

## Hecla/Grindstone Provincial Park

### Home to Orchids

By Doris Ames

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This beautiful and rugged 1,084 sq km park is remarkable for its varied landscapes. Its mixed forests, bogs, fens, wet meadows, sandy beaches and rock outcrops provide habitat for a number of native orchid species. Because there are so few roads, especially in the backcountry and in the Grindstone area, many parts of the park remain unexplored. It is possible to find large and small yellow lady's-slippers (*Cypripedium parviflorum* ssp.), moccasin-flower (*Cypripedium acaule*) and showy lady's-slipper (*C. reginae*) at Little Grindstone Point and it may be possible to find fairy-slipper orchid (*Calypso bulbosa*) there as well at this time of the year. Twenty years ago it was possible to see fairy-slipper orchids growing near Sunset Beach on Hecla Island. Adder's-mouth orchids (*Malaxis* spp.) and lesser rattlesnake-orchid (*Goodyera repens*) have been found in July on the trails at Hecla and the island is also home to the rare grass-pink orchid (*Calopogon tuberosus*) and ragged fringed-orchid (*Platanthera lacera*) in its more inaccessible regions. Mysterious Black Island is home to moccasin-flowers (*Cypripedium acaule*), showy lady's-slippers (*C. reginae*) and slender ladies'-tresses (*Spiranthes lacera*).

Native Orchid Conservation Inc. believes that orchids are a precious resource and need to be conserved for future generations to enjoy. We will be publishing a field guide this summer called "Orchids of Manitoba" which will provide detailed information on Manitoba's 36 native orchid species. For more information on our organization and on native orchids see our website at [www.nativeorchid.org](http://www.nativeorchid.org). Please report sightings of rare orchids to the Manitoba Conservation Data Centre at 945-7743.

Help us save the species you love!

Be Orchid Friendly. . . .

When viewing wildflowers:

- stay on designated trails if possible
- do not trample plants
- do not touch plants

When photographing:

- avoid kneeling or placing a tripod on the roots of the plant - use a long lens instead

- do not remove surrounding vegetation; tie it back temporarily if necessary
- do not step backward; turn around so you can see where you step

Gardeners:

- never transplant orchids from the wild
- buy from reputable sources that grow the plants from seed; see our website for a list



Large yellow lady's-slipper (*Cypripedium parviflorum* var. *pubescens*).  
Photo: Doris Ames.



Moccasin-flower (*Cypripedium acaule*). Photo: Doris Ames.



Fairy-slipper (*Calypso bulbosa*). Photo: Doris Ames.



Slender ladies'-tresses (*Platanthera lacera*). Photo: Doris Ames



Showy lady's-slipper. Photo: Eugene Reimer.