

# nsyilxcən Trail markers



Did you know, nsyilxcən (n-see-yeel-x-sen) is the language of the syilx/Okanagan people? Many parks and trails on the Westside have trail markers that feature nsyilxcən language as well as stories about the plants and animals that inhabit the area. Stories are an important part of knowledge sharing in the syilx/Okanagan community as nsyilxcən is traditionally oral in its entirety.

When hiking on the Westside, make sure you stop at the trail markers to learn more about the people who have inhabited these lands since time immemorial.



**Killdeer**  
*Charadrius vociferus*

*Its 'broken wing' act lures intruders away from its nest.*

Icons: 8 bird icons in a row.



**Merlin**  
*Falco columbarius*

*Small falcon that feeds on small birds, capturing them in mid-air.*

Icons: 8 bird icons in a row.



**Bullock's Oriole**  
*Icterus bullockii*

*The male sings to defend its nesting territory.*

Icons: 8 bird icons in a row.

# Birds to Watch For

Over 240 species of birds have been identified on the Greater Westside (West Kelowna & Westbank First Nation) by local bird watchers, with some being more common than others. The best time of year to spot birds is when they are migrating (March - May and Sept - Oct), as this is when you will see a greater variety of species. Birds can be spotted year round in the community.

Scan the QR Code and you will be taken to our website where we have a complete list of birds that have been spotted on the Westside, as well as, information on which birds you can see in each season.



# Species that have been spotted

- Raptors**
  - Bald Eagle
  - Turkey Vulture
  - Merlin
  - Peregrine Falcon
- Hummingbirds**
  - Anna's Hummingbird
  - Calliope Hummingbird
  - Black-chinned Hummingbird
- Owls**
  - Western Screech-Owl
  - Great Horned Owl
  - Barred Owl
  - Flammulated Owl
  - Northern Saw-whet Owl
- Woodpeckers**
  - Lewis's Woodpecker
  - Pileated Woodpecker
- Songbirds**
  - Ruby-crowned Kinglet
  - Spotted Towhee
  - Lark Sparrow
  - Nashville Warbler
- Sandpipers, Grebes & Waterfowl**
  - Western Grebe
  - Long-billed Curlew
  - Hooded Merganser
  - Semipalmated Sandpiper
  - Cinnamon Teal
  - Ruddy Duck

Visit Westside is a tourism partnership program between Westbank First Nation and the City of West Kelowna.

[www.visitwestside.com](http://www.visitwestside.com)

West Kelowna Visitor Centre  
2376 Dobbins Rd | 250.768.2712

Icons: Facebook, Twitter, Instagram, Pinterest

# BIARDING

map and guide



VISIT WESTSIDE  
west kelowna • westbank first nation

# Birds of the Westside

How many birds can you spot? Use this guide to keep track of the different birds that you see on the Greater Westside (West Kelowna & Westbank First Nation). Each coloured circle represents an area on the map where you can see these species. Put an x over the circle once you have spotted the bird.



**California Quail (C)**  
*Callipepla californica*

*Often runs along ground in small groups.*

Icons: 8 bird icons in a row.



**Spotted Sandpiper**  
*Actitis macularius*

*The male incubates the eggs and takes care of the young.*

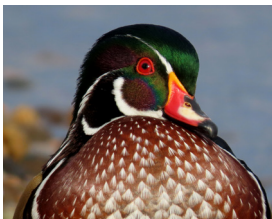
Icons: 8 bird icons in a row.



**Trumpeter Swan**  
*Cygnus buccinator*

*Similar to Tundra Swan, but has deep orange at the base of their bill.*

Icons: 8 bird icons in a row.



**Wood Duck**  
*Aix sponsa*

*Males have ornate colourful patterns.*

Icons: 8 bird icons in a row.



**Great Blue Heron**  
*Ardea herodias*

*Adults stand over 3 feet high and weigh up to 6 pounds.*

Icons: 8 bird icons in a row.





**Belted Kingfisher**  
*Megasceryle alcyon*

Usually solitary, perched along edges of streams and lakes.

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**Golden-crowned Kinglet**  
*Regulus satrapa*

Found in conifer trees. Listen for high-pitched call notes.

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**Northern Shrike**  
*Lanius borealis*

Usually seen perched on a snag or powerline.

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**Red-naped Sapsucker**  
*Sphyrapicus nuchalis*

Drills rows of sap wells into tree bark. Irregular drumming.

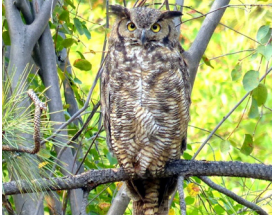
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**Pileated Woodpecker**  
*Dryocopus pileatus*

Large woodpecker, makes oval shaped holes in decaying trees.

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**Great Horned Owl**  
*Bubo virginianus*

Their strong talons require 28 pounds of force to open.

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**Western Grebe**  
*Aechmophorus occidentalis*

Long, thin, yellow bill with a black cap and red eyes.

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**Greater Yellowlegs**  
*Tringa melanoleuca*

Shorebird with bright yellow legs. Listen for 'tew tew tew' calls.

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**Lazuli Bunting**  
*Passerina amoena*

Breeding males have bright blue colour and orange breast.

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**Spotted Towhee**  
*Pipilo maculatus*

Large, long-tailed sparrow. Can be found in shrubby habitats.

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**Violet-green Swallow**  
*Tachycineta thalassina*

Can be seen in large flocks, often foraging over meadows.

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**Turkey Vulture**  
*Cathartes aura*

Raptor with a red head. Wobbles in flight.

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**Western Tanager**  
*Piranga ludoviciana*

Regularly visit flowers and feed on many types of berries.

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**Calliope Hummingbird**  
*Selasphorus calliope*

This is the smallest bird in North America at 3 inches long.

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**What Bird Was That?** Did you spot a bird that was not on this list? Use this space to write down descriptions or keep track of birds that you have seen.

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Legend

- Goats Peak Regional Park**  
2990 Seclusion Bay Rd
- Glen Canyon Regional Park**  
4262 Gellatly Rd
- The Cove (front walkway)**  
4205 Gellatly Rd
- Powers Creek/Rotary Trails**  
4111 Gellatly Rd
- Green Bay (Osprey Park)**  
1430 Green Bay Rd
- Shannon Lake Regional Park**  
2375 Swite Rd

- Rose Valley Regional Park**  
Westlake Rd & Starlight Cres
- Kalamoior Regional Park**  
end of Collens Hill Rd

**Wheelchair & Stroller Friendly Locations:**  
Shannon Lake Regional Park, Gellatly Bay Waterfront and the walkway in front of The Cove.

