



Cold Creek Conservation Area

TOWNSHIP OF KING



PROGRAM GUIDE

Table of Contents

Introduction	3
Recreation Programs	5
Nature Education Programs	7
Heritage & Cultural Programs	10
Booking Your Visit	11
Fees & Contact Information	12
In-School Programming	13





Program Overview

Cold Creek Conservation Area is proud to offer hands-on recreation and nature education based programming for a variety of school and community groups. This guide was created to model a “one-stop shop” for those looking to book with us.

Our Vision

The Community Services Department inspires people to engage in physical activity, culture, recreation and the natural environment.

Our Mission

The department creates opportunities for building positive relationships, learning and personal growth through provisions of parks, recreation and cultural programs, services and facilities.

Cold Creek Staff

Cold Creek Staff come from all walks of life, from recreation students, to teachers. We are proud to have such a vibrant, enthusiastic, and dedicated team. All of our staff are trained in both recreation, and nature based education programs.

Staff who facilitate our Challenge Course programs (high ropes, rock climbing, team pod & low ropes) have been trained in house, and by an ACCT (Association of Challenge Course Technology) accredited trainer to ensure a safe and fun experience for all participants.

Accessibility

We provide inclusive programming for all participants and are able to adapt our programming to meet your needs. Our All-Terrain Hippocampe wheelchair is available for participants who require a mobility aid. This device allows participants to explore the trails and grounds of Cold Creek, and various other Township trails that would otherwise be deemed inaccessible. The Hippocampe is also available for public use upon request. For more information or to book the use of the Hippocampe, please contact Cold Creek Staff at 905-833-6566.

Seasonal Program Availability



Recreation Programs

Low Ropes

Ages 7-14 

Our low ropes program offers a dynamic experience focused on promoting communication, trust, leadership and teamwork through a series of low to the ground obstacles and challenges. This hands-on program encourages participants to overcome obstacles together while keeping everyone in their comfort zones so that they can focus on the challenges in front of them.

Climbing Tower

Ages 7+ 

Our Climbing Tower is a 35ft dynamic structure with a 2-sided rock wall and vertical playground. The climbing wall program will teach students the basics of rock climbing, and each student will be challenged to climb various heights on the wall, based on their own comfort level. Please note that we follow the principle of Challenge by Choice which allows each participant to select their own challenge based on their own comfort level. Participants must wear closed toe shoes. ACCT certified helmets and harnesses provided.

Team Building

Ages 7+ 

This program consists of a variety of interactive games and challenges that focus on teamwork and communication to accomplish set goals. Participants will discover each others strengths in these activities that are sure to build on the classes cohesiveness.

High Ropes

Ages 9+ 

Our High Ropes Course is a 40ft dynamic challenge course with 5 activities where students are challenged to test their courage and strength. Please note that we follow the principle of Challenge by Choice which allows each participant to select their own challenge based on their own comfort level. Participants must be wearing closed toed shoes. ACCT certified helmets and harnesses provided.

Recreation Programs

Team Challenge Pod

Ages 9+ 

The Team Challenge Pod is a High Ropes experience that gets everyone involved and requires multiple climbers to complete various challenges in pairs or groups. Participants that are waiting their turn will also be expected to assist from the ground in various ways. Participants must wear closed toe shoes. ACCT certified helmets and harnesses provided.

More information regarding the elements available at Team Pod can be requested from the booking coordinator.

Snowshoeing

Ages 6+ 

Participants will learn basic snowshoeing skills and be lead on a guided hike through Cold Creek's trails. Participants will have a chance to take part in fun and interactive games that allow them to hone in on their snowshoe skills.

Cross-Country Skiing

Ages 10+ 

Participants will learn the basics of Nordic skiing and have an opportunity to practice their skills on a flat, open area, before heading out on a basic trail. This program is great for new and novice skiers. Please note that there is a maximum of 7 participants at a time.

Archery

Ages 8+ 

Participants will learn the basic concepts of archery, including proper shooting form and range safety. They will have an opportunity to practice these skills and then put their focus and precision to the test in a fun challenge.

Disc Golf

Ages 9+ 

This new program will cover the fundamentals and general rules of disc golf. Participants will be shown how to properly throw discs and given the opportunity to hone in on their skills before heading out onto Cold Creek's new course to play some holes. Please be aware that this activity will have students journeying off of trail systems and into forested sections of the site while accompanied by trained facilitators.



Nature Education Programs

Maple Syrup

Ages 6+ 

Students will learn about maple syrup production and have the opportunity to experience the maple syrup making process, while actively participating in demonstrations. Students will be lead on a guided hike to the sugar bush and will learn how to identify and tap maple trees and then boil down the sap into authentic maple syrup using an evaporator. Staff will share knowledge of techniques and modern day practices.

Animal Games

Ages 4+ 

Participants will learn about various animal behaviors and habitats by participating in interactive simulation games that demonstrate various animal behaviours, habitats, abilities, and specific characteristics.

Map Masters

Ages 8+ 

The focus of this program is on learning to read and interpret spatial maps. Students will be given a map of Cold Creek, and will be challenged to a mapping activity that includes identifying points of interest, in a designated grid field. This is a great program that allows students to learn mapping skills and develop a better understanding of the mapping process in an interactive and fun way.

Little Sprouts

Ages 4-9 

Get ready to dig in and discover the journey of food in the garden! This hands-on program introduces youth to the world of vegetable gardening, teaching where local food comes from and how it grows. Participants will learn the basics of planting, caring for, and harvesting a variety of vegetables while connecting with nature and gaining practical skills they can use at home. Through interactive demonstrations and guided activities, kids will explore when and how to plant different species, understand the importance of healthy soil, seed saving and experience the joy of harvesting fresh produce. By the end of the program, participants will not only have dirt on their hands they'll have knowledge that empowers them to grow their own food and contribute to a sustainable future.

Our 5 Senses

Ages 4+ 

Participants will rely on their sense of touch, smell, sight, hearing, and taste to explore Cold Creek. Participants will have an opportunity to play interactive games that will isolate specific senses, and allow them to further their understanding of the natural world. The activities are focused on how different animals rely on their senses for survival.

Nature Education Programs

Nature's Art Class

Ages 4+ 

This program introduces the basics of art design where participants explore Cold Creek trails to find various principles reflected in nature. Participants are encouraged to look at art design elements such as color composition, textures and shapes that are found in Cold Creek's natural setting. Participants will have the opportunity to incorporate our design principles into their own "take-home" creation using materials they have collected on the hike.

Pollinator Pals

Ages 6+ 

Students will learn about the important role pollinators play in our environment and help create a pollinator habitat through wildflower planting. Students will participate in hands on activities that raise awareness about the importance of habitat enhancement while also learning how they can show respect and care for pollinators. This program will help students understand threats pollinators like bees and butterflies are facing, such as declining food sources and human impacts. Activities may include planting native wildflowers in the wildflower meadow, wildflower seed balls and planting mini wildflower pots to take home.

Guided Nature Hike

Ages 6+ 

Join us for a guided hike to explore a variety of interesting natural ecosystems. Throughout the hike our staff will stop along the way to observe interesting natural features. Students will learn about the natural history of the property, ecological importance of native plant communities and local wildlife present throughout the property. Students will finish the hike feeling connected to the surrounding environment. Guided hikes will be offered year-round and adapted to seasonal changes.

Aquatic Explorers

Ages 10+ 

Students will explore benthic micro-invertebrates commonly found in local ponds. Samples of these aquatic organisms will be placed in observation buckets for students to view and identify. Students will use microscopes and other tools to help identify organisms and determine the water quality health based on the bio-indicator species identified and determine the ph of the pond water.



Nature Education Programs

Canopy Creators

Ages 6+  

Join us for an exciting hands-on planting experience that connects youth with the natural environment while fostering environmental stewardship. Participants will learn about local tree biodiversity, and the role trees play in combating climate change. Through interactive demonstrations and guided planting activities, you'll discover how creating healthy ecosystems provides food, shelter, and habitat for wildlife. Participants will have the opportunity to conduct tree printing and create a piece of "tree art" to take home. This program empowers students to get their hands dirty and make a positive impact by planting for a greener, more resilient future.

GPS

Ages 12+

Participants will learn the functions of a GPS (Global Positioning System) and will be introduced to the outdoor sport of geocaching. Participants will discover geocaches on Cold Creek's property solving riddles and finding information about Cold Creek's animals and ecosystems.

Orienteering

Ages 12+    

Participants learn the basics of orienteering and explore Cold Creek as they navigate through the interactive orienteering course. Using a compass, students will set out to solve a riddle that will test and improve their navigational skills. This program is also offered as a 1 hour program. The one hour option gives students the opportunity to explore a longer riddle and become more familiar with a compass.

Ultimate Survival

Ages 10+    

This physically active program gets participants involved in a simulation game that focuses on the connections within a food chain of a given ecosystem. Participants will learn about Cold Creek's native animal's food chain and how their relationship among each other is crucial to sustaining a healthy ecosystem.



Heritage & Cultural Programs

Classroom Curators

Ages 12+ 

The King Heritage & Cultural Centre is on the move and ready to transform Cold Creek into your own museum workshop! Our museum interpreters will train your students how to handle and analyze artifacts from our collection in order to become junior curators; all the while, learning about how to identify a variety of primary and secondary sources.

During this hands-on program, students will strengthen their Ontario Curriculum skills, including the Inquiry Process to: formulate questions, gather and organize information, interpret and analyze evidence, evaluate and draw conclusions, as well as communicate their findings about the artifacts they explore. More importantly, students will directly engage a variety of historical topics in Canadian history including: social and economic history, technology and science, as well as early settler and Indigenous history to understand how people lived in the past; and, the perspectives that shaped them.



Booking & Trip Information

Booking Your Visit

1. Fill out the Booking Request Form which will be emailed to you or can be found at www.king.ca and send it to: Email Cory McNeil at cmcneil@king.ca
2. After your request has been processed, we will send you a contract.
3. If the details of the trip are correct, please return the signed contract, no later than one week upon receiving it, back to: Email Cory McNeil at cmcneil@king.ca

Preparing For Your Visit

Please ensure participants are aware of the following.

- Dress for the weather! All programs will be run outdoors, rain or shine. Only in extreme weather will we be indoors. Dress in layers and bring extra clothing.
- Wear closed toe shoes for all programs (no crocs, flip-flops, or sandals)
- Pack a reusable water bottle
- Have every participant submit a waiver (when high risk activities are taking place) which MUST be brought on the day of the trip

If participating in the BBQ lunch, please ensure you have gathered all BBQ orders and submitted the completed form at least 2 weeks prior to the date of your trip.



Booking & Trip Information

Field Trip Day

Upon arrival, a Cold Creek staff will greet you on the bus and direct your group to the designated shelter area for the day. Please notify the staff of any changes in participant numbers or bus pick-up changes at this time. Once everyone has settled in, the staff will introduce themselves and explain the schedule for the day as well as all other pertinent information.

Students will have about 10-15 minutes to use washrooms and have a quick snack before teachers split them into their designated groups and we get started with programming.

Each program will have at minimum one Cold Creek staff facilitating each activity, and specific questions or concerns can be directed to them at any point.

A Typical Day Trip to Cold Creek	
9:30am	Arrival
9:30am - 9:45am	Introductions/Snacks
9:45am - 10:45am	Rotation 1
10:45am - 11:45am	Rotation 2
11:45am - 12:15pm	Lunch
12:15pm - 1:15pm	Rotation 3
1:15pm - 1:30pm	Wrap up/Board bus

Group Booking Fees	
Initial 2 Hours of Programming	\$21/participant
Additional Program Hours	\$95/hour (for entire group)
Lunch	\$10.00/participant

For more information about programming, please contact the Lead Hand, Outdoor Education: Cory McNeil
Email: cmcneil@king.ca
Phone: 905-833-6566
Website: www.king.ca or www.coldcreek.ca

Schedule times and number of programs can be adjusted according to bus pick-up & drop-off

In School Programming

Field Trip Day

We are happy to announce that Cold Creek continues to offer in school programming for the 2026 season! With a mix of recreation and education programs, there is something for everyone at the comfort of your own school!

Preparing for our visit

To ensure that our visit runs as smoothly as possible, we may ask to coordinate a site visit to ensure that the indoor and outdoor space provided is adequate for the programming you have selected. We may also request photos of the spaces to build our programming to meet your properties specifications.

We will work with you to structure the day so that it aligns with your school's schedule in order to ensure there will be no disruption to other classes.

Programming Day

Our team will arrive on-site 1 hour prior to the start of programming. During this hour, we will sign in to the main office and begin set up. Please ensure any indoor/outdoor space being used is booked out in advance to accommodate the hour preparation beforehand, as well as one hour after programming so that we can ensure we leave the space as we found it.

Group Booking Fee

In school programming (travel time included) \$95 per hour (minimum 5 hours).

In School Programs

Outdoor

Disc Golf **NEW**

Ages 9+

This new program will cover the fundamentals and general rules of disc golf. Participants will be shown how to properly throw discs and given the opportunity to hone in on their skills with our portable baskets that we will set up around your school ground's.

Outdoor

Orienteering

Ages 9+

Participants get to learn the basics of orienteering and explore the outdoors as they navigate through an interactive orienteering course. With a compass in hand, students will set out on a challenge course that will test and improve their navigational skills. This program includes an in depth explanation of how to read and use a compass as well as skill testing activities.

Outdoor

Ultimate Survival

Ages 8+

This physically active program focuses on connections within the food chain of a given ecosystem. Participants will learn the importance of balance in the food chain and how the relationship between predator and prey is crucial to sustaining a healthy ecosystem, while trying to keep themselves alive in a fun filled interactive game.

Outdoor

GPS

Ages 11+

This rare program will give participants the opportunity to learn about and operate handheld global positioning systems in fun and interactive challenges. Students will not only learn about the handheld devices but also about GPS as a whole.

In School Programs

Indoor & Outdoor

Team Building

Ages 9+

Our team building program consists of a variety of games and challenges focused on promoting teamwork, communication and trust in a group with an emphasis on debriefing.

Indoor & Outdoor

Nature's Art Class

Ages 4+

This program introduces the basics of art design and has the participants explore the outdoors to find these principles reflected in nature. They will then have the opportunity to incorporate these principles into their own creation using materials they have collected during their exploration of the outdoors.

Indoor & Outdoor

Our 5 Senses

Ages 4+

Participants will use their sense of touch, smell, sight, hearing, and taste as they make their way through this program. Students will take part in interactive games that will isolate specific senses, and allow them to further their understanding of the natural world. The activities are focused on how different animals rely on their senses for survival.

Indoor & Outdoor

Animal Games

Ages 4+

Participants will learn about various animal behaviors and habitats by participating in interactive stimulation games that demonstrate various animal behaviors, habitats, abilities and specific characteristics.

Contact us for further inquiries



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www.coldcreek.ca

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