

SAANICH TRAILS & TREKS

Saanich Parks and Recreation
FREE Guided Walking Programs

SPRING
2023

Walk & Roll Around the Park ♡🚲🦽

Join our friendly leader for a social walk and roll around a different Saanich Park. The pace and distance is up to you. Make your way around each park multiple times, or take the whole hour to do one loop. Featured parks have multiple benches for rests and wide walkways, with paved or level gravel surfaces. Feel free to bring walking sticks, poles, rolling walkers, wheelchairs, or other mobility aids. Everyone welcome!

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

April 17- Horner Park

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

April 24 - Sierra Park

Meet/park on San Juan Ave., near crosswalk at Sierra Park.

May 1 - McMinn Park

Meet at entrance to parking area on Maplegrove St., off Sunnymead Way and Cordova Bay Rd. Lots of on street parking if needed.

May 8 - Layritz Park

Meet at Layritz Park parking lot on Layritz Ave. off Glyn and Wilkinson Rds.

May 15 - Rutledge Park

Meet/park on Scotia St. beside Rutledge Park.

May 22 - No Walk (holiday)

May 29 - Glanford Park

Meet in parking lot on Kenneth St., off Glanford Ave.

June 5 - Lambrick Park

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

June 12 - Copley Park West

Meet at Copley Park West on Parkridge St. off Vanalman Ave.

June 19 - Majestic Park

Meet/park near Majestic Park tennis court on Majestic Dr.

June 26 - Brydon Park

Meet /park at end of Vanguard Pl. off Mann Ave. near entrance to park.

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. Please wear supportive shoes.

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

April 3 - Shelbourne/Camosun

Meet in NE corner of Hillside Centre parking lot, at intersection of Shelbourne St. and North Dairy Rd.

April 10 - No Walk (holiday)

April 17 - Marigold/Garden City

Meet in Marigold Park, Iris Ave., off Grange Rd.

April 24 - Royal Oak/Colquitz Trail

Meet at entrance to Royal Oak Shopping Centre on Viewmont Ave., opposite Greenlea Dr.

May 1 - Cordova Bay Area

Meet in Lochside Park, on Lochside Rd., off Cordova Bay Rd.

May 8 - Rural Interurban Area

Meet in Viaduct Flats gravel parking lot off Interurban Rd. opposite Viaduct Ave. West.

May 15 - Playfair/Cedar Hill Golf Course-Loop 1

Meet in main parking area Playfair Park, off Rock and Quadra Sts.

May 22 - Victoria Day

May 29 - Gordon Head West

Meet near washroom block, in main parking lot for PKOLS (Mount Douglas Park), off Cordova Bay Rd.

June 5 - Swan Lake/Cloverdale

Meet at end of Nelthorpe St., off Mackenzie Ave.

June 12 - Royal Oak Ramble

Meet near main entrance to Saanich Commonwealth Place, Elk Lake Dr.

June 19 - Bowker Creek/Saanich Panhandle

Meet at corner of Queenston and Townley Sts. Park along Queenston.

June 26 - Gorge: Upper Waterway

Meet in Gorge Park, Gorge Rd. West, opposite Orillia St. (This is not the parking lot by the playground).

Note: July-August Easy Walks time changes to 9:30-10:30am

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

For program details call 250-475-5408



**SPRING
2023**

Walk and 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.

Tuesdays ♥♥

9:30 to 11am | Leader: Dianne

Thursdays ♥♥♥

9:30 to 11am | Leader: John

April 4 - Gordon Head Parks - South

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

April 6 - Mystic Vale (hills and unpaved trails)

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

April 11 - Tillicum Parks

Meet at Hampton Park parking lot; 225 Hampton Rd., off Burnside Rd. W, beside Les Passmore Centre.

April 13 - Bowker Creek

Meet at Cedar Hill Recreation Centre.

April 18 - Portage Inlet

Meet at Helmcken Centennial Park; 27 Kingham Pl. parking lot (below Park/Ride - east of overpass).

April 20 - Ten Mile Point (some hills)

Meet at Arbutus Rd. at Wedgewood Park.

April 25 - Copley Parks to Rosedale Park

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

April 27 - PKOLS (Mount Douglas Park) to

Majestic Park (some hills) Meet at washrooms in parking lot off of Cordova Bay Rd. at Ash St.

May 2 - Gorge Waterway

Meet at Gorge Waterway Park, at Canoe Club, 349 Gorge Rd. E.

May 4 - McMinn to Doris Page (hills and beach

surface) Meet at McMinn Park, by tennis courts, off Maplegrove St.

May 9 - Rosedale Park to Knockan Hill Park

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

May 11 - Knockan Hill Park (steep hill, unpaved

trails) Meet at Strawberry Vale Community Hall off Burnside Rd.

May 16 - Playfair Park to Rutledge Park

Meet Playfair Park parking lot; 1198 Rock St.

May 18 - Lower Trails of PKOLS (Mount

Douglas Park) (steep hill, unpaved trails)

Meet in parking lot at Ash & Cordova Bay Rd.

May 23 - Braefoot Park to Lambrick Park

Meet at Braefoot Park parking lot 1359 McKenzie Ave.

May 25 - Beaver Lake

Meet at Beaver Lake paved parking lot off of Elk Lake Dr.

May 30 - Copley Park West to Quick's Bottom

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

June 1 - McMinn to Kentwood - Otterbridge

(some hills, unpaved trails) Meet McMinn Park at 4820 Maplegrove St. at Lochside Dr.

June 6 - Rithet's Bog Park to Donwood Park

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

June 8 - Bow Park

Meet at Gordon Head Rec Centre lobby, 4100 Lambrick Way, off Feltham Rd.

June 13 - PKOLS (Mount Douglas Park) Lower

Trails Meet at PKOLS (Mount Douglas Park) parking lot by washroom.

June 15 - Cadboro Bay to Queen Alexandra

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

June 20: Cuthbert Holmes Park & Colquitz

Trails Meet at Silver City in Tillicum Mall parking lot.

June 22 - Glencoe Cove (some hills)

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

June 27: Layritz Park to Hort. Center Pacific

Meet at Layritz Park Parking lot; off Glyn Rd.

June 29 - Mt.Tolmie & Finnerty Gardens

(steep hills) Meet at Henderson Recreation Centre parking lot.

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

April 23 - Hyacinth Park to Knockan Hill

Meet at Hyacinth Park, on Marigold Rd.

May 28 - Layritz/Mountain Road Forest

Meet at Layritz Park parking lot on Layritz Ave., off Glyn and Wilkinson Rds.

June 25 - Campus to Cove

Meet at entrance to UVic Parking lot #10, off Gordon Head Rd. Free parking on Sundays.



Saanich

Please see website (saanich.ca, search Trails & Treks if unsure if walk is running due to inclement weather.)

Call 250-475-5408 for details