

September, October & November 2025

Nature Outings and Events

For Nature Lovers of All Ages

CRD

Regional Parks

Fall 2025

CRD Regional Parks Nature Centres

There is a wonderful world of natural and cultural history to explore at our Nature Centres. CRD 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 July-August - 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, 10am–4pm. The Nature Centre and the Elsie King Trail are wheelchair accessible.

Francis/King Nature Centre

Hawk Watch

Drop-in Event — All ages

Saturday, September 20 | 11am–2pm 🏠🚻👤

Hawk Watch (Drop-in Event) – All ages
East Sooke Regional Park (East Sooke)

Have you ever seen turkey vultures kettling? Join CRD Regional Parks, Nature Victoria, Rocky Point Bird Observatory, and other guests for this annual migration event. The Raptors from Duncan will join with live raptors for a closer look at these amazing birds. The Raptors and other activities will be at the picnic shelter, which is accessible to all ages and abilities. For the early bird, join birding expert Geoffrey Newell on a guided walk up to Beechey Head, learning about the raptors of the sky along the way. This walk starts at 10am, earlier than the main event, and meets at the information kiosk at Aylard Farms parking lot.

During the event, for those who want a hike, you can join Geoffrey and a CRD Regional Parks naturalist at the viewpoint above Beechey Head from 11am to 1pm. The hike to the viewpoint requires sturdy footwear and includes a 30-minute walk through the forest and then up a steep and rocky trail. Bring binoculars, water and a lunch.

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

Trail Description to main event: 600m; smooth gravel surface; slight incline.

Sunday, October 19 | 1:30–3pm 🚻👤

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: Francis/King Nature Centre off Munn Road.

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

Saturday, October 25 | 11am–12pm 🚻👤

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 enjoy games and activities designed to help you learn more about the world's only true flying mammals.

Meeting place: Information kiosk at the Filter Beds parking lot.
BC Transit #70, #71, #72 or #75

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

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.

Self-Guided Walks - Follow interpretive signs at your own pace.

User-friendly - Events and outings on these trails are suitable for many abilities. Check descriptions for personal suitability.

Extreme Weather: Programs run rain or shine. In the event of show, air quality or wind warning, a program may be cancelled. If you suspect a program may be cancelled, call 250-360-3656 to hear a recorded message confirming the cancellation.

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.ca/parks-events

Youth & Adults only

Francis/King Regional Park

Fall at a Glance

September 2025

6 **Exploring Indigenous Perspectives** (Self-guided Walk) East Sooke 🚻👤

13 **Road Trip to Owls at Devonian Regional Park** (Guided Walk) Devonian 🚻👤

14 **Everyone Welcome Art in Nature with Power to Be** (Guided Walk) Mount Work 🚻👤

20 **Hawk Watch** (Drop-in Event) East Sooke 🏠🚻👤

21 **Mount Work Out!** (Guided Adult Hike) Mount Work 🚻👤

27 **Biodiversity Heroes** (Guided Walk) Elk/Beaver Lake 🚻👤

28 **Art with Nature** (Guided Walk) Elk/Beaver Lake 🚻👤

Everyone Welcome Art in Nature with Power to Be

Sunday, September 21 | 10am–1pm 🚻👤

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

Join this vigorous hike that takes us from marshy lowlands to rugged rocky outcrops. Bring a lunch, water, ranger, and wear sturdy footwear.

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

Meeting place: Information kiosk at the parking lot off Ross-Durance Road.

Trail Description: 6km; soil surface with rocks and roots; steep rocky inclines.

Mount Work Out!

Saturday, October 25 | 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 Indigenous cultural programmer, Leslie McGarry, as she dispels the bad press on these amazing local creatures. Come out and learn about the REAL eerie supernatural creatures of Indigenous legends that lurk in the dark at this time of year.

Meeting place: Nature Centre near the Beaver Beach parking lot.
BC Transit #70, #71, #72 or #75

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

Sunday, October 26 | 1:30–3pm 🚻👤

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: Beaver Lake Picnic Shelter at the Filter Beds parking lot. **BC Transit #70, #72 or #75**

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

The Bad Rap Pack

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.ca/parks-events. Your feedback is important to us to monitor and improve our programming.

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.ca/parks-events

Francis/King Regional Park

October 2025

4 **Road Trip to the Secret Lives of Wolves** (Guided Walk) Witty's Lagoon 🚻👤

5 **Nuts about Squirrels** (Guided Walk) Elk/Beaver Lake 🚻👤

11 **A Bear's Perspective** (Self-guided Walk) Sooke Potholes 🚻👤

18 **Everyone Welcome Bad Rap Pack with Power to Be** (Guided Walk) Francis/King 🚻👤

19 **Fabulous Fungi** (Guided Walk) Francis/King 🚻👤

19 **Fabulous Fungi** (Guided Walk) Francis/King 🚻👤

25 **A Bat-tastic Time** (Guided Walk) Elk/Beaver Lake 🚻👤

25 **The Bad Rap Pack** (Guided Walk) Elk/Beaver Lake 🚻👤

26 **Winging it with Bats with HAT** (Guided Walk) Elk/Beaver Lake 🚻👤

A Bear's Perspective

Saturday, September 27 | 10am–12pm 🚻👤

Biodiversity Heroes (Guided Walk) – 8 years+
Elk/Beaver Lake Regional Park (Saanich)

Biodiversity is crucial in maintaining healthy ecosystems, but it is threatened by invasive species. Discover the importance of biodiversity, learn what invasive species are and what impacts they can have. You will then become 'biodiversity heroes' by participating in park restoration! We'll roll up our sleeves and help remove invasive plants from the park.

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

Meeting place: Nature Centre near the Beaver Beach parking lot.
BC Transit #70, #72 or #75

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

Sunday, September 28 | 11am–12pm 🚻👤

Art with Nature (Guided Walk) – 5 years and under
Elk/Beaver Lake Regional Park (Saanich)

Come enjoy the beautiful fall colours with your little ones on a guided walk to make art with nature. You'll even get to make a leaf rubbing to take home!

Meeting place: Nature Centre near the Beaver Beach parking lot.
BC Transit #70, #72 or #75

Trail Description: 500m; gravel and soil surface; moderate incline.

November

Salmon Sensation

Drop-in Event — All ages

Saturday, November 1 | 11am–2pm 🚻👤🏠

Salmon Sensation (Drop-in Event) – All ages
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 Indigenous cultural programmer, Leslie McGarry. Hopefully you'll get a close-up look at these magnificent fish as they return to spawn and complete their lifecycle.

Meeting place: Drop by anytime between 11am and 2pm to the Charters Interpretive Centre off Sooke River Road.

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

Sunday, November 2 | 9:30am–1:30pm 🚻👤

Road Trip to A Salmon Story (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 on a walk along the river while learning about the salmon's story and the challenges they face. Their story is filled with adventure, wonder and danger! The start and end time of this program includes time for transportation.

\$16/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.

Meeting place: Information kiosk at Parking Lot 2

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

Respectful Exploration in Regional Parks

Here's what you can do to keep our forests, beaches, and shorelines in regional 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.

Thetis Lake Regional Park

November 2025

1 **Salmon Sensation** (Drop-in Event) Charters Interpretive Centre 🚻🏠

2 **Road Trip to A Salmon Story** (Guided Walk) Sooke Potholes 🚻👤

8 **The Glory of the Understory and Other Layers of the Forest** (Self-guided Walk) Elk/Beaver Lake 🚻👤

16 **Cougar Capers** (Guided Walk) Witty's Lagoon 🚻👤

22 **Exploring Indigenous Perspectives through Storytelling** (Guided Storytime) Francis/King 🚻👤

23 **Wonderful Woodpeckers** (Guided Walk) Francis/King 🚻👤

29 **Loop the Lake** (Guided Adult Hike) Thetis Lake 🚻👤

30 **Rascally Raccoons** (Guided Walk) Mount Work 🚻👤

Loop the Lake

October

Saturday, October 4 | 1-4:30pm 🚻👤

Road Trip to the Secret Lives of Wolves (Guided Walk) – All ages
Witty's Lagoon Regional Park (Metchosin)

Catch a ride on the City of Victoria's Recreation bus and then join a CRD Regional Parks naturalist and Indigenous cultural programmer for a hike to learn more about the natural and cultural history of the coastal wolves of Vancouver Island. We'll explore the importance of wolves in First Nations culture and learn how sea wolves survive on the dynamic coastal landscape. The start and end time of this program includes time for transportation.

\$16/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/registration.

Meeting place: Information kiosk at the main parking lot off Metchosin Road. **BC Transit #54 or #55**

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

Road Trip to the Secret Lives of Wolves

Saturday, November 8 | 10am–1pm 🚻👤🏠

The Glory of the Understory and Other Layers of the Forest (Self-guided Walk) – All ages
Elk/Beaver Lake Regional Park (Saanich)

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

Meeting place: Drop by anytime between 10am and 1pm. This walk starts at the information kiosk at the Filter Beds parking lot.
BC Transit #70, #71, #72 or #75

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

Sunday, November 16 | 10–11:30am 🚻👤

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

Learn about the mysterious lives of cougars on this guided walk. These elusive carnivores leap, climb and even purr! Through engaging activities, you'll learn more about the behaviour and habitat of these large mammals, as well as how to coexist safely with them.

Meeting place: Teaching Shelter, off the Lagoon Trail. Park at the main parking lot off Metchosin Road and proceed down the main trail, turning left onto the Lagoon trail. Allow approximately 10 minutes walking time from parking lot. **BC Transit #54 or #55**

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

The Glory of the Understory and Other Layers of the Forest

Exploring Indigenous Perspectives

Island View Beach Regional Park

Is your organization interested in a private 'Exploring Indigenous Perspectives' walk?

With CRD Regional Parks Indigenous 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

Exploring Indigenous Perspectives through Storytelling

September

Saturday, September 6 | 11am–2pm 🚻👤🏠

Exploring Indigenous Perspectives (Self-guided Walk) – All ages
East Sooke Regional Park (East Sooke)

Visit CRD Regional Parks Indigenous cultural programmer, Leslie McGarry, and then participate in this self-guided walk. You will discover the cultural significance of plants, animals and the seasons and how First Peoples deeply respect, appreciate and celebrate gifts from forests, rivers, lakes and the sea.

Meeting place: Drop by anytime between 11am and 2pm. This walk begins at the Aylard Farm parking lot off Becher Bay Road.

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

Saturday, September 13 | 9:30am–1pm 🚻👤

Road Trip to Owls at Devonian Regional Park (Guided Walk) – All ages
Devonian Regional Park (Metchosin)

Catch a ride on the City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist and Indigenous cultural programmer to learn about the habits, adaptations and cultural significance to First Nations that make owls impressive competitors in the animal world. The start and end time of this program includes time for transportation.

\$16/person program fee covers the cost of roundtrip transportation from Crystal Pool & Fitness Centre. You must pre-register as space is limited. Visit www.victoria.ca/parks-recreation and look for "Day Trips & Tours" to register.

Meeting place: Crystal Pool and Fitness Centre in Victoria.

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

Exploring Indigenous Perspectives

Sunday, October 5 | 1:30–3pm 🚻👤

Nuts about Squirrels (Guided Walk) – All ages
Elk/Beaver Lake Regional Park (Saanich)

What does it take to survive as a squirrel? We'll learn through games and activities to discover what keeps these furry creatures busy at this time of year.

Meeting place: Nature Centre near the Beaver Beach parking lot.
BC Transit #70, #71, #72 or #75

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

Saturday, October 11 | 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 and Indigenous cultural programmer 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.

Saturday, November 22 | 11am–12pm 🚻👤🏠

Exploring Indigenous Perspectives through Storytelling (Guided Storytime) – 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.

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

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

Sunday, November 23 | 10–11:30am 🚻👤

Wonderful Woodpeckers (Guided Walk) – All ages
Francis/King Regional Park (Saanich)

Discover all of the tricks of the woodpecker trade. What makes them so good at what they do? We will show you how to identify different woodpeckers by sight, sound and habits on this fun guided walk along the accessible boardwalk.

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

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

Wonderful Woodpeckers

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 native biodiversity, offer a range of compatible outdoor recreation and education opportunities, and provide accessible, joyful connectors with the natural world.

Elk/Beaver Lake Regional Park

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.ca/parks-events.

Connect With Us

Capital Regional District
@CRDVictoria
@crd_bc

CRD
Making a difference...together

Capital Regional District | Regional Parks
Tel: 250.478.3344 | E: crdparks@crd.bc.ca
www.crd.ca/parks

Sunday, September 14 | 1:30–3:30pm 🚻👤🏠

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

Join a CRD Regional Parks naturalist and Power to Be on this stroll or roll through the forest. Admire fall colours and notice shapes and patterns as we explore and create art with nature. You'll even get to make a leaf rubbing to take home! 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 serve basis, and confirmed once you have heard from us. Visit www.crd.ca/parks-events.

Meeting place: Information kiosk at the parking lot off Munn Road.

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

Road Trip to Owls

Saturday, October 18 | 1:30–3:30pm 🚻👤🏠

Everyone Welcome Bad Rap Pack with Power to Be (Guided Walk) – All ages
Francis/King 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 Indigenous cultural programmer, Leslie McGarry, and Power to Be, to dispel the bad press on these amazing local creatures. Learn about the REAL eerie supernatural creatures of Indigenous legends that lurk in the dark at this time of year. 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.

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

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

Sunday, October 19 | 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: Francis/King Nature Centre off Munn Road.

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

Fabulous Fungi

Saturday, November 29 | 12:30–3:30pm 🚻👤

Loop the Lake (Guided Adult Hike) – 18 years+
Thetis Lake Regional Park (View Royal)

Join in a hike around Thetis Lake while exploring the park's natural history. Learn how beavers have shaped this habitat and what plants and animals also call this park home. Bring a snack or 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.ca/parks-events.

Meeting place: Information kiosk at the main beach.

Trail Description: 5km; compact gravel and some tree root; moderate to steep inclines.

Sunday, November 30 | 10–11:30am 🚻👤

Rascally Raccoons (Guided Walk) – All ages
Mount Work Regional Park (Saanich)

A CRD Regional Parks naturalist will lead you on the trail as you get a glimpse of a day in the life of these little rascally raccoons. You'll find out they may not be so rascally after all!

Meeting place: Durance Lake parking lot off Durance Road, off Willis Point Road.

Trail Description: 1km; compact gravel and compact dirt with roots; slight inclines.