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# NATURE

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Alberta

## An Introduction to Alberta's Provincial Parks Introduksyon sa Alberta's Provincial Parks

(Tagalog/Filipino)

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# ALBERTA PROVINCIAL PARKS LIWASAN-PASYALAN NG ALBERTA



grizzly bear



pronghorn



crossbill

When people think of Alberta, some think of rolling grasslands beneath a big blue sky. Others picture towering Rocky Mountains with white, snowy peaks. And some imagine endless forests filled with lush wetlands. Alberta is known for its many different landscapes and the amazing diversity of wildlife that live in them, from grizzly bears and bald eagles to pronghorn and hundreds of songbird species.

When Albertans want to get away from their busy lives, they can visit these wild places to experience and learn about the natural world. That's why the Alberta government has created parks and protected areas all over the province. The government protects these landscapes so that they stay natural, and so people can enjoy them now, and into the future.

Kapag naisip ng tao ang Alberta, ilan ay nag-iisip ng gumugulong na lupang madamo sa ilalim ng malaking asul na langit. Ang iba, ang larawan ng napakataas na Rocky Mountains na mayroon puti, yelong tuktok. At iba ang larawan ng walang katapusang gubat puno ng malagong basang-lupa. Kilala ang Alberta sa kanyang maraming tanawin at kahanga-hangang iba't ibang klase pamumuhay ng halaman at hayop sa ilang, gaya ng grizzly bears at kalbong agila hanggang sa pronghorn at libo-libong klase ng ibong maganda ang huni.

Kung nais ng Albertan na lumayo sa kanilang abalang buhay, binibisita nila ang ilang na lugar upang maranasan at malaman ang natural na mundo. Ito ang dahilan kaya linikha ng gobyerno ang liwasan at protektadong lugar sa buong probinsya. Binibigyan ng proteksyon ng gobyerno ang mga tanawin upang manatiling natural, at upang ang mga mamamayan ay malibang ngayon, at sa kinabukusan.



## PROTECTING NATURE PROTEKSYON NG KALIKASAN- TANAWING-LIKAS



bighorn sheep



great horned owl



prickly rose



Parks are great places to visit and explore. Parks also play an important role protecting the landscapes that wild animals and plants need. In addition, parks contribute to the environment by protecting natural systems such as the rivers and streams that provide Alberta with drinking water.

Most of all, parks protect biodiversity, or the “variety of life.” There are many diverse species of fish, mammals, birds, plants, and lichens in our province, and even more types of insects. Whenever you visit a park, think about how you can reduce your impact on nature and the wildlife we are trying to protect.

If you learn how to protect nature in a park, you can help care for the environment on the rest of the planet as well!

Ang liwasan/parke ay magandang lugar na bisitahin at gulugarin. Ang liwasan ay may mahalagang parte sa pagprotekta ng tanawin na kailangan ng hayop sa kalikasan at halaman. Bukod duon, nagbibigay ng kontribusyon ang liwasan sa paligid sa pagprotekta ng natural na sistema gaya ng ilog at batis na nagbibigay sa Alberta ng tubig na mainom.

Higit sa lahat, nagbibigay ng proteksyon ang liwasan sa biodiversity, o “iba’t-ibang uri ng buhay.” Mayroon maraming iba’t-ibang klase ng isda, hayop, ibon, halaman at bagay na tumutubo na parang lumot sa ating probinsya, at marami pang uri ng insekto. Kapag ikaw ay bumisita sa liwasan, pag-isipang kung paano mo mababawasan ang iyong epekto sa kalikasan at naninirahan sa ilang na nais bigyan ng proteksyon.

Kung matuto ka ng proteksyon sa kalikasan sa liwasan, maari kang tumulong na mag-alaga ng paligid sa ibang lugar ng planeta.



There are many ways to enjoy Alberta's parks and protected areas. You could camp overnight in a tent or recreational vehicle. Or you could take a day trip, and meet your family and friends for a sunny picnic by a lake. There are parks with excellent walking or skiing trails, parks where you can spend a relaxing afternoon fishing, and parks where you can learn about natural environments from the people who work and spend their time there.

Whatever you decide to do, visiting a Provincial Park in Alberta is free! Only a few activities, such as overnight camping and fishing, cost money.

There are hundreds of parks for you to discover! Why not start right now?

Marami ang paraan ng paglibang sa liwasan at protektadong lugar sa Alberta. Maaring magkampo pangmagdamagan sa tolda o behikulong panglibangan. O kumuha ng isang araw na magmaneho, at magkita sa pamilya at kaibigan para sa isang piknik sa tabi ng batis. Mayroong liwasan mahusay para maglakad o skiing landas, liwasan na gugulin ang panahon na mangisda sa hapon, at liwasan upang malaman ang natural na paligid buhat sa mga kawani na nagtatrabaho at mag-aksaya ng panahon doon.

Kung anuman ang iyong pasiya, ang pagbisita sa Provincial Park sa Alberta ay walang-bayad. May kaunting aktibo, gaya ng pagkampo pangmagdamagan at pangisda, na mayroong bayad.

Mayroon libong liwasan pasyalan ang para sa iyong upang matuklasan. Bakit hindi mag-simula ngayon?

## THE ALBERTA PARKS NETWORK BY NATURAL REGION ANG UGNAYAN(NETWORK) NG LIWASAN/ PARKE NG ALBERTA BAWAT NATURAL NA REHIYON



canadian shield  
boreal forest  
parkland  
foothills  
rocky mountains  
grasslands

Alberta is divided into six different natural regions – the Boreal Forest, Canadian Shield, Aspen Parkland, Foothills, Grassland, and Rocky Mountain – and each has a unique blend of plants, animals, weather, geology and soils. Alberta's many parks and protected areas conserve the different landscapes, plants, and animals within each of these regions while providing opportunities for visitors to enjoy the outdoors and connect to the wilderness.

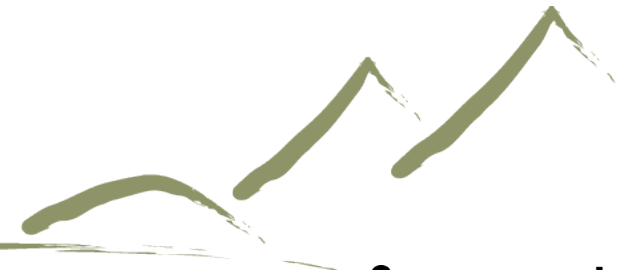
There are many different types of parks across Alberta. In some, such as ecological reserves, the landscapes are sensitive or rare, so only research or other educational activities that do not disturb the area are allowed. Recreation areas and provincial parks have less sensitive landscapes where many more kinds of facilities and activities are allowed. In all parks and protected areas, the activities allowed are balanced with the need to protect the environment.

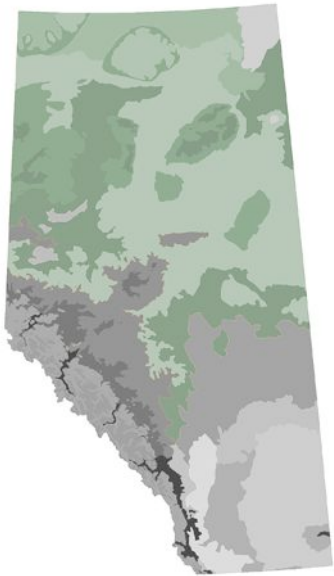
With each region and protected area so different from the next, you might have a hard time choosing which place to explore first. The following section will tell you more about each region. And for each natural region we've profiled two parks. The following section will tell you more about the natural regions. For each one, we look at two parks: one that is popular and easy to get to, and one that is more difficult to reach and where fewer people visit, but contains wilderness at its best!

Ang Alberta ay nahahati sa anim na naiibang natural na rehiyon – ang Boreal Forest, Canadian Shield, Aspen Parkland, Foothills, Grassland at Rocky Mountain – at ang bawat isa ay mayroon bukod-tanging halo ng halaman, hayop, panahon, pinagmulan at lupa. Ang maraming liwasan at protektadong lugar ng Alberta ay liniligtas ang naiibang tanawin, halaman at hayop sa loob ng kanilang pook habang nagbibigay ng oportunidad ang mga bisita na maaliw sa lantad na lugar at makipagugnay sa kagubatan.

Mayroon maraming iba't-ibang klase ng liwasan sa loob ng Alberta. Sa iba, gaya ng ecological reserves, ang tanawin ay maselan o bihira, kaya ang pananaliksik at ibang aktibong pang edukasyon na hindi gumugulo ng lugar ang pinapayagan. Ang lugar ng panglibangan at liwasang probinsyal ay mayroon kaunting pagkamaselan na tanawin na maraming ibang gawain at aktibo ang pinapayagan. Sa lahat ng liwasan at protektadong lugar, ang mga aktibo pinapayagan ay tinitimbang sa kailangan ng proteksyon sa paligid.

Dahil ang bawat rehiyon/purok at protektadong lugar ay kaiba sa kasunod, maaring magkaroon ka ng matagal na panahon sa pagpili ng lugar ang unang pupuntahan. Ang sumusunod na bahagi ay magsasabi ng marami pang iba tungkol sa bawat rehiyon. At bawat isang natural na rehiyon, nag-ulat kami ng dalawang liwasan. Ang sumusunod na bahagi ay magsasabi sa iyo tungkol sa natural na rehiyon. Sa bawat isa, titingin tayo sa dalawang liwasan: isa na pinakapopular at madaling puntahan, at isa mas mahirap puntahan at kaunting tao ang bumisita, ngunit mayroong kagubatan sa kanyang pinakamahusay.





## Boreal Forest Natural Region

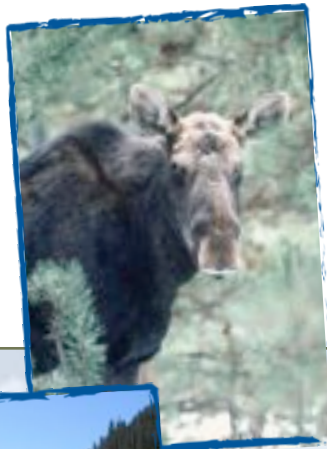
The boreal forest is Alberta's largest natural region. It covers more than half of the province and stretches all across Canada. The boreal forest also covers northern Europe, northern China, and Russia. Here you will find thick green forests and many lakes and wetlands. The boreal forest has short summers and long, cold winters with lots of snow.

Ang boreal forest (gubat sa hilaga) ang pinakamalaking natural na rehiyon ng Alberta. Sinasakop ang higit na kalahati ng probinsya at lawak ng Canada. Sinasakop ng boreal forest ang hilagang Europa, hilagang China at Russia. Dito makikita mo ang makapal ng berdeng gubat at maraming lawa at lupang matubig. Ang boreal forest ay maikli ang tag-init at mahaba, malamig na tag-lamig na mayroong maraming yelo/niyebe.

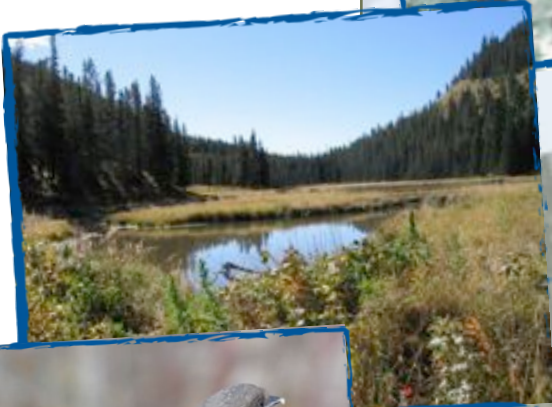
The forests and wetlands of the Boreal Forest Natural Region are home to many animals including moose, black bears, wolves, beavers, owls, and millions of migratory birds. If you like birds, this is the region for you: nearly half of all North American birds rely on the boreal forest.

Ang gubat at matubig na lupa ng Boreal Forest Natural Region ay tahanan sa maraming hayop, kasama na ang moose, black bears, wolves, beavers, owls at milyong palakbay-lakbay na ibon. Kung gusto ng mga ibon, itong pook ay para sa iyo; humigit-kumulang na kalahati ng ibon sa North America ay umaasa sa boreal forest.

moose



wetland



boreal chickadee



## Lesser Slave Lake Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Along the eastern shore of one of Alberta's largest lakes, Lesser Slave Lake Provincial Park is one of the most popular parks in the boreal forest region. From the top of Marten Mountain you can enjoy amazing views, and on warm summer days the sandy beaches are full of people enjoying the water and the sun. Lesser Slave Lake is also an Important Bird Area—a place where hundreds of different kinds of birds stop on their migration journeys every year.

Nasa sa silangang baybay ng isa sa pinakamalaking lawa ng Alberta, ang Lesser Slave Lake Provincial Park ay isa sa pinakapopular ng liwasan sa boreal forest rehiyon. Buhat sa ibabaw ng Marten Mountain, maaliw ka ng kahanga-hangang tanawin, at sa mainit ang araw ng tag-init ang buhaginan sa tabing dagat ay puno ng tao nag-aaliw sa tubig at ang araw. Ang Lesser Slave Lake ay isang Importanteng Lugar sa Ibon—lugar kung saan libong iba't-ibang ibon ay tumitigil sa kanilang paglalakbay bawat taon.

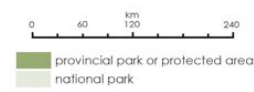
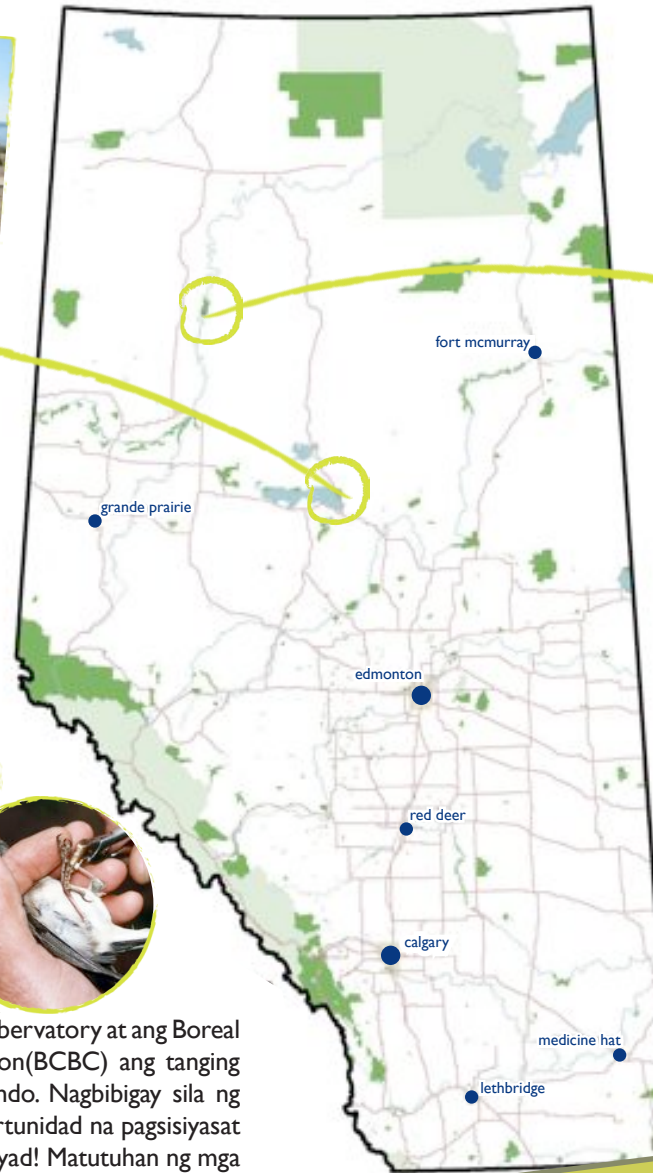


## Lesser Slave Lake Bird Observatory

visit site at [www.lslbo.org](http://www.lslbo.org)

The Lesser Slave Lake Bird Observatory and the Boreal Centre for Bird Conservation (BCBC) are the only facilities of their kind in the world. They offer many exciting opportunities to explore and learn – all for free! Visitors can learn about the boreal forest in the exhibit gallery and watch scientists do important bird research at the Lesser Slave Lake Bird Observatory. They can talk to knowledgeable staff about the forest and bird life or explore the many trails through the forest.

Ang Lesser Slave Lake Bird Observatory at ang Boreal Centre for Bird Conservation (BCBC) ang tanging lugar ng kanyang uri sa mundo. Nagbibigay sila ng maraming pampasiglang oportunidad na pagsisiyasat at matuto-lahat ay walang-bayad! Matutuhan ng mga bisita tungkol sa boreal forest sa exhibit gallery at masdan ang scientists na gumawa ng importanteng pananaliksik sa ibon sa Lesser Slave Lake Bird Observatory. Maari nilang kausapin ang nakakaalam na kawani tungkol sa gubat at buhay ng ibon o pumunta sa maraming landas sa loob ng gubat.



there are over **200** parks to explore in the boreal forest!

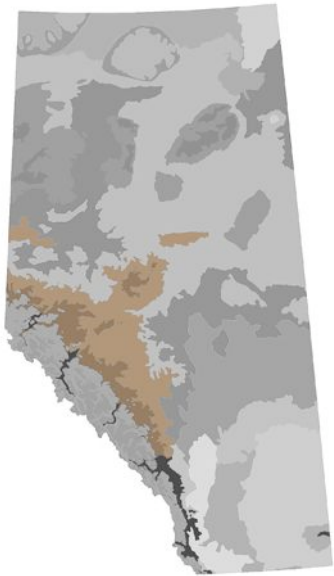


## Notikewin Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Notikewin Provincial Park offers a quieter wilderness experience than Lesser Slave Lake. Located in northern Alberta where the Peace River and the Notikewin Rivers meet, this quiet park has excellent fishing in both rivers and is an amazing place to recharge and connect with the wilderness.

Ang Notikewin Provincial Park ay nagbibigay ng mas tahimik na buhay sa ilang kaysa sa Lesser Slave Lake. Makikita sa hilagang Alberta kung saan nagtatagpo ang Peace River at Notikewin Rivers, itong tahimik na liwasan ay mayroon mahusay na pangisdahan sa dalawang ilog at kahanga-hangang lugar na mamahinga at makipagugnay sa kagubatan.



## Foothills Natural Region

Most of the foothills natural region lies just east of the Rocky Mountains, although there are small areas in other parts of Alberta. This region is known for its beautiful forests and hills, which make it an excellent place for outdoor activities from mountain biking and canoeing in summer to skiing in winter. The weather in the foothills is relatively damp and cool most of the year.

Karamihan sa foothills natural rehiyon ay nasa sa silangan ng Rocky Mountains, ngunit mayroon ding maliit na lugar sa ibang parte ng Alberta. Itong pook na ito ay kilala sa kanilang magandang gubat at burol, maliit ng bundok, kaya ito ay mahusay ng lugar para sa aktibong panlabas buhat sa pagbisikleta sa bundok at pamamangka sa tag-init at skiing sa paglamig. Ang panahon sa foothills ay mahamog at maginaw sa karamihan araw ng taon.



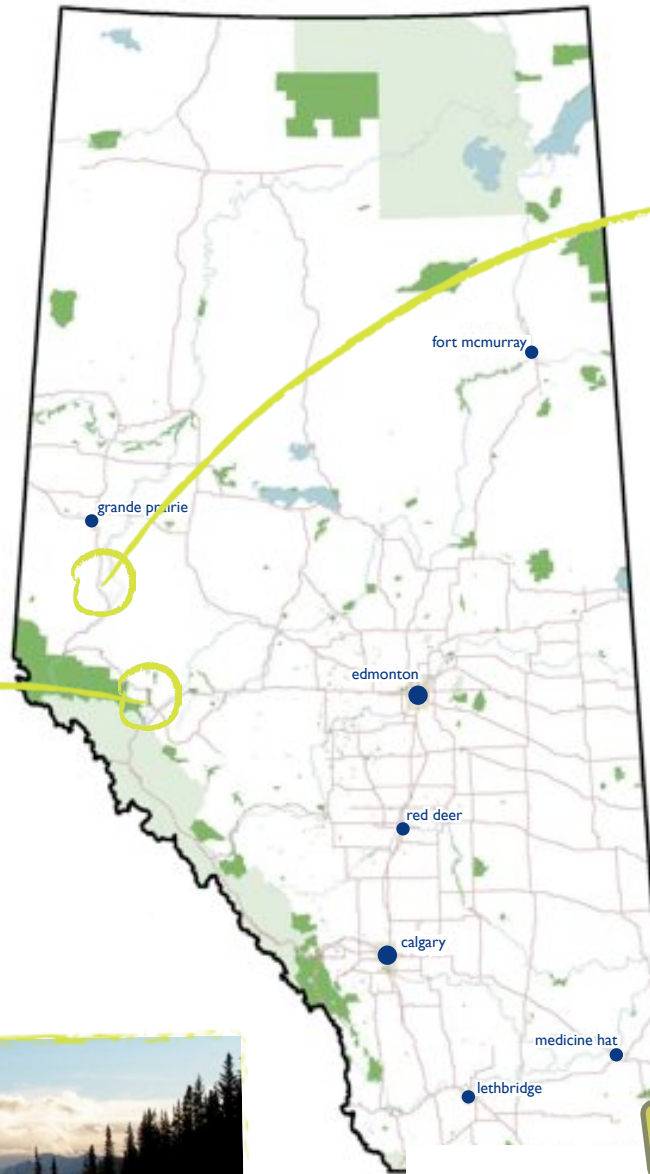


## William A. Switzer Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

William Switzer Provincial Park is one of the more popular parks in the foothills region, yet it remains uncrowded and peaceful. Here you can enjoy beautiful views of the Rocky Mountains, spend time on one of five small lakes, and participate in activities such as walking, hiking, canoeing, wildlife viewing, cross-country skiing, and snowshoeing.

Ang William Switzer Provincial Park ay isang mas popular na pasyalan sa foothills rehiyon, ngunit nanatiling hindi masikip at mapayapa. Dito ikaw ay maaliw sa magandang tanawin ng Rocky Mountains, tumigil sa isa sa limang maliit na lawa, at makihalo sa aktibong paglalakad, mamasyal, mamangka, pagtingin sa kalikasan, cross-country skiing at snowshoeing.



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 provincial park or protected area  
 national park



## Musreau Lake Provincial Recreation Area

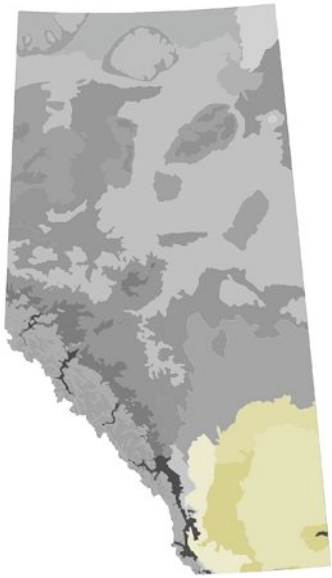
visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Musreau Lake is a quiet, relaxing place with tall forests, few visitors, and many opportunities for fun outdoor activities. Visitors can hike, boat on the lake in the summer, and cross-country ski in the winter.

Ang Musreau Lake ay isang tahimik, mapahingang lugar na mayroon mataas na gubat, kaunting bisita, at maraming pagkakaton para sa kaaya-ayang aktibong panglabas. Ang mga bisita ay maaring maglakad, sumakay sa bangka sa lawa sa tag-init at cross-country ski sa tag-lamig.

there are over 100 parks to explore in the foothills!





## Grassland Natural Region

If you like warm, dry weather, endless horizons, and a landscape shaped by glaciers 10,000 years ago, you'll enjoy exploring the Grassland Natural Region. This is the land of wide-open spaces, and if you stand on one of the few hills and look out you'll feel like you can see forever. Look a little closer though, and you may discover hidden coulees full of life!

Kungnais mo ng mainit, tuyot na panahon, walang katapusang guhit-tagpuan at tanawin hinugis ng yelo 10,000 taon ang nakaraan, malulugod kang magsiyasat sa Grassland Natural Region. Ito ang lupa ng malawak-bukang kalawakan, at kung ikaw ay nakatayo sa isa na kaunting maliit ng bundok at patinginan, mararamdaman mong makakita ng mahabang panahon. Tumingin ka pa ng mas malapit, at iyong matutuklasan ang nakatagong natuyong bangin na puno ng buhay!



prairie crocus

You won't find many trees or shrubs in the grasslands, as they are mainly found hugging the rivers and sheltered places. You will find many kinds of grasses though, such as needle and thread, and blue gramma. This area is also known for its colourful wildflowers such as prairie crocus and wild blue flax. Many interesting animals live here too—from rattlesnakes and pronghorn to badgers and prairie falcons.

Hindi ka makakakita ng maraming puno o palumpong sa grasslands, dahil sila ay nakikita lamang yumayapos sa tabing ilog at tagong lugar. Makakita ka ng maraming klase ng damo, gaya ng damong sinulid at karayom, at asul graminyosong damo. Ang lugar na ito ay kilala rin para sa kanilang makulay na bulaklak na ligaw gaya ng prairie crocus at wild blue flax. Maraming nakatatawag-pansin na hayop ang nakatira doon—buhat sa rattlesnakes (ahas) at pronghorn (uri ng usa) at badger at prairie falcons (lawin).



pronghorn





## Dinosaur Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

A visit to Dinosaur Provincial Park is like a trip 75 million years back in time. A UNESCO World Heritage Site, this hot and dry park has the world's richest source of Late Cretaceous fossils (such as dinosaur and reptile bones and footprints) in one spot on earth. Visitors can learn all about fossils at the Royal Tyrrell Museum Field Station, right in the park! Located in the badlands, this area is famous for its amazing rock formations called "hoodoos" and for its winding river valleys.

Ang pagpunta sa Dinosaur Provincial Park ay parang paglakbay ng 75 milyon taon sa nakaraang panahon. Isang UNESCO World Heritage Site, itong mainit at tuyot na liwasan ay mayroon pinakamayamang pinangalingan sa bundo ng Late Cretaceous fossils (kalansay ng sina-unang hayop) (gaya ng dinosaur at buto ng reptile at bakas ng paa) sa isang pook ng mundo. Ang mga bisita ay matuto ang lahat ng tungkol sa fossils sa Royal Tyrrell Museum Filed Station, nasa loob ng liwasan. Makikita sa badlands, ang lugar na ito ay tanyag sa kanilang kahanga-hangang pormasyon ng bato tinatawag na "hoodoos" at kanilang paliko-likong ilog sa patag na burol.



there are over 40 parks to explore in the grasslands!



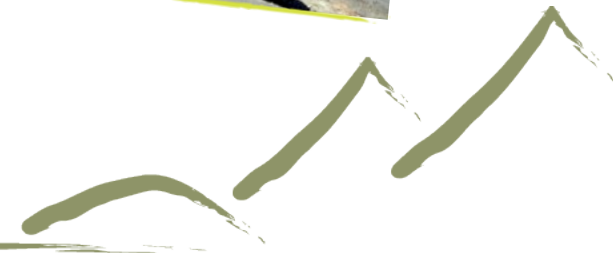
provincial park or protected area  
national park

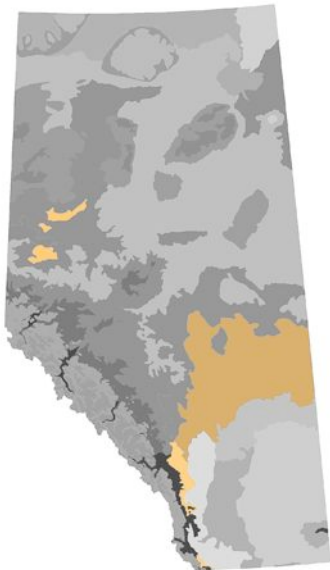
## Red Rock Coulee Natural Area

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Red Rock Coulee Natural Area is known for its amazing huge round red rocks. These unusual rocks are reddish due to the oxidation of iron, and are some of the largest of their kind on earth. Visitors can also see grassland plants such as sagebrush, gumbo primrose and prickly pear cactus, and wildlife such as meadow lark, rock wren, Richardson ground squirrel, and pronghorn. One might even encounter rattlesnakes, short-horned lizards, and even scorpions, so be careful when walking!

Itong hindi pangkaraniwang bato ay kulay pula dahil sa oxidation ng bakal, at mangilan-ngilan pinakamalaki ng kanilang uri sa mundo. Ang bisita ay maaring makakita ng grassland halaman gaya ng sagebrush, gumbo primrose at prickly pear cactus at buhat sa gubat gaya ng meadow lark, rock wren, Richardson ground squirrel, at pronghorn. Maari rin ma-engkuentro ang rattlesnakes, short-horned lizards, at scorpions, kaya mag-ingat sa paglalakad!





## Parkland Natural Region

Grassy hills, shady forests, and calm lakes make this a peaceful area-and an especially beautiful one when the leaves change colour in September and October to create a backdrop of orange and yellow against crisp blue skies. While many of Alberta's forests are dominated by evergreens that keep their needles year-round, the parkland region is dominated by deciduous trees that shed their leaves for the winter.

The region is especially known for its balsam poplar and aspen trees, which are tall and thin with broad leaves that shake in the wind. You might see coyote and white-tailed deer in the parkland region. And be sure to bring your binoculars so you can spot birds such as the trumpeter swan, snow goose, and red-tailed hawk.

Madamong bundok-bundokan, malilim na gubat ,at payapang lawa ay ginawa ang tahimik na lugar na ito-at lalong maganda kung ang mga dahon ay nagpapalit ng kulay sa September at October upang gumawa na tabing na kahel at dilaw laban sa nakakahalinang asul na langit. Habang sa maraming gubat ng Alberta ang evergreen ang namamayani na pinanatili ang kanilang karayom sa buong taon, ang parkland region ay namamayani ng mga punong nalalagas ang dahon sa panahon ng taglagas.

Ang pook na ito ay espesyal na kilala para sa kanilang balsam poplar at aspen trees (uri ng punong-kahoy). Maari makita mo ang coyote at white-tailed deer (usang puti ang buntot) sa parkland region. Magsiguro na magdala ng largabista para makita ang mga ibon gaya na trumpeter swan, snow goose ,at red-tailed hawk (agila na pula ang buntot).



## Saskatoon Island Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Saskatoon Island Provincial Park is a favourite spot for people to visit in northwestern Alberta, an area known as the Peace Country. Many go to pick saskatoon berries in July and August, while others enjoy the still waters of Saskatoon Lake and Little Lake. This park is one of the oldest in Alberta.

At the end of April every year, the community and park visitors celebrate the annual return of the trumpeter swans to the Peace Country with the Swan Festival. Trumpeter swans are an important symbol for the community. The festival builds awareness and appreciation for these birds and their habitat, and has many free activities and events.

Ang Saskatoon Island Provincial Park ay isang paboritong lugar para sa tao na bumisita sa hilagangkanlurang Alberta, isang lugar na tinatawag na Peace Country (Tahimik ng Pook). Marami ang pumupulot ng saskatoon berries sa Hulyo at Agosto, habang ang iba ang nag-aaliw sa tahimik na tubig ng Saskatoon Lake at Little Lake. Ang liwasan/pook ng ito ang isa sa pinakamatanda sa Alberta.

Sa katapusang ng Abril bawat taon, ang madla at bisita ng parke ay nagdidiwang ang taunang pagbalik ng mga trumpeter swans (sisne) sa Peace Country ng Swan Festival. Ang trumpeter swans ay mahalagang simbolo para sa komunidad. Ang pagdiriwang ay nagtatayo ng kamalayan at kahalagan para sa mga ibon at kanilang paninirahan, at mayroon maraming aktibo at pagdiriwang na walang-bayad.



trumpeter swan



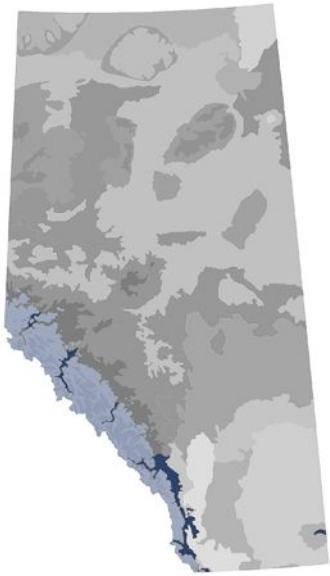
## Rumsey Ecological Reserve

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

There are no public roads in the Rumsey Ecological Reserve, so visitors must explore the flat-topped hills and forests on foot. With no cars or trucks around, you will have a peaceful hiking experience and a good chance to see birds, deer, and maybe even a porcupine.

Walang daan pangpubliko patungo sa Rumsey Ecological Reserve, kaya ang mga bisita ay dapat pumunta sa patag-na tuktok na maliit na bundok at gubat sa pamamagitan ng paglakad. Dahil sa walang kotse o trak sa paligid, magkakaroon ka ng tahimik ang karanasan sa paglalakad at magandang pagkakataon makita ang ibon, usa at marahil, isang porkupina..





## Rocky Mountain Natural Region

With its towering mountains and large carnivores such as grizzly bears and cougars, the Rocky Mountain natural region attracts visitors from all over the world. Some are surprised to see different landscapes inside this natural region, from dry valley bottoms to windswept alpine meadows.

Sa kanyang matataas na bundok at malaking manglalapa gaya ng grizzly bears at cougars, ang Rocky Mountain natural region ay umaakit ng maraming bisita buhat sa buong mundo. Ang iba ang nagugulat na makakita ng ibang tanawin sa loob ng natural na pook na ito, buhat sa tuyot na ilalim ng kapatagan hanggang sa tinangay ng hangin alpine meadows (parang).

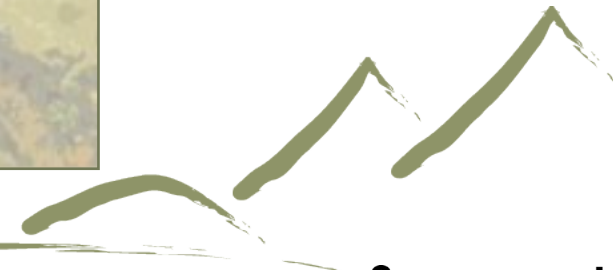
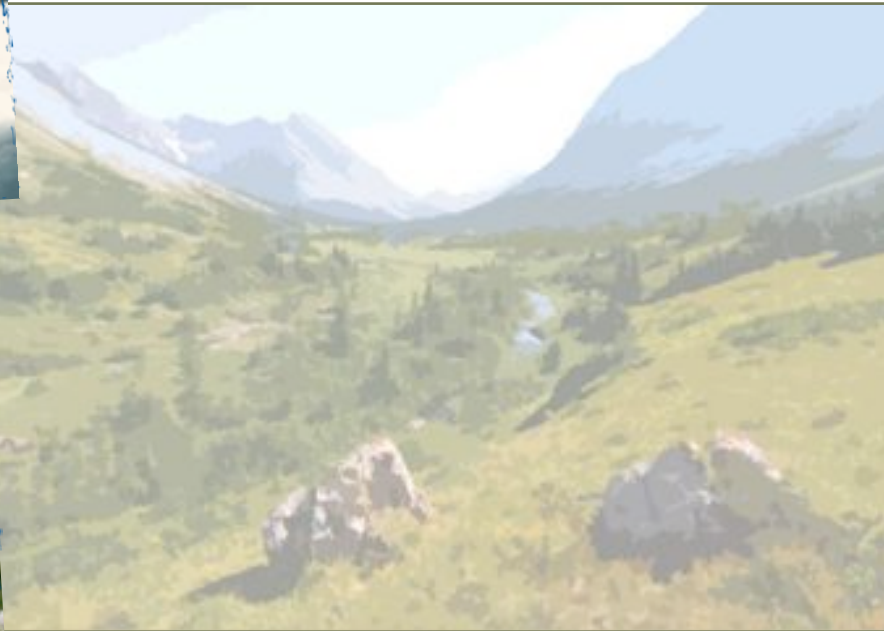


Along the valley bottoms you'll find the dry and grassy montane zone, with trees such as the Douglas fir and animals such as elk, bighorn sheep, and moose. Higher up along the sides of the valleys is the subalpine zone, with lodgepole pine and subalpine fir trees. You might even spot grizzly bears, cougars, lynx, and gray jays. Hike or climb even higher to the alpine zone and you might see spectacular wildflowers and lichens, animals such as the mountain goat, hoary marmot, or ptarmigan. But come prepared, for in the alpine there is the chance of snowstorms year-round!

Sa kahabaan ng ibaba ng kapatagan makikita mo ang tuyot at madamong montane zone, mayroon puno gaya ng Douglas fir at hayop gaya ng elk, bighorn sheep, at moose. Sa taas sa tabi ng kapatagan ay ang subalpine zone, na mayroong lodgepole pine at punong subalpine fir. Maari ka ring makakita ng grizzly bears, cougars, lynx at grey jays. Maglakat o umakyat ng mas matas sa alpine zone at maaring mong makita ang kamangha-manghang ligaw na bulaklak at lichens (halaman), hayop gaya ng mountain goat, hoary marmot o ptarmigan. Ngunit pumunta na handa, dahil sa bundok mayroon pagkakataon ng snowstorms (bagyo na may kasamang ulan at yelo) sa buong isang taon.



ptarmigan



## Peter Lougheed Provincial Park

visit at [www.kananaskis-country.ca](http://www.kananaskis-country.ca)

If you want to see the Rockies as you've seen them in books and photos, visit Peter Lougheed Provincial Park. One of the many provincial parks in Kananaskis Country, a large protected area just southwest of Calgary, Peter Lougheed Provincial Park is famous for its jagged mountain peaks, dramatic lakes, and interpretive theatre about the natural world. This park is also home to dozens of grizzly bears, and its conservation officers keep both wildlife and people safe by closing hiking trails when bears are in the area, and educating visitors.

Kung nais mong makita ang Rockies gaya ng nakita mo sa mga libro at larawan, pumunta sa Peter Lougheed Provincial Park. Isa sa maraming liwasang probinsyal sa Kananaskis Country, isang malaking protektadong lugar sa hilagangkanluran ng Calgary, ang Peter Lougheed Provincial Park ay kilala sa kanyang usli-usling tuktok ng bundok, madulang lawa at nagpapaliwanag na teatro tungkol sa natural na mundo. Ang parke na ito ay tahanan sa dose-dosenang grizzly bears, at conversation officer upang mangalaga ng buhay sa ilang at mga tao sa pamamagitan ng pagsara ng landas na lakaran kung ang bears (oso) ay nasa pook, at bigyan ng edukasyon ang mga bisita.



there are over 100 parks to explore in the rocky mountains!



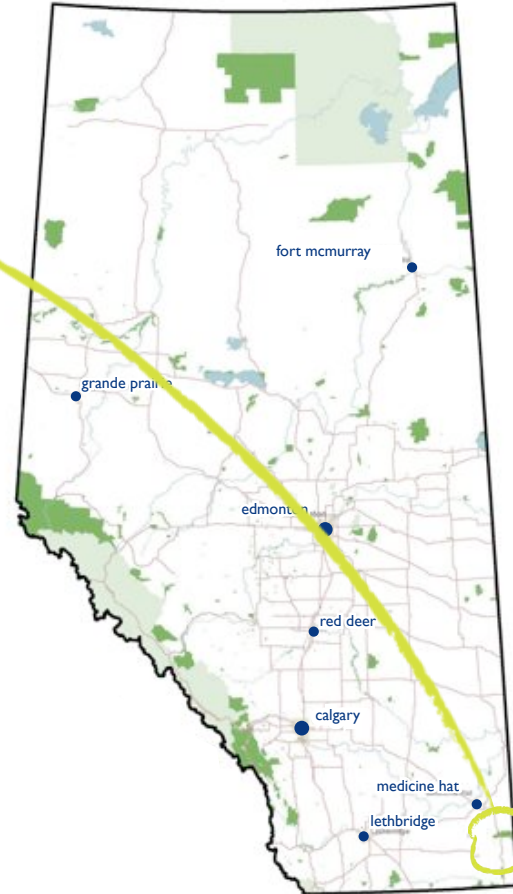
## Siffleur Wilderness Area

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Visitors to the Siffleur Wilderness Area must explore the rough terrain on foot, as there are no public roads through this area of high mountain peaks and glaciers. Spend a few days backcountry camping in places where bighorn sheep and bears are far more common than people, and you'll probably have quite the wilderness story to tell!

Ang mga bisita sa Siffleur Wilderness Area ay dapat na gumalugad ang baku-bakong lupain sa paglalakad, dahil walang daan pangpubliko sa lugar ng ito ng mataas na tuktok na bundok at yelo. Magpalipas ng ilang araw sa likod na parang at magkampo sa pook na ang bighorn sheep at bears ay pangkaraniwan na makita kaysa mga tao, at maaring magkaroon ng istorya sa kagabatan na iyong pagmamalaki!





## Cypress Hills Interprovincial Park

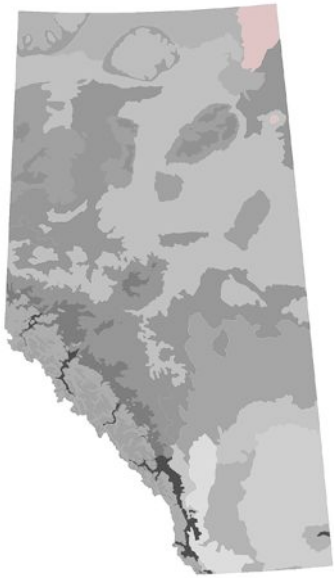
visit at [www.cypresshills.com](http://www.cypresshills.com)

You might not expect to find a montane landscape in the middle of the prairies, but that's exactly what you'll see in Cypress Hills Interprovincial Park. Straddling the southern Alberta-Saskatchewan border, this popular "interprovincial" park is like no other in the province. It is an oasis of lodgepole pine and mixed forest surrounded by grasslands. The Cypress Hills – named by French settlers who mistook the lodgepole pine trees as jackpine, or cypres – rise 600 metres higher than the surrounding prairies, and are the highest point of land between the Rocky Mountains and the east coast of Canada. Just imagine the views!

Hindi mo maasahan na makakita ng tanawin ng tumutubo sa bundok sa gitna ng kapatagan, ngunit ito ang eksaktong makikita mo sa Cypress Hills Interprovincial Park. Sumaklang sa hanganan ng hilagang Alberta-Saskatchewan, itong popular na "interprovincial" (dalawang probinsya) na pasyalan ay walang katulad sa probinsya. Ito ay kaaya-ayang lugar ng lodgepole pine at magkahalong gubat na pinaliligiran ng madamong lupain. Ang Cypress Hills – pinangalan sa mga Pranses naninirahan pinagkamalan ang puno na lodgepole pine na jackpine o cypress – tumataas ng higit sa 600 metro sa paligid na parang, at ang pinakamataas na punto ng lupa sa pagitan ng Rocky Mountains at ang silangan baybay ng Canada. Isipin na lamang ang mga tanawin!







## Canadian Shield

The Canadian Shield is home to many different landscapes-from forests and lakes to some of the oldest exposed bedrock in Alberta! Located in the far northeast corner of Alberta, the Canadian Shield is more difficult to reach than any of the other natural regions. Many parks can only be reached by floatplane, but people who visit this region are always glad they went!

Ang Canadian Shield ay tahanan sa maraming iba't-ibang tanawin- buhat sa gubat at lawa hanggang sa ilang pinakamatandang nakalantad na punduhang-bato sa Alberta. Mahahanap sa malayong hilagang-silangan ng Alberta, ang Canadian Shield ay mahirap mapuntahan kaysa ibang natural regions, Maraming pasyalan ay mapupuntahan lamang sa pamamagitan ng floatplane(aeroplano umaandar sa tubig),ngunit ang mga tao nakapunta sa pook na ito ay laging nasisiyahan sa kanilang pagpunta.



floatplane



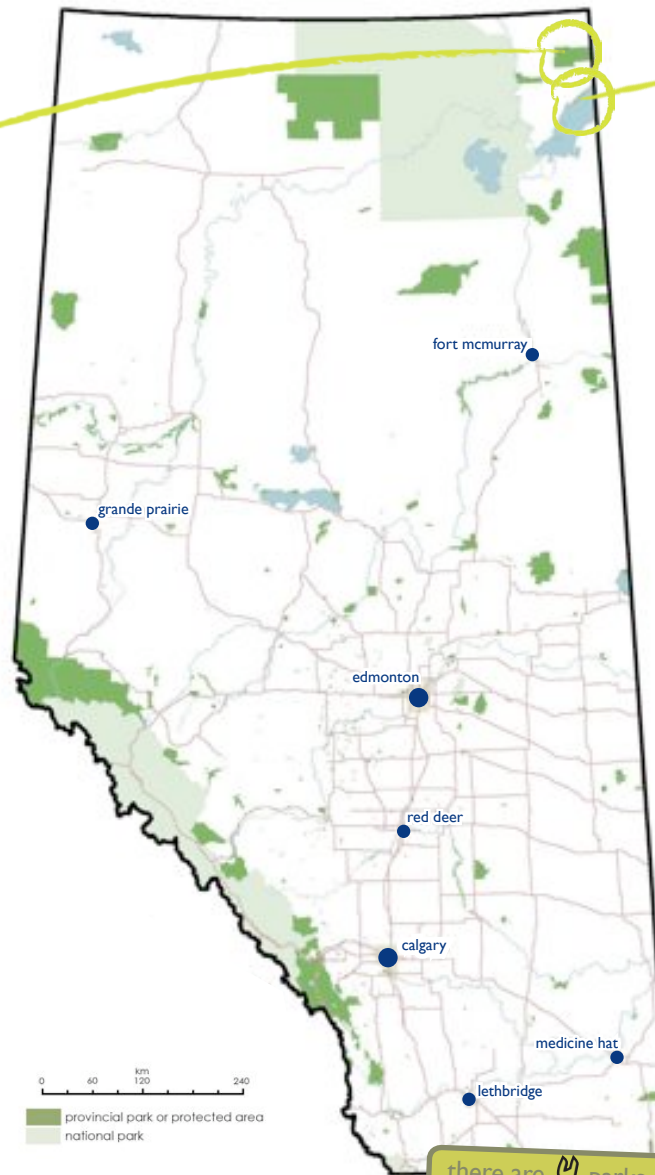


## Colin-Cornwall Lakes Wildland Provincial Park

[www.albertaparks.ca](http://www.albertaparks.ca)

Visitors to Colin-Cornwall Lakes Wildland Provincial Park can expect an inspiring outdoor wilderness experience exploring wetlands, rocky islands, and large lakes. You must travel by floatplane to reach this park.

Ang mga bisita sa Colin-Cornwall Lakes Wildland Provincial Park ay makakaasa ng masigla karanasan ng kagubatan sa pagmasig ng matubig na lupain, mabatong isla, at malaking lawa. Kailangan mo sumakay sa floatplane upang marating ang pook na ito.



there are 4 parks to explore in the Canadian Shield!



## Fidler Greywillow Wildland Provincial Park

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

Fidler-Greywillow Wildland Provincial Park protects part of the north shore of Lake Athabasca and two of its islands. An enormous lake at 7,850 km<sup>2</sup>, Lake Athabasca stretches across the Alberta border into Saskatchewan. Visitors can only reach Fidler-Greywillow Wildland Provincial Park in the summer by floatplane or boat.

Kinukubli ng Fidler-Greywillow Wildland Provincial Park ang bahagi ng hilagang baybay ng Lake Athabasca at dalawang sa kanyang mga isla. Isang malaking lawa na may 7,850 kilometro, ang Lake Athabasca ay umaabot sa hangganan ng Alberta hanggang sa loob ng Saskatchewan. Ang mga bisita ay maari lamang makapunta sa Fidler-Greywillow Wildland Provincial Park sa tag-init sa pagsakay sa floatplane o bangka.



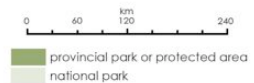
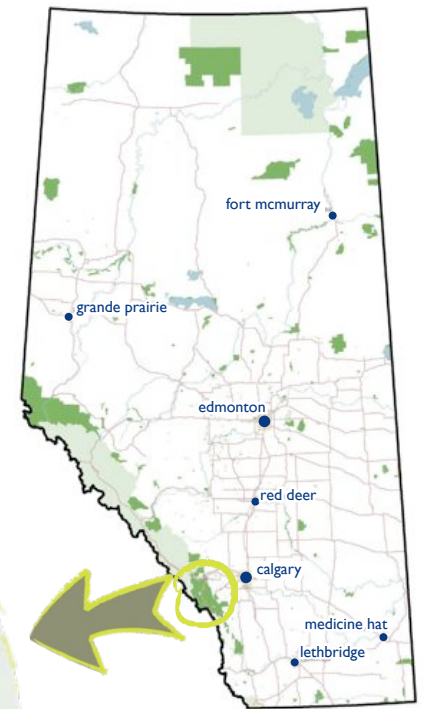
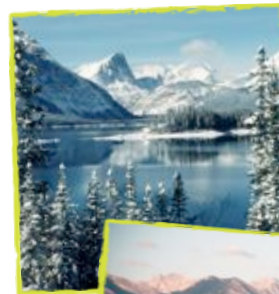
# KANANASKIS COUNTRY - MORE THAN A PARK KANANASKIS – HIGIT PA SA ISANG LIWASANG PASYALAN

Just a forty-five minute drive west of Calgary, Kananaskis Country is a popular destination for Albertans who love the outdoors. With over 4000 km<sup>2</sup> of wilderness to explore, Kananaskis Country is perfect for all kinds of activities, from hiking and mountain biking to fishing and skiing.

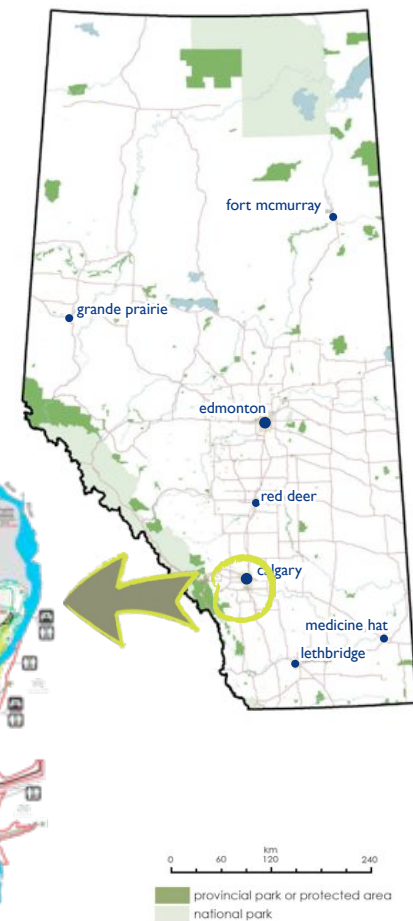


In 1978, this vast area of Alberta was protected as a multi-use area aimed at balancing outdoor recreation, tourism, ranching, and other industries with the need to protect watersheds, wildlife habitat, and landscapes. In some places, the land is shared with grazing cattle, oil wells, logging, and even movie productions. In other places, different parks and recreation areas have been created to protect wildlife and nature, and for people to come and enjoy this special place!

Apat- na-po at limang minutong pagmaneho kanluran ng Calgary, ang Kananaskis Country ay isang popular na destinasyon ng Alberta mahilig sa lantad na lugar. May higit na 4000 km. ng kagubatan para makita, ang Kananaskis Country ay perfecto para sa lahat ng aktibo, buhat sa paggagala at pagbisilekta sa bundok hanggang sa pangisda at skiing. Nuong 1978 itong malawak na territoryor ng Alberta ay binigyan ng proteksyon para isang maraming-paggamit na lugar upang ibalanse ang panlabas na paglilibang, turismo, magrants, at ibang industriya sa kailangan na bigyan ng proteksyon ang lugar nadumadaloy ang tubig, tirahan ng hayop at tanawin. Sa ibang lugar, ang lupa ay kasaling paggamit ng pastulan ng baka, balong ng langis, pagtotroso, at maski produksyon ng sining. Sa ibang lugar, naiibang parke at pook ng libangan ay ginawa upang bigyan ng proteksyon ang buhay sa kagubatan at kalikasan, at para sa mga tao na pumunta at mag-alihw sa espesyal na lugar.



# AN URBAN WILDERNESS EXPERIENCE KARANASAN NA PANGLUNGSOD NA KAGUBATAN



## Fish Creek Provincial Park visit at [www.fishcreekpark.ca](http://www.fishcreekpark.ca)

One of the largest urban parks in North America, Fish Creek Provincial Park has both parkland and grassland landscapes to explore. Located on the south side of Calgary, and accessible by public transit, this popular park offers visitors a wilderness experience without leaving the city. Stop by the visitor centre to learn about urban wildlife.

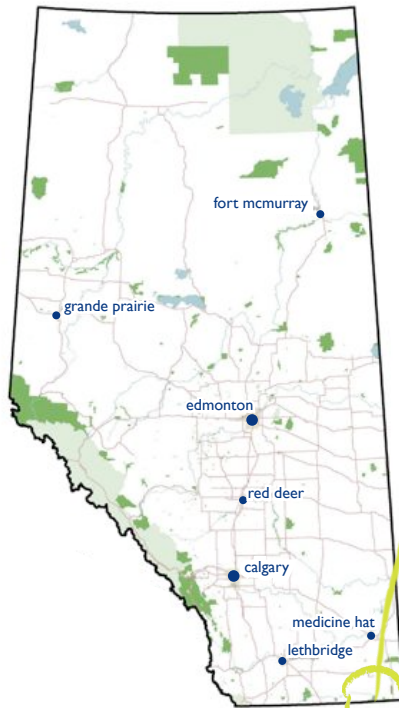
Note: for an urban park close to Edmonton, visit the Lois Hole Centennial Provincial Park, southwest of St. Albert, or the Cooking Lake-Blackfoot Provincial Recreation Area, east of Sherwood Park.

Isa sa pinakamalaking panglungsod na liwasan-pasyalan sa North America, ang Fish Creek Provincial Park ay mayroong tanawin na kapwa lupaing-pasyalan at lupaing-madamo upang puntahan. Makikita sa hilaga tabi ng Calgary at maaring puntahan sa paggamit ng public transit, itong popular na pasyalan ay nagbibigay sa mga bisita ng karanasan sa kagubatan ng hindi umaalis sa siyudad. Tumigil sa sentro parsa sa bisita upang malaman ang tungkol sa panglungsod na kagubatan.

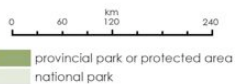
Paunawa: para sa pasyalan malapit sa Edmonton, pumunta sa Lois Hole Centennial Provincial Park, timogkanluran ng St. Albert, o kaya ang Cooking Lake-Blackfoot Provincial Recreation Area, silangan ng Sherwood Park.



# A CULTURAL LANDSCAPE ISANG TANAWING KULTURA



petroglyphs



## Writing-on-Stone Provincial Park/Áísínai'pi National Historic Site

visit at [www.albertaparks.ca](http://www.albertaparks.ca)

On the far southern edge of Alberta is Writing on Stone Provincial Park, or Áísínai'pi National Historic Site. This park is a sacred landscape that has special spiritual significance for the indigenous Blackfoot people who hunted and travelled the Great Plains for generations and whose culture continues to thrive. The First Nations petroglyphs (carvings) & pictographs (paintings) that cover the sandstone cliffs demonstrate the spiritual connection of a people with a place. In fact, the Blackfoot people called the area “Áísínai'pi,” which means “where the drawings are.”

Sa malayong timog gilid ng Alberta ay ang Writing on Stone Provincial Park, o Aisinai'pi National Historic Site. Ito lugar ay isang sagradong tanawin na may espesyal na espiritong kahulugan para sa katutubong lahi ng Blackfoot na mangaso at maglakbay sa Great Plains ng saling-lahi at na ang kultura ay nabubuhay pa. Ang First Nations petroglyphs (paglilok) at pictographs (pintura) ang tumatakip sa sandstone cliffs ay nagpapakita ng espiritong koneksyon ng isang lahi na mayroon pook. Sa katunayan, ang lahi ng Blackfoot ay tinawag ang lugar “Aisinai'pi” na ang ibig sabihin ay “kung nasaan ang pinturang larawan”.





## STAYING SAFE PAGPAPANATILING LIGTAS NA

### Plan ahead.

*Alberta weather can change very quickly*

- carry rain gear and warm clothes, even in the summer
- make sure someone knows where you are going and when you will return
- be aware of current trail conditions
- know your limits and when to turn back

### Don't attract or surprise wildlife.

*Make sure bears, cougars, and other wild animals know you're coming*

- never approach or feed wild animals
- sing or talk loudly while hiking
- hike in groups when possible
- carry bear spray

### Never leave a fire unattended.

*Most wildfires are caused by people*

- use provided fire pits only
- make sure your fire is out before you leave
- have a fire only when necessary
- keep fires small

### Keep it natural

- clean up after yourself and others
- do not remove plants, rocks, deadfall (fallen branches and logs), or artifacts
- stay on designated trails

### Keep your campsite clean.

*Wildlife are attracted to smell – don't give them a reason to visit*

- keep food and toiletries in your vehicle or camper, but not your tent
- never leave drink containers, garbage, or coolers unattended
- use the provided bins for garbage-they're bear-proof!
- pour the dirty water you use to wash dishes into outhouse toilets



### Magplano ng pauna.

*Ang panahon ng Alberta ay maddaling magbago*

- Magdala ng kapote at mainit na bihisan, kaysa sa tag-init
- Magsiguro mayroon nakakaalman kung saan naroroon at kailan ka babalik
- Alamin ang kasalukuyang kondisyon ng landas
- Alamin ang iyong kakayahan at kailan kailangan tumalikod



### Huwag akitin o gulatin ang mabangis na hayop sa ilang.

*Magsiguro na ang bears, cougars at ibang mabangis na hayop na ikaw ay dumarating*

- Huwag lalapitan o pakakanin ang mabangis na hayop
- Kumanta o magsalia ng malakas habang naglalakad
- Kung maari, maglakad sa grupo
- Magdala ng pangwisik sa oso (bear spray)



### Huwag iwanan ang apoy.

*Karamihan sa sunog na maddaling kumalat ay dahil sa tao*

- Kumamit lamang ng fire pits
- Magsiguro wala ng apoy (patay) bago kayo umalis
- Magkaroon lamang ng apoy kung kikailangan
- Gumawa lamang ng maliit na apoy



### Manatiling natural.

- Maglinis ng iyong sarili at ang iba
- Huwag aalisin ang halaman, mga bato, nalaglag na sanga at kahoy, o antik
- Manatili sa nakalaang landas



### Panatiliin malisin ang iyong campsite (kampo).

*Ang mabangis na hayop ay naakit ng pangamoy-huwag magbigay ng dahilan na bumisita.*

- Ilagay ang pagkain at pangbanyo sa sasakyan, ngunit hindi sa iyong tolda
- Huwag iwanan ang lalagyan na panginom, basura, o kooler na nag-iisa
- Gamitin ang nakalagay na bins para sa basura-sila ay bear-proof!
- Ibhos ang maruming tubig na ginamit na panghugas ng plato sa labas na banyo

## Hiking and walking

### Paggagala at paglakad

Hiking and walking are two of the most popular park activities, and it's easy to understand why. Alberta Parks maintains thousands of well-marked trails that are easy to find and follow so you can get exercise and fresh air, or spend some time exploring the natural setting and enjoying the sights, sounds, and smells of the great outdoors.

When hiking or walking in a park, remember to let someone know where you're going and give yourself enough time to return before it gets dark. Some trails are flat while others climb steep hills or mountains. Trails range from fully accessible paved trails to rugged paths where a map or guide is recommended. Check the Alberta Parks website at [www.albertaparks.ca](http://www.albertaparks.ca) or phone a Provincial Park Visitor Centre for maps and about current trail information such as closures, wet or snowy ground, obstacles, or wild animals in the area.

Ang paggagala at paglakad ng malayo ang dalawa sa pinakapopular na aktibo sa pasyalan, at madaling maintindihan kung bakit. Pinanatili ng Alberta Parks ang libo-libong mahusay na may markang landas na madaling hanapin at sundan upang ikaw ay mag-ehersiyado at lumanghap ng sariwang hangin, o mag-aksaya ng panahon sa paghahanap ng natural na kalagayan at mag-alihw sa nakikita, narinig na himig at amoy ng dakilang lantad na lugar.

Kapag naggagala o naglalakad sa isang parke, huwag kalimutan sabihin sa kasama kung saan ka pupunta at magbigay ng sapat na oras upang bumalik bago magdilim. Ang ibang landas ay patag habang ang iba ay kailangang akyat ang mataas na bundok-bundukan at bundok. Ang landas ay maaring puno ng ispaltadong daan hanggang sa magulod na daan na kailangan ang mapa o gabay ang rekomendado. Suriin ang Alberta Parks website sa [www.albertaparks.ca](http://www.albertaparks.ca) o tumawag sa Provincial Park Visitor Centre para sa mapa at tungkol sa kasalukuyang kalagayan ng daan gaya ng pagsara, basa o mayalong lupa, hadlang or mabangis na hayop sa pook.



daypack

hiking boots

#### Checklist:

- day backpack
- first aid kit
- good shoes or boots
- good socks
- water bottle
- snacks
- camera
- warm clothes and raingear
- map of the area

#### Listahan:

- pang-araw na backpack
- first aid kit
- mahusay na sapatos o bota
- mahusay na medyas
- bote ng tubig
- snaks
- kamera
- mainit na kasuotan at kapote
- mapa ng lugar







## Picnicking

### Pikniking/kumain sa labas

One of the easiest and most enjoyable things to do in a park is spend time with family and friends over a meal in the outdoors. Few parks have stores where you can buy food, so be sure to bring your own food and clean up after you are done. With hundreds of picnic sites across the province complete with picnic tables, outhouse toilets, and places to set up barbecues and stoves, you can always enjoy some fresh air with your food. Many sites also have campfire pits and firewood sales, and some sites even have playing fields.

Isa sa pinakamadali at mas maginhawang gawin sa lugar ng pasyalan ay magbigay ng oras para sa pamilya at kaibigan sa handang pagkain sa labas. Kakaunting parke ay mayroon tindahan upang bumili ng pagkain, kaya magsiguro na magdala ng iyong pagkain at maglinis pagkatapos kumain. Sa maraming lugar ng pagpiknik sa loob ng probinsya na may kumpletong lamesa, panlabas na banyo, at lugar na magtayo ng barbecues at kalan, laging kang malilibang na lumanghap ng sariwang hangin kasama ng pagkain. Maraming lugar ay mayroon campfire pits at pagbenta ng firewood (kahoy), at ang ilang pook ay mayroon laruan kabukiran.

#### Checklist:

- food
- drinks
- proper clothes: be prepared for unexpected weather
- camp stove or portable barbecue
- firewood and matches (if there are campfire pits available)
- cutlery and plates
- bags for garbage and for recyclables
- sunscreen and bug spray

#### Listahan:

- pagkain
- iinumain
- tamang kasuotan-maghandang hindi inasahang panahon
- camp stove o kaya portable barbecue
- kahoy at posporo (kung mayroon nakikitang campfire pits)
- kutsara at plato
- supot para sa basura at maaring ibalik na bote o lata
- sunscreen at bug spray



firewood

## Camping Kamping

Camping-staying overnight in a portable home like a tent, motorhome, camper or trailer-can be great fun for the whole family and is an easy way to spend more time in the outdoors.

Frontcountry campgrounds in Alberta have picnic tables, fire pits, clean drinking water, outhouse toilets, and garbage containers. Some also have shelters where you can eat and cook if it rains. Some locations have electrical and sewer hook-ups at your site and comfort stations with showers and laundry facilities.

You'll need to bring your own equipment and you must pay fees to camp in an Alberta Parks campground. Many sites are available on a first-come-first-served basis, although most parks allow you to reserve a campsite before your visit. Check the Alberta Parks website, [albertaparks.ca](http://albertaparks.ca) website or phone a visitor centre to find out more about reserving a campsite.

Kamping-magdamagan pagtira sa nadadalang tulugan gaya ng tolda, motorhome, camper o trailer (sasakyan hinihila)-ay maaring maging masaya sa buong pamilya at madaling magpalipas ng oras sa lugar na malayo sa mga bahayan.

Ang mga kampo sa nayon ng Alberta ay mayroon lamang pangpiknik, pits, malinis sa tubig na mainom, at lalagyan ng basura. Ang iba ay mayroon silungan para kumain at magluto kung umuulan. Ang iba ay mayroon may kuneta sa kuryenta at imburnal sa iyong pook at maginhawang liguan at labahan.

Kailangan mong magdala ng iyong sariling kasangkapan at magbayad ng halaga para tumigil sa isang Alberta Parks kampo. Maraming lugar ang unang-dumating-unang-silbi, bagaman, maraming kampo ay pumapayag na mag-reserba ng lugar bago bumisita. Hanapin ang Alberta Parks website o tumawag sa isang sentro para sa bisita kung paano magreserba ng puesto.



tent



recreational vehicle  
(tent trailer)

### Checklist:

(most camping gear can be rented or purchased second-hand)

- tent or recreational vehicle (RV)
- sleeping bags and sleeping pads
- food and a water container
- cooler to store food
- newspaper and matches to light a campfire
- clothes for all weather conditions
- flashlights
- camp stove

### Listahan:

(maraming kagamitang pang kamping ay maaring rentahan o bilhing segunda-mano)

- tent or recreational vehicle (RV)
- bag na tulugan at pangilalim sa tulugan
- pagkain
- cooler para ilagay ang pagkain
- babasahin at posporo upang sindihan ang apoy
- kasuotang para sa lahat ng kundisyon ng panahon
- flashlights
- gasera pangkampo



## BACKCOUNTRY VS. FRONTCOUNTRY CAMPING BUHAY-BUKID VS. BUHAY-LUNGSOD

Frontcountry facilities are places that you can access by car. The backcountry includes the parts of our parks that are more wild and undeveloped. There are many backcountry campsites and trails across the province. If you travel to the backcountry you will need to plan for a full day or overnight trip and may need specialized equipment or training. Travelling in the backcountry is a great way to have an adventure and to see parts of the natural world that most people never visit. Just remember to always check with local Provincial Park Visitor Centres, park offices or the Alberta Parks Information line before your trip, or consider hiring a professional guide to lead your trip.

Ang mga kaginhawan sa buhay-lungsod ay lugar na maaring puntahan ng sasakyan. Ang buhay-bukid ay kasama ang bahagi ng ating liwasang pasyalan na mas likas at hindi maayos. Maraming kampong kabukiran sa ating liwasan at landas sa kahabaan ng probinsya. Kung ikaw ay maglalakbay sa kabukiran kailangan mong magplano para sa isang araw o magdamagan at kailangan ng particular na kasangkapan o pagsasanay. Ang paglakbay sa kabukiran ay magandang paraan na magkaroon ng pagsapalaran at makita ang bahagi ng natural na mundo na karamihang tao ay hindi pumupunta. Huwag kalimutan pumunta sa iyong lokal na Provincial Park Visitors Centre, opisina ng parke, o ang Alberta Parks Information linya bago maglalakbay, o isiping kumuha ng bihasang gabay sa iyong paglalakbay.



backcountry camping



frontcountry camping

## Boating

### Pamamangka

If you like being on the water, try exploring a park by boat! Whether you choose to paddle a canoe, take a whitewater raft tour, or drive a recreational motorboat, you'll get to see a part of the landscape you might otherwise miss. Motorboats are not allowed in all parks, and some rivers have dangerous sections that require special boats and skills.

You must follow provincial regulations for boater safety, such as getting a Recreational Boat Operators License, wearing a personal floatation device that helps you float in the water and carrying proper equipment. Weather can change very quickly on Alberta lakes and rivers—always be prepared to return to shore.

Kung gusto ng nasa tubig, subukan ang pagmasid ng isang liwasan sa isang bangka (canoe). Kung pinili mong magsagwan ng bangka, kumuha ng isang whitewater raft tour, o magmaneho ng isang panglibangang motorboat, maari mong makita ang bahagi ng tanawin na maaring hindi makita sa ibang paraan. Ang motorboats ay hind pinapayagan sa lahat ng parke, at ang ilang ilog ay mayroon peligrong bahagi na kailangan ng espesyal na bangka at katangian.

Kailangan mong sundin ang mga patakaran ng probinsya para kaligtasan ng namamangka, gaya ng pagkuha ng isang Recreational Boat Operators License, pagsuot ng pangsariling kagamitang panglangoy upang tumulong na lumutang sa tubig, at magdala ng karapatdat na kagamitan. Ang panahon ay madaling magbago sa lawa at ilog ng Alberta—laging humanda na bumalik sa pampang.



personal floatation device

#### Checklist:

- boat (canoe, kayak, motorboat, etc)  
Most parks do not rent boats.
- safety equipment such as spare paddles, bailing bucket, and a whistle
- personal floatation devices
- clothes for all weather conditions
- recent weather report and forecast

#### Listahan:

- bangka (canoe, kayak, motorboat, etc). Maraming parke ay hindi nagpaparenta ng bangka..
- kaligtasang kagamitan gaya ng kapalit ng sagwan, balding pagsahod, at silbato
- pansariling kasangkapan sa paglutang
- kasuotan para sa lahat na kundisyon ng panahon
- kasalukuyan report ng panahon at prediksyon





bicycle helmet



mountain bike

## Biking Magbisikleta

Some parks allow visitors to ride bicycles on certain trails. These might be smooth, paved trails where a regular city bicycle would work, or they might be more rugged where you need a specialized mountain bike with wide tires. Either way, riding a bike is a fun way to get to know a park. Just make sure you know which trails allow bicycles before you go.

Just as you would when hiking, remember to let someone know where you're going and give yourself enough time to return before it gets dark.

Pinapayagan ng ilang parke ang mga bisita na sumakay ng bisikleta sa ilang landas. Ito ay patag, ispaltadong landas na maaring gamitin ng regular na bisikletang pangsiyudad, o ito ay mas bako-bako na kailang ang espesyal ng bisikleta na mayroon malapad na goma. Saan mang paraan, nakalulugod na sumakay ng bisikleta para malaman ay isang pasyalan. Magsiguro lamang na alam ang landas na pinapayagan na magbisikleta bago tumungo.

Kagaya ng paglalakad ng malayo, tandaan na sabihin sa iyong kasama kung saan ka pupunta at magbigay ng sapat na oras upang bumalik bago dumilim.

### Checklist:

- a bicycle (a mountain bike is best for unpaved trails)
- a helmet
- water bottle
- snacks
- map of the area

### Listahan:

- isang bisikleta (ang mountain bike, pangbundok ay mahusay sa hindi patag na landas)
- isang helmet
- botelyang tubig
- pangmeryenda
- mapa ng lugar



## Fishing Pangingisda

While you can eat most types of fish that you catch in Alberta's parks, people here fish for sport and for fun, not for food. Many of Alberta's lakes and rivers have lots of fish, but to conserve the numbers of wild fish, visitors require an Alberta fishing license and are only allowed to keep a certain number of fish each day. For some species that have been threatened with extinction-like the bull trout-you are required to release any fish you catch back into the water.

Many lakes and rivers in Alberta have unique fishing rules. Ask about these rules before you go fishing, and be sure to get a sportfishing guide when you purchase your license.

Habang maari mong kainin ang maraming uri ng isda mabibingwit sa parke ng Alberta, dito ang mangisda ay parang dibersyon at libangan, hindi para kainin. Marami sa lawa at ilog ng Alberta ng isda, ngunit para alagaan ang bilang ng ligaw na isda, sa Alberta, ang bisita ay kailangan kumuha ng lisensiya upang mangisda at pinapayagan humuli ng ilang bilang ng isda bawat araw. Para sa ibang klase ng isda na may panganib ng paglalaho - gaya ng bull trout- kailangan mong ibalik ang nabingwit mo sa tubig.

Maraming lawa at ilog sa Alberta ay may bukod-tanging patakaran sa pangingisda. Magtanong tungkol sa mga patakaran bago tumungo sa pangingisda, at magsiguro kumuhai ng sportfishing guide sa iyong pagbili ng lisensiya.



barbless hook

### Checklist:

- Alberta fishing license (you can buy this online or in convenience stores and gas stations)
- fishing rod
- fishing tackle such as pliers and a knife
- bait to attract fish where allowed
- barbless hooks: barbed hooks are illegal in Alberta

### Listahan:

- Alberta fishing license (maari mong bilhin online o sa kombinyenteng tindahan o estasyon ng gasoline)
- Baliwasan pamingwit
- Kagamitan gaya ng plier at kutsilyo
- Pain pangakit ng isda kung papayagan
- Tagang pamingwit na walang tibo - bawal sa Alberta ang pamingwit na may tibo

## Touring

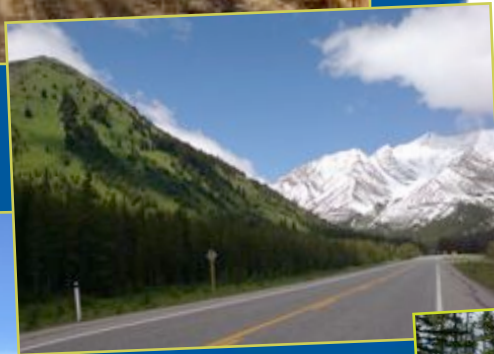
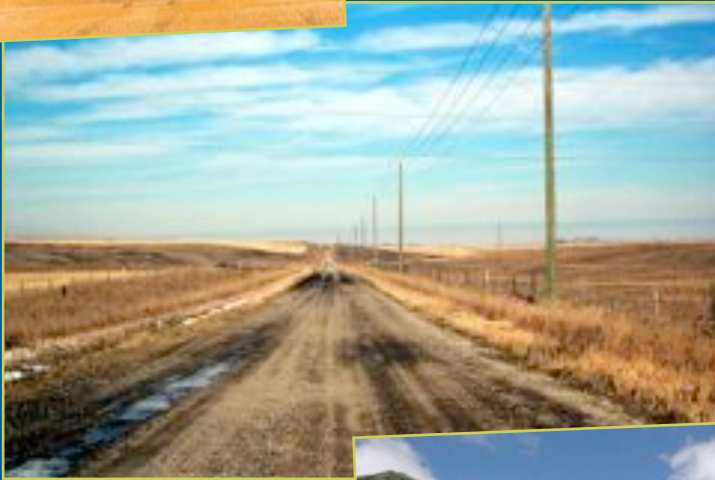
### Paglilibot

You could also make your visit to a park part of a larger sightseeing trip as you get to know Alberta. Enjoy a picnic or a hike in a park during the day, and then get to know a nearby community at night.

Wherever you are exploring in Alberta, a provincial park or protected area is never far away.

Maari mo gawin ang pagbisita sa parke na bahagi ng mas malaking paglilibot pagkatapos mong malaman ang Alberta. Magsaya sa isang piknik o mamasyal sa liwasan sa araw, at pagkatapos ay alamin ang malapit na bayan sa gabi.

Saan ka man maghahanap sa Alberta, ang isang provincial park o protektadong lugar ay hindi nalalayo.



## Winter Sports Libangan sa Taglamig

In many parts of Alberta, the weather often turns cold and snowy in October or November and stays that way until March or April. But don't let cold weather keep you inside. Instead, visit a park and try some outdoor winter sports. You can ski down hills or along flat trails, or wear snowshoes to walk on top of the snow. You can toboggan or you can ice-fish, or even winter camp! Whatever you do, dress warmly and get ready to discover why so many Albertans love the winter!

When skiing or snowshoeing in a park, let someone know where you're going and give yourself enough time to return before it gets dark. Remember that it gets dark very early in the evening during Alberta winters. Also, check with a visitor centre to make sure it's safe before walking on a frozen lake or pond.

If you're driving to a park in the winter, it's a good idea to check the road conditions on the Internet before you leave.

Sa maraming parte ng Alberta, ang panahon ay malimit na malamig at nagyeyelo sa Oktobre o Nobyembre at nananatili hanggang Marso o Abril. Ngunit huwag mong payagan ang malamig na panahon upang tumigil sa loob. Sa halip, pumunta sa parke at subukan ang ilang panglabas na libangang o palarong panlamig. Maaring kang magpadausdos ng pababa sa burol o patag na landas, o magsuot ng snowshoes upang lumakad sa ibabaw ng niyebe. Maaring kang mag-toboggan (sasakyan pangyelo) o mamingwit ng isda sa yelo, o kahit na magkampo sa taglamig. Anuman ng iyong gawin, magsuot ng makapal at humandang tumuklas kung bakit mahal ng maraming Albertan ang taglamig!

Kapag nag-skiing o snowshoeing sa isang parke, ipagbigay-alam sa iyong kasama kung saan ka pupunta at bigyan mo ang iyong sarili ng sapat na oras upang bumalik bago dumilim. Tandaan na maagang dumilim sa gabi sa panahon ng taglamig sa Alberta. Gayundin, makipagalam sa sentro ng bisita at magsiguro na ligtas bago maglakad sa ibabaw ng tumigas na lawa o sapa.

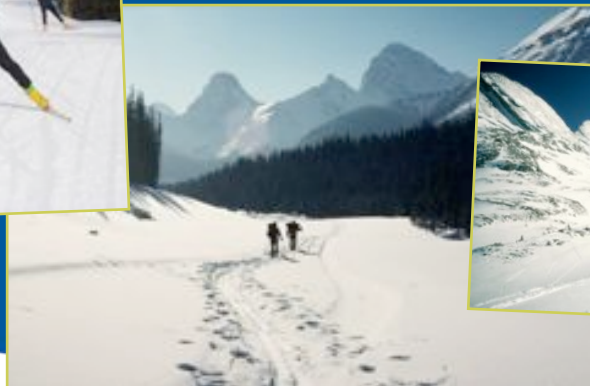
Kung ikaw ay nagmamaneho sa parke sa tagtamig, mabuting ideya na alamin ang kundisyon ng daan sa Internet bago ka umalis.



### AVALANCHE! AVALANCHE! - DAGSA!

Weather conditions in the Rocky Mountains can change quickly which, in winter, may cause snow to suddenly slide downhill in deadly avalanches. If you plan to travel in the backcountry in the mountain parks, you should take an avalanche safety course and visit [www.avalanche.ca](http://www.avalanche.ca) to check on current warnings.

Ang kundisyon ng panahon sa Rocky Mountains ay madaling magbago kung kaya, sa taglamig, ay maaring maging dahilan na ang niyebe ay biglang dumagsang pababa na maging mapanganib na avalanches o dagsa. Kung ikaw ay nagbabalak na maglakbay sa lilib na kanayunan sa parke ng bundok, dapat ka kumuha ng kaligtasang pagsasanay tungkol sa avalanche o dagsa at pumunta sa [www.avalanche.ca](http://www.avalanche.ca) upang malaman ang kasalukuyang babala.



#### Checklist:

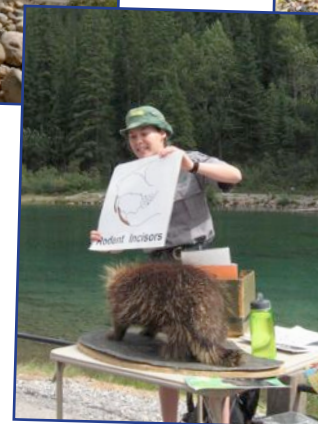
- equipment for your winter sport (skis, ski poles, ski boots, snowshoes)
- avalanche safety equipment (if necessary)
- warm layers of winter clothes
- water bottle and snacks

#### Listahan:

- Kagamitang para taglamig na palaro (skis, ski poles, ski boots, snowshoes)
- Avalanche (dagsa) kagamitang kaligtasan (kung kailangan)
- Kasuotan sapin-sapin pinanatili ang init
- Botelyang tubig at pangmeryenda



# LEARNING ABOUT AND CONNECTING TO THE NATURAL WORLD MATUTUHAN TUNGKOL AT PAG-UGNAY SA NATURAL NA MUNDO



## Learning about nature in parks Matutuhan tungkol sa kalikasan sa mga liwasan/parke

Parks and protected areas are outdoor classrooms where anyone can be a student. By learning to recognize the wildlife and landscapes around you, you'll feel more at home in the outdoors and become inspired to protect our natural world.

Ang mga parke at protektadong lugar ay panglabas ng silid-aralan na maaring sinuman ay estudyante. Ang matutuhan na kilanlin ang buhay-gubat at tanawin sa iyong paligid, mararamdaman mong ikaw ay nasa isang tahanan sa labas at magkaroon ng inspirasyon na alagaan ang natural na mundo.

There are many ways to learn about Alberta's natural landscapes, wildlife and features. If you like to be alone and learn quietly, you can take a guidebook to go bird watching, or teach yourself to recognize plants. Some parks even have park educators who will teach you about the park's natural surroundings through guided walks, bus tours, and campground educational theatre shows. Learning in parks is free, but formal bus tours and a few special events may cost money. You will also have an opportunity at some parks to donate money in support of these education programs.

Maraming paraan na matutuhan tungkol sa natural na tanawin ng Alberta, buhay-gubat at detalyeng litaw. Kung nais mong mapag-isa at matutong ng tahimik, maaring kang kumaha ng guidebook (gabay na libro) sa pagbabantay ng ibo, o turuan ang sarili sa pagkilala ng halaman. Ang ibang parke ay mayroon parkeng edukador na magtuturo tungkol sa natural na paligid ng liwasan sa pamamagitan ng may-kasamang paglalakad, paglilibot ng bus, at teatro nagpapakita ng edukasyon sa loob ng kampo. Walang-bayad ang pagtuturo, ngunit ang pormal na paglilibot ng bus at ilang espesyal na pagdiriwang ay may gastos. Magkakaroon ka ng oportunidad na mag-donasyon ng pera sa pagsuporta ng programang edukasyon.

## Art and Inspiration Sining at Inspirasyon

Would you prefer to paint, write, or take photographs on your park visit? Or sit quietly and be inspired by the beauty of the world around you? Parks are perfect places for activities such as these, and they can be done almost anywhere.

Just remember, cutting or removing of any plants, antlers, rocks or fossils is not allowed in parks or protected areas. Make your art from memories instead!

Gusto mo bang magpinta, magsulat o kumuha na larawan sa iyong pagbisita sa liwasan? O maupo ng tahimik at mabigyan ng inspirasyon sa kariktan ng mundo sa iyong paligid? Ang liwasan ang dalisay na lugar para sa aktibo gaya ito, at maaring silang gawin halos maski saan.

Tandaan lamang, ang pagputol at pag-alis ng halaman, antlers (sungay ng usa), bato o posil ay hindi pinapayagan sa liwasan o protektadong lugar. Sa halip, gawin ang iyong sining buhat sa iyong rekwerdo ng ala-ala.



binoculars



### Checklist:

- proper clothes-always dress for unexpected weather!
- water and snacks
- education program schedule
- money for fees if required
- your questions about the park
- guidebooks
- binoculars
- art supplies

### Listahan:

- Tumpak na kasuotan-laging magdamit sa hindi inaasahan panahon!
- Tubig at pangmeryenda
- Takda ng programang edukasyon
- Pera pangbayad kung kailangan
- Mga tanong tungkol sa parke
- Librong gabay
- largabista
- kagamitan sa sining

## PARK PEOPLE TAUHAN SA LIWASAN/PARKE

PARK PERSON



Name: Jay Nagendran  
Originally from: Sri Lanka  
Arrived in Canada: 1974

As Assistant Deputy Minister of Alberta Tourism, Parks and Recreation, Jay enjoys working to improve Albertans' quality of life. He also enjoys hiking and site-seeing in the province's parks - especially Cypress Hills Provincial Park and Kananaskis Country. Jay has even taken a horseback riding course so that he can explore more remote parks on horseback.

Thousands of people contribute to parks and protected areas by being stewards of the natural world. Being a steward means caring for parks and protecting them for future generations. Anyone can become a steward by becoming a volunteer or even working for Alberta Parks. And just by visiting a park you can act in ways that help protect these amazing areas – you can pick up any garbage you find or report problems and concerns to park offices.

Here are some of the stewards you might meet while exploring the parks.

Libo-libong taong ang nag-aalay sa liwasan at protektadong lugar sa pagiging tagapamahala ng natural na mundo. Ang ibig sabihin ng tagapamahala ang pagmalasakit para sa liwasan at alagaan sila para hinaharap na henerasyon. Sinuman ay maaring tagapamahala sa pagiging isang boluntaryo o kahit magtrabaho para sa Alberta Parks. At pamamagitan lamang ng pagbisita ng liwasan maaring kayong kumilos sa paraan na tumulong sa protekta ng mga kahanga-hangang lugar-maari mong pulutin ang basura iyong nakita o ireport ang problema at pagkabalisa sa upisina ng liwasan.

Ito ang ilan sa mga tagapamahala na maaring mo masalubong sa pagpasyal sa mga liwasan.

## Visitor Information Officers Visitor Information Officers

### Who they are:

Information officers work at Park Visitor Centres and answer all kinds of questions about the parks. They know about trail and weather conditions, outdoor activities, learning opportunities like guided walks and campground shows, and park rules.

### How they can help you:

Visitor information officers can give or sell you maps and brochures. They are great at suggesting places to go, activities you might enjoy, and any hazards to watch out for during your visit.

### Where to find them:

You can speak to an information officer in person at a Provincial Park Visitor Center, or by phone and email.

### Sino sila:

Ang Information officers ay nagtatrabaho sa Park Visitor Centres at sinasagot ang lahat ng klaseng tanong tungkol sa parke. Alam nila ang tungkol sa landas at kundisyon ng panahon, panglabas na aktibo, oportunidad na matuto gaya ng may gabay na paglalakad at palabas ng lugar ng kampo, at patakaran ng parke.

### Paano sila makakatulong sa iyo:

Ang visitor information officers ay maaring magbigay o magbenta ng mapa at brosyur. Mahusay sila sa pagmunkahi ng lugar na pupunta, aktibo maaring ikalugod, at anumang peligro na dapat iwasan sa iyong pagdalaw.

### Saan sila mahahanap:

Maari kang makipagusap ng aktual sa isang information officer Provincial Park Visitor Center, o sa telepono at email.



Name: Marie-Pierre Chappeland  
Originally from: France  
Arrived in Canada: 1993

As the Office Manager at Bow Valley Provincial Park, Marie-Pierre gives information to visitors and coordinates the Volunteer Stewards program, among many other duties. She loves the hikes along mountain ridges for their amazing views, and enjoys hiking or skiing into a cozy backcountry cabin, then warming up by a fire.

PARK PERSON



Name: Eric Panorel  
Originally from: the Philippines  
Arrived in Canada: 2006

Fish Creek Provincial Park was the first park Eric explored when he came to Canada. When he found out that he could volunteer there, he decided this would be a good way to give back to the Park, and joined volunteers of all ages picking up garbage near Fish Creek. Eric's favourite park is Peter Lougheed Provincial Park, where he enjoys hiking, mountain biking, and camping. He looks forward to his first winter camping experience this year.

## Conservation Officers Conservation Officers

### Who they are:

Conservation officers are like police officers, and are experts at public safety. They make sure that visitors are safe and are following park rules, and they ensure that nature is protected.

### How they can help you:

Conservation officers can answer your questions and can help you if you do not feel safe, have a concern or question, or have been hurt.

### Where to find them:

Conservation officers patrol by truck, horse, boat, or on foot through campgrounds, trails, and day-use areas. If you need to speak with one, just walk up to them—they are very friendly!

**If you have an emergency, you can call 9-1-1 in most parks just as you would in the city.**

### Sino sila:

Ang conservation officers ay parang pulisya, at eksperto sa pangpublikong kaligtasan. Sinisiguro nila na ang mga bisita ay ligtas at sila ay sumusunod ng patakaran ng parke, at masiguro ang kalikasan ay protektado.

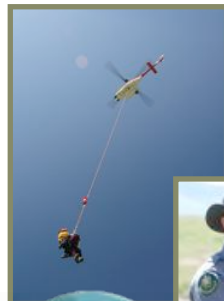
### Paano sila makakatulong sa iyo:

Ang conservation officers ay maaring sumagot ng iyong tanong at maaring tumulong kung sa pakiramdam mo hindi ka ligtas, may pagkabalisa o tanong, o napinsala/nasaktan.

### Saan sila mahahanap:

Ang conservation officers ay nagpapatrulya sa pamamagitan ng trak, kabayo, bangka o sa paglakad sa loob ng lupa ng kampo, landas, lugar na ginagamit sa araw. Kung kailangan mong kausapin ang isa, tumungon ka lamang sa kanila—sila ay palakaibigan.

**Kung ikaw ay mayroon kagipitan/emerhensiya, maari kang tumawag ng 9-1-1 sa maraming parke gaya na ikaw ay nasa siyudad.**





## Park Interpreters and Environmental Educators

### Park Interpreters at Environmental Educators

#### Who they are:

Friendly park interpreters and environmental educators know all about animals, plants, and landscapes in the park. Their job is to help visitors connect with the natural world through educational programs and experiences. Most interpreters are hired seasonally, so you will usually only see them from May to September. In the fall, winter and spring, park educators do many environmental education programs for schools and community groups.

#### How they can help you:

Park interpreters will answer questions and help you recognize wildlife. They also lead walks and present campground shows to teach visitors about the natural world.

#### Where to find them:

Interpreters spend their time in campground theatres (called “amphitheatres”), popular day-use areas, trails, and sometimes in schools or at community events.

#### Sino sila:

Ang palakaibigan na tagapagsalin sa parke at nagtuturo ng kapaligiran ay alam ang lahat tungkol sa hayop, halaman at tanawin sa liwasan. Ang trabaho nila ay tumulong sa mga bisita na makipagugnay sa natural na mundo sa pamamagitan ng programang edukasyon at karanasan. Ang karamihan sa tagapagasin ay nagtatrabaho ng panahunan, kaya maari mo lang makita sila buhat sa Mayo hanggang Septiembre. Sa taglagas, taglamig at tagsibul, ang nagtuturo sa parke ay gumagawa ng maraming programa tungkol sa kapaligiran para sa paaralan at grupo ng kumunidad.

#### Paano sila makakatulong sa iyo:

Ang tagapagsalin sa parke ay sasagot ng mga tanong at tumulong sa iyon ng makilala ang buhay-gubat. Nangunguna rin sila sa paglalakad at magtanghal ng palabas sa lugar ng kampo upan turuan ang mga bisita tungkol sa natural na mundo.

*Saan sila mahahanap:* Naggugol ng panahon ang mga tagapagsalin sa teatro ng lugar ng kampo (tinatawag na “amphitheatres”), popular na isang-araw na gamit na lugar, landas, kung minsan sa paaralan o pangyayari sa kumunidad.

PARK PERSON



Name: Christian Héry  
Originally from: France  
Arrived in Canada: 1998

As the Web and Print Publications Coordinator in Kananaskis Country, Christian is happy to have found his “dream job” in his favourite protected area. He hikes, bikes, and skis in Kananaskis, and hopes to soon try snowshoeing.

PARK PERSON



Name: Dusan Rokvic  
Originally from: Serbia  
Arrived in Canada: 2005

Dusan Rokvic is the Program Coordinator for the 4 Seasons Recreation Program, which gets new Canadians in Calgary involved in recreational opportunities. He enjoys many park activities, very often accompanied by new immigrants. He has great memories of melting snow, flowers, streams, sunny peaks and hundreds of new Canadians exploring the parks.

## Campground Hosts Tagapangtanggap

### Who they are:

Campground Hosts volunteer in campgrounds to provide hospitality and information, ensuring that visitors have enjoyable and safe experiences.

### How they can help you:

Campground Hosts provide information and answer questions about facilities, services, activities, rules, and regulations. They also share their knowledge about amenities and services within the surrounding community, and about the Alberta Parks network. In the case of emergencies, Campground Hosts can help visitors access help.

### Where to find them:

Campground Hosts can be found either in their well-marked campsite or sometimes walking around the campground, wearing identification that says Parks Volunteer. They are always looking for the next new visitor to greet and introduce to their park or provincial recreation area.

*Sino sila:* Ang tagapangtanggap ay buluntaryo sa lugar ng kampo para magbigay ng hospitalidad at impormasyon, tiyakin na ang mga bisita ay mayroon kalugudlugod at ligtas na karanasan.

### Paano sila makakatulong sa iyo:

Ang campground hosts (tagapagtanggap) ay nagbibigay ng impormasyon at sagutin ang tanong tungkol sa pasilidad, serbisyo, aktibo, patakaran at regulasyon. Nagbibigay din sila ng kanilang nalalaman at pakikitungo at serbisyo ng paligid na kumunidad, at tungkol sa Alberta Parks network. Kung may emerhensiya, makakatulong ang mga campground hosts na kumuha ng tulong.

### Saan sila mahahanap:

Mahahanap ang campground hosts sa kanilang kakilalang marka sa lugar ng kampo o kung minsan ay nagpapalibot sa kampo, maysuot ng pagkakilala ng nagsasabi Park Volunteer. Lagi silang naghahanap ng susunod na bagong bisita upang batiin at ipakilala sa kanilang parke o lugar ng panglibangan ng probinsya.



## Facility Operators May-ari ng Pasilidad

### *Who they are:*

Facility Operators run private companies that work with the Alberta Government to operate campgrounds and day-use sites. They make sure campgrounds are clean, safe, and protected. They register campers, provide firewood for sale, and often operate stores and comfort stations.

### *How they can help you:*

If there's a problem with the campground facilities such as drinking water, toilets, picnic tables, and so on, tell the Campground Operators.

### *Where to find them:*

Facility Operators are often busy, but they are easy to find around campgrounds, day-use sites, or campground stores.

### *Sino sila:*

Ang facility operators ay pribadong kumpanya ng nagtatrabaho para sa Alberta Government upang paandarin ang pamamalakad ng lugar ng kampo at isang-araw na paggamit na lugar. Nagsisiguro sila na ang kampo ay malinis, ligtas at protektado. Nagre-ehistro sila ng campers, naghahandog ng kahoy na pinagbibili, at kadalasan ay na pamamahal ng tindahan at lugar ng kaginhawaan/paliguan.

### *Paano sila makakatulong sa iyo:*

Kung mayroon problema sa pasilidad ng kampo gaya ng tubig na iinumina, kubeta, lamesa pangpiknik, at iba pa, sabihin sa Campground Operators.

### *Saan sila mahahanap:*

Kadalasan ang facility operators ay abala, ngunit madaling silang makita sa paligid ng kampo, isang-araw na paggamit na lugar, o tindahan sa kampo.

PARK PERSON



Name: Bocar Diallo  
Originally from: Senegal  
Arrived in Canada: 2005

A PhD student in Geomatics at Sherbrooke University in Quebec, Bocar worked as a research assistant in Kananaskis Country while on a student exchange. This job allowed him to explore the parks while helping with activities like GIS mapping, taking water samples, and tracking bears. He still remembers how impressed he was at the sight of his first bear.

PARK PERSON



Name: Romana Windsteig  
Originally from: Italy and Austria  
Arrived in Canada: 1953

Romana retired from nursing in 1992 and now volunteers with many Park groups, including the Friends of Fish Creek, where she helps with most outdoor programs, including the Park Clean-up and high school education programs. She enjoys cycling, walking, and wildlife watching, and has found that being outdoors has greatly improved her health.



PARK PERSON



Name: Slawa Gruscynska  
Originally from: Poland  
Arrived in Canada: 1979

The Cultural Diversity Coordinator with the City of Calgary – Arts and Culture, Slawa Gruscynska has wonderful memories of bringing her daughter to Alberta’s parks. They would join a group of friends and spend the day hiking and picnicking. Her daughter is now grown up, and Slawa still loves to sight-see, walk, and relax in Fish Creek and Bow Valley Provincial Parks.

## Park Maintenance Staff Kawani

### Who they are:

park maintenance workers are responsible for repairing and cleaning park buildings and facilities. They help keep the parks in excellent condition.

### How they can help you:

If there is a problem with a building or facility such as the public outhouses, comfort stations, and shelters, tell the park maintenance workers.

### Where to find them:

In campgrounds, visitor centres, and day-use areas throughout the parks.

### Sino sila:

ang mangagawa sa parke ay nagmementena sa pakumpuni at paglinis ng mga gusali at pasilidad. Tumutulong silang panatiliin ang parke sa mahusay na kalagayan.

### Paano sila makakatulong sa iyo:

Kung mayroon problem sa isang gusali o pasilidad gaya ng kubeta sa labas, paliguan, silu ngan, sabihin sa nagmementenang manggagwa ng parke.

### Saan sila mahahanap:

Sa lugar ng kampo, sentro sa bisita, at isang-araw na gamit na lugar, sa buong kalooban ng parke.

PARK PERSON



Name: Ashim Banerjee  
Originally from: Kenya  
Arrived in Canada: 2006

A student in the Business Administration and Information Technology program at Medicine Hat College, Ashim has been helping the Heritage Association of Cypress Hills with trail maintenance and marking ski trails in Cypress Hills Interprovincial Park for the past two years. He also enjoys hiking, biking, and “meeting new people from all walks of life” in the parks.

## Park Ecologists and Researchers Ekolohista ng Parke at Nagsasaliksik

### *Who they are:*

These scientists study plants, wildlife, and their relationship with each other and the land. Some even study people to figure out the best ways to provide rewarding park experiences. Many researchers work for Alberta's colleges and universities in partnership with the Government of Alberta.

### *How they can help you:*

Biologists and researchers make important discoveries about the parks and share them with the public and other park staff.

### *Where to find them:*

You may never encounter a researcher as they often work behind the scenes, but research sites such as the Kananaskis Field Station or the Boreal Centre for Bird Conservation often provide free tours and open houses.

### *Sino sila:*

Ang mga dalubahasa sa agham ay nagaaral ng halaman, buhay-gubat, at kanilang ugnayan sa isa't-isa at ang lupa. Ang iba ay nagaaral ng tao upang malaman ang pinakamahasag na paraan na magbigyan ng kasiyahan ang kanilang karanasan sa liwasan. Maraming nagsasaliksik ay nagtatrabaho sa kolehiyo ng Alberta at unibersidad as tulong ng Gobyerno ng Alberta.

### *Paano ka nila matutulungan:*

Ang biolohista at nagsasaliksik ay gumagawa ng importateng pagtuklas tungkol sa parke at binabahagi nila sa publiko at ibang kawani ng parke.

### *Saan sila mahahanap:*

Hindi mo matatagpuan ang isang mananaliksik dahil sila ay nagtatrabaho sa likod ng eksena, ngunit ang lugar ng pananaliksik na gaya ng Kananaskis Field Station o ang Boreal Center for Bird for Bird Conservation ay kadalasang ay nagbibigay ng libreng paglilibot at okasyon na bukas sa lahat.

PARK PERSON



Name: Ksenija Vujnovic  
Originally from: the former Yugoslavia  
Arrived in Canada: 1993

Ksenija's job as an ecologist with the Parks Division of Alberta Tourism, Parks and Recreation has taken her to many beautiful places, from the Onefour Heritage Rangeland Natural Area in the very southeastern corner to the Canadian Shield Natural Region in the northeast. Her favourite park is Fidler-Greywillow Wildland Provincial Park in the Canadian Shield. In the winter, she enjoys cross-country skiing at the Cooking Lake - Blackfoot Grazing, Wildlife and Provincial Recreational Area with her husband Drajs, a Park zoologist.



Name: Dragomir Drajs Vujnovic  
Originally from: the former Yugoslavia  
Arrived in Canada: 1993

A zoologist with the Parks Division of Alberta Tourism, Parks and Recreation in Edmonton, Drajs's work allows him to study wildlife in some of his favourite parks, including the Milk River Natural Area and Rock Lake-Solomon Creek Wildland Park. One day in the Willmore Wildland Park, he spotted four grizzly bears, a caribou, and a marmot all in the same spot! Drajs also enjoys cross-country skiing, cycling, and taking photographs.

## And many more... At marami pang iba...

There are many more people who make sure that our parks and protected areas are safe, organized, and easy to explore. These include Planners, Managers, and Communications people, to name just a few. You might not see these people in the park, but they are working hard to make sure you have an excellent visit, and to make sure parks stay natural, protected, and accessible to you.

Mayroon maraming tao na naniniguro na ang ating mga parke at protektadong lugar ay ligtas, maayos, at madaling mapuntahan. Kasama dito ang Nagplalano, Tagapamahala at Tagapagtalastas, ang ilan maaring mabangit. Maaring hindi mo makita ang mga taong ito sa liwasan, ngunit sila ay nagtatrabaho ng masipag upang magkaroon ka ng mahusay ng pagdalaw, at maniguro na ang liwasan ay manatiling natural, protektado, at madali mong mapuntahan.



PARK PERSON



Name: Richard Boruta  
Originally from: Czech Republic  
Arrived in Canada: 1998

Richard first came to Canada to visit friends, but found it simply "too nice to leave." Now a biathlon and cross-country ski coach at the Canmore Nordic Centre, he enjoys skiing, biking, and climbing in Kananaskis Country. One of his best memories is of the time he navigated the Mt. Indefatigable traverse-carrying his one-and-a-half-year-old baby!

**PARK STEWARDSHIP  
(GETTING INVOLVED)  
PARK STEWARDSHIP  
(MAKISANGKOT)**

**PARK PERSON**



Name: Eric Kuhn  
Originally from: United States  
Arrived in Canada: 1970

The head of Visitor Services in Kananaskis Country, Eric will never forget the day when, while hiking alone in Writing-on-Stone Provincial Park, he came upon one rattlesnake, then another, and another! Surrounded by over a dozen snakes, he stayed calm and moved away slowly, taking with him a “thrilling memory.” Eric likes to explore the parks on foot and on skis.

If you decide that you want to become a park steward, there are many ways to get involved:

Kung nais mong maging isang park steward, mayroon maraming paraan na makisangkot:

*By Visiting Parks: Pagdalaw ng Parke:*

You can be a steward simply by caring for Alberta’s parks and protected areas and understanding why they are so important. Each time you visit, the fees you pay for your campsite or firewood allow park employees to care for the park in a way that is responsible to nature.

Maari kang tagapamahala sa pamamagitan lamang ng pagaalaga ng mga parke at protektadong lugar ng Alberta at maunawaan kung bakit ito mahalaga. Tuwing ikaw ay dumadalaw, ang halagang binabayad mo sa lugar ng kampo o kahoy na panggatong ay pinapayagan ang kawani ng parke na magalaga ng parke sa isang paraan na may pananagutan sa kalikasan.

*By Volunteering: Pagboluntaryo:*

Each year, hundreds of volunteers contribute thousands of hours to parks. From helping with education programs and special events to building and cleaning up trails or working with cooperating associations, these generous people are a big part of Alberta’s Provincial Parks.

Taon-taon, daan-daang boluntaryo ang nagbibigay ng libo-libong oras para sa parke. Buhat sa pagtulong na magbigay ng programa sa edukasyon at natatanging pangyayari sa paggawa at linisin ang mga landas o magtrabahong tumulong sa mga samahan, itong mapagbigay na mga tao ay malaking bahagi ng Alberta’s Provincial Parks.

*By Working for Parks: Magtrabaho para sa Parke:*

If you dream of working outdoors and protecting a beautiful environment, think about working for Alberta Tourism, Parks and Recreation. Every year, parks across the province hire seasonal park interpreters, visitor centre and campground staff, and conservation officers.

Kung ang panaginip mo ay magtrabaho sa lantad na lugar at magbibigay ng proteksyon sa magandang paligiran, mag-isip na magtrabaho para sa Alberta Tourism, Parks and Recreation. Bawat taon, ang mga parke sa haba ng probinsya ay kumakasundong bigyan na trabaho bilang tagapagsalin sa parke, sentro ng bisita at kawani ng kampo, at kawani para sa konserbasyon.

You can learn more about volunteer, career, or contract opportunities with parks by visiting [www.albertaparks.ca](http://www.albertaparks.ca) or by talking to park staff or volunteers in person.

Marami kang matutuhan tungkol sa pagboluntaryo, bokasyon, at pagkakataon ng kontrata sa mga parke sa pagpunta sa [www.albertaparks.ca](http://www.albertaparks.ca) o makiusap sa kawani ng parke o boluntaryo ng harapan.

## BASIC INFORMATION

If you have questions while visiting or planning a trip to Alberta Parks, stop at a Visitor Centre, check online at [www.albertaparks.ca](http://www.albertaparks.ca), or call the Alberta Parks Information Line at 780-427-3582; toll-free 1-866-427-3582.

If you see a fire in any of Alberta's forests, call 310-FIRE (3473)

If you see a crime in a park, you can leave an anonymous tip by calling Green Crimestoppers at 1-800-222-TIPS (8477)

A complete list of park regulations can be downloaded at [www.albertaparks.ca](http://www.albertaparks.ca)

For more information about travelling in Alberta, visit: [www.travelalberta.com](http://www.travelalberta.com)

### Road Conditions

For online information on road conditions, check websites such as:  
The Alberta Motor Association [www.ama.ca](http://www.ama.ca)  
The Weather Network Canada [www.weather.ca](http://www.weather.ca)

### Avalanche Conditions

For information on current backcountry avalanche conditions, visit: the Canadian Avalanche Centre at [www.avalanche.ca](http://www.avalanche.ca)

**In case of an emergency, call 9-1-1**

**Government of Alberta** ■  
**Tourism, Parks and Recreation**

**REPORT WILDFIRES**  
**310-FIRE**

Helping  
Protect  
Our  
Environment  
**CRIME STOPPERS**  
1-800-222-TIPS  
[crimestoppers.ab.ca](http://crimestoppers.ab.ca)

[www.avalanche.ca](http://www.avalanche.ca)

## PUNDAMENTAL NA IMPORMASYON

Kung mayroon kang mga tanong habang dumadalw o nagpapalanong pumunta sa Alberta Parks, tumigil sa isang Visitor Centre, magsiyasat online sa [www.albertaparks.ca](http://www.albertaparks.ca), o tumawag sa Alberta Parks Information Line sa 780-427-3582; walang-bayad na tawag sa 1-866-427-3582.

Kung mayroon kang nakitang sunog sa alinman sa mga gubat ng Alberta, tumawag sa 310-FIRE(3473)

Kung mayroon kang nakitang krimen sa isang parke, maari kang magiwan ng tawag na hindi nagpapakilala sa Green Crimestoppers sa 1-800-222-TIPS (8477)

Ang kumpletong listahan ng regulasyon ng parke ay maaring i-download (kopyahin) sa [www.albertaparks.ca](http://www.albertaparks.ca)

Para sa ibang pang impormasyon tungkol sa paglakbay sa Alberta, pumunta sa: [www.travelalberta.com](http://www.travelalberta.com)

### Kundisyon ng Daan

Para sa kundisyon ng daan sa online, pumunta sa websites na gaya ng:  
The Alberta Motor Association [www.ama.ca](http://www.ama.ca)  
The Weather Network Canada [www.weather.ca](http://www.weather.ca)

### Kundisyon sa Avalanche/Dagsa

Para sa Impormasyon sa kasalukuyang kundisyon ng avalanche/dagsa sa parang, pumunta sa:  
The Canadian Avalanche Centre at [www.avalanche.ca](http://www.avalanche.ca)

**Kung mayroong emerhensiya/kagipitan, tumawag sa 9-1-1**