March, April & May **2025**

Nature Outings and Events

For Nature Lovers of All Ages

CRD | Regional Parks

Spring 2025

What You Need to Know

Legend

	Youth & Adults	Adults only
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.	✓	✓

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.

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

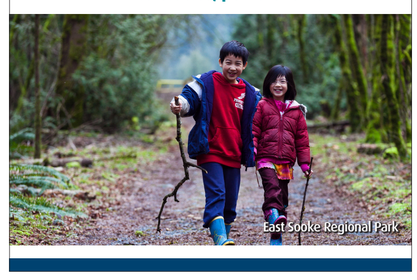
Register Online

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.bc.ca/parks-events


East Sooke 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.

Killdeer and Eggs

Exploring Indigenous Perspectives

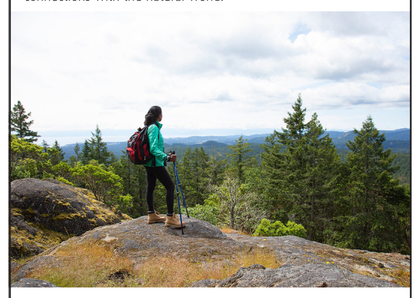
Is your organization interested in a private 'Exploring Indigenous Perspectives' walk?

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 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 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.bc.ca/parks-events.

Connect With Us

- Captial Regional District
- CRDVictoria
- @crd_bc
- @crd_bc

Making a difference...together

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

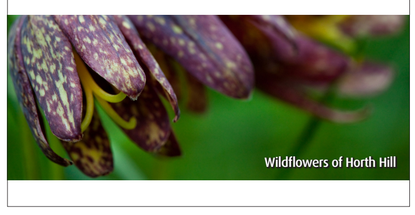
Beaver Lake Nature Centre
(Beaver Beach off Elk Lake Drive in Saanich)
Open in summer - Fridays, Saturdays and Sundays, 1-4pm. The Nature Centre is wheelchair accessible.

Francis/King Nature Centre
(Munn Road in Saanich)
Open year-round – Saturdays, Sundays, holiday Mondays, 12–4pm. The Nature Centre and the Elsie King Trail are wheelchair accessible.

Spring at a Glance

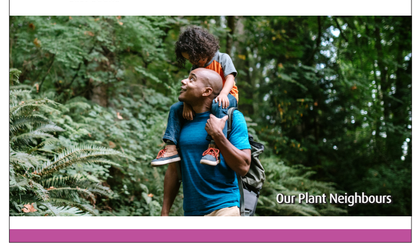
March 2025

DATE	EVENT & LOCATION
2	**Beginner Birding Basics** (Self-guided Walk) Elk/Beaver Lake
8	**Exploring Indigenous Perspectives** (Self-guided Walk) Francis/King
15	**Exploring Indigenous Perspectives** (Guided Adult Walk) Horth Hill
16	**Slugs and Slime** (Guided Walk) Devonian
19	**Tracks and Traces** (Guided Walk) Elk/Beaver Lake
21	**Exploring Indigenous Perspectives** (Guided Walk) Witty's Lagoon
22	**Busy Beavers** (Guided Walk) Elk/Beaver Lake
25	**The Best Nest** (Guided Walk) Francis/King
27	**Spring Fling** (Drop-in Event) Elk/Beaver Lake
29	**Road Trip to the Secret Lives of Wolves** (Guided Walk) Witty's Lagoon
30	**Loop the Lake** (Guided Adult Hike) Thetis Lake


Wildflowers of Horth Hill

April 2025

DATE	EVENT & LOCATION
5	**Exploring Indigenous Perspectives through Storytelling** (Guided Walk) Francis/King
6	**Everyone Welcome Wildlife at the Lake with Power to Be** (Guided Walk) Elk/Beaver Lake
12	**Exploring Indigenous Perspectives** (Guided Walk) Devonian
12	**Our Sluggish Friends** (Guided Walk) Elk/Beaver Lake
13	**Egg-cellent Nests** (Guided Walk) Witty's Lagoon
19	**Beginner Birding Basics** (Self-guided Walk) East Sooke
20	**Our Plant Neighbours** (Self-guided Walk) Francis/King
26	**Wildflowers of Horth Hill** (Guided Adult Hike) Horth Hill
26	**Exploring Indigenous Perspectives** (Self-guided Walk) East Sooke


Our Plant Neighbours

May 2025

DATE	EVENT & LOCATION
3	**Wildflowers of Mill Hill** (Guided Hike) Mill Hill
4	**Shooting Stars of Francis/King** (Guided Hike) Francis/King
17	**Exploring Indigenous Perspectives** (Guided Walk) Witty's Lagoon
24	**Road Trip to a Whale of a Time** (Guided Walk) Island View Beach
25	**Sense-ational Snoop** (Guided Walk) Elk/Beaver Lake

Elk/Beaver Lake Regional Park

March

Sunday, March 2 | 11am–2pm

Beginner Birding Basics (Self-guided Walk) – **All ages**
Elk/Beaver Lake Regional Park (Saanich)

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 our area.

Meeting place: Drop by anytime between 11am-2pm. This walk starts near the information kiosk at the Filter Beds parking lot.

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

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

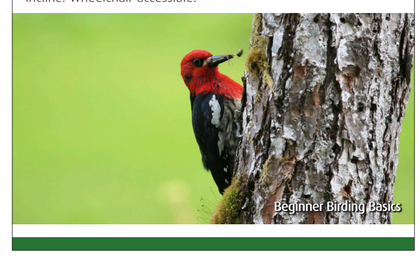
Saturday, March 8 | 10am–1pm

Exploring Indigenous Perspectives (Self-guided Walk) – **All ages**
Francis/King Regional Park (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: Meet at the Francis/King Nature Centre off Munn Road.

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


Beginner Birding Basics

Slugs and Slime

Saturday, March 15 | 1:30–3pm

Exploring Indigenous Perspectives (Guided Adult Walk) – **18 years+**
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: Meet at the information kiosk at the parking lot off Tatlow Road.

Trail Description: 800m; compact surface; slight incline

Sunday, March 16 | 10–11:30am

Slugs and Slime (Guided Walk) – **All ages**
Devonian Regional Park (Metchosin)

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: Meet at the information kiosk at the parking lot off William Head Road.

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

BC Transit #54 or #55

Wednesday, March 19 | 10am–12pm

Tracks and Traces (Guided Walk) – **All ages**
Elk/Beaver Lake Regional Park (Saanich)

Become a nature super sleuth! Join us to explore evidence along the trail and investigate clues left behind by animals. You'll even learn to make a plaster cast of an animal track - a fun souvenir you can take home with you.

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

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

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

Friday, March 21 | 10–11:30am

Exploring Indigenous Perspectives (Guided Walk) – **All ages**
Witty's Lagoon Regional Park (Metchosin)

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: Meet at 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.

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

BC Transit #54 or #55

Tracks and Traces

Busy Beavers

Saturday, March 22 | 10–11:30am

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 marvellous adaptations and how it has shaped the landscape.

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, #71, #72 or #75

Tuesday, March 25 | 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 to discover nests and look for the homes of hummingbirds, robins and more. Children can explore bird habitat from the trail, participate in storytime, and learn through play.

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

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

Thursday, March 27 | 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, and CRD educators from Climate Action, Watershed Protection, and Waste Reduction. 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 the Beaver Lake Picnic Shelter at the Filter Beds parking lot.

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

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

Saturday, March 29 | 9:30am–1pm

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 walk to learn more about the natural and cultural history of the coastal wolves of Vancouver Island. They are elusive predators, playing an important role in the forest and ocean ecosystems of our region. 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.

$15/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.

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

Sunday, March 30 | 11am–2pm

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 with a CRD Regional Parks naturalist. 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.bc.ca/parks-events.

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

BC Transit #53

Loop the Lake

April

Saturday, April 5 | 10–11am

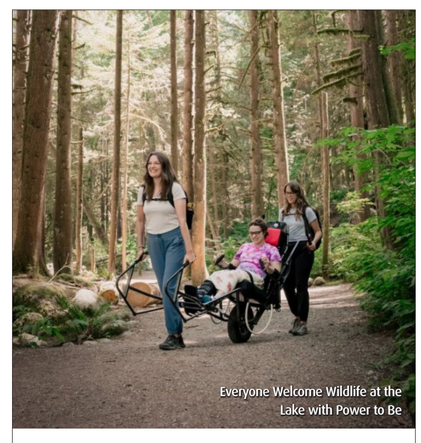
Exploring Indigenous Perspectives through Storytelling (Guided Walk) – **All ages**
Francis/King Regional Park (Saanich)

Join this guided walk exploring the cultural significance of birds and animals through a First Peoples lens. We will discover how First Peoples pass 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.

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

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

Exploring Indigenous Perspectives through Storytelling


Everyone Welcome Wildlife at the Lake with Power to Be

Sunday, April 6 | 1:30–3:30pm

Everyone Welcome Wildlife at the Lake with Power to Be (Guided Walk) – **All ages**
Elk/Beaver Lake Regional Park (Saanich)

Join a CRD Regional Parks naturalist and Power to Be on a guided roll or stroll exploring the wildlife at Elk/Beaver Lake Regional Park. Discover who lives in the forest, on the water, and underwater! 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. An inclusive nature exploration for all ages and abilities, there'll be stops along the way to take in the scenic views and learn about wildlife in the park.

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.bc.ca/parks-events.

Trail Description: 1.5km; compact gravel; flat terrain. Wheelchair accessible.

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

Egg-cellent Nests

Saturday, April 12 | 10am–11:30pm

Exploring Indigenous Perspectives (Guided Walk) – **All ages**
Devonian Regional Park (Metchosin)

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: Meet at the information kiosk at the parking lot off William Head Road.

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

BC Transit #54 or #55

Saturday, April 12 | 11am–12pm

Our Sluggish Friends (Guided Walk) – **5 years and under**
Elk/Beaver Lake Regional Park (Saanich)

Bring your little ones to explore the trail and learn about an important friend to the forest - slugs! How do they help, why are they slimy, and how do they breathe? Through activities and storytime, we'll learn all this and more about our sluggish friends.

Meeting place: Meet at the Nature Centre at the Beaver Beach parking lot.

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

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

Sunday, April 13 | 10–11:30am

Egg-cellent Nests (Guided Walk) – **All ages**
Witty's Lagoon Regional Park (Metchosin)

Spring is here and the birds are busy! Join us to discover the birds that call this park home. We'll explore the forest trails, keeping an eye out for our fine-feathered friends and their egg-cellent nests!

Meeting place: Meet at 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.

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

BC Transit #54 or #55

Saturday, April 19 | 11am–2pm

Beginner Birding Basics (Self-guided Walk) – **All ages**
East Sooke Regional Park (East Sooke)

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

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

Sunday, April 20 | 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 Elsie King loop trail.

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

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

Wildflowers of Horth Hill

Saturday, April 26 | 10am–12pm

Wildflowers of Horth Hill (Guided Adult Hike) – **18 years+**
Horth Hill Regional Park (North Saanich)

Here's your opportunity to explore wildflowers atop Horth Hill and appreciate the pop of colour that spring brings. Hike the hill with a CRD Regional Parks naturalist and you'll learn to identify 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.bc.ca/parks-events.

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

Saturday, April 26 | 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 information kiosk at the Aylard Farm parking lot off Becher Bay Road.

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

May

Wildflowers of Mill Hill

Saturday, May 3 | 10am–12pm

Wildflowers of Mill Hill (Guided Hike) – **8 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.

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

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

BC Transit #53

Sunday, May 4 | 11am–1pm

Shooting Stars of Francis/King (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: Meet at the Francis/King Nature Centre off Munn Road.

Trail Description: 1.5km; compact surface with roots; moderate inclines

Exploring Indigenous Perspectives

Saturday, May 17 | 10–11:30am

Exploring Indigenous Perspectives (Guided Walk) – **All ages**
Witty's Lagoon Regional Park (Metchosin)

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: Meet at 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.

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

BC Transit #54 or #55

Saturday, May 24 | 9:30am–12:30pm

Road Trip to a Whale of a Time (Guided Walk) – **All ages**
Island View Beach Regional Park (Central Saanich)

Catch a ride with the City of Victoria's Recreation bus and then flick your fins and flap your flippers to learn about life as a whale! Join a CRD Regional Parks naturalist and Indigenous cultural programmer to learn all about these marine giants and the interconnection of the land and water. We'll explore the cultural significance of these mammals through a First Peoples lens. 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.

Trail Description: 1km; compact gravel surface; no incline

Sunday, May 25 | 11am–12pm

Sense-ational Snoop (Guided Walk) – **5 years and under**
Elk/Beaver Lake Regional Park (Saanich)

Bring your preschooler to explore the sights and sounds at Elk/Beaver Lake Regional Park. Wake up your senses on a wander through the forest: look for spring colours, listen for birds calling, smell forest perfume and more.

Meeting place: Meet at the information kiosk at the Hamsterly Beach parking lot off Brookleigh Road.

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

BC Transit #32, #70, #71, #72 or #75

Sense-ational Snoop