**Instructional Video 1. Introduction to Pacific Spirit Forest Tour at the Head of Spanish Trail**

Hi! So, welcome to Pacific Spirit Park. We are today going to do a short field trip using some 360 photospheres to really appreciate the structure of the vegetation here. Now I want you to just look around, we’re at the head of the trail, we are basically looking at a site that was cleared by UBC to finance its budding university in the early 1900s. A lot of the logs were shipped offshore to Europe, to finance their operations. Now, what you’re seeing then is a stand that was completely clearcut, stumps removed, soil disturbed, close to 65-70 years ago. And all of the trees are about the same size, that’s what we call an even-aged disturbance initiated cohort. They are also very similar in identity. So, we have basically two different tree species here. And all of them would have been species that needed lots of light. So, you’re going to try to identify them, just have a quick look, see if you can distinguish based on the growth form of the trees, the two different species and their bark colour, and lets head into the forest, remember that these are deciduous species, they’re native, and they are in winter so they don’t have any leaves. So, we’re going to head down the trail to our first stop.