

Nature Outings and Events

For Nature Lovers of All Ages

March, April & May 2026

Spring 2026



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 snow, air quality or wind warning, a program may be cancelled. If you suspect a program will 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



Theftis Lake 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 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.



Mill Hill Regional Park

Exploring Indigenous Perspectives



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



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 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 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

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.



Spring at a Glance

March 2026

DATE	EVENT & LOCATION	Icons
Sun 8	Everyone Welcome Egg-celent Nests with Power to Be (Guided Walk) Francis/King	🦋 🦋 🦋
Sat 14	Exploring Indigenous Perspectives Through Storytelling (Guided Walk) Francis/King	🦋 🦋
Sun 15	Road Trip to Beavers (Guided Walk) Elk/Beaver Lake	🦋 🦋
Tues 17	Wildly Diverse (Guided Walk) Elk/Beaver Lake	🦋 🦋
Sat 21	Ught A Slug! (Guided Walk) Devonian	🦋 🦋
Thurs 26	Spring Fling (Drop-in Event) Elk/Beaver Lake	🦋 🦋
Sat 28	Exploring Indigenous Perspectives (Guided Walk) Horth Hill	🦋 🦋
Sun 29	Beginner Birding Basics (Self-guided Walk) Witty's Lagoon	🦋 🦋



Background Images

April 2026

DATE	EVENT & LOCATION	Icons
Sat 4	Exploring Indigenous Perspectives (Self-guided Walk) Island View Beach	🦋 🦋
Sun 5	Glory of the Understory (Self-guided Walk) East Sooke	🦋 🦋
Sat 11	Wildflowers of Mill Hill (Guided Adult Hike) Mill Hill	🦋 🦋
Sat 18	Road Trip to Wildflowers (Guided Walk) Devonian	🦋 🦋
Sun 19	The Best Nest (Guided Walk) Francis/King	🦋 🦋
Sat 25	Exploring Indigenous Perspectives (Guided Walk) Witty's Lagoon	🦋 🦋
Sun 26	Gotta Snap 'em All! (Guided Walk) Elk/Beaver Lake	🦋 🦋



The Best Nest

May 2026

DATE	EVENT & LOCATION	Icons
Sat 2	A Wildflower Ramble (Guided Walk) Francis/King	🦋 🦋
Sun 3	Shooting Stars (Guided Hike) Francis/King	🦋 🦋
Sat 9	Exploring Indigenous Perspectives through Storytelling (Guided Walk) Elk/Beaver Lake	🦋 🦋
Sat 16	Life on the Beach (Self-guided Walk) Witty's Lagoon	🦋 🦋
Sat 23	Biodiversity Heroes (Guided Walk) Elk/Beaver Lake	🦋 🦋
Sun 24	Nature Shapes (Guided Walk) Coles Bay	🦋 🦋
Sat 30	Exploring Indigenous Perspectives (Guided Adult Walk) Devonian	🦋 🦋
Sun 31	Busy Beavers (Guided Walk) Elk/Beaver Lake	🦋 🦋



Biodiversity Heroes

March

Sunday, March 8 | 1:30-3:30pm 🦋 🦋

Everyone Welcome Egg-celent Nests with Power to Be (Guided Walk) - All Ages
Francis/King Regional Park (Saanich)

Spring is on the way and the birds are busy! Join a CRD Regional Parks naturalist to discover the birds that call Francis/King Regional Park home. We'll explore the universally accessible Elsie King Trail keeping an eye out for our fine-feathered friends and their egg-celent nests! 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 serve basis, and confirmed once you have heard from us.**

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

Saturday, March 14 | 11am-12pm 🦋 🦋

Exploring Indigenous Perspectives through Storytelling (Guided Walk) - 5 years and under
Francis/King Regional Park (Saanich)

On this interactive program, we invite participants to roll or stroll 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: The Francis/King Nature Centre off Munn Road.
Trail Description: 800m; boardwalk and compact surface; slight incline; wheelchair accessible and stroller friendly.



Wildly Diverse

Sunday, March 15 | 10am-1pm 🦋

Road Trip to Beavers (Guided Walk) - All Ages
Elk/Beaver Lake Regional Park (Saanich)

Catch a ride on the City of Victoria's Recreation bus and then join a CRD Regional Parks naturalist to explore beaver habitat. You will have a chance to learn more about this amazing mammal, its marvelous adaptations and how it has shaped the landscape. The start and end time 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.

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

Tuesday, March 17 | 1:30-3pm 🦋 🦋

Wildly Diverse (Guided Walk) - All Ages
Elk/Beaver Lake Regional Park (Saanich)

Celebrate Pride and join a CRD Regional Parks naturalist and Indigenous cultural programmer on a walk to celebrate diversity in nature alongside conservationist and wildlife filmmaker Connel Bradwell. From fungi, slugs, turtles, bats and many more, we'll discover how nature can help us question ideas of conformity. We'll explore both the natural history and Indigenous cultural history of walking in two worlds.

Meeting Place: The Nature Centre at the Beaver Beach parking lot. **BC Transit #70, #71, #72 or #75**

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



Saturday, March 21 | 1:30-3pm 🦋

Ught A Slug! (Guided Walk) - All Ages
Devonian Regional Park (Metchosis)

Stroll along with a CRD Regional Parks naturalist 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 taildropper slug and learn about where the name came from.

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

Trail Description: 1km walk on compact surface with exposed tree roots and moderate incline in sections.

Thursday, March 26 | 11am-2pm 🦋 🦋

Spring Fling (Drop-in Event) - All Ages
Elk/Beaver Lake Regional Park (Saanich)

Join in celebrating the return of spring with CRD Regional Parks naturalists, Indigenous cultural programmer, CRD Educators from Climate Action and Waste Reduction, and Power to Be. Make connections between you and the place you call home. Discover how you can be a steward whether you're at a park, school, work, or your own home. Come and explore the exhibits, crafts, and activities - fun for the entire family!

Meeting Place: Drop by anytime between 11am-2pm. Meet at Hamsterly Beach near the Hamsterly Beach Parking lot.

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

Trail Description: Flat compact gravel, concrete surface, and grass. Accessible washrooms available. Wheelchair accessible.



Ught A Slug!

Saturday, March 28 | 10-11:30am 🦋

Exploring Indigenous Perspectives (Self-guided Walk) - All Ages
Horth Hill Regional Park (North Saanich)

Join CRD Regional Parks Indigenous cultural programmer, Leslie McGarry, for a 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 forests, rivers, lakes and the sea.

Meeting Place: The information kiosk in the parking lot off Tallow Road.

Trail Description: 1.5km; compact dirt with rocky areas and tree roots; moderate incline.

Sunday, March 29 | 10am-1pm 🦋 🦋

Beginner Birding Basics (Self-guided Walk) - All Ages
Witty's Lagoon Regional Park (Metchosis)

Visit CRD Regional Parks naturalists for a self-guided walk all about birding. Follow the panels to learn about what to look and listen for when identifying the birds in the area.

Meeting Place: The Tower Point information kiosk in the parking lot off Olympic View Drive. **BC Transit #54 or #55**

Trail Description: 700m; compact surface, some tree roots; no incline. Wheelchair accessible.



Beginner Birding Basics

Saturday, March 28 | 10-11:30am 🦋

Exploring Indigenous Perspectives (Self-guided Walk) - All Ages
Horth Hill Regional Park (North Saanich)

Join CRD Regional Parks Indigenous cultural programmer, Leslie McGarry, for a 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 forests, rivers, lakes and the sea.

Meeting Place: The information kiosk in the parking lot off Tallow Road.

Trail Description: 1.5km; compact dirt with rocky areas and tree roots; moderate incline.

Sunday, March 29 | 10am-1pm 🦋 🦋

Beginner Birding Basics (Self-guided Walk) - All Ages
Witty's Lagoon Regional Park (Metchosis)

Visit CRD Regional Parks naturalists for a self-guided walk all about birding. Follow the panels to learn about what to look and listen for when identifying the birds in the area.

Meeting Place: The Tower Point information kiosk in the parking lot off Olympic View Drive. **BC Transit #54 or #55**

Trail Description: 700m; compact surface, some tree roots; no incline. Wheelchair accessible.

April

Saturday, April 4 | 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 Homathko Road.

Trail Description: 1km walk on compact gravel trail, no incline. Wheelchair accessible.

Sunday, April 5 | 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. We invite you to visit a CRD Regional Parks naturalist to learn more about this unique ecosystem and follow along on this self-guided walk on the Creyke Point Trail.

Meeting Place: Drop by anytime between 10am and 1pm. This walk begins near the Aylard Farm parking lot off Becher Bay Road.

Trail Description: 800m; compact surface with gravel, some roots; slight incline. Not wheelchair or stroller friendly.



Glory of the Understory

Saturday, April 11 | 10am-12pm 🦋

Wildflowers of Mill Hill (Guided Adult Hike) - 18 years+
Mill Hill Regional Park (Langford)

Here's an opportunity to explore the spring wildflowers atop Mill Hill and see the seasonal blooms up close. Hike the hill and you'll learn about the importance of the endangered Garry oak ecosystem and the identities of some beautiful blooms. 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.**

Trail Description: 2km; gravel surface with roots; steep incline.

Saturday, April 18 | 9:30am-1pm 🦋

Road Trip to Wildflowers (Guided Walk) - All Ages
Devonian Regional Park (Metchosis)

Catch a ride on the City of Victoria's Recreation bus and then join a CRD Regional Parks naturalist to explore the colourful spring blooms at Devonian Regional Park. Learn to identify some common native wildflowers. 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/parks-recreation and look for "Day Trips & Tours" to register.**

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

Sunday, April 19 | 11am-12pm 🦋 🦋

The Best Nest (Guided Walk) - 5 years and under
Francis/King Regional Park (Saanich)

Spring is here and birds are busy! Bring your little ones and join a CRD Regional Parks naturalist to discover nests and look for homes of hummingbirds, robins and more. Children will experience life as a small bird through storytime and a ramble through the forest along the accessible Elsie King Trail.

Meeting Place: The Francis/King Nature Centre off Munn Road.
Trail Description: 800m; boardwalk and compact surface; slight incline; wheelchair accessible and stroller friendly.



Gotta Snap 'em All!

Saturday, April 25 | 10-11:30am 🦋

Exploring Indigenous Perspectives (Guided Walk) - All Ages
Witty's Lagoon Regional Park (Metchosis)

Join CRD Regional Parks Indigenous cultural programmer, Leslie McGarry, for a 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 forests, rivers, lakes and the sea.

Meeting Place: Teaching Shelter, off the Lagoon Trail. Park at the main parking lot off Metchosis 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**

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

Sunday, April 26 | 1:30-3pm 🦋

Gotta Snap 'em All! (Guided Walk) - All Ages
Elk/Beaver Lake Regional Park (Saanich)

Get ready for some friendly competition with other nature lovers to take pictures of plants and animals at Elk/Beaver Lake Regional Park. Download the free iNaturalist app before you arrive or come without any digital device and enjoy the interactive activities set up along the trail. CRD Regional Parks naturalists can help you learn how to use the iNaturalist app to snap 'em all and upload your photos to participate in the annual City Nature Challenge, a friendly competition between people from cities all over the world who try to record the most nature observations! To learn more about the City Nature Challenge check out citynaturechallenge.org.

Meeting Place: The information kiosk at the Hamsterly Beach Parking lot. **BC Transit #70, #71, #72 or #75**

Trail Description: 1km; compact gravel with occasional sections with tree roots, no incline.

May

Saturday, May 2 | 10-11:30am 🦋 🦋

A Wildflower Ramble (Guided Walk) - All Ages
Francis/King Regional Park (Saanich)

Join us for a roll or stroll along the accessible Elsie King Trail to look for wildflowers! We'll learn how to identify some common native wildflowers and their importance for biodiversity.

Meeting Place: The Francis/King Nature Centre off Munn Road.
Trail Description: 800m; boardwalk and compact surface; slight incline; wheelchair accessible and stroller friendly.

Sunday, May 3 | 10am-12pm 🦋

Shooting Stars (Guided Hike) - 8 years+
Francis/King Regional Park (Saanich)

Explore the colourful spring blooms at Francis/King Regional Park on a hike along the Shooting Star trail. Discover how this trail got its name and learn to identify some common native wildflowers. Wear sturdy footwear.

Meeting Place: The Francis/King Nature Centre off Munn Road.
Trail Description: 1.5km; compact surface with roots; moderate inclines.



Shooting Stars

Saturday, May 9 | 10-11am 🦋

Exploring Indigenous Perspectives through Storytelling (Guided Walk) - All Ages
Elk/Beaver Lake Regional Park (Saanich)

On this interactive program, we invite participants to roll or stroll 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: The Beaver Lake Picnic Shelter at the Filter Beds parking lot. **BC Transit #70, #72 or #75**

Trail Description: 800m walk; variable trail surface; slight incline.



Exploring Indigenous Perspectives through Storytelling



Life on the Beach

Saturday, May 16 | 10am-1pm 🦋

Life on the Beach (Self-guided Walk) - All Ages
Witty's Lagoon Regional Park (Metchosis)

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: Enter the park at the main entrance off Metchosis Road. The self-guided walk starts along the last 500m of the Beach Trail to main beach. **BC Transit #54 or #55**

Trail Description: 500m guided walk; steep inclines with stairs.



Biodiversity Heroes

Saturday, May 23 | 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**

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

Sunday, May 24 | 11am-12pm 🦋

Nature Shapes (Guided Walk) - 5 years and under
Coles Bay Regional Park (North 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: 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.



Biodiversity Heroes



Exploring Indigenous Perspectives

Saturday, May 30 | 11am-12:30pm 🦋

Exploring Indigenous Perspectives (Guided Adult Walk) - 18 years+
Devonian Regional Park (Metchosis)

Join CRD Regional Parks Indigenous cultural programmer, Leslie McGarry, for a 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 forests, rivers, lakes and the sea.

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

Trail Description: 1km walk on compact surface with exposed tree roots and moderate incline in sections.

Sunday, May 31 | 1:30-3pm 🦋

Busy Beavers (Guided Walk) - All Ages
Elk/Beaver Lake Regional Park (Saanich)

Join a CRD Regional Parks naturalist to explore beaver habitat. You will have a chance to learn more about this amazing mammal, its marvelous adaptations and how it has shaped the landscape.

Meeting Place: The information kiosk at the Filter Beds Parking Lot. **BC Transit #70, #71, #72 or #75**

Trail Description: 1km walk; variable trail surface; slight incline. Not stroller friendly.



Busy Beavers