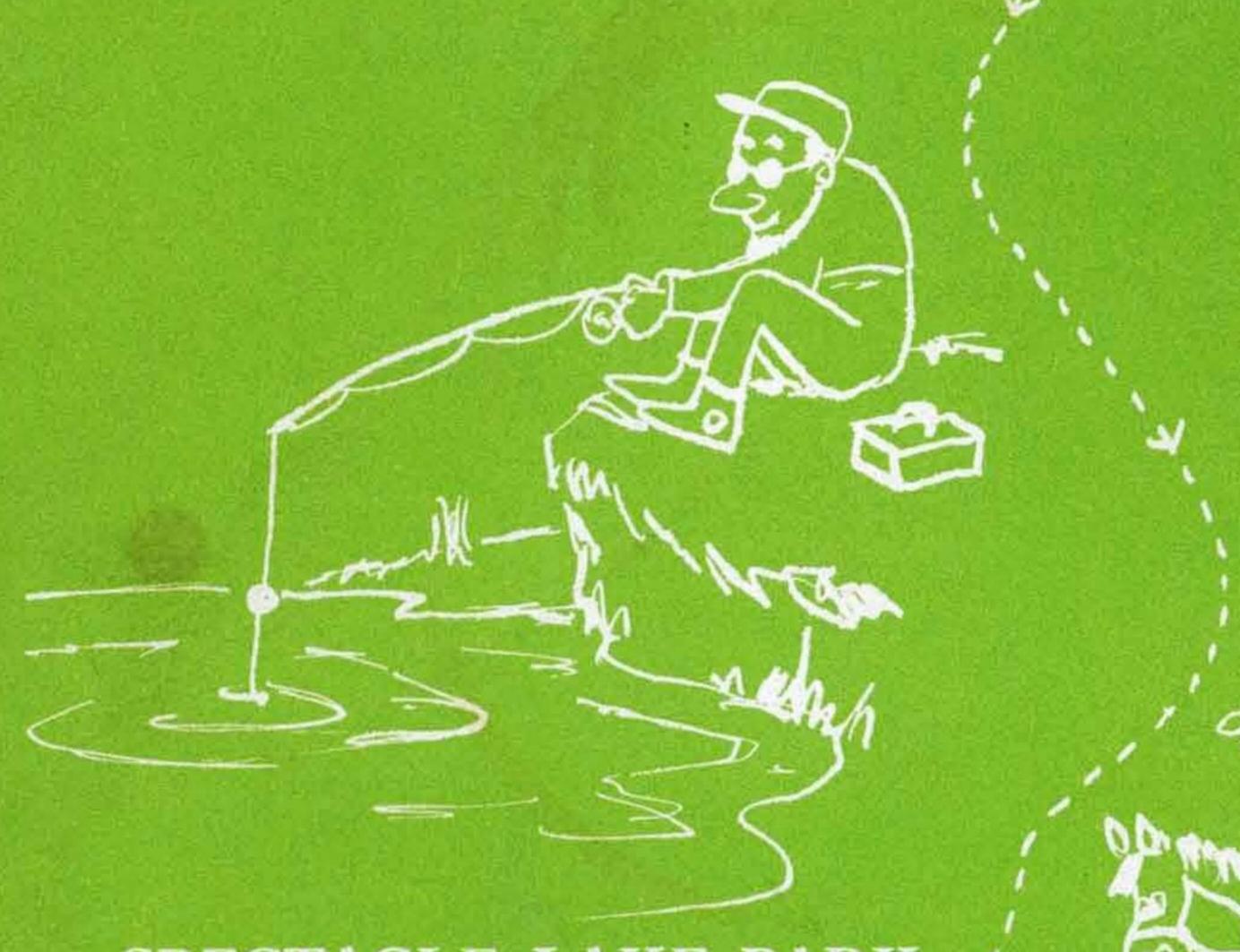
An Easy-to-Follow Guide

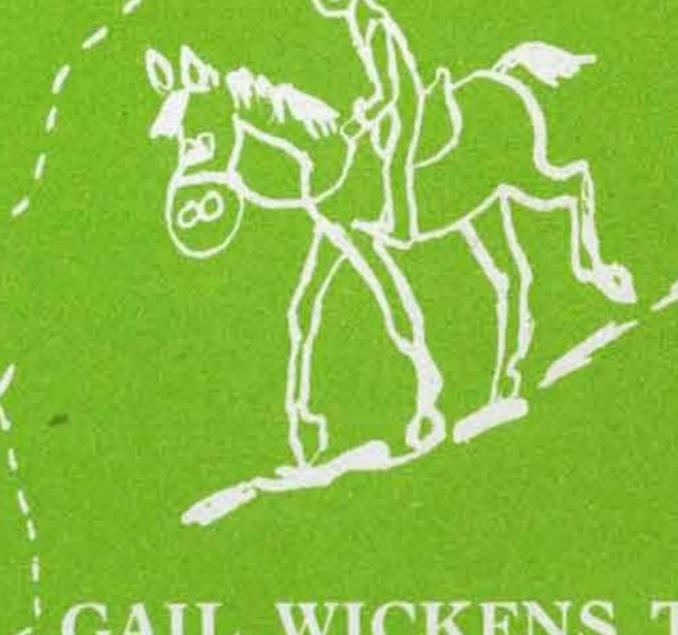
to these places ------



GOLDSTREAM PARK



SPECTACLE LAKE PARK;



GAIL WICKENS TRAIL

2'----- and many more ---->--

HIKING TRAILS

Victoria and Southern Vancouver Island



prepared by

The Outdoor Club of Victoria

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> > First Printing 2,000 copies

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HIKING TRAILS

Victoria and Southern Vancouver Island

The Outdoor Club of Victoria

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with thanks also to many others who have helped and whose names are not included in these pages.

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ABOUT THIS BOOKLET

To some people the word "hiking" signifies long, strenuous treks and walking for days on end with a huge back-pack, but you will find that most of the hiking trails described in this booklet are much shorter walks (although some longer day-trips are also included). The information is intended for the growing numbers of people among apartment-dwellers, visitors and newcomers to Victoria, and long-time residents who wish to explore the local lakes and woods and enjoy our parks and beaches.

Many people prefer to hike individually rather than join a hiking club. The Outdoor Club of Victoria therefore decided to prepare this guide to introduce you to areas which club members have known and loved over the years.

As we are not professional surveyors, and because base maps and similar data have frequently proved to be inadequate for our purposes, we cannot be held responsible for any discrepancies, inaccuracies or omissions in our sketch-maps and descriptions. Trails shown may be only approximate, as conditions vary constantly. Hikers always travel at their own risk, and it is up to the individual hiker to check current conditions by enquiring at offices of the appropriate authority or by asking local residents and officials. It is particularly important to do so before setting out on the longer trips. We intend publishing any revisions necessary to keep the information up-to-date, and would appreciate any information you can give us. Later, we hope to cover other areas of Vancouver Island.

In the main we have omitted descriptions of what you will see on the trails, as they can be revisited at different seasons of the year and each time will appear differently. You will find there are many beautiful days all through the year when you can enjoy these trails and beach hikes.

The Outdoor Club of Victoria was formed in 1942 by a group of Victorians interested in hiking together so that they could share the companionship of others with There are hikes nearly every weekend throughout the year, and monthly evening meetings with business reports and entertainment programs. In addition, many of the trails in Goldstream Park - including the Arbutus Ridge Trail, Gold Mine Trail, Prospectors and Riverside Trails - were constructed by the Outdoor Club of Victoria as centennial projects, under the leadership of Hugh Salmond and with the help of the Provincial Parks Branch. A quarterly trip list and other information about the club is available from club members; the current issue with telephone numbers to contact for a copy is available at the public library.

This is our first experience of producing a publication and we hope that minor faults will be forgiven. Finally, we wish to express our gratitude to all the Parks authorities in Greater Victoria, and to staff of the B.C. Forest Service, for information and assistance, and to everyone who has given us help and encouragement.

Victoria October 1972

JANE WADDELL



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HINTS AND CAUTIONS

of particular interest to those who wish to hike further afield.

TRAILS. While only some of the better known, well-established trails are described here, they may lead to other opportunities which can be pursued by the more experienced and more hardy. With the exception of the Gail Wickens', the trails are primarily footpaths; a few can be traversed by horses where permitted by park regulations. Riders should avoid disturbing the full width of trails at muddy spots. Trail bikes are prohibited in parks and most trails are too rough to negotiate with them. Old logging roads are more suitable.

GOOD CLOTHING IS ESSENTIAL. All these trails can be hiked in good walking shoes, but you will be better off in comfortable boots, as trails can sometimes be muddy, or steep and rough in places. A small packsack is a good way to carry lunch, maps, camera, extra sweater, rainwear and other essentials, but weight should be kept to a minimum.

DO NOT LITTER THE TRAILS. Don't drop gum wrappers, lunch bags, soft drink cans; carry them out in your packsack.

PLEASE BE CAREFUL WITH FIRE. Above all, put fires thoroughly out! Clear an area free from inflammable materials around your fire to a distance of at least three feet, and do not establish a fire within at least 10 feet of any log, bush or tree. Pour water on the fire afterwards, and sort through the ashes with your bare hands to be certain there are no hot-spots left which could flame up again. Smoke only at rest stops . . . never when walking . . . be sure that cigarettes and matches are completely extinguished.

MAPS AND COMPASS. Those who would explore off the trails may find topographical maps useful; these can be obtained from "Map and Air Photo Sales Office, Map Production Division, B. C. Lands Service, Department

of Lands, Forests and Water Resources, Room 110, 553 Superior Street, Victoria, B.C." The office is open 8.30 a.m. to 4.30 p.m. An aerial photograph is sometimes a useful companion to a map and can also be obtained from the above office. These often show details that are not visible on maps, and may be more up to date. Other maps may be obtained from parks agencies. A compass (and knowledge of how to use it), is also useful, since one loses direction easily and even on a trail it can be difficult to tell which way to turn.

DO NOT HIKE ALONE. The greatest danger is probably from slipping on loose rocks on moss-covered hillsides. The wise hiker travels with a friend in case of an accident. If lost, logging roads, of which there are an abundance, both new and abandoned, generally lead out if one follows them downhill, and streams do likewise. However, cross-country scrambling is difficult, so stay on trails unless absolutely certain where you are going. Leave information on your plans, including the expected time of return, with someone who is reliable, and remember that searches in our rough terrain are difficult and expensive.

HUNTING SEASON. Be aware of the danger of being mistaken for a wild animal during hunting season, and wear bright clothing. Avoid heavily hunted areas.

WHEN TRAVERSING PRIVATE PROPERTY ask permission. Close gates if found closed; leave them open if found open. Respect logging company signs; in this area most of their holdings are owned by them, not leased public lands. Do not damage equipment and report those you see doing so. Be considerate of your fellow hiker. Take nothing and leave nothing.

FLOWERS AND PLANTS. Particularly in parks, where it is illegal, but in other places too, leave wild flowers where you find them; unlike garden varieties they seldom last long when picked, and uprooted specimens rarely can be transplanted to city gardens.

MOSQUITOES AND OTHER FLYING PESTS may be a nuisance and you may need to carry a repellant. Wasps should be avoided; they nest in the ground and in baglike nests in trees. Poisonous or dangerous plants and animals are not a problem. Only the stinging nettle and devil's club may be encountered on Southern Vancouver Island, and contact with these is only irritating.

DO NOT CHOP "BLAZES" INTO TREES. They are unsightly and lead to infection by a variety of insects and diseases.

JOHN W. E. HARRIS

LEGEND

The following symbols are used in our maps:

park boundary

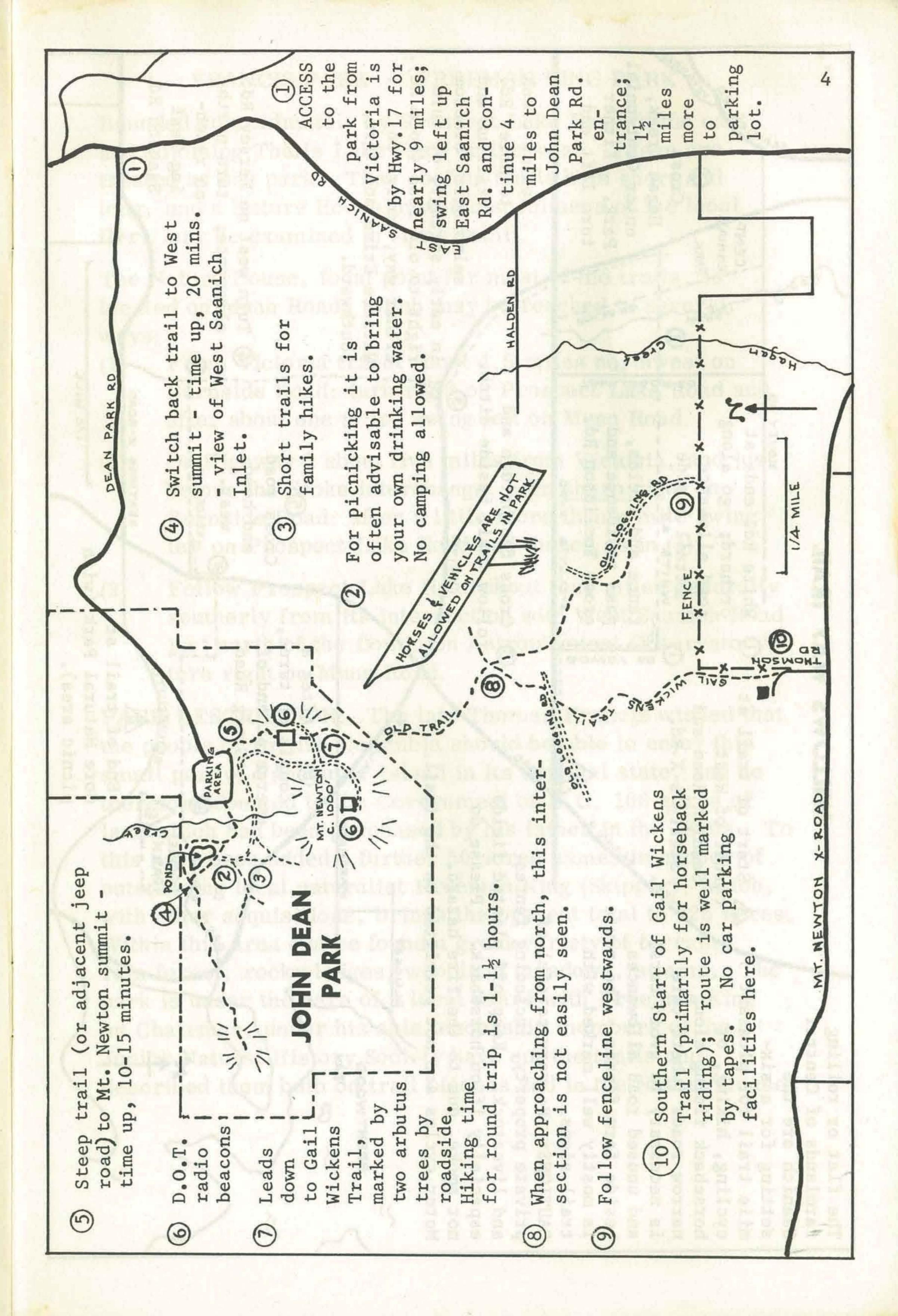
hills

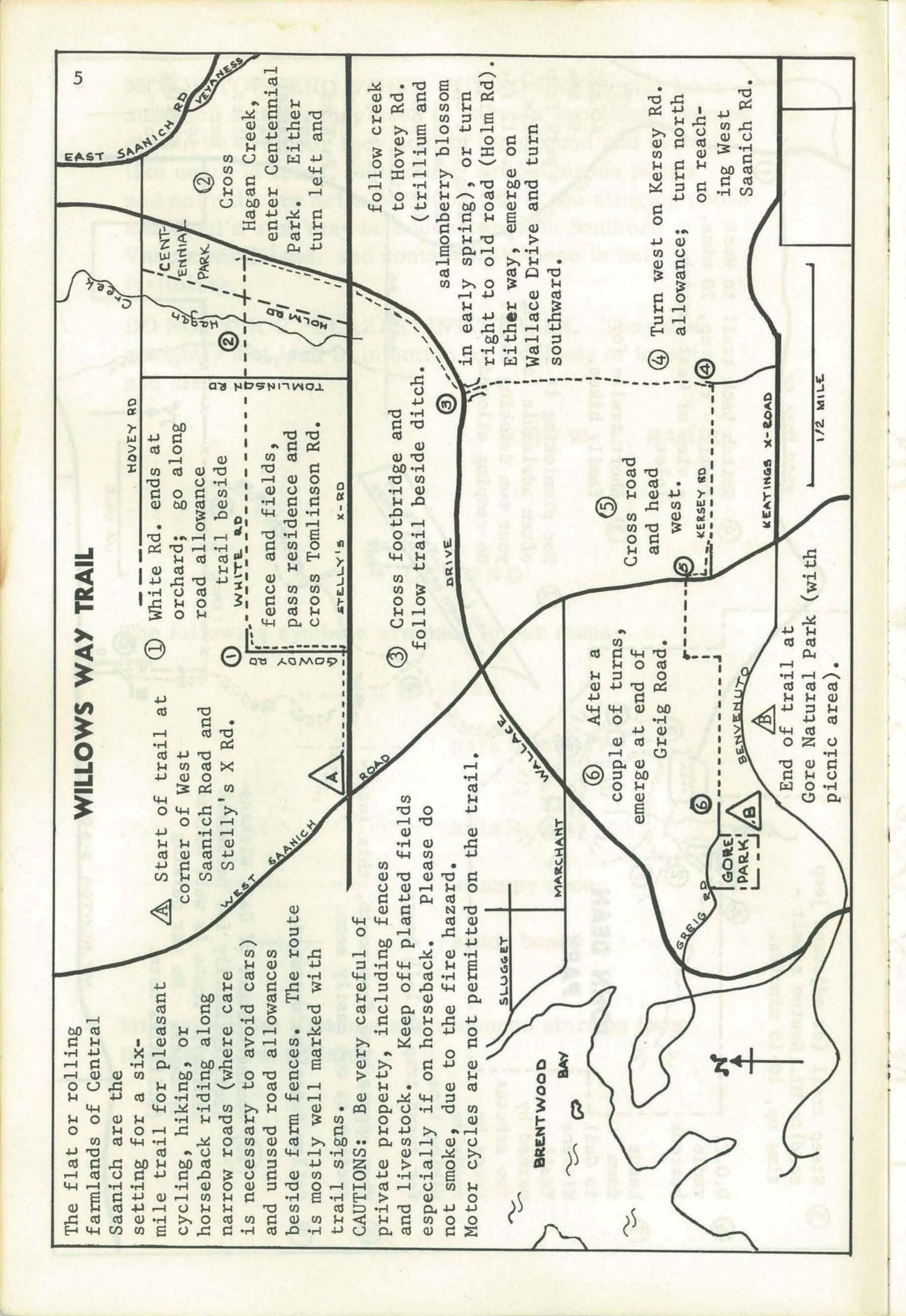
swampy area

sandy beach

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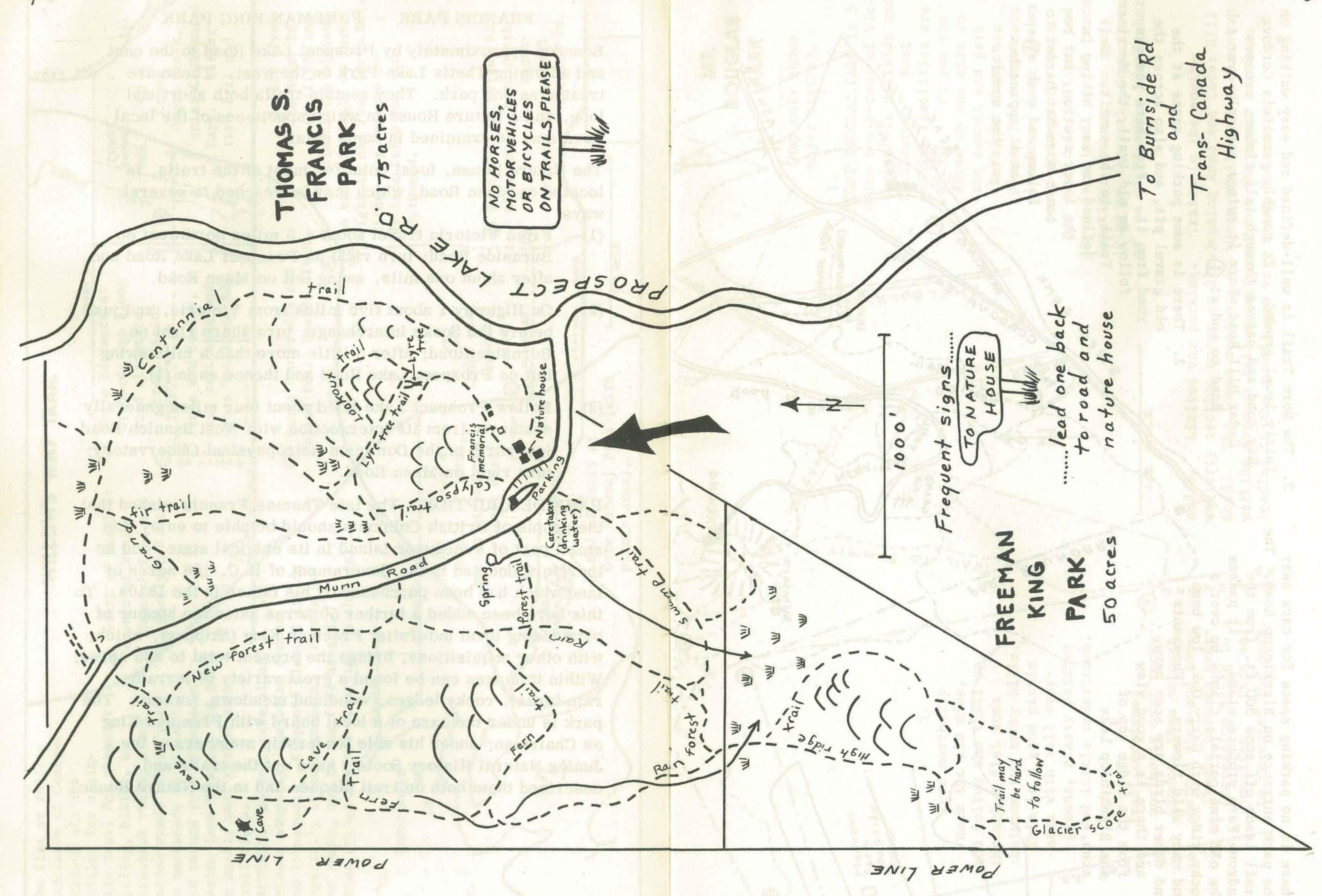
FRANCIS PARK - FREEMAN KING PARK

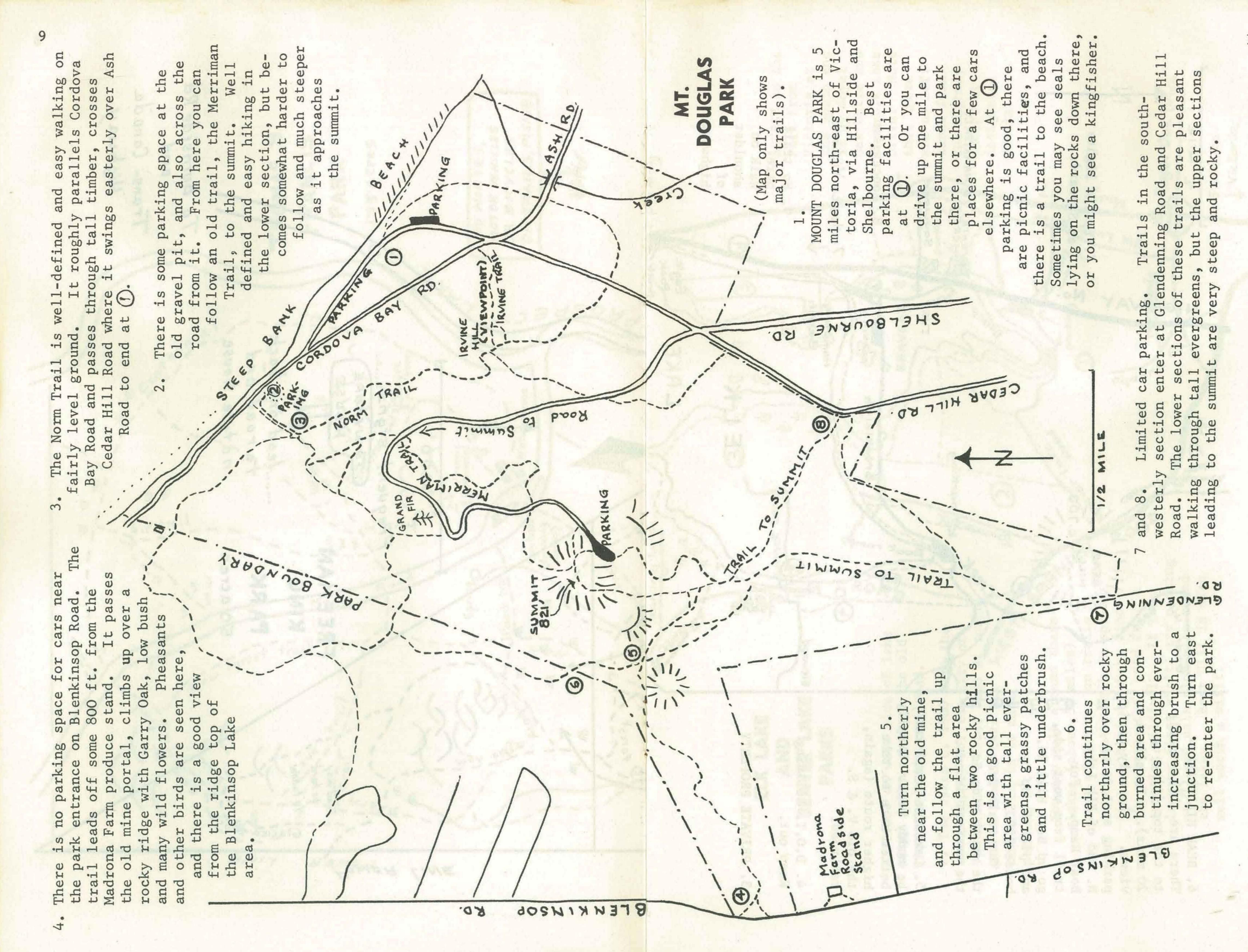
Bounded approximately by Prospect Lake Road to the east and adjoining Thetis Lake Park on the west. These are treated as one park. They contain trails both short and long, and a Nature House in which specimens of the local flora may be examined in some detail.

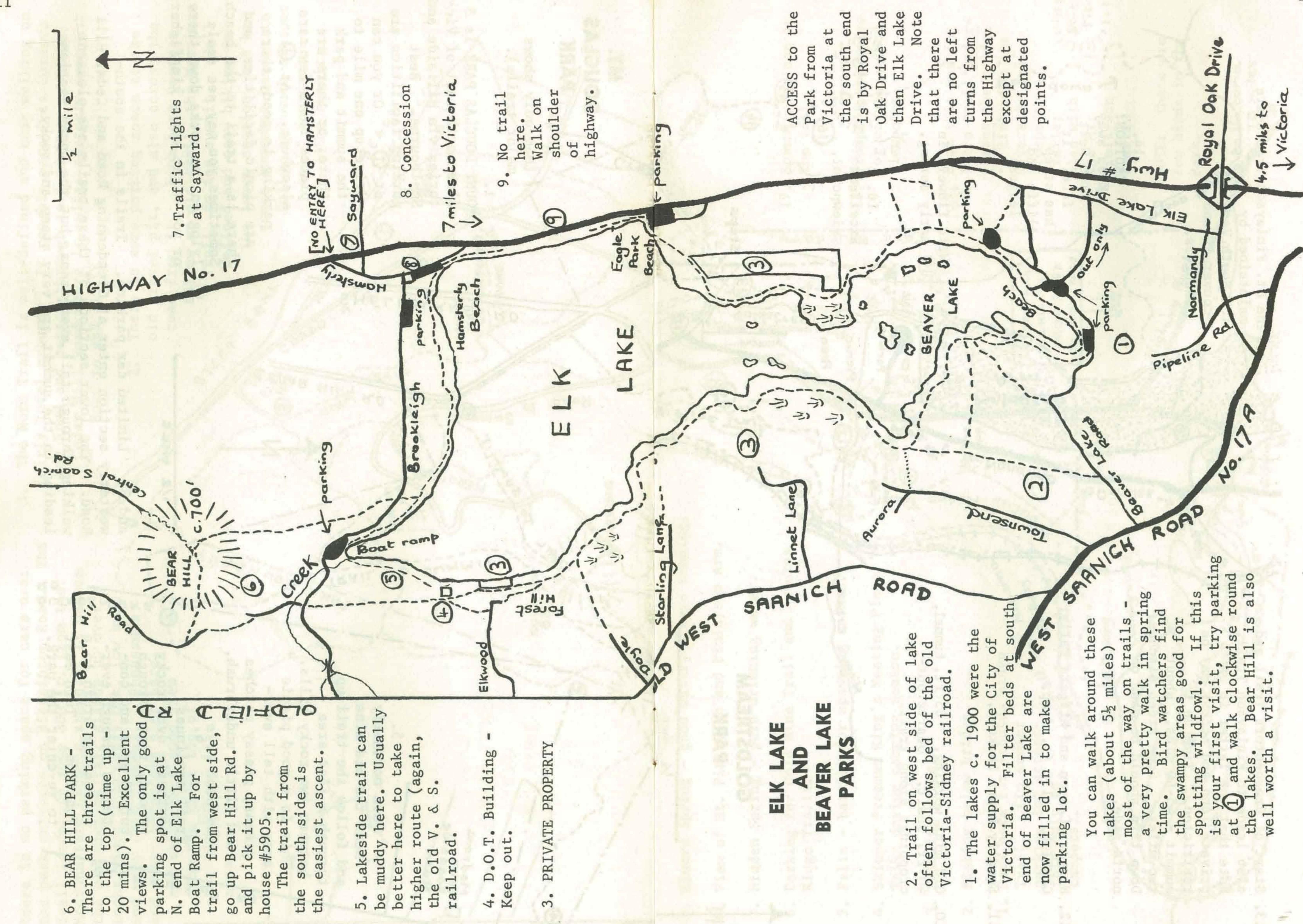
The Nature House, focal point for most of the trails, is located on Munn Road, which may be reached in several ways:

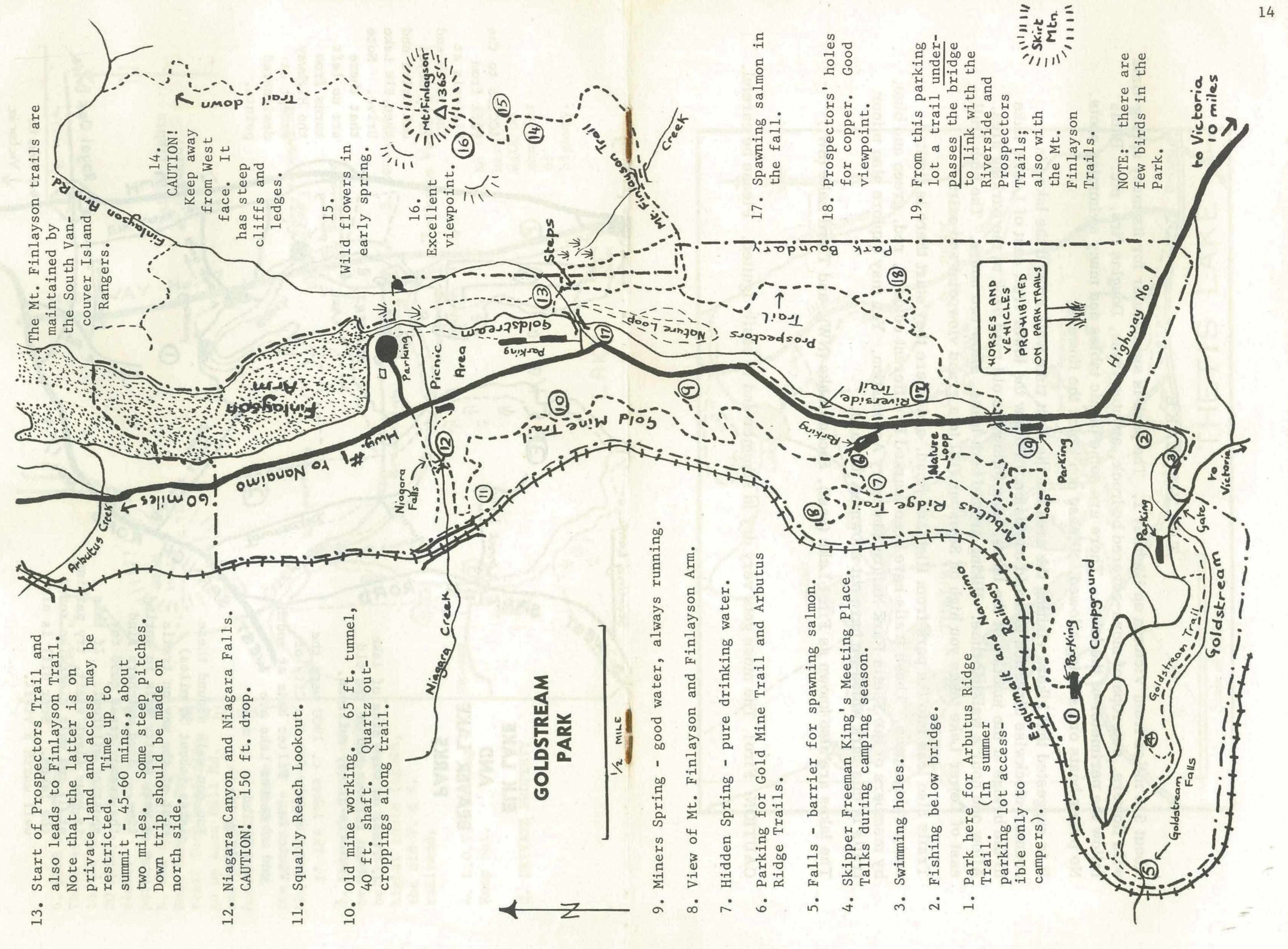
- (1) From Victoria travel about 4.5 miles northwest on Burnside Road; turn right on Prospect Lake Road and after about one mile, swing left on Munn Road.
- On Highway 1 about five miles from Victoria, and just before the Sooke interchange, turn sharp right on Burnside Road; after a little more than a mile swing left on Prospect Lake Road and thence as in (1).
- (3) Follow Prospect Lake Road about four miles generally southerly from its intersection with West Saanich Road just north of the Dominion Astrophysical Observatory; turn right on Munn Road.

PARK DESCRIPTION: The late Thomas Francis wished that the people of British Columbia should be able to enjoy this small part of Vancouver Island in its original state, and he therefore donated to the Government of B. C. 106 acres of land which had been purchased by his father in the 1840s. To this have been added a further 50 acres named in honour of outstanding local naturalist Freeman King (Skipper), which, with other acquisitions, brings the present total to 225 acres. Within this area can be found a great variety of terrain; rain forest, rocky ledges, woodland meadows, swamp. The park is under the care of a local board with Freeman King as Chairman; under his able leadership members of the Junior Natural History Society have cut the trails and described them both on trail plaques and in the Nature House.









THE TIS LAKE

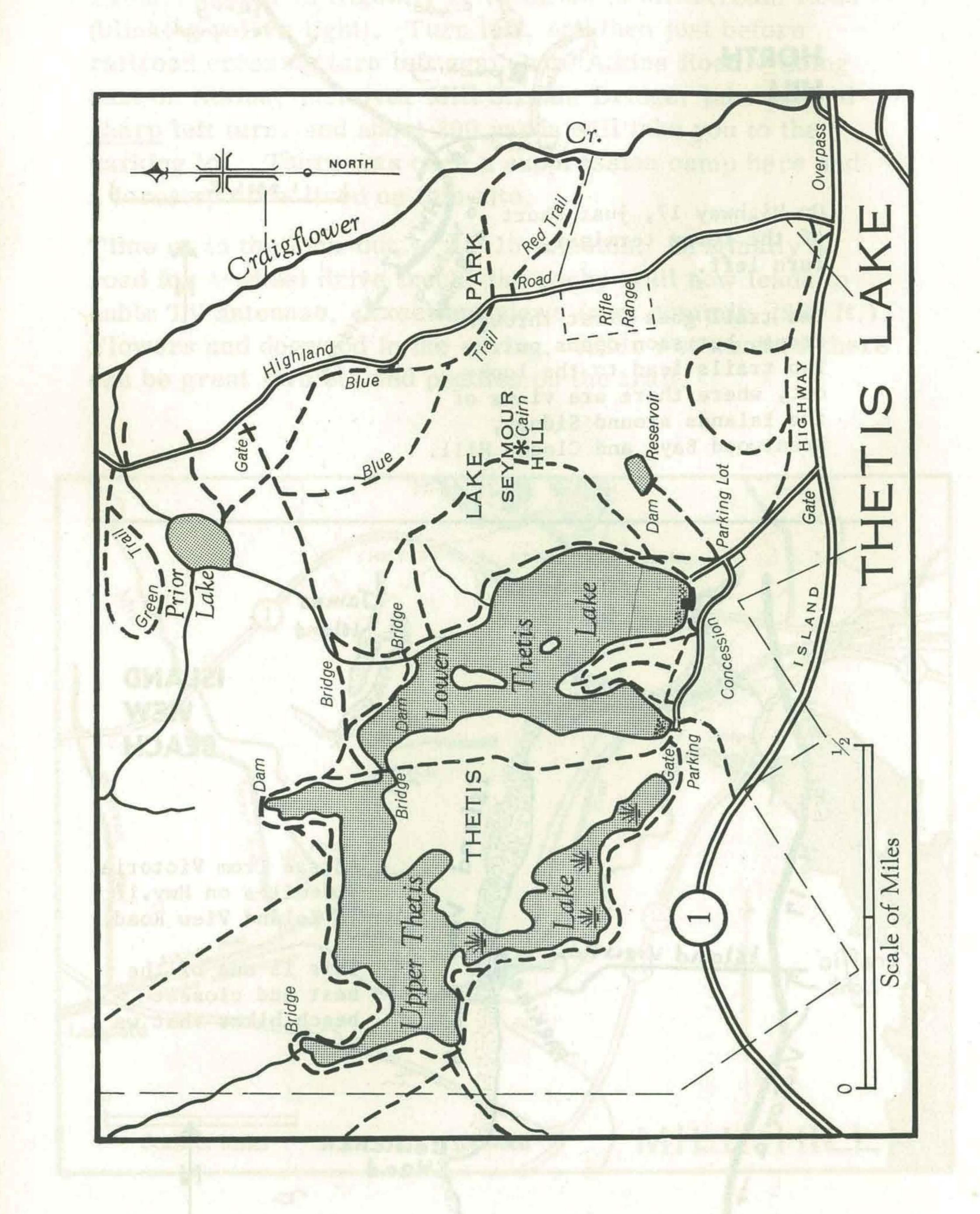
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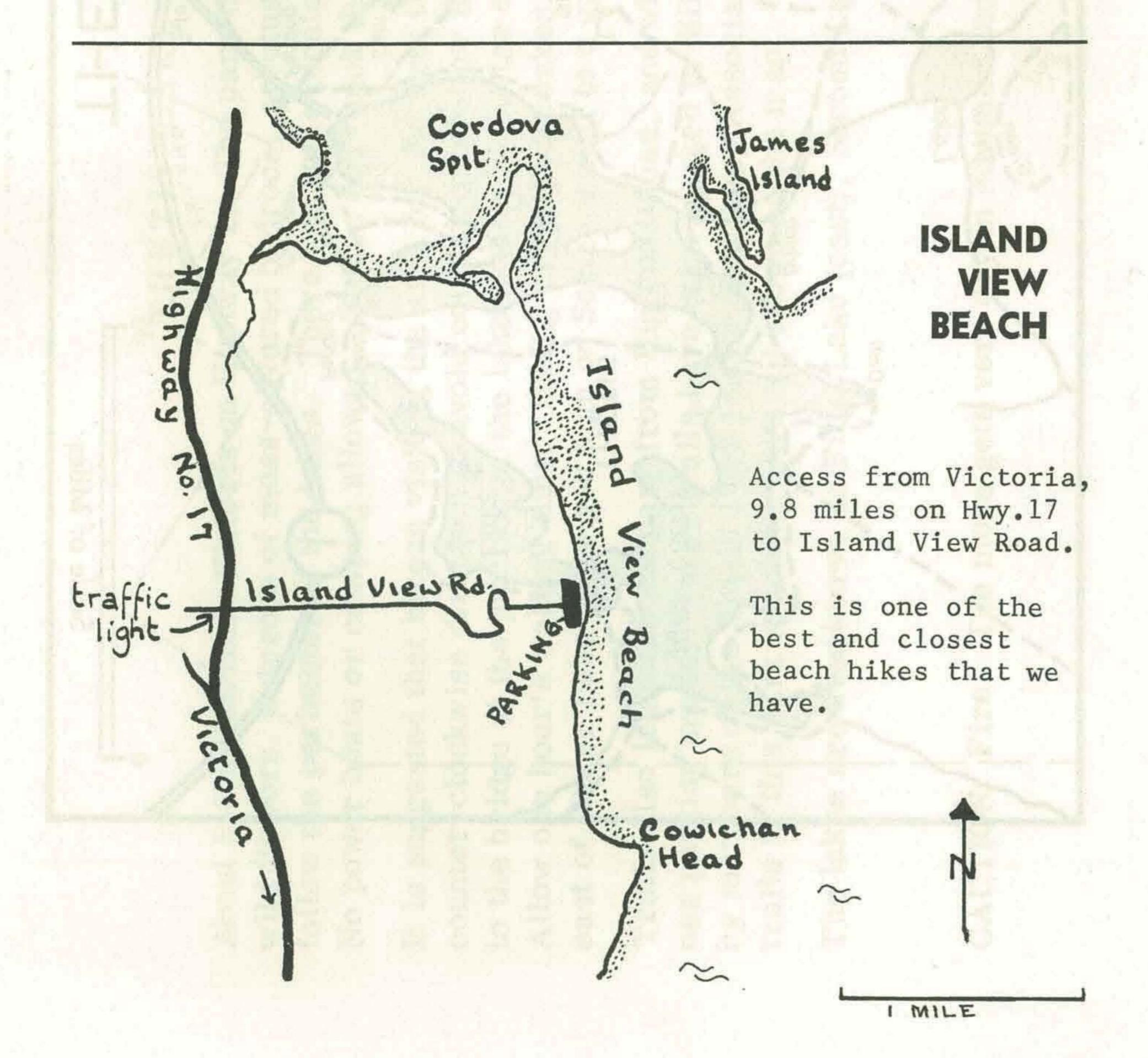
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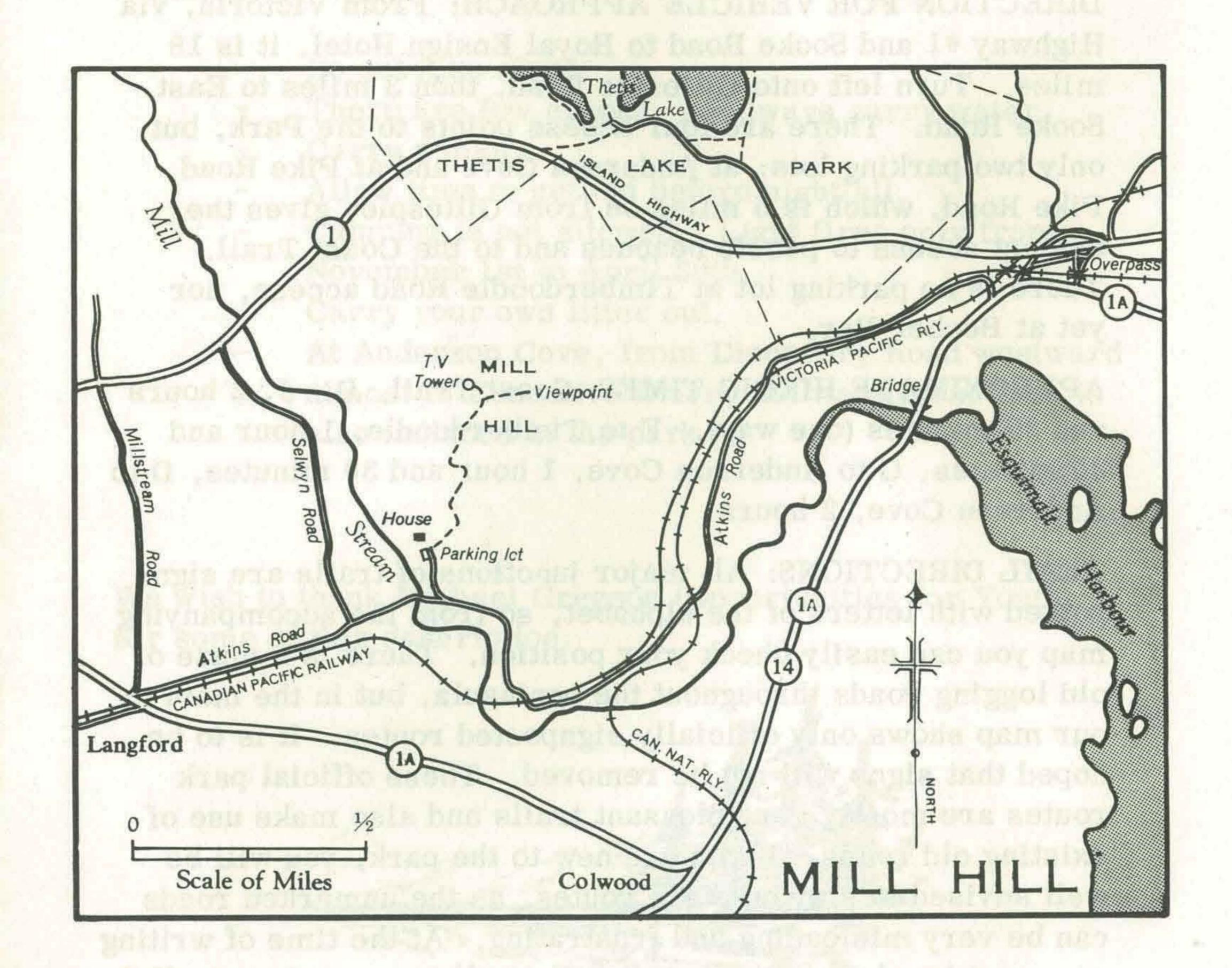




MILL HILL

From Victoria on Highway 1, $7\frac{1}{3}$ miles to Millstream Road (blinking yellow light). Turn left, and then just before railroad crossing turn left again onto Atkins Road. Going east on Atkins, just over Mill Stream Bridge, take second sharp left turn, and about 200 yards will take you to the parking lot. There was once a suppression camp here and a forestry crew lived on this site.

Time up to the look-out - 10-15 minutes. Originally a road for 4-wheel drive truck, the rocky trail now leads to cable TV antennae. Excellent views from summit, (658 ft.). Flowers and dogwood in the spring. After wet weather there can be great rivulets and puddles on the trail.



EAST SOOKE PARK

DESCRIPTION: This is a semi-wilderness park, very pretty in spring, and at least a hundred different species of wild flowers are to be found here. There are five inter-connecting trails, all well-cut, and these have been made safe by the construction of many ingenious bridges and steps. To help indicate the considerable walking distances involved in traversing the hills and valleys, on our map some contours are shown in grey, which give some idea of the terrain.

The Coast Trail is approximately five miles long; its scenery is magnificent, with good views of the Olympic peninsula - and the coast itself, with deep bays, cliffs and chasms, has an atmosphere of remoteness and adventure.

DIRECTION FOR VEHICLE APPROACH: From Victoria, via Highway #1 and Sooke Road to Royal Ensign Hotel, it is 18 miles. Turn left onto Gillespie Road, then 3 miles to East Sooke Road. There are four access points to the Park, but only two parking lots; at Anderson Cove and at Pike Road. Pike Road, which is 5 miles on from Gillespie, gives the easiest access to pebble beaches and to the Coast Trail. There is no parking lot at Timberdoodle Road access, nor yet at Becher Bay.

APPROXIMATE HIKING TIMES: Coast Trail, D - J, 2 hours and 30 minutes (one way). F to Timberdoodle, 1 hour and 30 minutes, G to Anderson Cove, 1 hour and 30 minutes, D to Anderson Cove, 2 hours.

TRAIL DIRECTIONS: All major junctions of trails are sign-posted with letters of the alphabet, so from the accompanying map you can easily check your position. There is a maze of old logging roads throughout the peninsula, but in the main our map shows only officially signposted routes. It is to be hoped that signs will not be removed. These official park routes are mostly very pleasant trails and also make use of existing old roads. If you are new to the park, you will be well advised to stay on these routes, as the unmarked roads can be very misleading and frustrating. At the time of writing you must be alert to the fact that it is all too easy to get off the official routes accidentally onto these older roads.

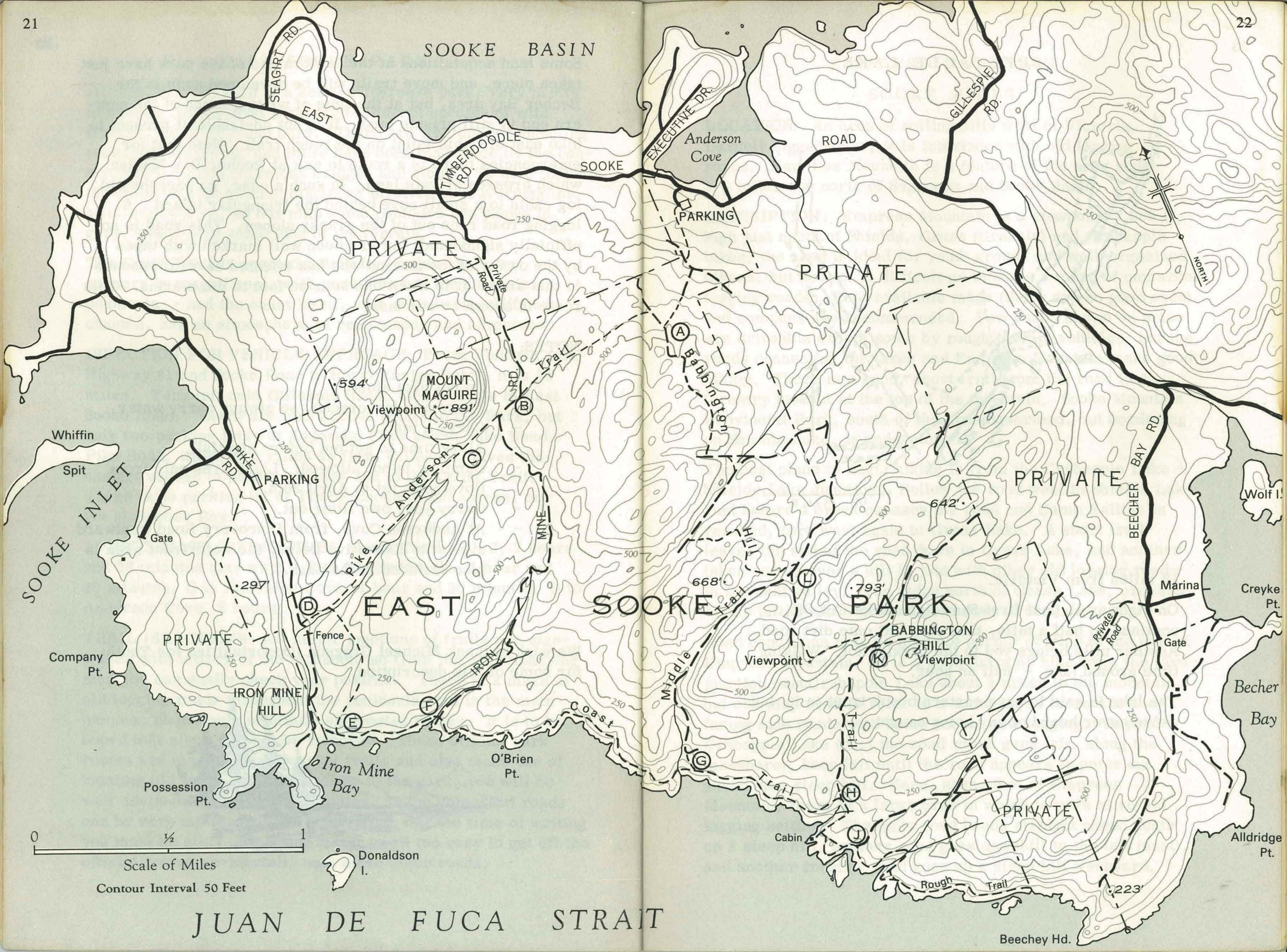
Some land acquisitions at the eastern end of the park have just taken place, and more trails will be developed soon in the Becher Bay area, but at the time of writing much of the eastern end is still private land. It is not advisable at present to hike east of Cabin Point on the rough trail. Note that for emergencies there is a route to exit at Becher Bay Marina which crosses private land. In such a case, go past the old log cabin to a small cove behind the triangular island. A logging road runs out of the grassy slopes. This road is not officially signposted, but has been well marked with tapes by the owner of the marina who has effected several rescues in this area. It is about one hour on foot to the marina. This route is shown on our map.

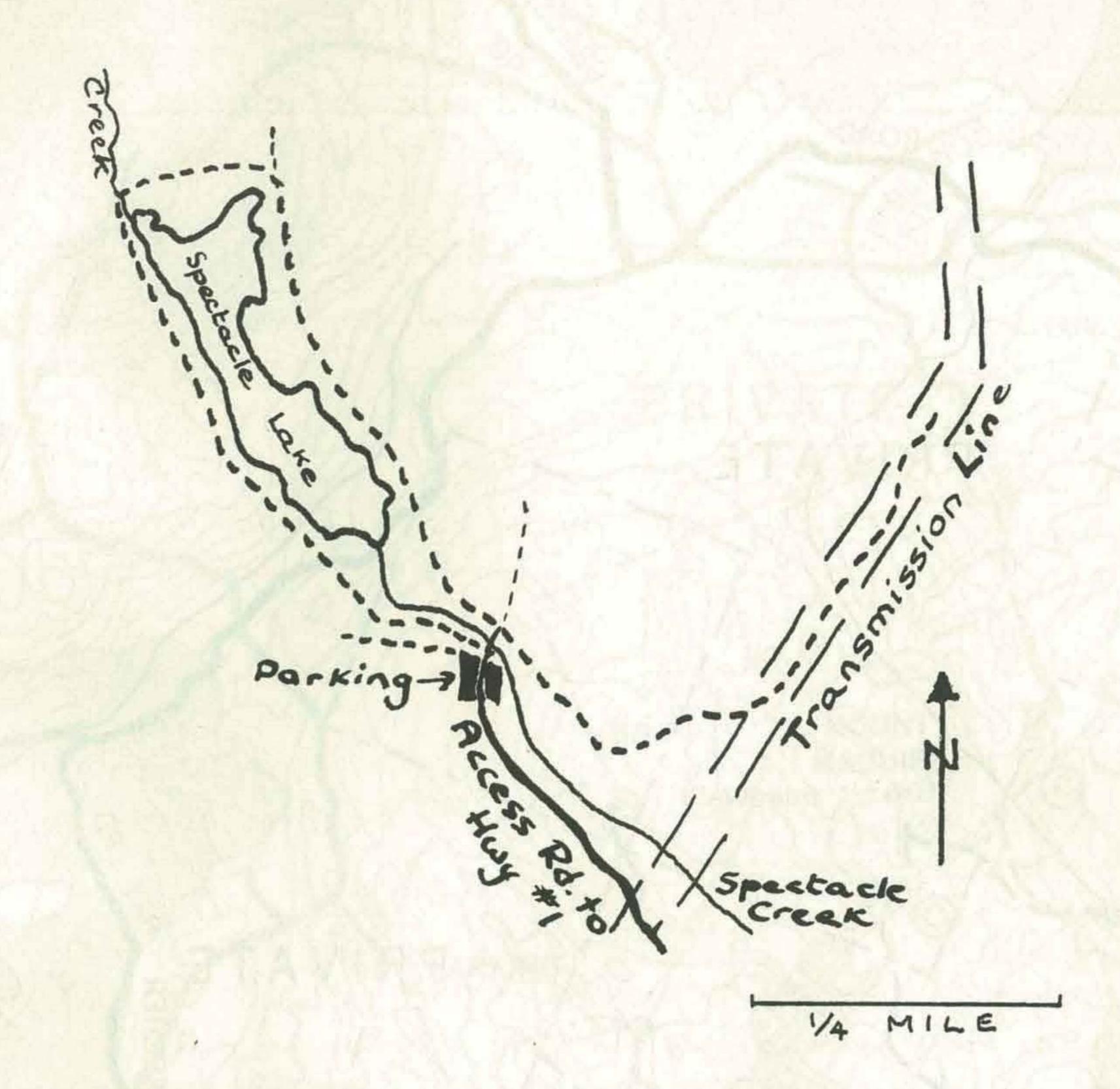
NOTES:

- Do not hike alone.
- There are few creeks, so always carry water.
- Carry a map.
- Allow time to get out before nightfall.
- Camping is not allowed. Light fires only from November 1st to April 30th.
- Carry your own litter out.
- At Anderson Cove, from Discovery Road westward almost to Executive Drive, the waterfront area is also included in the park.

We wish to thank Michael Gregson (Opportunities for Youth) for some of this description.







19 miles from Victoria.

On highway 1, past first Shawnigan Lake Cut Off, continue on half a mile, then turn left onto dirt road. Another mile brings you to the parking lot. Walking time around lake - half an hour.

The lake is said to have eastern brook trout in it, but we've never heard of any being caught.

EMPRESS MOUNTAIN

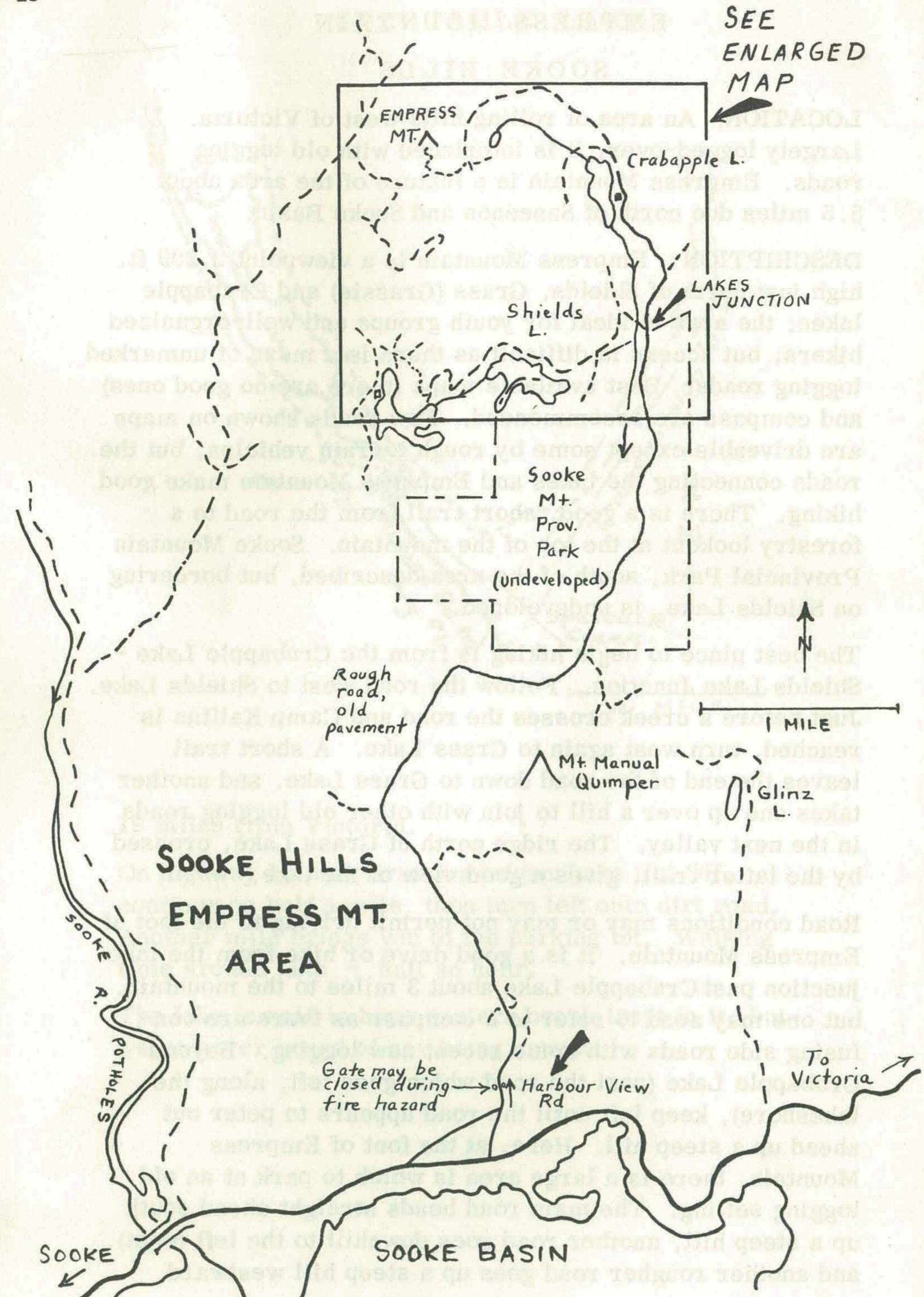
SOOKE HILLS

LOCATION: An area of rolling hills west of Victoria. Largely logged-over, it is interlaced with old logging roads. Empress Mountain is a feature of the area about 5.5 miles due north of Saseenos and Sooke Basin.

DESCRIPTION: Empress Mountain is a viewpoint 2, 209 ft. high just north of Shields, Grass (Grassie) and Crabapple lakes; the area is ideal for youth groups and well-organized hikers, but access is difficult as there is a maze of unmarked logging roads. Best available maps (there are no good ones) and compass are recommended. Few roads shown on maps are driveable except some by rough terrain vehicles, but the roads connecting the lakes and Empress Mountain make good hiking. There is a good, short trail from the road to a forestry lookout at the top of the mountain. Sooke Mountain Provincial Park, south of the area described, but bordering on Shields Lake, is undeveloped.

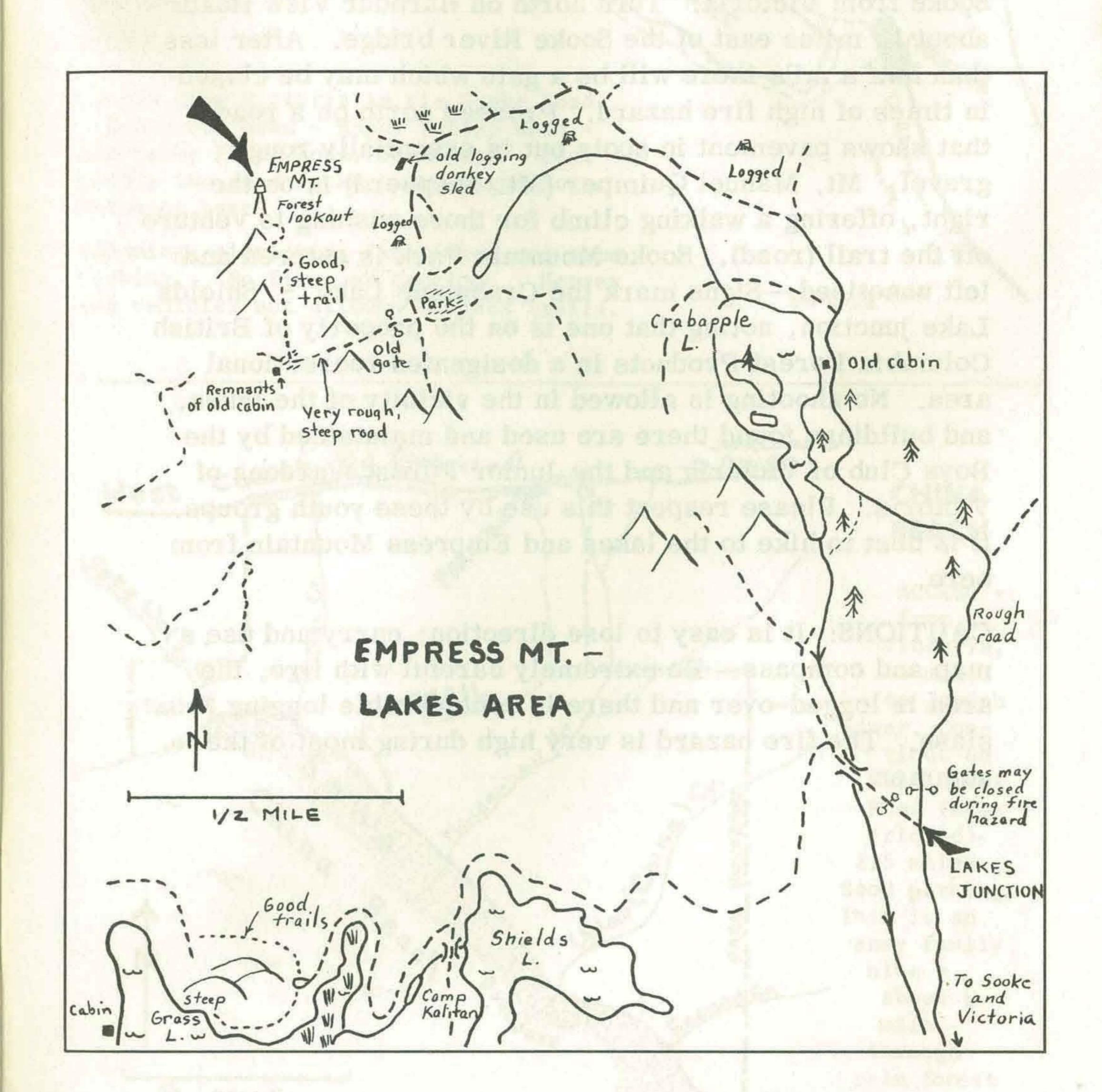
The best place to begin hiking is from the Crabapple Lake -Shields Lake Junction. Follow the road west to Shields Lake. Just before a creek crosses the road and Camp Kalitan is reached, turn west again to Grass Lake. A short trail leaves the end of the road down to Grass Lake, and another takes one up over a hill to join with other old logging roads in the next valley. The ridge north of Grass Lake, crossed by the latter trail, gives a good view of the lake.

Road conditions may or may not permit driving to the foot of Empress Mountain. It is a good drive or hike from the lake junction past Crabapple Lake about 3 miles to the mountain, but one may need to refer to a compass as there are confusing side roads with some recent new logging. Beyond Crabapple Lake (past the road which goes left, along the lakeshore), keep left until the road appears to peter out ahead up a steep hill. Here, at the foot of Empress Mountain, there is a large area in which to park at an old logging setting. The main road heads straight ahead south up a steep hill, another road goes downhill to the left (east), and another rougher road goes up a steep hill westward.



Hike up this latter, past an abandoned metal pole logging gate. At the crest of the hill, where the road begins to drop into the next valley, look north for a trail up the mountain. Follow the trail over the rocks (with some old paint markers) to the forestry lookout at the top.

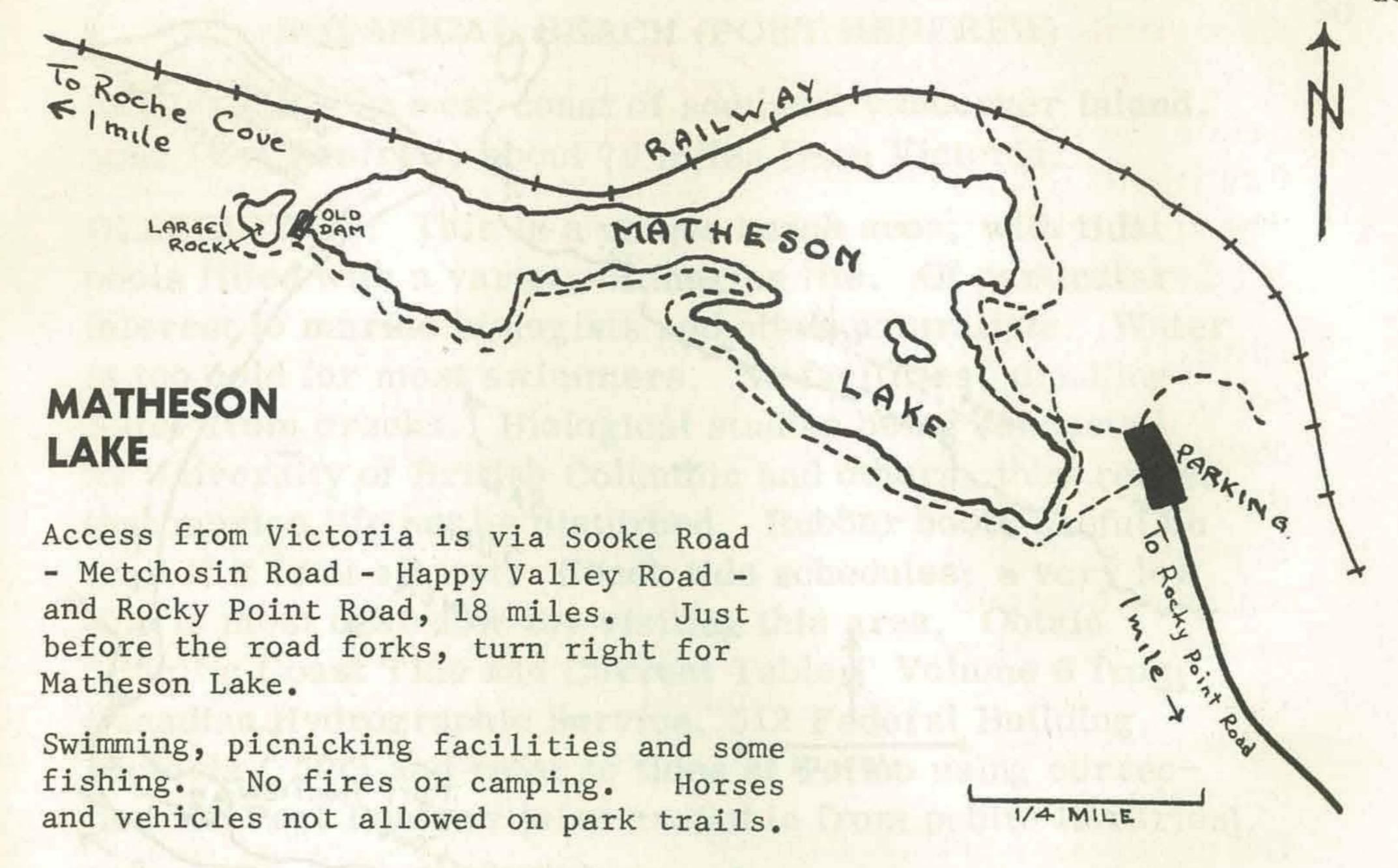
APPROXIMATE LENGTH: The rough road from Victoria - Sooke Highway 14 to the junction of the Shields-Crabapple

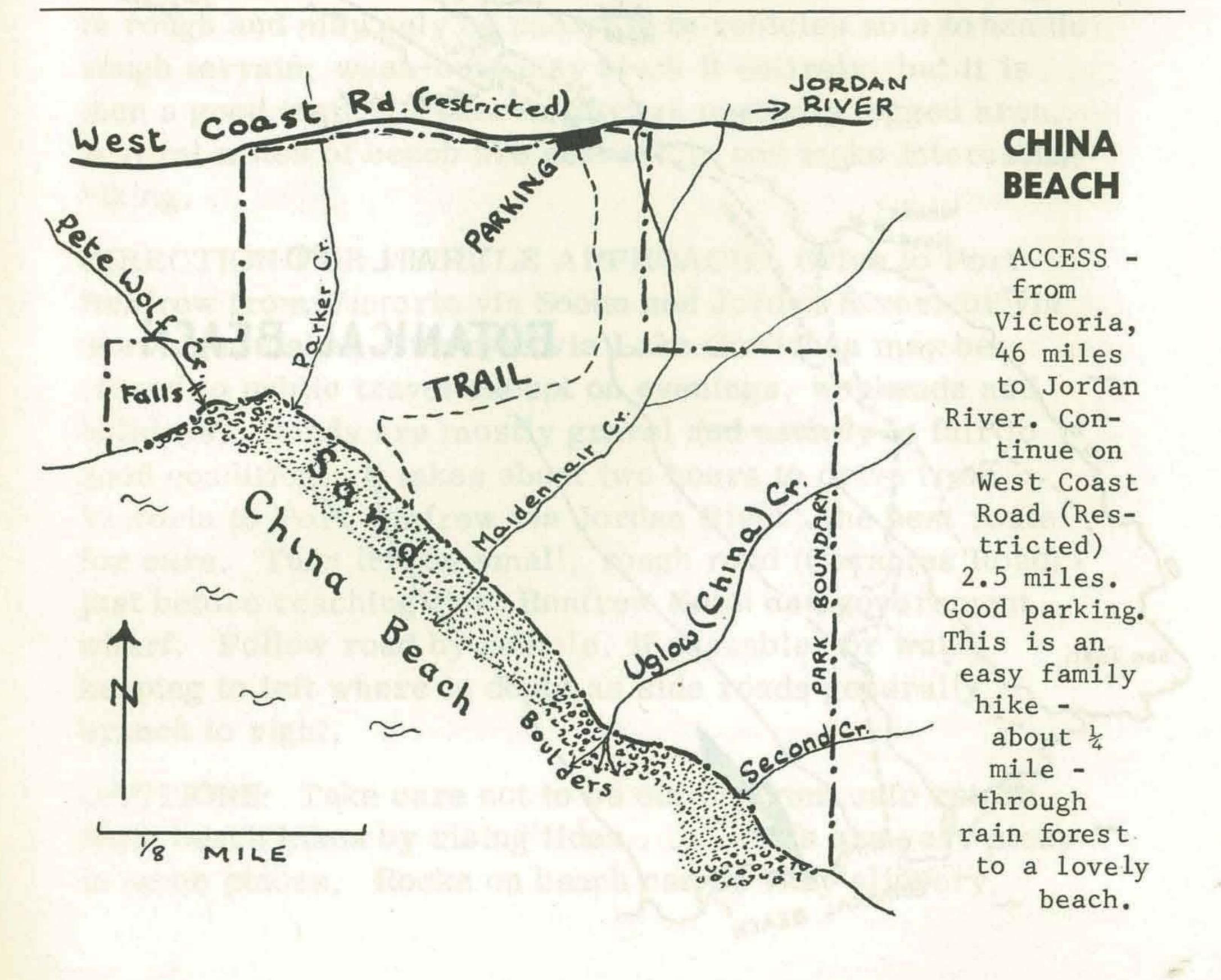


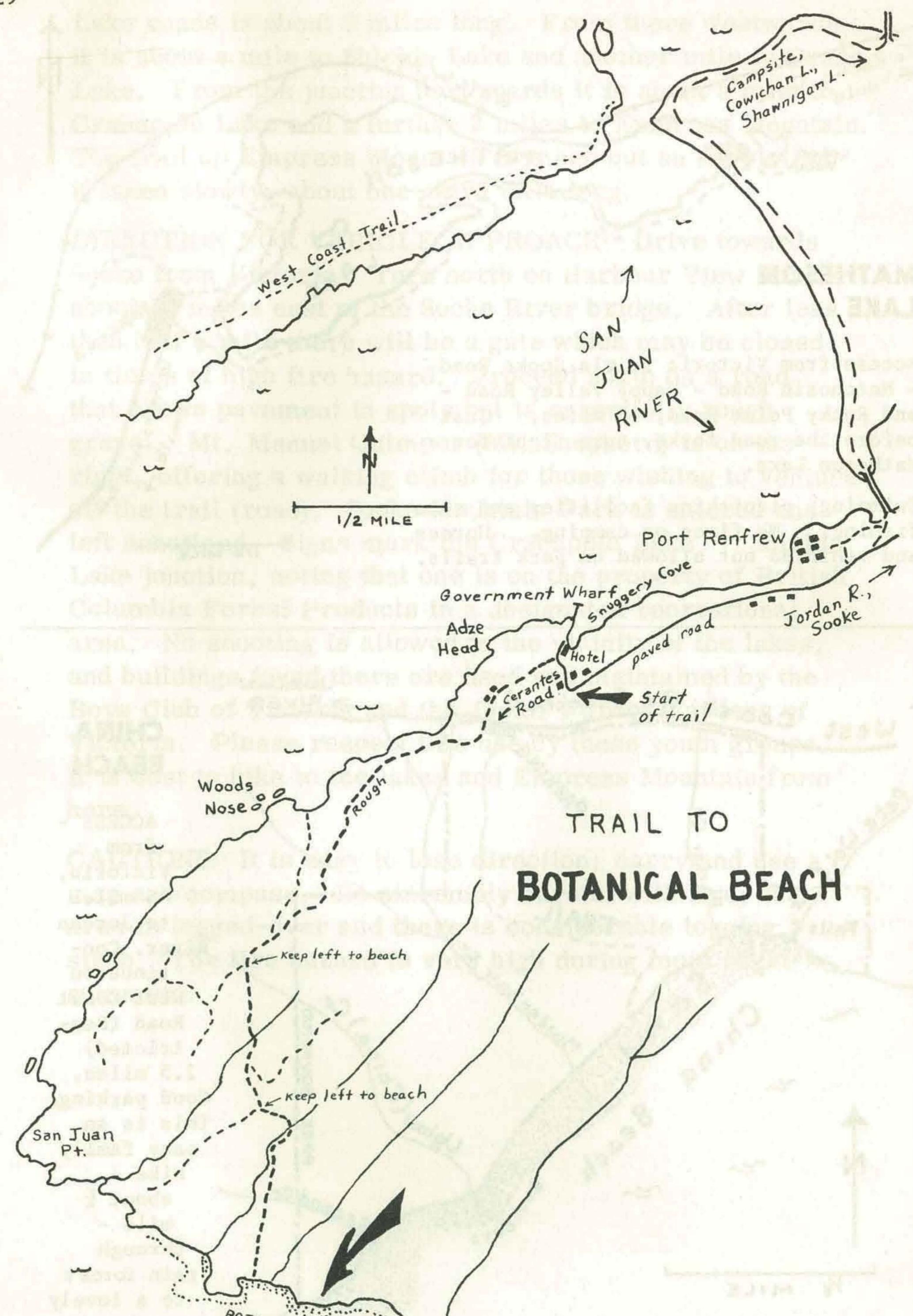
Lake roads is about 5 miles long. From there westwards it is about a mile to Shields Lake and another mile to Grass Lake. From the junction northwards it is about a mile to Crabapple Lake and a further 2 miles to Empress Mountain. The trail up Empress Mountain is steep but an easy climb if taken slowly; about one-third mile long.

DIRECTION FOR VEHICLE APPROACH: Drive towards Sooke from Victoria. Turn north on Harbour View Road about 13 miles east of the Sooke River bridge. After less than half a mile there will be a gate which may be closed in times of high fire hazard. Proceed north on a road that shows pavement in spots but is essentially rough gravel. Mt. Manuel Quimper (Mt. Shepherd) is on the right, offering a walking climb for those wishing to venture off the trail (road). Sooke Mountain Park is entered and left unnoticed. Signs mark the Crabapple Lake - Shields Lake junction, noting that one is on the property of British Columbia Forest Products in a designated recreational area. No shooting is allowed in the vicinity of the lakes, and buildings found there are used and maintained by the Boys Club of Victoria and the Junior Forest Wardens of Victoria. Please respect this use by these youth groups. It is best to hike to the lakes and Empress Mountain from here.

CAUTIONS: It is easy to lose direction; carry and use a map and compass. Be extremely careful with fire; the area is logged-over and there is considerable logging slash. The fire hazard is very high during most of the summer.







LOCATION: On west coast of southern Vancouver Island, near Port Renfrew, about 70 miles from Victoria.

DESCRIPTION: This is a unique beach area, with tidal pools filled with a variety of marine life. Of particular interest to marine biologists and other naturalists. Water is too cold for most swimmers. No facilities; drinking water from creeks. Biological studies being conducted by University of British Columbia and others; they request that marine life not be disturbed. Rubber boots useful on trail if it is at all wet. Check tide schedules; a very low tide is most desirable for visiting this area. Obtain "Pacific Coast Tide and Current Tables" Volume 6 from Canadian Hydrographic Service, 512 Federal Building, Victoria (.50¢) and refer to tides at Tofino using correction for Port Renfrew (also available from public libraries).

The road from Port Renfrew to beach, about 3 miles long, is rough and may only be passable to vehicles able to handle rough terrain; wash-outs may block it entirely, but it is then a good trail. It passes through partially logged area. Several miles of beach are accessible and make interesting hiking.

DIRECTION FOR VEHICLE APPROACH: Drive to Port Renfrew from Victoria via Sooke and Jordan River, or via Shawnigan Lake. The road via Lake Cowichan may be closed to public travel except on evenings, weekends and holidays. Roads are mostly gravel and usually in fair to good condition. It takes about two hours to drive from Victoria to Port Renfrew via Jordan River, the best route for cars. Turn left on small, rough road (Cerantes Road) just before reaching Port Renfrew Hotel and government wharf. Follow road by vehicle, if passable, or walk, keeping to left where in doubt as side roads generally branch to right.

CAUTIONS: Take care not to be cut off from safe return from beach hikes by rising tides . . . cliffs are very steep in some places. Rocks on beach can be very slippery.

About 50 ft. from the parking area can be seen the first red marker tape on a 5 ft. stake. The trail, often rough and muddy, descends 400 ft. sharply and should not be undertaken by those in poor hiking condition. Time down, 10-15 minutes; up 20-30 minutes. Wear boots.

The beaches vary, some stone, others rocky with tide pools and in parts lovely sand where deer, mink and bear tracks can be seen.

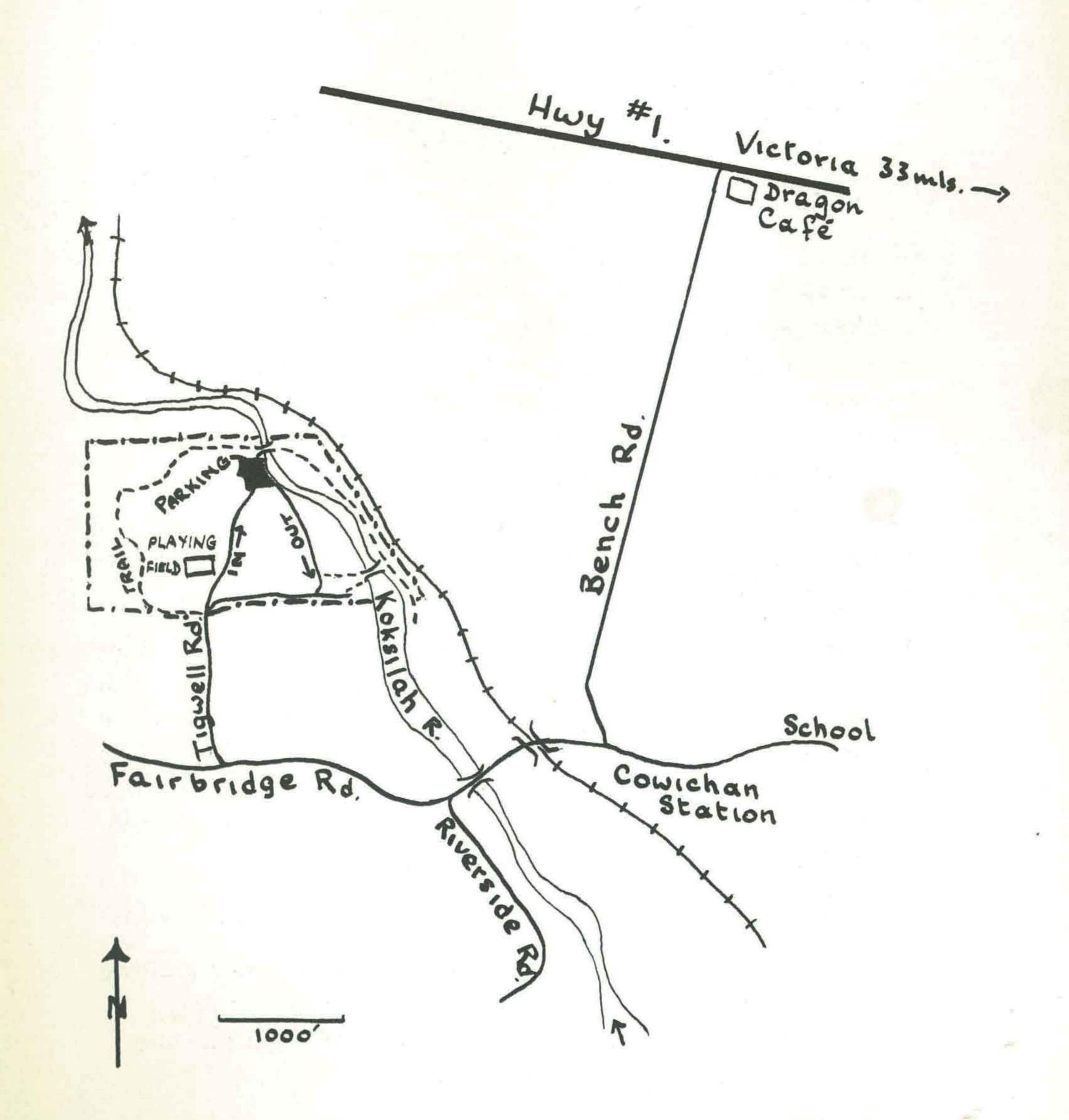
At least two ships are known to have been wrecked on Sombrio Point. On the far side of the Sombrio River is a tree with the remains on it of the cable trolley used by the linesmen on the old life saving trail. Just upstream from here you can cross the river at low water and walk for another three-quarters of a mile - well worth the effort, as this is the better part of the sandy beach.

NOTES: Please respect this as a tree farm licence area.

In the vicinity of this trail, and more particularly on Loss Creek, there are two placer mining leases. Care should be taken not to bother the mining operations thereon.

BRIGHT ANGEL PARK

BRIGHT ANGEL PARK (about 43 acres) is in the Fairbridge area, on both sides of the Koksilah River, about 1.5 miles drive south-west of Highway No.1. The 1967 South Cowichan Centennial Committee chose as their project a small park on the Koksilah River with a suspension bridge, which would be safe from the very high rise of the river in the winters. Excellent swimming; change houses; picnic facilities; half a mile walk along a trail through a lovely stand of virgin timber; fishing for steelhead trout in the spring.

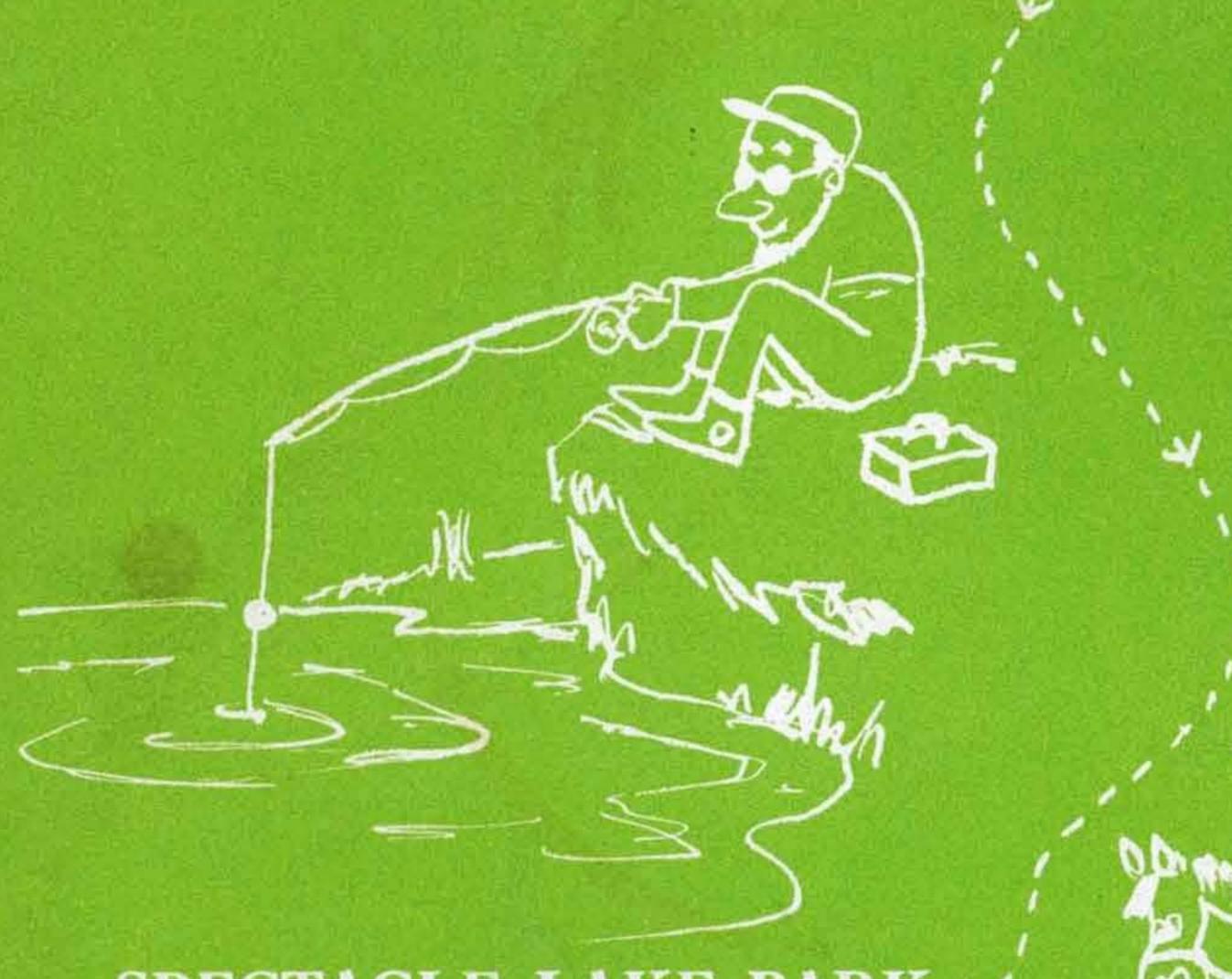


An Easy-to-Follow Guide

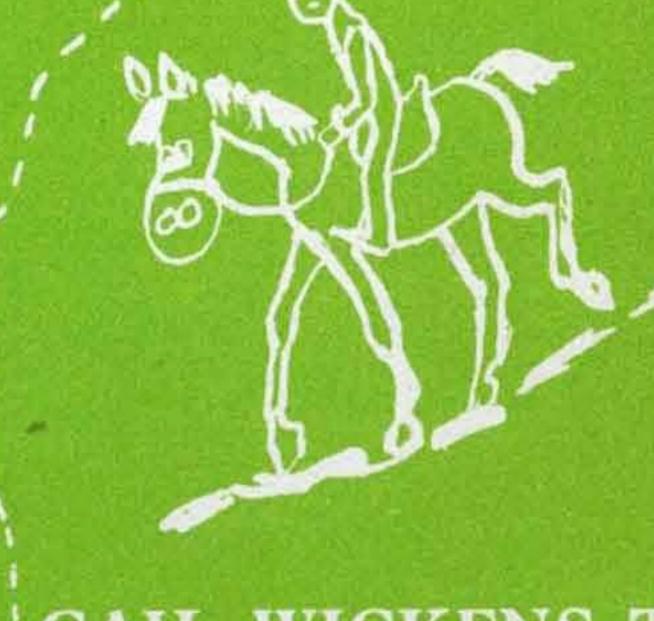
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GOLDSTREAM PARK



SPECTACLE LAKE PARK;

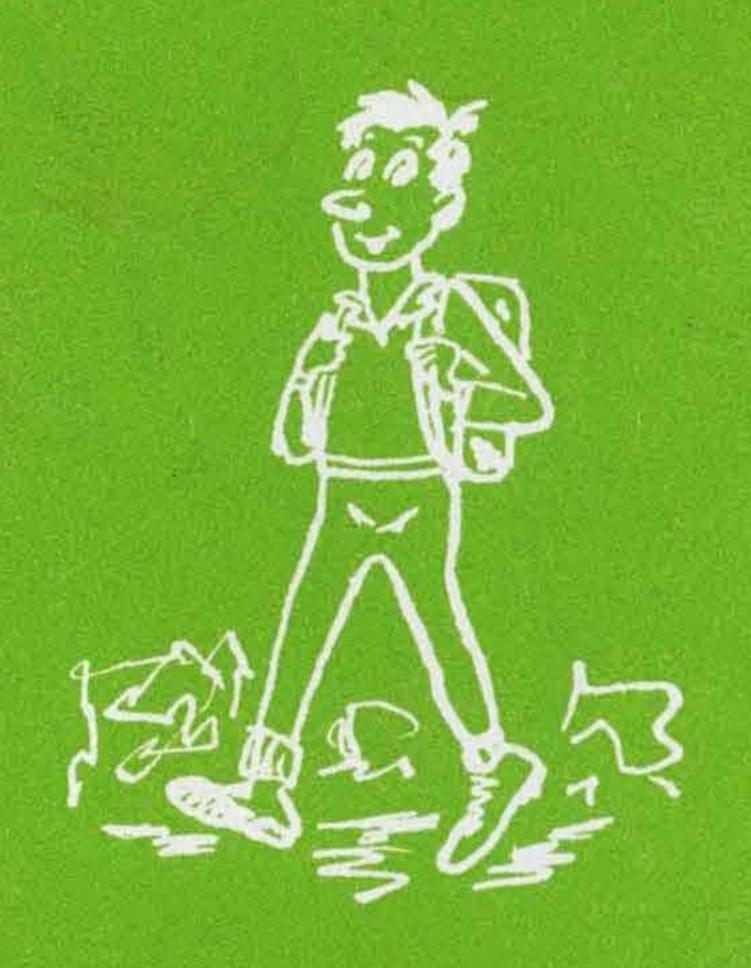


GAIL WICKENS TRAIL

2'----- and many more ---->--

HIKING TRAILS

Victoria and Southern Vancouver Island



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The Outdoor Club of Victoria