

Parks program guide

October - December 2026

rdco.com/parkprograms



Regional District of
Central Okanagan



Your guide to fall & winter adventures in Central Okanagan regional parks

Crisp mornings, vibrant fall colours and changing landscapes make October to December a beautiful time to explore regional parks. Throughout the season, discover guided hikes, wildlife walks, family programs, nature workshops and seasonal experiences across the Central Okanagan.

Watch the forest transform as leaves change colour, follow the return of salmon, look for migrating birds and wildlife, or experience the quiet beauty of the landscape as the days grow shorter. Whether you are looking to stay active, spend time with family, learn something new or simply slow down and connect with nature, there are programs and experiences for all ages and interests throughout the season.

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



Our programs: what to expect

Our programs follow a consistent format so you can quickly understand what each experience offers and choose what's right for you.

Program types

Interpretive – Learning-focused programs with guided discussion and regular stops to explore nature, wildlife and park features.

Active – Movement-focused programs with a steady pace and fewer stops.

Creative – Hands-on, interactive programs that encourage creativity in the outdoors.

Wellness – Gentle, restorative programs that support mental and physical well-being in nature.

Stewardship – Programs focused on caring for the land through conservation, restoration or hands-on service.

Community – Shared outdoor experiences that bring people together and build connection.



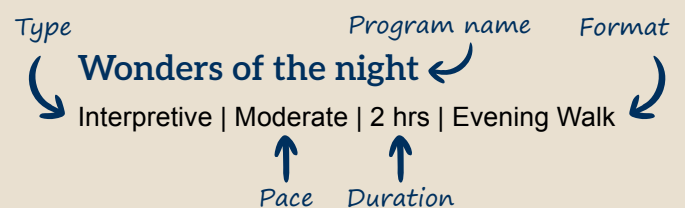
Pace levels

Leisurely – Easy pace with frequent stops and minimal elevation. Suitable for most ability levels.

Moderate – Steady pace with some hills, uneven terrain or moderate distance.

Moderate + – Continuous movement with limited stops. May include longer distances or sustained elevation.

Advanced – Brisk, continuous pace with steeper terrain, rough surfaces and longer distances.



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

Our core programs

These are our ongoing programs offered regularly throughout the year on a weekly or monthly basis. Visit our website for full program details, current schedules and registration information.

rdco.com/parkprograms



Full moon hikes

Interpretive | Moderate | 2 hrs | Evening Hike
Experience regional parks under the glow of the full moon. As the landscape transforms after dark, discover nocturnal wildlife, seasonal changes and the science behind moon phases with a park interpreter. *Monthly. Full schedule online.*

Hike club

Active | Moderate+ | 2 hrs | Hike
Start your morning with an energizing hike through regional parks. Explore a variety of trails while building fitness, enjoying scenic landscapes and connecting with others who love the outdoors. *Weekly. Thursday mornings. Registration online.*

Mission creek weekly walks

Active | Leisurely | 1 hr | Walk
A relaxed midweek walk along the Mission Creek Greenway. Enjoy fresh air, gentle movement and conversation while discovering seasonal highlights in the park. *Weekly. Wednesday mornings. Registration online.*

Storytime at the park

Creative | Leisurely | 45 min | Family Program
Nature comes to life through stories, songs and play. Children explore the outdoors through hands-on activities designed to spark curiosity and imagination. *Weekly. Tuesdays at 10 a.m. Drop-in.*

Night sounds & stars

Interpretive | Moderate | 2 hrs | Evening Hike
Discover what happens in the park after dark. Explore nocturnal wildlife, sounds of the night and the ecological importance of species that thrive after sunset. *Monthly. Full schedule online.*

Roll & stroll

Community | Leisurely | 1.5 hr | Walk
Connect with others while enjoying the outdoors with little ones. This accessible walk encourages fresh air, gentle movement and social connection. Strollers and carriers welcome. *Weekly. Fridays at 10 a.m. Registration online.*

Watercolours in nature

Creative | Leisurely | 2 hrs | Workshop
Slow down and create with nature as your inspiration. Learn basic watercolour techniques while painting in a peaceful outdoor setting. All supplies provided. *Monthly. Full schedule online.*

Sign up for the RDCO Parks newsletter to get the latest updates on park programs, events, news and seasonal tips – delivered right to your inbox.

Be the first to know what's happening in your Regional Parks and discover new ways to explore, learn and enjoy the outdoors.



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never miss an update!
rdco.com/hello parks

October programs

Experience the colours of autumn through guided hikes, wildlife programs, evening adventures, and family experiences. These featured programs are scheduled specifically for October.



Bat nights: after-dark discovery

Interpretive | Leisurely | 2 hrs | Evening program

As the sun goes down, the bats come out. Join us for an eerie evening exploration to listen for echolocation, spot bats in the night sky, and discover why these mysterious creatures are so important to healthy ecosystems.

Bears of the Okanagan

Interpretive | Leisurely | 1.5 hrs | Hike

Discover the bears that call the Okanagan home. Learn about their seasonal movements, behaviours, and habitats, and explore how people and bears can safely coexist in shared spaces.

Fall is in the air: discover autumn in parks

Interpretive | Moderate | 2 hrs | Hike

Fall is in the air! Explore the changing colours and seasonal beauty of our regional parks on a guided hike. Discover why leaves change colour, how plants prepare for winter and how wildlife responds to the changing season.

Gellatly heritage & cemetery tour

Interpretive | Leisurely | 1.5 hrs | Walk

Step back in time on a guided tour of Gellatly Heritage Regional Park and cemetery. Explore the stories behind the names, dates, and historic buildings while learning about the families who once lived here.

Gellatly Nut Farm tours

Interpretive | Leisurely | 1.5 hrs | Walk

Explore the fascinating world of nuts at Gellatly Nut Farm Regional Park! Discover the heritage nut trees, learn about the Gellatly family's pioneering work in B.C. and uncover the history of this remarkable orchard.

Draconid meteor shower: a stargazing evening

Interpretive | Leisurely | 2 hrs | Event

Join us Thursday, October 8 for a casual evening of activities and exploration under the night sky during the Draconid meteor shower. Look for shooting stars and discover the fascinating science, stories, and legends behind the skies above us. We'll have a telescope on hand for a closer look at the stars and other celestial wonders.

Masked bandits: the case of the missing pumpkin

Interpretive | Leisurely | 1.5 hrs | Walk

It's spooky season! Join a family-friendly, guided walk to solve the case of the missing pumpkin. Discover five wildlife suspects, uncover clues along the trail, and learn how camouflage, clever adaptations, and survival strategies help wildlife thrive. Can you crack the case?

Owl prowl

Interpretive | Leisurely | 2 hrs | Evening walk

Join a guided walk searching for owls and other wildlife as the day winds down. Learn to recognize owl calls, discover their fascinating adaptations and look for signs of these elusive birds in their habitat.

Sensational spiders

Interpretive | Leisurely | 1.5 hrs | Walk

Join a guided walk to learn about the unique behaviours of spiders and their important role in the Okanagan ecosystem. Discover the wonders of web weaving, fascinating feeding strategies, and deadly dance moves of a few local spiders.

Spooktacular at Mission Creek

Saturday, October 24 | Mission Creek Regional Park

Get ready for Halloween at Mission Creek Regional Park!

Join us for pumpkin carving during the day and a family-friendly evening of spooky scenes, dimly lit trails and Halloween surprises after dark.

Spooktacular: a night in the park

Saturday, October 24 | 5 p.m. to 8 p.m.

Drop-in at Mission Creek Regional Park

The park takes on a spooky glow after dark! Come in costume and explore Mission Creek's dimly lit trails, where spooky scenes, creepy creatures, glowing pumpkins and Halloween surprises await around every corner. A family-friendly evening of Halloween fun in the park.



Want to help decorate the trails?

Pumpkin carving workshop

Saturday, October 24 | 11 a.m.–1 p.m.

Carve a pumpkin with us and help bring Spooktacular to life! We provide the pumpkin, tools and supplies—you bring your creativity. Take your pumpkin home after the event to enjoy throughout Halloween week.

Registration required.

Or bring your own carved pumpkin!

Drop it off at the Leckie Road entrance to Mission Creek Regional Park between 12–2 p.m. on October 24 to have it included in the evening's decorations. Pick it up between 8–8:30 p.m. after the event.

Only flameless candles are permitted.

Registration and program details:
rdco.com/parkprograms

November programs

Explore the quieter side of the season with guided hikes, wildlife walks, and outdoor experiences that embrace the cooler weather and shorter days. These featured programs are scheduled specifically for November.



Autumn birding: who stays and who goes

Interpretive | Moderate | 1.5 hrs | Hike

The transition from autumn to winter is an exciting time for birding in the Okanagan Valley. Join us for a hike and discover who is passing through, who is staying and how birds adapt to the changing season.

Forest connections

Interpretive | Leisurely | 1.5 hrs | Walk

Take a closer look at the trees of the Okanagan! Discover how trees communicate, compete and cooperate, and how their connections support wildlife and shape healthy forest ecosystems. Explore the forest and uncover the stories hidden among the trees.

Ready for winter: how wildlife prepares

Interpretive | Leisurely | 1.5 hrs | Walk

As winter approaches, wildlife in our regional parks prepares for the colder months ahead. Discover how local animals adapt to the changing season through migration, hibernation, changing diets, finding shelter and other fascinating strategies for surviving winter.

Glow in the park

Interpretive | Leisurely | 2 hrs | Evening program

See the park in a whole new light! Follow the glow along the trails and discover what comes alive after dark. Take part in guided activities with glow sticks to light the way along the trail. Discover nocturnal wildlife and experience the sights and sounds of the park at night.

Fika in the forest

Wellness | Leisurely | 1.5 hrs | Walk

Slow down and embrace the Scandinavian tradition of fika with a cozy outdoor experience. Bundle up for a gentle winter walk before settling into a peaceful spot to enjoy a hot beverage and tasty treat.

Night sky club for young explorers

Creative | Moderate | 4 weeks | Youth program

Calling all explorers ages 7–11! Join us weekly to explore the stars, planets, wildlife and natural world through hands-on activities, outdoor games, star charts and creative projects. Each week brings a new adventure in the park, connecting what we see above us with the nature all around us. \$30 for four weeks.

Owl prowl

Interpretive | Leisurely | 2 hrs | Evening walk

Join a guided walk searching for owls and other wildlife as the day winds down. Learn to recognize owl calls, discover their fascinating adaptations and look for signs of these elusive birds in their habitat.

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December programs

Embrace winter with guided hikes, evening adventures, creative workshops, and seasonal nature programs. These featured programs are scheduled specifically for December.



Evergreen exploring

Interpretive | Leisurely | 1 hr | Walk

What keeps evergreens green through the winter? Explore the park and discover the differences between pines, firs, spruce, cedar and juniper. Learn how these trees are adapted to survive the cold.

Frosty footsteps: crisp winter hikes

Active | Moderate | 1.5 hrs | Winter hike

Embrace the crisp days of winter on a guided park hike. Look for wildlife tracks and other signs of winter activity, explore frosty landscapes and discover what makes the colder months special in regional parks.

Solstice starlight hike

Interpretive | Moderate | 1.5 hrs | Evening hike

Experience the magic of a winter evening in the park! Join a guided night hike to explore the sights and sounds of the season, look to the night sky and learn about the winter solstice and why this turning point in the year has been celebrated for centuries.

Winter wander: glowing trail walk

Saturday, Dec 12 | 3 p.m. to 5 p.m.

Step into a winter wonder as the trails come alive with a warm, twinkling glow. Wander along glowing paths sparkling with seasonal lights and discover a magical side of the trails. Warm up by the fire with a cup of hot cocoa, gather with family and friends, and take a moment to slow down and enjoy the cozy glow of the season together.

Winter watercolours

Creative | Leisurely | 2 hrs | Workshop

Bring winter inspiration to your watercolours! Create nature-inspired artwork featuring winter landscapes, patterns and textures. Turn your paintings into cards or gifts or keep as a seasonal memento. No experience required. All supplies provided. .

Winter workshops

Festive centrepiece workshop

Creative | Leisurely | 2 hrs | Workshop

Bring the beauty of winter to your holiday table! Create your own festive evergreen centrepiece using seasonal greenery and natural materials. Add your own creative touches to make a festive decoration to enjoy throughout the season. All greenery and supplies provided. \$25 workshop fee.

Frost & felt workshop

Creative | Leisurely | 2 hrs | Workshop

Embrace your creative side and make a nature-inspired felt ornament to take home! Take inspiration from winter's colours, textures and patterns as you design your own unique piece. All materials provided.

Nature-inspired ornaments

Creative | Leisurely | 2 hrs | Workshop

Get creative and bring a little of nature home with you! In this relaxed, hands-on workshop, design your own unique decorations using materials inspired by nature. Enjoy your creations or give as gifts. No experience required. All supplies provided.

Winter wreath workshop

Creative | Leisurely | 2-3 hrs | Workshop

Bring a little winter greenery to your home this season! Create your own beautiful evergreen wreath using fresh seasonal greenery and natural materials. Explore different ways to arrange and decorate your wreath and take home a beautiful handmade decoration. All greenery and supplies provided. \$25 workshop fee.

As the seasons change

We've highlighted three of our favourite parks to explore as the seasons change, from vibrant fall colours and wildlife watching to peaceful winter landscapes.

Gellatly Nut Farm Regional Park

Step into the history and beauty of Gellatly Nut Farm Regional Park in West Kelowna. Explore the heritage orchards and mature nut trees while enjoying the changing colours of fall. With its accessible trails, shoreline setting, and fascinating agricultural history, it's a great place for a slower seasonal walk. Take a brief drive up the hill to Gellatly Heritage Regional Park for a short and scenic trail overlooking the lake, heritage buildings that tell the story of the Gellatly family and the historic Gellatly family cemetery.



Mission Creek Regional Park

Follow the changing seasons at Mission Creek Regional Park, where trails, forests, wetlands, and the creek create habitat for a diversity of wildlife. Fall is a particularly special time to visit as salmon return to the creek and the landscape takes on vibrant autumn colours. Explore the Soopollalie Trail and Pine Loop Trail, watch for wildlife such as chickadees, squirrels, and ermine, and discover the many connections between the creek and the surrounding ecosystem.





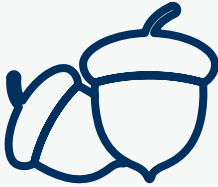
Your parks are waiting

rdco.com/discoverparks

30 regional parks
across the Central
Okanagan



**2,000+
hectares**
of protected
parkland



Century-old nut orchard
Gellatly Nut Farm
Regional Park

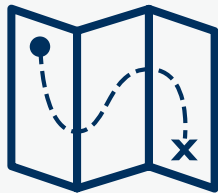


9 parks
with viewpoints



4 waterfalls

86+ km
of designated
trails



**Dark Sky–Protected
Nocturnal Preserve**
Johns Family Nature
Conservancy Regional Park

sntsk'il'ntən - Black Mountain Regional Park

Take in the wide-open landscapes of sntsk'il'ntən – Black Mountain Regional Park. Wander through grasslands following along the Ephemeral Pond Trail, Hoodoo Trail and Coyote Trail while enjoying sweeping views across the Okanagan Valley. Keep an eye out for birds such as Townsend's Solitaire, finches, and various raptors and larger wildlife such as coyotes and maybe even elk. Experience the changing colours and character of the landscape as fall turns toward winter.





Find a full list of regional parks and maps at rdco.com/discoverparks

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.



Follow **@regionalparks** on Instagram for park inspiration, fun stories and what's happening in regional parks!

Sign up for the RDCO Parks newsletter to get the latest updates on park programs, events, news and seasonal tips – delivered right to your inbox.



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