

Live & Learn Spring Workshop

Guided Nature Hikes & Edible Native Plants

Date

May 11-13, 2010

Location

Painter's Lodge in Campbell River (3 hours north of Victoria)

Price

\$199 per person, including two nights accommodation, based on double occupancy.

Skill Level

Moderate fitness for hiking on well-groomed trails with some steep sections.

Workshop Description

Discover the spectacular natural areas surrounding Campbell River. Learn about the edible native plants of the area while hiking through ancient forests, along our salmon rivers and to spectacular waterfalls. Find out how they all interrelate and depend on each other. Identify the wildflowers, fruits, ferns and trees and learn why you find them where they grow. Keep an eye out for eagles, herons, woodpeckers, ravens, water birds and various mammals including deer, beaver, and on occasion, black bears.

During an indoor session, you will learn about and sample the various edible native plants available from the local forests in the spring time.

About your Guides:

Run of the River Excursions - www.runoftheriver.ca; info@runoftheriver.ca

Run of the River Excursions offers guided nature walks and GPS-based activities, primarily to the cruise ship industry, but has expanded to offer activities for the community and various schools. The company is co-owned by Luisa Richardson and Colin Buss.

Luisa is an environmental educator with four years experience presenting workshops and nature excursions to schools, community groups and the public.

Colin is the owner of a forestry consulting firm and has been practicing professional forestry for 16 years.

Luisa and Colin are both experienced guides with in-depth knowledge in the natural sciences and local history. They enjoy being active and sharing their knowledge.

About Painter's Lodge

Nestled on the picturesque shores of Discovery Passage, Painter's Lodge is a renowned adventure resort in a spectacular natural setting. Life at the resort centers around outdoor adventures, beautiful gardens, spectacular dining and more.

For reservations or more information, please call 1-800-663-7090.

www.obmg.com/learn

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(Please meet in the Painter's Lodge Lobby)

Tuesday, May 11

3:00 pm Resort check-in.

4:00 – 7:00 pm **Hike to Salmon Spawning Channels** - a hike in the lower portion of Elk Falls Provincial Park. Explore the forest with an abundance of wildflowers this time of year. Walk to the lower reaches of Elk Falls Canyon. (2.7 km/1.7 miles).

Wednesday, May 12

9:00 am – 12:00 pm **Edible Native Plants** – Indoor session where you will learn about and sample edible native plants available in the local area. This will prepare you for the hikes.

1:30 – 5:30 pm **Hike to Quinsam Hatchery** – hike along the Quinsam River, the main tributary of the Campbell River, with a tour of the salmon hatchery and visit to a beaver dam. (8 km/5 miles).

Thursday, May 13

9:00 – 11:30 am **Hike to Elk Falls and Old Growth** – a hike in the upper portion of Elk Falls Provincial Park. Observe the water falls along the Campbell River, including the 80 foot Elk Falls. Explore the old growth forest and identify the native edible plants (2.0 miles/3.2 km)

12:00 pm Resort checkout.

Clothing and Equipment

- Sturdy and comfortable shoes
- Extra layers
- Back pack, camera, binoculars