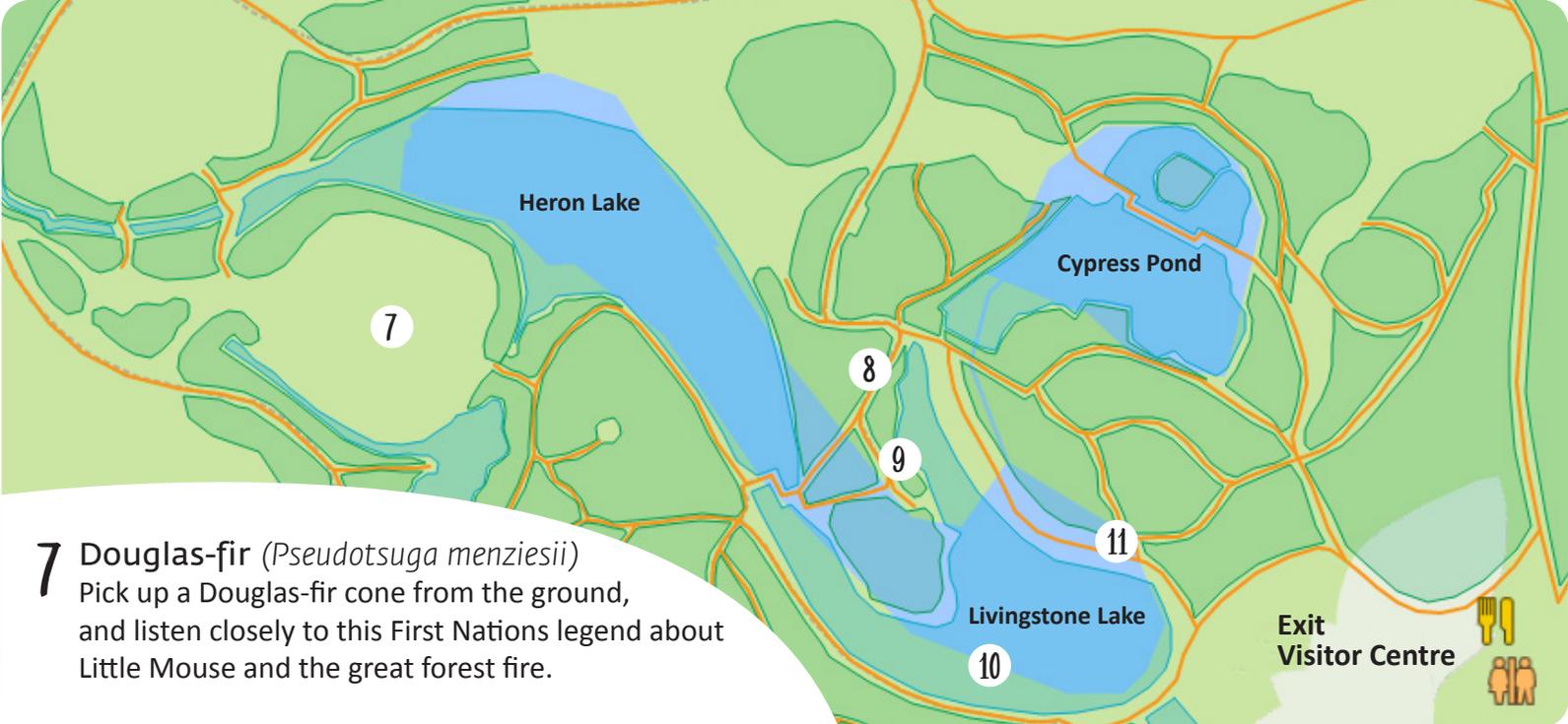
Gently push on the trees' bark. What does it feel like? Now change your perspective! Stand with your back against the trunk of one of the redwood trees and look up towards the branches. Can you see or hear anything interesting?

- 4 Giant sequoia stand** (*Sequoiadendron giganteum*)  
Before stepping inside the grove of these conifers, have a look up at the size of these Californian giants. Now take a guess at how big the cones might be. When you enter the shady stand, search for a cone on the forest floor. Was your guess close?

These trees are only about 45-50 years old, and they can live for thousands of years. Imagine how big they can get!
- 5 Fabulous flower bed**  
This garden bed is bursting with color in the spring and summer months. Look closely at the plants. Can you see any bees pollinating the flowers? Try and spot a busy bumblebee at work, with pollen stored in "baskets" on her hind legs!
- 6 Japanese maples** (*Acer palmatum*)  
Explore a secret path lined with a variety of beautiful Japanese maples. Look closely at the unique shape of each tree; there are tall, short, and twisted silhouettes. Now find your favorite leaf; what do you like about its color, shape, or texture?



ONWARD...



**7 Douglas-fir** (*Pseudotsuga menziesii*)  
 Pick up a Douglas-fir cone from the ground, and listen closely to this First Nations legend about Little Mouse and the great forest fire.

Many First Nations cultures have stories about local plants and animals. Here is one about the cones of the Douglas-fir:

*A long time ago, when animals and plants could speak to each other, there was a great forest fire. Little Mouse ran as fast as he could away from the hot fire but he knew he could not outrace the flames. He began to run from tree to tree, asking if they could save him. The mouse first ran to the Western redcedar tree. "Help, help! Can you help me escape the fire?" "No, I'm sorry Little Mouse, but I do not think that I can survive this great fire" said the tree. Mouse ran from tree to tree asking the same question, and got the same answer. Finally he came to the mother Douglas-fir tree, with its thick furrowed bark. "Help, help, Mother Douglas-fir! Can you help me escape this great fire?" And Douglas-fir replied, "Yes, climb to the top of my branches, and hide in my cones for protection". Douglas-fir's thick, fire-resistant bark protected the tree from the flames, but the cones were sealed shut, trapping the mice forever.*

Can you spot the mouse tails and hind legs peeking out from beneath the cone scales?

**8 Gunnera** (*Gunnera manicata*)  
 This plant species is a "living fossil" because it has existed since the time dinosaurs roamed the earth! Look under one of the giant gunnera leaves, and try to spot some unusual features. Why do you think the leaf has such large spikes?

**9 Monkey puzzle** (*Araucaria araucana*)  
 Look closely at the branches of the monkey puzzle tree or Chile pine. How are they different (or similar) than the other trees you may have seen today, like the giant sequoia or cypress trees? The monkey puzzle was given its name by an observer who thought that monkeys wouldn't be able to climb the spiky branches.

**10 Red-eared sliders** (*Trachemys scripta elegans*) and **mirror carp** (*Cyprinus carpio*)  
 Look on the far side of the pond, and try to spot a red-eared slider turtle sunbathing on the rocks. How many turtles can you see? Can you spot any mirror carp swimming in the pond? Look closely, because some of the fish have dark scales and can be tricky to spot. Remember, please don't feed the fish or any wildlife.

**11 Gingko** (*Ginkgo biloba*)  
 Another "living fossil", the gingko is one of the world's oldest living tree species, and its leaves and seeds are used in medicine around the world. Find a fallen leaf on the ground, and feel the unique texture. What does it remind you of?

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