



# Nature Program Guide

## Spring 2025

Minnekhada Regional Park

## Events

### Night Quest

Nature at night is a magical experience. Wander down forest trails decorated with glowing animal lanterns and meet friendly forest creatures who will delight you with nature tales.

Register in advance for a designated entry time. Allow one hour to complete. Concession is cash only.

7513 Fri, Mar 21, 7 – 9:30 pm **All ages**

7520 Sat, Mar 22, 7 – 9:30 pm **All ages**

PACIFIC SPIRIT REGIONAL PARK, Vancouver

Presented with Pacific Spirit Park Society

**Free**  
Registration required

### Enchanted Forest

*The Enchanted Forest is a magical place*

*Where you can slow down to a snail's pace*

*Experience the forest in a wonderful new way*

*Sniff, sense, spot, spy, and even play*

*Don't forget to look for a mythical gnome*

*The forest is where she likes to roam*

Plan for an hour of fun and come dressed as a magical woodland creature.

Recommended for ages 2 – 10

Thu, Mar 27, 11 am – 2 pm

**All ages**

ALDERGROVE REGIONAL PARK, Langley

Park at the main park entrance on 27240 8th Ave, Langley and follow signs to the Nature Discovery Area

**Free**

### Critter Capers: Who's Crashing in My Tree Cavity?

Who's in chickadee's tree cavity? Solve the mystery by examining fur, saliva, and other evidence.

Allow at least one hour to complete.

Mon, Apr 21, noon – 3 pm

**All ages**

BURNABY LAKE REGIONAL PARK, Burnaby

Meet at Burnaby Lake Nature House, 4519 Piper Ave, Burnaby

**Free**

### Goodbye Chums!

Kick start a salmon fry's journey to the ocean by releasing them into Kanaka Creek. Find out more about your watershed and how to keep it clean for salmon through engaging activities and a visit to the hatchery.

Sun, Apr 27, 11 am – 2 pm

**All ages**

KANAKA CREEK REGIONAL PARK, Maple Ridge

Park at 11484 256th St, Maple Ridge or take the free five-minute shuttle from Webster's Corner Elementary at 25554 Dewdney Trunk Rd, Maple Ridge

Presented with Kanaka Education & Environmental Partnership Society

**Free**

### Wild Moms

Celebrate Mother's Day at the nature house with live music, puppet shows, crafts, and fun activities for the whole family. See a live raptor and learn how wild animal mothers take care of their families. Venture on a self-guided forest stroll. Pack a picnic to make it a full day.

Sun, May 11, 11 am – 2 pm

**All ages**

CAMPBELL VALLEY REGIONAL PARK, Langley Park at 20285 8th Ave, Langley and follow signs to red barn

**Free**

### Forest Fairy Gathering

Come play with us! Meet fairies who live unseen in the park and help build new homes for them with supplies from Gnome Depot. Fairy attire welcome.

Sat, May 17, 11 am – 3 pm

**All ages**

BURNABY LAKE REGIONAL PARK, Burnaby Meet at Burnaby Lake Nature House, 4519 Piper Ave, Burnaby

**Free**

### Wilderness at Your Doorstep

Nature and history are woven into the landscape of this wilderness park. Enhance your knowledge of plants and animals of the backcountry and take away some practical tips on hiking safety.

Sun, May 25, 11 am – 3 pm

**All ages**

LYNN HEADWATERS REGIONAL PARK, North Vancouver

Look for displays near Lynn Headwaters Visitor Centre, north end of Lynn Valley Rd, North Vancouver (Pay parking is in effect)

**Free**



Metro Vancouver  
Metrotower III,  
4515 Central Boulevard,  
Burnaby, BC, V5H 0C6

# Be a Nature Explorer

## Beaver Watch

Beavers are amazing creatures. Try to spot one as it goes about its nightly work.

7502 Fri, Mar 14, 6 – 7:30 pm

**Ages 6+**

BURNABY LAKE REGIONAL PARK, Burnaby

**\$10 per adult, \$7.50 per adult 65+,**

**\$5 per child/youth**

**Registration required**

## Once Upon a Forest Trail New

Combine story time with the benefits of nature and fresh air. Spend spring break strolling through field and forest as you follow pages from a storybook. The end of the book doesn't have to mean the end of your journey.

Continue your walk by choosing a short or longer path – it's up to you.

Check online for story titles as some may repeat: [metrovancover.org/events/events-calendar](https://metrovancover.org/events/events-calendar)

Wed, Mar 19, 10 am – 1 pm

**All ages**

təmtəmixʷtən/BELCARRA REGIONAL PARK, Belcarra/Anmore/Port Moody

Start near the concession building at White Pine Beach (Pay parking is in effect)

Wed, Mar 19, 10 am – 1 pm

**All ages**

BOUNDARY BAY REGIONAL PARK, Delta

Start near the concession building at Centennial Beach

Wed, Mar 26, 10 am – 1 pm

**All ages**

łéxətəm REGIONAL PARK, Coquitlam/Port Coquitlam

Start at the community gardens

Wed, Mar 26, 10 am – 1 pm

**All ages**

DEAS ISLAND REGIONAL PARK, Delta

Start at Fisher's Field

**Free**

**Drop by any time**

## Lichen It!

Like fungus and algae? Find out how the two share one lichen body, why they're important, and how to identify local lichens on a forest stroll.

7511 Sat, Apr 5, 10 am – noon

**Ages 12+**

CAMPBELL VALLEY REGIONAL PARK, Langley

Presented with Langley Environmental Partners Society

**\$10 per adult, \$7.50 per adult 65+,**

**\$5 per youth**

**Registration required**

## Forest Bathing

Step into nature, take a deep breath of fresh forest air, and let your body relax. Awaken your senses and experience the Japanese practice of forest bathing in this park oasis.

7506 Sat, Apr 26, 9:30 am – noon

**Ages 18+**

7563 Sat, Jun 21, 9:30 am – noon

**Ages 18+**

PACIFIC SPIRIT REGIONAL PARK, Vancouver

7507 Sat, May 10, 9:30 am – noon

**Ages 18+**

CAPILANO RIVER REGIONAL PARK, North Vancouver/West Vancouver

7564 Wed, Jun 4, 9:30 am – noon

**Ages 18+**

təmtəmixʷtən/BELCARRA REGIONAL PARK, Belcarra/Anmore/Port Moody

**\$15 per adult, \$11.25 per adult 65+**

**Registration required**

## The Science of Salamanders New

Salamanders lead strange lives poised between water and land. Uncover their habitats, explore their diversity, and learn how Regional Parks staff work to protect them.

7532 Sat, Apr 26, 1:30 – 3:30 pm

**Ages 15+**

təmtəmixʷtən/BELCARRA REGIONAL PARK, Belcarra/Anmore/Port Moody

**\$10 per adult, \$7.50 per adult 65+,**

**\$5 per youth**

**Registration required**



## Nature Magic with Microscopes

Learn to use magnifiers and microscopes to reveal the tiny world living in the forest. Not only will you get an up-close look at mosses, bugs, and bark, but you'll likely never look at a forest the same way again.

7512 Sat, May 3, 10 am – noon

**Ages 5+**

CAPILANO RIVER REGIONAL PARK, North Vancouver/West Vancouver

**\$10 per adult, \$7.50 per adult 65+,**

**\$5 per child/youth**

**Registration required**

## May the Forest Be With You New

Feel the force of the forest flow through you, enhancing your health and well-being. Reflect, sketch, and experience the forest through your senses on this guided journey.

7543 Sun, May 4, 1 – 3 pm **Ages 12+**

DERBY REACH REGIONAL PARK, Langley

**\$10 per adult, \$7.50 per adult 65+,**

**\$5 per youth**

**Registration required**

## Discover Dorman Point New

Take a hike and enjoy the sights and sounds of spring on Bowen Island. This steep trail will reward you with wildflowers, arbutus trees, and lovely views of Howe Sound.

7536 Fri, Jun 6, 9 am – noon

**Ages 18+**

CRIPPEN REGIONAL PARK, Bowen Island

**\$15 per adult, \$11.25 per adult 65+**

**Registration required**

## Pollinator Palooza New

Pollinators love to mingle so help us and the City of Surrey celebrate the vital role of birds, bees, and butterflies in our survival. Join a grassland safari or show off your favourite costume in our pollinator parade. Make your own pollinator planter to create a buzzing outdoor space they'll love (while quantities last).

Sat, May 31, 1 – 3 pm **All ages**

SURREY NATURE CENTRE, City of Surrey

Park at 14225 Green Timbers Way, Surrey

Sat, Jun 28, 1 – 3 pm **All ages**

CAMPBELL VALLEY REGIONAL PARK, Langley

Park at 20285 8th Ave, Langley and follow signs to red barn

Presented with City of Surrey, Surrey Parks

**Free**

**Drop by anytime**

# Stewardship & Volunteering

Be part of a community that cares for regional parks. Volunteer for habitat restoration and other projects. Serve on a board of directors. Get involved and have fun.

Find more opportunities at [metrovancover.org](https://metrovancover.org) (search "volunteer")

[volunteer.info@metrovancover.org](mailto:volunteer.info@metrovancover.org)

## Beachkeepers

Looking to have fun and make a difference this summer? Volunteer as a Beachkeeper and gain experience in stewardship, public education, and scientific data collection. Applications due by May 23.

Weekends, June – Labour Day

təmtəmixʷtən/BELCARRA REGIONAL PARK, Belcarra/Anmore/Port Moody

[beachkeepers@metrovancover.org](mailto:beachkeepers@metrovancover.org)

**Ages 16+**

**Free**

## Ecological Restoration Team

Want to lend nature a helping hand and have fun at the same time? Join our ecological restoration team.

[meetup.com/Regional-Parks-Connect-Metro-Vancouver](https://meetup.com/Regional-Parks-Connect-Metro-Vancouver)

**Ages 15+**

**Free**



təmtəmixʷtən/Belcarra Regional Park



# Partners' Corner

## Presented by Regional Park Partners

### CTS Youth Society: For Youth, By Youth

Connect with your natural environment, community, and each other through life-changing outdoor experiences. With summer camps, year-round events, volunteering opportunities, and group excursions, youth will develop leadership and social responsibility through learning and adventure in regional parks.

**Ages 12 – 18**

[ctsyouthsociety.com](http://ctsyouthsociety.com)

### Discover Derby & Brae

Discover the rich wonders of Derby Reach and Brae Island regional parks in a series of walks and presentations by noted naturalists and historians.

Apr, May **All ages**

**DERBY REACH & BRAE ISLAND REGIONAL PARKS**, Langley

Presented by Derby Reach/Brae Island Parks Association

**Free**

**Registration required:** [drbipa.org](http://drbipa.org)

### Salmon Send-Off

Discover how salmon are raised in the hatchery and release baby salmon in the Serpentine River to begin their journey to the ocean.

Fundraising activities support hatchery operations (cash only please).

Sat, May 10, 11 am – 3 pm

**All ages**

**TYNEHEAD REGIONAL PARK**, Surrey

Meet at the 96th Ave entrance by Tynehead Hatchery, Surrey

Presented by Serpentine Enhancement Society

**Free**

**Drop by anytime**

### Coho Bon Voyage

Release coho salmon fry, see the fish hatchery, and discover the ecological importance of salmon.

Sun, Jun 8, 11 am – 2 pm

**All ages**

**CRIPPEN REGIONAL PARK**, Bowen Island

Meet at Terminal Creek Hatchery, 15-minute walk from ferry, Bowen Island

[bowenhatchery.org](http://bowenhatchery.org)

Presented by Bowen Island Fish & Wildlife Club

**Free**

**Drop by anytime**

## Kanaka Creek Watershed Stewardship Centre Open Houses

Check out displays and presentations. Tour indoor and outdoor learning spaces including the Bell-Irving Hatchery, "roof to creek" stormwater management system, and wetlands.

**KANAKA CREEK REGIONAL PARK**, Maple Ridge

11484 256th St, Maple Ridge  
Presented by Kanaka Education & Environmental Partnership Society

### How the Mighty Have Pollen

Pollination is essential for ecological survival. Find out how it works, how the pollinators are rewarded, and who the pollinators are. Check out the pollinator garden and learn how you can encourage pollinators in your garden, including how to provide homes for mason bees.

Sun, Mar 16, 11 am – 2 pm

**All ages**

### Smolts on the Water

Learn about the needs, dangers, and challenges facing juvenile salmon as you release them to venture down the creek and out to the ocean. Find out how you can help them in their perilous journey.

Sun, May 25, 11 am – 2 pm

**All ages**

### Tweeting with the Songbirds

Discover the many different species of songbirds, their calls that enliven the forest, and natural attractants to bring them into your backyard.

Sun, Jun 22, 11 am – 2 pm

**All ages**

**Free**

**Drop by anytime**

# Kids in Nature

## Salamander Searchers

*They crawl through the woods and hide under logs.*

*They're long-toed or rough-skinned and related to frogs.*

Discover these amazing amphibians that make t̄amt̄amix̄˘t̄an/Belcarra Regional Park their home.

7531 Sat, Apr 26, 10 am – noon

**Ages 6 – 9**

**t̄amt̄amix̄˘t̄an/BELCARRA REGIONAL PARK**, Belcarra/Anmore/Port Moody

**\$5 per child**

**Registration required**

# Birds



Stellar's jay

## Piper Spit Bird Count

Whether you're just getting to know the birds in your backyard or are on the lookout for rarities, grab your binoculars and join a park interpreter to watch the seasonal changes of birds at Burnaby Lake.

7527 Tue, Mar 11, 9 – 11 am **Ages 15+**

7528 Tue, Apr 8, 9 – 11 am **Ages 15+**

7529 Tue, May 13, 9 – 11 am **Ages 15+**

7530 Tue, Jun 10, 9 – 11 am **Ages 15+**

**BURNABY LAKE REGIONAL PARK**, Burnaby

**Free**

**Registration required**

## Birding for Beginners

Birdwatching is a great way to connect to nature. Join a birding enthusiast to explore a park bursting with birdlife. Learn how to use binoculars, where to look for birds, and ways to start telling them apart.

7503 Sat, Apr 26, 8:30 – 11 am

**Ages 18+**

**IONA BEACH REGIONAL PARK**, Richmond

**\$15 per adult, \$11.25 per adult 65+**  
**Registration required**

## Winged Woodworkers

Woodpeckers are essential home builders for many forest creatures. Learn more about these hammer heads of the forest and search for their excavations.

7556 Wed, May 14, 10 am – noon

**Ages 18+**

**TYNEHEAD REGIONAL PARK**, Surrey

**\$10 per adult, \$7.50 per adult 65+**  
**Registration required**

## Sexy Songbirds New

Spring is alive with love songs and birds twittering to attract mates. Learn how these songs can help you identify birds, along with other beginner birding tips like observing shape, size, site, and season.

7550 Sat, May 24, 9 – 11 am

**Ages 12+**

**PITT RIVER REGIONAL GREENWAY**, Pitt Meadows

**\$10 per adult, \$7.50 per adult 65+, \$5 per youth**  
**Registration required**

## Owls in the Park

Discover owls of many different shapes and sizes and their owl-mazing adaptations from a knowledgeable park interpreter. Follow a self-guided trail to learn about the endangered northern spotted owl, its life cycle, and conservation. Meet a live owl!

Sat, Jun 7, 11 am – 1 pm

**All ages**

**TYNEHEAD REGIONAL PARK**, Surrey

Meet at hatchery entrance at 16689 96 Ave, Surrey

Presented with Northern Spotted Owl Breeding Program

**Free**

**Drop by anytime**

# Visitor Centres

Staff and volunteers help you get the most out of your regional park visit.



## Burnaby Lake Nature House

Stop in to see the latest photos in the showcase and take a stroll through the butterfly garden.

Weekends & statutory holidays

10 am – 4 pm

May 18 – Sept 1

BURNABY LAKE REGIONAL PARK, Burnaby

4519 Piper Ave, Burnaby

[metrovancover.org](http://metrovancover.org)

(search "Burnaby Lake Nature House")

## Lynn Headwaters Visitor Centre

Frogs and cougars and bears, oh my! Stop by to find out about the wild things that inhabit this wilderness park.

Saturdays, 11 am – 3 pm

Jun 1 – Sept 21

LYNN HEADWATERS REGIONAL PARK, North Vancouver

North end of Lynn Valley Rd, North Vancouver  
(Pay parking is in effect)

## Campbell Valley Nature House

Learn about the endangered barn owl and other animals that live in this park through interactive displays, crafts, and activities. Check out weekly guest displays and presentations.

Weekends & holiday Mondays, 10 am – 1 pm

May 17 – Sept 1

CAMPBELL VALLEY REGIONAL PARK, Langley

Park at 20285 8th Ave, Langley and follow signs to red barn

[metrovancover.org](http://metrovancover.org)

(search "Campbell Valley Nature House")

## Indigenous Tools

Learn from ḡʷɑ:ḡłəḡ (Kwantlen First Nation) Elder Karen Gabriel about some Indigenous tools used from past to present.

Sun, Jun 15 & Aug 17, 10 am – 1 pm **All ages**

**Free**

**Drop by anytime**

## Escape the Nature House Ghost

A mysterious presence is haunting the nature house. Test your puzzle-solving skills as you race against time to figure out the ghost's identity. Allow 45 minutes to solve the mystery.

7537 Sat & Sun, select dates May 25 – Aug 30

**Ages 10+**

**Free**

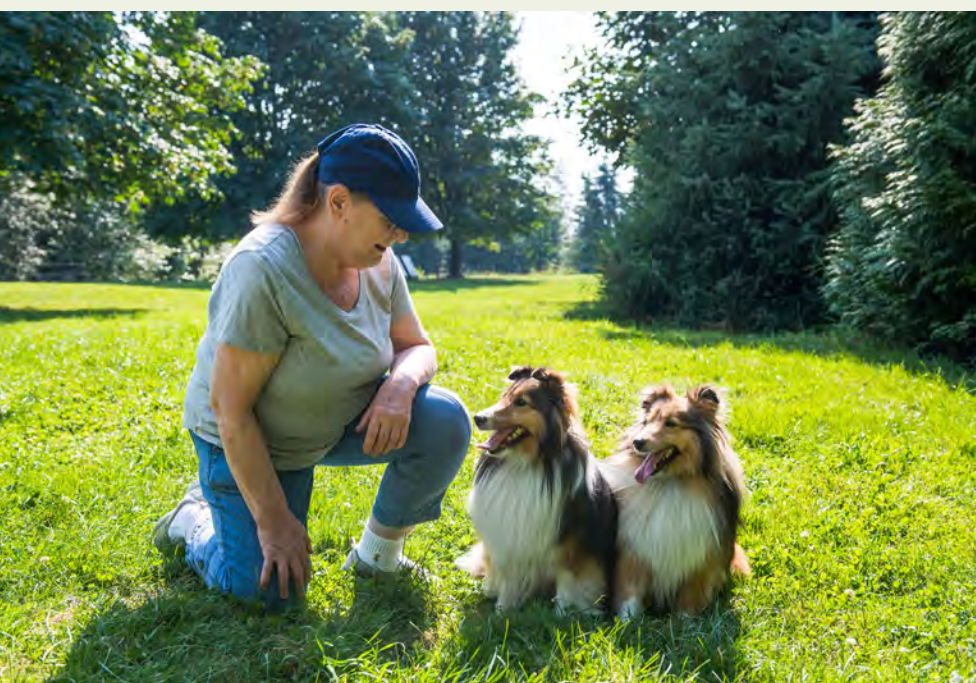
**Registration required**

**(Register as a group of up to 6 people for a designated entry time)**

# Humans of Regional Parks



A glimpse into Derby Reach Regional Park in Langley through the eyes of its visitors. For stories from other Metro Vancouver regional parks, visit [metrovancover.org](http://metrovancover.org) (search "humans").



"In the dog [off-leash area] here, you have places where you can sit and let the dogs just roam around with other dogs, play, and have a lot of fun. They love it here. We come every day around this time. It's got a lot of shade, a lot of tables you can sit at. You can't ask for more."



"We all live in the same area near Walnut Grove. Not far. It's too hot to cook tonight, indoors anyway, so we're picnicking. This park is convenient. It's so close by. Tons of tables if you need them and a nice view of the river."

"The kids like it. You don't have to find things for them to do here. They can just go off. It's a nice big area for them but we can still see them."

# Metro Vancouver Regional Parks & Greenspace

**Registration opens  
Wednesday, February 5.**

**Two easy ways to register**



Online: [metrovancoveronline.org](https://metrovancoveronline.org)



Call: 604-432-6359 (unless otherwise noted)



Fee categories: child (under 12), youth 12 – 17, adult 18+, adult 65+



Park maps, directions, & accessibility info

[metrovancover.org](https://metrovancover.org) (search "parks")

**Never miss an issue –  
subscribe today**

Stay connected! Sign up to receive the latest information about regional parks and programs.

Online: [metrovancover.org](https://metrovancover.org) (search "nature programs")

Email: [regionalparks.info@metrovancover.org](mailto:regionalparks.info@metrovancover.org)



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[MetroVancouver](https://www.youtube.com/MetroVancouver)

## metrovancover

Metro Vancouver is a federation of 21 municipalities, one electoral area, and one treaty First Nation. It plans for and delivers regional utility services, including water, sewers and wastewater treatment, and solid waste management. It also regulates air quality, plans for urban growth, manages a regional parks system, provides affordable housing, and serves as a regional federation.

## metrovancover | REGIONAL PARKS

Metro Vancouver regional parks are part of a larger system that includes regional park reserves, ecological conservancy areas, and greenways.

All of these places are located on the shared territories of many Indigenous peoples, including 10 local First Nations: q̓íc̓áy (Katzie), q̓w̓á:ń̓l̓áń (Kwantlen), kw̓ikw̓et̓l̓əm (Kwikwetlem), máthxwi (Matsqui), x̓m̓əθk̓w̓áy̓əm (Musqueam), q̓iq̓éyt (Qayqayt), Semiahmo, Sk̓wx̓w̓ú7mesh Úxwumixw (Squamish), sc̓əw̓áθ̓ən məsteyəx̓w̓ (Tsawwassen), and s̓əl̓ilw̓ət̓əł (Tseil-Waututh).

These green spaces protect diverse natural landscapes and habitats spread out over BC's largest metropolitan area.

## Field Trips & Tours

Connect with nature through our field trips and tours for schools, scouts, guides, and adult groups. Book a professional development workshop for teachers, educators, and group leaders.

[metrovancover.org](https://metrovancover.org) (search "field trips")



## Our Foundation

Metro Vancouver Regional Parks Foundation is a registered charity dedicated to the conservation and enhancement of Metro Vancouver's regional parks.

For information or to make a donation, visit [MVRPFoundation.ca](https://MVRPFoundation.ca)





# Nature Program Guide

Spring 2025

March				
TUE 11	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.3	Ages 15+
FRI 14	<input type="checkbox"/>	Beaver Watch BURNABY LAKE REGIONAL PARK	p. 2	Ages 6+
SUN 16	<input type="checkbox"/>	How the Mighty Have Pollen KANAKA CREEK REGIONAL PARK	p. 3	All ages
WED 19	<input type="checkbox"/>	Once Upon a Forest Trail təmtəmixʷtən/BELCARRA REGIONAL PARK <span>New</span>	p. 2	All ages
	<input type="checkbox"/>	Once Upon a Forest Trail BOUNDARY BAY REGIONAL PARK <span>New</span>	p. 2	All ages
FRI 21	<input type="checkbox"/>	Night Quest PACIFIC SPIRIT REGIONAL PARK	p. 1	All ages
SAT 22	<input type="checkbox"/>	Night Quest PACIFIC SPIRIT REGIONAL PARK	p. 1	All ages
WED 26	<input type="checkbox"/>	Once Upon a Forest Trail łéxətəm REGIONAL PARK <span>New</span>	p. 2	All ages
	<input type="checkbox"/>	Once Upon a Forest Trail DEAS ISLAND REGIONAL PARK <span>New</span>	p. 2	All ages
THU 27	<input type="checkbox"/>	Enchanted Forest ALDERGROVE REGIONAL PARK	p. 1	All ages
April				
SAT 5	<input type="checkbox"/>	Lichen It! CAMPBELL VALLEY REGIONAL PARK	p.2	Ages 12+
TUE 8	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.3	Ages 15+
MON 21	<input type="checkbox"/>	Critter Capers: Who's Crashing in My Tree Cavity? BURNABY LAKE REGIONAL PARK	p.1	All ages
SAT 26	<input type="checkbox"/>	Birding for Beginners IONA BEACH REGIONAL PARK	p.3	Ages 18+
	<input type="checkbox"/>	Forest Bathing PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 18+
	<input type="checkbox"/>	Salamander Searchers təmtəmixʷtən/BELCARRA REGIONAL PARK	p.3	Ages 6 – 9
	<input type="checkbox"/>	The Science of Salamanders təmtəmixʷtən/BELCARRA REGIONAL PARK <span>New</span>	p.2	Ages 15+
SUN 27	<input type="checkbox"/>	Goodbye Chums! KANAKA CREEK REGIONAL PARK	p.1	All ages

May				
SAT 3	<input type="checkbox"/>	Nature Magic with Microscopes CAPILANO RIVER REGIONAL PARK	p.2	Ages 5+
SUN 4	<input type="checkbox"/>	May the Forest be with You DERBY REACH REGIONAL PARK <span>New</span>	p.2	Ages 12+
SAT 10	<input type="checkbox"/>	Forest Bathing CAPILANO RIVER REGIONAL PARK	p.2	Ages 18+
	<input type="checkbox"/>	Salmon Send-Off TYNEHEAD REGIONAL PARK	p.3	All ages
SUN 11	<input type="checkbox"/>	Wild Moms CAMPBELL VALLEY REGIONAL PARK	p.1	All ages
TUE 13	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.3	Ages 15+
WED 14	<input type="checkbox"/>	Winged Woodworkers TYNEHEAD REGIONAL PARK	p.3	Ages 18+
SAT 17	<input type="checkbox"/>	Forest Fairy Gathering BURNABY LAKE REGIONAL PARK	p.1	All ages
SAT 24	<input type="checkbox"/>	Sexy Songbirds PITT RIVER REGIONAL GREENWAY <span>New</span>	p.3	Ages 12+
SUN 25	<input type="checkbox"/>	Wilderness at your Doorstep LYNN HEADWATERS REGIONAL PARK	p.1	All ages
	<input type="checkbox"/>	Smolts on the Water KANAKA CREEK REGIONAL PARK	p.3	All ages
	<input type="checkbox"/>	Escape the Nature House Ghost CAMPBELL VALLEY REGIONAL PARK	p.4	Ages 10+
June				
WED 4	<input type="checkbox"/>	Forest Bathing təmtəmixʷtən/BELCARRA REGIONAL PARK	p.2	Ages 18+
FRI 6	<input type="checkbox"/>	Discover Dorman Point CRIPPEN REGIONAL PARK <span>New</span>	p.2	Ages 18+
SAT 7	<input type="checkbox"/>	Owls in the Park TYNEHEAD REGIONAL PARK	p.3	All ages
SUN 8	<input type="checkbox"/>	Coho Bon Voyage CRIPPEN REGIONAL PARK	p.3	All ages
	<input type="checkbox"/>	Escape the Nature House Ghost CAMPBELL VALLEY REGIONAL PARK	p.4	Ages 10+
TUE 10	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.3	Ages 15+
SUN 15	<input type="checkbox"/>	Indigenous Tools CAMPBELL VALLEY REGIONAL PARK	p.4	All ages
SAT 21	<input type="checkbox"/>	Forest Bathing PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 18+
SUN 22	<input type="checkbox"/>	Tweeting with the Songbirds KANAKA CREEK REGIONAL PARK	p.3	All ages
	<input type="checkbox"/>	Escape the Nature House Ghost CAMPBELL VALLEY REGIONAL PARK	p.4	Ages 10+
SAT 28	<input type="checkbox"/>	Pollintaor Palooza CAMPBELL VALLEY REGIONAL PARK <span>New</span>	p.2	All ages

Keep track of programs you are interested in!

## Two easy ways to register

Online: [metrovancoveronline.org](https://metrovancoveronline.org)

Call: 604-432-6359 (unless otherwise noted)