

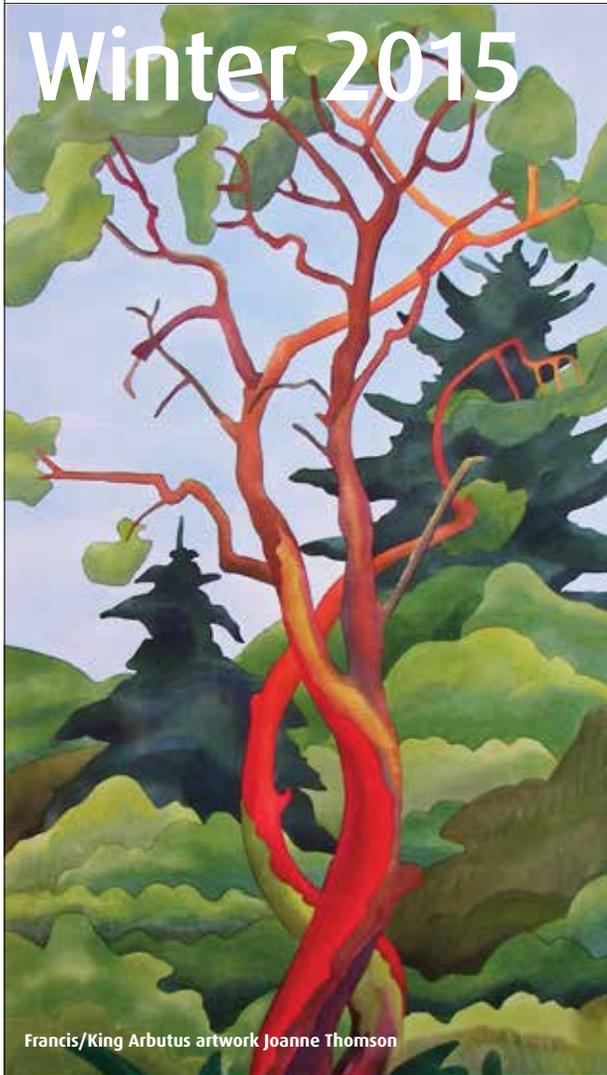
January | February | March 2015

Nature Outings and Events

For Nature Lovers of All Ages

CRD | Regional Parks

Winter 2015



Francis/King Arbutus artwork Joanne Thomson

What You Need to Know

All programs run rain or shine. Programs that require registration or fees are noted in the listing. Phone 250.478.3344. See the website for further details, directions, maps and park features.

crd.bc.ca/parks-events

Ages

The age indicated for each outing or event is a recommendation, based on park terrain and program content.

When to meet

Guided walk/hike

Try to arrive 10 minutes before the start of the program.

 Hikes marked with this symbol are rated moderate and have many interpretive stops. Trails may be uneven and slippery with steep sections. The pace of hikes is set according to the needs of the group.

 Hikes marked with this symbol are rated challenging and have fewer interpretive stops. Trails will be uneven and steep and may be slippery in sections. These hikes are suitable for experienced and fit hikers.

Drop-in Event

Come by anytime between the hours that the event is offered.

What to bring

Carry a day pack with drinking water, a hat, extra clothes and a small snack (or lunch for longer outings).

How to dress

Please wear sturdy shoes and dress for variable weather.

Pets

We like pets too. However, their presence can be disruptive. Please leave your animal friends at home.

Feedback

Tell us about your experience on the nature outings and events by taking the short online survey at crd.bc.ca/parks-events. Your feedback is important to us to monitor and improve our services.

January

- 4 **New Year, New Beginnings** (Guided Adult Walk)–Elk/Beaver Lake 
- 10 **Wonderful Woodpeckers** (Guided Walk)–Francis/King
- 11 **What's That Evergreen?** (Guided Walk)–Francis/King
- 17 **Horth Hill Highlights** (Guided Hike)–Horth Hill 
- 17 **Owl Prowl** (Guided Adult Walk)–Mill Hill
- 18 **Winter Birds of Island View Beach** (Guided Walk)–Island View Beach
- 25 **Who's Hooting?** (Guided Walk)–Mill Hill
- 29 **Sooke Potholes Hike** (Guided Adult Hike)–Sooke Potholes 

February

- 1 **Look Who's Talking!** (Guided Walk)–Devonian
- 7 **Family Fun Hike** (Guided Walk)–Thetis Lake
- 8 **Moss Landscapes of Vancouver Island** (Guided Adult Walk)–Francis/King
- 9 **Love a Slug or Snail** (Guided Workshop)–Francis/King 
- 13 **High Ridge Hike** (Guided Adult Hike)–Francis/King 
- 14 **Valentine's Day Naturalists** (Guided Workshop)–Francis/King 
- 15 **Winter Wondertime!** (Guided Walk)–Mill Hill
- 15 **Iron Mine Bay Hike** (Guided Adult Hike)–East Sooke 
- 17 **Wee Winter Ones** (Guided Walk)–Francis/King
- 19 **Mount Work Out!** (Guided Adult Hike)–Mount Work 
- 20 **Going Batty!** (Drop-in Event)–Francis/King 
- 21 **Owl Prowl** (Guided Walk)–Mill Hill
- 22 **Big, Tall, Short, Small** (Guided Walk)–Francis/King
- 28 **Moss Landscapes of Vancouver Island** (Guided Adult Walk)–Francis/King

March

- 1 **Beginner's Birding Basics** (Guided Walk)–Island View Beach
- 7 **Celebrate Nettles!** (Guided Walk)–Francis/King
- 8 **What's Up? Who's Out?** (Guided Walk)–Mill Hill
- 10 **Mystery Creature** (Guided Walk)–Mount Work
- 11 **Animal Adventures** (Guided Walk)–Francis/King
- 13 **Buzz about Bees** (Drop-in Event)–Francis/King 
- 15 **Trail Tales** (Guided Walk)–Coles Bay
- 17 **Stop, Look, Listen** (Guided Walk)–Elk/Beaver Lake
- 18 **Wilderness Skills for Youth** (Guided Hike)–Thetis Lake 
- 19 **Amazing Race** (Drop-in Event)–Elk/Beaver Lake
- 20 **Spring Fling** (Drop-in Event)–Francis/King 
- 21 **Salmon Saturday** (Guided Walk)–Charters Interpretive Centre
- 22 **Ugh! A Slug!** (Guided Walk)–Mill Hill
- 26 **Cougar Ridge Hike** (Guided Adult Hike)–Roche Cove 
- 28 **Celebrate Nettles!** (Guided Adult Walk)–Francis/King
- 29 **Family Forest Tea Party** (Guided Walk)–Francis/King

January

Sunday, January 4 | 10am–2pm

New Year, New Beginnings (Guided Adult Walk)–18 years+
Elk/Beaver Lake Regional Park (Saanich)

Burn off some of the holiday treats on a 10 km walk around the lakes with a CRD Regional Parks naturalist. Discover the fascinating cultural and natural history of this multi-use park. Bring a lunch and water and wear sturdy footwear. **There is no fee for this program but you must pre-register as space is limited. Call 250.478.3344 by January 2.**

BC Transit #70 or #72

Saturday, January 10 | 1–2:30pm

Wonderful Woodpeckers (Guided Walk)–5 years+
Francis/King Regional Park (Saanich)

Discover all of the tricks of the woodpecker trade. What makes them so good at what they do? Join a CRD Regional Parks naturalist and learn how to identify different woodpeckers by sight, sound and habits on this fun guided walk. Meet at the Francis/King Nature Centre off Munn Road.

Sunday, January 11 | 1–2:30pm

What's That Evergreen? (Guided Walk)–8 years+
Francis/King Regional Park (Saanich)

Come take a closer look at the survival strategies of our local evergreen plants. With a CRD Regional Parks naturalist, you'll learn common species, what keeps these plants green year-round and sip some evergreen tea. Meet at the Francis/King Nature Centre off Munn Road.

Saturday, January 17 | 1–2:30pm

Horth Hill Highlights (Guided Hike)–8 years+
Horth Hill Regional Park (North Saanich)

Check out this delightful park at the tip of the Saanich Peninsula. Along with a CRD Regional Parks naturalist discover the plants at your feet, the birds over your head and great views from the top. Wear sturdy hiking shoes. Meet at the information kiosk in the parking lot off Tatlow Road.

BC Transit #70 or #72



Saturday, January 17 | 7–9pm

Owl Prowl (Guided Adult Walk)–18 years+
Mill Hill Regional Park (Langford)

Owls are amazing birds! Join CRD Regional Parks guest naturalist David Allinson for this exciting adventure into the dark woods to look for and call owls. **\$7 + GST. Pre-registration required by January 16. Space is limited. Call 250.478.3344.**

BC Transit #53

Sunday, January 18 | 9:30–11:30am

Winter Birds of Island View Beach (Guided Walk)–9 years+
Island View Beach Regional Park (Central Saanich)

Island View Beach is one of the premiere winter birding locations in the region. Join a CRD Regional Parks naturalist to look for hawks, owls, sea ducks, loons and more. Wear warm clothes and bring binoculars if you have them. Meet at the grassy area adjacent to the picnic shelter off Homathko Road.

Sunday, January 25 | 1–2:30pm

Who's Hooting? (Guided Walk)–All ages
Mill Hill Regional Park (Langford)

The owls are hooting. Join a CRD Regional Parks naturalist to learn some owl calls, find out about these excellent night hunters, and get to know our BC owls. Meet at the information kiosk in the parking lot off Atkins Avenue.

BC Transit #53

Thursday, January 29 | 11am–3pm

Sooke Potholes Hike (Guided Adult Hike)–18 years+
Sooke Potholes Regional Park (Sooke)

Here's a chance to explore Sooke Potholes with a CRD Regional Parks naturalist. Wear sturdy shoes, pack a lunch, and bring a camera if you have one (the photo opportunities are fabulous). **There is no fee for this program but you must pre-register. To reserve a spot call 250.478.3344 by January 28.**



Joseph McKenna

February

Sunday, February 1 | 1–2:30pm

Look Who's Talking! (Guided Walk)–All ages
Devonian Regional Park (Metchosin)

All creatures need to communicate – they just have different ways of doing it. Come and explore the why and how of animal communication. Be prepared to have some fun as you learn to hoot, sing and call your way through the forest. Meet at the kiosk in the parking lot off William Head Road.

BC Transit #54 or #55

Saturday, February 7 | 1–2:30pm

Family Fun Hike (Guided Walk)–All ages
Thetis Lake Regional Park (View Royal)

Enjoy a walk in the park with your family to celebrate Family Day weekend! Join a CRD Regional Parks naturalist and discover the beauty of this wooded parkland. Meet at the main parking lot at Thetis Lake.

Sunday, February 8 | 10am–12pm

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

Join guest CRD Regional Parks naturalist Kem Luther to discover the strange lives of mosses. Learn how to identify the most common species. **\$7/person + GST. Pre-registration required by February 6. Space is limited. Call 250.478.3344.**

Monday, February 9 | 10am–12pm–parent & child & 2–3:30pm–13 years+

Love a Slug or Snail (Guided Workshop) 
Francis/King Regional Park (Saanich)

Learn about some of the slugs and snails that live on the forest floor and join CRD Regional Parks guest artist-in-residence Joanne Thomson on this fun creative program to make your own slug or snail using acrylic clay. **There is no fee for this program but you must pre-register as space is limited. To reserve a spot call 250.478.3344 by February 6.**





Friday, February 13 | 1–3pm

High Ridge Hike (Guided Adult Hike)–18 years+
Francis/King Regional Park (Saanich)

Join a CRD Regional Regional Parks naturalist for a hike on one of this park’s hidden treasures: the High Ridge Trail. Along the way discover magnificent marshes, wonderful wildlife trees, and grand Garry oak meadows. Bring a snack and water, and wear sturdy shoes. **There is no fee but you must pre-register. To reserve a spot call 250.478.3344 by February 12.**

Saturday, February 14 | 1–2pm & 2:15–3:15pm

Valentine’s Day Naturalists (Guided Workshop)–16 years+ 
Francis/King Regional Park (Saanich)

Join CRD Regional Parks guest artist-in-residence Joanne Thomson for a unique art and nature experience. Select one of Joanne’s drawings of a favourite Francis/King plant or animal, add your silhouette and colour with artist crayons to create a visually beautiful piece of art to take home with you. No previous experience is necessary. **There is no fee for this program but you must pre-register as space is limited. To reserve a spot call 250.478.3344 by February 13.**

Sunday, February 15 | 1–2:30pm

Winter Wondertime! (Guided Walk)–8 years and under
Mill Hill Regional Park (Langford)

What are the animals up to in the winter forest? Bring your young ones on a winter wonder time adventure to find out. Join a CRD Regional Parks naturalist to look for raccoon winter food, find a good spot for hibernation and play animal games in the forest. Meet at the kiosk in the parking lot off Atkins Avenue.

BC Transit #50 or #53

Sunday, February 15 | 11am–3pm

Iron Mine Bay Hike (Guided Adult Hike)–18 years+
East Sooke Regional Park (East Sooke)

Join a CRD Regional Parks naturalist on this superb hike. From Pike Road, we will head towards Anderson Cove trail and continue along until reaching the spectacular Iron Mine Bay. Wear sturdy footwear, bring water and a lunch. **There is no fee for this program but you must pre-register as space is limited. To reserve a spot call 250.478.3344 by February 13.**



Tuesday, February 17 | 1–2:30pm

Wee Winter Ones (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 story-time, puppets, and exploration. **There is no fee for this program but you must pre-register as space is limited. To reserve a spot call 250.478.3344 by February 16.**

Thursday, February 19 | 10am–1pm

Mount Work Out! (Guided Adult Hike)–18 years+
Mount Work Regional Park (Highlands)

Join a CRD Regional Parks naturalist on this vigorous hike that takes us from marshy lowlands to rugged rocky outcrops. Bring a lunch, water and raingear, and wear sturdy hiking shoes. **There is no fee for this program but you must pre-register. To reserve a spot call 250.478.3344 by February 25.**

Friday, February 20 | 11am–2pm

Going Batty! (Drop-in Event)–All ages
Francis/King Regional Park (Saanich)

Drop in between 11am and 2pm and join in a batty world with CRD Regional Parks naturalists. Make a ‘bat button’, enjoy a ‘bat walk’ through the park at 11:15am or 1pm. Meet at the Francis/King Nature Centre off Munn Road.

Saturday, February 21 | 7–9pm

Owl Prowl (Guided Walk)–8 years+
Mill Hill Regional Park (Langford)

See January 17 for details. **There is no fee for this program but you must pre-register as space is limited. To reserve a spot call 250.478.3344 by February 20.**

BC Transit #53



Deb Thiessen



Sunday, February 22 | 1–2:30pm

Big, Tall, Short, Small (Guided Walk)–8 years+
Francis/King Regional Park (Saanich)

This park features Douglas-fir trees and cedar lowlands, as well as plants so tiny they’re easy to miss. Which are most important to the forest? Walk along with a CRD Regional Parks naturalist and decide for yourself on this exploration of nature’s big and small. Meet at the Francis/King Nature Centre off Munn Road.

Saturday, February 28 | 1–3pm

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

Join guest CRD Regional Parks naturalist Kem Luther to discover the strange lives of mosses. Learn how to identify the most common species. **\$7 + GST. Pre-registration required by February 27. Space is limited. Call 250.478.3344.**

March

Sunday, March 1 | 9:30am–12pm

Beginner’s Birding Basics (Guided Walk)–12 years+
Island View Beach Regional Park (Central Saanich)

Discover why so many people are picking up binoculars and heading to the fields and forests in search of feathered fauna. This program will introduce you to the basics of bird watching. Wear warm clothes and bring binoculars if you have them. Binoculars will be available for loan. Meet at the grassy area adjacent to the picnic shelter off Homathko Rd.

Saturday, March 7 | 1–3pm

Celebrate Nettles! (Guided Walk)–5 years+
Francis/King Regional Park (Saanich)

Come celebrate spring with a walk with your family to explore for early spring greens such as nettles and other local treats. With a CRD Regional Parks naturalist you will learn about stinging nettle’s many uses and benefits as well as how to harvest it, different ways to prepare it and an opportunity to taste nettles. **\$10/family + GST. Pre-registration required by March 6. Space is limited. Call 250.478.3344.**

March

Sunday, March 8 | 1–2:30pm

What's Up? Who's Out? (Guided Walk)–5 years+
Mill Hill Regional Park (Langford)

Spring is here, and it's time to head for the hills. Follow a CRD naturalist up Mill Hill, looking for early signs of spring along the way. Meet at the kiosk in the parking lot off Atkins Avenue.

BC Transit #53

Spring Break Programs March 10-20

Tuesday, March 10 | 1–2:30pm

Mystery Creature (Guided Walk)–5 years+
Mount Work Regional Park (Central Saanich)

Solve the riddles to find the clues hidden along the trail with a CRD Regional Parks naturalist. At the end, piece the puzzle together to discover who the mystery creature is. Meet in the Durrance Lake parking lot off Durrance Close, off Willis Point Rd.

Wednesday, March 11 | 1–2:30pm

Animal Adventures (Guided Walk)–10 years and under
Francis/King Regional Park (Saanich)

Join a CRD Regional Parks naturalist on a family adventure, as you learn animal skills. Creep like a deer, jump like a cougar, and feel like a raccoon as we wind our way through the Francis/King forest. Meet at the Francis/King Nature Centre off Munn Road.

Friday, March 13 | 11am–2pm

Buzz about Bees (Drop-in Event)–All ages
Francis/King Regional Park (Saanich)

A honey of a program fit for the royalty of the insect world. What's the buzz about bees – are they really good dancers? Bee songs, bee crafts and some bee spit to taste. Join us and you'll be amazed, bee enchanted and bee happy. Meet at the Francis/King Nature Centre off Munn Road.

Sunday, March 15 | 1–2:30pm

Trail Tales (Guided Walk)–All ages
Coles Bay Regional Park (North Saanich)

Find out how Raven tricked the Crow, where our Island chickadees came from and much more with a CRD Regional Parks naturalist on this storyteller's walk through the woods. Meet at the information kiosk in the parking lot off Inverness Drive.



Tuesday, March 17 | 1–2:30pm

Stop, Look, Listen (Guided Walk)–All ages
Elk/Beaver Lake Regional Park (Saanich)

Use your senses to appreciate the wonders of the forest. Join a CRD Regional Parks naturalist and find what's hidden on the "unnature trail", meet a tree, and more. This is a great way for kids and adults to share nature together. Meet at the information kiosk in the Beaver Lake parking lot.

BC Transit #70 or #72

Wednesday, March 18 | 1–3pm

Wilderness Skills for Youth (Guided Hike)–13 to 18 years
Thetis Lake Regional Park (View Royal)

What kind of plants are edible? What essentials do you need to survive in the wilderness? Learn the answers to these questions along with CRD Regional Park naturalists as we explore the more remote areas of Thetis Lake. You will learn to identify edible plants, the ten wilderness essentials, and other skills needed for exploring further afield and leading groups in the outdoors. Prepare to be active and in forested areas. **There is no fee for this program but you must pre-register as space is limited. To reserve a spot call 250.478.3344 by March 17.**

Thursday, March 19 | 11am–2pm

Amazing Race (Drop-in Event)–All ages
Elk/Beaver Lake Regional Park (Saanich)

Challenge yourself on this 'skill-testing' and fun jaunt through the forest. Drop by anytime between 11am and 2pm and get the scoop from a CRD Regional Parks naturalist. Meet at the information kiosk in the Beaver Lake parking lot.

BC Transit #70 or #72

Friday, March 20 | 11am–2pm

Spring Fling (Drop-in Event)–All ages
Francis/King Regional Park (Saanich)

Come and explore the sights, sounds and smells of spring! Join in the celebration with CRD Regional Parks naturalists for exhibits, crafts, activities – fun for the entire family! There will be guided walks at 11:15am and 1pm. Meet at the Francis/King Nature Centre off Munn Road.

Saturday, March 21 | 11am–2pm

Salmon Saturday (Guided Walk)–5 years+
Charters Interpretive Centre (Sooke)

There's something fishy going on. Drop by between 11am and 2pm to check out the demonstration hatchery and the displays at the Centre with a CRD Regional Parks' naturalist. Meet at Charters Interpretive Centre off Sooke River Road.

Sunday, March 22 | 1–2:30pm

Ugh! A Slug! (Guided Walk)–All ages
Mill Hill Regional Park (Langford)

Be it a banana or a licorice slug, stroll with a CRD Regional Parks naturalist to peek under fallen logs and leaves in search of these giant gastropods that are one of nature's best recyclers. Meet at the information kiosk in the parking lot off Atkins Avenue.

BC Transit #53

Thursday, March 26 | 11am–3pm

Cougar Ridge Hike (Guided Adult Hike)–18 years+
Roche Cove Regional Park (East Sooke)

This scenic hike led by a CRD Regional Parks naturalist begins at Roche Cove and follows the Cedar Grove Trail to one of the most spectacular viewpoints in the region. After lunch return via the Galloping Goose. Wear sturdy shoes and pack a lunch and water. **There is no fee for this program but you must pre-register as space is limited. To reserve a spot call 250.478.3344 by March 25.**

Saturday, March 28 | 1–3pm

Celebrate Nettles! (Guided Adult Walk)–18 years+
Francis/King Regional Park (Saanich)

See March 7 for details. **\$7 + GST. Pre-registration required before March 27. Space is limited. Call 250.478.3344.**

Sunday, March 29 | 1–3pm

Family Forest Tea Party (Guided Walk)–All ages
Francis/King Regional Park (Saanich)

Here's an opportunity to bring the whole family along for a tea party in the woods. Join a CRD Regional Parks naturalist for an interpretive tea tasting featuring some of our local plants. A short guided walk to see some of the plants growing in their native habitat will precede the tea-sampling. **\$10/family + GST. Pre-registration required by March 27. Call 250.478.3344.**

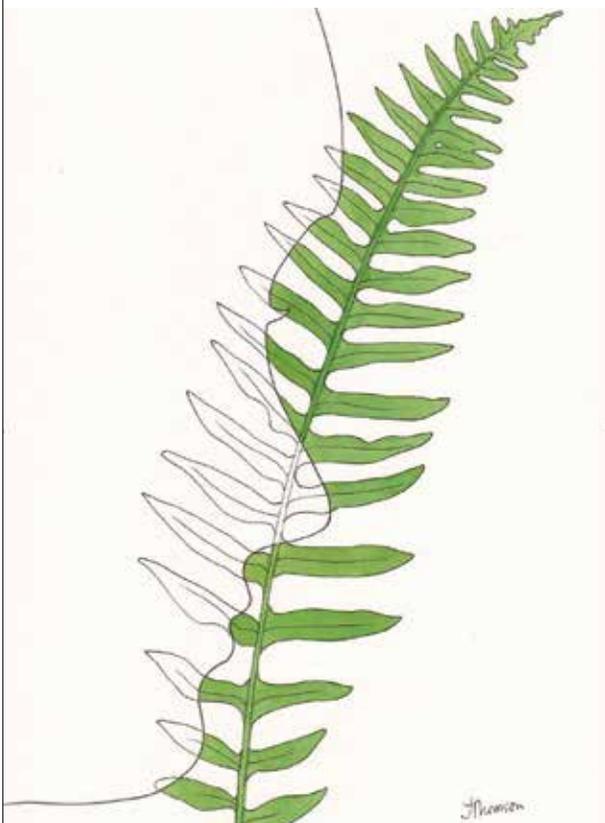
Artist-in-Residence

Joanne Thomson

Say hello if you see Joanne with sketchbook in hand along the trails of Francis/King Regional Park. During the months of February and March Joanne will be in the park being inspired by the ancient forests, the land and its history.

Joanne Thomson, BA, MAEd, is a full-time visual artist specializing in watercolour for illustration and fine art.

SAVE THE DATE: Open Houses and an Exhibition of Joanne's work done during the residency will be held at Francis/King Regional Park on March 7, March 20 and March 21 from 10am – 4pm.



Visit Your Nature Centres

CRD Regional Parks protects and manages more than 13,000 hectares of spectacular and accessible natural areas in 33 regional parks on southern Vancouver Island and the southern 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.

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. Pick up a brochure, check out the interpretive displays and enjoy free hot spiced apple juice.

Francis/King Nature Centre

(Munn Road in Saanich)

Open year-round-Saturday, Sunday, holiday Mondays, 12-4pm.

The Nature Centre is wheelchair accessible.

Witty's Lagoon Nature Centre

(Metchosin Road in Metchosin)

Open year-round-Saturday, Sunday, holiday Mondays, 12-4pm.

The Nature Centre is wheelchair accessible.

Beaver Lake Nature Centre

Closed for the season. Re-opens June 2015.

Please only take one, share with a friend and recycle.
Download brochure in PDF format www.crd.bc.ca/parks.



Capital Regional District



@crd_bc



Capital Regional District | Regional Parks

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