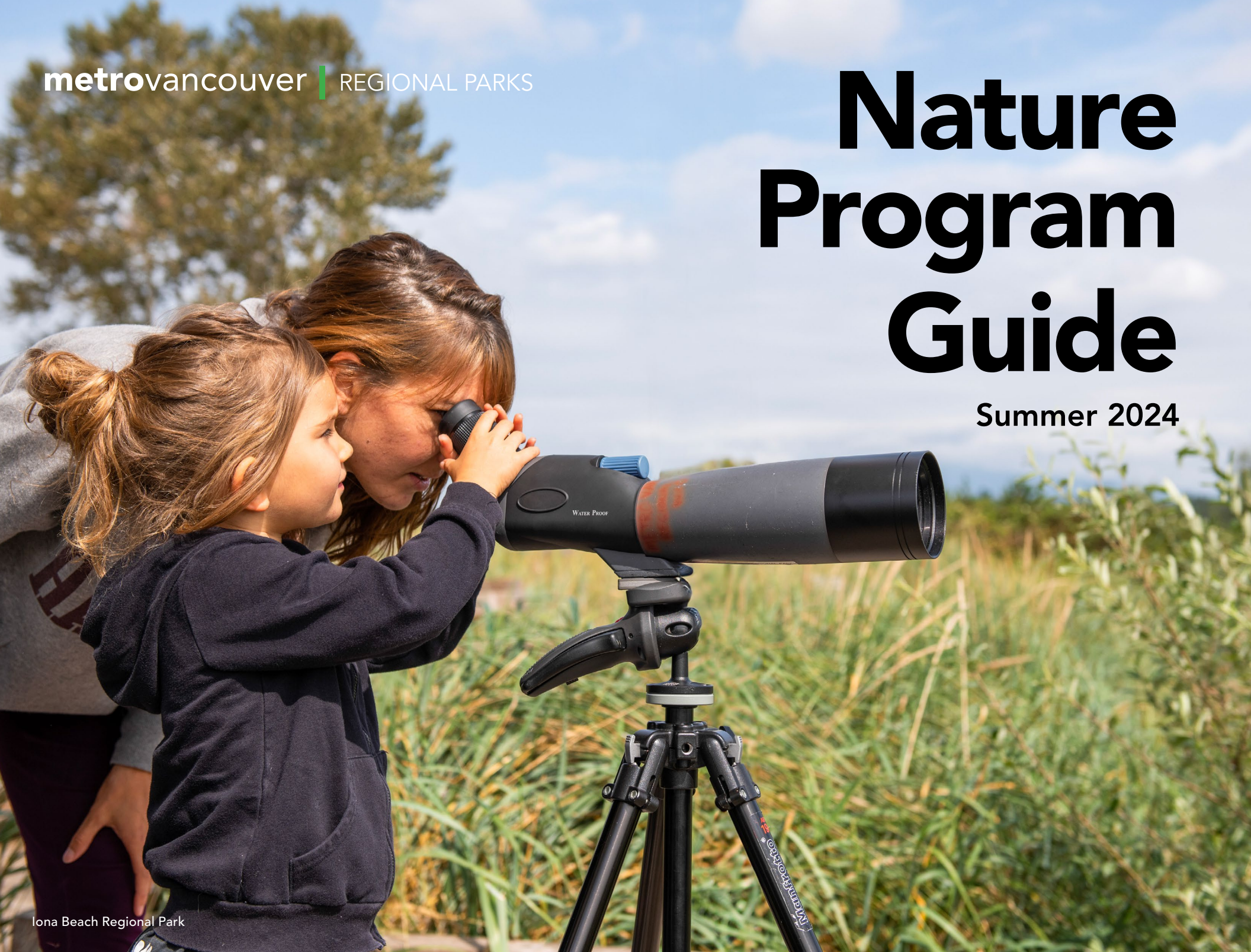


Nature Program Guide

Summer 2024



Iona Beach Regional Park

Events

Forest Harmonies

Stroll along a trail through the rainforest at dusk while listening to local musicians. Explore interpretation stations to learn how nature and music have been connected since the beginning of time.

Sat, Jul 20, 6:30 – 8:30 pm **All ages**
PACIFIC SPIRIT REGIONAL PARK, Vancouver

Start at the park centre on 16th Ave,
400 m west of Blanca St

Free

Owl Hoot-enanny

Join the party and have a real hoot! Dance to live music, munch at a food truck, and see a live owl. Uncover the mysterious lives of owls and other grassland creatures through fun activity stations. Hunt for prey like a coyote through a grass maze or jump like a mouse into a giant straw pile.

Sun, Sept 8, 11 am – 2 pm **All ages**
CAMPBELL VALLEY REGIONAL PARK,

Langley
Park at 20285 8th Ave, Langley

Free

Wings Over Iona

Join us to mark one of nature's wonders — the fall migration of shorebirds, songbirds, and waterfowl as they journey from northern breeding grounds to warmer habitats in the south. Join a bird walk, watch bird banders work their magic, or try other activities to get a glimpse into the life of a feathered world traveler.

Please leave pets at home.

Sat, Sept 14, 9 am – 1 pm **All ages**
IONA BEACH REGIONAL PARK, Richmond

Look for a Regional Parks tent at the washroom building

Free

New: Register in advance for a guided bird walk.

7177 9:15 – 10:15 am & 10:30 – 11:30 am
Ages 10+



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



Pacific Spirit Regional Park

Be a Nature Explorer

We Are Stardust

What happens when stars die, spreading stardust across the universe? Gaze into the heavens and discover how everything is made of stardust. Camp under the stars, identify constellations, and hear cultural stories about the night sky.

Camp hours: 8:30 pm – 10 am

Program hours: 10:30 pm – midnight

7174 Thu, Jul 4 **Ages 7+**

7175 Fri, Jul 5 **Ages 7+**

7176 Sat, Jul 6 **Ages 7+**

ALDERGROVE REGIONAL PARK, Langley

\$20 per adult, \$10 per child/youth/adult 65+

Registration required

Low Tide Walk

Sea stars, oysters, and nudibranchs, oh my! What gets revealed when the tide goes out? Join a discovery walk during one of the lowest tides of the summer.

Register for an adult or family walk.

7153 Thu, Jul 4, 11 am – 1 pm

Ages 6+

7154 Fri, Jul 5, 11:30 am – 1:30 pm

Ages 19+

7155 Mon, Jul 22, 1 – 3 pm

Ages 6+

təmtəmix*ʔən/BELCARRA REGIONAL PARK, Belcarra/Anmore/Port Moody

\$10 per adult, \$5 per child/youth/adult 65+

Registration required

Mysterious Bats

What animal flies at speeds up to 90 km/h and finds its food in total darkness? Discover the fascinating bat species that live at the park, listen for their calls with bat detectors, and learn some simple ways we can help against the threats they face.

7158 Fri, Jul 5, 8:30 – 10 pm **Ages 19+**

7159 Fri, Jul 26, 8 – 9:30 pm **Ages 8+**

7160 Sat, Aug 3, 8 – 9:30 pm **Ages 8+**

DEAS ISLAND REGIONAL PARK, Delta

7161 Sat, Jul 13, 8:45 – 10:45 pm **Ages 9+**

7162 Sat, Jul 20, 8:30 – 10:30 pm **Ages 9+**

CAMPBELL VALLEY REGIONAL PARK, Langley

7163 Wed, Aug 7, 7:45 – 9:45 pm **Ages 8+**

7164 Fri, Aug 9, 7:45 – 9:45 pm **Ages 8+**

7165 Wed, Aug 14, 7:30 – 9:30 pm **Ages 19+**

MINNEKHADA REGIONAL PARK, Coquitlam

\$15 per adult, \$7.50 per child/youth/adult 65+

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 an urban park oasis.

7148 Wed, Jul 10, 9:30 am – noon

Ages 19+

KANAKA CREEK REGIONAL PARK, Maple Ridge

7149 Wed, Jul 17, 9:30 am – noon

Ages 19+

DERBY REACH REGIONAL PARK, Langley

7150 Wed, Jul 24, 9:30 am – noon

Ages 19+

7151 Sat, Aug 24, 9:30 am – noon

Ages 19+

PACIFIC SPIRIT REGIONAL PARK, Vancouver

7152 Sat, Aug 17, 9:30 am – noon

Ages 19+

CAPILANO RIVER REGIONAL PARK,

North Vancouver/West Vancouver

\$15 per adult, \$7.50 per adult 65+

Registration required

Nature Watch by Canoe

Discover the park in a whole new way — from the water. Paddle around Deas Slough while watching for eagles and listening to songbirds.

7166 Wed, Jul 10, 7 – 9:30 pm **Ages 12+**

DEAS ISLAND REGIONAL PARK, Delta

\$30 per adult, \$15 per youth/adult 65+

Registration required

Spider Superpowers

Spiders can walk up walls, jump up to 50 times their body length, and spin silk stronger than steel. Search for these amazing animals and observe them up close.

7169 Thu, Jul 11, 10 – 11:30 am **Ages 8+**

7170 Sat, Jul 13, 10 – 11:30 am **Ages 8+**

IONA BEACH REGIONAL PARK, Richmond

\$10 per adult, \$5 per child/youth/adult 65+

Registration required

Toads & Turtles

New

In the water and on land, amphibians and reptiles love to call this park home. Search for two unique residents: the western painted turtle and western toad.

7173 Thu, Jul 11, 7 – 9 pm **Ages 8+**

MINNEKHADA REGIONAL PARK, Coquitlam

\$10 per adult, \$5 per child/youth/adult 65+

Registration required

Lynn Loop Nature Hike

Learn some of the secrets of the temperate rainforest. This 5.2 km hike travels through a scenic section of forest before heading downhill to Lynn Creek.

One steep section

7156 Sat, Jul 13, 8:30 am – 12:30 pm

Ages 19+

LYNN HEADWATERS REGIONAL PARK,

North Vancouver

\$15 per adult, \$7.50 per adult 65+

Registration required

The Secret Life of Trees

Are trees able to smell? Do trees talk to each other? Come on this guided hike to uncover some of the mysteries and surprising facts about these forest giants.

7171 Sat, Jul 27, 9:30 am – noon

Ages 19+

CAPILANO RIVER REGIONAL PARK,

North Vancouver/West Vancouver

7172 Tue, Aug 27, 9:30 am – noon

Ages 19+

PACIFIC SPIRIT REGIONAL PARK, Vancouver

\$15 per adult, \$7.50 per adult 65+

Registration required

Master Tunnel Makers

Ever wonder about the mysterious piles of dirt that appear in fields — or the tunnels that weave through long grass? Meet moles and voles and discover their big impacts on grasslands.

7157 Sat, Jul 27, 9:30 – 11:30 am

Ages 8+

ALDERGROVE REGIONAL PARK, Langley

\$10 per adult, \$5 per child/youth/adult 65+

Registration required

Practice English in a Park

Join park staff on a safe and fun nature walk in a beautiful park. Learn about local forest animals and plants while practicing your English and learning nature vocabulary on this easy walk.

English Language Learner Level: beginner to intermediate

7167 Wed, Jul 31, 6:30 – 8 pm **All ages**

TYNEHEAD REGIONAL PARK, Surrey

Funded in part by Metro Vancouver

Regional Parks Foundation

Free

Registration required

Wild Animal Survivor

Become a coyote and try to survive a self-guided obstacle course. Do you have what it takes to find food, water, and shelter while escaping the dangers that lurk?

Activities designed for ages 6+

Fri, Aug 16, 6 – 8 pm **All ages**

PITT RIVER REGIONAL GREENWAY,

Pitt Meadows

Meet at Harris Landing (Harris Rd & Fraser Way, Pitt Meadows)

Free

Drop by anytime

Barefoot Bears

Walk in the footsteps of bears through a beautifully lush, temperate rainforest. Learn about bear biology and behaviour while looking for bear signs. Come to respect these magnificent creatures and discover how to co-exist.

7147 Sun, Aug 18, 10:30 am – 12:30 pm

Ages 13+

KANAKA CREEK REGIONAL PARK, Maple Ridge

\$10 per adult, \$5 per youth/adult

Registration required

Re-imagine Nature Photo Workshop

New

Create visual stories filled with life, colour, and drama. Globally-published fashion photographer Christina Lazar-Schuler will bring her “fashion eye” to landscape photography and teach you how to visualize outside the box using only your smartphone during the blue and golden hours.

7168 Sat, Aug 24, 7 – 9 pm **Ages 14+**

CAMPBELL VALLEY REGIONAL PARK,

Langley

\$15 per adult, \$7.50 per youth/adult 65+

Registration required

Birds

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 watch the seasonal changes of birds at Burnaby Lake.

7144 Tue, Jul 9, 9 – 11 am **Ages 15+**

7145 Tue, Aug 13, 9 – 11 am **Ages 15+**

7146 Tue, Sept 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 where to look for birds, how to use binoculars, and ways to start telling them apart.

7142 Sat, Jul 27, 8:30 – 11 am **Ages 19+**

7143 Sat, Aug 24, 8:30 – 11 am **Ages 12+**

IONA BEACH REGIONAL PARK, Richmond

\$15 per adult, \$7.50 per child/youth/adult 65+

Registration required

təmtəmix*ʔən/Belcarra Regional Park

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 19 – Sept 2

BURNABY LAKE REGIONAL PARK, Burnaby

4519 Piper Ave, Burnaby

Info: 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

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
(except Canada Day), 1 – 4 pm

May 18 – Sept 2

CAMPBELL VALLEY REGIONAL PARK, Langley

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

Info: metrovancover.org
(search "Campbell Valley Nature House")

Skulls, Tracks, & Scat

Connect to the land with q̓w̓a:nl̓əḥ (Kwantlen First Nation) Elder Karen Gabriel and discover the different animals that live around us by looking at their skulls, tracks, and scat (poop).

Sun, Jul 14 & Sept 1, 1 – 4 pm **All ages**

Free

Drop by anytime

Indigenous Tools

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

Sun, Jun 16 & Aug 11, 1 – 4 pm **All ages**

Free

Drop by anytime

Mystery Animal New

Embark on a trail of self-guided activities to explore the world of intelligent yet often misunderstood animals. Learn about their diet, family dynamics, and the signs they leave behind.

Jun 9, Jul 27 & 28, Aug 11, 1 – 4 pm

All ages

Free

Drop by anytime

Puppet Show New

Drop by for a wild animal puppet show.

Sun, Jul 14 & Aug 25 **Ages 5 – 10**

Show times: 1, 2, 3 pm

Free

Escape the Nature House Ghost New

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. Activities designed for ages 10+. Register your family or small group for a designated entry time.

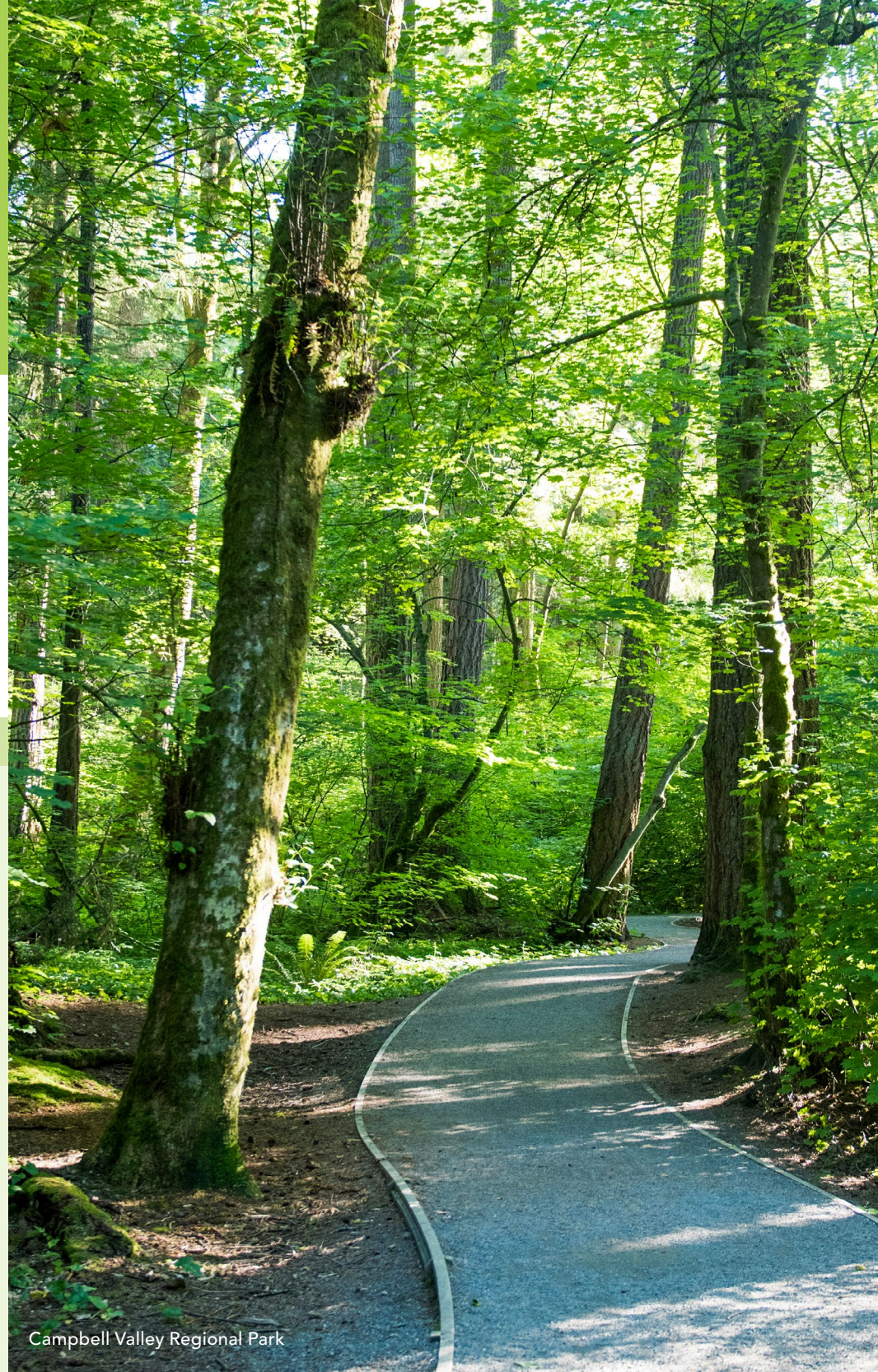
7184 Sat & Sun, select dates

Jun 9 – Aug 31 **All ages**

Free

Registration required

(Register as a group of up to 6 people)



Campbell Valley Regional Park

Partners' Corner

Presented by Regional Park Partners

Find links to other park partners at metrovancover.org (search "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

Info: ctsyouthsociety.com

Free

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.

July **All ages**

DERBY REACH &

BRAE ISLAND REGIONAL PARKS, Langley

Presented by Derby Reach/Brae Island Parks Association

Free

Registration required: drbipa.org

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.

Get Your Plants On

Learn how to identify native plants in your yard and our forests, and discover their traditional uses.

Sun, Jul 14, 11 am – 2 pm **All ages**

Pond-ering Amphibians

Did you know the pacific treefrog's call is the nighttime sound of Hollywood movies? Explore the stewardship centre ponds and learn about frogs, toads, salamanders, and newts.

Sun, Aug 18, 11 am – 2 pm **All ages**

KANAKA CREEK REGIONAL PARK,
Maple Ridge

11484 256th St, Maple Ridge

Presented by Kanaka Education & Environmental Partnership Society

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 (search "volunteer")

Info: volunteer.info@metrovancover.org

Ecological Restoration Team

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

Info: meetup.com/Regional-Parks-Connect-Metro-Vancouver

Ages 15+

Free

Lynn Headwaters Visitor Centre Hosts

Looking to have fun and make a difference this summer? Learn about the wild things that call the park home and provide visitors with information about how to stay safe when hiking.

Saturdays, Jun 1 – Sept 21

Info: volunteer.info@metrovancover.org

Ages 16+

Free



Watershed Programs

Presented by Water Services

Metro Vancouver's Water Services department manages three closed watersheds (Capilano, Seymour, and Coquitlam) and an open water reserve: the Lower Seymour Conservation Reserve (LSCR). Their programs showcase the importance of water.

Watershed Tours

Where does your water come from? Join us on a tour of one of the region's protected watersheds to discover the source of your tap water.

Thu & Sat, 9 am & 1 pm
CAPILANO WATERSHED, North Vancouver

3.5-4-hour adult tours **Ages 13+**

Fri & Sun, 9 am & 1 pm
COQUITLAM WATERSHED, Coquitlam

3.5-hour adult tours **Ages 13+**

Select dates, Sat & Sun,
9 am & 12:30 pm

LOWER SEYMOUR CONSERVATION RESERVE,
North Vancouver

3-hour family tours **Ages 3+**

Info: metrovancover.org
(search "watershed tours")

Free

Registration required

Creature Feature: Western Tiger Swallowtail

Summer is the season of the butterfly, and regional parks provide a range of habitats used by many species of butterflies.

A favourite of many is the western tiger swallowtail. This gorgeous creature can be seen flitting from flower to flower in search of nectar.

While the adults may visit a variety of flowers to sip the sweet stuff, there are other plants on which the species absolutely depend – alder, birch, cottonwood, and willows.

The leaves of these are where adult swallowtails lay eggs; the leaves also feed the larvae when they hatch the following spring.

So, remember, trees are also a western tiger swallowtail's best friend!

This article was featured in our monthly e-newsletter that highlights some great behind-the-scenes stories as well as the latest Regional Parks news and events. Subscribe at metrovancover.org (search "Regional Parks Newsletter").

Humans of Regional Parks

A glimpse into Minnehada Regional Park in Coquitlam through the eyes of its visitors. For stories from other Metro Vancouver regional parks, visit metrovancover.org (search "humans").



"I had experienced Minnehada as a child from 1960 to 1970 when my grandmother worked here. There was a working farm here and my grandmother was the domestic manager of the farmhouse. Now I chair the Minnehada Park Association. I really wanted to come back (to Minnehada) and also help other people connect with it because I know how powerful nature is. We do a lot of stewardship, everything from bat monitoring to western toad monitoring. We do nature tents and we just launched an art program. And also the Wildfire Recovery Project with two monitoring stations up near the High Knoll. People can participate by taking photos of the wildfire area. And what we want to do with that is create a time lapse that will show the forest recovery. We'll also be replanting in the wildfire area starting in the fall. We're volunteer based, so if you want to join, contact us at coordinator@minnehada.ca."



"I've been here before, before COVID. It was a hard hike, but it was fun. And it's dog-friendly too. Last time I came here, there were so many people and everyone was just talking to each other. Nice community talking about how they came up here, and about other viewpoints where they went to as well."

"He told me the view was good. This is my first time here. I think it's really important to preserve as much nature as we can. 'Cause I see a lot of construction happening nearby, so it's good to keep this area as natural as possible."



Nature Program Calendar

Summer 2024

July				
THU 4	<input type="checkbox"/>	We are Stardust ALDERGROVE REGIONAL PARK	p.2	Ages 7+
	<input type="checkbox"/>	Low Tide Walk təmtəmíx*ˈtən/BELCARRA REGIONAL PARK	p.2	Ages 6+
FRI 5	<input type="checkbox"/>	We are Stardust ALDERGROVE REGIONAL PARK	p.2	Ages 7+
	<input type="checkbox"/>	Low Tide Walk təmtəmíx*ˈtən/BELCARRA REGIONAL PARK	p.2	Ages 19+
	<input type="checkbox"/>	Mysterious Bats DEAS ISLAND REGIONAL PARK	p.2	Ages 19+
SAT 6	<input type="checkbox"/>	We are Stardust ALDERGROVE REGIONAL PARK	p.2	Ages 7+
TUE 9	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.2	Ages 15+
WED 10	<input type="checkbox"/>	Forest Bathing KANAKA CREEK REGIONAL PARK	p.2	Ages 19+
	<input type="checkbox"/>	Nature Watch by Canoe DEAS ISLAND REGIONAL PARK	p.2	Ages 12+
THU 11	<input type="checkbox"/>	Spider Superpowers IONA BEACH REGIONAL PARK	p.2	Ages 8+
	<input type="checkbox"/>	Toads & Turtles MINNEKHADA REGIONAL PARK New	p.2	Ages 8+
SAT 13	<input type="checkbox"/>	Spider Superpowers IONA BEACH REGIONAL PARK	p.2	Ages 8+
	<input type="checkbox"/>	Mysterious Bats CAMPBELL VALLEY REGIONAL PARK	p.2	Ages 9+
	<input type="checkbox"/>	Lynn Loop Nature Hike LYNN HEADWATERS REGIONAL PARK	p.2	Ages 19+
SUN 14	<input type="checkbox"/>	Get Your Plants On KANAKA CREEK REGIONAL PARK	p.3	All ages
WED 17	<input type="checkbox"/>	Forest Bathing DERBY REACH REGIONAL PARK	p.2	Ages 19+
SAT 20	<input type="checkbox"/>	Forest Harmonies PACIFIC SPIRIT REGIONAL PARK	p. 1	All ages
	<input type="checkbox"/>	Mysterious Bats CAMPBELL VALLEY REGIONAL PARK	p.2	Ages 9+
MON 22	<input type="checkbox"/>	Low Tide Walk təmtəmíx*ˈtən/BELCARRA REGIONAL PARK	p.2	Ages 6+
WED 24	<input type="checkbox"/>	Forest Bathing PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 19+
FRI 26	<input type="checkbox"/>	Mysterious Bats DEAS ISLAND REGIONAL PARK	p.2	Ages 8+
SAT 27	<input type="checkbox"/>	Birding for Beginners IONA BEACH REGIONAL PARK	p.2	Ages 19+
	<input type="checkbox"/>	The Secret Life of Trees CAPILANO RIVER REGIONAL PARK	p.2	Ages 19+
	<input type="checkbox"/>	Master Tunnel Makers ALDERGROVE REGIONAL PARK	p.2	Ages 8+
WED 31	<input type="checkbox"/>	Practice English in a Park TYNEHEAD REGIONAL PARK	p.2	All ages

August				
SAT 3	<input type="checkbox"/>	Mysterious Bats DEAS ISLAND REGIONAL PARK	p.2	Ages 8+
WED 7	<input type="checkbox"/>	Mysterious Bats MINNEKHADA REGIONAL PARK	p.2	Ages 8+
FRI 9	<input type="checkbox"/>	Mysterious Bats MINNEKHADA REGIONAL PARK	p.2	Ages 8+
TUE 13	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.2	Ages 15+
WED 14	<input type="checkbox"/>	Mysterious Bats MINNEKHADA REGIONAL PARK	p.2	Ages 19+
FRI 16	<input type="checkbox"/>	Wild Animal Survivor PITT RIVER REGIONAL GREENWAY	p. 2	All ages
SAT 17	<input type="checkbox"/>	Forest Bathing CAPILANO RIVER REGIONAL PARK	p.2	Ages 19+
SUN 18	<input type="checkbox"/>	Barefoot Bears KANAKA CREEK REGIONAL PARK	p.2	Ages 13+
	<input type="checkbox"/>	Pond-ering Amphibians KANAKA CREEK REGIONAL PARK	p.3	All ages
SAT 24	<input type="checkbox"/>	Birding for Beginners IONA BEACH REGIONAL PARK	p.2	Ages 12+
	<input type="checkbox"/>	Forest Bathing PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 19+
	<input type="checkbox"/>	Re-imagine Nature Photo Workshop New CAMPBELL VALLEY REGIONAL PARK	p.2	Ages 14+
TUE 27	<input type="checkbox"/>	The Secret Life of Trees PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 19+
September				
SUN 8	<input type="checkbox"/>	Owl Hoot-enanny CAMPBELL VALLEY REGIONAL PARK	p.1	All ages
TUE 10	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.2	Ages 15+
SAT 14	<input type="checkbox"/>	Wings Over Iona IONA BEACH REGIONAL PARK	p.1	All ages

[Keep track of programs you are interested in!](#)