

Live & Learn Fall Workshop

Natural History Guided Tours & GPS Games

Date

September 20 – 22, 2009

Location

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

Price

\$189 per person, including two nights accommodation, based on double occupancy.

Skill Level

Moderate fitness for hiking on well-groomed trails with some steep sections.
Some off-trail activity during the Geohunt.

Workshop Description

Discover the spectacular natural areas surrounding Campbell River. The Campbell River and Quinsam River, the primary tributary of the Campbell River, are home to seven species of pacific salmon and the autumn is a great time to view the spawning salmon. The shorelines vibrate with excitement as eagles, herons, water birds, anglers and the occasional black bear are drawn to the bountiful feast. You will also learn about the geology, ice ages and natural history of the area while hiking through ancient forests, along the rivers and to spectacular waterfalls. Learn to identify the wildflowers, fruits, ferns and trees and learn about ecology and ethnobotany – how plants were used by First Nations people.

...and then, for something completely different...a Geohut – a GPS based scavenger hunt on Painter's Lodge property. Training and GPS-receivers provided.

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 have expanded to offer activities for the community and various schools.

Owners Colin Buss and Luisa Richardson are both experienced guides with in-depth knowledge in the natural sciences and local history. Luisa is an environmental educator and Colin owns a forestry consulting firm.

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)

Sunday, September 20

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 and salmon spawning channels (see spawning salmon) along the lower Campbell River. Walk the lower reaches of Elk Falls Canyon (2.7 km/1.7 miles).

Monday, September 21

8:30 – 11:30 am **Hike the Old Growth Forests and Water Falls** – a hike in the upper portion of Elk Falls Provincial Park – explore the old growth forest and Elk, Moose and Deer Falls (2.0 km/1.3 miles).

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 beaver habitat (8 km/5 miles).

Tuesday, September 22

9:00 – 11:00 am Geohunt – a GPS-based scavenger hunt played on the resort property. GPS receivers and training provided.

12:00 pm Resort checkout.

Clothing and Equipment

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