

**Follow Along**



Website: [www.comewalkwithus.online](http://www.comewalkwithus.online)  
 @WalkWithUsAcrossCanada/  
 @TransCanadaWalk  
 @comewalkwithusonthegreattrail/




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**Come Walk With Us**  
 Exploring Canada Along The Great Trail



Dr. Sonya Richmond and Sean Morton  
[www.comewalkwithus.online](http://www.comewalkwithus.online)




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**Come Walk With Us**



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## Shifting Expectations



No matter who you are, what you look like, where you come from, how you identify, what your physical abilities are, or what your ages is, connecting with nature and exploring Canada's Great Outdoors is something you can do!

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### THE GREAT TRAIL

**Trans Cana**  
Cantiar Transc

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### THE GREAT TRAIL

**Trans Cana**  
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### Why Are We Doing This?



It is a bit freaky with this wireless technology

“...it was time to recharge ourselves, not just our devices...”

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### Long Distance Hiking



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### Bruce Trail



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### Previous Hikes



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### Modern Life



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### What is Nature?



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## An Invitation to Re-Connect to Nature

To inspire people of all ages, backgrounds, orientations, identities, across all regions in Canada to re-connect with nature on a regular basis through birding



It's free, it's accessible to all, and it's fun!



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## What has it been like so far?



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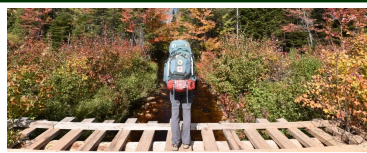
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## #Hike4Birds



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### #ComeWalkWithUs



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### Trekking on The Great Trail



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### Life on the Trail



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### Boreal Birds



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### Cape Breton Island



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### Celtic Shores Coastal Trail



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### Birds of the Celtic Shores



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### Fundy Tides and Shorebirds



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### Nova Scotia Birds



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### Great Trails of Nova Scotia



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### Confederation Trail, PEI



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### Landscapes and Beauty



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### Exploration and Culture



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### Birding the Island



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### New Brunswick



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### Boardwalks and Birds



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### Birds of New Brunswick



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### Urban Paths and Discovery



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### The Great Trail & Great Possibilities



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### Opportunities in the Great Outdoors

“How we spend our days is ... how we spend our lives.”  
Annie Dillard



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### Why not go Outside?



- Only possible in pristine wilderness
- Must occur in an exotic location
- Dangerous or uncomfortable
- Requires special skills or equipment
- Too expensive and a waste of time
- It's not for me

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### Connect to Nature



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### Nature Apps

Turn screen time to green time using free Apps!



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### Why Birds?



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### Everyone is a Closet Birder!



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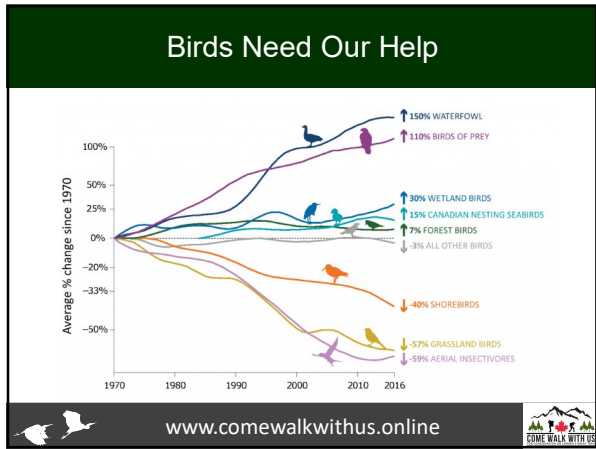
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### Where Do You Begin?

#### BACKYARD BIRDS



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### Important Bird Areas

Legend

- IBAs - 20 km from trail
- IBAs - 50 km from trail
- The Great Trail
- Waterways

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### IBAs in Ontario

IBA  
BIRDLIFE IMPORTANT BIRD  
AND BIODIVERSITY AREA

Legend

- Great Trail
- Waterways
- Important Bird Areas

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### Citizen Scientist

Anyone who contributes their time, effort, and resources to collecting and reporting scientific data, either in collaboration with experts or individually.

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### Why Is Citizen Science Important?



Makes a HUGE Difference to Conservation!

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### iNaturalist



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### Achievements



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## Top Ways to Help Birds



Learn more and get involved in Citizen Science and conservation.

[birdscanada.org](http://birdscanada.org)

- Buy Bird-Friendly Products
- Keep Cats Indoors and Dogs on Leash
- Make Your Yard Bird-Friendly
- Prevent Bird-Window Collisions
- Lights out!

**TOP 6 WAYS YOU CAN HELP BIRDS**

- Learn About Birds
- Buy Bird-Friendly
- Support Conservation
- Keep Cats Indoors
- Welcome Birds Home
- Prevent Collisions



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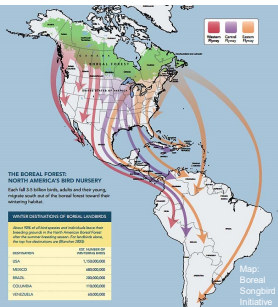
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## Backyards to the Boreal


- 1) It's all about connections.....
- 2) Citizen science projects, local conservation initiatives, and individual actions have continent-wide impacts
- 3) Preserving the Boreal Forest, and taking steps to help Boreal birds is important for the continued survival of Canada's birds




**THE BOREAL FOREST: NORTH AMERICA'S BIRD NURSERY**  
Each fall 2.2 billion birds, adults and their young, migrate south out of the boreal forest toward their winter homes.

Species	Population
Woodpecker	400,000,000
Osprey	1,000,000
Wedge-tailed Sapsucker	400,000,000
Red-shouldered Hawk	100,000,000
Golden-crowned Kinglet	100,000,000
Parula	100,000,000
Chimney Swift	100,000,000
Black-crowned Night Heron	100,000,000

Map: Boreal Songbird Initiative



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## Insights



- 1) Large demographic of individuals who recognize environmental changes and are concerned
- 2) Many don't become involved in Science, Exploration and Nature because they feel that they don't fit in.
- 3) People want to help





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## What we have learned along the way

Explorers & Naturalists

- 1) Digital outreach is necessary
- 2) Stories, experiences, and relationships
- 3) Message of inclusion and empowerment





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## Covid 19

“Life is what happens while you are busy making other plans”

John Lennon





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## Thank you




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