

# Colony Farm Bike Tours & Rentals

## Curriculum Planner

### Fall Season Field Trips: Kwikwetlem: *Red Fish Up The River*

Kwikwetlem means '*Red Fish Up The River*'. The Kwikwetlem First Nations welcomes you to its Education Program, which is integrated into our bike tour and rental business. We have been the custodians of this land for thousands of years and will continue with our traditions for thousands more. We believe that in this day and age that our mandate to educate, restore and to protect is fundamental to our existence as a people. Over the last ten years we have been involved with many fish and wildlife restoration programs, with the latest being the discovery of the 'Bastard Sockeye' that was thought to be extinct and now is being restored with the goal of seeing them in the Coquitlam River in significant numbers.

The following outline will focus on the Fall Season, the salmon in the river and the Kwikwetlem First Nation's connection to it.

1. Kwikwetlem First Nation's History
  - a. Earliest History: (5000 AD to 1800's) Our people are an ancient people who are connected to this land in a fundamental way. We co-existed peacefully with our environment for over five thousand years, gathering the forests abundance and harvesting the various runs of Salmon that would come up the river to enter the Coquitlam Lake before spawning in the many creeks that feed the lake. We were blessed with a unique run of sockeye called the 'Bastard Sockeye' that ran in the spring when our people needed it most. We are still discovering our identity in the recovered glyphs and artifacts now placed in various museums around the area and plan to display them in a future Interpretative Centre as part of our educational mandate.
  - b. Recent History: (1800's to Present) [Red Fish Up The River Article](#) (link)

- c. Current History: The following is a list of projects Kwikwetlem has participated in with various partners, like the DOF or the GVRD.
  1. Salmon Weirs off the River.
  2. Wild Life Habitat Restorative Projects 1 & 2
  3. Re-introduction of Bastard Sockeye into Coquitlam Lake.
  4. Colony Farm Bike Tours & Rentals Ltd.
  5. Colony Farm Cycling Education Centre.
  6. Kwikwetlem First Nation Canoe Carving Project.
2. Overview of Coquitlam River Salmon Runs
  - a. Bastard Sockeye
  - b. Sockeye
  - c. Pink
  - d. Spring
  - e. Chum
3. Overview of Wildlife that depend on and interact with the Salmon.
  - a. Black Bears:
  - b. River Otters:
  - c. Beavers:
  - d. Coyotes:
  - e. Bald Eagles:
  - f. Vultures:
4. Overview of Wildlife living within and visiting Colony Farm Park.
  - a. Songbirds:
  - b. Birds of Prey:
  - c. Other Fish in the River:
5. Interaction between Salmon and the Kwikwetlem First Nation.
  - a. Salmon Fishing
  - b. Preparing and storing salmon
  - c. Salmon as a food.
6. Late Winter and Spring Field Trips: We are already taking reservations for field trips in the late winter and spring of 2009. These will be exploration of the flora and fauna that occupy and visit the areas wetlands and green spaces. Half day and full day field trips booking now.

7. Field Trip check list:

- a. Make your students and volunteers dress warm with a waterproof jacket and pants if they have them. We supply ponchos and hats as well as helmets. Warm gloves with an extra set are good idea. Layers work best cause you can always take off a sweatshirt and put it in your pack.
- b. Bring lots of snacks and drinks cause riding and hiking burn energy and they will need to hydrate over the morning or afternoon. We sell water to students at half price, \$1.00 a bottle. PowerAde and other drinks regular pricing.
- c. Running shoes are best for the ride or hike but they should bring a dry pair to wear after the hike or walk to avoid getting cold feet.
- d. Backpacks are better than shoulder bags for riding. In them you can store dry cloths and shoes so they can change after the ride to make the rest of the learning experience more comfortable.
- e. Make sure you have the crafts and supplies packed up before the trip and then don't forget to bring them.
- f. When you're done and back, write up your experience and email it back to us so that we can post your project on our website.