

Trails & Treks Guided Walks: April – June 2024

EASY WALKS ♥

One-hour, easy-paced social walks on pavement and groomed trails through parks and interesting neighbourhoods. Where possible routes avoid steep hills. Most walks start near bus stops. Sorry, dogs not permitted. Please wear supportive shoes.

Mondays 1:30 – 2:30 pm

Leaders: Penny & Dianne

April 1 – No Walk, Easter Monday

April 8 – Shelbourne/Camosun Area

Meet in the north east corner of Hillside Centre parking lot, corner of North Dairy and Shelbourne.

April 15 – Copley/Brydon Parks

Meet by tennis courts, Copley Park West, on Parkridge Street, off Vanalman Avenue.

April 22 – Strawberry Vale/Panama Flats

Meet by Rosedale Park parking lot, Santa Anita Avenue, (near Strawberry Vale Elementary School).

April 29 – Tillicum/Swan Creek

Meet at foot of steps up to Silver City Cinema, Tillicum Mall.

May 6 – Montague Park/Arbutus Area

Meet at Montague Park, on Hazelton Place, off Lexington Avenue and Arbutus Road.

May 13 – Gorge/Lower Waterway

Meet in Gorge Park parking lot on Gorge Road West, opposite Orillia Street. (This is not beside the Canoe/Kayak Club).

May 20 – No Walk, Victoria Day

May 27 – Rithet's Bog

Meet by kiosk at the corner of Dalewood Lane and Chatterton Way.

June 3 – Braefoot Park/Feltham Trail

Meet by lacrosse box, Braefoot Park parking lot, on Mackenzie Avenue at Braefoot Road.

June 10 - UVic Chip Trail/Finnerty Gardens

Meet by tennis courts at Henderson Rec Centre parking lot, on Cedar Hill Cross Road.

June 17 – McMinn/Broadmead

Meet by entrance to McMinn Park, on Maple Grove Street, off Sunnymead Way and Cordova Bay Road.

June 24 - Swan Lake Area

Meet at end of Nelthorpe Street, off Mackenzie Avenue.

WALK & TALK * * ♥♥♥ - ♥♥♥♥

Enjoy fresh air, beautiful scenery, friendly chat and gentle exercise as we take different walks through Saanich parks and trails. Walks follow mainly chip or gravel trails but may have some steep sections.

Sorry, dogs not permitted.

Tues & Thurs 9:30-11:00am

Leaders: Dianne & John

April 2 - Hampton Park to Selkirk

Meet Hampton Park parking lot, 225 Hampton Road, off Burnside Road West (beside Les Passmore Centre).

April 4 - Blenkinsop Valley

Meet at Lochside Elementary School, corner of Royal Oak & Lochside Drives.

April 9 - Rosedale Park to Knockan Hill Park

♥♥♥♥ Meet at Rosedale Park parking lot, 4110 Santa Anita Avenue, by tennis courts.

April 11 - Cadboro Bay/Mystic ♥♥♥♥

Meet at Cadboro-Gyro Park, end of Sinclair Road by washrooms.

April 16 – Claremont Goddard Park to Sayward Park

Meet at park parking lot, 764 Haliburton Road.

April 18 - Cedar Hill to Playfair Park

Meet at Cedar Hill Recreation Centre, 3220 Cedar Hill Road.

April 23 - Glanford Park to Hyacinth Park

Meet Glanford Park parking lot, 620 Kenneth Road, off Glanford Avenue.

April 25 - Cedar Hill to Peacock Hill ♥♥♥♥

Meet at Cedar Hill Recreation Centre, 3220 Cedar Hill Road.

April 30 - Hampton Park to Swan Creek Trails

♥♥♥♥ Meet Hampton Park parking lot, 225 Hampton Road, off Burnside Road West (beside Les Passmore Centre).

May 2 - Colquitz to Hyacinth Park

Meet at Colquitz Creek Park sign near Silver City Theatre, 3130 Tillicum Road, at Tillicum Mall.

May 7 - Playfair Park to Rutledge Park

♥♥♥♥ Meet Playfair Park parking lot, 198 Rock Street, off Quadra Street.

May 9 - Gorge Waterway

Meet at Gorge Waterway Park parking lot by Victoria Canoe and Kayak Club, 355 Gorge Road West.

See next page to continue...

**If no heart icon, the walk is two hearts.*

Walk & Talk Continued...

May 14 - Hampton Park to Gorge Park

Meet Hampton Park parking lot, 225 Hampton Road, off Burnside Road West (beside Les Passmore Centre).

May 16 - Cedar Hill Golf Course/Kingsberry Pond

♥♥♥ Meet at Cedar Hill Recreation Centre, 3220 Cedar Hill Road.

May 21- Braefoot Park to Blenkinsop Lake

Meet at Braefoot Park parking lot, 1359 McKenzie Avenue.

May 23 - Hyacinth Park and Colquitz Trail

Meet at parking lot, 800 Marigold Road, by tennis courts.

May 28 – Beaver Lake to Saanich Commonwealth Place

Meet at Beaver Lake Park parking lot (Nature House), off Elk Lake Drive.

May 30 - Lambrick Park to Sierra Park

Meet at Gordon head Recreation Centre, 4100 Lambrick Way.

June 4 - Rithet's Bog Park to Outerbridge Park

Meet at the east end of Dalewood cul-de-sac, off Chatteron Way.

Avenue at Borden Street.

Cedar Hill Roads.

June 6 - Viaduct Flats to Horticulture Centre of Pacific

♥♥♥ Meet at Viaduct Flats parking lot, at Interurban Road and Viaduct Avenue West intersection.

June 11 - PKOLS (Mount Douglas Park) to Majestic Park

Meet at the park parking lot by washroom, at the junction of Ash, Cordova Bay and Cedar Hill Roads.

June 13 – Layritz, Copley and Quick's Bottom Parks

♥♥♥ Meet at Layritz Park parking lot at the end of Layritz Avenue, off Glyn and Wilkinson Roads.

June 18 - Cuthbert Holmes Park & Colquitz Trails

Meet at Silver City Theatre in Tillicum Mall parking lot.

June 20 - Lochside Trail to Beckwith Park

Meet on Lochside Trail in parking lot by Don Mann Excavating, 4098 Lochside Drive, off McKenzie Avenue at Borden Street.

June 25 - Layritz Park to Horticulture Center of the Pacific

Meet at Layritz Park Parking lot, off Glyn Road.

June 27 - PKOLS (Mount Douglas Park) to Glendenning

♥♥♥ Meet in the park parking lot at the junction of Ash, Cordova Bay and Cedar Hill Roads.

***Please Note as of July 1, 2024:**

Walk & Talk is moving to a registered program. To register starting April 17 at 6am visit saanich.ca/register or contact any Saanich recreation centre (on phone or in person).

For more information please click on the Walk & Talk barcodes at saanich.ca/trailsandtreks or contact alison.chamberlain@saanich.ca, 250-475-5408.

Please see saanich.ca/trailsandtreks to confirm if walk is running in inclement weather (very hot, very cold).



SUNDAY HIKES**

Please wear sturdy footwear as routes may include steep, rough trails. Bring drinking water.

Sundays 1.30-3.30 p.m.

Leader: Penny/Dianne

Apr. 14 – Garden City/Knockan Hill

Meet at Hyacinth Park parking lot, Marigold Road.

May 5 – Broadmead to Doris Page Park

Meet on Lochside Trail beside Lochside Elementary School. Park at school or along Lochside Drive, north of Royal Oak Drive.

Jun. 9 – Bowker Creek/Saanich Panhandle

Meet in the north east corner of Hillside Centre parking lot, corner of North Dairy and Shelbourne.

****Please Note as of July 1, 2024:**

Sunday Hikes will be completed. April, May & June are the final months of our hiking program.

For more information please contact
alison.chamberlain@saanich.ca, 250-475-5408.

INTENSITY LEVEL GUIDE Trails & Treks Free Walking Program

Individual Pace

Set your own guided pace, circle the park multiple times, or take the whole hour to do one loop, resting at benches along the way. Wide, level paved or well-groomed gravel surfaces.

Easy Group Pace

One-hour, group-paced social walks on pavement and smooth trails through parks and interesting neighbourhoods. Some short standing pauses. Where possible routes avoid steep hills.

Moderate Group Pace

One and a half hour, group-paced social walks on chip or gravel trails which may have some steep sections.

Moderate Pace & Uneven Terrain

One and a half* to two-hour** group-paced social walks, on routes that may include rural trails with steep rough sections. *Thursday Walk & Talk, **Sunday Hikes



**PARKS, RECREATION
& COMMUNITY SERVICES**