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Sunday, May 14 | 3pm | "Mother's Day Walk"

with Laura Duncan (250-427-2600)

Starting at the Higgins Street entrance, we'll follow the Eimer's Ridge Trail to the ridge, then on to the kiosk where the Army Road comes up from the Gravel Pit. We'll then follow the Army Road to Eimer's Road returning to the Higgins Street entrance with a stop at and hike around Eimer's Lake if time permits (approximately 2 hours).



Sunday, May 21 | 10am | "Photography Hike"

with Janice Strong (250-489-1622)

Join "Mountain Footsteps" author and photographer Janice Strong for an easy 4km Sunflower Hill loop. Meet at the Riverside Campground entrance at 10am. Bring water and a camera.



Thursday, May 25 | 6pm | "Coral Root Hunt"

with Struan Robertson (250-427-5048)

Meet at the Matthew Creek turn-off, (6.8km) on St. Mary's Lake Rd., at 6pm for a drive up to Horse Barn Valley and a 1.5-hour walk along Coral Route to "flag" Coral Root flower stalks for others to see. Some years the Coral Root flowers are abundant. Mosquitoes are most likely also in abundance!



Saturday, June 3 | 8am | "Singers in the Park"

with Ruth Goodwin (250-427-5404)

Do you enjoy listening to bird songs while visiting the nature park? Join local birder, Ruth Goodwin, to identify these songsters. Meet at the Higgins Street entrance at 8am for this 2-hour hike up Eimer's Ridge and to Eimer's Lake.



Saturday, June 3 | 10am | "Beginners Biking"

with Peter McConnachie (250-427-2419)

Meet at Visitor Centre in the Platzl parking lot for a ride on moderate trails. The choice of trails will depend on the conditions.



Sunday, June 18 | 10am | "Father's Day Hike"

with Ellen & Dan Chase (250-427-5517)

Meet at Swan Street entrance at 10am for a 2- to 3-hour hike. Bring water and a snack.

Sunday, June 25 | "Round the Mountain"

www.roundthemountain.ca

Saturday, July 1 | 9am | "Gateway to Nature Hike"

with Glenda Johnson (250-427-4000)

Every Saturday in July & August | Riverside Campground entrance | 2.5 hour moderate guided interpretive hike

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Sunday, July 9 | 9am | "Into the Tora Bora"

with Struan Robertson (250-427-5048)

Meet at the Matthew Creek turn-off, (6.8km) on St. Mary's Lake Rd., at 9am for a drive up to Horse Barn Valley and a 3-hour hike up into the mysterious Tora Bora Valley where we may see a Pika. After a snack, we will return over the new Ridge Trail, thus completing the Tora Bora Loop. Dress for the weather and bring water and a snack.



Sunday, July 16 | 10am | "Hike for Young Families"

with Sherrin Perrouault (250-427-2694)

Get the kids into the nature park and enjoy an easy 2-hour walk to Eimer's Lake and back. Children must be accompanied by a parent. Meet at the Higgins Street entrance at 10am.

Saturday, August 5 | 9am | "Gateway to Nature Hike"

with Flo Brokop (250-427-2019)

Every Saturday in July & August | Riverside Campground entrance | 2.5 hour moderate guided interpretive hike



Saturday, August 12 | 9am | "Berries, Berries, Berries"

with Glenda Johnson (250-427-4000)

Meet at the Higgins Street entrance at 9am for this 2.5-hour moderate hike. Learn about berries and their importance to birds and animals.



Sunday, August 13 | 9am | "What to See in Horse Barn Valley?"

with Struan Robertson (250-427-5048)

Meet at the Matthew Creek turn-off, (6.8km) on St. Mary's Lake Rd., at 9am for a drive up to Horse Barn Valley and a leisurely 3-hour hike through the Cedar Grove to Half Way Cabin and Dipper Lake. Explore a unique Aspen grove, then hike back over the Coral Route. Dress for the weather and bring water and a snack.

Saturday & Sunday, August 19 & 20 | "Black Spur Ultra"

www.blackspurultra.com



Sunday, August 20 | 9am | "Geology in the Park"

with Ralph Rudser (250-427-1590)

Join a professional geologist for this informative hike. Meet at the Matthew Creek turn-off, (6.8km) on St. Mary's Lake Rd., at 9am to arrange car pooling and rides. Bring water and a snack.



Monday, August 21 | 10am | "Partial Solar Eclipse Hike"

with Paul Paronetto (250-427-1950)

Meet at Riverside Campground entrance at 10am for a 3-hour, 6.3km hike to photograph and explore the 82% partial eclipse.

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Friday, August 25 | 7pm | "Sunset Photography, Moon, Planets & Star Hike"

with Paul Paronetto (250-427-1950)

Meet at Riverside Campground entrance at 7pm for a 4-hour hike to several viewpoints. Bring a headlamp. This hike is not recommended for children. Please call the hike leader to confirm.



Saturday, September 2 | 10am | "Myrtle the Magnificent"

with Dennis Bathory (403-651-5061)

Meet at the Nordic Trails parking lot at 10am for a 2.5- to 3-hour hike up Myrtle Mountain. Bring snacks or lunch and water.



Sunday, September 24 | 1pm | "Trans Canada Trail Hike"

with Kent Goodwin (250-427-5404)

Celebrate Canada 150 and KNPS 30 with this 8km, 2.5- to 3-hour hike. Meet at the Riverside Campground entrance. We will leave some cars there, then carpool and begin the hike at the Swan Ave. entrance. Bring water, a snack and dress for the weather.



Sunday, October 8 | 10am | "Chasing the Colours"

with Suzanne McAllister (250-427-7043)

Meet at the Nordic Trails parking lot at 10am for a 3-hour hike to Dipper Lake and the viewpoint, Shannon Trail and Creek Trail. Bring a snack and water.



Sunday, October 15 | 9am/9:30am | "Golden Larch Hike"

with Struan Robertson (250-427-5048)

This hike has two starting points: the Nordic Trails parking lot at 9am or the junction of St. Mary's Lake Road and Matthew Creek Road at 9:30am. Take in the golden hues of the Western Larch. Choose one of these two routes into Horse Barn Valley and Dipper Lake.

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