



Nature Program Guide

Spring 2024
March to June

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 1 hour to complete. Bring cash for concession and a flashlight or lantern. Please leave pets at home.

6948 Fri, Mar 22, 7 – 9:30 pm **All ages**

6955 Sat, Mar 23, 7 – 9:30 pm **All ages**

PACIFIC SPIRIT REGIONAL PARK, Vancouver

Presented with Pacific Spirit Park Society

We gratefully acknowledge the financial support of the Province of British Columbia.

[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 28, 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: The Case of the Scrambled Eggs

April fools! The prankster crows switched a bunch of eggs into different nests. Help get the scrambled eggs home by examining nest material and other evidence.

Recommended for ages 6 – 9.

Allow 1 hour to solve the mystery.

Sections of the trail are steep and rocky, and not accessible for strollers.

Mon, Apr 1, noon – 3 pm **All ages**

MINNEKHADA REGIONAL PARK, Coquitlam

Meet at Quarry Rd parking Lot

[Free](#)

Goodbye Chums!

Kick start a salmon fry's journey to the ocean by helping release them into Kanaka Creek. Enjoy fun activities and displays. Find out more about your watershed and how to keep it clean for salmon.

Sat, 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 5-minute shuttle from Webster's Corner Elementary (25554 Dewdney Trunk Rd, Maple Ridge)

Presented with Kanaka Education & Environmental Partnership Society

[Free](#)

Wild Moms New

Celebrate Mother's Day at the nature house with live music, theatrical performances, crafts, and fun activities for the whole family. See a live owl 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 12, 1 – 4 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 18, 11 am – 3 pm **All ages**

BURNABY LAKE REGIONAL PARK, Burnaby

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

[Free](#)

Naturally Inspired New

Spend a day exploring the colours, shapes, and patterns of nature. Get inspired and enjoy arts and crafts activities that expand your ability to observe and appreciate nature.

Join an art workshop during this event! Register for *Nature & Art* (see page 2).

Wed, Mar 20, 10 am – 2 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 26, 9:30 am – 1 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](#)



Be a Nature Explorer

Beaver Watch

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

6969 Fri, Mar 15, 6 – 7:30 pm **Ages 6+**
BURNABY LAKE REGIONAL PARK, Burnaby
\$10 per adult, \$5 per child/youth/adult 65+
Registration required

Nature & Art New

Explore how creating art can help build your relationship to the natural world. Be wildly inspired by Maggie Chow from the Arts and Play Society who will share basic sketching and painting techniques and tips for outdoor art supplies. Create a small piece of art to take home.

Part of the *Naturally Inspired* event (see page 1)

6970 Wed, Mar 20, 10 am – noon
Ages 9 – 12

6971 Wed, Mar 20, 1:30 – 3:30 pm
Ages 13 – 18

BURNABY LAKE REGIONAL PARK, Burnaby
\$25 per participant
Registration required

Tricksters New

Tricky hunting techniques ensure bellies are full while crafty defenses help animals hide. Don't be fooled by how coyotes, crows, and other tricksters ambush and evade to stay alive.

6972 Mon, Apr 1, 1 – 3 pm **Ages 8+**
ALDERGROVE REGIONAL PARK, Langley
\$10 per adult, \$5 per child/youth/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.

6973 Wed, Apr 24, 9:30 am – noon
Ages 18+
MINNEKHADA REGIONAL PARK, Coquitlam

6974 Sat, May 4, 9:30 am – noon
Ages 12+
DERBY REACH REGIONAL PARK, Langley
\$15 per adult, \$7.50 per youth/adult 65+
Registration required



təmtəmixˈtən/Belcarra Regional Park

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.

6975 Sat, Apr 27, 9:30 am – noon
Ages 18+

6976 Sat, Jun 22, 9:30 am – noon
Ages 18+

PACIFIC SPIRIT REGIONAL PARK, Vancouver

6977 Sat, May 11, 9:30 am – noon
Ages 18+

CAPILANO RIVER REGIONAL PARK,
North Vancouver/West Vancouver

6978 Thu, May 30, 9:30 am – noon
Ages 18+

təmtəmixˈtən/BELCARRA REGIONAL PARK,
Belcarra/Anmore/Port Moody
\$15 per adult, \$7.50 per adult 65+
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 a close up look at mosses, bugs, and bark, but you'll likely never look at a forest the same way again.

6979 Sat, May 4, 10 am – noon **Ages 5+**

CAPILANO RIVER REGIONAL PARK,
North Vancouver/West Vancouver
\$10 per adult, \$5 per child/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 join a park interpreter to watch the seasonal changes of birds at Burnaby Lake.

6982 Tue, Mar 12, 9 – 11 am **Ages 15+**

6983 Tue, Apr 9, 9 – 11 am **Ages 15+**

6984 Tue, May 14, 9 – 11 am **Ages 15+**

6985 Tue, Jun 11, 9 – 11 am **Ages 15+**

BURNABY LAKE REGIONAL PARK, Burnaby
Free

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.

6986 Sat, Apr 13, 10 am – noon **Ages 9+**

PACIFIC SPIRIT REGIONAL PARK, Vancouver
\$10 per adult, \$5 per child/youth/adult 65+
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.

6987 Sat, April 27, 8:30 – 11 am

Ages 18+
IONA BEACH REGIONAL PARK, Richmond
\$15 per adult, \$7.50 per adult 65+
Registration required



red-winged blackbird

Creature Feature: Rough-Skinned Newt

Many wildlife species make their home in regional parks. Some like black bears, bald eagles, or even salmon tend to attract a lot of attention. But there are others that lead a more secretive life, such as the rough-skinned newt. These forest dwellers spend most of their time on the forest floor in search of food – slugs, worms, spiders, and other invertebrates, even other amphibian eggs and larvae.

With their dark brown skin, they blend in well and are rarely noticed – except when threatened. Then rough-skinned newts will show their bright yellow or orange belly: a warning to potential predators. These mild-mannered creatures are the most poisonous amphibian in the Pacific Northwest.

However, one type of predator – the garter snake – has managed to evolve some resistance to newt toxin. It can eat a rough-skinned newt, but if a newt is too toxic, the snake just regurgitates it.

For those newts that escape the grips of a garter snake, life can go on for more than a decade in the wild.

Regional Parks staff monitor rough-skinned newt populations at təmtəmixˈtən/Belcarra Regional Park to learn more about their seasonal dispersal, and to help us better protect this unique species.

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").





Pacific Spirit Regional Park

Kids in Nature

Story Time Walk New

The scent of flowers, song of birds, and sound of seashells — marvel at nature with your child through stories, songs, and a sense of wonder.

6988 Sat, Apr 6, 9:30 – 10:30 am

Ages 3 – 5

BURNABY LAKE REGIONAL PARK, Burnaby

6989 Sat, May 11, 9:30 – 10:30 am

Ages 3 – 5

Łéxətəm (formerly Colony Farm) REGIONAL PARK, Coquitlam

6990 Sat, Jun 8, 9:30 – 10:30 am

Ages 3 – 5

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

\$5 per child/adult pair

Registration required

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 təmtəmixʷtən/Belcarra Regional Park their home.

6991 Sat, Apr 27, 10 am – noon

Ages 6 – 9

6992 Sat, Apr 27, 1:30 – 3:30 pm

Ages 6 – 9

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

\$5 per child

Registration required

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

EcoWALKS

From birds to trees and more in between, discover the natural wonders of Pacific Spirit Regional Park in a series of walks on the first Sunday of each month.

PACIFIC SPIRIT REGIONAL PARK, Vancouver

Sun, Mar – Jun **All ages**

Info: pacificspiritparksociety.org

Presented by Pacific Spirit Park Society

Free

Registration required: pacificspiritparksociety.org

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

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 11, 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

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.

Cool Cats & Canines

Sink your claws into the world of cougars, bobcats, coyotes, and wolves.

Sun, Mar 17, noon – 3 pm **All ages**

Smolts on the Water New

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

Sun, May 26, noon – 3 pm **All ages**

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, Jun 23, noon – 3 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

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 24.

Weekends, June – Labour Day

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

Info & Application: 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.

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

Ages 15+

Free

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")

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 red barn

Info: metrovancover.org (search "Campbell Valley 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

Humans of Regional Parks

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

Grandfather: "We like it here because we can have a fire. It's so valuable to get the kids exposed to nature and there are so many great activities here."

Mom: "This park is really well thought out for accessibility. The playground is accessible and the beach has a wheelchair ramp. Which is great to see."

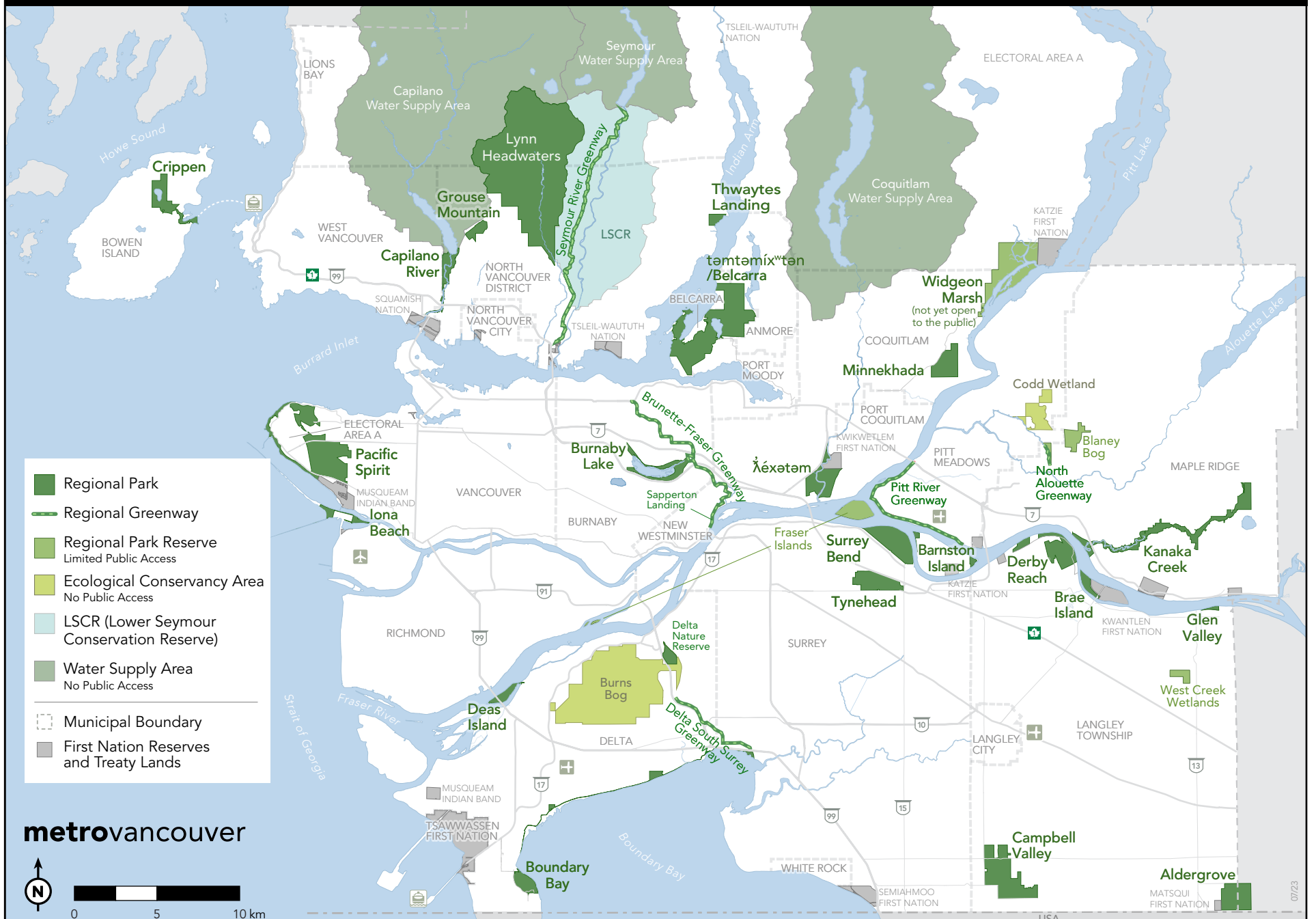
Boy: "It's sunny and I like to roast marshmallows!"



REGIONAL PARK BOUNDARY Bay

"I'm a long time member of Delta Naturalists Society. I was one of the people that put it together, oh, back in the late 1980s. And it's a great group. I would say I'm in here at least once a week. Sometimes to the playground with the grandchildren, sometimes cycling, usually with my binoculars and doing some bird watching on the side. So much of the world is getting developed and built over, and nature is being destroyed in a lot of places. And yet in the time I've lived in Delta, I've seen this park grow in size. More of it is protected. I've seen bird species that were rare, like the bald eagle, come back in large numbers. Snow geese numbers are increasing, and so are brant geese in the spring. So this park is really a symbol of hope I think."

Metro Vancouver Regional Parks & Greenspace



Metro Vancouver Regional Parks & Greenspace

Registration opens Tuesday, February 6

Two easy ways to register

Online: metrovancoveronline.org

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

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

Park maps, directions, and accessibility information
metrovancover.org (search "parks")

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

Online: metrovancover.org (search "nature programs")

Email: regionalparks.info@metrovancover.org

[MetroVancouverRegionalParks](https://www.facebook.com/MetroVancouverRegionalParks)

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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 that collaboratively plans for and delivers regional-scale services.

Its core services are drinking water, wastewater treatment and solid waste management. Metro Vancouver also regulates air quality, plans for urban growth, manages a regional parks system and provides affordable housing. The regional district is governed by a Board of Directors of elected officials from each local authority.

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: ḱíćáý (Katzie), ḱʷa:ńłáń (Kwantlen), kʷikʷəłəm (Kwikwetlem), máthxwi (Matsqui), xʷməθkʷəy̓əm (Musqueam), qíqéyt (Qayqayt), se'mya'me (Semiahmoo), Skwxwú7mesh Úxwumíxw (Squamish), scəwəθən məsteyəxʷ (Tsawwassen), and səliłwətəł (Tsleil-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 (search "field trips")

If you can't make it to a regional park in person, we also offer wildlife webinars – same engaging professional park interpreters and hands-on learning in an online setting.

Our Foundation

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

For info or to make a donation, visit MVRPFoundation.ca





Nature Program Calendar

Spring 2024
March to June

March

TUE 12	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.2	Ages 15+
FRI 15	<input type="checkbox"/>	Beaver Watch BURNABY LAKE REGIONAL PARK	p.2	Ages 6+
SUN 17	<input type="checkbox"/>	Cool Cats & Canines KANAKA CREEK REGIONAL PARK	p.3	All ages
WED 20	<input type="checkbox"/>	Naturally Inspired BURNABY LAKE REGIONAL PARK New	p.1	All ages
	<input type="checkbox"/>	Nature & Art BURNABY LAKE REGIONAL PARK New	p.2	Ages 9 – 12
	<input type="checkbox"/>	Nature & Art BURNABY LAKE REGIONAL PARK New	p.2	Ages 13 – 18
FRI 22	<input type="checkbox"/>	Night Quest PACIFIC SPIRIT REGIONAL PARK	p.1	All ages
SAT 23	<input type="checkbox"/>	Night Quest PACIFIC SPIRIT REGIONAL PARK	p.1	All ages
THU 28	<input type="checkbox"/>	Enchanted Forest ALDERGROVE REGIONAL PARK	p.1	All ages

April

MON 1	<input type="checkbox"/>	Critter Capers: The Case of the Scrambled Eggs MINNEKHADA REGIONAL PARK	p.1	All ages
	<input type="checkbox"/>	Tricksters ALDERGROVE REGIONAL PARK New	p.2	Ages 8+
SAT 6	<input type="checkbox"/>	Story Time Walk BURNABY LAKE REGIONAL PARK New	p.3	Ages 3 – 5
TUE 9	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.2	Ages 15+
SAT 13	<input type="checkbox"/>	Winged Woodworkers PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 9+
WED 24	<input type="checkbox"/>	The Secret Life of Trees MINNEKHADA REGIONAL PARK	p.2	Ages 18+
SAT 27	<input type="checkbox"/>	Birding for Beginners IONA BEACH REGIONAL PARK	p.2	Ages 18+
	<input type="checkbox"/>	Forest Bathing PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 18+
	<input type="checkbox"/>	Goodbye Chums! KANAKA CREEK REGIONAL PARK	p.1	All ages
	<input type="checkbox"/>	Salamander Searchers təntəmíx*ˈtən/ BELCARRA REGIONAL PARK	p.3	Ages 6 – 9

May

SAT 4	<input type="checkbox"/>	The Secret Life of Trees DERBY REACH REGIONAL PARK	p.2	Ages 12+
	<input type="checkbox"/>	Nature Magic With Microscopes CAPILANO RIVER REGIONAL PARK	p.2	Ages 5+
SAT 11	<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
	<input type="checkbox"/>	Story Time Walk łéxətəm (formerly Colony Farm) REGIONAL PARK New	p.3	Ages 3 – 5
SUN 12	<input type="checkbox"/>	Wild Moms CAMPBELL VALLEY REGIONAL PARK New	p.1	All ages
TUE 14	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.2	Ages 15+
SAT 18	<input type="checkbox"/>	Forest Fairy Gathering BURNABY LAKE REGIONAL PARK	p.1	All ages
SUN 26	<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 New	p.3	All ages
THU 30	<input type="checkbox"/>	Forest Bathing təntəmíx*ˈtən/BELCARRA REGIONAL PARK	p.2	Ages 18+

June

SAT 8	<input type="checkbox"/>	Story Time Walk təntəmíx*ˈtən/BELCARRA REGIONAL PARK New	p.3	Ages 3 – 5
TUE 11	<input type="checkbox"/>	Piper Spit Bird Count BURNABY LAKE REGIONAL PARK	p.2	Ages 15+
SAT 22	<input type="checkbox"/>	Butterfly Beauty CAMPBELL VALLEY REGIONAL PARK	p.2	All ages
	<input type="checkbox"/>	Forest Bathing PACIFIC SPIRIT REGIONAL PARK	p.2	Ages 18+
SUN 23	<input type="checkbox"/>	Buzz about Bees TYNEHEAD REGIONAL PARK	p.2	Ages 8+
	<input type="checkbox"/>	How the Mighty Have Pollen KANAKA CREEK REGIONAL PARK	p.3	All ages

Keep track of programs you are interested in!
Put me on your fridge.