

Park Programs

Need more information? Call the EECO at 250-469-6140



Get Outside! Get Active!

Need more information? Call the EECO at 250-469-6140



At a Glance

To register for programs call the EECO at 250-469-6140



Keep an eye out for these and other programs offered throughout the year!

FAMILIES IN PARKS

Join us for some free events for the entire family.

Jun 2nd <small>NEW DATE</small>	9 am – 11 am Kalamoior Pancake Breakfast – Kalamoior Regional Park
Aug 19th	11 am – 3 pm Welcome the Kokanee Salmon Festival – Hardy Falls Regional Park
Sept 23rd	11 am – 3 pm Kikinee Salmon Festival – Mission Creek Regional Park
Oct 28th	Spooktacular Pumpkin Walk – location to be determined
Dec 15th–16th	Winter Magic at Gellatly Nut Farm Regional Park

SUMMER STORY TIME

Bring the little ones for this free drop-in program during **July and August** for children age 3 to 5. Enjoy fun, interactive stories followed by an exploration of nearby flora and fauna through a series of mini nature walks.

Mission Creek Regional Park – Fridays at 10 am

Meet under the trees near the playground, Springfield and Durnin Roads, Kelowna. **No registration required.**

STORY TIME AT THE EECO

Drop into the EECO and enjoy nature based stories, songs and crafts with your 3-5 year olds.

Program runs at 10:30 am Tuesdays until June 27th and 10:00 am Fridays from October 5th to December 20th.

No registration required.



GO FISH

Here's your chance to introduce the kids to the sport of fishing! **Sundays** during **May and until June 17th, from 10 am – 3 pm**, visit **Mission Creek or Shannon Lake Regional Parks** and let them try their luck. The ponds will be stocked with trout, ready and waiting to be caught. Volunteers and staff will be on hand to help the new youthful fishers. This program is for children 15 and under, with a 1 fish per day limit. No fishing license is required for BC children 15 and under.



Special thanks to the Ministry of Environment, Freshwater Fisheries Society of BC, Summerland Trout Hatchery, and the Peachland Sportsmen's Association.

ART IN THE PARK

Let the beautiful setting of Gibson Heritage House in Kopje Regional Park inspire you to create your own masterpiece with watercolors. No artistic skill or experience required. All materials provided for this family-friendly program. **Free, no registration required. Sundays at 11 am. June 24 - August 12.**

POP UP PROGRAMS

New for summer 2018! Keep an eye on the RDCO's Instagram and Facebook pages to see when our Park Interpreters are visiting a park near you. Topics include animal tracks, bats, reptiles, amphibians and more! **Free, drop in. June - August.**

WELLNESS WORKSHOPS

Your wellness is in your hands! Learn how to make your own products using natural ingredients that can be obtained locally.

\$15 per session; registration required.

Location: EECO Date: Oct 27, Nov 17, Dec. 1 Time: 1pm - 3pm

FOREST THERAPY SERIES

Join a new outdoor series where your facilitator guides to you mindfully connect with nature using concepts of forest bathing (shinrin-yoku). Experience the healing and restorative benefits of the forest and approach each park with intention, awareness and curiosity. **The walks run three consecutive Saturdays from 10 am – noon. \$30 for all three sessions or \$15 each if enjoyed individually; maximum 10 participants per walk. Register at the EECO, 250-469-6140 or eeco@cord.bc.ca**

Date	Location
June 16th	Scenic Canyon Regional Park
June 23rd	KLO Creek Regional Park
June 30th	Woodhaven Regional Park

ROLL & STROLL

Our popular free walking club for moms and caregivers with babes and little ones returns this summer and fall. Meet other parents and spend time outdoors in a family and baby friendly environment. We'll meet at the EECO and set out through Mission Creek Regional Park for a 45 minute walk, followed by refreshments and baby basics back at the EECO. Babywearing, strollers and toddlers on foot are all welcome.

Registration is required, call 250-469-6140 or email eeco@cord.bc.ca.

SUMMER PROGRAM

Starts: June 7th **Ends:** July 26th
Time: Thursdays, 9:30 am – 11 am

FALL PROGRAM

Starts: October 4th **Ends:** November 29th
Time: Thursdays, 9:30 am – 11 am

WILD WALKS

Join a Wild Walk and see your favourite Regional Park through new eyes. There is so much to discover along every trail. Learn about park secrets and natural wonders. Turn an ordinary walk in the park into something extraordinary!

Each Wild Walk is led by a Park Interpreter and lasts approximately 2 hours. **Saturday walks begin at 10 am and Wednesday walks begin at 1 pm**, rain or shine. Walks range from easy to moderate and are suitable for all ages including families with young children. Be sure to wear appropriate clothing and sun protection, and bring a camera, binoculars and water.

Free, registration required.

June 9 th and June 13 th	Johns Family Nature Conservancy Regional Park	Chute Lake Road access
July 21 st and July 25 ^h	Scenic Canyon Regional Park	Field Road parking lot
Aug 25 th and Aug 29 th	KLO Creek Regional Park	McCullough Road parking lot
Sept 8 th and Sept 12 th	Glen Canyon Regional Park	Gellatly Road parking lot
Oct 13 th and Oct 17 th	Woodhaven Nature Conservancy Regional Park	Raymer Road parking lot
Nov 3 rd and Nov 7 th	Lebanon Creek Greenway	TBD, weather dependent
Dec 8 th and Dec 12 th	Scenic Canyon Regional Park	McCullough Road entrance



SUMMER NATURE CAMPS

Regional parks are the backdrop for fun, with camps full of indoor and outdoor activities for youngsters aged 3 to 8. The focus on environmental education will give children a life-long interest and respect for the natural environment. Choose from four and five morning camps at Mission Creek Regional Park.

Registration begins June 1st. \$125/5 day camp, \$100/4 day camp.

Date	Number of Days	Age
July 3 rd – 6 th	4	Pre-school
July 9 th – 13 th	5	5-7 years
July 16 th – 20 th	5	6-8 years
July 23 rd – 27 th	5	5-7 years
July 30 th – Aug 3 rd	5	6-8 years
Aug 7 th – Aug 10 th	4	Pre-school
Aug 13 th – Aug 17 th	5	5-7 years

SPRING TRACKS

This is a free beginner walking program. Motivate yourself and join our walking leader in Mission Creek or Gellatly Nut Farm Regional Park. As a member of the *Tracks Walking Club* you will receive a walking journal, walking lessons, seminars and motivational tips to keep you moving! *Tracks* is in partnership with the Canadian Diabetes Association Walk and Talk Program. **To register, call 250-469-6140 or email eeco@cord.bc.ca.**

Location: Mission Creek Regional Park and Greenway
Starts: Underway now **Ends:** June 27th
Schedule: Mondays and Wednesdays at 9 am
Duration: Starting with a 15 minute walk and increasing the duration at each outing by 5 minutes, until the participants reach 60-100 minutes over the 12-week program.

Location: Gellatly Nut Farm Regional Park
Starts: Underway now **Ends:** June 26th
Schedule: Tuesdays at 9 am
Duration: Starting with a 15 minute walk and increasing the duration at each outing by 5 minutes, until the participants reach 60-100 minutes over the 12-week program.

FALL TRACKS

This is a free 8-week beginner walking program. Start new or continue from the spring program. **To register, call 250-469-6140 or email eeco@cord.bc.ca.**

Location: Mission Creek Regional Park and Greenway
Starts: October 1st **Ends:** November 21st
Schedule: Mondays and Wednesdays at 9 am
Duration: Starting with a 15 minute walk and increasing the duration at each outing by 5 minutes, until the participants reach 60-100 minutes over the 8-week program.

Location: Gellatly Nut Farm Regional Park
Starts: October 2nd **Ends:** November 20th
Schedule: Tuesdays at 9 am
Duration: Starting with a 15 minute walk and increasing the duration at each outing by 5 minutes, until the participants reach 60-100 minutes over the 8-week program.

Need more information? Call the EECO at 250-469-6140

JUNE

- 2** ● Kalamoior Pancake Breakfast – Kalamoior Regional Park 9 am – 11 am.
- 9** ● Wild Walks – Johns Family Nature Conservancy Regional Park 10 am – 12 pm.
- 13** ● Wild Walks – Johns Family Nature Conservancy Regional Park 1 pm – 3 pm.
- 16** ● Forest Therapy Nature Walk - Scenic Canyon Regional Park 10 am – 12 pm.
- 23** ● Forest Therapy Nature Walk - KLO Creek Regional Park 10 am – 12 pm.
- 30** ● Forest Therapy Nature Walk - Woodhaven Regional Park 10 am – 12 pm.
- Tracks Walks – Mission Creek Regional Park Mon. & Wed. 9 am.
- Story Time at the EECO Tues. 10:30 am – 11:30 am.
- Tracks Walks – Gellatly Nut Farm Regional Park Tues. 9 am.
- Roll & Stroll – Mission Creek Regional Park Thurs., 9:30 am.
- EECO After School Thurs., 3 pm.
- Geocaching at the EECO Sat., 10:30 am
- Go Fish – Mission Creek and Shannon Lake Sundays until June 17, 10 am – 3 pm.
- Gibson House Tours – Kopje Regional Park Sundays starting June 24, 10:30 am – 3 pm.
- Art in the Park – Kopje Regional Park Sundays starting June 24, 11:00 am – 12:30 pm.

JULY

- 21** ● Wild Walks – Scenic Canyon Regional Park 10 am – 12pm.
- 25** ● Wild Walks – Scenic Canyon Regional Park 1 pm – 3pm.
- Roll & Stroll – Mission Creek Regional Park Thurs., 9:30 am.
- Summer Story Time in Mission Creek Regional Park Fri., 10 – 11 am.
- Summer Nature Camps in Mission Creek Regional Park, Weekdays, morning sessions.
- Geocaching at the EECO Sat., 10:30 am
- Gibson House Tours – Kopje Regional Park Sun., 10:30 am – 3 pm.
- Art in the Park – Kopje Regional Park Sun., 11:00 am – 12:30 pm.

AUGUST

- 19** ● Welcome the Kokanee Festival - Hardy Falls Regional Park 11 am - 3 pm.
- 25** ● Wild Walks – KLO Creek Regional Park 10 am – 12 pm.
- 29** ● Wild Walks – KLO Creek Regional Park 1 pm – 3 pm.
- Summer Story Time in Mission Creek Regional Park Fri., 10 – 11 am
- Summer Nature Camps in Mission Creek Regional Park, Weekdays, morning sessions.
- Geocaching at the EECO Sat., 10:30 am
- Gibson House Tours – Kopje Regional Park Sun., 10:30 am – 3 pm.
- Art in the Park – Kopje Regional Park Sun., 11:00 am – 12:30 pm.

SEPTEMBER

- 8** ● Wild Walks – Glen Canyon Regional Park 10 am – 12 pm.
- 12** ● Wild Walks – Glen Canyon Regional Park 1 pm – 3 pm.
- 23** ● Kikinee Salmon Festival – Mission Creek Regional Park 11 am – 3 pm.
- Kokanee Salmon Interpretation – Mission Creek and Hardy Falls Regional Parks Weekends, 11 am – 3 pm.

OCTOBER

- 13** ● Wild Walks – Woodhaven Nature Conservancy Regional Park 10 am – 11 pm.
- 17** ● Wild Walks – Woodhaven Nature Conservancy Regional Park 1 pm – 3 pm.
- 27** ● Wellness Workshop - EECO 1 pm – 3 pm.
- 28** ● Spooktacular Pumpkin Walk location to be determined
- Tracks Walks – Mission Creek Regional Park Mon. & Wed., 9 am.
- Tracks Walks – Gellatly Nut Farm Regional Park Tues., 9 am.
- Roll & Stroll – Mission Creek Regional Park Thurs., 9:30 am.
- Story Time at the EECO Fri. 10 am – 11 am.
- Nature Power Hour at the EECO Sat. 11 am.

NOVEMBER

- 3** ● Wild Walks – Lebanon Creek Regional Park 10 am – 12 pm.
- 7** ● Wild Walks – Lebanon Creek Regional Park 1 pm – 3 pm.
- 17** ● Wellness Workshop - EECO 1 pm – 3 pm.
- Tracks Walks – Mission Creek Regional Park Mon. & Wed., 9 am.
- Tracks Walks – Gellatly Nut Farm Regional Park Tues., 9 am.
- Roll & Stroll – Mission Creek Regional Park Thurs., 9:30 am.
- Story Time at the EECO Fri. 10 am – 11 am.
- Nature Power Hour at the EECO Sat. 11 am.

DECEMBER

- 1** ● Wellness Workshop - EECO 1 pm – 3 pm.
- 8** ● Wild Walks – Scenic Creek Regional Park 10 am – 12 pm.
- 12** ● Wild Walks – Scenic Creek Regional Park 1 pm – 3 pm.
- 15-16** Winter Magic at Gellatly Nut Farm Regional Park
- Story Time at the EECO Fri. 10 am – 11 am.
- Nature Power Hour at the EECO Sat. 11 am.



Contact Us



ENVIRONMENTAL EDUCATION CENTRE FOR THE OKANAGAN (EECO)

2363A Springfield Road, Kelowna, BC V1X 7N7
 Phone (250) 469-6140
 Fax (250) 469-6143
 Program registration line (250) 469-6140
 E-mail eeco@cord.bc.ca

PARKS SERVICES

1450 KLO Road, Kelowna, BC V1W 3Z4
 Phone (250) 469-6232
 Fax (250) 762-7011
 Park booking line (250) 469-6139
 E-mail parks@cord.bc.ca

regionaldistrict.com/parks

facebook.com/regionaldistrict

instagram.com/regionalparks



E-NEWSLETTER

Be the first to learn more about upcoming events and programs in Regional Parks. Email parks@cord.bc.ca and request to be signed-up for our monthly e-newsletter! or sign up at regionaldistrict.com/parks

Visit the EECO Your Local History



The Environmental Education Centre for the Okanagan or EECO at Mission Creek Regional Park (Springfield & Durnin Roads) provides activities for kids, environmental displays, park and trail information, and more.

The EECO is open Tuesday to Sunday. Hours of operation are April to October, 10 am to 5 pm and November to March, 10 am – 3 pm.

GEOCACHING AT THE EECO

Bring the family for this interactive treasure hunt. Borrow a GPS for \$5.00 deposit and search the forest for hidden geocaches! No experience required. Dress for the weather. Saturdays from June to August at 10:30 am. Free, registration required.

NATURE POWER HOUR AT THE EECO

Delve deep into the world of local wildlife with this interactive drop-in session each Saturday from October to December at 11 am. Topics vary, call ahead for information. Free, no registration required.

DISCOVERY BACKPACKS

Stop by the EECO with family or friends and sign out a discovery backpack! You'll be armed with all the equipment you need to discover the park's secrets. You choose the adventure, we provide the fun!

Choose from: Pond Exploration / Forest Walk / Mini Beasts / Kokanee

\$2.00 suggested donation per backpack.

SCHEDULED EXHIBITS

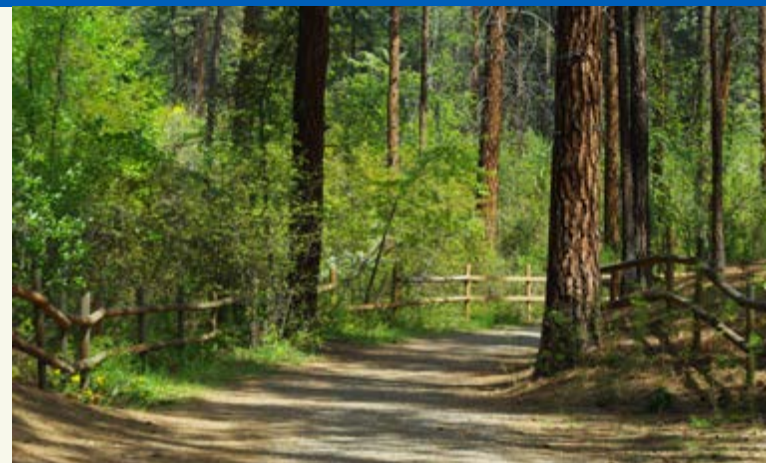
NATURE SMARTS - OKANAGAN EDITION – Find out how to share space with nature. Now through July.

FINS AND FUR – Learn about the land-locked salmon of Okanagan Lake and the black bears that search for them in the fall. August – October.

THE SOCIAL LIFE OF WATER IN THE OKANAGAN – Life sustaining, thirst quenching, essential; water is precious for all living beings. This collaborative community exhibit explores fundamental relationships with water throughout the Okanagan Valley. October – December.

VOLUNTEER WITH PARKS

Love the outdoors and want to give back to the community? Many volunteer positions are available year-round. Visit regionaldistrict.com/parksVIP for information.



ELLISON HERITAGE SCHOOL CENTRE

This more than a century old schoolhouse has a renovated hall that's available for weddings, meetings and other community events. It has all the modern amenities but still has the charms of an old schoolhouse, including a rural setting, refinished wooden floors and walls. Old Vernon Road in Ellison.

GELLATLY NUT FARM REGIONAL PARK

In 1905, the Gellatlys established the first nut farm in BC. Jack Gellatly began experimenting with cold hardy nuts in 1920, work that he is still recognized for across North America. Visit the historic working nut orchard with heritage buildings and enjoy a picnic by the beach. Whitworth Road off Gellatly Road in West Kelowna.

GELLATLY HERITAGE REGIONAL PARK

Gellatly Heritage Regional Park has a heritage cemetery as well as a log barn and log house which were moved to the site and restored. An amazing firefighting effort protected this pioneer site from destruction in the 2009 Glenrosa wildfire. Gellatly Road in West Kelowna.

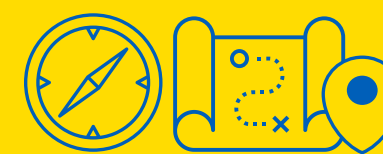
GIBSON HERITAGE HOUSE

Located at Kopje Regional Park, this house, built by George Gibson, has been restored and refurbished by community donation. Open for free tours from 10:30 am to 3 pm on Sundays during July and August. Carrs Landing Road in Lake Country.

Need details? See our website at regionaldistrict.com/parks.



Pick Your Regional Park



Recreation / Cultural / Waterfront

- 2 **Antlers Beach**
Highway 97 S at Hardy St, (RDCO)
-swim area
- 6 **Gellatly Heritage**
Gellatly Rd, (CWK)
-historic cemetery, house & barn
- 7 **Gellatly Nut Farm**
Whitworth Rd, (CWK)
-100+ yr old nut orchard, heritage buildings, swim area & walking trail
- 9 **Shannon Lake**
Shannon Lake Rd, (CWK)
-walking trail, picnic area, fishing
- 12 **Raymer Bay**
Westside Rd, (CWK)
-swim, picnic & playground areas, boat beach
- 13 **Traders Cove**
Westside Rd, (RDCO)
-swim, picnic & playground areas, boat beach
- 14 **Kopje**
Carrs Landing Rd, (DLC)
-swim, picnic, playground & field areas, Gibson Heritage House
- 15 **Kaloya**
Trask Rd, (DLC)
-swim & picnic area, walking trail, lily pond, boat beach
- 16 **Reiswig**
Woodsdale Rd, (DLC)
-swim, field & picnic areas, track
- 17 **Okanagan Centre Safe Harbour**
Okanagan Centre Rd W, (DLC)
-boat launch, safe harbour for emergencies
- 28 **Bertram Creek**
Lakeshore Rd, (CK)
-swim, picnic, field & playground areas, pavillion, walking, boat beach, pier
- 30 **McCulloch Station**
(RDCO)
-park currently undeveloped

Conservation

- 11 **Rose Valley**
Westlake Rd, (CWK)
-hiking trails, pond, viewpoints
- 19 **Stephens Coyote Ridge**
Glenmore Rd (N dog park parking area), (CK)
-hiking trails, ponds, viewpoint
- 20 **Robert Lake**
Curtis Rd, (CK)
-bird watching (limited parking)
- 26 **Woodhaven Nature Conservancy**
Raymer Rd, (CK)
-walking trails, historic irrigation flume, diverse ecosystems
- 29 **Johns Family Nature Conservancy**
Chute Lake Rd, (CK/RDCO)
-hiking trails, Kelowna Crags, viewpoints

Natural

- 1 **Hardy Falls**
Hardy St, (RDCO)
-picnic area
Closed for Repair trail to Hardy L
- 4 **Coldham**
Trepianer Rd at Maxwell Rd, (RDCO)
-park currently undeveloped
- 5 **Goats Peak**
Seclusion Bay Rd, (CWK)
-park currently undeveloped
- 10 **Kalamoier**
Collens Hill Rd, (CWK)
-swim & picnic areas, dog beach, hiking trails, viewpoint
- 18 **Mill Creek**
Spencer Rd, (CK/RDCO)
-walking trail
Closed for Repair Mill Creek
- 21 **Black Mountain / sntsk'il'nten**
(CK/RDCO)
-park currently undeveloped
- 22 **Mission Creek**
Access from Springfield and Hall Rds, (CK)
-EECO, playground & picnic areas, hiking trails, spawning channel, ponds, children's fishing pond.
- 24 **Scenic Canyon**
Access from Hollywood Rd S, McCulloch & Field Rds, (CK)
-hiking trails, viewpoints, picnic areas, geologic features

REGIONAL PARKS OF THE CENTRAL OKANAGAN

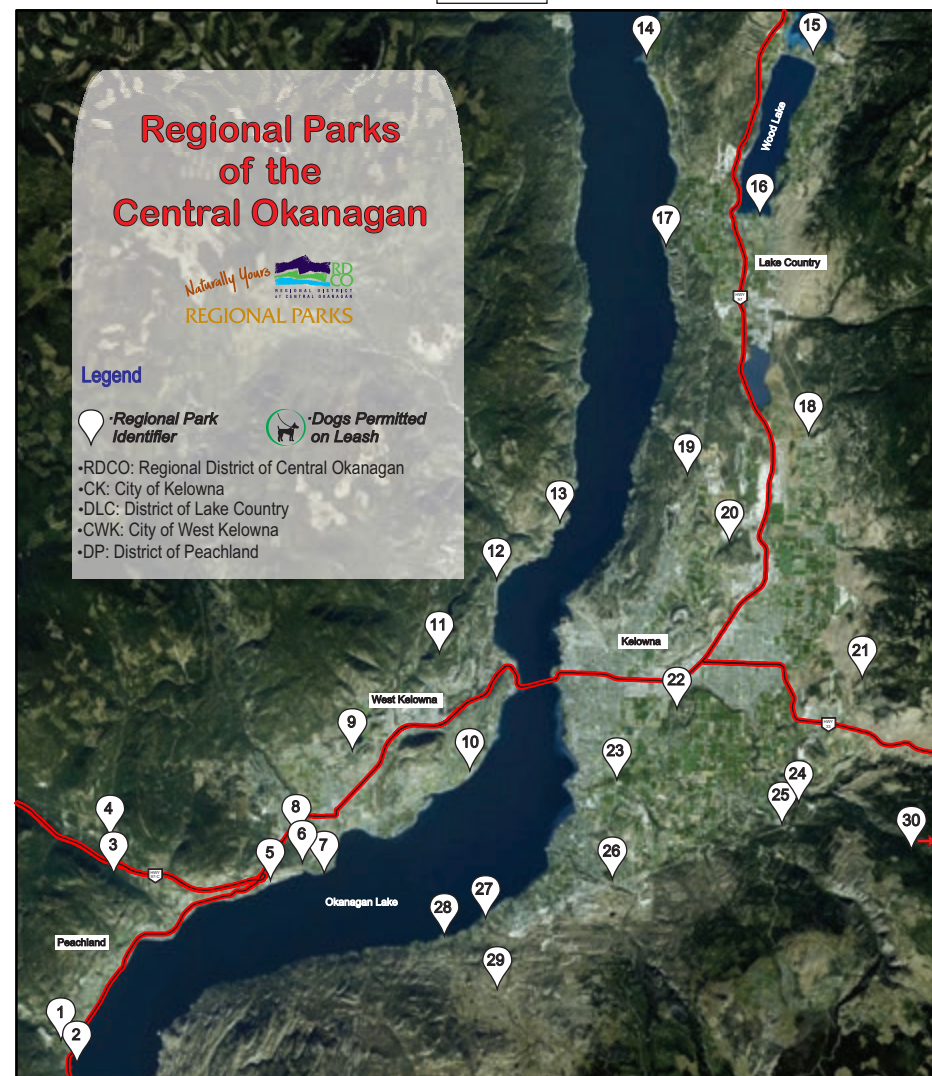
"Go Mobile! www.regionaldistrict.com/pickapark"

Regional Parks of the Central Okanagan



Legend

- Regional Park Identifier
- Dogs Permitted on Leash
- RDCO: Regional District of Central Okanagan
- CK: City of Kelowna
- DLC: District of Lake Country
- CWK: City of West Kelowna
- DP: District of Peachland



YOUR GUIDE TO REGIONAL PARKS 2018

SUMMER & FALL



REGIONAL DISTRICT OF CENTRAL OKANAGAN
 REGIONAL PARKS



WANT TO BOOK A PARK FACILITY?
 Call 250-469-6139