

June | July | August 2023

Nature Outings and Events

For Nature Lovers of All Ages

CRD | Regional Parks

Summer 2023



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

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

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

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.

Summer at a Glance

June

DATE	EVENT & LOCATION	
3	Sensational Seaweeds (Guided Walk) Island View Beach	
17	Trail Tales (Self-guided Walk) Horth Hill	
18	Bug Buddies (Guided Walk) Elk/Beaver Lake	
24	Adaptive and Inclusive Hiking with Power To Be (Guided Walk) Elk/Beaver Lake	

July

DATE	EVENT & LOCATION	
2	Life on the Beach (Self-guided Walk) Island View Beach	
5	Island View and You (Drop-in Event) Elk/Beaver Lake	
8	Exploring Indigenous Perspectives (Guided Walk) Witty's Lagoon	
9	Bejewelled Dragons of the Pond (Guided Walk) Elk/Beaver Lake	
12	StoryWalk™ Wednesday (Self-guided Walk) Witty's Lagoon	
14	Mystery Creature of the Bay (Self-guided Walk) Coles Bay	
16	Sensational Seaweeds (Guided Walk) Island View Beach	
18	Happy Herons (Guided Walk) Island View Beach	
20	Exploring Indigenous Perspectives on the Beach (Guided Walk) Island View Beach	
22	Trail Tales (Self-guided Walk) East Sooke	
26	Exploring Indigenous Perspectives Through Storytelling (Guided Storytime) East Sooke	
29	Exploring Indigenous Perspectives Through Storytelling (Guided Storytime) Elk/Beaver Lake	
29	Winging it with Bats (Guided Walk) Elk/Beaver Lake	
30	Turtle Tales with HAT (Guided Walk) Matheson Lake	

August

DATE	EVENT & LOCATION	
1	Bejewelled Dragons of the Pond (Guided Walk) Elk/Beaver Lake	
3	Exploring Indigenous Perspectives on the Beach (Guided Walk) Witty's Lagoon	
5	Life on the Beach (Self-guided Hike) Witty's Lagoon	
9	A Serpentine Time with HAT (Guided Walk) Mill Hill	
11	Exploring Indigenous Perspectives (Guided Walk) Francis/King	
12	Summer Birds of Witty's Lagoon (Guided Walk) Witty's Lagoon	
12	Exploring Indigenous Perspectives Through Storytelling (Guided Storytime) Elk/Beaver Lake	
13	Tide Ticklers (Guided Walk) Coles Bay	
15	The Beach Rocks! (Guided Walk) Witty's Lagoon	
16	StoryWalk™ Wednesday (Self-guided Walk) Francis/King	
20	Adaptive and Inclusive Hiking with Power To Be (Guided Walk) Island View Beach	
23	Exploring Indigenous Perspectives through Storytelling (Guided Storytime) Witty's Lagoon	
26	Slithery, Slimy and Scaly! (Drop-in Event) Elk/Beaver Lake	
29	Brilliant Butterflies (Guided Walk) Mill Hill	

June

Saturday, June 3 | 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 and me and the creatures that call the ocean 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 Drive.

Trail Description: 1km; driftwood and rocky beach with patches of sand; slight incline

Saturday, June 17 | 10am-1pm 

Trail Tales (Self-guided Walk)–All ages
Horth Hill Regional Park (North Saanich)

Visit CRD Regional Parks naturalists and the Sidney/North Saanich Branch of the Vancouver Island Regional Library at Horth Hill Regional Park for a tale on the trail! This StoryWalk® has an illustrated children's book set up along the trail in the forest. Read along to learn about gifts from the earth, like berries in the forest! Drop by anytime between 10am-1pm for the StoryWalk® and nature activity with our naturalists.

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



Trail Description: 800m; compact surface; slight incline



Bug Buddies



Adaptive and Inclusive Hiking

Saturday, June 18 | 9:30-10:30am  
& **11am-12pm**

Bug Buddies (Guided Walk)–5 years and under
Elk/Beaver Lake Regional Park (Saanich)

What's that bug? Bring your little ones to explore the wonderful world of insects! Join a CRD Regional Parks naturalist on this guided roll or stroll as we learn about some not-so-creepy crawlies.

There is no fee for this program but you must pre-register by June 14, as space is limited. Visit www.crd.bc.ca/parks-events.

Trail Description: 1km; compact surface with roots; slight incline. Wheelchair accessible.

BC Transit #70, #72 or #75

Saturday, June 24 | 1:30-3:30pm  

Adaptive and Inclusive Hiking with Power To Be (Guided Walk)–All ages
Elk/Beaver Lake 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 and how First Peoples deeply respect, appreciate and celebrate gifts from forests, rivers, lakes and the sea. Power to Be will be providing two TrailRiders (a mobility device designed to explore nature) for participants. An inclusive hike for all ages and abilities, there'll be stops along the way to learn about the cultural significance of plants, animals and the seasons. **There is no fee for this program but you must pre-register and reserve a TrailRider by June 16th, as space is limited. TrailRiders are based on a first come, first serve basis and your TrailRider is not confirmed until you have heard from us. Visit www.crd.bc.ca/parks-events.**

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

BC Transit #70, #72 or #75

July

Sunday, July 2 | 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 on 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 at the grassy area adjacent to the picnic shelter off Homathko Drive.

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



Island View & You

Drop-in Event — All Ages

Wednesday, July 5 | 11am-2pm  

Island View Beach Regional Park (Central Saanich)

Celebrate life on the beach at this drop-in event with CRD Regional Parks naturalists 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: Meet at the grassy area adjacent to the picnic shelter off Homathko Drive.

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

Saturday, July 8 | 10-11:30am 

Exploring Indigenous Perspectives (Guided 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, July 9 | 11am-12:30pm 

Jewelled 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, #72 or #75



Sensational Seaweeds

Wednesday, July 12 | 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 this summer for more StoryWalk™ Wednesdays.

Meeting place: The walk begins at the information kiosk at the main parking lot off Metchosin Road.

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

BC Transit #54 or #55

Friday, July 14 | 9am-12pm 

Mystery Creature of the Bay (Self-guided Walk)–All ages
Coles Bay Regional Park (North Saanich)

Did you know Coles Bay is home to a unique animal that can't be found at most other beaches in Victoria? Find the clues hidden along the trail to discover who this mystery creature is! A CRD Regional Parks naturalist will be onsite to help you learn about the amazing intertidal life at the park and reveal the answer. Be prepared to get your feet wet (bring sandals or 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

BC Transit #83

Sunday, July 16 | 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 and me and the creatures that call the ocean 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 Drive.

Trail Description: 1km; driftwood and rocky beach with patches of sand; no incline



Happy Herons

Tuesday, July 18 | 

9:30-10:30am & 11am-12pm

Happy Herons (Guided Walk)–5 years and under
Island View Beach Regional Park (Central Saanich)

Scrrrrrawk! What was that? Join a CRD Regional Parks naturalist to discover what makes Great Blue Herons happy! Enjoy activities, role-play and more to learn about these experts of the air and water. **There is no fee for this program but you must pre-register by July 14 as space is limited. Visit www.crd.bc.ca/parks-events.**

Trail Description: 800m; gravel trail, driftwood and sand beach; no incline

Thursday, July 20 | **1:30-3pm** 

Exploring Indigenous Perspectives on the Beach
(Guided Walk)–All ages
Island View Beach Regional Park (Central Saanich)

Join CRD Regional Parks cultural programmer, Leslie McGarry, for a beach walk at Island View Beach 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 grassy area adjacent to the picnic shelter off Homathko Drive.

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

Saturday, July 22 | **10am-1pm**  

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

Visit CRD Regional Parks naturalists and the Sooke/Port Renfrew Branch of the Vancouver Island Regional Library at East Sooke Regional Park for a tale on the trail! This StoryWalk® has a book set up along the accessible trail by the forest. Stroll, roll, and read along and stop by the table for a nature activity! Wheelchair accessible.

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

Trail Description: 500m; smooth gravel surface; slight incline

Wednesday, July 26 |  

9:30-10:30am & 11am-12pm

Exploring Indigenous Perspectives Through Storytelling
(Guided Storytime)–5 years and under
Francis/King Regional Park (Saanich)

Bring your little ones on this guided walk exploring the cultural significance of birds and animals through a First Peoples lens. The cultural lessons and values shared through the time-honoured tradition of storytelling will amaze you and your little ones. We will discover how First Peoples passed down important teachings from their respective territories to upcoming generations. We will move along the trail and meet some interesting characters who will share their knowledge and wisdom to help us gain an understanding of how they are interconnected with First Peoples. **There is no fee for this program but you must pre-register by July 22 as space is limited. Visit www.crd.bc.ca/parks-events.**

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



Exploring Indigenous Perspectives Through Storytelling

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

Exploring Indigenous Perspectives through Storytelling
(Guided Storytime)–All ages
Elk/Beaver Lake Regional Park (Saanich)

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

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

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

BC Transit #70, #72 or #75

Saturday, July 29 | **7:30-9pm** 

Winging it with Bats (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. Hopefully we will see them in action as they swoop through the air feeding on flying insects.

Meeting place: Meet at the picnic shelter at the Filter Beds Parking Lot.

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

BC Transit #70, #72 or #75



Winging it with Bats

Sunday, July 30 | 11am-12:30pm 

Turtle Tales with HAT (Guided Walk)–All ages
Matheson Lake Regional Park (Metchosin)

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 kiosk at the parking lot at the end of Matheson Lake Road.

Trail Description: Approximately 500m; compact surface with narrow rocky sections and roots; steep inclines



Turtle Tales with HAT

August

Tuesday, August 1 | 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, #72 or #75

Thursday, August 3 | 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. Be prepared to get your feet wet (bring sandals or beach shoes).

Meeting place: 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: 500m guided walk; sandy beach; no incline

BC Transit #54 or #55

Saturday, August 5 | 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 on 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 information kiosk at the main parking lot off Metchosin Road.

Trail Description: 800m; compact surface; steep incline

BC Transit #54 or #55

Thursday, August 9 | 11am-12:30pm 

A Serpentine Time with HAT (Guided Hike)–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. Just how small is our smallest native snake species? What kind of habitats do snakes like? Join ussss to learn more!

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



Life on the Beach

Friday, August 11 | 1:30-3pm  

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

Join CRD Regional Parks cultural programmer, Leslie McGarry, for an accessible walk at Francis/King 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 Francis/King Nature Centre off Munn Road.

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

Saturday, August 12 | 9-11am 

Summer Birds of Witty's Lagoon (Guided Walk)–8 years+
Witty's Lagoon Regional Park (Metchosin)

Witty's Lagoon is one of the premier birding locations in the region. Join CRD Regional Parks naturalists and guest birding expert, Geoffrey Newell, to look for songbirds, sea ducks, loons and more. Bring binoculars if you have them. Be prepared to get your feet wet (bring sandals or beach shoes).

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

Trail Description: 1.2km; compact soil surface with roots; steep incline

BC Transit #54 or #55

August

Saturday, August 12 |  

9:30-10:30am & 11am-12pm

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. The cultural lessons and values shared through the time-honoured tradition of storytelling will amaze you and your little ones. We will discover how First Peoples passed down important teachings from their respective territories to upcoming generations. We will move along the trail and meet some interesting characters who will share their knowledge and wisdom to help us gain an understanding of how they are interconnected with First Peoples. **There is no fee for this program but you must pre-register by August 8 as space is limited. Visit www.crd.bc.ca/parks-events.**

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

BC Transit #70, #72 or #75

Sunday, August 13 | 

9:30-10:30am & 11am-12pm

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. **There is no fee for this program but you must pre-register by August 9 as space is limited. Visit www.crd.bc.ca/parks-events.**

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

BC Transit #83



The Beach Rocks

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

The Beach Rocks! (Guided Walk)—**All ages**
Witty's Lagoon Regional Park (Metchosin)

The tide is out! Join a CRD Regional Parks naturalist and get a glimpse of the creatures that live beneath the rocks. We'll learn how to respectfully explore on the beach through engaging activities.

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 #70, #72 or #75

Wednesday, August 16 | **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 this summer for more StoryWalk™ Wednesdays.

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

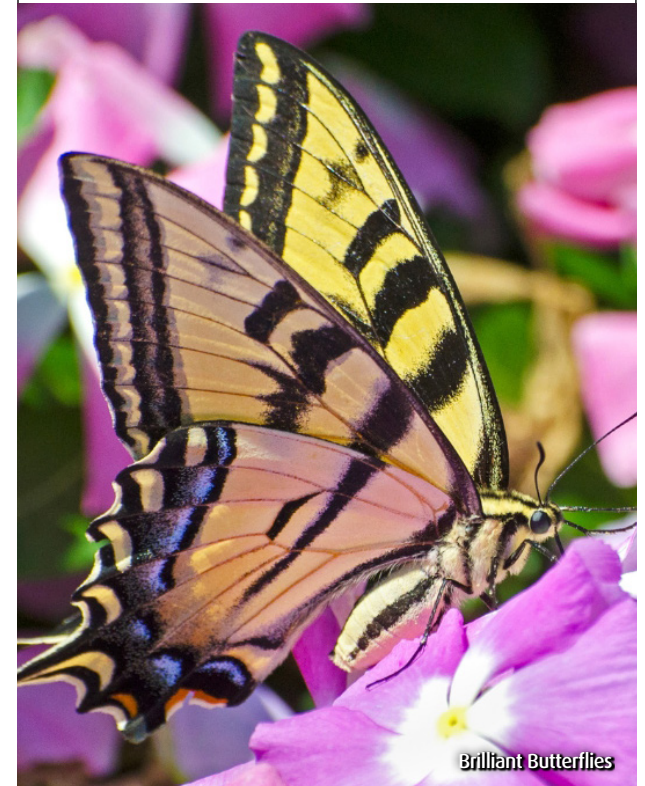
Trail Description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.

Sunday, August 20 | **1:30-3:30pm**  

Adaptive and Inclusive Hiking 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 exploring the birds of Island View Beach! Whether shorebirds, seabirds, raptors, or songbirds, Island View Beach can have it all. Power to Be will be providing two TrailRiders (a mobility device designed to explore nature) for participants. An inclusive hike for all ages and abilities, there'll be stops along the way to learn how to identify some of the common species of birds in the region. **There is no fee for this program but you must pre-register and reserve a TrailRider by August 11, as space is limited. TrailRiders are based on a first come, first serve basis and your TrailRider is not confirmed until you have heard from us. Visit www.crd.bc.ca/parks-events.**

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



Brilliant Butterflies



Slithery, Slimy and Scaly!

Drop-in Event — All Ages

Saturday, August 26 | 11am-2pm

Elk/Beaver Lake Regional Park (Saanich)

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

Meeting Location: 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, #72 or #75

Tuesday, August 29 | 10-11:30am

Brilliant Butterflies (Guided Walk)—All ages
Mill Hill Regional Park (Langford)

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 information kiosk at the parking lot off Atkins Avenue.

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

BC Transit #53

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 ecosystems and cultures 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 ecosystems and cultures 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.

Connect With Us

Capital Regional District

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Making a difference...together

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