

# Go on a nature walk



trail



Go on a walk.

Many cities and towns  
have trails.

Go with your family  
or with a friend.

Enjoy the fall colours.

Listen to the birds.

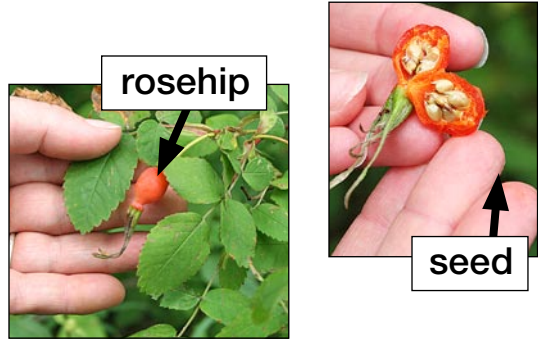
**Relax.**

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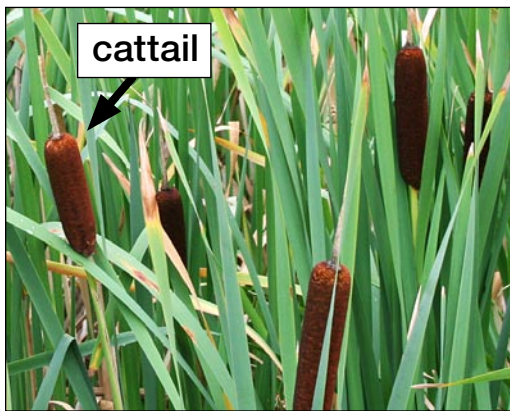
# Things to look for



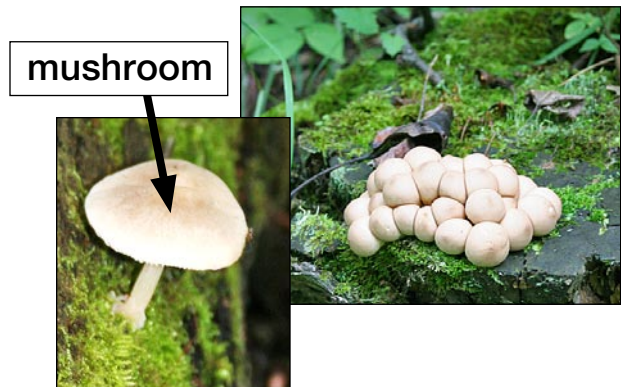
**1** Look for flowers.



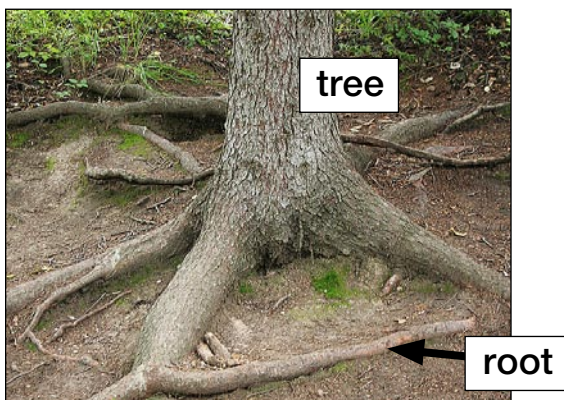
**2** Look for rosehips.  
Look at the seeds inside.



**3** Look for cattails  
near water.



**4** Look for mushrooms.  
But don't eat them!



**5** Look at the trees.  
Some have big roots!



**6** Look at the leaves.  
They change colour  
in the fall.

*Special thanks to the John Janzen Nature Centre • Photos: Corinna Ruhl & Maureen Day • Art: Guy Parsons*