

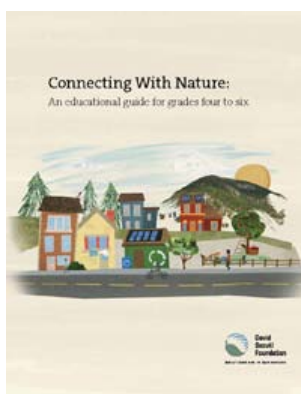


The 'Dog Days' of Summer are Here! Beat the heat at an Ontario Conservation Area

July 2012



Health Alert!



New Education guide makes Connections between Health and the Environment

The David Suzuki Foundation has released an education

Welcome to the 'Dog Days' of summer! The Dog Days are the hottest most humid days of the season and got their name from an ancient belief that Sirius (the Dog Star) added to the heat of the sun during July and August and was at fault for the extra hot weather.

Whatever the reason...it's HOT out there, and you need some ideas for how to stay cool!

We're here to help- and we've put together a list of the **Top Five Ways to Beat the Heat at a Conservation Area!**

Which Way to the Beach?



Photo: Rockwood Conservation Area

Melting and looking for a beach? We've got you covered!

There are over 80 Conservation Areas across the province that have a place for you to take a dip!

Click here to see a list of Conservation Areas that offer swimming, and find one near you.

Head Underground

guide- *Connecting with Nature* aimed at kids in the grade 4-6 range, that is a great resource for teachers and outdoor educators.

This education guide is designed to connect children with nature and help them understand how their daily choices can affect it.

It also makes important connections between the time a child spends outdoors and the strength of their recall and memory, problem solving skills, creativity, and physical health.

Download a free copy of the guide here

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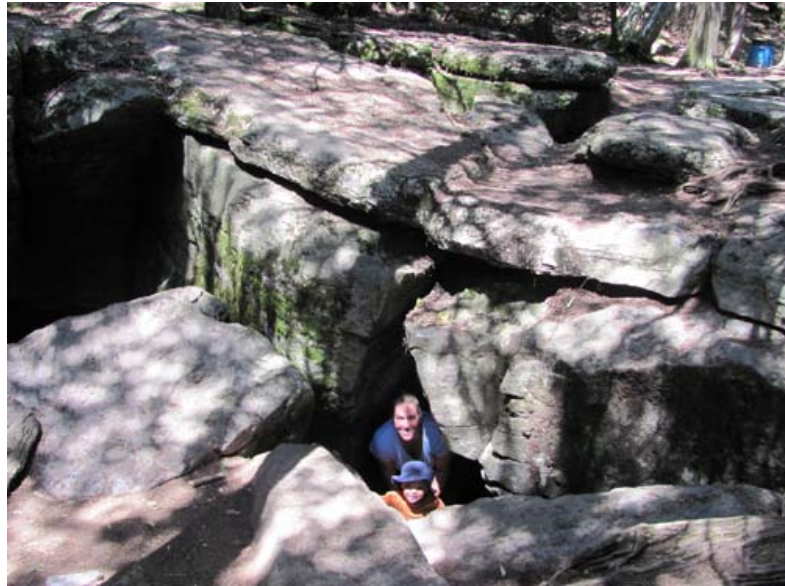


Photo: Warsaw Caves Conservation Area

What better way to stay cool than to explore a spot that the sun can't reach? Have you ever tried **spelunking**- the hobby or practice of exploring caves?

There are two great Conservation Areas in Ontario that can offer hours and hours of spelunking fun- **Warsaw Caves** near Peterborough and **Bruce's Caves** near Owen Sound.

We recommend not wearing your favorite clothes, because this 'beat the heat' activity can get pretty dirty!

Splish-Splash the heat away!



Photo: Binbrook Conservation Area

Know what feels great after a nice long hike? Getting sprayed by brightly coloured splash pad features or slipping

down a water slide!

Some examples of great Conservation Areas with splash pads or water parks:

Binbrook Conservation Area (Stoney Creek)

Fanshawe Conservation Area (London)

Wild Waterworks (Hamilton)

Albion Hills (Caledon)

Petticoat Creek (Pickering)

Relax in the Shade of a Tree



Photo: Little Cataraqui Conservation Area

Trees are natural air conditioners! All of Ontario's more than **270 Conservation Areas** have trees, which provide cool shade and protection from the sun.

Read, chat with a friend, or just check out the wildlife that surrounds you as you bask in the shade of the biggest tree you can find.

Get Misted by a Waterfall



Photo: Rock Glen Conservation Area

Many Conservation Areas in Ontario have waterfalls! Waterfalls are beautiful, interesting, and can help keep you cool on a hot day! Visit the nearest Conservation Area with a waterfall, and take in the view as the fine mist rising from the cascade cools you down.

Some Conservation Areas with extra-misty, breath-taking waterfalls:

- Inglis Falls Conservation Area** (Owen Sound)
- Eau Claire Gorge** (North Bay)
- Hilton Falls Conservation Area** (Milton)
- Rock Glen Conservation Area** (Arkona)
- Jessups Falls Conservation Area** (Plantagenet)

Search for Conservation Areas, trails, and events at
www.ontarioconservationareas.ca

