

# THE OFFICIAL GUIDE

## Mill Hill Regional Park

### Park Etiquette

To protect the park's fragile ecosystems, please:

- stay on designated trails
- keep pets on the trail and under control
- pick up your dog's droppings
- carry out litter

The following are prohibited:

- bicycles
- horses
- motorized vehicles
- wildflower picking
- camping and open fires
- alcohol
- removal or disturbance of plants and animals.

### How to Get There

Follow the Trans-Canada Highway from Victoria, and take Exit 14 south to Langford. From Veterans Memorial Parkway, turn left on Hoffman Avenue. Turn right on Winster Road at the four-way intersection. Turn left on Atkins Avenue. Follow Atkins Avenue for one kilometre to the park entrance on the left. Allow approximately 25 minutes driving time from Victoria.

### What's Happening at CRD Parks?

Find out more about your regional parks and trails on the CRD Parks web site: [www.crd.bc.ca/parks](http://www.crd.bc.ca/parks).

This 60-hectare regional conservation area is a perfect place to experience nature. You'll discover woodland trails, a meandering creek and spring wildflowers. From the 203-metre summit, enjoy spectacular views of Esquimalt Harbour, Victoria and the surrounding mountains.

A hike to the summit starts on the lower slopes of Mill Hill, in the Douglas-fir forest above the creek. This forest is dominated by Douglas-fir, grand fir, bigleaf maple, red alder and western redcedar. Sword fern, salal and Oregon grape line the trails. In the cedar wetlands, enormous spikes of bright yellow skunk cabbage tower above delicate plants like false lily-of-the-valley, foamflower and stream violets. Halfway up Mill Hill, the trail opens to groves of gnarly arbutus and Garry oak trees.

At the summit, the CRD Parks 35th Anniversary cairn makes a picturesque rest stop. The cairn is mounted on the foundations of a former Forest Service lookout tower. For more adventurous hikers, the Calypso Trail continues to Thetis Lake Regional Park on the north side of the Trans-Canada Highway.

### An Endangered Ecosystem

The slopes of Mill Hill protect important remnants of Garry oak ecosystems. Less than 5% of the original Garry oak habitat remains in British Columbia.

In spring, wildflowers such as camas and white fawn lily carpet the hillside. Many of these wildflowers are rare or endangered. CRD Parks is restoring the Garry oak ecosystems of Mill Hill in a multi-year project.

### The Past and the Present












Mill Hill is the traditional territory of the Songhees and Esquimalt people, known collectively as the Lekwammen. Artifacts show that the Lekwammen people lived in this area as long as 3000 years ago, and camped at the mouth of Millstream Creek. Mill Hill and Millstream Creek are named after the area's first sawmill, built in 1848 by the Hudson's Bay Company at Mill Falls, just outside the park boundary.

Please drop by our office next door to the park to pick up maps and brochures. Office hours: Monday – Friday 8:30 a.m. – 4:30 p.m.



# Mill Hill Regional Park

## LEGEND

-  Park Boundary
-  Contours (20 metre interval)
-  Summit
-  Viewpoint
-  Hiking Trail - Moderate
-  Hiking Trail - Challenging
-  Parking
-  Accessible Toilets
-  Information
-  Accessible Picnic Area
-  CRD Parks 35th Anniversary Cairn

