

Strathcona Wilderness Institute
Summer 2008 Program

Share your favourite aspects of nature in Strathcona Park this summer with Strathcona Wilderness Institute's "Lights, Sounds and Action in a Paradise Meadows", a series of family-oriented nature programs designed to get you moving and exploring. There is no cost to attend a program, but donations are greatly appreciated. The Strathcona Wilderness Institute is a non-profit society.

Youths aged 7 – 12 are welcome for Saturday programs (a hike, special topic and a creative wrap-up activity) from 1:00 to 3:00 pm. Adults can attend guided walks on Sunday afternoons, 1:00 – 3:00. See the schedule below for specifics.

All programs start at the Paradise Meadows Info Hut located in the Raven Lodge Parking Lot on Mt Washington. To get there, follow the inland island highway heading north from Courtenay or south from Campbell River and take Exit 130, Strathcona Parkway. Follow the paved road and signs to the Raven Lodge, where you'll find ample parking. Remember to dress for the weather and bring water, sunscreen and bug-spray. .

If you are setting out on your own expedition, visit the Paradise Meadows Info Hut to exchange trail information, obtain maps, books or contribute your ideas at the shadow clock and sundial building activities.

Schedule:

Sat, July 5th: Dial a Rainbow: Explore the role of sunlight and colour. Make a spectrum or a sundial. Bring a flashlight.

Sun, July 6th: Tree challenges in the Sub-Alpine. Registered Professional Forester Colin Buss will share the inside story on sub-alpine ecology and how trees adapt to this area.

Sat, July 12th: Good vibrations: Hike through the park and collect as many types of sounds as you can. What might be present that we do not hear? Make a sound trap or a create a story with sound effects. Bring a flashlight.

Sun, July 13th: Sub-Alpine Wildflowers. Explore the beauty of Paradise Meadows with Comox Valley Naturalist Fred Constable.

Sat, July 19th: Celebrate Parks Day with a 3 hour hike to Battleship Lake and a nature Scavenger Hunt. Meet at the Hut by 11:00 am. Bring lunch and water.

Sun, July 20th: Ethnobotany, The Healing Power of Plants. Join ethnobotanist Gwyn Sproule for information on this fascinating topic.

Sat, July 26th: The gift of leaves. How many kinds of leaves are there? Why are they different? Make a gift of leaves.

Sun, July 27th: Hike to Divers Lake. Join mountaineers Steve and Marlene Smith for this easy 4 hour hike. Meet at the Hut by 10:00 am, bring a lunch and water.

Sat, August 2nd: Hike and picnic at Helen Mackenzie Lake. 3 hours. Meet at the hut by 11:00 am. Bring lunch and water.

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Sun, August 3rd: Hike to Kwai Lake. Margeret Symon (Registered Professional Forester) or Luisa Richardson (Naturalist/Heritage Interpreter) will lead this 5 hour return moderate hike through sub-alpine meadows and forests to a picturesque lake with a great view of surrounding mountains. Meet at the Info Hut at 10:00 am and bring a lunch and water.

Sat, August 9th: Knock, knock –who’s there? – Who lives up here? Who’s just passing through? How can we tell? Make a food chain mobile.

Sun, August 10th: I the tree, we the forest. Join agro-forester Harold Macy for a different perspective on forests.

Sat, August 16th: Lights, sounds, actions in the park: Test your senses and powers of observation. Create a play or art involving natural features of the park.

Sun, August 17th: Botany and mushrooms. Adolf and Oluna Ceska will delight you with their knowledge and insights on botany and mushrooms.

Sat, August 23rd: Still life – is it really still? Look carefully – things are not what they seem. Arrange art in a jar using natural materials Bring your own jar.

Sun, August 24th: Down to earth - the earth/sky connection. Join astronomer / streamkeeper Roy Myers for an unusual look at the connection between sunlight and plants, as well as other cosmic interactions between the sun, earth, atmosphere and the moon.

August 30th: Which way? - North, south, east, west. Discover the many ways to find your way in a park. Bring a compass if you have one.

August 31st: Hike to Cruikshank Canyon Lookout. Join Andrea Blaseckie for this spectacular hike through beautiful meadows to an amazing viewpoint. This moderate hike will take 8 - 9 hours return. Bring LOTS of water and food. Meet at the Info Hut by 8:00 am

To find out more about the Strathcona Wilderness Institute and programs visit our website: www.strathconapark.org or call 250-337-1871.