



SWI AUGUST 2023 PROGRAM SCHEDULE

Learn more about and enjoy the natural world of Strathcona Park through our workshops and guided hikes for people of all ages and fitness levels.

Saturday August 5th - 9:00AM - Guided Hike - Mariwood Lake

CDMC vice-president and experienced hiker Janet Beggs will lead this moderate day hike (7-8hrs & 19-20km round trip) to Mariwood Lake, south of Kwai Lake. Pack a lunch. **Limit of 15 participants.**

Sunday August 6th - 9:30AM- 12:30PM Interpretive Walk in the Meadows in conjunction with "Be Adventure Ready" session at the SPWC.

Certified athletic therapist Jessi Morris will be stationed in the amphitheatre area beside the SPWC demonstrating how to prepare properly for hiking the trails in the park and avoid injuries.

Saturday August 12th - 10:00AM - "Inspired by Wilderness" Poetry Workshop

SWI director and poet Claire Gordon will lead this workshop focusing on creating poetry in mountain landscapes. **\$25 registration fee. Limit 15.**

Sunday August 13th - 2:00PM - 4:00PM - "Jerry's Rangers" Kids Program

SWI director Claire Gordon will lead this BC Parks program, featuring a scavenger hunt around Paradise Meadows. **Families welcome.**

Saturday August 19th - 10:00AM - Guided Hike - Upper Myra Falls

Naturalists Mandy Vaughan and Diane Cartwright will lead this easy hike (7km round trip) to Upper Myra Falls. Pack a lunch. **Limit 15.**

*** No preregistration necessary for those in the Buttle Campsites.**

Meet at 10:00AM at the Trailhead parking lot, located beyond the mine at the end of Westmin Road (around 40km from the Highway 28 junction).

Sunday August 20th - 9:30 - 12:00PM - Late Summer Flora and Fauna

SWI research student Inza Maki will lead this easy walk around the Paradise Meadows and Centennial Loop trail (3.5km) identifying late summer flora and fauna in the park. **Limit 15.**

Saturday August 26th & Sunday August 27th - Subalpine Grasses Workshop

10:00 AM start on both days

Ecologist and grass expert Sarah Cooke will lead this 2 day, intensive workshop on the identification of subalpine grass species found throughout Paradise Meadows. **\$40 registration fee. Limit 15.**

Unless otherwise indicated, all hikes and presentations start from and take place at Strathcona Park Wilderness Centre, Paradise Meadows.

Sturdy footwear is essential - be prepared for sudden weather changes in the mountains.

Always carry water. No dogs, please.

If you have potentially been exposed to somebody with COVID-19 or are feeling sick yourself, please do not join our workshops/hikes.

Pre-registration is required.

For more information and to pre-register, please email:

strathconawilderness@gmail.com

There is no charge (except where specified), but as a volunteer-run non-profit organization, SWI relies on your support through donations.