March | April | May 2024

Nature Outings and Events

For Nature Lovers of All Ages



Spring 2024



What You Need to Know

Legend

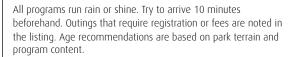
Drop-in Event - Come by anytime between the hours that the event is offered.



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.



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.



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

Youth & Adults Adults only

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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**. 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

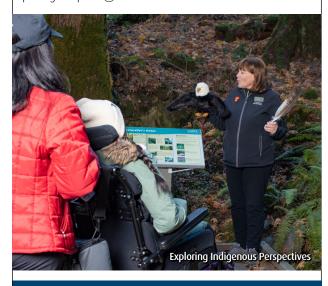


Exploring Indigenous Perspectives



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. Fmail us for more information and pricing: crdparks@crd.bc.ca.



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.



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.

Connect With Us









Making a difference...together

Capital Regional District | Regional Parks

Tel: 250.478.3344 | E: crdparks@crd.bc.ca www.crd.bc.ca/parks

Spring at a Glance

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March

Saturday, March 2 | 10am-1pm



A Bear's Perspective (Self-guided Walk)-All ages Elk/Beaver Lake Regional Park (Saanich)

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: Pop by anytime between 10am and 1pm. This walk starts at the information kiosk at the Hamsterly Beach Parking Lot.

Trail Description: 800m; compact surface with roots; no incline. Wheelchair accessible.

BC Transit #70, #71, #72 or #75

Saturday, March 9 | 10-11:30am



Busy Beavers (Guided Walk**)-All ages Elk/Beaver Lake Regional Park** (Saanich)

Join a CRD Regional Parks naturalist at Elk/Beaver Lake Regional Park to see beaver habitat. Participants will have a chance to learn more about this amazing mammal and its marvellous adaptations.

Meeting place: Meet at the information kiosk at the Filter Beds Parking Lot.

Trail Description: 1km walk; variable trail surface; slight incline.

BC Transit #70, #71, #72 or #75



Sunday, March 10 | 10-11:30am



Egg-cellent Nests (Guided Walk)**-All ages Francis/King Regional Park** (Saanich)

Spring is on the way and the birds are busy! Join a CRD Regional Parks naturalist to discover the birds that call Francis/King Regional Park home. We'll explore the universally accessible Elsie King Trail keeping an eye out for our fine-feathered friends and their egg-cellent nests!

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

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

Saturday, March 16 | 10-11:30am



Exploring Indigenous Perspectives (Guided Adult Walk)–18 years+

Witty's Lagoon Regional Park (Metchosin)

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a walk at Witty's Lagoon Regional Park 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 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, March 17 | 1-2:30pm



What's all the Buzz About? (Guided Walk)–All ages Francis/King Regional Park (Saanich)

With spring on the way comes pollinators of all kinds. Come flap your wings and flutter down the trail with a CRD Regional Parks naturalist to learn about local bees, butterflies, hummingbirds and more! With interactive activities for the whole family, it's sure to "bee" a buzzing time.

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

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



Tuesday, March 19 | 10-12pm



Tracks and Traces (Guided Walk)-All ages Elk/Beaver Regional Park (Saanich)

Become a nature super sleuth! Join a CRD Regional Parks naturalist to explore the evidence and investigate clues left behind by animals. You'll even learn to make a plaster cast of an animal track - a fun souvenir you can take home with you.

There is no fee for this program but you must pre-register as space is limited. Visit www.crd.bc.ca/parks-events.

Trail Description: 800m; compact surface; no incline. Wheelchair accessible

BC Transit #70, #71, #72 or #75

Wednesday, March 20 | 11am-12pm



The Best Nest! (Guided Walk)–5 years and under Mill Hill Regional Park (Langford)

Spring is here and birds are busy! Bring your little ones and join a CRD Regional Parks naturalist to discover nests and look for homes of hummingbirds, robins and more. Children will experience life as a small bird through storytime and a ramble through the forest.

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

Saturday, March 23 | 10am-1pm



Trail Tales (Self-quided Walk)-All ages East Sooke Regional Park (East Sooke)

Visit CRD Regional Parks naturalist and the Vancouver Island Regional Library for a tale on the trail! This StoryWalk® has a book set up along the accessible trail by the forest to the beach. Stroll, roll, and read along as you go. Stop by anytime between 10am-1pm for the StoryWalk® and nature activity with the naturalist.

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.



Wednesday, March 27 | 11am-2pm





Elk/Beaver Lake Regional Park (Saanich) Join in celebrating the return of spring with CRD Regional Parks

naturalists, cultural programmer, and CRD educators from Climate Action, Watershed Protection, and Waste Reduction. Make connections between you and the place you call home. Discover how you can be a steward whether you're at a park, school, work, or your own home. Come and explore the exhibits, crafts, and activities – fun for the entire family!

Meeting place: Drop by anytime between 11am-2pm near the nature centre at the Beaver Beach parking lot.

Trail Description: 100m; concrete path; slight incline. Wheelchair accessible.

BC Transit #70, #71, #72 or #75

Thursday, March 28 | 10am-1pm



Exploring Indigenous Perpectives

(Self-quided Walk)-All ages

Thetis Lake Regional Park (View Royal)

Visit CRD cultural programmer, Leslie McGarry, at Thetis Lake Regional Park for a self-quided walk to 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: Drop by anytime between 10am and 1pm. This walk starts near the information kiosk at Main Beach.

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

BC Transit #53

Saturday, March 30 | 10am-1pm



Beginner Birding Basics (Self-quided Walk)-All ages Elk/Beaver Lake Regional Park (Saanich)

Visit CRD Regional Parks naturalists at Elk/Beaver Lake Regional Park for a self-quided walk all about birding! Follow the panels to learn about what to look and listen for when identifying the birds in the area.

Meeting place: Drop by anytime between 10am and 1pm. This walk begins near the information kiosk at the Filter Beds parking

Trail Description: 800m; compact surface; no incline. Wheelchair accessible.

BC Transit #70, #71, #72 or #75





Sunday, March 31 | 10am-1pm



A Bear's Perspective (Self-quided Walk)-All ages East Sooke Regional Park (East Sooke)

Ever wondered what a bear's perspective of a park might be? Visit CRD Regional Parks naturalists for a self-quided 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 10am and 1pm. The self-quided walk begins at the information kiosk at the Aylard Farm parking lot off Becher Bay Road.

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



April

Saturday, April 6 | 1:30-3pm



Cougar Capers (Guided Walk)–All ages Witty's Lagoon Regional Park (Metchosin)

They leap, they climb and they even purr. Come investigate the mysterious life of a cougar on this informative walk and talk with a CRD Regional Parks naturalist and cultural programmer to learn about these carnivores

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 the parking lot.

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

Sunday, April 7 | 10-11am



Sense-ational Snoop (Guided Walk)–5 years and under Elk/Beaver Lake Regional Park (Saanich)

Bring your preschooler to explore the sights and sounds at the park with a CRD Regional Parks naturalist. Wake up your senses on a wander through the forest. Look for spring buds, listen for birds calling, smell forest perfumes and more.

Meeting place: Meet at the Nature Centre, near the Beaver Beach parking lot.

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

BC Transit #70, #71, #72 or #75

Saturday, April 13 | 1:30-3pm



Exploring Indigenous Perspectives (Guided Walk)-All ages Devonian Regional Park (Metchosin)

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a walk at Devonian Regional Park 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 information kiosk at the parking lot off William Head Road.

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

BC Transit #54 or #55

Saturday, April 20 | 10am-12pm



Wildflowers of Thetis Lake (Guided Adult Hike)–18 years+ Thetis Lake Regional Park (View Royal)

Here's your opportunity to explore the spring wildflowers atop Seymour Hill and appreciate the riot of colour just above the lake. Hike the hill with a CRD Regional Parks naturalist and you'll learn about the importance of endangered Garry oak ecosystems and the identities of some beautiful blooms. Wear sturdy footwear.

There is no fee for this program but you must pre-register as space is limited. Visit www.crd.bc.ca/parks-events.

Trail Description: 2.5km; compact surface with roots and rocks; steep incline.

BC Transit #53





Sunday, April 21 | 1-4pm



NEW! Road Trip to the Wildflowers of Francis/King (Guided Walk)-All ages

Francis/King Regional Park (Saanich)

Catch a ride on the City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist for a leisurely stroll to see what flowers are blooming along the universally accessible Elsie King Trail at Francis/King Regional Park. Discover what makes this park so special in spring and learn more about the blooms of the Garry oak and Douglas-fir ecosystems. The start and end time of this program includes time for transportation.

\$15/person program fee covers the cost of roundtrip transportation from Crystal Pool & Fitness Centre. You must pre-register as space is limited.

Visit www.victoria.ca/parks-recreation and look for "Day Trips & Tours" to register.

Trail Description: 800m; boardwalk and compact surface; slight incline. Recreation bus cannot accommodate wheelchairs.

Saturday, April 27 | 10am-1pm



City Nature Challenge: Birding Basics

(Self-guided Walk)-All ages

Island View Beach Regional Park (Central Saanich)

Visit CRD Regional Parks naturalists for a self-guided walk all about birding! Follow the panels to learn about what to look and listen for when identifying birds in the area. Bring your smart phone and snap photos if you'd like to participate in the City Nature Challenge by contributing to recording the plants and animals in our region. Or leave your phone at home and enjoy the walk without it.

Meeting place: Drop by anytime between 10am and 1pm. The walk begins at the grassy area adjacent to the picnic shelter off Homathko Drive

Trail Description: 800m; compact surface; no incline. Wheelchair accessible.

Sunday, April 28 | 10am-1pm



City Nature Challenge: Glory of the Understory (Self-guided Walk)**–All ages**

Thetis Lake Regional Park (View Royal)

From the top to the bottom, each layer of the forest offers food and shelter for a variety of wildlife. To learn more about this unique ecosystem, we invite you to follow along on this self-guided walk. Bring your smart phone and snap photos if you'd like to participate in the City Nature Challenge by contributing to recording the plants and animals in our region. Or leave your phone at home and enjoy the walk without it.

Meeting place: Drop by anytime between 10am and 1pm. The walk begins at the information kiosk at Main Beach.

Trail Description: 300m; gravel and soil surface; slight incline.

BC Transit #53



May

Saturday, May 4 | 10am-12pm



Wildflowers of Mill Hill (Guided Hike)–8 years+ Mill Hill Regional Park (Langford)

An opportunity to explore the spring wildflowers atop Mill Hill and see the seasonal blooms up close. Hike the hill with a CRD Regional Parks naturalist and you'll learn about the importance of the endangered Garry oak ecosystem and the identities of some beautiful blooms.

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

Trail Description: 2km; gravel surface with roots; steep incline.

BC Transit #53

Sunday, May 5 | 1-3pm



Everyone Welcome Walk with Power to Be (Guided Walk)**-All ages**

East Sooke Regional Park (East Sooke)

Join CRD Regional Parks naturalists and Power to Be on a guided roll or stroll exploring plants and animals of East Sooke Regional Park. Power to Be will be providing two TrailRiders (a mobility device designed to explore nature) for participants. An inclusive nature exploration for all ages and abilities, there'll be stops along the way to take in the scenic views and learn what animals in the park are up to in springtime.

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.

Trail Description: 1km; smooth gravel surface; slight incline. Wheelchair accessible.





Saturday, May 11 | 1:30-3pm



Exploring Indigenous Perspectives through Storytelling (Guided Walk)-**All ages**

Horth Hill Regional Park (North 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 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 location: Meet at the information kiosk in the parking lot off Tatlow Road.

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

Saturday, May 18 | 10am-1pm



Life on the Beach (Self-guided Walk)**-All ages Witty's Lagoon Regional Park** (Metchosin)

Visit CRD Regional Parks naturalists for a self-guided walk all about life in the intertidal zone. Find out how creatures survive life on the beach and how you can help play a role in their survival.

Meeting location: Drop by anytime between 10am and 1pm. The walk begins at the main parking lot.

Trail Description: 400m; steep incline; gravel, boardwalk and soil surface; roots and stairs.

BC Transit #54 or #55

May

Sunday, May 19 | 12:30-4:30pm

NEW! Road Trip to Carnivores of East Sooke (Guided Walk)-All ages

East Sooke Regional Park (East Sooke)

Catch a ride on City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist for a guided walk in East Sooke Regional Park. Get to know more about bears, cougars and wolves in our region while you take in the scenic view and beautiful landscape of the park. The start and end time of this program includes time for transportation.

\$20/person program fee covers the cost of roundtrip transportation from Crystal Pool & Fitness Centre. You must pre-register as space is limited.

Visit www.victoria.ca/parks-recreation and look for "Day Trips & Tours" to register.

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





Saturday, May 25 | 11am-2pm



Exploring Indigenous Perspectives (Self-guided Walk)-All ages **Sooke Hills Wilderness Regional Park** (Metchosin)

Visit CRD cultural programmer, Leslie McGarry, for a self-guided walk to 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 the forest and sea.

Meeting location: Drop by anytime between 11am and 2pm. The self-quided walk begins near the main parking lot off Sooke

Trail Description: 500m: compact surface: steep incline.

BC Transit #61

Saturday, May 25 | 11am-12pm



Froggy Fun! (Guided Walk)-5 years and under Elk/Beaver Lake Regional Park (Saanich)

Spring is in full swing, and so are the frogs! Join a CRD Regional Parks naturalist in exploring the fabulous lives of the frogs that live in Elk/Beaver Lake. Learn some frog calls and practice your frog jumps along the way.

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

Trail Description: 800m: compact surface with roots: no incline. Wheelchair accessible.

BC Transit #70, #71, #72 or #75

Sunday, May 26 | 10-11:30am





Look Who's Talking (Guided Walk)-All ages Francis/King Regional Park (Saanich)

What would you do if you couldn't talk? All creatures need to communicate – they just have different ways of doing it. From finding a mate to avoiding danger, the messages animals send one another can make all the difference to their survival. Come and explore the why and how of animal communication as they use their senses and behaviours to tell each other what's what.

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

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

Friday, May 31 | 7:30-9pm



Winging it with Bats with HAT (Guided Walk)-All ages **Elk/Beaver Lake Regional Park** (Saanich)

Join CRD Regional Parks naturalists and the Habitat Acquisition Trust on a walk to explore the wonderful world of bats. Where do bats live? What do they eat? Participate in activities designed to help you learn more about the world's only true flying mammals. Hopefully, we will see bats in action as they emerge at dusk and swoop through the air feeding on flying insects.

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

Trail Description: 1km walk; variable trail surface; slight incline.

BC Transit #70, #71, #72 or #75

