

About CRD Regional Parks

The Capital Regional District 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 many First Nations, whose ancestors have been caretakers 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.

Please take one, share with a friend and recycle.

Download a PDF brochure at www.crd.bc.ca/parks-events.



Making a difference...together

Capital Regional District | Regional Parks

Tel: 250.478.3344 | E: crdparks@crd.bc.ca

www.crd.bc.ca/parks

Connect With Us

Capital Regional District

CRDVictoria

@crd_bc

@crd_bc

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. Contact us for more information and pricing:

Tel: 250.478.3344 | E: crdparks@crd.bc.ca



CRD Parks Nature Centres



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.



November

Sunday, November 24 | 10-11am

Seasonal Safari (Guided Walk)-5 years and under
Francis/King Regional Park (Saanich)

The leaves are turning yellow, and the air feels crisp! Animals know it is time to prepare for winter. Join a CRD Regional Parks naturalist as we play games, look at leaves, and explore how bats, squirrels, and bears are collecting food in the fall and preparing a winter spot to rest.

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

Trail Description: 800m; compact surface and boardwalk; moderate incline.



Saturday, November 30 | 1:30-3pm

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 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

September | October | November 2024

Nature Outings and Events

For Nature Lovers of All Ages

| Regional Parks

Fall 2024



Fall at a Glance

September

DATE	EVENT & LOCATION	Icons
7	Exploring Indigenous Perspectives (Self-guided Walk) Witty's Lagoon	
8	Glory of the Understory (Self-guided Walk) Francis/King	
14	Cougar Capers (Guided Walk) East Sooke	
21	Hike to Peden Lake (Guided Adult Hike) Sooke Potholes	
21	Exploring Indigenous Perspectives Through Storytelling (Guided Storytime) East Sooke	
28	A Serpentine Time with HAT (Guided Walk) Mill Hill	



A Serpentine Time with HAT

October

DATE	EVENT & LOCATION	Icons
5	Hawk Watch (Drop-in Event) East Sooke	
6	Everyone Welcome Exploration with Power to Be (Guided Walk) East Sooke	
12	Beginner Birding Basics (Self-guided Walk) Island View Beach	
19	Exploring Fungi with the Royal BC Museum (Guided Adult Walk) Francis/King	
19	Road Trip: Exploring Indigenous Perspectives (Guided Walk) Horth Hill	
26	The Bad Rap Pack (Guided Walk) Elk/Beaver Lake	
27	A Bat-tastic Time (Guided Walk) Elk/Beaver Lake	
27	Winging it with Bats with HAT (Guided Walk) Elk/Beaver Lake	



Beginner Birding Basics

November

DATE	EVENT & LOCATION	Icons
2	A Bear's Perspective (Self-guided Walk) Sooke Potholes	
3	Fabulous Fungi (Guided Walk) Francis/King	
3	Fabulous Fungi (Guided Walk) Francis/King	
16	Salmon Sensation (Drop-in Event) Charters Interpretive Centre	
17	Everyone Welcome Connecting to Nature with Power to Be (Guided Walk) Mount Work	
23	The Challenging Life Journey of Salmon (Guided Walk) Sooke Potholes	
23	Road Trip: The Challenging Life Journey of Salmon (Guided Walk) Sooke Potholes	
24	Seasonal Safari (Guided Walk) Francis/King	
30	Exploring Indigenous Perspectives (Guided Adult Walk) Witty's Lagoon	



Fabulous Fungi

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.



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. 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. Browse nature outings
2. Select an outing
3. Create an account
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



East Sooke Regional Park

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 or sand.
- 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

September

Saturday, September 7 | 10am-1pm 

Exploring Indigenous Perspectives (Self-guided Walk)–All ages
Witty's Lagoon Regional Park (Metchosin)

Visit CRD Regional Parks 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 place: Drop by anytime between 10am and 1pm. The self-guided walk begins from the main parking lot off Metchosin Road.

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

BC Transit #54 or #55

Sunday, September 8 | 10am-1pm  

Glory of the Understory (Self-guided Walk)–All ages
Francis/King Regional Park (Saanich)

From the top to the bottom, each layer of the forest offers food and shelter for a variety of wildlife. We invite you to visit a CRD Regional Parks naturalist to learn more about this unique ecosystem and follow along on this self-guided walk.

Meeting place: Drop by anytime between 10am and 1pm. This self-guided walk begins at the Nature Centre off Munn road.

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



Glory of the Understory

Saturday, September 14 | 1:30-3pm  

Cougar Capers (Guided Walk)–All ages
East Sooke Regional Park (Sooke)

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.

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.

Saturday, September 21 | 10am-1pm 

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

Join a CRD Regional Parks naturalist on this challenging hike to Peden Lake in the Sea to Sea Regional Park. Leaving from Sooke Potholes, we'll learn more about this park and its role in connecting green spaces. Bring a lunch, water, and 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: 5km; gravel and soil surface; steep incline.

Saturday, September 21 | 10-11am 

Exploring Indigenous Perspectives Through Storytelling (Guided Storytime)–5 years and under
Elk/Beaver Lake Regional Park (Saanich)

Bring your little ones on this guided walk exploring the cultural significance of birds and animals through a First Peoples lens.

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

Trail Description: 800m walk; variable trail surface; slight incline.

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

Saturday, September 28 | 10-11:30am 

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

Join a CRD Regional Parks naturalist and the Habitat Acquisition Trust to discover the ssssecretive world of our native ssssnake sssspecies.

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



Hawk Watch

Drop-in Event — All Ages


Saturday, October 5 | 11am-2pm  

East Sooke Regional Park (East Sooke)


Have you ever seen turkey vultures kettling? Join CRD Regional Parks and guests for this annual migration event!

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

Trail Description to Main Event: 600m; smooth gravel surface; slight incline. Wheelchair accessible.

Main Event at the Picnic Shelter 

- The Raptors from Duncan will have live raptors and offer a closer look at these amazing birds.
- CRD Regional Parks naturalists, Victoria Natural History Society, Rocky Point Bird Observatory and other guests will have displays and activities.

Birding at Beechey Head Viewpoint 

- 10am (guided walk before main event) - Birding expert Geoffrey Newell will lead a guided walk up to Beechey Head. Meet at the information kiosk at Aylard Farm parking lot. The hike takes roughly 30 minutes, requires sturdy footwear and is not wheelchair accessible. Bring binoculars, water and food.
- 11am-1pm - Geoffrey and a CRD Regional Parks naturalist will stay at the viewpoint above Beechey Head to chat with event-goers who want to hike up on their own time.

October

Sunday, October 6 | 10:30am-12:30pm  

Everyone Welcome Exploration with Power to Be (Guided Walk)–All ages
East Sooke Regional Park (East Sooke)

Join CRD Regional Parks naturalist and Power to Be on a guided roll or stroll exploring plants and animals of East Sooke Regional Park. Power to Be can provide adaptive mobility equipment for a variety of needs. Let us know what support, or program modifications you require to have success. An inclusive nature exploration for all ages and abilities.

There is no fee for this program, but you must pre-register as space is limited. You can also reserve adaptive equipment. Visit www.crd.bc.ca/parks-events for more information.

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

Saturday, October 12 | 10am-1pm  

Beginner Birding Basics (Self-guided Walk) –All ages
Island View Beach Regional Park (Central Saanich)

Visit CRD Regional Parks naturalists at Island View Beach Regional Park for a self-guided 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 on the grassy area adjacent to the picnic shelter off Homathko Drive.

Trail Description: 1km; compact gravel surface; no incline. Wheelchair accessible.



Beginner Birding Basics

Welcome to Beginner Birding Basics

Saturday, October 19 | 9:30-11:30am 

Fieldtripper: Exploring Fungi with the Royal BC Museum (Guided Adult Walk)–18 years+
Francis/King Regional Park (Saanich)

Did you know that there are more than 3,000 different mushroom species in British Columbia? That's more fungus diversity than anywhere else in Canada! Join a CRD Regional Parks naturalist and the Royal BC Museum to hunt for mushrooms with expert Kem Luther. Kem is the co-author of Royal BC Museum's best-selling handbook, Mushrooms of British Columbia. This is not a harvesting expedition, but a fun, informal exploration of fungi from the trail.

\$8/person + GST. You must pre-register as space is limited. Visit www.crd.bc.ca/parks-events.

Trail Description: 800m; compact surface with roots; moderate incline.

Saturday, October 19 | 9am-12pm 

Road Trip to Exploring Indigenous Perspectives (Guided Walk)–All ages
Horth Hill Regional Park (North Saanich)

Catch a ride on the City of Victoria's Recreation Bus and then join CRD Regional Parks cultural programmer, Leslie McGarry, for a walk 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. 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 & Naturalist Tours" to register.

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



Exploring Indigenous Perspectives



The Bad Rap Pack

Saturday, October 26 | 1:30-3pm 

The Bad Rap Pack (Guided Walk)–All ages
Elk/Beaver Lake Regional Park (Saanich)

They are on Halloween's A-list as the most menacing creatures, but bats, owls, spiders, ravens, and wolves get a bad rap. Join CRD Regional Parks cultural programmer, Leslie McGarry, as she dispels the bad press on these amazing local creatures and shares about the REAL eerie supernatural creatures of Indigenous legends that lurk in the dark at this time of year.

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

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

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

October

Sunday, October 27 | 10-11am 

A Bat-tastic Time (Guided Walk)–5 years and under
Elk/Beaver Lake Regional Park (Saanich)

Where do bats live? What do they eat and how do they move? Bring your little ones and join a CRD Regional Parks naturalist for games and activities designed to help you learn more about the world's only true flying mammals.

Meeting place: Meet at the information kiosk at the Filter Beds parking lot.

Trail Description: 500m walk; variable trail surface; slight incline.

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

Sunday, October 27 | 1-2:30pm 

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

Celebrate Bat Week and learn how you can help protect these amazing creatures! Join a CRD Regional Parks naturalist and the Habitat Acquisition Trust on a walk to explore the wonderful world of bats. Where do bats live? What do they eat? And why are they so important? Participate in activities designed to help you understand the world's only true flying mammals.

Meeting place: 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



Winging it with Bats with HAT

November



A Bear's Perspective

Saturday, November 2 | 11am-2pm 

A Bear's Perspective (Self-guided Walk)–All ages
Sooke Potholes Regional Park (Sooke)

Ever wondered what a bear's perspective of a park might be? Visit CRD Regional Parks naturalist 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 11am and 2pm. The self-guided walk begins at the Riverside Trail at Parking Lot 3.

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

Sunday, November 3 | 10-11:30am  

Fabulous Fungi (Guided Walk)–All ages
Francis/King Regional Park (Saanich)

For the novice mushroom explorer, join a CRD Regional Parks naturalist on the accessible boardwalk to discover more about fungi in the forest. We'll leave the harvesting to the forest animals and use our eyes to spot different types of mushrooms.

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

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

Sunday, November 3 | 1-2:30pm 

Fabulous Fungi (Guided Walk)–All ages
Francis/King Regional Park (Saanich)

For the novice mushroom explorer, join a CRD Regional Parks naturalist to discover more about fungi in the forest. We'll leave the harvesting to the forest animals and use our eyes to spot different types of mushrooms.

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

Trail Description: 1km; compact soil with roots and rocks; steep incline.



Salmon Sensation

Drop-in Event — All Ages

Saturday, November 16 | 11am-2pm   

Charters Interpretive Centre (Sooke)

Salmon have returned to the rivers! Join us for fishy-fun activities, a craft and guided walks along the Charters River. Warm up inside the interpretive centre while listening to Indigenous storytelling by cultural programmer, Leslie McGarry. Hopefully we'll get a close-up look at these magnificent fish as they return to spawn and complete their lifecycle.

Drop by anytime between 11am and 2pm.

Meeting Location: Meet at Charters Interpretive Centre off Sooke River Road.

Trail Description: 200m; compact gravel surface; no incline. Wheelchair accessible.

Sunday, November 17 | 10:30am-12:30pm  

Everyone Welcome Connecting to Nature with Power to Be (Guided Walk)–All ages
Mount Work Regional Park (Highlands)

Join a CRD Regional Parks naturalist and Power to Be to renew your connection to nature while exploring the forest ecosystem. We'll slow down and use all our senses to observe and learn about nature. Power to Be can provide adaptive mobility equipment for a variety of needs. Let us know what support, or program modifications you require to have success in the outdoors.

There is no fee for this program, but you must pre-register as space is limited. You can also reserve adaptive equipment. Visit www.crd.bc.ca/parks-events for more information.

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



Adaptive and Inclusive Hiking with Power To Be



The Challenging Life Journey of Salmon

Saturday, November 23 | 10:30am-12pm 

The Challenging Life Journey of Salmon (Guided Walk)–All ages
Sooke Potholes Regional Park (Sooke)

Join a CRD Regional Parks naturalist and cultural programmer on a walk exploring the natural and cultural history of salmon. From their connection to forest ecosystems to their influence on Indigenous values, discover how their life's journey, filled with many challenges, can inspire wonder and admiration.

Meeting place: Meet at the information kiosk at Parking Lot 2.

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

Saturday, November 23 | 12-4pm 

Road Trip to The Challenging Life Journey of Salmon (Guided Walk)–All ages
Sooke Potholes Regional Park (Sooke)

Catch a ride on the City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist and cultural programmer on a walk exploring the natural and cultural history of salmon. Start and end time includes time for transportation.

\$15/person, and participants must pre-register as space is limited. Visit www.victoria.ca/parks-recreation and look for "Day Trips & Naturalist Tours" to register.

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



The Challenging Life Journey of Salmon