

# The Green Goes on Forever

Southern Vancouver Island, BC

Photo by John Tunon - Flickr profile: tunon



CRD | Regional Parks

Happy trails start here.

*The Galloping Goose Regional Trail is scenic in every season.*

Photo by Bev Hall

When you tour the regional parks of the capital region, you are helping to reduce greenhouse gas emissions by riding your bicycle instead of driving. It's a great way to see more of our extensive park and trail system and rack up planet-saving kilometres while you do it.

**PARK + RIDE**



*Ride your bicycle onto one of the many ferries that connect to Vancouver Island and the Southern Gulf Islands.*

Photo by Chris Petersen - Flickr profile: ronin\_beav

Victoria, on Vancouver Island's south coast, is easily accessible by air, ferry and vehicle, and once you're here, getting around is just as easy. BC Ferries terminal at Swartz Bay provides access to the start of the Lochside Regional Trail. There are transit bus stops at various locations along our trails. Contact BC Transit and BC Ferries for schedules.

*TD is a proud supporter of the CRD Regional Trails Sustainable Tourism Project.*

## Resources

BCAA: [www.bcaa.com](http://www.bcaa.com)

BC FERRIES: [www.bcferries.com](http://www.bcferries.com)

BC TRANSIT: [www.transitbc.com/regions/vic](http://www.transitbc.com/regions/vic)

CYCLE VANCOUVER ISLAND: [www.cyclevancouverisland.ca](http://www.cyclevancouverisland.ca)

GREATER VICTORIA CYCLING COALITION: [www.gvcc.bc.ca](http://www.gvcc.bc.ca)

TOURISM VICTORIA: [www.tourismvictoria.com](http://www.tourismvictoria.com)



Making a difference...together

**Capital Regional District** | Regional Parks

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[www.crd.bc.ca/parks](http://www.crd.bc.ca/parks)

# One big park.

With 33 regional parks and more than 80 kilometres of trails connecting many of them, it's no wonder our capital region is a popular destination for eco-tourism. On foot or by bicycle, our regional parks showcase sustainability and getting there can be just as eco-friendly. When you visit the regional parks on Southern Vancouver Island, the green goes on forever.

## These trails are made for cycling.

Explore the urban environment and West Coast scenery of Greater Victoria, British Columbia, by cycling our world-class network of trails. The famous Galloping Goose and Lochside regional trails cover more than 80 kilometres of pathways, along city back-streets, farmland, forest, and ocean vistas, all within a day's travel of Victoria.

## A green getaway awaits you.

The capital region, rich in outdoor activities, offers a mild climate and a sustainable sensibility. Whether you're just out for an afternoon jaunt or touring the entire length of Southern Vancouver Island on these multi-use trails, you are ensuring the green goes on forever. With nearly 60% of regional greenhouse gas emissions coming from transportation, we can all breathe easier when you cycle to popular destinations like the ferry terminal rather than drive.



Eco-touring that will move you.

Lochside Regional Trail - Blenkinsop Trestle

Photo by Mike Smalley

## Swartz Bay to Victoria

From Swartz Bay ferry terminal, it's an easy bike ride on the Lochside Regional Trail to vibrant downtown Victoria. Pedal through rural farmlands of the Saanich Peninsula, over the Blenkinsop Trestle and past Swan Lake Nature Sanctuary. Take the time to stop at local markets and picnic at nearby Elk/Beaver Lake Regional Park before reaching Victoria. On the way back, stay at Island View Beach Regional Park with its sandy shores and excellent bird watching. The oceanfront RV and tent campground in the park is conveniently located near both the ferry and airport terminals.

DISTANCE: 33KM TO DOWNTOWN VICTORIA

Visit [www.crd.bc.ca/parks](http://www.crd.bc.ca/parks) for more day and weekend cycle trips.

## Sidney to Sooke

Pace yourself from the ferry or airport, near Sidney, to Sooke Potholes Regional Park and ride both the Lochside and Galloping Goose regional trails. Pass through urban centres and detour to one of the many popular, accessible parks in our Western Communities: Thetis Lake, Matheson Lake and Roche Cove regional parks. Journey on to Sooke Potholes with its unique pool-like river formations that make enchanting swimming holes. There is a tent and RV campground adjacent to the park, near the northern terminus of the Goose.

DISTANCE: 80KM ONE WAY

# Capital Regional District Gallop Goose and Lochside Regional Trails



Making a difference... together

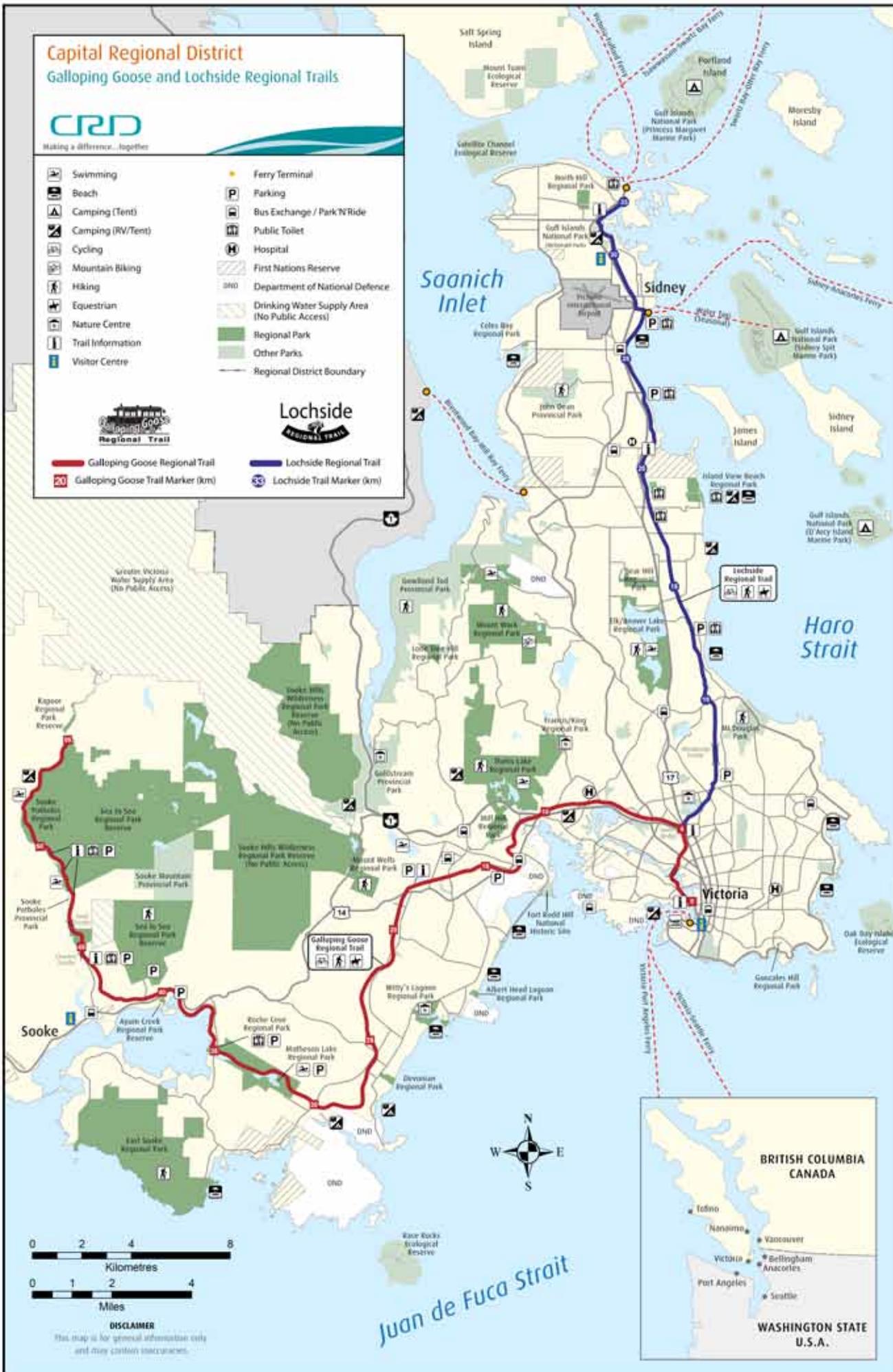
- |  |                   |  |   |
|--|-------------------|--|---|
|  | Swimming          |  | Ferry Terminal                                |
|  | Beach             |  | Parking                                       |
|  | Camping (Tent)    |  | Bus Exchange / Park 'N' Ride                  |
|  | Camping (RV/Tent) |  | Public Toilet                                 |
|  | Cycling           |  | Hospital                                      |
|  | Mountain Biking   |  | First Nations Reserve                         |
|  | Hiking            |  | Department of National Defence                |
|  | Equestrian        |  | Drinking Water Supply Area (No Public Access) |
|  | Nature Centre     |  | Regional Park                                 |
|  | Trail Information |  | Other Parks                                   |
|  | Visitor Centre    |  | Regional District Boundary                    |

**Gallop Goose Regional Trail**

Gallop Goose Trail Marker (km)

**Lochside Regional Trail**

Lochside Trail Marker (km)



**DISCLAIMER**  
This map is for general information only and may contain inaccuracies.



Juan de Fuca Strait

