

December 2023 | January | February 2024

# Nature Outings and Events

For Nature Lovers of All Ages

CRD | Regional Parks

## WINTER 2023/24



## What You Need to Know

### Legend

**Drop-in Event** - Come by anytime between the hours that the event is offered.



**Guided Walks** - Have a casual pace with interpretive stops.



**Guided Hikes (Moderate)** - Have occasional interpretive stops. Trails may be uneven and slippery with steep sections. The pace of the hike is set according to the needs of the group.



**Guided Hikes (Challenging)** - Have fewer interpretive stops and are rated challenging. Trails will be uneven and steep and may be slippery in sections. These hikes are suitable for experienced and fit adult hikers.



**User-friendly** - Events and outings on these trails are suitable for many abilities. Check descriptions for personal suitability.



Youth & Adults only

All programs run rain or shine. Try to arrive 10 minutes beforehand. Outings that require registration or fees are noted in the listing. Age recommendations are based on park terrain and program content.

### Accessibility

We offer programs for a variety of ages and abilities. Brief trail descriptions can be found under each program in the brochure. For more detailed accessibility information, please visit each program's description on our website: [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).



Elk/Beaver Lake Regional Park

## What You Need to Know

### What to Bring & How to Dress

Carry a day pack with drinking water, a hat, extra clothes and a small snack (or lunch for longer outings). Please wear sturdy footwear and dress for the weather.

### Pets

**Please leave your animal friends at home.** We like pets too. However, their presence can be disruptive. Guide and service animals are, of course, welcome.

### Feedback

Tell us about your experience by taking the short online survey at [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events). Your feedback is important to us to monitor and improve our services.

### Register Online

Some programs may require pre-registration. The CRD's secure online registration site allows you to browse and pre-register immediately for a nature outing.

1. Create an account
2. Browse nature outings
3. Select an outing
4. Select a credit card payment option (for paid programs only - VISA or Mastercard)
5. Complete your registration

Once registration is complete, a receipt (if applicable) and confirmation will be emailed to you.

[www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events)



East Sooke Regional Park

## Exploring Indigenous Perspectives



### Is your organization interested in a private 'Exploring Indigenous Perspectives' walk?

With CRD Regional Parks cultural programmer, Leslie McGarry, your group will discover a human history spanning thousands of years. We invite you to learn how First Peoples respect, appreciate and celebrate the plants, animals and seasons. Email us for more information and pricing: [crdparks@crd.bc.ca](mailto:crdparks@crd.bc.ca).



Exploring Indigenous Perspectives

## Respectful Exploration in Parks

Here's what you can do to keep our forests, beaches and shorelines in parks strong and healthy!

- Stay on designated trails to protect plants and animals.
- Keep your dog under control, in sight and on a leash where required. Remember to pick up your dog's droppings and take them to the trash.
- Do not take anything from the park, including plants, animals and other natural materials. Plants and animals rely on these materials for food, shelter and habitat.
- Keep your parks clean. Help by picking up litter. Leave no trace and pack out your trash.
- Explore carefully along the beach. Watch your step and step only on bare rocks.
- Use your shovels and buckets to make sandcastles, not to collect crabs and other creatures.
- Observe creatures behaving naturally under rocks on the beach by: Lifting, Looking and Lowering.
- Remember, dogs are not permitted to stay in beach and picnic areas between June 1 and September 15.

We can all be caretakers of the forests and beaches, as local First Nations have been for thousands of years. First Peoples believe that all living things should be respected, from insects to eagles, from bees to bears, and from cougars to crabs. As you explore, please travel lightly on these lands and be respectful of the cultures and ecosystems that depend on them.



Purple Shore Crab

## About CRD Regional Parks

CRD Regional Parks protects and manages more than 13,300 hectares of spectacular and accessible natural areas in 33 regional parks and four regional trails on southern Vancouver Island and the Gulf Islands. Regional Parks protect and restore biodiversity, offer a range of compatible outdoor recreation and education opportunities, and provide accessible, joyful connections with the natural world.

The CRD's boundaries span the traditional territories of over 20 First Nations, whose ancestors have been taking care of the land since time immemorial. Many CRD regional parks have historic and ongoing cultural significance for these Nations and provide important food, medicine and spiritual places. As you explore, please travel lightly on these lands and be respectful of the cultures and ecosystems that depend on them.

There is a wonderful world of natural and cultural history to explore at our Nature Centres. Regional Parks staff and volunteer naturalists can answer your questions and point you in the right direction on the trails.

### Beaver Lake Nature Centre

(Beaver Beach off Elk Lake Drive in Saanich)

Open in summer - Fridays, Saturdays and Sundays, 1-4pm.

The Nature Centre is wheelchair accessible.

### Francis/King Nature Centre

(Munn Road in Saanich)


Open year-round - Saturdays, Sundays, holiday Mondays, 12-4pm.

The Nature Centre and the Elsie King Trail are wheelchair accessible.

Please take one, share with a friend and recycle.

Download a PDF brochure at [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).

### Connect With Us

 Capital Regional District

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**CRD**

Making a difference...together

**Capital Regional District** | Regional Parks










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# Winter at a Glance













## December

DATE	EVENT & LOCATION	
3	<b>Family Fun Walk</b> (Guided Walk) Elk/Beaver Lake	
7	<b>Sense-ational Snoop!</b> (Guided Walk) Francis/King	 
9	<b>Christmas Bird Count Tune-up</b> (Guided Walk) Island View Beach	 
9	<b>Supernatural Winter Wander</b> (Guided Walk) Witty's Lagoon	
10	<b>A Bear's Perspective</b> (Self-guided Walk) Thetis Lake	
16	<b>The Secret Lives of Wolves</b> (Guided Walk) East Sooke	 



Thetis Lake Regional Park















## January

DATE	EVENT & LOCATION	
13	<b>Supernatural Winter Wander</b> (Guided Walk) Witty's Lagoon	
14	<b>Wee Winter Ones</b> (Guided Walk) Elk/Beaver Lake	
20	<b>Exploring Indigenous Perspectives</b> (Guided Walk) Francis/King	 
20	<b>Connecting to Nature</b> (Guided Walk) Devonian	
21	<b>Moss Landscapes of Vancouver Island</b> (Guided Adult Walk) Francis/King	 
27	<b>Taking a Lichen to Nature</b> (Guided Adult Walk) Francis/King	 
28	<b>Magnificent Moss</b> (Guided Walk) Francis/King	 
31	<b>Exploring Indigenous Perspectives Through Storytelling</b> (Guided Walk) Elk/Beaver Lake	



Magnificent Moss

## February

DATE	EVENT & LOCATION	
3	<b>The Secret Lives of Wolves</b> (Guided Walk) Witty's Lagoon	
10	<b>Supernatural Winter Wander</b> (Guided Walk) East Sooke	 
10	<b>A Hooting Time with HAT</b> (Guided Walk) Mill Hill	
11	<b>Love is in the Park</b> (Guided Walk) Elk/Beaver Lake	
17	<b>Exploring Indigenous Perspectives through Storytelling</b> (Guided Walk) Francis/King	 
17	<b>Family Fun Walk</b> (Guided Walk) Elk/Beaver Lake	 
18	<b>Family Fun Walk</b> (Guided Walk) Witty's Lagoon	
24	<b>Adaptive and Inclusive Hiking with Power to Be</b> (Guided Walk) Mount Work	 
25	<b>Magnificent Moss</b> (Guided Walk) Francis/King	 



A Hooting Time with HAT

# December

**Sunday, December 3 | 1:30-3pm** 

**Family Fun Walk (Guided Walk)–All ages**  
**Elk/Beaver Lake Regional Park (Saanich)**

Join a CRD Regional Parks naturalist for fun kid-friendly activities on a lovely walk in the park with your family! Bring a snack and water, and wear sturdy footwear.

Meeting place: Meet at the nature centre at the Beaver Beach Parking lot.

Trail Description: 1km; compact surface; slight incline.

**BC Transit #70, #72 or #75**

**Thursday, December 7 | 11am-12pm**  

**Sense-ational Snoop! (Guided Walk)–5 years and under**  
**Francis/King Regional Park (Saanich)**

Bring your little one to celebrate winter with a CRD Regional Parks naturalist. Your child will explore the winter woods using their senses and look for creatures enjoying the winter season. We will visit the Francis/King Nature Centre for storytime, puppets, and exploration.

**There is no fee for this program but you must pre-register as space is limited. Visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.



**Saturday, December 9 | 9-11am**  

**Christmas Bird Count Tune-up (Guided Walk)–All ages**  
**Island View Beach Regional Park (Central Saanich)**

Join birding expert, Geoffrey Newell, and a CRD Regional Parks naturalist along the user-friendly trail to search the sky for birds. This walk will help you tune-up your identification skills for the Christmas Bird Count - a great family activity! Dress for the weather and bring binoculars if you have them.

Meeting place: Meet at the north parking lot past the campground off Homathko Road.

Trail Description: 1.2km; compact gravel surface; no incline. Wheelchair accessible.

**Saturday, December 9 | 1:30-3pm** 

**Supernatural Winter Wander (Guided Walk)–8 years+**  
**Witty's Lagoon Regional Park (Metchosin)**

Coastal First Peoples believe the supernatural world awakens in winter. High tides bring giant creatures up from the depths of the ocean. Cold rainy winds entice menacing creatures out from the darkest hollows of the forest floor. Come join CRD Regional Parks cultural programmer, Leslie McGarry, for storytelling and a guided walk to learn more about these mysterious winter visitors.

Meeting place: Meet at the Teaching shelter, off the Lagoon Trail. Park at the main parking lot off Metchosin Road. Proceed down the main trail, turning left onto the Lagoon Trail. Allow approximately 15 minutes walking time from parking lot.

Trail Description: 800m; gravel and soil surface; steep incline.

**BC Transit #54 or #55**

**Sunday, December 10 | 1:30-3:30pm** 

**A Bear's Perspective (Self-guided Walk)–All ages**  
**Thetis Lake Regional Park** (View Royal)

Ever wondered what a bear's perspective of a park might be? Visit CRD Regional Parks naturalists for a self-guided walk to discover what bears need to survive (just the 'bear' necessities!) and what keeps them busy at this time of year.

Meeting place: Drop by anytime between 1:30 and 3:30pm. This walk begins at the information kiosk at Main Beach.

Trail Description: 200m; gravel and soil surface; slight incline.

**BC Transit #53**

**Saturday, December 16 | 1:30-3pm**  

**The Secret Lives of Wolves (Guided Walk)–All ages**  
**East Sooke Regional Park** (East Sooke)

Coastal wolves are elusive predators, playing an important role in the forest and ocean ecosystems of our region. Come join CRD Regional Parks cultural programmer and a park naturalist for a roll or stroll to learn more about the natural and cultural history of the coastal wolves of Vancouver Island. Look for tracks and signs of wildlife, and learn how sea wolves survive on the dynamic coastal landscape.

Meeting place: Meet at the information kiosk at the Aylard Farm parking lot off Becher Bay Road.

Trail Description: 800m; smooth gravel surface; slight incline. Wheelchair accessible.



A Bear's Perspective

# January



**Saturday, January 13 | 10-11:30am** 

**Supernatural Winter Wander (Guided Walk)–8 years+ Witty's Lagoon Regional Park** (Metchosin)

Coastal First Peoples believe the supernatural world awakens in winter. High tides bring giant creatures up from the depths of the ocean. Cold rainy winds entice menacing creatures out from the darkest hollows of the forest floor. Come join CRD Regional Parks cultural programmer, Leslie McGarry, for storytelling and a guided walk to learn more about these mysterious winter visitors.

Meeting place: Meet at the Teaching Shelter, off the Lagoon Trail. Park at the main parking lot off Metchosin Road. Proceed down the main trail, turning left onto the Lagoon Trail. Allow approximately 15 minutes walking time from parking lot.

Trail Description: 800m; gravel and soil surface; steep incline.

**BC Transit #54 or #55**

**Sunday, January 14 | 11am-12pm** 

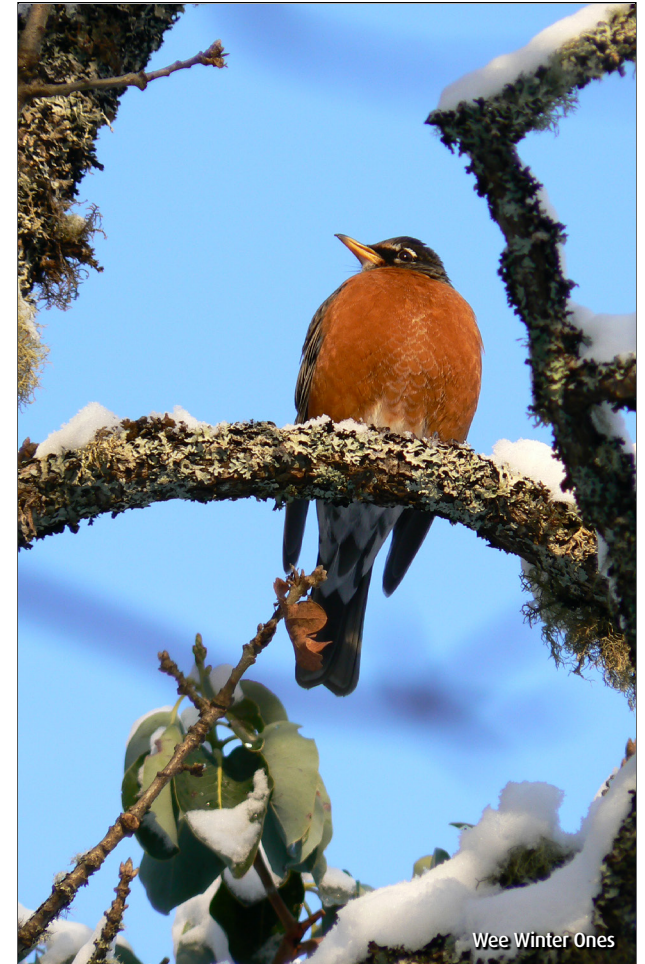
**Wee Winter Ones (Guided Walk)–5 years and under Elk/Beaver Lake Regional Park** (Saanich)

Bring your little ones to explore the forest in wintertime and learn all about how animals keep their babies warm and cozy this time of year. After a lovely forest stroll, we'll cozy up in the Nature Centre for storytime.

**There is no fee for this program but you must pre-register as space is limited. Visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

Trail Description: 500m; compact surface with roots; slight incline.

**BC Transit #70, #72 or #75**



Wee Winter Ones

**Saturday, January 20 | 10-11:30am**  

**Exploring Indigenous Perspectives (Guided Walk)–All ages Francis/King Regional Park** (Saanich)

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a walk at Francis/King and discover a human history spanning thousands of years. Learn about the cultural significance of plants, animals and the seasons and how First Peoples deeply respect, appreciate and celebrate gifts from forests, rivers, lakes and the sea.

Meeting place: Meet at the Francis/King Nature Centre off Munn Road.

Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.



Connecting to Nature

### Saturday, January 20 | 1:30-3pm

#### Connecting to Nature (Guided Walk)—All ages Devonian Regional Park (Metchosin)

On this guided walk with a CRD Regional Parks naturalist, you'll make connections to nature while exploring the forest, wetland and beach. From the mushrooms providing life to the forest, to the trees providing life to animals, we'll discover connections small and large.

Meeting place: Meet at the information kiosk at the parking lot off William Head Road.

Trail Description: 1km; compact surface with roots; moderate incline.

**BC Transit #54 or #55**

### Sunday, January 21 | 10am-12pm

#### Moss Landscapes of Vancouver Island (Guided Adult Walk)—18 years+ Francis/King Regional Park (Saanich)

Join guest naturalist, Kem Luther, and a CRD Regional Parks naturalist to discover the strange lives of mosses along the accessible Elsie King Trail. Learn how to identify the most common species of Vancouver Island. Bring a handlens/magnifier if you have one and dress for the weather.

**\$8/person + GST. You must pre-register as space is limited. Visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.

### Saturday, January 27 | 1:30-3pm

#### Taking a Lichen to Nature (Guided Adult Walk)—18 years+ Francis/King Regional Park (Saanich)

Join guest naturalist, Juliet Pendray and a CRD Regional Parks naturalist to discover the often-overlooked lichens of the forest along the accessible Elsie King Trail. Juliet will share her passion, experience and knowledge on these small but important species as you stroll or roll along the trail. Learn how to identify the most common species and what role lichen plays in the forest. Bring a handlens/magnifier if you have one and dress for the weather.

**\$8/person + GST. You must pre-register as space is limited. Visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.

### Sunday, January 28 | 1:30-3pm

#### Magnificent Moss (Guided Walk)—All ages Francis/King Regional Park (Saanich)

Spend your afternoon in the forest with a CRD Regional Parks naturalist to discover the wonderful world of mosses and what makes them so magnificent.

Meeting place: Meet at the Francis/King Nature Centre off Munn Road.

Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.



Moss Landscapes of Vancouver Island



Exploring Indigenous Perspectives through Storytelling

### Wednesday, January 31 | 10-11am

#### Exploring Indigenous Perspectives Through Storytelling (Guided Walk)—All ages Elk/Beaver Lake Regional Park (Saanich)

On this interactive program, we invite participants to explore the cultural significance of birds and animals, through a First Peoples lens. The cultural lessons and values shared through the time-honoured tradition of storytelling will amaze participants. We will discover how First Peoples passed down important teachings from their respective territories to upcoming generations. We begin with a traditional welcome and territory acknowledgement, then share the history and importance of the site to the First Peoples of the area. We will move along the trail and meet some interesting characters who will share their knowledge and wisdom to help us gain an understanding of how they are interconnected with First Peoples.

Meeting place: Meet at the Beaver Lake Picnic Shelter at the Filter Beds parking lot.

Trail Description: 800m; on compact surface; slight incline.

**BC Transit #70, #72 or #75**

# February

## **Saturday, February 3 | 1:30-3pm**

### **The Secret Lives of Wolves (Guided Walk)–All ages** **Witty's Lagoon Regional Park (Metchosin)**

Coastal wolves are elusive predators, playing an important role in the forest and ocean ecosystems of our region. Come join CRD Regional Parks cultural programmer and park naturalist for a walk to learn more about the natural and cultural history of the coastal wolves of Vancouver Island. Look for tracks and signs of wildlife, and learn how sea wolves survive on the dynamic coastal landscape.

Meeting place: Meet at the Teaching shelter, off the Lagoon Trail. Park at the main parking lot off Metchosin Road. Proceed down the main trail, turning left onto the Lagoon Trail. Allow approximately 15 minutes walking time from parking lot.

Trail Description: 800m; gravel and soil surface; steep incline.

**BC Transit #54 or #55**

## **Saturday, February 10 | 10-11:30am**

### **Supernatural Winter Wander (Guided Walk)–8 years+** **East Sooke Regional Park (East Sooke)**

Coastal First Peoples believe the supernatural world awakens in winter. High tides bring giant creatures up from the depths of the ocean. Cold rainy winds entice menacing creatures out from the darkest hollows of the forest floor. Come join CRD Regional Parks cultural programmer, Leslie McGarry, for storytelling and a guided walk to learn more about these mysterious winter visitors.

Meeting place: Meet at the information kiosk at the Aylard Farm parking lot off Becher Bay Road.

Trail Description: 800m; smooth gravel surface; slight incline. Wheelchair accessible.



Photo: Mary Sorenson

## **Saturday, February 10 | 1:30-3pm**

### **A Hooting Time with HAT (Guided Walk)–All ages** **Mill Hill Regional Park (Langford)**

The owls are hooting! Join a CRD Regional Parks naturalist and the Habitat Acquisition Trust (HAT) to learn about our local owls, including the endangered Western screech owl. Through engaging activities, you'll discover the lives of these amazing hunters and how you can help protect them.

Meeting place: Meet at the information kiosk at the parking lot off Atkins Avenue.

Trail Description: 600m; compact surface with roots; steep incline.

**BC Transit #53**

## **Sunday, February 11 | 1:30-3pm**

### **Love is in the Park (Guided Walk)–All ages** **Elk/Beaver Lake Regional Park (Saanich)**

Come discover what animals are breeding in the park. Participate in family fun and all-ages-appropriate activities related to tree frogs singing, eagles cart-wheeling, hummingbirds dancing, owls hooting and more.

Meeting place: Meet at the Beaver Lake Picnic Shelter at the Filter Beds parking lot.

Trail Description: 1km; compact surface; slight incline.

**BC Transit #70, #72 or #75**

# February



Magnificent Moss

**Saturday, February 17 | 11am-12pm**  

**Exploring Indigenous Perspectives through Storytelling**  
(Guided Walk)–5 years and under  
Francis/King Regional Park (Saanich)

Bring your little ones on this guided walk exploring the cultural significance of birds and animals through a First Peoples lens. The cultural lessons and values shared through the time-honoured tradition of storytelling will amaze you and your little ones. We will discover how First Peoples passed down important teachings from their respective territories to upcoming generations. We will move along the trail and meet some interesting characters who will share their knowledge and wisdom to help us gain an understanding of how they are interconnected with First Peoples.

**There is no fee for this program but you must pre-register as space is limited. Visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.

**Saturday, February 17 | 1:30-3pm**  

**Family Fun Walk** (Guided Walk)–All ages  
Elk/Beaver Lake Regional Park (Saanich)

Celebrate Family Day weekend with a CRD Regional Parks naturalist for fun kid-friendly nature activities on a lovely roll or stroll in the park with your family! Bring a snack and water, and wear sturdy footwear.

Meeting place: Meet at the Beaver Lake Picnic Shelter at Filter Beds parking lot.

Trail Description: 1km; compact surface; slight incline. Wheelchair and stroller accessible.

**BC Transit #70, #72 or #75**

**Sunday, February 18 | 1:30-3pm** 

**Family Fun Walk** (Guided Walk)–All ages  
Witty's Lagoon Regional Park (Metchosin)

Celebrate Family Day weekend with a CRD Regional Parks naturalist for fun kid-friendly nature activities on a lovely stroll in the park with your family! Bring a snack and water, and wear sturdy footwear.

Meeting place: Meet at the main parking lot off Metchosin Road.

Trail Description: 1.2km; compact soil surface with roots; steep inclines and stairs.

**BC Transit #54 or #55**

**Saturday, February 24 | 1:30-3:30pm**  

**Adaptive and Inclusive Hiking with Power to Be**  
(Guided Walk)–All ages  
Mount Work Regional Park (Highlands)

Join CRD Regional Parks naturalists and Power to Be on a guided roll or stroll exploring the plants and animals of the forest. Power to Be will be providing two TrailRiders (a mobility device designed to explore nature) for participants. An inclusive hike for all ages and abilities, there'll be stops along the way to learn about who lives in the woods and what they're up to.

**There is no fee for this program but you must pre-register as space is limited. You may also reserve a TrailRider, based on a first come, first serve basis. Your TrailRider is not confirmed until you have heard from us.**

**Visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

Trail Description: 700m; compact gravel surface; slight incline. Wheelchair accessible.



Family Fun Walk



Adaptive and Inclusive Hiking with Power To Be

**Sunday, February 25 | 10-11:30am**  

**Magnificent Moss** (Guided Walk)–All ages  
Francis/King Regional Park (Saanich)

Spend your morning in the forest with a CRD Regional Parks naturalist to discover the wonderful world of mosses and what makes them so magnificent.

Meeting place: Meet at the Francis/King Nature Centre off Munn Road.

Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.