

Nature Outings and Events

For Nature Lovers of All Ages

December 2025 | January & February 2026

Winter 2025/26



Mill Hill Regional Park



CRD Regional Parks Nature Centres



Francis/King Regional Park

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 trail.

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 and stroller friendly.

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 and stroller friendly.



Francis/King Nature Centre



Holiday Open House

Drop-in Event - All Ages

Sunday, December 14 | 10am-2pm

Holiday Open House (Drop-in Event) - All Ages

Francis/King Regional Park (Saanich)

Celebrate the holiday season in nature with a visit to the Francis/King Regional Park Nature Centre! Roll or stroll along the accessible Elsie King trail to participate in a self-guided walk to discover a day in the life of a black bear. What do they like to eat? Where do they go in wintertime?

Follow up your forest walk by warming up inside the Nature Centre with a CRD Regional Parks naturalist for some holiday crafts. Make an adorable owllet or other holiday craft to take home. Bring your own hot beverage to enjoy while you craft!

Meeting place: Drop by anytime between 10am and 2pm. This self-guided walk begins at the Nature Centre off Munn road.

Trail Description: 800 m; boardwalk and compact surface; slight incline; accessible nature centre and cabin; wheelchair accessible and stroller friendly.

February



Superb Owls of Mill Hill

Sunday, February 8 | 10-11:30am

Superb Owls of Mill Hill (Guided Walk) - All Ages

Mill Hill Regional Park (Langford)

It's Superb Owl Sunday! Experience the bone-crushing action of these fast-paced predators. Join a CRD Regional Park naturalist to learn about the habits and adaptations that make owls impressive competitors in the animal world. Whether you watch the big game in the afternoon or not, the day is sure to be a hoot!

Meeting place: The information kiosk in the parking lot off Atkins Avenue. **BC Transit #53**

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

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What You Need to Know

Legend

Youth & Adults
Only Adults

- 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 snow, 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



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.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



Mill Hill Regional Park

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 harvest 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 park 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.



Pine Siskin

Exploring Indigenous Perspectives

Join 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



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:

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About CRD Regional Parks

The Capital Regional District protects and manages more than 13,300 hectares of spectacular and accessible natural areas in 34 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.



Mill Hill 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.

CRD
Making a difference...together

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

Connect With Us

Capital Regional District

CRD Victoria

crd_bc

Winter at a Glance

December 2025

DATE

EVENT & LOCATION

Sat **Christmas Bird Count Tune-up** (Guided Walk) Mill Sooke

Sun **Holiday Open House** (Drop-in Event) Francis/King

Holiday Open House (Drop-in Event) Francis/King

Holiday Open House (Drop-in Event) Francis/King

