



News Release

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Take a Free Guided Regional Park Hikes

Bring your water bottle, lace up your walking shoes and maybe even pack your camera! You never know what you may see when you take a hike in our diverse Regional Parks.

Each Friday morning during June and July (except Canada Day July 1st), join a park interpreter on a free, guided hike in a different Regional Park and trail. The popular '*Take off on a Hike*' program returns starting Friday, June 3rd with an outing that explores the future third phase of the Mission Creek Greenway Regional Park trail.

Communications Coordinator Bruce Smith says, "Our knowledgeable interpreters are your tour guide and leader for each hike as we explore the wide range of ecosystems, flora and fauna that are protected in our Regional Park system. Be prepared to see some awesome views and vistas!"

Community Relations Liaison Risti Lesperance adds, "The great thing about '*Take off on a Hike*' is that everyone can participate and they're completely free. All we ask is that people either pre-register by contacting the EECO or show up ahead of the 9:00 am departure at the designated meeting areas for our Friday morning hikes during June and July. Please dress for the weather conditions, wear sturdy shoes and bring along a water bottle and perhaps a snack as the outings last from two to three hours, depending on their difficulty rating."

Each hike has been rated Easy, Moderate or More Difficult. Dogs on leash are welcome for any of the outings and owners are asked to pick up after their pet.

For more information about the '*Take off on a Hike*' program, dates, times and meeting locations, check out '*Your Guide to Regional Parks 2011*'. It's available online anytime by visiting the Regional District website: regionaldistrict.com/parks. You can pick up a copy at local government offices, recreation facilities and visitor information centres from Lake Country to Peachland.

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Contact:

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2011 'Take Off on a Hike' Schedule

Friday morning hikes start at 9:00 am and range from 2-3 hours.
Please bring water and a lunch or snack.

Date	Park	Rating	Meeting Location
Friday, June 3 rd	Mission Creek Greenway Phase 3 (future expansion)	More Difficult	Pull out on McCulloch Road at bridge over Hydraulic Creek
Friday, June 10 th	Rose Valley Regional Park	More Difficult	Westlake Road parking lot (near Rose Valley pond)
Friday, June 17 th	Stephens Coyote Ridge Regional Park	More Difficult	Werger Road parking lot (North Glenmore dog park)
Friday, June 24 th	Mt. Boucherie Regional Park (park not yet developed)	More Difficult	Parking lot for Eain Lamont Neighbourhood Park off Lakeview Cove Road
Friday, July 8 th	Glen Canyon Regional Park	More Difficult	Aberdeen Road entrance
Friday, July 15 th	McCulloch/Hydraulic Lake (around the lake)	Easy	From McCulloch campsite (McCulloch/Idabel Lake Road from Highway 33)
Friday, July 22 nd	Trepanier Creek Greenway Regional Park	Moderate	Trepanier Road off underpass from Highway 97C Okanagan Connector
Friday, July 29 th	Cedar Mountain Regional Park	Moderate	Parking lot off Chute Lake Road