



Always Be Prepared

Bears and other wildlife may be encountered at any time on any trail. Learn how to avoid encounters.

- Travel in groups whenever possible, and make lots of noise
- Carry bear spray where you can reach it quickly and know how to use it
- Keep dogs on leash
- Be alert, especially at dawn and dusk
- Learn to identify common bear foods and signs of bear activity
- Respect trail closures (the fine is \$200 to \$5,000)

Report Wildlife Sightings

On Provincial Lands: (403) 591-7755
(After hours 24/7 call 1-800-642-3800)
Banff National Park: (403) 762-1470

Donations to improve and maintain Trailex.org can be made by sending a cheque payable to Trailex.org to:

Trailex

942 Lawrence Grassi Ridge
Canmore, Alberta, T1W 2Z6
or email info@trailex.org.

The Bears are Out

The bears are out from hibernation, so it's a good time to double check your recreation habits. Make sure your bear spray goes with you on the trail, and that the can has not expired. Many runners and riders use music headphones—if you can't hear properly, you're not as aware of your surroundings. You may want to review the "Always be Prepared" list to the left.

Bears will be looking for newly sprouted grasses to eat on the warmer south facing slopes—possibly the same sunny places where you choose to be recreating.

Hibernation Web Cam

Located on Grouse Mountain in North Vancouver, the Refuge for Endangered Wildlife provides a natural sanctuary for orphaned grizzly bears Grinder and Coola.

A bear web cam set is up in the den of the two grizzly bears. The cam is currently showing that they have moved out of their den. If you are lucky, you may get a peak of them coming back in for a nap. You may want to bookmark the site for next November, when they will be moving in for the winter <http://www.wavelit.com>, (click on the "Wildlife" link on the side).

Bear Spray Did You Knows

- In studies by University of Calgary grizzly bear expert Stephen Herrero, "bear pepper spray was found to be 94% effective in deterring aggressive grizzly bears in close encounters".
- In case of pepper spray contact with skin, flush thoroughly with water and do not rub. Symptoms should disappear in 45 minutes. Avoid touching eyes and face until you have washed your hands.
- Container may explode if heated—do not store at temperatures over 50°C—like possibly your car in the full summer sun.

- To dispose expired cans, empty container in a safe environment, press valve to release all remaining pressure. Securely wrap container in plastic and discard in trash. Do not incinerate.

Wildlife Ambassadors

Friends of Kananaskis Country and Bow Valley Wild Smart are looking for volunteers to promote responsible land use and wildlife safety ethics through public education in Canmore and Kananaskis Country. They are looking for enthusiastic and mature individuals who are capable of striking up conversations with new people, love being on trails and spending time in the outdoors, and who want to have a positive impact on the Bow Valley.

If you are concerned about the increase in human-wildlife interactions but still love to spend a day on the trails, call (403) 678-5593 or by email friends@kananaskis.org.

Trailex Survey trailex.org/survey

To make sure Trailex is as effective and useful as possible for you, we've created an online survey of 10 simple questions—please let us know what you think at www.trailex.org/survey—it takes about five minutes.

We have had 48 people respond, and will be taking into consideration their comments to improve the site. So far, 98% of respondents report that Trailex helps to remind them to be more prepared for wildlife encounters.

Trailex.org Statistics

We have received over 23,000 unique hits (unique computer addresses) since Trailex launched. Last year we had 137 posts to the site. The posts represent a small percentage of actual sightings, and signs observed by trail users.