

Nature Outings and Events

For Nature Lovers of All Ages

September, October & November 2026

Fall 2026



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 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, 10am-4pm. The Nature Centre and the Elsie King Trail are wheelchair accessible.



Saturday, September 19 | 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 the Royal BC Museum 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-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: Picnic shelter down from the Aylard Farm parking lot off Becher Bay Road.

Trail description: 600m; smooth gravel surface; slight incline. Wheelchair accessible at main event.



Hawk Watch
Drop-in Event — **All Ages**

Saturday, October 24 | 1:30-3pm 

The Bad Rap Pack (Guided Walk) – **All Ages**
Witty's Lagoon Regional Park (Metchosin)

They are on Halloween's A-list as the most menacing creatures, but bats, owls, spiders, ravens, and wolves get a bad rap. Join CRD Regional Parks 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: The 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. Not stroller friendly.

Sunday, October 25 | 9:30am-1pm 

Road Trip to Mushrooms (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 for a beginner's guide to fungi in the forest. We'll leave the harvesting to the forest animals and use our eyes to spot different types of mushrooms. Wear sturdy footwear. The start and end 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 or call 250.361.0732.

Trail description: 800m; gravel and soil surface; steep incline. Not stroller friendly.



What You Need to Know

Legend

Drop-in Event - Come by anytime between the hours that the event is offered.

Guided Hikes (Moderate) - Have a casual pace with 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 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



Fall at a Glance

September 2026

DATE	EVENT & LOCATION	Icons
Sat 5	Exploring Indigenous Perspectives (Self-guided Walk) Island View Beach	 
Sun 6	Our Plant Neighbours (Self-guided Walk) Francis/King	 
Sat 12	Everyone's Welcome Slugs and Slime with Power to Be (Guided Walk) Mount Work	 
Sat 19	Hawk Watch (Drop-in Event) East Sooke	 
Sun 20	Seasonal Safari (Guided Walk) Witty's Lagoon	
Sat 26	Exploring Indigenous Perspectives (Guided Walk) Francis/King	 
Sun 27	Road Trip to Art with Nature (Guided Walk) Devonian	




Saturday, September 19 | 10-11am 

Seasonal Safari (Guided Walk) – **5 years and under**
Witty's Lagoon Regional Park (Metchosin)

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

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

BC Transit #54 or #55

Trail description: 800m; compact surface with roots; steep incline. Not stroller friendly.

Sunday, September 20 | 10-11am 

Seasonal Safari (Guided Walk) – **5 years and under**
Witty's Lagoon Regional Park (Metchosin)

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

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

BC Transit #54 or #55

Trail description: 800m; compact surface with roots; steep incline. Not stroller friendly.

November

Sunday, November 1 | 1:30-3pm 

Marvelous Mushrooms (Guided Walk) – **All Ages**
Witty's Lagoon Regional Park (Metchosin)

For the beginner 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: The 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. Not stroller friendly.



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.

- Browse nature outings
- Select an outing
- Create an account
- Select a credit card payment option (for paid programs only - VISA or Mastercard)
- Complete your registration

Once registration is complete, a receipt (if applicable) and confirmation will be emailed to you.

www.crd.ca/parks-events



October 2026

DATE	EVENT & LOCATION	Icons
Sat 3	Rascally Raccoons (Guided Walk) Devonian	
Sun 4	Wonderful Woodpeckers (Guided Walk) Francis/King	 
Sat 10	Glory of the Understory (Self-guided Walk) East Sooke	 
Sat 17	Hoo Hoo's Hooting? (Guided Walk) Mount Work	 
Sun 18	High Ridge Hike (Guided Adult Hike) Francis/King	
Sat 24	The Bad Rap Pack (Guided Walk) Witty's Lagoon	
Sun 25	Road Trip to Mushrooms (Guided Walk) Witty's Lagoon	



Saturday, September 26 | 10-11:30am  

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

Join CRD Regional Parks Indigenous 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.

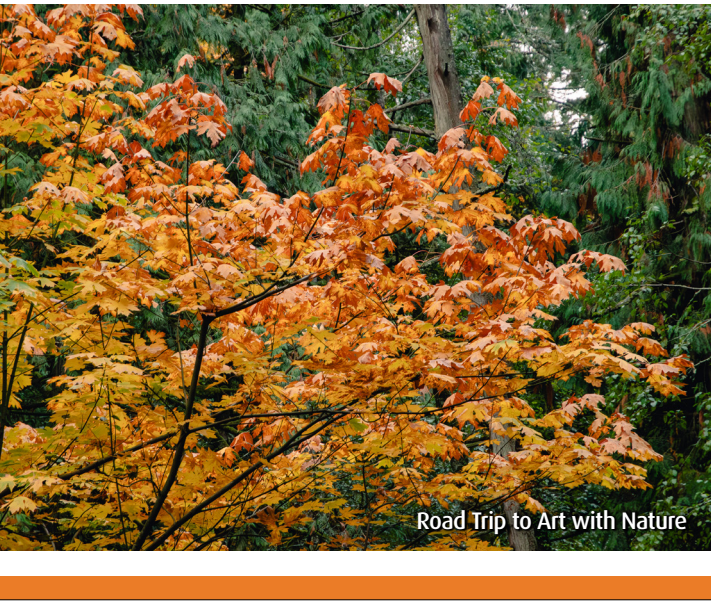
Trail description: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.

Sunday, September 27 | 9:30am-1pm 

Road Trip to Art with Nature (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 to explore the park through an artistic lens. Admire fall colours and notice shapes and patterns as we explore and create art with nature. Wear sturdy footwear. 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 or call 250.361.0732.

Trail description: 1km; compact surface with roots; moderate incline. Not stroller friendly.




Salmon Sensation

Drop-in Event — **All Ages**

Saturday, November 7 | 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 CRD Regional Parks Indigenous cultural programmer, Leslie McGarry. Hopefully we'll get a close-up look at these magnificent fish as they return to spawn and complete their lifecycle.

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. Wheelchair accessible.

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.



November 2026

DATE	EVENT & LOCATION	Icons
Sun 1	Marvelous Mushrooms (Guided Walk) Witty's Lagoon	
Sat 7	Salmon Sensation (Drop-in Event) Charters Interpretive Centre	 
Sun 8	Nature Shapes (Guided Walk) Elk/Beaver Lake	 
Sun 15	Fabulous Fungi (Guided Adult Walk) Francis/King	 
Sat 21	Road Trip to The Challenging Life Journey of Salmon (Guided Walk) Sooke Potholes	
Sun 22	A Hooting Time with HAT (Guided Walk) Mill Hill	
Sat 28	Antlers, Bones, Beaks and Stones (Guided Adult Walk) Witty's Lagoon	
Sat 28	Mystery Creature of the Forest (Guided Walk) Mount Work	 



October

Saturday, October 3 | 1:30-3pm 

Rascally Raccoons (Guided Walk) – **All Ages**
Devonian Regional Park (Metchosin)

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

Meeting place: Meet at the information kiosk in the parking lot off William Head Road. **BC Transit #54 or #55**

Trail description: 1km; compact surface with roots; moderate incline. Not stroller friendly.

Sunday, October 4 | 1:30-3pm  

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? Join a CRD Regional Parks naturalist and learn how to identify different woodpeckers by sight, sound and habits on this fun guided accessible walk.

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

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



Sunday, November 8 | 10-11am  

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

There are so many ways to look at a forest. Bring your young ones along and join a CRD Regional Parks naturalist for hands-on activities to spot different shapes and patterns hidden in nature.

Meeting place: The information kiosk at the Hamsterly Beach parking lot off Brookleigh Rd.

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

Sunday, November 15 | 1:30-3pm  

Fabulous Fungi (Guided Adult Walk) – **18 years+**
Francis/King Regional Park (Saanich)

Mushrooms play a vital role in our forests. Go beyond the basics of our forest fungi with fungi experts and local authors, Andy MacKinnon and Ken Luther, and a CRD Regional Parks naturalist. On this adults-only guided walk, intermediate mushroom identification will be covered. **\$8+GST. Pre-registration required by November 13 as space is limited.** Visit www.crd.ca/parks-events.

Meeting place: 800m; boardwalk and compact surface; slight incline. Wheelchair accessible.



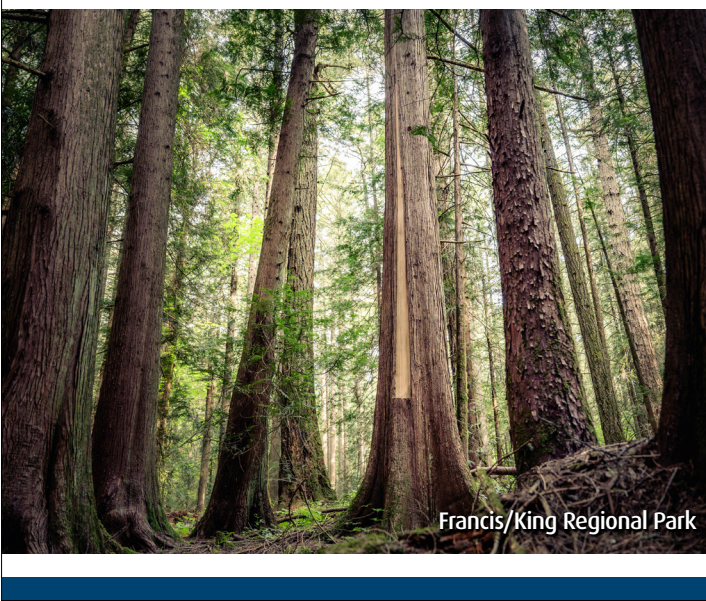
Exploring Indigenous Perspectives



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

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



September

Saturday, September 5 | 10am-1pm  

Exploring Indigenous Perspectives (Self-guided Walk) – **All Ages**
Island View Beach Regional Park (Central Saanich)

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 10am and 1pm. This walk begins near the picnic shelter off Homathly Road.

Trail description: 1km walk; compact gravel trail; no incline. Wheelchair accessible.



Saturday, October 10 | 10am-1pm  

Glory of the Understory (Self-guided Walk) – **All Ages**
East Sooke Regional Park (East Sooke)

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 follow along on this accessible self-guided walk.

Meeting place: Drop by anytime between 10am and 1pm. This walk begins at the fork in the trail halfway between the Aylard Farm parking lot and the picnic shelter, off Becher Bay Road.

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

Saturday, October 17 | 10-11am  

Hoo Hoo's Hooting? (Guided Walk) – **5 years and under**
Mount Work Regional Park (Highlands)

Who's hooting? A know-it-owl! Join a CRD Regional Parks naturalist to learn about what makes these hunters so amazing. Bring your little ones for an accessible roll or stroll in the forest and a story all about these birds.

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

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




Saturday, November 21 | 12-4pm 

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

Catch a ride on the City of Victoria's Recreation Bus and then join a CRD Regional Parks naturalist and Indigenous cultural programmer on a walk exploring the natural and cultural history of salmon. From their connection to forest ecosystems to their influence on Indigenous values, discover how their life's journey, filled with many challenges, can inspire wonder and admiration. 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 or call 250.361.0732.

Meeting place: The information kiosk at the parking lot off Atkins Avenue.

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

Sunday, November 22 | 10-11:30am 

A Hooting Time with HAT (Guided Walk) – **All Ages**
Mill Hill Regional Park (Langford)

The owls are hooting! Join a CRD Regional Parks naturalist and the Habitat Acquisition Trust to learn about our local owls, including the endangered Western screech owl. Through engaging activities, you'll discover the lives of these amazing hunters and how you can help protect them.

Meeting place: The information kiosk at the parking lot off Atkins Avenue.

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

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 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 boundaries span the territories of several First Nations, whose ancestors have been caretakers of the land since time immemorial. The CRD acknowledges the historic and ongoing cultural significance of these lands that provide important food, medicine and spiritual places for these nations. 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
- CRD Victoria
- @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 6 | 10am-1pm  

Our Plant Neighbours (Self-guided Walk) – **All Ages**
Francis/King Regional Park (Saanich)

Can you name some of the native plants around you in the forest? Do you know which plants act like sponges, or which tree has 'mouse tails' on its cones? Meet some of your plant neighbours and get to know them on a roll or stroll along the beautiful accessible Elsie King loop trail.

Meeting place: Drop by anytime between 10am and 1pm. The walk begins at the Francis/King Nature Centre off Munn Road.

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

Saturday, September 12 | 1:30-3:30pm  

Everyone Welcome Slugs and Slime with Power to Be (Guided Walk) – **All Ages**
Mount Work Regional Park (Highlands)

Stroll along with a CRD Regional Parks naturalist and Power to Be to learn about some native slug species - one of nature's best recyclers. You'll find out how slime helps these slugs survive! We'll also keep our eyes peeled for the endangered blue-grey taddler slug and learn about where the name came from. 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 registration for this program, but to reserve adaptive equipment including a TrailRider, walking poles, Hippocampe Chair and more, please contact us at crdparks@crd.bc.ca or 250.478.3344. Equipment is based on a first come, first served basis, and confirmed once you have heard from us.

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

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



Sunday, October 18 | 10am-12pm 

High Ridge Hike (Guided Adult Hike) – **18 years+**
Francis/King Regional Park (Saanich)

Join a CRD Regional Parks naturalist for a hike on one of this park's hidden treasures: the High Ridge Trail. Along the way, discover magnificent marshes, wonderful wildlife trees and grand Garry oak meadows. Bring a snack and water, and wear sturdy footwear. **There is no fee for this program but you must pre-register by October 16, as space is limited. Visit www.crd.ca/parks-events.**

Trail description: 2km; compact soil with roots and rocks; steep incline.

Saturday, November 28 | 10-11:30am  **NEW!**

Antlers, Bones, Beaks and Stones (Guided Adult Walk) – **18 years+**
Witty's Lagoon Regional Park (Metchosin)

We often refer to how First Peoples use EVERYTHING when they successfully hunt and fish. On this guided walk, participants will learn about specific uses for additional resources other than food. Hides for clothing, bones and beaks for tools, just to name a few. We'll explore how First People's value nature's bounty on the coast. Join CRD Regional Parks Indigenous cultural programmer Leslie McGarry as she conveys how even stones contribute to sustaining village life on the coast. **There is no fee for this program but you must pre-register by November 26 as space is limited. Visit www.crd.ca/parks-events.**

Meeting place: The Durance Lake parking lot off Durance Close, off Willis Point Rd.

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

