



Parks Program Guide



February to May 2026

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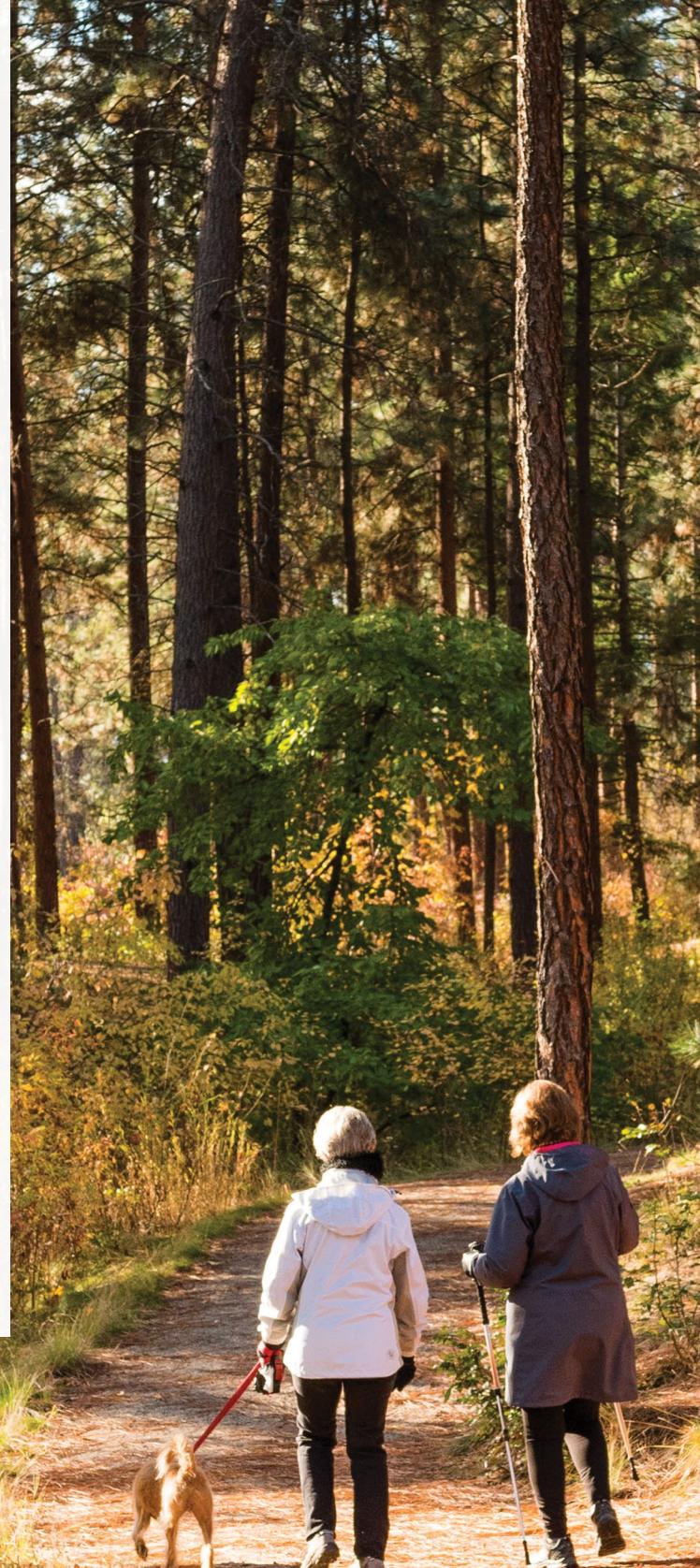
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Your guide to exploring Central Okanagan Regional Parks

From February to May, our programs follow the rhythm of the seasons with four themes: Winter Wonders, Signs of Spring, Earth Month Adventures, and Nature in Full Bloom. Each theme offers unique ways to connect with nature, guided hikes that reveal wildlife and wildflowers, creative art sessions inspired by the outdoors, family programs that spark curiosity, and volunteer opportunities to care for local ecosystems.

Program registration information, including dates and locations, is available online at rdco.com/parkprograms.



Our Core Programs

These programs run on a weekly or monthly basis throughout the year. Full schedules, dates, and locations available online.

Register online:
rdco.com/parkprograms



Full Moon Hikes

Each month we venture out on a guided hike timed with the full moon. It's a great chance to experience the sights and sounds of nature after dark as the landscape transforms under the moonlight. Our naturalist guides will share insights into seasonal changes and the science behind moon phases. *Monthly. Full schedule and registration online.*

Hike Club

Kick off your morning with weekly hikes in various Regional Parks – explore scenic trails, get active, and connect with nature and like-minded people. Ideal for those wanting a moderate to challenging workout or a more adventurous hike. *Weekly. Thursdays at 9:30 a.m. Full schedule and registration online.*

Mission Creek Weekly Walks

Start your Wednesday mornings with a one-hour walk along the Greenway and the trails of Mission Creek Regional Park. Enjoy fresh air, nature, and relaxed conversation at an easy pace. These weekly walks are a chance to unwind in nature and connect with others. *Weekly. Wednesdays at 9 a.m. Full schedule and registration online.*

Tales on the Trails

Participate in a special one-hour weekend story time in Mission Creek Regional Park. Enjoy nature-themed stories and hands-on activities in the great outdoors – a perfect adventure for young explorers. *Monthly. Drop-in. Check online for schedule.*

Roll & Stroll

A program for parents, parents-to-be, and caregivers to enjoy the outdoors with little ones. Join us for a guided walk along accessible trails in Mission Creek Regional Park, connect with other families, and discover the benefits of fresh air and gentle exercise. Strollers and carriers encouraged. *Weekly. Fridays at 10 a.m. from April to October.*

Storytime

Join us Tuesday mornings at the EECO in Mission Creek Regional Park for weekly adventures for curious 3–5-year-olds. These 45-minute sessions bring nature to life through engaging stories, lively songs, creative crafts, and hands-on activities. *Weekly. Tuesdays at 10 a.m. Drop-in. Check online for schedule.*

Watercolours In Nature

Experience the calming art of watercolour painting. Let the outdoors spark your creativity as you paint with guided creative support. No experience needed; all supplies provided. Programs take place regularly at the EECO in Mission Creek Regional Park and other Regional Parks during warmer months. *Monthly. Full schedule and registration online.*

Wonders Of The Night Hike

Marvel in the beauty of the night sky as you experience Regional Parks after dark. On this two-hour guided hike, we'll explore parks that come alive after sunset and learn about animals that are active at night and their ecological importance. *Monthly. Full schedule and registration online.*



Where to find Regional Parks

There are 30 Regional Parks across the Central Okanagan, many of them expansive, with forested trails and rich in wildlife and diverse plant species. Our park programs take place within these Regional Parks and are led by knowledgeable park interpreters who help you learn about the landscape and discover unique stories and hidden features of each park.

A full list of Regional Parks and their locations is available at rdco.com/discoverparks.

Winter Wonders

Discover winter's magic with February programs that get you outside and exploring. Full schedules, dates, and registration available online.

Register online:
rdco.com/parkprograms



Beneath the Surface: Kokanee in Winter

While kokanee salmon are best known for their fall spawning runs, winter is when the next generation quietly develops. Join a guided walk at Mission Creek or Hardy Falls Regional Parks to explore what is happening beneath the surface. Learn how kokanee eggs survive icy conditions and why cold water is critical for their survival.

Family Day: Hiking & Hot Cocoa

Mark your calendars for Family Day weekend and a guided adventure at Mission Creek Regional Park. Wander the park's unique habitat, learn about different tree species, and listen for bird calls – then wrap up the outdoor adventure with a cup of hot chocolate and marshmallows. Everyone is welcome, families with young ones encouraged!

Frosty February Hikes

Join an enthusiastic park interpreter for a two-hour guided hike exploring trails in different Regional Parks. Bundle up and discover snowy trails, frosty landscapes, and the winter wonders that make these parks truly magical.

Nature's Dating Game

Take a playful walk through nature as we explore the fascinating – and sometimes surprising – mating rituals of local wildlife. Join a park interpreter on a guided hike to uncover the “dating profiles” of different species and learn how animals attract mates, care for their young, and maintain healthy populations. Celebrate the clever ways animals find love in the wild!

Whose Track is that?

Winter brings a flurry of activity to Regional Parks! Join us on a guided hike to uncover hidden life in the forest by learning to interpret the tracks and signs left by wildlife. Explore the art of eco-tracking and discover why animals are in the area and what they're up to.

Guided Birding & Hiking Adventure

Discover the beauty of the winter landscape through the eyes of our feathered friends. Explore local trails with an experienced nature guide who will show you how to spot, identify, and understand local bird species that thrive in colder months.

Let's Do Fika!

Fika: the Scandinavian coffee break that encourages you to take a moment, pause and connect with the wintery outdoors. Bundle up for a cozy guided walk to a scenic spot where you'll relax with a hot beverage and a tasty treat. Enjoy the fresh air, good company, and a moment to unwind.

Owls of the Okanagan

Who's ready for a nighttime adventure? Join us as we hike the trails in search of owls and other nocturnal creatures. Explore the mysteries of the night while learning about these incredible birds of prey and why Regional Parks are a vital habitat for owls. A special Superb Owl Sunday will be offered on February 8th, highlighting owls as the MVPs of healthy ecosystems.

Signs of Spring

Spring's first signs are here! Take part in March programs that explore nature's reawakening. Full schedules, dates, and registration available online.

Register online:
rdco.com/parkprograms



After the Fire

Step into forests that have been impacted by wildfire and learn about the visible signs of post-fire recovery, from new plant growth to wildlife returning to the landscape. As we hike, we will talk about how ecosystems begin to heal and what recovery looks like at different stages.

Beneath the Surface: Kokanee in Spring

Kokanee salmon play a vital role in the Okanagan watershed and their story changes as the waters begin to thaw in early spring. Join a guided walk at Mission Creek or Hardy Falls Regional Parks and explore how rearing kokanee fry respond to thawing waters and warming temperatures.

Coyote Country Hike

Explore the world of coyotes and their role in local ecosystems. On this easy paced hike, you will learn about their behaviors, spring mating habits, adaptations, and how they coexist with humans in the region.

Fly Tying Workshop

Join a local fishing expert for a hands-on fly-tying workshop at the EECO in Mission Creek Regional Park. Learn Okanagan-specific patterns, create your own custom flies, and take home a beginner fly-tying kit to kickstart the fishing season. Coffee and light refreshments provided. Adults and children 12+. Cost: \$30

Let's Talk Trees

Join a park naturalist on a guided hike where you'll learn about local tree species and the fascinating concepts from *The Hidden Life of Trees*. You will learn how trees communicate with each other and how they contribute to the health of the forest.

Meet the Locals: Nature Walk

Get to know the living things that call our region home and how native plants and wildlife survive and thrive in Regional Parks. These guided walks will highlight species, their unique adaptations, and the stories they tell about the land.

Signs of Spring

Celebrate the arrival of spring on trails coming to life in Regional Parks where we'll search for budding plants that signal the season's awakening. Along the way, we'll be listening for returning birds and enjoying the fresh signs of the season.

Spring Migration: Birds on the Move!

Spring is in the air, and the birds are on the move. Join a guided walk to discover the returning migratory birds in our Regional Parks. Learn to recognize their calls, spot them in their preferred habitats, and hear the incredible stories behind their long journeys.

What is a 'Park Interpreter'?

Our programs are led by the RDCO's team of Park Interpreters – trained nature specialists ready to guide you on your next park adventure. They help you explore parks with confidence as they share the stories, ecology, wildlife and hidden features of each park. Park Interpreters are here to help you better understand the landscape, offering insights to deepen your connection to the natural world.



Accessibility Support

If you need assistance due to physical, cognitive, or sensory barriers, our partners at Adaptive Adventures provide free support for any program, including adaptive trail equipment and trained staff.

www.adaptiveadventures.ca





The Robert Hobson Environmental Education Centre for the Okanagan

This log building in Mission Creek Regional Park is your go-to spot for park information, programs, and staff assistance for registration or help planning your next park adventure.

Open Tuesday to Sunday from 10 a.m. to 3 p.m. (located at 2363 Springfield Road), the EECO offers weekly programs, such as Storytime and Roll & Stroll and serves as the starting point for many of our programs and hikes. **For more information, visit rdco.com/discoverparks.**



Earth Month Adventures

April is Earth Month, a chance to explore nature, build appreciation for our planet, and ignite your curiosity. Full schedules, dates, and registration available online.

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All About Dippers

American dippers are North America's only truly aquatic songbird. Join a naturalist for a walk along the creek in Scenic Canyon Regional Park. We'll look for spring nesting sites, learn about the dipper's behaviours, and maybe even catch a sight of the bird that John Muir called the "water ouzel".

Along the Turtle Trail

Gain insights about Western painted turtles in their natural environment on this guided nature walk. We'll follow park trails to wetland habitats and learn about turtle life cycles, conservation challenges, and how to help protect these fascinating reptiles.

Amphibian Adventure

Step into the wetlands to search for frogs, salamanders, and other amphibians. Join us on an easy-paced hike through Regional Parks and learn about their habitats and the vital role they play in healthy ecosystems. With a bit of luck, we may even catch a glimpse of one!

Balsamroot in Bloom

Wander scenic trails and discover the beauty of the Arrowleaf balsamroot and other spring wildflowers. With a knowledgeable guide leading the way, we'll hike through trails while learning about native plants, pollination, and the seasonal rhythms of local ecosystems.

Decomposers: Nature's Cleanup Crew

Decomposition is nature's way of recycling. On this hike, we'll explore the fungi, insects, and microorganisms that break down fallen leaves and organic matter, and why these "cleanup crews" are essential to support new growth in Regional Parks each spring.

Nature Detectives After School Club: Spring Edition

Kids ages 8 to 11 will investigate early signs of spring through hands-on field activities in Mission Creek Regional Park. Over four after-school sessions (3:30-5 p.m.), participants will learn to identify plants and animals to see how living things respond to seasonal change. Cost: \$40 for 4-week series.

Plant ID: Mosses & Lichens

Explore shaded parks to uncover the hidden world of moss and lichens. On this guided hike, we'll be on the search for the spongy, soft and textured green mosses that carpet the forest floor, while learning how they support plants, wildlife, and overall forest health.

Pollinator Pathways

Take part in a guided nature walk that explores the vital role of bees, butterflies, and other pollinators. Find out how to support them through habitat creation and get to know the plants they rely on most.

Spring Migration: Birds on the Move!

Join a guided walk to discover the returning migratory birds in our Regional Parks. Learn to recognize their calls, spot them in their preferred habitats, and hear the incredible stories behind their long journeys.

The Secret Life of Burrowers

Investigate the fascinating world of animals that make their homes underground. On this guided hike, you will learn about American badgers, Columbian ground squirrels, and the golden-bellied marmot and how they rely on burrows for shelter, food storage, and survival.

Nature in Full Bloom

Experience parks in full bloom this May with programs celebrating warm air and bright colours. Full schedules, dates, and registration available online.

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Bat Nights: After-Dark Discovery

Using special audio detectors, we'll tune into bat echolocation calls and uncover the secret lives of bats. On this evening nature walk, we'll be watching for bats in action and learning about their nocturnal habits, ecological importance, and conservation needs.

Bear Aware Walk

Ever wondered how to tell if a bear has been in the area? Join us for a guided walk on bear signs, behaviour, and seasonal movement patterns. Learn how to recognize tracks and feeding signs - and what to do if you encounter a bear while enjoying local parks.

Geology & Landforms Hike

Take a guided hike into the Regional Parks most known for their unique geological features. We'll uncover the geological forces that shaped the Okanagan landscapes and learn about the rock cycle, geology basics, and the natural history beneath your feet.

Monarchs & Milkweed

Discover the incredible journey of Monarch butterflies and their unique relationship to the milkweed plant. Join us on a guided walk to learn about Monarch life stages, why milkweed matters, and simple ways to support these powerful pollinators.

Raptors & Sky Hunters Hike

Scan the skies for hawks, eagles, and other birds of prey on a guided hike led by an experienced park interpreter. Learn how raptors use keen eyesight, powerful flight, and specialized hunting techniques to thrive in the Okanagan's diverse landscapes.

Snakes of the Okanagan

Snakes are a natural part of the Okanagan landscape and play an important role in healthy ecosystems. On this guided hike, we'll discuss common myths, learn to identify local species, and what to do if you encounter a snake while enjoying Regional Parks.

Pilates in the Park

Connect body and mind during through outdoor Pilates sessions focused on strength, posture, and controlled movement. Enjoy mindful exercises, fresh air, and the calming presence of nature – unwind, breathe deeply, and let the park setting restore your senses.

Sunset and Wildlife Walk

End your day with nature's beauty. Join a guided walk timed for sunset and experience the park in its most peaceful moments. Learn about wildlife behaviors during these transitional hours and enjoy the changing colors of the sky.



The Central Okanagan is home to 30 Regional Parks, offering more than 2,000 hectares of parkland and 86 km of formal trails. Our dedicated team of park interpreters is here to help you explore confidently, connect with others, and enjoy the benefits of time spent outdoors. A full list of Regional Parks and their locations is available at rdco.com/discoverparks.

How to Register

- **Online:** rdco.com/parkprograms
- **Login or create an account**
(top right on the green banner)
- **Browse programs and register**
using the menu or feature boxes



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