

Capital Regional District

Sea to Sea Regional Park

Mount Manuel Quimper Section



Park Amenities

- | | | | |
|--|---------------------|--|-------------|
| | Bicycle Rack | | Information |
| | Bike Wash | | Parking Lot |
| | Fire Look-out Tower | | Picnic Area |
| | Horse Hitch Post | | Toilet |
| | Horse Trough | | View Point |

Trails By Designated Use

- - - Hiking
- Mountain Biking
- Hiking/Mountain Biking
- - - Hiking/Cycling/Equestrian

Trails By Name (With Distance)

- Charters (1.5km)
- Grouse (750m)
- Juniper (2.2km)
- Kinnikinnick (2km)
- Mount Brulé (750m)
- Quimper Connector (1.6km)
- Quimper Summit (5.6km)
- Sooke Mountain (5km)
- Sword Fern (1.7km)
- Willow (1km)

Mountain Biking Trails (down only)

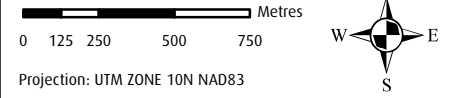
- ◆ Arbutus (1km)
- ◆ Bracken (1km)
- ◆ Manzanita (1.2km)
- ◆ Raven (600m)
- ◆ Rocky Ridge (850m)
- ◆ Stonecrop 1, 2 and 3 (2.7km)

Mountain Bike Trail Difficulty Rating

- Easy
- More Difficult
- ◆ Very Difficult
- ◆◆ Extremely Difficult

Map Features

- Road
- Hydro Wire
- Historic Flowline
- Galloping Goose Regional Trail
- - - Municipal and Electoral Area Boundary
- Contour (20m interval)
- River or Creek
- Lake or Ocean
- Sea to Sea Regional Park
- Other Regional Park
- Provincial or Municipal Park



Disclaimer
Important This map is for general information purposes only. The Capital Regional District (CRD) makes no representations or warranties regarding the accuracy or completeness of this map or the suitability of the map for any purpose. **This map is not for navigation.** The CRD **will not be liable** for any damage, loss or injury resulting from the use of the map or information on the map and the map may be changed by the CRD at any time.

Mountain Bike Trail Ratings, Uses & Descriptions

- **Easy** - Suitable for beginners and recreational riders.
- **More Difficult** - Intermediate riders. Increased challenges and difficulty.
- ◆ **Very Difficult** - Advanced/expert riders. Difficult and technical challenges. High level of fitness.
- ◆◆ **Extremely Difficult** - Expert Riders. Most difficult and technical challenges. Highest risk level.

Rules of the Trails



Hikers, equestrians and mountain bikers share much of this 30-kilometre network of trails. You can help promote responsible and safe use of these multi-use trails by practicing simple etiquette.

Yield and pass with courtesy. Mountain bikers are to yield to hikers and equestrians. Slow down before passing trail users and respectfully alert others before approaching. When passing horses, use special care and follow directions from the horseback rider. Anticipate other trail users as you ride around corners. On bidirectional trails, mountain bikers traveling downhill must yield to those headed uphill.

Exercise control. Hike and ride within your limits and on trails suitable to your skill level. Go slowly when encountering other trail users.

Stay on the trail and respect the environment. Avoid trail braiding, skidding and cutting switchbacks. Wet and muddy trails are susceptible to damage. Use designated trails only and avoid closed trails. Don't undertake unauthorized trail work; you'll help prevent environmental damage, injury and trail closures. For information about trail maintenance, contact crdparks@crd.bc.ca | 250.478.3344.

Trail	Description	Trail Uses	Mt Bike Trail Rating
Arbutus (1km)	Very steep single track and technically challenging descent trail from the Quimper summit with one steep rock roll at the beginning; all the other features have ride arounds. Trail contains exposed rock and loose surfaces. Down only trail.	Mt Biking	◆◆
Bracken (1km)	Single track descent off Grouse and Manzanita features a number of technically challenging rock rolls. Down only trail.	Mt Biking	◆
Charters (1.5km)	Open and wide connector trail from Sooke Mountain to Charters Creek.	Hiking/ Mt Biking/ Equestrian	●
Grouse (750m)	Double track trail that connects Sooke Mountain to Bracken. Trail surface contains loose and large rocks. Mountain bike section is not steep.	Hiking/ Mt Biking	◆
Juniper (2.2km)	Technically challenging single track trail, with bidirectional travel. Contains creative rock features and access to Mt Manuel Quimper.	Hiking/ Mt Biking	■
Kinnikinnick (2km)	Technical bidirectional cross country trail that's single track, relatively flat in sections, with challenging steeper ups and downs.	Hiking/ Mt Biking	■
Manzanita (1.2km)	Steep and technically challenging single track descent trail with many rock features that connects Quimper Connector with Grouse. Down only trail.	Mt Biking	◆
Mount Brulé (750m)	Short but steep hiking only, bike push up trail with loose material and rock slabs. Trail is accessed from the north via Kinnikinnick Trail or south from Sooke Mountain Trail.	Hiking	
Quimper Connector (1.6km)	Double track trail that connects Sooke Mountain to Raven and Manzanita. The trail surface contains loose and large rocks. Note that mountain biking is not permitted past the intersection with Manzanita.	Hiking/ Mt Biking	●
Quimper Summit: Bracken to Sooke Mt (5.1km)	This section of trail ascends to Mt Manuel Quimper and connects to Sooke Mountain Trail. The trail surface contains loose and large rocks in sections.	Hiking	
Quimper Summit: Juniper to Arbutus (320m)	Provides bidirectional access from Juniper to the Arbutus intersection. Trail surfaces are steep and contain some loose material.	Hiking/ Mt Biking	◆
Quimper Summit: Harbourview Rd to Bracken (420m)	Easy double track section provides bi-directional access from Harbourview Road parking lot trail head to Bracken.	Hiking/ Mt Biking	●
Raven (600m)	Short technically challenging descent single track trail. Down only trail.	Mt Biking	◆
Rocky Ridge (850m)	Single track steep descent trail from the peak to intersect with Sooke Mountain and Sword Fern. Riders use caution as the trail contains a double black diamond exit option at the junction of Stonecrop 1. Down Only Trail. Access is gained via Mount Brulé hiking only push up trail.	Mt Biking	◆
Sooke Mountain (5km)	Double track trail extends from the main parking lot to the north end of the park. The trail provides the primary access to all other trails in the area and ends at the base of the north Quimper Summit where visitors will find a washroom facility.	Hiking/ Mt Biking/ Equestrian	●
Stonecrop 1, 2 and 3 (2.7km)	Technically challenging single track descent trail with many rock slab rolls, optional jumps, rock chutes and tight corners. Down only trail.	Mt Biking	◆
Sword Fern (1.7km)	Gentle double track connector trail from Sooke Mountain that rejoins it a few kilometres later.	Hiking/ Mt Biking/ Equestrian	●
Willow (1km)	Gentle double track connector trail from Sooke Mountain to Quimper Connector.	Hiking/ Mt Biking/ Equestrian	●