

HOW TO USE THE FALAISE NATURE FUN KIT

This fun kit is meant to be used in conjunction with the Virtual Walk in the Falaise St. Jacques, created by UrbaNature with many thanks to the Red Cross and the Canadian Government. You can help us share this great project and create more virtual walks by putting your pictures up on social media and using these tags **#falaisewalk @Urba_Nature @redcrosscanada @ESDC_GC**.

Virtual Walk in the Falaise St. Jacques - Short version (8 min) Created by C Rod fishing
<https://www.shorturl.at/dhzLN>

Virtual Walk in the Falaise St. Jacques Long version (30 min) Created by Patrick Barnard
<https://www.youtube.com/watch?v=VsnD-E4IAsY>

Entrance to the falaise: How to get there!

Where is the falaise?

Though the falaise stretches the length of St. Jacques Street from the St. Pierre interchange to the Vendome metro, the best place to access it is in the middle, at the east end of the Rosebowl bowling alley (also known as Quilles G Plus) located at 6510 Rue Saint-Jacques, Montréal, QC H4B 1T6. The entrance to the bowling alley is below St. Jacques Street and if you continue to the east you will see some trees.

How do I get there?

There are many ways to get there: You can take the 90 bus which will let you off at Cavendish and St Jacques; You can bike there using the de Maisonneuve bike path which you can leave at Madison and go over the bridge which leads to St. Jacques; you can walk along St Jacques or along de Maisonneuve and cross over the train tracks the same way. There is also parking there. This link will take you to Google maps so you can find the best way there for you.

shorturl.at/emwDM

Where is the entrance to the falaise?

Once you are at the far east end of the bowling alley building face east. You will see a bunch of trees. Walk towards them. You will see a big piece of wooden furniture with a sign on it saying Falaise St. Jacques. That marks the starting point. There are two ways down, and it is a little steep for about 50 feet. Once you get down you will be on a road and then the walking is quite easy.

PIECES IN NATURE FUN KIT and ACTIVITIES

Winter Birds/les oiseaux des hiver – Winter Bird Identification Cards

UrbaNature and Sauvons la falaise have created a bird feeding station consisting of four birdfeeders which are being refilled weekly by volunteers. Each one contains a different type of food which attracts a different type of bird. By the garbage can there is a pink folder which contains a copy of the nature fun kit as well as a small pink book for putting down bird and animal observations. Make sure you disinfect your hands before using these resources or print out and bring your own resources.

ACTIVITY: Sit quietly by the bird feeders for a while and count how many birds you see.

In the little book, mark down the date you were there, your names and the types of birds you saw. When they are eating they will be staying pretty still and come back often, so you can use these bird identification cards to see what kinds of birds they are.

There is also an app by the Cornell University called Merlin which can help you identify birds by sight and sound.

Leaf Types

These are all fall leaves and most of them can be found in the falaise.

ACTIVITY

How many can you find?

What kind did you find?

Where?

Take pictures and put them on social media using the #falaisewalk @Urba_Nature or mark where you found them on the map below or on your own map.

Falaise map how to create a book out of it

ACTIVITY:

To create your own small falaise booklet:

1. Print out the file double sided and landscape
2. Fold it in half lengthwise so that the map is on the inside
3. Make a cut in the middle, lengthwise along the fold, the length of the middle two panels (11,10 and 10,9)
4. Fold 11,10 and 10, 9 (the panels you cut the line on top of) so they are pointing outwards.
5. Push all of the panels to the right so that the title, Falaise St Jacques, a field guide is the front of it.

Now you have made a book out of your map!

ACTIVITY:

Take pictures at the different spots designated on the map during your walk. You can post them on social media with the tags #falaisewalk @Urba_Nature

ACTIVITY:

Make your own map

Make your own map! Name the spots you find or point out interesting things along the way and plot them on your map. Take a picture of the map and legend and share it with the tags #falaisewalk @Urba_Nature

Animal Footprints –

ACTIVITY:

Which of these kinds of animal foot prints do you think you could find in the falaise?

Why do you think there are no alligators on the falaise?

Tracking Down Winter Wildlife –

These are all tracks you are very likely to see in the falaise in the winter. Mark which number on the map is closest to where you found the print! See which footprints you can find. Take pictures of them and upload them to social media using the tags #falaisewalk @Urba_Nature

La Falaise St. Jacques by Lucie Lederhandeler

Is a Masters thesis in Art in the form of an illustrated journey in the falaise St. Jacques. You can print the book from the pdf entitled Falaise St. Jacques Illustrated Guide – Lucie Lederhandeler (to print) or read it on your computer using the file Falaise St. Jacques Illustrated Guide – Lucie Lederhandeler (to read)

ACTIVITY:

1. Print the pages in landscape view (you can print them either double or single sided).
2. The first page is the center of the book and all other pages go behind.
3. Fold everything in half and you will have a book.
4. Create your own title page with drawing of what you saw in the falaise and then put two staples in the center.

You can also view the book on your computer.

Simple Ways to live a Bird-Friendly Life

We have lost 5 billion birds since 1970, that is half of the birds in North America.

Here are 5 easy ways to help birds.

Try using some of these in your home! Let us know what you have done by sending us and email at urbanature.education@gmail.com or sharing it on social media using @Urba_Nature

Seeing the Past

ACTIVITY:

The falaise is very steep, being the side of a lake, Lac st pierre or lac a loutre (otter lake). This very short video shows how the st jacques escarpment dried out to become the falaise. (in French)

https://www.youtube.com/watch?v=m3BDRVP5Mao&feature=emb_logo

Stand at the top of a steep slope in the falaise and look down and across.

Can you see where the lake would have been?

Acknowledgements

Winter Birds/les oiseaux des hiver – Canadian Wildlife Federation

Leaf types – education.com

Falaise Map by Lucie Lederhandeler

Footprints Animals – <https://www.vectorstock.com/royalty-free-vector/animal-tracks-north-american-animals-vector-8955597>

Tracking Down Winter Wildlife – Canadian Wildlife federation - <https://cwfcf.org/en/resources/DIY/outside/tracking-down-winter-wildlife.html>

La Falaise St. Jacques by Lucie Lederhandeler

Simple Ways to live a Bird-Friendly Life Cornell Lab of Ornithology,

<https://www.birds.cornell.edu/home/seven-simple-actions-to-help-birds/>

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