

A GUIDE TO

USER-FRIENDLY TRAILS

USER-FRIENDLY

adjective

1. easy to learn, use, understand, or deal with



Easy to use walking, hiking and wheeling trails in Greater Victoria, BC

Our Story

Our story begins with the Intermunicipal Advisory Committee on Disability Issues (IACDI). In 2006, the committee envisioned an accessible trail guide that would encourage people of all abilities to participate in the outdoors.

With the assistance of West Shore Parks & Recreation, IACDI received a grant from 2010 Legacies Now/Measuring Up. The funds allowed for the City of Colwood, City of Langford, District of Highlands, District of Metchosin and the Town of View Royal to implement a total of 13 accessible improvements.

CRD Regional Parks received a grant from UBCM to increase visitor accessibility. It included implementing a trail assessment for recreation needs of seniors and communication tools to share the results. In partnership, IACDI, CRD Parks and West Shore Parks & Recreation began to develop a tool that highlights easy to use outdoor experiences in our region.

The Guide to User-Friendly Trails is a pilot project which has focussed on the West Shore communities and CRD parks. In its creation we hope to inspire others to look at their trail systems with a user-friendly lens.

“We can achieve more together than alone; the power is in our partnerships.”

~ Marnie Essery IACDI Chair



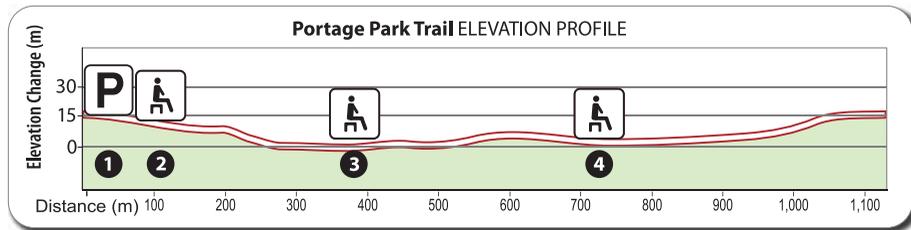
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Photo Courtesy of William Ng

How To Read a Trail Profile

A trail profile is an elevation diagram which is included with each of our highlighted trail maps.



These profiles show key features about the trail such as trail length, rest stops, view points, washrooms and grade changes.

The numbers on the profile correspond with the numbers on the map to identify the key feature's location. Most of the trails highlighted have grades of 6% or less; this means that in 10 metres of a horizontal run you would climb or descend 0.6 metres.

When we think of ramps for people with disabilities, the range of acceptable grades is between 5% to 8.3%. This means a ramp will rise between 0.5 metres to 0.83 m metres in a 10 metres horizontal run. The lower the percentage grade the gentler the climb or descent.

Trail profiles are a tool to allow the user to make an informed decision to determine the level of access for themselves. Please note there is always some level of risk with any outdoor activity.

DISCLAIMER

This guide is for general information purposes only. The creators of this document make no representations or warranties regarding the accuracy or completeness of the information or the suitability of the maps for any purpose. The creators of this document will not be liable for any damage, loss or injury resulting from the use of the guide.

Map Legend

	Beach		Location Number
	Bench		Featured Trail
	Bike Parking		Other Featured Trail
	Boat Launch		Trail
	Camping (RV/Tent)		Municipal Boundary
	Cycling		Major Road
	Fishing		Highway
	Hiking		River/Creek
	Horseback Riding		Regional Trail
	Nature Centre		Park
	Parking		Building
	Accessible Parking		Parking Lot
	Picnic Area		First Nation Reserve
	Accessible Picnic Shelter		DND
	Picnic Shelter		Capital Regional District
	Playground		Lake / Reservoir
	Accessible Public Toilet		Drinking Water Supply Area <i>(Not open to the public)</i>
	Public Toilet		
	Rowing		
	Shelter		
	Trail / Park Information		
	View Point		
	Water Fountain		

Being Prepared

How to Dress

- Even in summer, be prepared for wet, cool conditions. West coast weather can change quickly.
- Dress in layers.
- Wear clothing that stays warm when wet and dries quickly (i.e. fleece - not cotton).
- Wear appropriate footwear (i.e. sturdy hiking shoes).

Hike Safely

- Plan your trip and stick to the plan.
- Check weather forecasts before heading out.
- Make sure your equipment is in good working order.
- Know the trails of the parks you visit. Read park brochures and information kiosks.
- Stay on designated trails.
- Hike with a friend, in a group, or leave a trip plan with a friend. If you don't return on schedule, your friend can contact emergency personnel.
- If lost, make yourself visible and stay where you are until help arrives.

Protect Your Valuables

Unfortunately, thieves strike where people gather. Leave your valuables at home, or take them with you. Don't forget to lock your car.

What to Bring

Always carry a daypack filled with essentials. Although your plan may be for a short walk it's a good idea to plan for a full day event in case of an emergency

Here are some suggestions:

- current map of area
- water
- snacks and extra food
- cell phone
- flashlight or head lamp and spare batteries
- large orange plastic bag (useful as rainwear, shelter or for signalling)
- extra clothing in a waterproof plastic bag (i.e. raingear, hat, gloves)
- sunscreen
- first aid kit (be familiar with the contents)
- whistle
- pack of tissues
- plastic bags for pet droppings
- fully charged mobility device, ie: electric wheelchair/scooter battery

Adapted Equipment Loans

Recreation Integration Victoria (RIV) is an intermunicipally funded service that facilitates active lifestyles for people with disabilities. RIV works closely with West Shore Parks & Recreation, the Capital Regional District, and the Intermunicipal Advisory Committee on Disability Issues. RIV has a variety of specially designed or adapted equipment for loan including an all terrain wheelchair, TrailRiders™, and a variety of handcycles available for those with mobility and agility issues. People using this service call and reserve the equipment, fill out a registration form and waivers, pay a nominal maintenance fee, and a refundable deposit. You can view the equipment online at www.rivonline.org/Outdoor%20Equipment.html

Below: Partners Trail Scouting



GALLOPING GOOSE REGIONAL TRAIL

Sooke Potholes to Todd Creek Trestle



Getting There

From Sooke Road travel 6.4 km north on Sooke River Road to the Sooke Potholes parking lot 2.

About the Hike

2.2km (return)

- Multi-use recreational trail
- Accessible toilets and a picnic area at the trailhead
- Smooth gravel surface with less than 2% grades
- Viewpoints from Todd Creek Trestle

What to Expect

- Year round parking for 40+ vehicles (seasonal pay parking May 1 – September 30)
- 2 accessible parking stalls
- Room for mid-size buses
- No public transit

Extend Your Experience

- Visit the Old Lodge site and take in the views of the Sooke River Canyon
- From Sooke Potholes Trail parking lot #1 hike the short trail to Crescent Beach
- From Todd Creek Trestle continue on the Galloping Goose Regional Trail 2 km to the Charters River Trestle do hike #2

Black-Tailed Deer

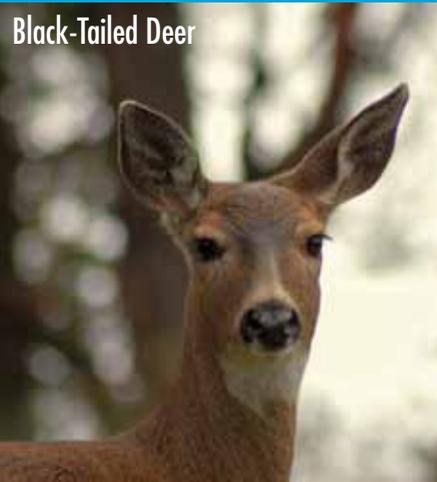
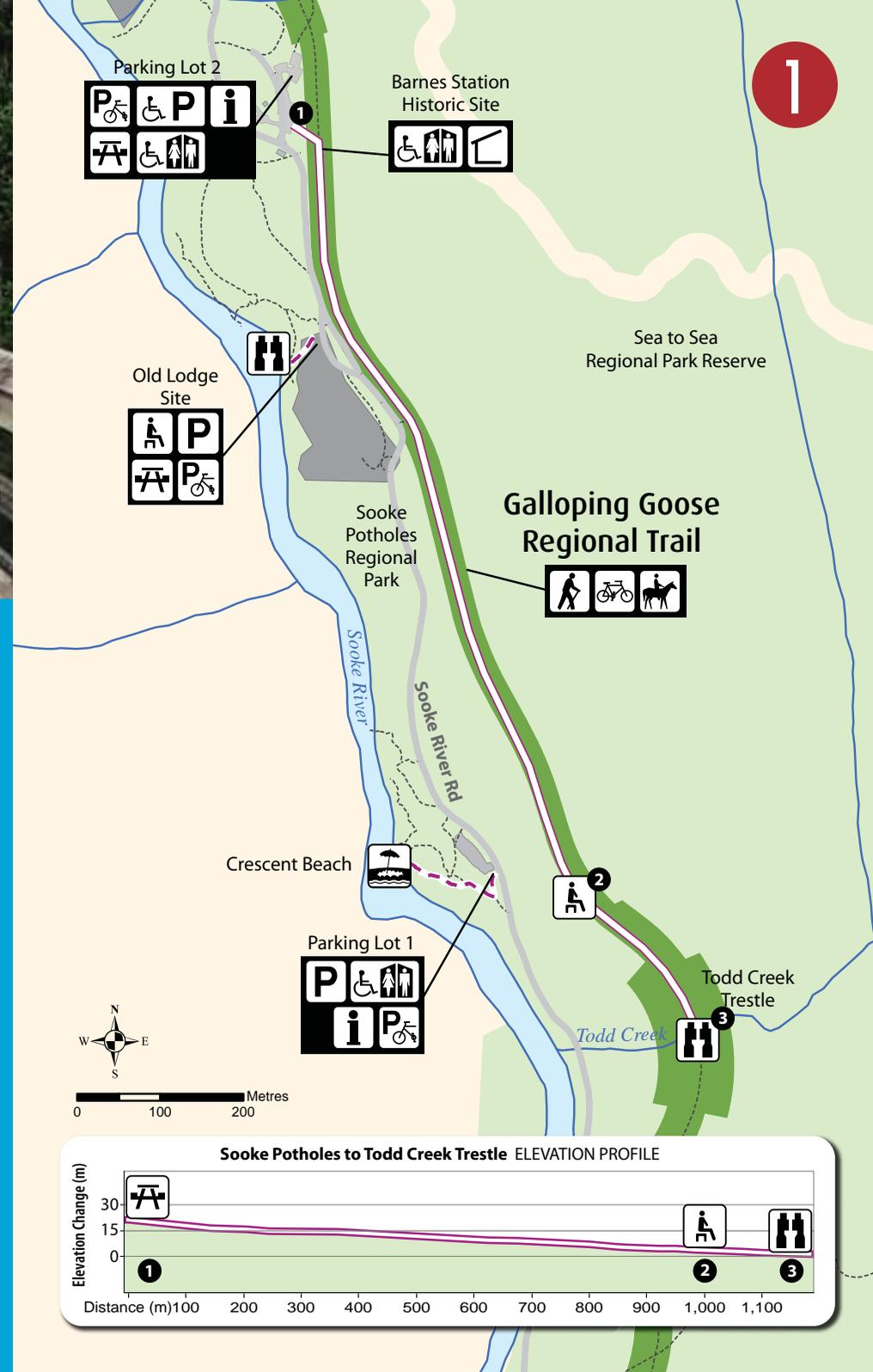


Photo Courtesy of Rick Leithe

Bracken Fern



GALLOPING GOOSE REGIONAL TRAIL

Sooke River Road to Charters River Trestle



Getting There:

From Sooke Road travel 2.3 km north on Sooke River Road to the Sooke River Road parking lot.

About the Hike

2km (return)

- Multi-use recreational trail
- Accessible toilets and a rest area at the trailhead
- Smooth gravel surface with less than 2% grades
- Viewpoints from Charters River Trestle

What to Expect

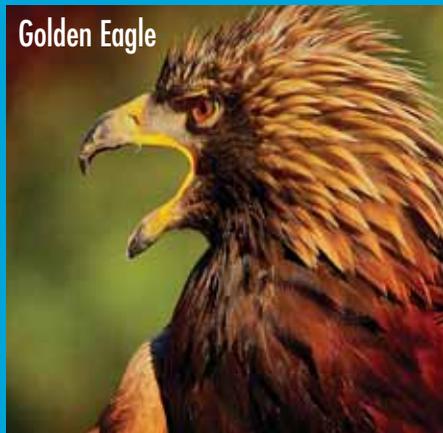
- Year round parking for 15 vehicles (seasonal over-flow parking available)
- Room for mini buses
- No designated accessible parking stalls
- No public transit

Extend Your Experience

- Continue north on the Galloping Goose to the Todd Creek Trestle (Hike #1)
- Visit the Charters River Salmon Interpretive Center at 2895 Sooke River Road



Rest Station

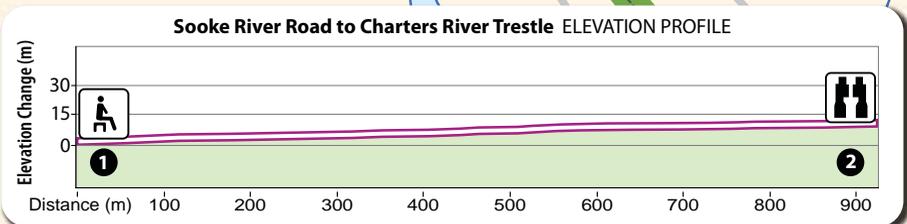


Golden Eagle

Photo Courtesy of Phil Peterson



2



GALLOPING GOOSE REGIONAL TRAIL

Roche Cove to Rocky Point



Getting There

Take Highway 14 (Sooke Road) to Gillespie Road. Drive down Gillespie Road 2.7 km to Roche Cove Regional Park.

About the Hike

4.7km (one way)

- multi-use trail with a smooth gravel surface
- Gradual slopes in a forested environment
- Ocean and lake views from various locations

What to Expect

- Parking for 12 vehicles
- Room for mid-size buses
- Accessible toilets
- Public transit (Mon-Fri) route #64
- No accessible parking stalls

Extend Your Experience

- Take the side trail to Matheson Lake and take the steep access trail to the beach
- Drive to Aylard Farm in East Sooke Regional Park and do hike #5
- Drive to Pike Road in East Sooke Regional Park and do hike #4

Red Squirrel



Photo Courtesy of Phil Petersen



Roche Cove Rest Station

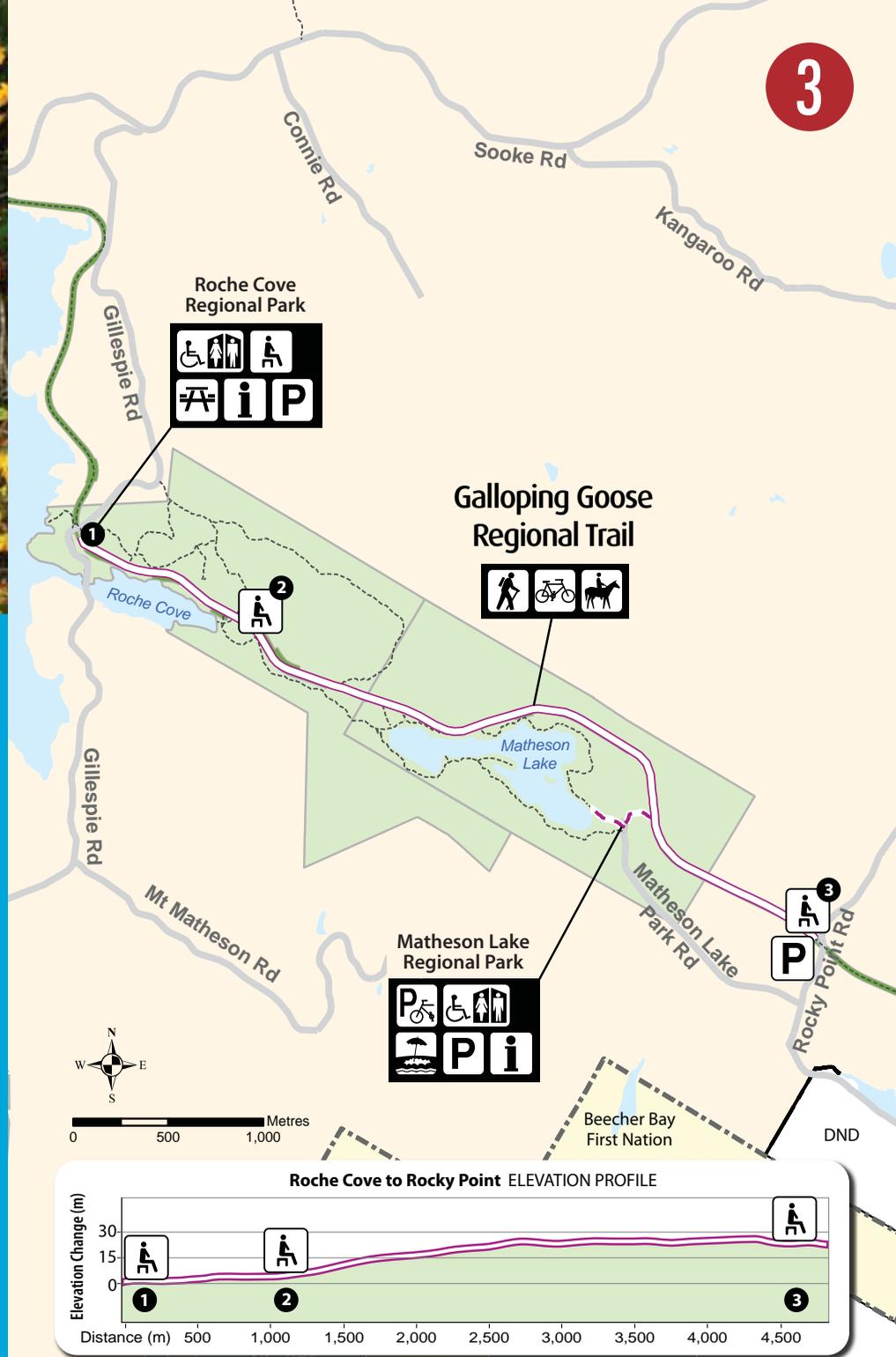


Photo Courtesy of Deborah Kerr

EAST SOOKE REGIONAL PARK

Pike Road to Iron Mine Bay



Getting There:

Take Highway 14 (Sooke Road) to Gillespie Road. Drive down Gillespie Road to the junction with East Sooke Road. Turn west onto East Sooke Road and travel 7.8km to Pike Road. Park in the parking lot at the end of Pike Road.

About the Hike

1.5km (one way)

- Smooth gravel surface
- Gradual slopes in a forested environment
- Ocean views from a rest shelter

What to Expect

- Parking for 20+ vehicles
- Room for mid-size buses
- Accessible toilets at both ends of the trail
- No public transportation
- No accessible parking stalls

Extend Your Experience

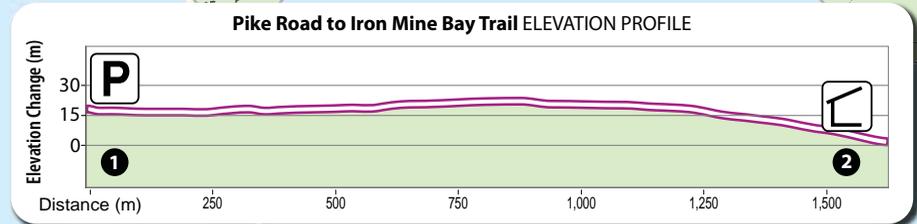
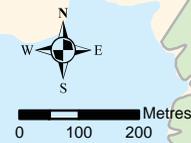
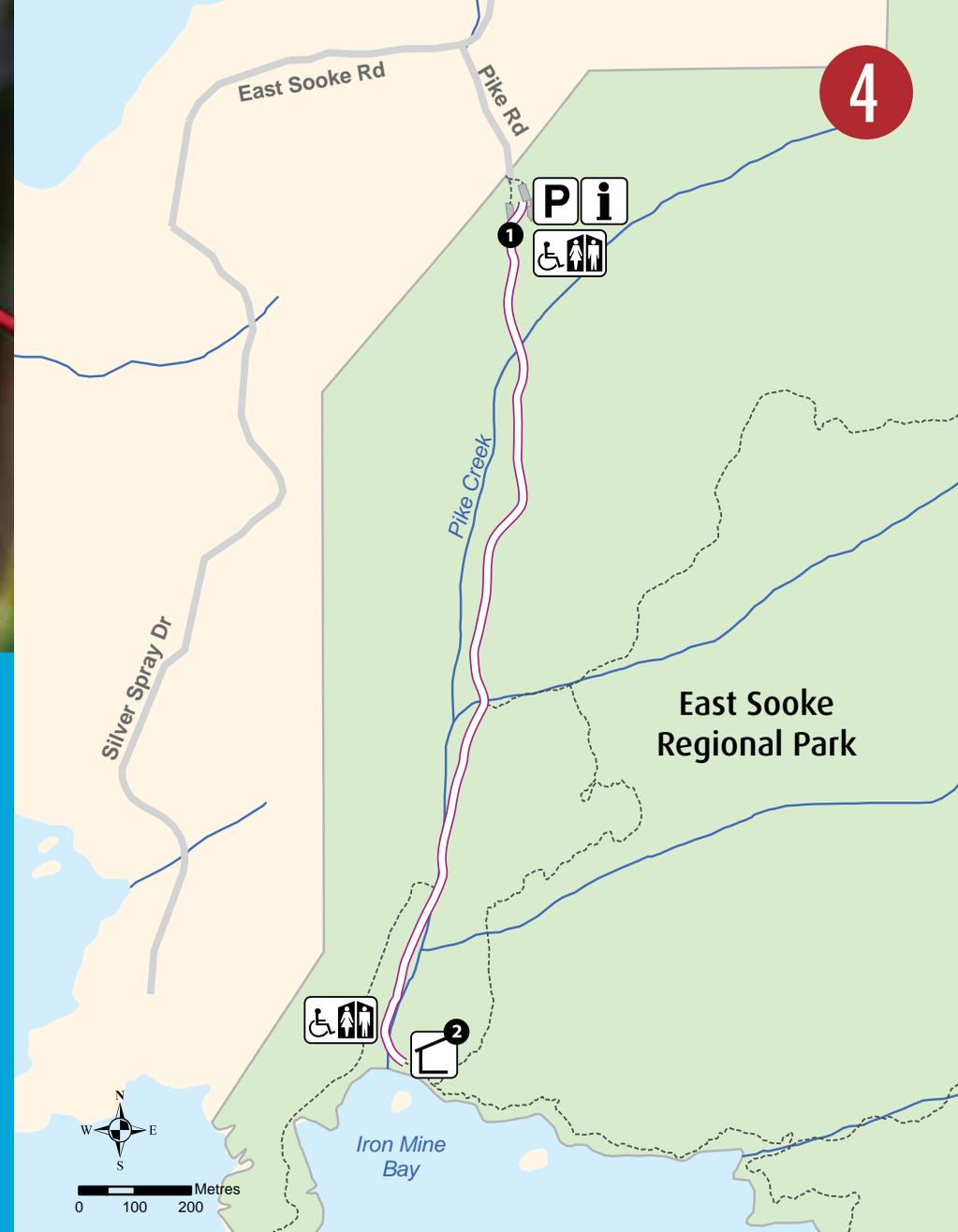
- Take the short steep trail down to Iron Mine Bay beach
- Drive to Aylard Farm in East Sooke Regional Park and do hike #5
- Drive to Roche Cove and do hike #3 from Roche Cove to Rocky Point Road

Aylard Farm



Photo Courtesy of William Ng

Photo Courtesy of Phil Petersen



EAST SOOKE REGIONAL PARK

Aylard Farm to Becher Bay



Getting There

Take Highway 14 (Sooke Road) to Gillespie Road. Drive down Gillespie Road to the junction with East Sooke Road, turn east onto East Sooke Road and travel 2.0km to Becher Bay Road. Drive 1.6km to the end of Becher Bay Road.

About the Hike

300m (one way)

- Smooth gravel surface
- Gradual slopes through old farmland and coastal forest environments
- Ocean views from rest shelter

What to Expect

- Parking for 70+ vehicles (summer overflow parking also available)
- Room for full-size buses
- 4 accessible parking stalls
- Accessible toilets at trailhead
- Picnic areas
- No public transit

Extend Your Experience

- Take the short steep trail down to Becher Bay beach
- Drive to Pike Road in East Sooke Regional Park and do hike #4
- Drive to Roche Cove and do hike #3 from Roche Cove to Rocky Point Road
- Walk along one of the numerous trails in the Aylard Farm fields

Aylard Farm



Photo Courtesy of Phil Petersen

Red-tailed Hawk

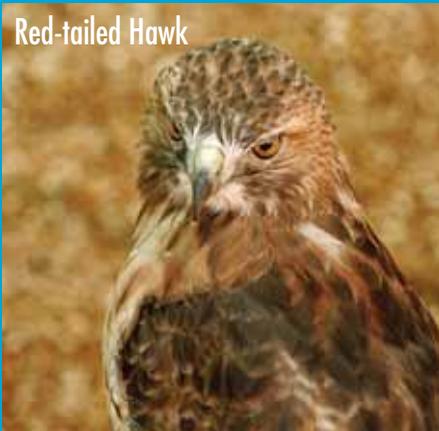
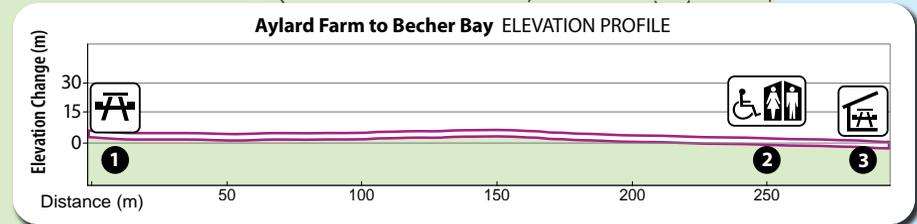
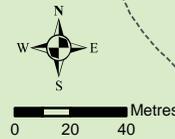
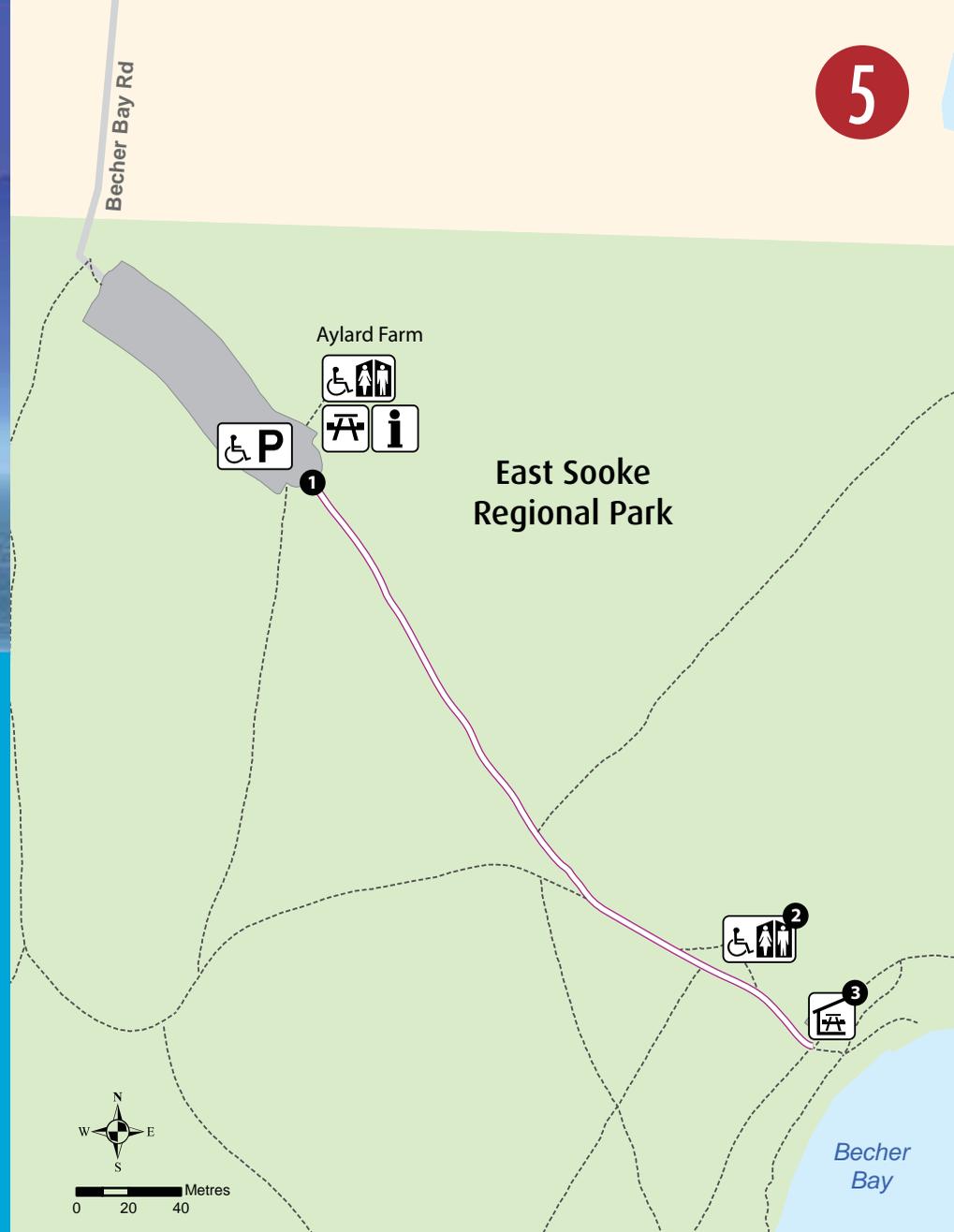


Photo Courtesy of Heidi Brown

Photo Courtesy of Phil Petersen



WITTY'S LAGOON REGIONAL PARK

West-Mont School to Teaching Shelter



Getting There

Take Highway 14 (Sooke Road) to Metchosin Road and drive 6.8 km to the entrance to the West-Mont Montessori School.

The trailhead is off the elementary school parking lot close to the school. (Parking is very limited – busy times are during early morning drop off and mid afternoon pick up).

About the Trail

300m (one way)

- Smooth gravel surface.
- Gradual slopes through a forested environment

What to Expect

- 1 accessible parking stall
- Teaching shelter
- Public transit on routes #54 or #55
- Accessible toilet near the teaching shelter

Extend Your Experience

- Drive to Tower Point in Witty's Lagoon Regional Park and do Hike #7

Orange-Crowned Warbler

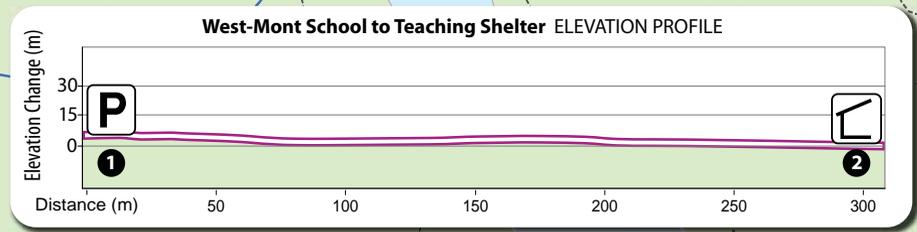


Photo Courtesy of Rick Leche



Photo Courtesy of Bobbi Head

Photo Courtesy of Bobbi Head



WITTY'S LAGOON REGIONAL PARK

Tower Point Trail (Seasonal)

7



Getting There

Take Highway 14 (Sooke Road) to Metchosin Road and drive 5.7km to Duke Road. Take Duke Road 650m to the intersection with Olympic View Drive and turn west onto Olympic View Drive and drive 250m to Witty's Lagoon-Tower Point parking lot.

About the Trail

500m (one way)

- Footpath with mixed gravel and dirt surfaces.
- Ocean and mountain views

Note: The trail to Tower Point can be muddy and slippery in the rainy season.

What to Expect

- Parking for 15 vehicles, plus overflow parking (June-Sept)
- No accessible parking
- No public transit

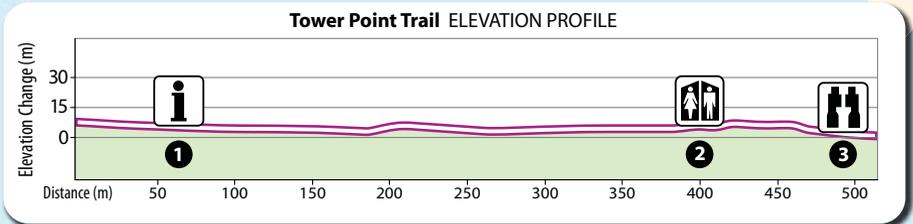
Extend Your Experience

- Take the side trails to the picnic areas in the field
- Drive to Witty's Lagoon Regional Park and do Hike #6 to the Teaching Shelter



Harbour Seals

Photo Courtesy of Mike Baird



“Leisure... a personal experience: it is a state of mind and being that is related to a perceived sense of timelessness, intrinsic satisfaction, pleasure and choice” (RIV, 1992)

Getting There

Travel along Island highway, turn east at the lights immediately past West Shore Parks & Recreation, turning onto Ocean Boulevard. Turn left again, and head toward Fort Rodd Hill. The art space is located at the southern end of the lagoon on the ocean side of the road.

About the Trail

- Stable surface to accessible picnic table

What to Expect

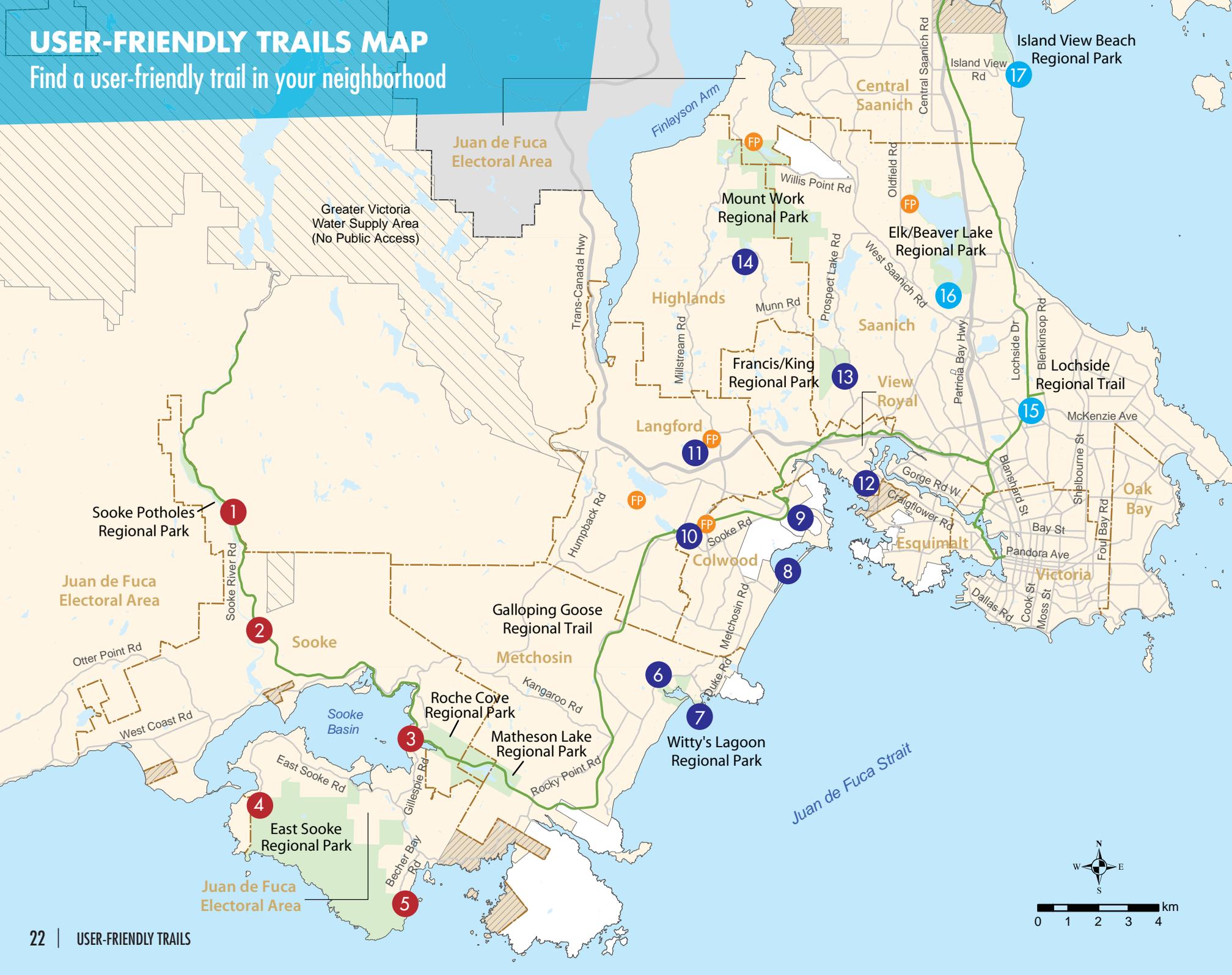
- 1 Accessible parking space
- Accessible Picnic table
- Accessible washrooms located at the base of Lagoon road
- Beautiful views of the Juan de Fuca strait
- Views of Fisgard Lighthouse
- Wildlife such as seals, ducks, herons and swans
- Mural on the degaussing house
- Public Transit on Route 52

Extend Your Experience

- Drive to West Shore Parks & Recreation and walk the Juan de Fuca Recreation Centre Trail #9
- Drive to the Colwood Creek Park and walk along the creek trail #10

USER-FRIENDLY TRAILS MAP

Find a user-friendly trail in your neighborhood



WEST SHORE PARKS & RECREATION

Juan de Fuca Recreation Centre Trail

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"The outdoors is a non-judgmental
non-condescending, environment."

~ Almut Beringer La Trobe Univ, AUS

Getting There

Take the Island Highway to the West Shore Parks & Recreation at 1767 Island Highway.

About the Trail

2.8km (loop)

- Smooth gravel surface
- Trail wanders in and out of the perimeter around the outdoor facilities at West Shore Parks & Recreation
- Some grades are greater than 6% on the west portion of the trail

What to Expect

- 35 Accessible parking stalls (located in various locations)
- Room for full-size buses
- Picnic shelter with picnic tables
- Numerous rest areas
- Accessible washrooms in Juan de Fuca Recreation Centre
- Playground
- Public transit on Western Exchange Routes 25, 39, 50, 51, 52, 53, 54, 61

Extend Your Experience

- Drive to Esquimalt Lagoon Road and enjoy the view at the Art Space #8
- Travel to the Colwood Creek Trail #10 and enjoy the open green space.

COLWOOD CREEK PARK

Colwood Creek Trail



Getting There

Travel along Jacklin Road and turn east onto Sunridge Valley Drive.

About the Trail

300m (one way)

- Smooth gravel surface
- Very gentle slopes
- Beautiful green space located in a suburban setting within the City of Colwood

What to Expect

- Rest stops
- Lighting along the paths
- Foot bridge over Colwood Creek
- Playground
- Off leash dog area
- Picnic tables
- Open green spaces
- Public transit on route 59 to Jacklin Road
- Public parking

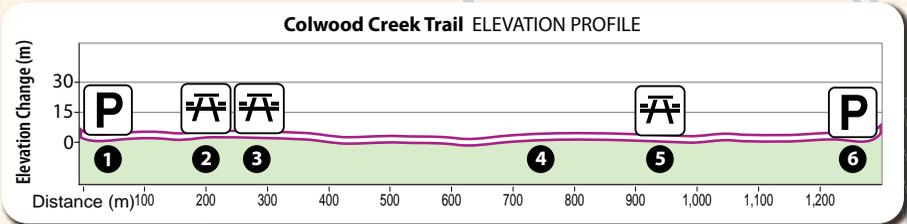
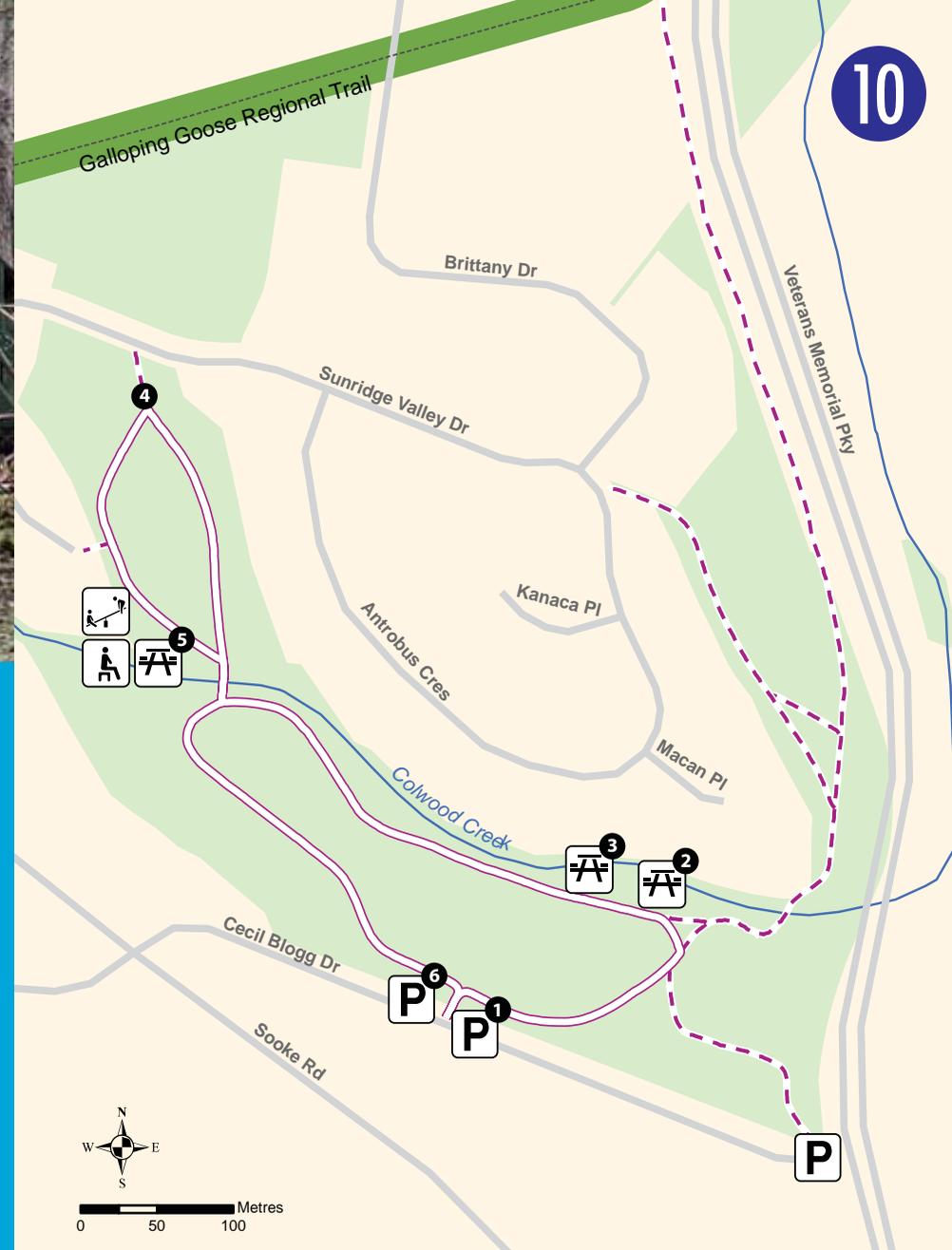
Extend Your Experience

- Drive to Esquimalt Lagoon Art Space #8 for views of the Fisgard lighthouse
- Travel to the JDF Recreation Centre trail #9 and walk to the Rotary Picnic Shelter
- Drive to West-Mont School #6 and walk to the teaching shelter at Witty's Lagoon Regional Park



Photo Courtesy of Bobbi Neal

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User-Friendly trails are welcoming and enable participation from everyone.

Getting There

Turn north onto Glen Lake Road then turn south east on Glenview Place which enters the parking lot located on Shoreview Drive.

About the Trail

- Smooth gravel surface
- Very gentle slopes

What to Expect

- 2 accessible parking stalls
- Rest stops
- Accessible fishing pier
- Accessible playground
- Off leash dog area
- Accessible picnic tables
- Open green spaces
- Rain garden
- Boating
- No public transit

Extend Your Experience

- Drive to Francis/King Regional Park to walk the Elsie King Trail #13 and experience the interpretive centre

GREATER VICTORIA

Accessible Fishing Piers

Parks and trails provide opportunities to connect with nature and our neighbors; they contribute to the overall quality of life and well being of all residents of the region.

Visit accessible fishing piers at

1. Durrance Lake
2. Elk/Beaver Lake Trail #16
3. Florence Lake,
4. Glen Lake on Trail #11
5. Langford Lake, Ed Nixon Trail

See page 22-23 for locations

PORTAGE PARK

Portage Trail



Getting There

Turn south off of the Old Island Highway onto View Royal Avenue.

About the Trail

1.1km (loop)

- A mix of course gravel and paved surfaces
- Paved entrance to the park located between the View Royal Municipal Hall parking lot and the 4 Mile Restaurant parking lot

What to Expect

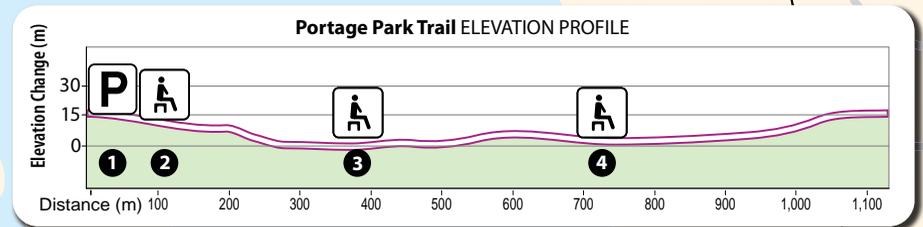
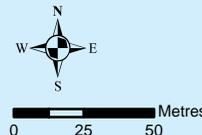
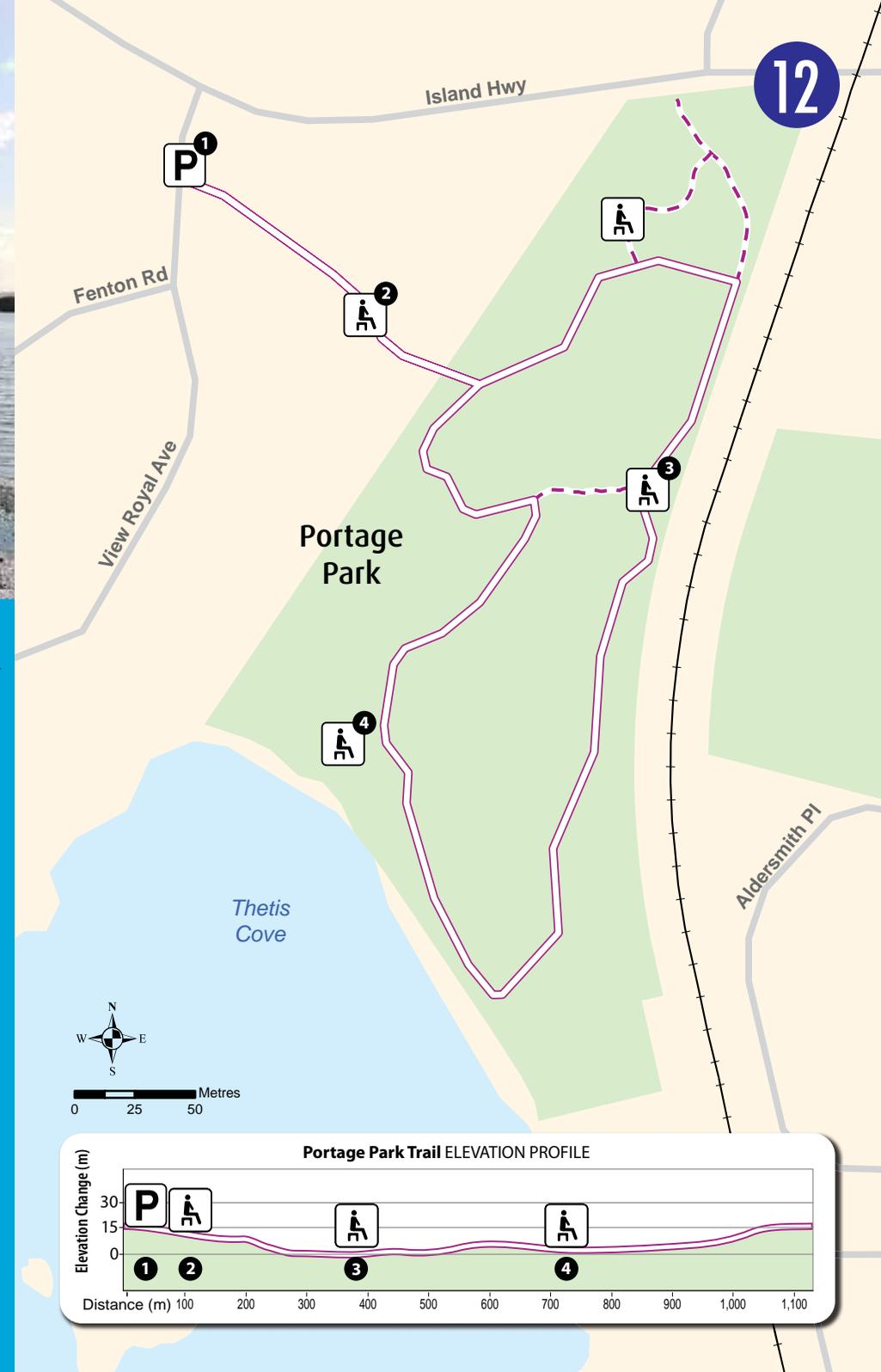
- 1 wheelchair accessible parking space at the Town of View Royal Municipal Hall
- Trail loop that leads down to beach on Thetis Cove
- Great surface for scooters, power wheelchairs
- Surface can be challenging for manual wheelchairs
- Picnic table
- Public washrooms
- Rest areas

Extend Your Experience

- Drive to West Shore Parks & Recreation #9 and walk along the golf course
- Drive to Francis/King Regional Park and walk the boardwalk on the Elsie King Trail #13



Photo Courtesy of Bobbi Neel



FRANCIS/KING REGIONAL PARK

Elsie King Trail



Getting There

From Prospect Lake Road travel 300m northwest on Munn Road to Francis/King Regional Park.

About the Trail

800m (loop)

- Boardwalk and smooth gravel surfaces

Note: boardwalk surfaces can be slippery when wet, please stay on wire meshed surface for your safety

What to Expect

- Interpretive panels and numerous rest areas
- Accessible toilets
- Picnic tables
- Water fountain
- Nature center
- Year round parking for 17 vehicles
- 4 accessible parking stalls
- Room for full-size buses
- No public transit

Extend Your Experience

- Travel northwest 6.8 km on Munn Road to Mount Work Regional Park and do hike #14

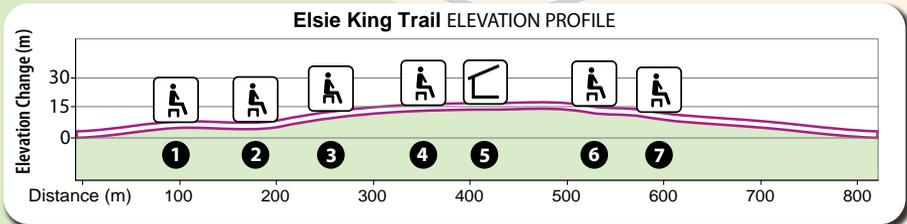
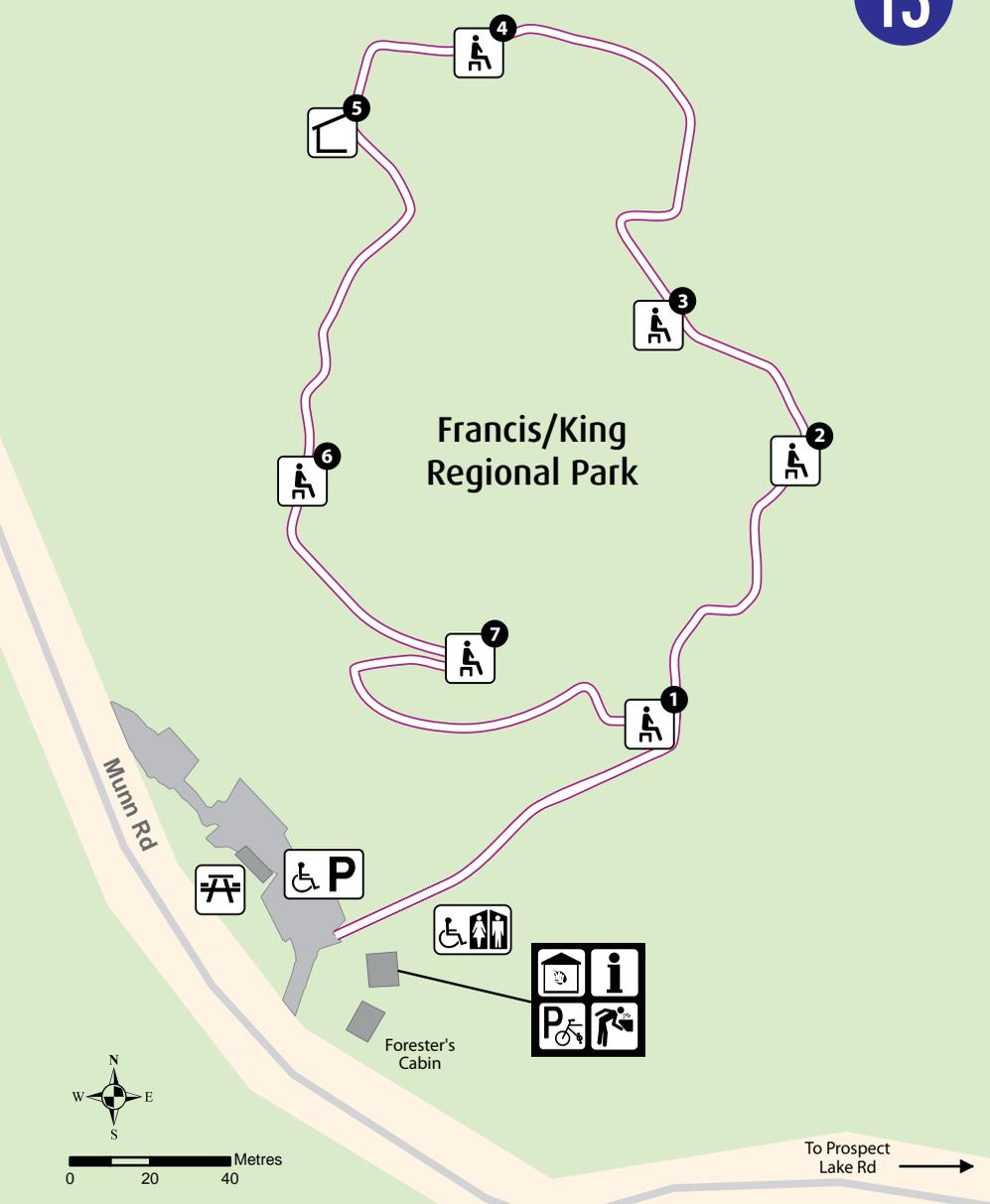


Photo Courtesy of Tab Thissen



Photo Courtesy of William Ng

Photo Courtesy of William Ng



MOUNT WORK REGIONAL PARK

Munn Road Loop



Getting There

Follow the Trans-Canada Highway from Victoria, and take the #14 exit to Highlands. Keep right at the fork. Turn right at Millstream Lake Road and slight right at Munn Road.

About the Trail

650m (loop)

- Smooth gravel surface
- Gradual slopes in a forested environment

What to Expect

- Parking for 10 vehicles
- 3 accessible parking stalls
- Room for full and mid-size buses
- Accessible toilet at trailhead
- No public transit

Extend Your Experience

- Visit the Caleb Pike Homestead at 1589 Millstream Road

Barred Owl



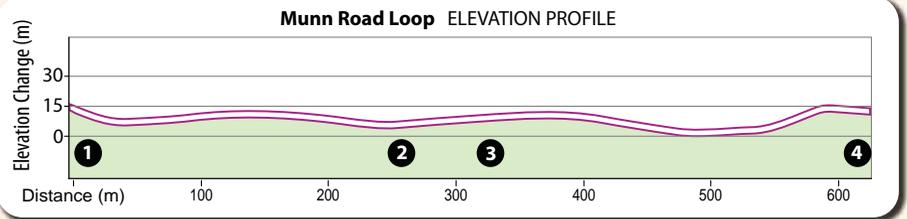
14

Mount Work Regional Park



0 20 40 Metres

Munn Rd



LOCHSIDE REGIONAL TRAIL

Lochside Drive to Blenkinsop Trestle



Getting There:

From McKenzie Avenue travel north onto Borden Street, turn south east onto Cedar Hill Cross Road, turn north onto Lochside Drive and continue 250m to parking area.

About the Trail

900m (one way)

- Gravel surface multi-use trail that follows a bygone rail line
- Views of agricultural lands and wetlands.
- The historic Blenkinsop trestle

What to Expect

- Year round parking for 40+ vehicles
- Room for full-size buses
- Public transit on route 26 & 51 to Borden Street and McKenzie Avenue and on route 6 to Quadra Street and McKenzie Avenue
- 1 accessible parking stall
- Several rest areas
- No washroom facilities

Extend Your Experience

- Continue north 750m to the continuation of Lochside drive
- Walk 500m east from rest area #2 on the Blenkinsop Greenway (part of the Saanich Centennial Trail route) to Blenkinsop Road

Salmonberry



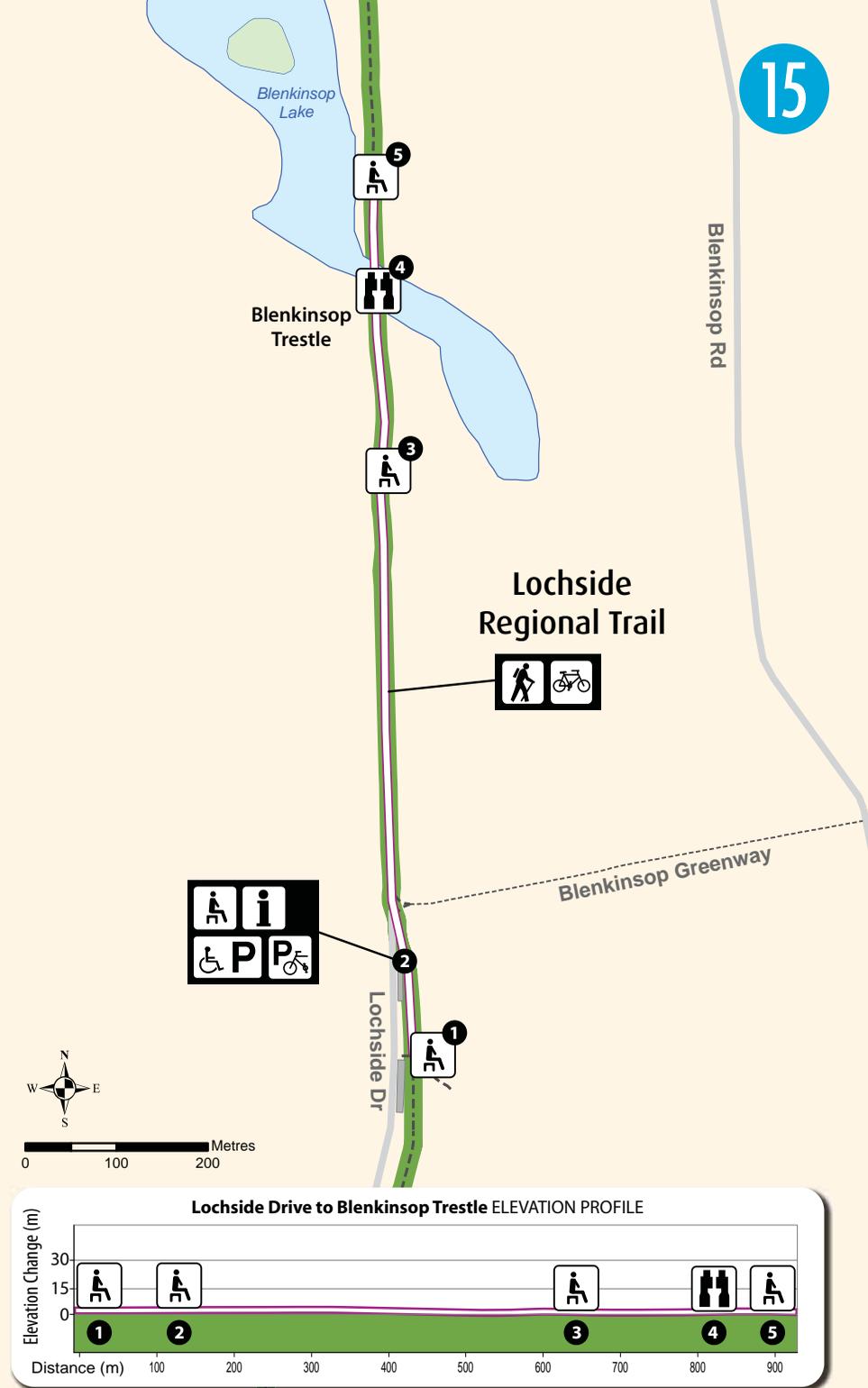
Photo Courtesy of William Ng

Great Blue Heron



Photo Courtesy of Beth Thissen

Photo Courtesy of William Ng



ELK/BEAVER LAKE REGIONAL PARK

Filter Beds to Brookleigh Boat Launch



Getting There
 From West Saanich Road turn east onto Beaver Lake Road and drive 1.2km to the Filter Beds parking lot.
 From Elk Lake Drive turn west onto Beaver Lake Road and drive 800m to the Filter Beds parking lot.

About the Trail
5km (one way)

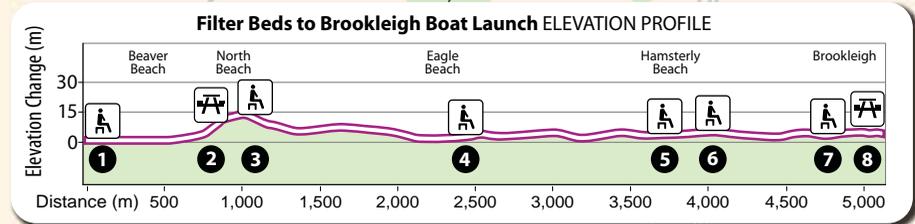
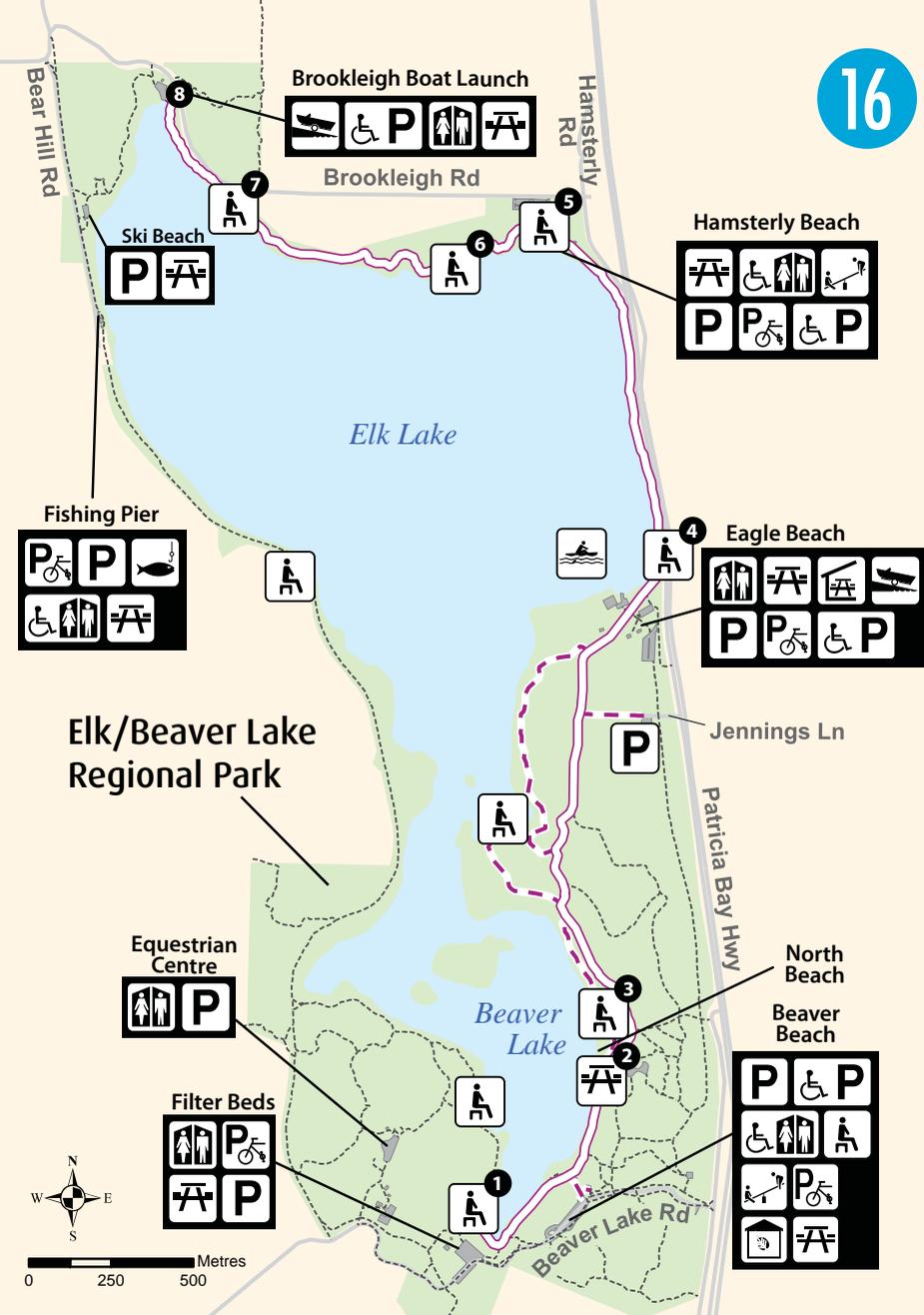
- Multi-use trail with a smooth gravel surface
- Gradual slopes in forested and lakeshore environments
- Several rest areas
- Opportunities for fishing, swimming and cycling

- What to Expect**
- Ample parking at several locations with accessible stalls at Beaver Beach (7), Eagle Beach (2) and Hamsterly Beach (5)
 - Room for full-size buses
 - Public transit on routes #70 & #72 stopping at Elk Lake Drive and Sayward Road
 - Accessible toilets (closed Nov-Apr) and playgrounds at Beaver and Hamsterly Beaches

- Extend Your Experience**
- Continue on the west side of the lake and complete the 10km trail
 - Explore lakeside trails between Beaver and Eagle Beaches

Photo Courtesy of Phil Petersen

Photo Courtesy of Robbi Heed



ISLAND VIEW BEACH REGIONAL PARK

Beach Trail



Getting There

Take Highway 17 (Pat Bay Highway) to Island View Road. Drive east 2.7km on Island View Road until you reach Island View Beach Regional Park.

About the Trail

900m (one way)

- Smooth gravel surface
- Gradual slopes in a seashore environment, above the high watermarks
- Ocean, island and mountain views

What to Expect

- 6 accessible parking stalls
- Parking for 120+ vehicles
- Room for full-size buses
- Accessible toilet at trailhead
- Picnic shelter
- Seasonal campground (May long weekend to September long weekend)
- No public transit

Extend Your Experience

- Continue north along the shoreline trail until it merges with the beach
- Drive to Elk/Beaver Lake and do hike #16

Oystercatchers



Photo Courtesy of Mike Baird



Photo Courtesy of William Ng



Photo Courtesy of William Ng

PROJECT PARTNERS

For more information about the User-Friendly Trails project contact:

CRD Regional Parks

www.crd.bc.ca/parks
250-478-3344



Making a difference...together

Intermunicipal Advisory Committee on Disability Issues (IACDI)

www.colwood.ca
250-478-5999



West Shore Parks & Recreation

www.westshorerecreation.ca
250-478-8384



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*Union of British Columbia Municipalities
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Government of British Columbia

BCRPA

*BC Recreation and Parks Association's
Active Communities® Initiative*



Additional Contributors

Recreation Integration Victoria

www.rivonline.org

Power to Be

www.powertobe.ca

City of Colwood

www.colwood.ca

City of Langford

www.cityoflangford.ca

District of Highlands

www.highlands.ca

District of Metchosin

www.district.metchosin.bc.ca

Town of View Royal

www.viewroyal.ca

*Check out the trails and parks
in each municipality.*

Links & Resources

Active Living Alliance for Canadians with a Disability

www.ala.ca/content/home.asp

Active Living Coalition for Older Adults

www.alcoa.ca

British Columbia Recreation and Parks Association

www.bcrpa.bc.ca

Caleb Pike Heritage Park

www.calebpikeheritagepark.org

Canada's Physical Activity Guide

www.paguide.com

Canadian Association for the Advancement of Women and Sport and Physical Activity

www.caaws.ca

Canadian Fitness and Lifestyle Research Institute

www.cflri.ca

Canadian Institutes of Health Research

www.cihr-irsc.gc.ca

Coalition for Active Living

www.activeliving.ca

CRD Regional Parks

www.crd.bc.ca/parks/accessibility.htm

www.crd.bc.ca/parks/events

Greater Victoria Active Communities

www.fitinfitness.ca

Juan de Fuca Pathfinders Walking Club

www.jdfpathfinders.ca

Metchosin Community House

www.metchosincommunityhouse.com

Public Health Agency of Canada's Healthy Living Unit

www.phac-aspc.gc.ca

SPARC BC

www.sparc.bc.ca

Union of British Columbia Municipalities

www.ubcm.ca

Victoria Airport

www.victoriaairport.com/news

Victoria Volkssport

www.vvvpf.ca

Walk Victoria

www.walk-victoria.com



Go beyond the parking lot,
experience user-friendly trails. —