

June | July | August 2024

# Nature Outings and Events

For Nature Lovers of All Ages

CRD | Regional Parks

## Summer 2024



## 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    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

# 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
-  CRDVictoria
-  @crd\_bc
-  @crd\_bc



Making a difference...together

Capital Regional District | Regional Parks

Tel: 250.478.3344 | E: [crdparks@crd.bc.ca](mailto:crdparks@crd.bc.ca)  
[www.crd.bc.ca/parks](http://www.crd.bc.ca/parks)

# Exploring Indigenous Perspectives










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).

# Summer at a Glance

## June

DATE	EVENT & LOCATION	Icons
1	<b>Victoria Trans Canada Trail Care Day</b> (Drop-in Event) Galloping Goose	  
9	<b>Crab-tastic!</b> (Guided Walk) Witty's Lagoon	
15	<b>Exploring Indigenous Perspectives through Storytelling</b> (Guided Walk) Elk/Beaver Lake	 
23	<b>Sensational Seaweeds!</b> (Guided Walk) Island View Beach	
29	<b>NEW! A Whale of a Time</b> (Guided Walk) Island View Beach	 

# Summer at a Glance

## July

DATE	EVENT & LOCATION	ICONS
3	<b>The Beach Rocks!</b> (Guided Walk) Island View Beach	
4	<b>Turtle Tales with HAT</b> (Guided Walk) Elk/Beaver Lake	
6	<b>Exploring Indigenous Perspectives on the Beach</b> (Guided Walk) Witty's Lagoon	
6	<b>Everyone Welcome Birding with Power to Be</b> (Guided Walk) Island View Beach	
7	<b>Mystery Creature of the Bay</b> (Guided Walk) Coles Bay	
10	<b>Between a Rock and a Hard Place</b> (Guided Walk) Witty's Lagoon	
11	<b>Brilliant Butterflies</b> (Guided Walk) Elk/Beaver Lake	
12	<b>Winging it with Bats with HAT</b> (Guided Walk) Elk/Beaver Lake	
16	<b>Meet a Tree</b> (Guided Walk) Elk/Beaver Lake	
17	<b>StoryWalk™ Wednesday</b> (Self-guided Walk) Francis/King	
20	<b>Island View &amp; You</b> (Drop-in Event) Island View Beach	
21	<b>Road Trip to Seaweeds of Island View Beach</b> (Guided Walk) Island View Beach	
24	<b>NEW! A Whale of a Time</b> (Guided Walk) East Sooke	
25	<b>Exploring Indigenous Perspectives on the Beach</b> (Guided Walk) Witty's Lagoon	
27	<b>Trail Tales</b> (Self-guided Walk) East Sooke	
28	<b>Hike the Coast!</b> (Adult Guided Hike) East Sooke	
31	<b>Exploring Indigenous Perspectives through Storytelling</b> (Guided Walk) Francis/King	

# Summer at a Glance

## August

DATE	EVENT & LOCATION	ICONS
2	<b>NEW! Dusk at the Ponds</b> (Guided Walk) Elk/Beaver Lake	
3	<b>Life on the Beach</b> (Self-guided Walk) Witty's Lagoon	
4	<b>Life on the Beach</b> (Self-guided Walk) East Sooke	
8	<b>Slithery, Slimy, &amp; Scaly</b> (Drop-in Event) Elk/Beaver Lake	
10	<b>Exploring Indigenous Perspectives with Power to Be</b> (Guided Walk) Francis/King	
10	<b>Bats of Beaver Lake</b> (Guided Walk) Elk/Beaver Lake	
14	<b>StoryWalk™ Wednesday</b> (Self-guided Walk) Witty's Lagoon	
15	<b>Exploring Indigenous Perspectives</b> (Guided Walk) Horth Hill	
17	<b>NEW! A Whale of a Time</b> (Guided Walk) Island View Beach	
18	<b>Tide Ticklers!</b> (Guided Walk) Coles Bay	
20	<b>The Beach Rocks!</b> (Guided Walk) Island View Beach	
21	<b>Exploring Indigenous Perspectives on the Beach</b> (Guided Walk) East Sooke	
24	<b>Road Trip to Birding Basics at Witty's Lagoon</b> (Guided Walk) Witty's Lagoon	
25	<b>NEW! Dusk at the Ponds</b> (Guided Walk) Elk/Beaver Lake	
28	<b>Bejewelled Dragons of the Pond</b> (Guided Walk) Elk/Beaver Lake	
30	<b>Exploring Indigenous Perspectives</b> (Self-guided Walk) Francis/King	
31	<b>Life on the Beach</b> (Self-guided Walk) Island View Beach	

# June

## Victoria Trans Canada Trail Care Day Drop-in Event — All Ages



**Saturday, June 1 | 10am-1pm**



### Galloping Goose Regional Trail (Victoria)

Celebrate the region's section of the Trans Canada Trail this summer! Join the Trans Canada Trail team and the CRD as we roll up our sleeves and take care of a local section of the Trans Canada Trail. Roll or stroll over to the south end of the Selkirk Trestle where the Galloping Goose Regional Trail crosses the Gorge Waterway for activities, displays and fun.

**For more information on activity times and what to expect, visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

Meeting Location: Meet at the south end of the Selkirk Trestle where the Galloping Goose Regional Trail crosses the Gorge Waterway.

Trail Description: 100m; concrete path; flat with some areas at slight incline. Wheelchair accessible.

**BC Transit #8, #10, #14 or #24**

**Sunday, June 9 | 10-11:30am**



**Crab-tastic! (Guided Walk)–All ages**  
**Witty's Lagoon Regional Park** (Metchosin)

Red crabs, green crabs, purple crabs, hermit crabs - this beach has them all! Meet some of the crabs and their cousins that make Witty's Lagoon their special home. Join a CRD Regional Parks naturalist for some intertidal observation and discover what makes these creatures special. Be prepared to get your feet wet (bring sandals or beach shoes).

Meeting place: Enter the park at the main entrance off Metchosin Road. Meet at the Witty's Beach kiosk at the end of the Beach Trail. Allow 20 minutes to walk from the parking lot to the beach kiosk.

Trail Description: 1.2km steep incline trail down to beach; 500m guided walk on beach; sandy beach; no incline.

**BC Transit #54 or #55**

**Saturday, June 15 | 10-11am**



**Exploring Indigenous Perspectives through Storytelling**  
**(Guided Walk)–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. 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.

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

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

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



Crab-tastic!



Sensational Seaweeds!

**Sunday, June 23 | 10-11:30am**



**Sensational Seaweeds! (Guided Walk)–All ages**  
**Island View Beach Regional Park** (Central Saanich)

A CRD Regional Parks naturalist will help you discover how important marine algae is for you, me and the creatures that call them home! We'll look for seaweed on the beach and learn about some common ones. Be prepared to get your feet wet (bring sandals or beach shoes).

Meeting place: Meet at the picnic shelter off Homathko Drive.

Trail Description: 800m; driftwood and rocky beach with patches of sand; no incline.

**Saturday, June 29 | 10-11:30am**



**NEW! A Whale of a Time (Guided Walk)–All ages**  
**Island View Beach Regional Park** (Central Saanich)

Come flick your fins and flap your flippers to learn about life as a whale! Join a CRD Regional Parks naturalist and cultural programmer on an accessible trail to learn all about these marine giants and the interconnection of the land and water. We'll explore the cultural significance of these mammals through a First Peoples lens. It'll be a whale of a time with fun for the whole family!

Meeting place: Meet at the picnic shelter off Homathko Drive.

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

# July

**Wednesday, July 3 | 10-11:30am**



**The Beach Rocks! (Guided Walk)–All ages**  
**Island View Beach Regional Park** (Central Saanich)

The tide is out! Join a CRD Regional Parks naturalist and get a glimpse of the creatures that live beneath the rocks. Be prepared to get your feet wet (bring sandals or beach shoes).

Meeting place: Meet at the picnic shelter off Homathko Drive.

Trail Description: 800m; driftwood and rocky beach with patches of sand; no incline.

**Thursday, July 4 | 10-11:30am**



**Turtle Tales with HAT (Guided Walk)–All ages**  
**Elk/Beaver Lake Regional Park** (Saanich)

Join a CRD Regional Parks naturalist and the Habitat Acquisition Trust as we explore the lake looking for signs of the Western Painted Turtle, the only native pond turtle left in BC.

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**

**Saturday, July 6 | 10-11:30am**



**Exploring Indigenous Perspectives on the Beach**  
**(Guided Walk)–All ages**  
**Witty's Lagoon Regional Park** (Metchosin)

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a beach 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, beaches and the sea.

Meeting place: Enter the park at the main entrance off Metchosin Road. Meet at the Witty's Beach kiosk at the end of the Beach Trail. Allow 20 minutes to walk from the parking lot to the beach kiosk.

Trail Description: 1.2km steep incline trail down to beach; 500m guided walk on beach; sandy beach; no incline.

**BC Transit #54 or #55**

**Saturday, July 6 | 1:30-3:30pm**



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

**Island View Beach Regional Park** (Central Saanich)

Join CRD Regional Parks naturalists and Power to Be on a guided roll or stroll to discover the basics of birdwatching. 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 at birding. You'll learn what to look for to identify a bird, and how to use a field guide and binoculars.

**There is no fee for this program, but you must pre-register as space is limited. You can also reserve adaptive equipment including a TrailRider, walking poles, Hippocampe Chair and more; contact us to learn more about what options are available. Equipment is based on a first come, first served basis and confirmed once you have heard from us. Visit [www.crd.bc.ca/parks-events](http://www.crd.bc.ca/parks-events).**

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

**Sunday, July 7 | 10-11:30am**



**Mystery Creature of the Bay** (Guided Walk)—All ages  
**Coles Bay Regional Park** (North Saanich)

Solve the riddles along the trail with a CRD Regional Parks naturalist to discover who the mystery creature is. We'll learn fascinating facts and enjoy the beauty of Coles Bay along the way. Be prepared to get your feet wet (bring beach shoes).

Meeting place: Meet at the information kiosk in the parking lot off Inverness Road, off Ardmore Drive.

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

**Wednesday, July 10 | 11am-12:30pm**



**Between a Rock and a Hard Place** (Guided Walk)  
—All ages | **Witty's Lagoon Regional Park** (Metchosin)

At Tower Point, between a rock and a hard place is one of the few places where creatures can hide when the tide leaves them behind. Join a CRD Regional Parks naturalist to search in the tidepools. Be prepared to get your feet wet (bring beach shoes).

Meeting place: Meet at the information kiosk at the Tower Point parking lot off Olympic View Drive.

Trail Description: 500m; compact surface and rocky beach; steep inclines.

**BC Transit #54 or #55**

Turtle Tales with HAT

Photo: Kristina Oswald

**Thursday, July 11 | 10-11:30am**



**Brilliant Butterflies** (Guided Walk)—All ages  
**Elk/Beaver Lake Regional Park** (Saanich)

Come laugh, learn and share your love for butterflies at this interactive nature program. Join a CRD Regional Parks naturalist to discover the surprising wonders of a butterfly's habitat, life cycle and daily activities.

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**

**Friday, July 12 | 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 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**

**Tuesday, July 16 | 10-11am**



**Meet a Tree** (Guided Walk)—5 years and under  
**Elk/Beaver Lake Regional Park** (Saanich)

Discover the fascinating world of trees on a fun forest adventure with a CRD Regional Parks naturalist. We'll meet the giants of Elk/Beaver Lake through touch, sight, and smell. With leaf rubbings, your little ones will have their own souvenir to take home.

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**

**Wednesday, July 17 | 6-7:30pm**



**StoryWalk™ Wednesday** (Self-guided Walk)—All ages  
**Francis/King Regional Park** (Saanich)

Get outside and experience a nature walk while stopping to enjoy an illustrated children's book. A CRD Regional Parks naturalist will be there to bring the story to life. StoryWalks™ are hosted by West Shore Parks & Recreation. Check [wspr.ca](http://wspr.ca) this summer for more StoryWalk™ Wednesdays.

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

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

## Island View & You

Drop-in Event — All Ages



**Saturday, July 20 | 10am-1pm**



**Island View Beach Regional Park** (Central Saanich)

Celebrate life on the beach at this drop-in event with CRD Regional Parks naturalists, cultural programmer and special guest organizations. Participate in engaging activities while making connections with the creatures that call this beach home and the people who care for it. Join a guided walk featuring Indigenous Perspectives and learn how you can be a caretaker of this precious place for future generations. Be prepared to get your feet wet (bring sandals or beach shoes).

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

Trail Description: 300m; grassy field and rocky beach; slight incline.

NEW



A Whale of a Time

**Sunday, July 21 | 9am-12:30pm**



**Road Trip to Seaweeds of Island View Beach**  
(Guided Walk)—All ages

**Island View Beach Regional Park** (Central Saanich)

Catch a ride on the City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist for a beach walk at Island View Beach. You will discover how important marine algae is for you, me and the creatures that call them home! The start and end time of this program includes time for transportation. Be prepared to get your feet wet (bring sandals or beach shoes).

**\$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](http://www.victoria.ca/parks-recreation) and look for "Day Trips & Naturalist Tours" to register.**

Trail Description: 800m; driftwood and rocky beach with patches of sand; no incline.

**Wednesday, July 24 | 10-11:30am**



**NEW! A Whale of a Time** (Guided Walk)—All ages  
**East Sooke Regional Park** (East Sooke)

Come flick your fins and flap your flippers to learn about life as a whale! Join a CRD Regional Parks naturalist and cultural programmer to learn all about these marine giants and the interconnection of the land and water. We'll explore the cultural significance of these mammals through a First Peoples lens. Be prepared to get your feet wet (bring sandals or beach shoes).

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

Trail Description: 1km; smooth gravel surface and sandy beach; moderate incline.

**Thursday, July 25 | 11am-12:30pm**



**Exploring Indigenous Perspectives on the Beach**  
(Guided Walk)—All ages

**Witty's Lagoon Regional Park** (Metchosin)

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a beach 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, beaches and the sea.

Meeting place: Enter the park at the main entrance off Metchosin Road. Meet at the Witty's Beach kiosk at the end of the Beach Trail. Allow 20 minutes to walk from the parking lot to the beach kiosk.

Trail Description: 1.2km steep incline trail down to beach; 500m guided walk on beach; sandy beach; no incline.

**BC Transit #54 or #55**

**Saturday, July 27 | 10am-1pm**



**Trail Tales (Self-guided 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.

Meeting place: Drop by the information kiosk at the Aylard Farm parking lot off Becher Bay Road anytime between 10am-1pm.

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

**Sunday, July 28 | 10am-12pm**



**Hike the Coast!** (Guided Adult Hike)—18 years+  
**East Sooke Regional Park** (East Sooke)

Join CRD Regional Parks naturalists to hike a small section of one of Canada's premier day hikes – East Sooke's Coast Trail. Enjoy ocean breezes, great views, and lush coastal forests on this moderately challenging hike.

**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: 2.5km; compact soil with roots and rocks; steep incline.

**Wednesday, July 31 | 10-11am**



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

**Francis/King 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 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 Francis/King Nature Centre off Munn Road.

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



Road Trip to Seaweeds of Island View Beach

# August

**Friday, August 2 | 7-8pm**



**NEW! Dusk at the Ponds** (Guided Walk)—All ages  
**Elk/Beaver Lake Regional Park** (Saanich)

As the day draws to a close, the daytime creatures are preparing for a night of rest and the nighttime creatures are starting to rouse. Join a CRD Regional Parks naturalist to learn more about wildlife at dusk.

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**

**Saturday, August 3 | 10am-1pm**



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

Visit CRD Regional Parks naturalists at Witty's Lagoon Regional Park for a self-guided walk 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 place: 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.

**Sunday, August 4 | 10am-1pm**



**Life on the Beach (Self-guided Walk)–All ages**  
**East Sooke Regional Park** (East Sooke)

Visit CRD Regional Parks naturalists at East Sooke Regional Park for a self-guided walk about life in the intertidal zone.

Meeting place: Drop by anytime between 10am and 1pm. The walk begins near the information kiosk at the Aylard Farm parking lot off Becher Bay Road.

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

**BC Transit #54 or #55**



Dusk at the Ponds

# Slithery, Slimy & Scaly!

**Drop-in Event — All Ages**

**Thursday, August 8 | 10am-1pm**



**Elk/Beaver Lake Regional Park** (Saanich)

Snakes, reptiles, amphibians, oh my! Join CRD Regional Parks naturalists, cultural programmer and special guest organizations for exhibits, displays, and activities all about some of our sssslithery, sssslimy, and sssscaly friends. Guided walks will be offered throughout the event and there will be something for everyone to enjoy.

Meeting Location: Drop by anytime between 10am-1pm near the Beaver Lake Picnic Shelter at the Filter Beds parking lot.

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

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

**Saturday, August 10 | 1:30-3:30pm**



**Exploring Indigenous Perspectives with Power to Be (Guided Hike)–All ages**  
**Francis/King Regional Park** (Saanich)

Join CRD Regional Parks cultural programmer and Power to Be on a guided roll or stroll exploring a human history spanning thousands of years. On this inclusive program for all ages and abilities, you'll learn how First Peoples deeply respect, appreciate and celebrate gifts from forests, rivers, lakes and the sea. 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 including a TrailRider, walking poles, Hippocampe Chair and more; contact us to learn more about what options are available. Equipment is based on a first come, first served basis and confirmed once you have heard from us. 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, August 10 | 7:30-9pm**



**Bats of Beaver Lake (Guided Walk)–All ages**  
**Elk/Beaver Lake Regional Park** (Saanich)

Join a CRD Regional Parks naturalist for games and activities designed to help you learn more about the world's only true flying mammals. Hopefully we will get a chance to see bats in action as they swoop through the air feeding on insects.

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**

**Wednesday, August 14 | 6-7:30pm**



**StoryWalk™ Wednesday (Self-guided Walk)–All ages**  
**Witty's Lagoon Regional Park** (Metchosin)

Get outside and experience a nature walk while stopping to enjoy an illustrated children's book. A CRD Regional Parks naturalist will be there to bring the story to life. StoryWalks™ are hosted by West Shore Parks & Recreation. Check [wspr.ca](http://wspr.ca) this summer for more StoryWalk™ Wednesdays.

Meeting place: Drop by anytime between 6 and 7:30pm. The walk begins at the main parking lot off Metchosin Road.

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

**BC Transit #54 or #55**

**Thursday, August 15 | 10-11:30am**



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

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a walk at Horth Hill 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 in the parking lot off Tatlow Road.

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



Exploring Indigenous Perspectives

**Saturday, August 17 | 10-11:30am**



**NEW! A Whale of a Time** (Guided Walk)–All ages  
Island View Beach Regional Park (Central Saanich)

Come flick your fins and flap your flippers to learn about life as a whale! Join a CRD Regional Parks naturalist and cultural programmer on an accessible trail to learn all about these marine giants and the interconnection of the land and water. We'll explore the cultural significance of these mammals through a First Peoples lens. It'll be a whale of a time with fun for the whole family! Be prepared to get your feet wet (bring sandals or beach shoes).

Meeting place: Meet at the grassy area adjacent to the picnic shelter off Homathko Road.

Trail Description: 800m; driftwood and rocky beach with patches of sand; no incline.

**Sunday, August 18 | 10:30-11:30am**



**Tide Ticklers!** (Guided Walk)–5 years and under  
Coles Bay Regional Park (North Saanich)

Come prepared to get your feet wet! On this gentle introduction to beach exploration, you and your little ones will enjoy a short story and engaging activities.

Meeting place: Meet at the information kiosk in the parking lot off Inverness Road, off Ardmore Drive.

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

**Tuesday, August 20 | 10-11:30am**



**The Beach Rocks!** (Guided Walk)–All ages  
Island View Beach Regional Park (Central Saanich)

The tide is out! Join a CRD Regional Parks naturalist and get a glimpse of the creatures that live beneath the rocks. We'll observe and explore their homes gently and respectfully, learning ways to be kind to the animals that call the beach home. Be prepared to get your feet wet (bring sandals or beach shoes).

Meeting place: Meet at the grassy area adjacent to the picnic shelter off Homathko Road.

Trail Description: 800m; driftwood and rocky beach with patches of sand; no incline.



Tide Ticklers

**Wednesday, August 21 | 10:30am-12pm**



**Exploring Indigenous Perspectives on the Beach**  
(Guided Walk)–All ages  
East Sooke Regional Park (East Sooke)

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a beach walk at East Sooke 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, beaches and the sea. Be prepared to get your feet wet (bring sandals or beach shoes).

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

Trail Description: 1km; smooth gravel surface and sandy beach; moderate incline.

**Saturday, August 24 | 9am-12:30pm**



**Road Trip to Birding Basics at Witty's Lagoon**  
(Guided Walk)–All ages  
Witty's Lagoon (Metchosin)

Catch a ride on the City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist to learn beginner birding basics as you walk through this scenic park. Bring binoculars if you have them. 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](http://www.victoria.ca/parks-recreation) and look for "Day Trips & Naturalist Tours" to register.**

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

**Sunday, August 25 | 6-7pm**



**Dusk at the Ponds** (Guided Walk)–All ages  
Elk/Beaver Lake Regional Park (Saanich)

As the day draws to a close, the daytime creatures are preparing for a night of rest and the nighttime creatures are starting to rouse. Join a CRD Regional Parks naturalist to learn more about wildlife at dusk.

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**

**Wednesday, August 28 | 10-11:30am**



**Bejewelled Dragons of the Pond** (Guided Walk)–All ages  
Elk/Beaver Lake Regional Park (Saanich)

Did you know dragonflies live a dual life? With a CRD Regional Parks naturalist, we'll learn all about this life as we discover the amazing world of dragonflies as they zig and zag across wetlands in search of their prey.

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**

**Friday, August 30 | 10am-1pm**



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

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.

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

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

**Saturday, August 31 | 9am-12pm**

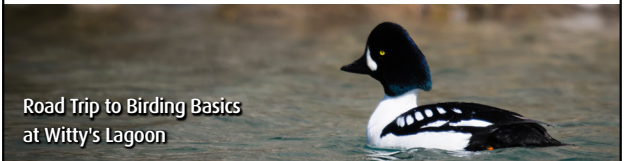


**Life on the Beach** (Self-guided Walk)–All ages  
Island View Beach Regional Park (Central Saanich)

Visit CRD Regional Parks naturalists at Island View Beach Regional Park for a self-guided walk 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 place: Drop by anytime between 9am and 12pm. The walk begins near the picnic shelter off Homathko Drive.

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



Road Trip to Birding Basics  
at Witty's Lagoon