

SAANICH TRAILS & TREKS

Saanich Community Services
FREE Guided Walking Programs



Walk & Roll Around the Park ♡

Join our friendly leader for a self-paced group roll or stroll around some of Saanich's beautiful parks. All are welcome. Feel free to use your walking sticks, poles, rolling walker or wheelchair. Choose your own pace and distance - circle the park multiple times, or take the whole hour to do one loop, resting at benches along the way. Parks have been carefully selected for their wide, level pathways and paved or well-groomed gravel surfaces.

Mondays 11am-12pm, Leader: Penny | Spring to Fall only

Sep 4 - No Walk (Holiday)

Sep 11 - Rutledge Park

Meet at park entrance on corner of Scotia and Rutledge Streets Park. On street parking only.

Sep 18 - Horner Park

Meet in main parking lot, Palo Alto Street, off Cedar Hill Cross Road.

Sep 25 - McMinn Park

Meet near main parking area off Maplegrove Street. On street parking if parking lot is full.

Oct 2 - No Walk (Holiday)

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.

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

Sep 4 - No Walk (Holiday)

Sep 11 - Beckwith/Lakehill

Meet in Beckwith Park parking lot, on Beckwith Avenue, off Quadra Street.

Sep 18 - Ten Mile Point

Meet/park by tennis courts at Wedgewood Park, Arbutus Road.

Sep 25 - Glanford Area

Meet in Glanford Park parking lot, on Kenneth Street, off Glanford Avenue.

Oct 2 - No Walk (Holiday)

Oct 9 - No Walk (Holiday)

Oct 16 - Cedar Hill/Bowker Creek

Meet at main entrance to Cedar Hill Recreation Centre, on Cedar Hill Road.

Oct 23 - Cadboro Bay/Finnerty Cove

Meet/park on Maynard Street by Maynard Park playground.

Oct 30 - Marigold/South Valley Parks

Meet/park by trailhead for South Valley Park, on Hatfield Road, off Chesterfield and Interurban Roads.

Nov 6 - Layritz Park/Colquitz Creek

Meet in Layritz Park parking lot, on Layritz Avenue, off Glyn and Interurban Roads.

Nov 13 - No Walk (Holiday)

Nov 20 - Braefoot to PKOLS (Mount Douglas Park)

Meet in Braefoot Centre Park parking lot, off Mackenzie Avenue.

Nov 27 - Saanich Commonwealth Place/Beaver Lake

Meet at main entrance to Saanich Commonwealth Place, Elk Lake Drive.

Dec 4 - McMinn/Outerbridge Parks

Meet at McMinn Park, Maplegrove Street.

Dec 11 - Saanich Core

Meet/park by entrance to Rutledge Park on Scotia Street, off Rutledge Street and Tolmie Avenue.

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.

♡♡ Moderate Group Pace

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

♡ 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 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

Please see website (saanich.ca/trailsandtreks)
if unsure if walk is running due to inclement weather.)

For program details call 250-475-5408

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. No registration required. Sorry, dogs not permitted.

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

Sep 5 - Layritz Park to Brydon Park

Meet at Layritz Park Parking lot; off Glyn Road.

♥♥Sep 7 - Hyacinth Park and Colquitz Trail

Meet at parking lot off Marigold Road by tennis courts. (even trail surface)

Sep 12 - McMinn Park to Rithet's Bog

Meet at McMinn Park parking lot; Maplegrove Street off Sunnymead Way.

Sep 14 - Cedar Hill Golf Course - Kingsberry Pond

Meet at Cedar Hill Recreation Centre. (steep hill, even trail and pavement surface)

Sep 19 - Rosedale Park to Marigold Park

Meet at Rosedale Park on Santa Anita Avenue. by tennis courts

Sep 21 - Viaduct Flats to Horticulture Centre of Pacific Meet at Viaduct Flats parking lot, by Interurban Rd. and Viaduct Avenue W. intersection, (hills, even trail and pavement surface)

Sep 26 - Claremont Park to Sea Ridge Park

Meet at Claremont-Goddard Park, 764 Haliburton Road.

Sep 28 - Lambrick Park to Sierra Park

Meet at Gordon Head Recreation Centre, 4100 Lambrick Way. (pavement surface)

Oct 3 - Hampton Park to Swan Creek Trail

Meet at Hampton Park, 225 Hampton Road, off Burnside Road W; beside Les Passmore Centre.

♥♥Oct 5 - Layritz to Beckwith Park Meet at Layritz Park parking lot off Glyn Road, off Wilkinson Road. (hill, even trail and pavement surface)

Oct 10 - Copley West Park to Hyacinth Park

Meet at Copley Park West, 598 Parkridge Street, off Vanalman Avenue. ♥♥

Oct 12 - Lochside Trail to Beckwith Park

Meet on Lochside Trail in parking lot by Don Mann Excavating, off McKenzie Avenue at Borden. (even trail and pavement surface)

Oct 17 - Cuthbert Holmes Park to

Craigflower Park Meet at Silver City in Tillicum Mall parking lot.

Oct 19 - PKOLS (Mount Douglas Park) to

Glendenning Meet at washrooms in parking lot off Cordova Bay Road at Ash Road. (hills, even trail and pavement surface)

Oct 24 - Cedar Hill Park to Rutledge Park

Meet at Cedar Hill Recreation Centre, main doors.

♥♥Oct 26 - Prospect Lake, Centennial Trail

Meet at Whitehead Park at Prospect Lake Road & Goward Road. (even trail and pavement surface)

Oct 31 - Claremont Park to Royal Oak Burial

Park Meet at Claremont-Goddard Park, 764 Haliburton Road.

♥♥Nov 2 - Rithet's Bog to Brydon Park

Meet at kiosk on Dalewood, off Chatterton Way. (even trail and pavement surface)

Nov 7 - Portage Inlet

Meet at Helmcken Centennial Park; 130 Helmcken Road, beside park bldg./ball diamond.

Nov 9 - Sayward Hill

Meet at Lochside Park, off Cordova Bay Road, past Mattick's Farm. (hill, long staircase, even trail and pavement surface)

Nov 14 - Lambrick Park to Haro Woods Park

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

♥♥Nov 16 - Swan Lake Meet at end of Nelthrope, off McKenzie Avenue.

Nov 21 - Gorge Waterway

Meet at Gorge Park; 200 Gorge Road West, entry opposite Orilla Street. (even trail and pavement surface)

♥♥Nov 23 - Tod Inlet Meet at Tod Inlet access, on Wallace Drive, 1 Km south of Benvenuto Avenue. (even trail surface)

Nov 28 - Braefoot Park to King's Pond

Meet at Braefoot Park parking lot; 1359 McKenzie Avenue.

♥♥Nov 30 - Swan Lake, Reynolds, Playfair

Parks Meet at end of Nelthrope, off McKenzie Avenue. (even trail and pavement surface)

Dec 5 - Beckwith Park to Rainbow Park

Meet by washroom building in Beckwith Park off Beckwith Avenue.

♥♥Dec 7 - UVic Alumni Chip Trail Meet at Henderson Recreation Centre, 2291 Cedar Hill X Road. (even trail surface)

Dec 12 - Glanford Park to Mount View Park

Meet at Glanford Park, 600 Kenneth Street, off Glanford Avenue.

♥♥Dec 14 - Interurban Rail Trail

Meet at Whitehead Park, at Prospect Lake Road & Goward Road. parking lot. (sidewalk, even trail surface)

Sunday Hikes ♥ ♥ ♥

Discover the beauty and variety of Saanich parks on our 2-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.

Sundays 1:30-3:30pm, Leader: Penny

Sep 17 - Lake to Lake

Meet at the parking area for Whitehead Park on Prospect Lake Road.

Oct 15 - Cadboro Bay to Ten Mile Point

Meet by washroom block, Cadboro Gyro Park.

Nov 12 - Elk/Beaver Lake

Meet by Nature Centre at main beach, off Beaver Lake Road.

Dec 10 - Playfair to Beckwith

Meet at Playfair Park parking lot off Rock and Quadra Streets.

Call 250-475-5408 for details

