Examples of cool native species that may be seen during Cootes Paradise – Sassafras Point Interpretive Hike

* Plants
  + Trillium – Ontario's beautiful provincial flower!
  + Sassafras – A unique, medicinal, sensitive tree species
  + Hemlock – Stunning, abundant native evergreen trees
  + Turtlehead – Unique water-loving flower with petals shaped like a turtle’s head
* Birds – Cootes Paradise is an important migratory bird corridor!
  + Great Blue Heron – Large native wading bird, often seen fishing in the marsh
  + Bald Eagle – In 2013, Cootes Paradise has the first eaglets hatched on the Canadian shoreline in over 50 years; since then, some birders have been lucky enough to spot them
  + Trumpeter Swan – Were once endangered but have now bounced back due to restoration efforts
* Fish – Many different species travel through the fishway to spawn in the marsh!
  + Yellow Perch – A commercially important carnivorous fish that can safely spawn in the marsh
  + Northern Pike – Very large, ecologically important carnivorous fish
* Other Animals
  + Eastern Gartersnake – This common snake species can be often seen along the trails or nestled under the rocks and leaf litter
  + Eastern Red-Backed Salamander – Sensitive, small amphibians often found under fallen logs in wet conditions
  + Blanding’s Turtle – In 2022, the RBG released the first of this endangered species back into Cootes Paradise in hopes of restoring the population