

# SAANICH TRAILS & TREKS

FREE Walking  
Programs

Saanich Parks and Recreation



## Spring-Summer 2012

Enjoy fresh air, beautiful scenery, a friendly chat and some exercise as we explore many parks and trails throughout the region.

*All programs are **FREE** of charge. No registration is required. Simply drop in at the designated time and meeting place. Wear suitable footwear and carry drinking water.*

**Call 250-475-5408 for details**



# SAANICH TRAILS & TREKS

*Please meet in designated area*

## **Gentle Walk & Talk** **Thursdays, 9:30 - 11:00am**

*A great way to meet people and get some exercise. Suitable for all walking abilities. Wear sturdy footwear & dress for weather. Sorry dogs not permitted.*

### **Mar 8 – Colquitz to Hyacinth Park**

*Meet at Colquitz Creek Park sign near Silver City Theatre at Tillicum Mall.*

### **Mar 15 – Cadboro Bay to Mystic Vale**

*Meet at Cadboro Gyro Park end of Sinclair Rd. beside washrooms*

### **Mar 22 – Lochside Trail to Beckwith Park**

*Meet at Lochside Trail parking lot by Donn Mann Excavating, off McKenzie at Borden*

### **Mar 29 – Layritz to Viaduct**

*Meet at Layritz Park parking lot, off Glyn, off Wilkinson*

### **Apr 5 – Cedar Hill Golf Course to Kingsberry Pond**

*Meet in Cedar Hill Golf course parking lot, end of Derby St.*

### **Apr 12 – Knockan Hill**

*Meet at Strawberry Vale Community Centre on High st., off W.Burnside, park on street*

### **Apr 19 – McMinn to Doris Page**

*Meet at McMinn Park, beside tennis courts, off Maplegrove St.*

### **Apr 26 – Mt.Doug Park to Glendenning**

*Meet near washrooms in main parking lot off Cordova Bay Rd. at Ash St.*

### **May 3 – Calvert Park to Logan**

*Meet at end of Viaduct, off Interurban*

### **May 10 - Beckwith-Maltwood-**

### **Stoneywood**

*Meet at Beckwith Park parking lot on Beckwith Ave., off Quadra*

### **May 17 - Prospect Lake - Centennial Trail**

*Meet at Whitehead Park at the intersection of Prospect Lake Rd & Goward Rd.*

### **May 24 – Finnerty Gardens & Mt.Tolmie**

*Meet at Henderson Rec Centre, main door, Cedar Hill X Rd.*

### **May 31 – McMinn Park-Kentwood-Outterbridge**

*Meet at McMinn Park, beside tennis courts, off Maplegrove*

### **Jun 7 – Tod Inlet**

*Meet at Tod Inlet access on Wallace Dr., opposite Quarry Lake, south of Benvenuto*

### **Jun 14 – Rithet's Bog to Brydon**

*Meet at kiosk on Dalewood, off Chatterton*

### **Jun 21 – Layritz - Copley - Quick's Bottom**

*Meet at Layritz Park parking lot, off Glyn, off Wilkinson*

### **Jun 28 – Swan Lake**

*Meet at end of Nelthorpe, off McKenzie*

### **Jul 5 – Sayward Hill**

*Meet at Lochside Park north of Cordova Bay Rd., past Mattick's Farm*

### **Jul 12 – Gorge Waterway**

*Meet at Gorge Waterway Park, near Canoe Club, at end of Tillicum Rd.*

### **Jul 19 – Glencoe Cove**

*Meet at Vantreight Park, off Ferndale Rd.*

### **Jul 26– Bow Park**

*Meet at Gordon Head Rec Centre front desk, 4100 Lambrick Way, off Feltham*

## **Sunday Hikes**

### **Sundays, 1:00 - 3:30pm with Penny Stevens**

*Although these hikes follow mainly chip trails and pavement there may be some rough or steep sections. Please wear sturdy and supportive footwear.*

### **Jan 22 – West Gordon Head**

*Meet beside baseball concession building at Lambrick park, off Feltham Rd.*

### **Feb 19 - Royal Oak to Broadmead via Rithet's Bog**

*Meet near Coop Gas startion in Roayl Oak Shopping Ctre, on West Saanich Rd.*

### **Mar 18 - Glendale Lands**

*Meet in parking lot by main entrance to*

*VIATec, at end of Markham*

### **Apr 15 - Spring Flower Walk in Mt.Tolmie & UVIC area**

*Meet at entrance to parking lot #10, off Gordon Head Rd.*

### **May 13 – Playfair Park to Peacock Hill**

*Meet at Cedar Hill Rec Centre parking lot at the foot bridge*

### **Jun 17 – Colquitz Creek and Cuthbert Holmes Park**

*Meet in parking lot of Tillicum Mall, near Silver City Theatre complex*

### **Jul 15 – Reservoirs of Royal Oak**

*Meet at Wesley Court, off Wesley Road*

## **Croquet 55yrs +**

### **Wednesdays, 10:30am-noon, starting May 2nd**

**Call 250-475-5408 for park locations and registration**

**Remember the fun of playing croquet with family & friends? Rekindle the joy, get some fresh air and meet some new friends. No equipment or experience needed.**

**For program details call 250-475-5408**