

SAANICH TRAILS & TREKS

Saanich Parks and Recreation

FREE Walking Programs

**SUMMER
2022**

Walking Round the Park

NEW

If you like getting outdoors how about joining our friendly leader for a social stroll in one of Saanich's beautiful parks. The pace and distance you walk is up to you - Walk and talk your way around the park multiple times, or take the whole hour to do one loop, resting at benches along the way. The parks we will visit have been carefully selected for their wide, level walkways with paved or well-groomed gravel surfaces and multiple benches. Feel free to bring your walking sticks, poles, rolling walker or other mobility aids.

Mondays 11 a.m. to 12 p.m. Leader: Penny

Jul 4 - Horner Park

Meet in main parking lot, Palo Alto St., off Cedar Hill Cross Rd.

Jul 11 - Sierra Park

Meet at main entrance to Sierra Park near cross walk on San Juan Ave.

Jul 18 - Tolmie Park

Meet in main parking lot on Leslie Dr., off Saanich Rd.

Jul 25 - McMinn Park

Meet near main parking area off Maplegrove St.

Aug 1 - BC Day

Aug 8 - Majestic Park

Meet by entrance to playground, main parking lot on Majestic Dr.

Aug 15 - Rutledge Park

Meet at park entrance on corner of Scotia and Rutledge St. Park.

Aug 22 - Lambrick Park

Meet by entrance to gravel parking area near Lacrosse Box off Feltham Rd.

Aug 29 - Brydon Park

Meet at entrance to park off Vanguard Pl. On street parking on Vanguard Pl.

Easy Walks

One-hour, easy-paced social strolls on pavement and groomed trails through parks and interesting neighbourhoods. Routes avoid steep hills and busy trails where possible. Most walks start near bus stops. Please wear supportive shoes. No dogs please.

Mondays, 9 to 10 a.m. Leader: Penny

Jul 4 - Braefoot to Mt. Doug

Meet by lacrosse box, Braefoot Park, corner of Mackenzie Ave. and Braefoot.

Jul 11 - Cordova Ridge

Meet in Claremont Goddard Park, on Haliburton Pl., off Haliburton Rd.

Jul 18 - Tillicum to Swan Creek

Meet at trailhead near stairway to Silver City Cinema, Tillicum Mall.

Jul 25 - Lambrick to San Juan Sports Fields

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

Aug 1 - Holiday

Aug 8 - Gorge: Lower Waterway

Meet in parking lot for Gorge Park, near the allotments, Gorge Rd. West, opposite Orillia St.

Aug 15 - Rithets Bog

Meet at trailhead sign, corner of Dalewood Lane and Chatterton Way.

Aug 22 - Horner Park/UVic

Meet in main parking lot for Horner Park on Palo Alto St., off Cedar Hill X Rd.

Aug 29 - Interurban/Viaduct Flats

Meet in Viaduct Flats parking lot on Interurban, opposite Viaduct Rd. West.



Saanich

Call 250-475-5422 for details



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SAANICH TRAILS & TREKS

Please meet in designated area

Gentle 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. No registration required. Sorry, dogs not permitted.

Tuesday and Thursday 9:30 to 11 a.m.

Leaders: Tuesday – Dianne, Thursday – John

Jul 5 - Copley Park West to Quick's Bottom Park

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

Jul 7 - Ten Mile Point

Meet at Arbutus Rd. at Wedgewood Park

Jul 12 - Beckwith Park to Rogers Park

Meet Beckwith Park parking lot;
off Beckwith Ave.

Jul 14 - Tod Inlet

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

Jul 19 - Hyacinth Park to Marigold Park

Meet at Hyacinth Park parking lot
(by tennis courts); 800 Marigold Rd.

Jul 21 - Swan Lake, Reynolds, Playfair Parks

Meet at end of Nelthrope, off McKenzie.

Jul 26 - Cuthbert Holmes Park to Craigflower Park

Meet at Silver City
in Tillicum Mall parking lot.

Jul 28 - Prospect Lake Centennial Trail

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

Aug 2 - Rithet's Bog Park to Outerbridge Park

Meet at end of Dalewood Rd.,
off Chatterton Way.

Aug 4 - Lower Trails of Mount Douglas

Meet in main parking lot at Ash & Cordova
Bay Rd.

Aug 9 - Layritz Park to Brydon Park

Meet at Layritz Park Parking lot; off Glyn Rd.

Aug 11 - Lambrick Park to Sierra Park

Meet at Gordon head Rec Centre,
4100 Lambrick Way.

Aug 16 - Colquitz & Swan Lake Trails

Meet at Hyacinth Park parking lot
(by tennis courts); 800 Marigold Rd.

Aug 18 - Hyacinth Park and Colquitz Trail

Meet at parking lot off Marigold Rd.
by tennis courts.

Aug 23 - Beaver Lake

Meet at Beaver Lake parking lot at Nature
House; Off Elk Lake Dr.

Aug 25 - Calvert Park to Logan Park

Meet at far West end of Viaduct Ave,
off Interurban.

Aug 30 - Cadboro Gyro Park to Haro Woods

Meet at Cadboro Gyro Park parking lot
at washroom; end of Sinclair Rd.

Sep 1 - Knockan Hill Park

Meet at Strawberry Vale Community Hall
off Burnside Rd.

Sunday Hikes

Discover the beauty and variety of Saanich parks on our Sunday Hikes, which are open to walkers of all ages. Please wear sturdy footwear as walk routes sometimes include steep, rough trails. Bring drinking water.

Sundays 9 to 10 a.m. Leader: Penny

Jul 24 - Goward/Prospect Lake area trails

Meet at Prospect Lake Elementary School,
Corner Prospect Lake and West Saanich Rds.

Aug 21 - Cuthbert Holmes to Portage Inlet

Meet by trailhead near stairs to Silver City Cinema, Tillicum Mall.

For program details call 250-475-5422