

# TRAILS & TREKS

Community Services FREE  
Guided Walking Programs

JANUARY  
TO MARCH  
2024



## Easy Walks ♥

One-hour, easy-paced social walks on pavement and smooth trails through parks and interesting neighbourhoods. Where possible, routes avoid steep hills. Please wear supportive shoes. Sorry, dogs not permitted. No registration required.

**Mondays 1:30-2:30pm | Leader: Penny**

### Jan. 15 – Gorge/Tillicum

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

### Jan. 22 – Lambrick/Sierra Parks

Meet near main entrance to Gordon Head Recreation Centre, off Feltham Rd.

### Jan. 29 – Layritz Park/ Interurban Area

Meet in Layritz Park parking lot, on Layritz Ave., off Glyn and Interurban Rds.

### Feb. 5 – Vantreight/Glencoe Cove Parks

Meet by Vantreight Park, Vantreight Rd., off Ferndale Rd.

### Feb. 12 – Playfair/Braefoot

Meet in main parking lot for Playfair Park, on Rock St. off Quadra St.

### Feb. 19 – No Walk, Family Day

### Feb. 26 – Cordova Ridge Circle

Meet in main parking lot for Claremont Goddard Park, on Haliburton Rd.

### Mar. 4 – Cadboro Bay/ Telegraph Cove

Meet near washroom block in Cadboro-Gyro Park, off Cadboro Bay Rd.

### Mar. 11 – Marigold Park/Welland Heritage Orchard

Meet at Marigold Park, on Iris Ave. off Grange Rd.

### Mar. 18 – Blenkinsop Valley

Meet on Lochside Trail beside Lochside Elementary School. Street parking along Lochside Dr., north of Royal Oak Dr.

### Mar. 25 – Beckwith Park/High Quadra Area

Meet in Beckwith Park, Beckwith Ave., off Quadra St.

## Sunday Hikes ♥♥♥

**Sundays 1:30-3:30pm | Leader: Penny**

Discover the beauty and variety of Saanich parks on our two-hour Sunday Hikes, which are open to anyone who enjoys longer invigorating walks. As routes may include rural trails with steep rough sections, please wear sturdy footwear and bring drinking water.

### Jan. 21 – Beckwith to Broadmead

### Feb. 18 – Queenswood Circle

### Mar. 10 – Layritz/Logan Parks

#### INTENSITY LEVEL GUIDE

♥ **Easy Group Pace** One-hour, group-paced social walks on pavement and smooth trails. Some short standing pauses. Where possible routes avoid steep hills.

♥♥ **Moderate Group Pace** One and a half hour, group-paced 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 walks, on routes that may include rural trails with steep rough sections.

\*Some Walk & Talk, \*\*Sunday Hikes

Please see website [saanich.ca/trailsandtreks](http://saanich.ca/trailsandtreks) to confirm walk is running in inclement weather.

**For program details call 250-475-5422**

## Walk and Talk ♥♥-♥♥♥

Enjoy fresh air, beautiful scenery, friendly chats, 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. No registration required.

**Tuesdays 9:30-11am, Leader: Dianne | Thursdays 9:30-11am, Leader: John**

♥♥ = Expect one steep hill on even surface

♥♥♥ = Expect two+ steep hills on uneven surface

### **Jan. 16 - Cadboro-Gyro Park/ Ten Mile Point Area ♥♥♥**

Meet at Cadboro-Gyro Park parking lot,  
end of Sinclair Rd. by washrooms.

### **Jan. 18 - Bowker Creek**

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

### **Jan. 23 - Braefoot Park to PKOLS (Mount Douglas Park)**

Meet at Braefoot Park parking lot,  
1359 McKenzie Ave.

### **Jan. 25 - Cadboro Bay to Queen Alexandra**

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

### **Jan. 30 - Tyndall Park to Arbutus Cove Park**

Meet at Tyndall Park, 4368 Tyndall Ave.

### **Feb. 1 - Glencoe Cove ♥♥♥**

Meet at Vantreight Park, on  
Vantreight Rd., off Ferndale Ave.

### **Feb. 6 - Glanford Park to Copley Park**

Meet at Glanford Park parking lot,  
620 Kenneth Rd., off Glanford Ave.

### **Feb. 8 - Knockan Hill Park ♥♥♥**

Meet at Strawberry Vale and District  
Community Club, 11 High St.,  
off Burnside Rd.

### **Feb. 13 - Vantreight Park to Tyndall Park**

Meet at Vantreight Park,  
490 Vantreight Dr., off Ferndale Ave.

### **Feb. 15 - Lower Trails of PKOLS (Mount Douglas Park) ♥♥♥**

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

### **Feb. 20 - Copley Park/Royal Oak Area**

Meet at Copley Park parking lot,  
598 Parkridge St., off Vanalman Ave.

### **Feb. 22 - McMinn to Kentwood/ Outterbridge ♥♥♥**

Meet McMinn Park at 4830  
Maplegrove St., near Lochside Dr.

### **Feb. 27 - Braefoot Park to Blenkinsop Lake**

Meet at Braefoot Park parking lot,  
1359 McKenzie Ave.

### **Feb. 29 - PKOLS (Mount Douglas Park) to Majestic Park ♥♥♥**

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

### **Mar. 5 - Glanford Park to Mt. View Park**

Meet at Glanford Park parking lot,  
620 Kenneth Rd., off Glanford Ave.

### **Mar. 7 - Mount Tolmie & Finnerty Gardens ♥♥♥**

Meet at Henderson Recreation Centre  
parking lot, 2291 Cedar Hill Cross Rd.

### **Mar. 12 - Gordon Head Parks South ♥♥♥**

Meet at Gordon Head Recreation  
Centre entrance, 4100 Lambrick Way,  
off Feltham Rd.

### **Mar. 14 - Mystic Vale ♥♥♥**

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

### **Mar. 19 - Broamead Area Trails ♥♥♥**

Meet at Lochside School parking lot,  
1145 Royal Oak Dr.

### **Mar. 21 - Ten Mile Point ♥♥♥**

Meet at Wedgewood Park, by corner of  
Arbutus Rd. and Arbutus Pl., park on Rd.

### **Mar. 26 - Cadboro-Gyro Park to Haro Woods Park**

Meet at Cadboro-Gyro Park parking  
lot, end of Sinclair Rd. by washrooms.

### **Mar. 28 - Beckwith to Maltwood and Stoneywood Parks ♥♥♥**

Meet by washroom building in  
Beckwith Park off Beckwith Ave.

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