Due to the lack of disturbance, old forest ecosystems are often associated with rich communities of plants and animals. A medium bench floodplain is flooded every 1-6 years for short periods (10-25 days); deciduous or mixed forest dominated by species of pure or mixed stands of Garry oak or mixed stand of arbutus and Douglas fir. Mature big-leaf maple can also be found. Woodland ecosystems are open stands of deciduous forest with between 10 and 25% tree cover. They can be composed of pure or mixed stands of Garry oak or mixed stand of arbutus and Douglas fir. Mature big-leaf maple can also be found.

Sensitive ecosystems are those that are ecologically important because they support rare or threatened species. They regulate climate, clean air and water, provide site for cultural activities, and create an environment to encourage tourism. They contribute to the quality of life for present and future generations.