

SAANICH PENINSULA **Walking Guide**





Explore the wild.

The air here is soaked in cedar and seawater.

Trees peel, creeks speak and mountains have stories to tell.

This place is special...

Every exploration into the Saanich Peninsula's trails leaves a lasting impression. Respect the trails through responsible walking and hiking practices.

Make your impression positive.

Help the adventure continue.

CONTENTS

MAP LEGEND

TERRAIN



easy



moderate



experienced

MAP ICONS



parking



bus stop



benches



washrooms



water station



local market



public play area
or beach



non-paved trail



paved trail



regional park hiking trail



staircase



stroller friendly



no water station;
pack a reusable
water bottle



All trails are
dog friendly

● Each map has a suggested start/end point and route. We encourage you to explore your community and find new routes along the way!

SIDNEY

- 5 Reay Creek
- 6 Rathdown Park/ Mermaid Park/ Melville Park
- 8 Lochside Drive/ Tulista Park/ Sidney Marina
- 10 All Bay

NORTH SAANICH

- 13 John Dean Park
- 14 Cloake Hill
- 15 Horth Hill
- 16 Coles Bay Park
- 19 Deep Cove/ Wain Road

CENTRAL SAANICH

- 21 Mt. Newton
- 23 Tod Inlet
- 24 Brentwood Bay
- 26 Tanner Ridge
- 27 Island View Beach

WATCH FOR:



SEEK

SEARCH OUT AND DISCOVER DISTINCTIVE TRAIL FEATURES.



SHARE

FACTS & TIPS TO IMPROVE BODY AND BRAIN HEALTH.



SKETCH

ENVIRONMENTALLY SUSTAINABLE
ACTIVITIES FOR ON AND OFF
THE TRAIL!

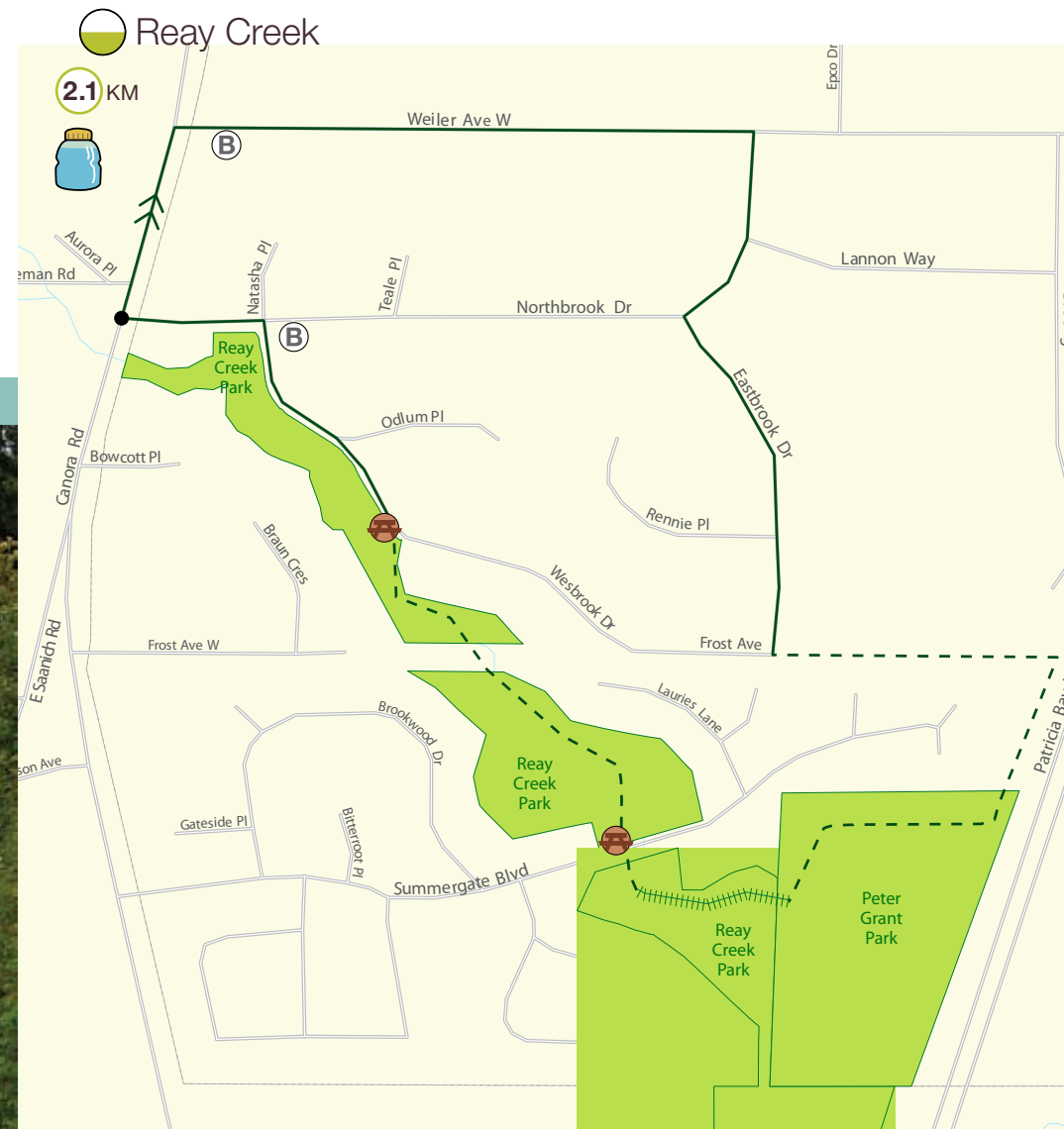
SIDNEY



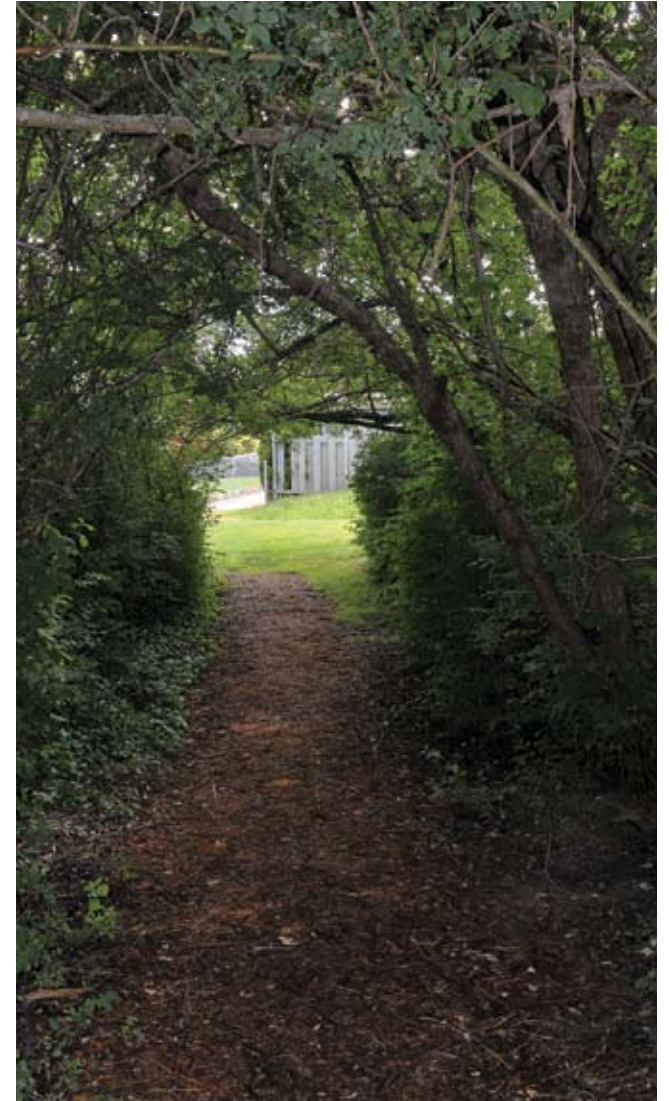
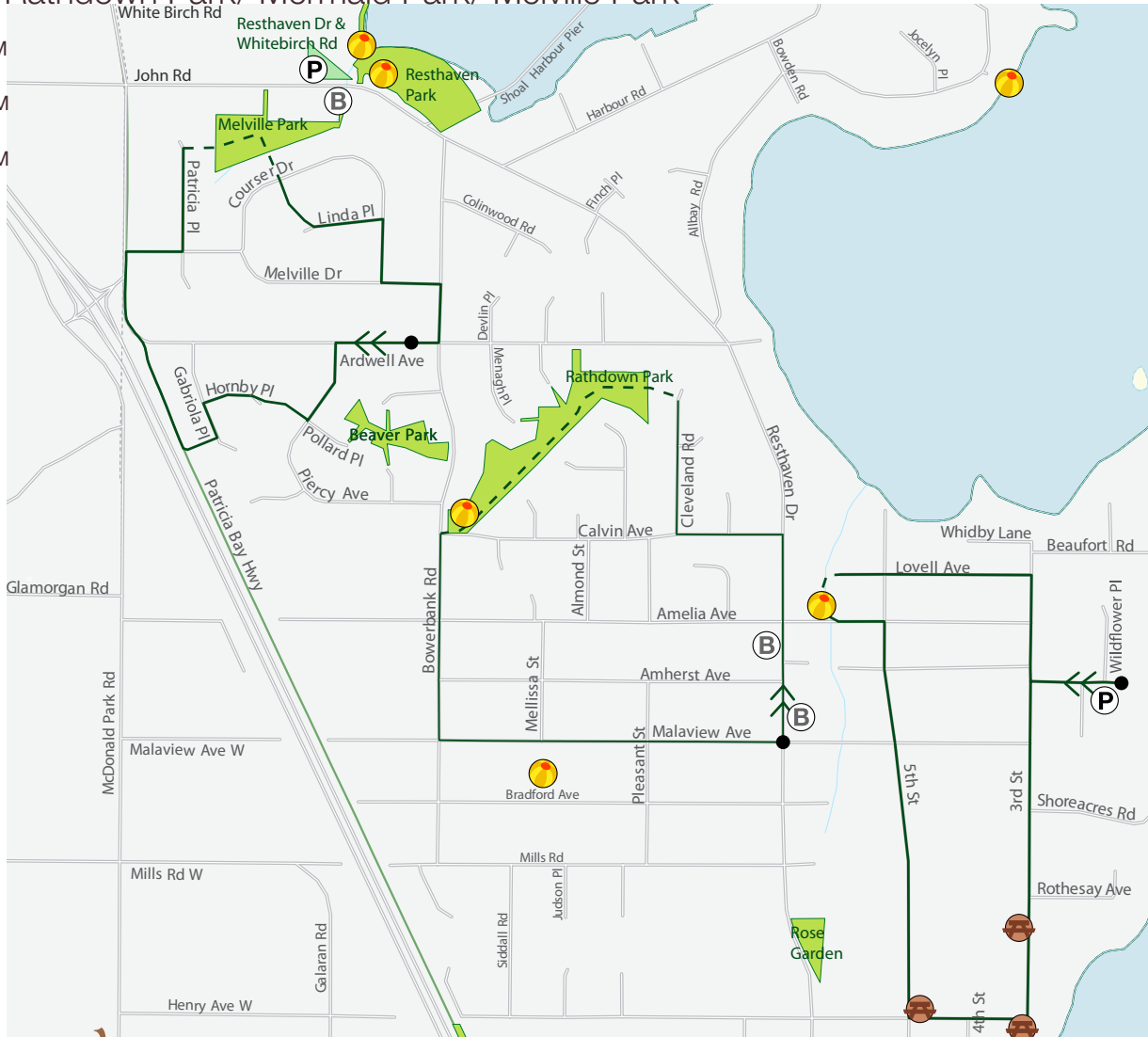
SHARE

DID YOU KNOW?

A person can survive a few weeks without food but only 3–4 days without water! Water keeps our skin looking healthy, helps our body get rid of waste and keeps us cool, so drink up!



Rathdown Park/ Mermaid Park/ Melville Park



SHARE

WALKING TIPS

Stretch after activity. Hold stretches for at least 30 seconds.

Drink lots of fluids to prevent dehydration.

Wear reflective clothing for visibility at dusk or dawn.

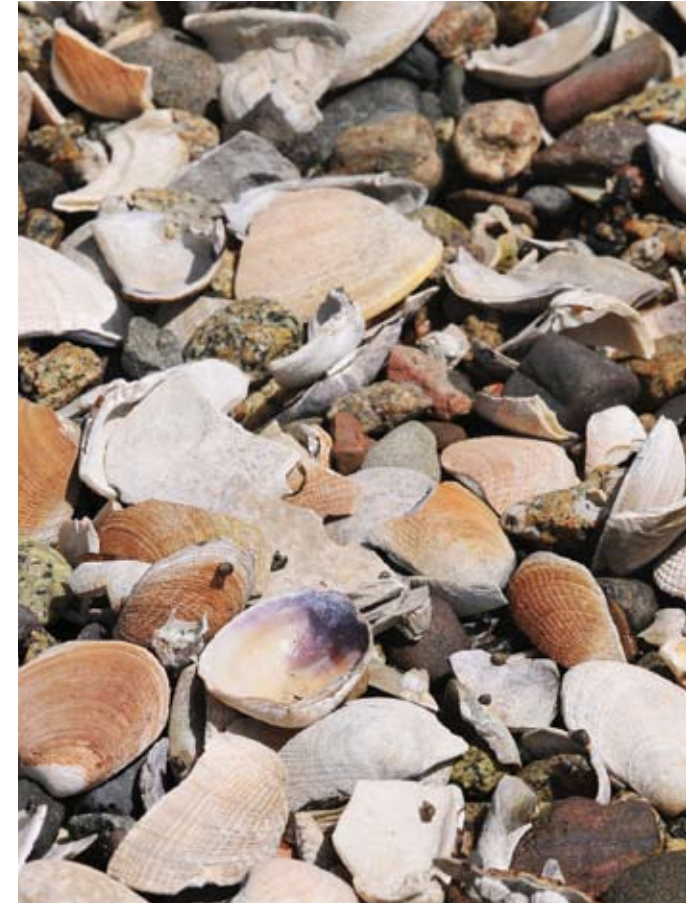
Look both ways before crossing the street. Make eye contact with vehicle drivers before crossing.

Choose clothing that is durable and light.

Don't forget your sunscreen and hat on sunny days!

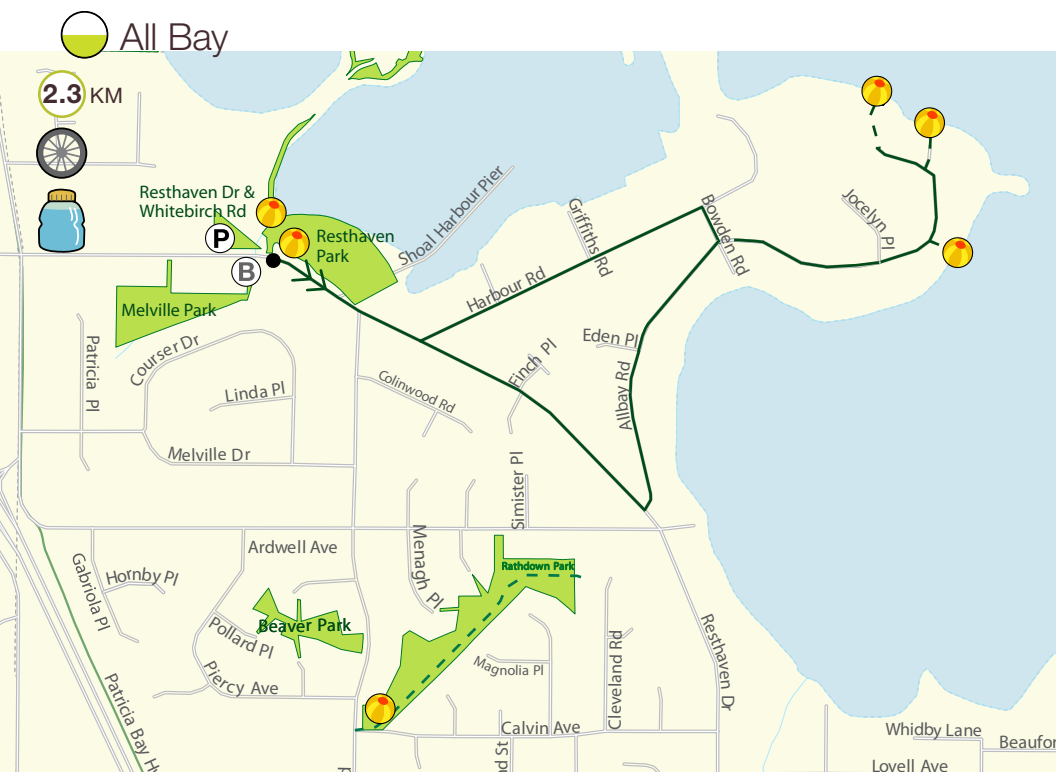


Lochside Drive/ Tulista Park/ Sidney Marina



Sidney Summer Market:

Thursday evenings, from June to September, Beacon Avenue hosts a variety of entertainment and shopping with a festive, market atmosphere.



SKETCH

COLOUR SWATCHES

Try to find something on your walk that matches each coloured square. Who can find the closest match?

TIP: To play this game again, visit your local paint store for paint chips to try and match!



ASPIRING PHOTOGRAPHERS

Before your next walk, give your child their own **camera** to document what they see. After printing the photos, have them create a photo story about their journey on poster board.



SEEK



FIND A PINE!

Find a Pine tree. Can you name the tree from its needles?

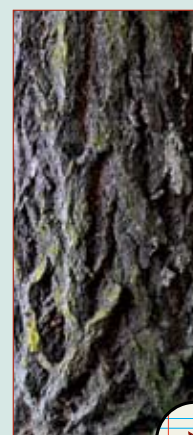
LODGEPOLE PINE cluster of 2 needles, 2-7cm long

WHITE PINE cluster of 5 needles, 5-10cm long

PONDEROSA PINE cluster of 3 needles, 12cm or longer

WHITEBARK PINE cluster of 5 needles, 4-7cm long

Did you know that the Lodgepole pine is the most common pine in B.C.?



SKETCH

BARK RUBBINGS

(Pack coloured pencils from home for this activity.)

1. Find a tree with interesting bark
2. Place this page on the bark. Line up the drawing area with piece of bark you like best.
3. Using the side of the pencil lead, colour the page using large, sweeping strokes.

NORTH SAANICH



SHARE

KEEP COLD FOODS COLD!

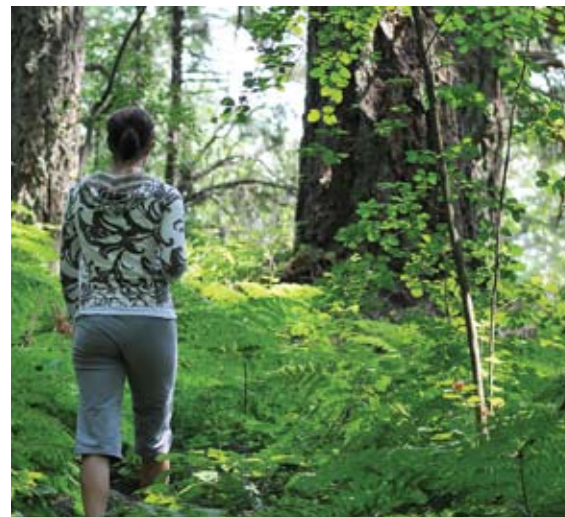
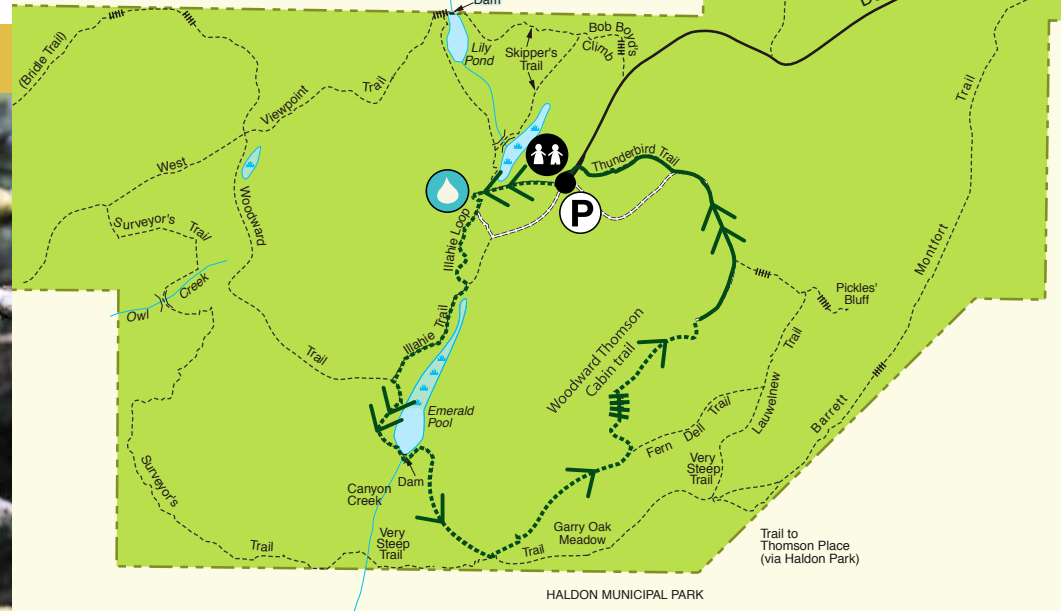
Place food and ice packs in an insulated cooler or cooler bag. While traveling, store the cooler in the interior of your car, rather than the hot trunk. When you find your perfect picnic spot, keep the cooler in the shade.

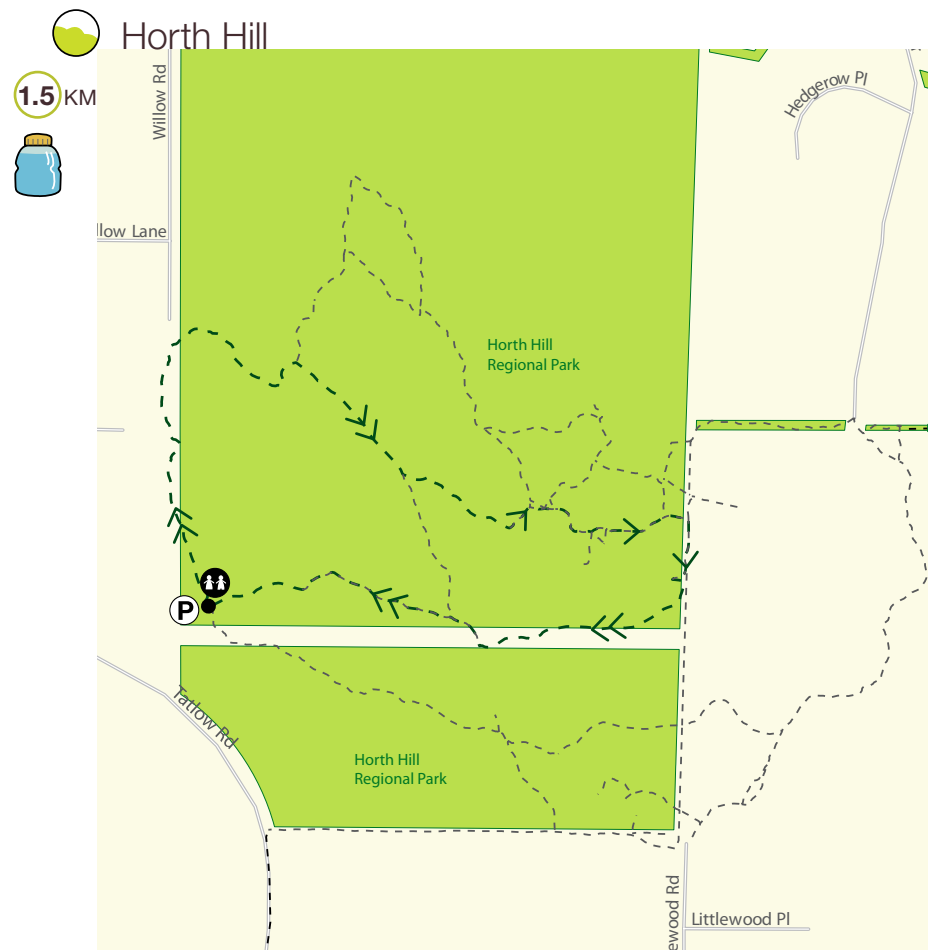
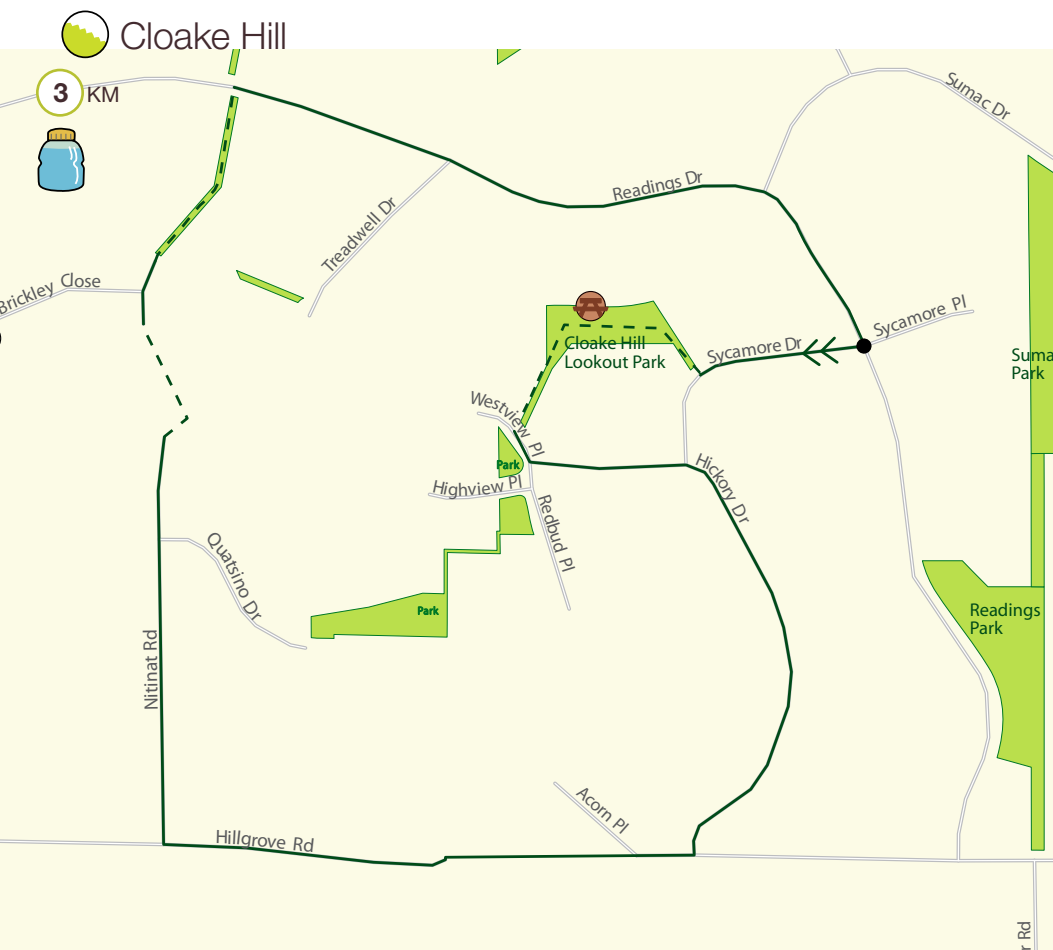


John Dean Park

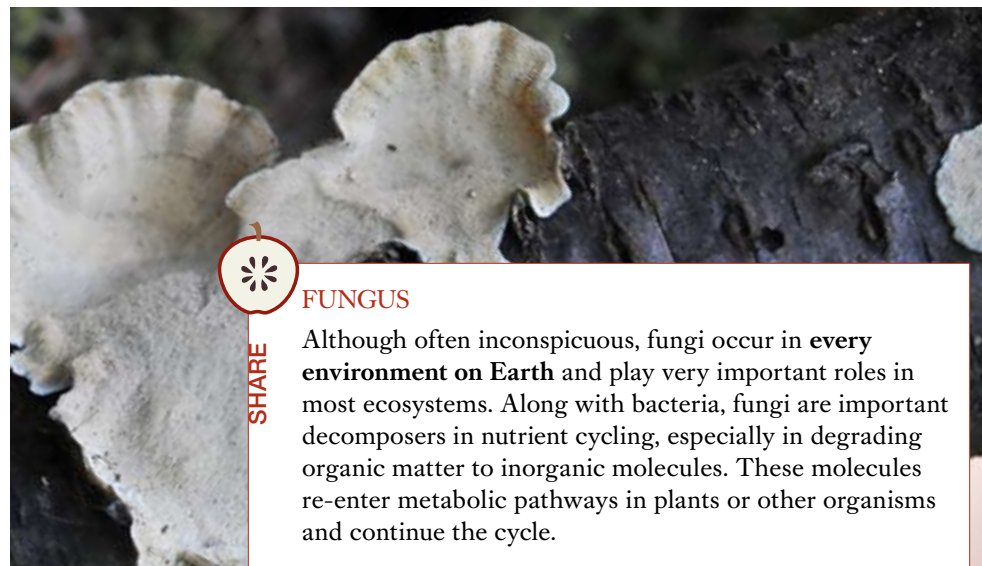
2.5 KM

PAUQUACHIN INDIAN RESERVE No. 3





Variety is the spice of life! Remember to eat a **VARIETY** of foods because no one food is perfect. Be adventurous and experiment with new tastes by trying new foods and different recipes.

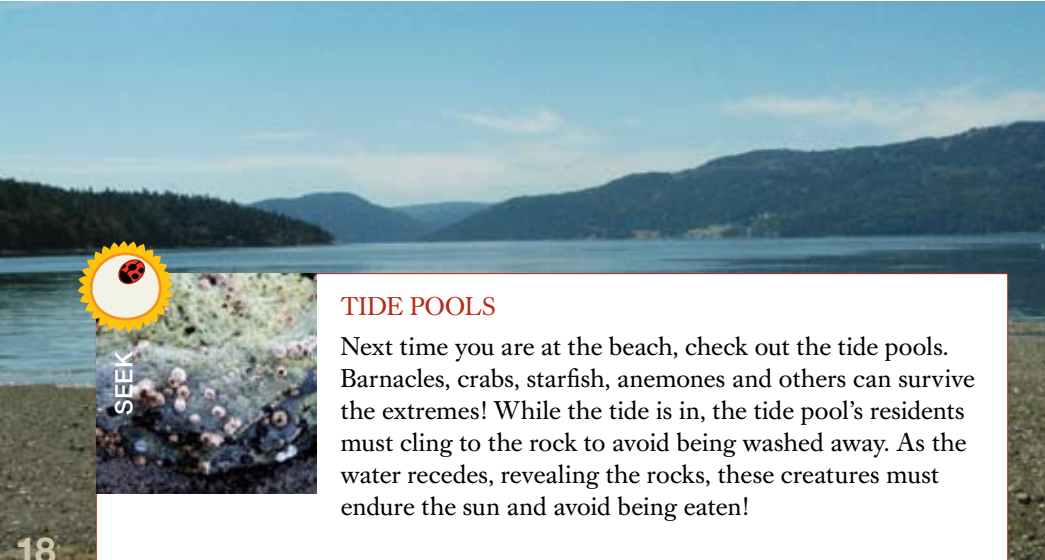
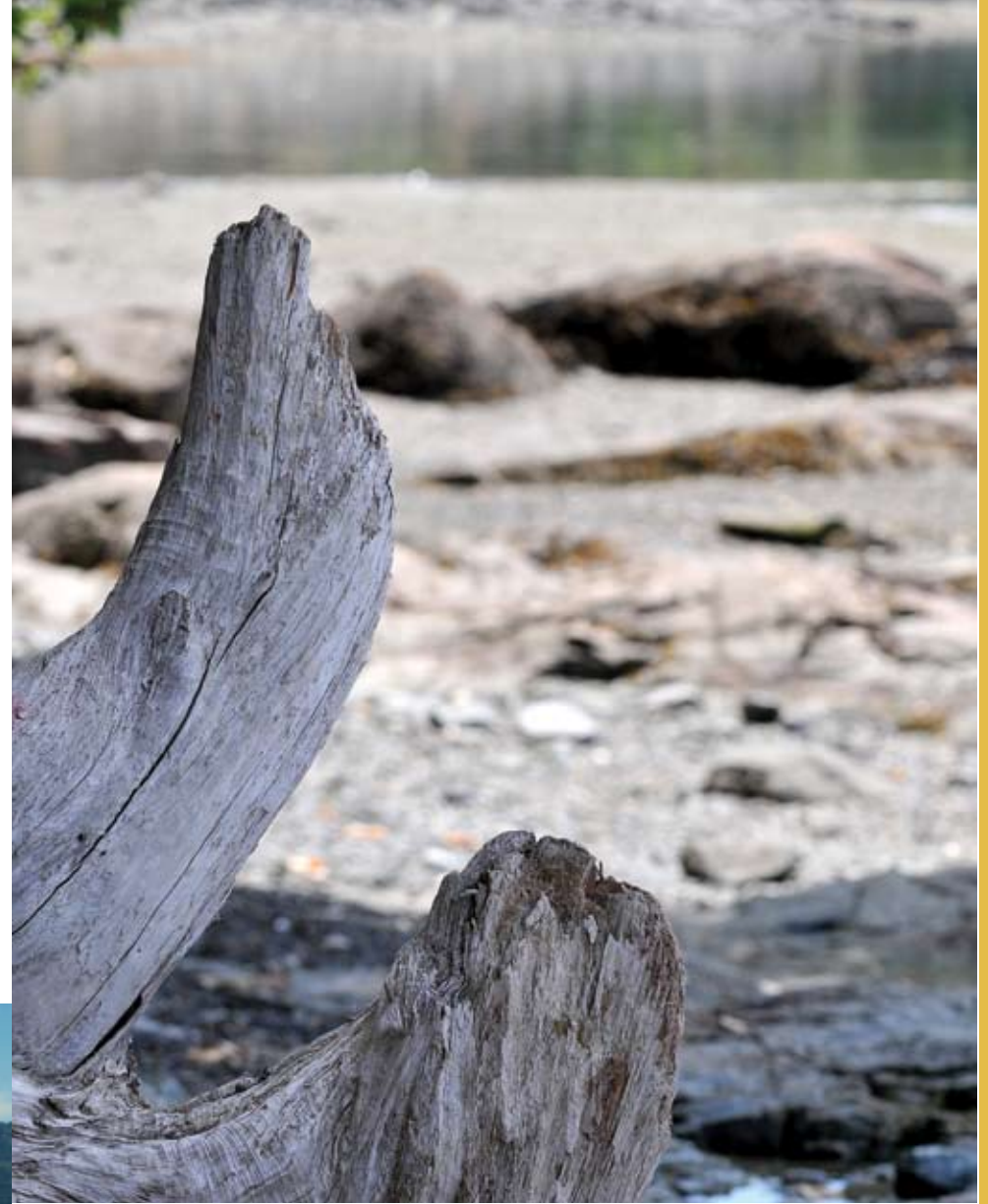


FUNGUS

Although often inconspicuous, fungi occur in **every environment on Earth** and play very important roles in most ecosystems. Along with bacteria, fungi are important decomposers in nutrient cycling, especially in degrading organic matter to inorganic molecules. These molecules re-enter metabolic pathways in plants or other organisms and continue the cycle.

Coles Bay Park

0.6 KM



SEEK

TIDE POOLS

Next time you are at the beach, check out the tide pools. Barnacles, crabs, starfish, anemones and others can survive the extremes! While the tide is in, the tide pool's residents must cling to the rock to avoid being washed away. As the water recedes, revealing the rocks, these creatures must endure the sun and avoid being eaten!



SKETCH

SHARPEN YOUR SENSES

Connect with nature on your walk by using your senses. Have each person in your group close their eyes and choose a rock. Feel the rock's ridges and grooves, then place them all in a pile. Open your eyes and see if you can find your rock. On your next walk, stand still with eyes closed to identify different trail sounds and smells.



SEEK

ARBUTUS

Can you spot an Arbutus tree? They can be identified by their distinctive reddish-brown bark. In the summer, the bark peels away revealing a smooth, bright green layer underneath.

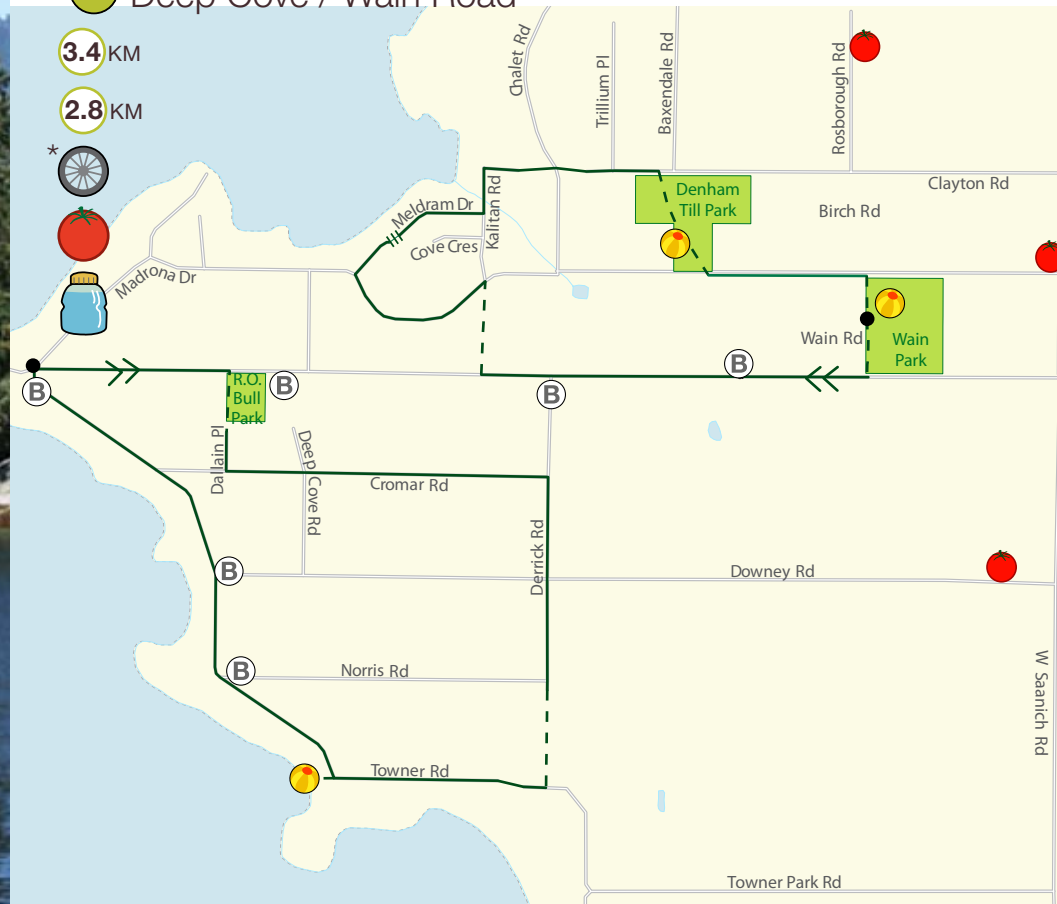
Did you know that arbutus trees produce small berries? These berries dry out, turning brown and prickly, similar to burrs. They hook onto the fur of animals for migration to new areas.



Deep Cove*/ Wain Road

3.4 KM

2.8 KM



Stop into these farms for a fresh, healthy snack after the walk:

Deep Cove Market,
10940 W. Saanich Rd.

Ruby Red Farms,
11121 Rosborough Rd.
rubyredfarms.com

Smyth's Market Garden,
966 Downey Rd.



CENTRAL SAANICH



SHARE

WALK RIGHT

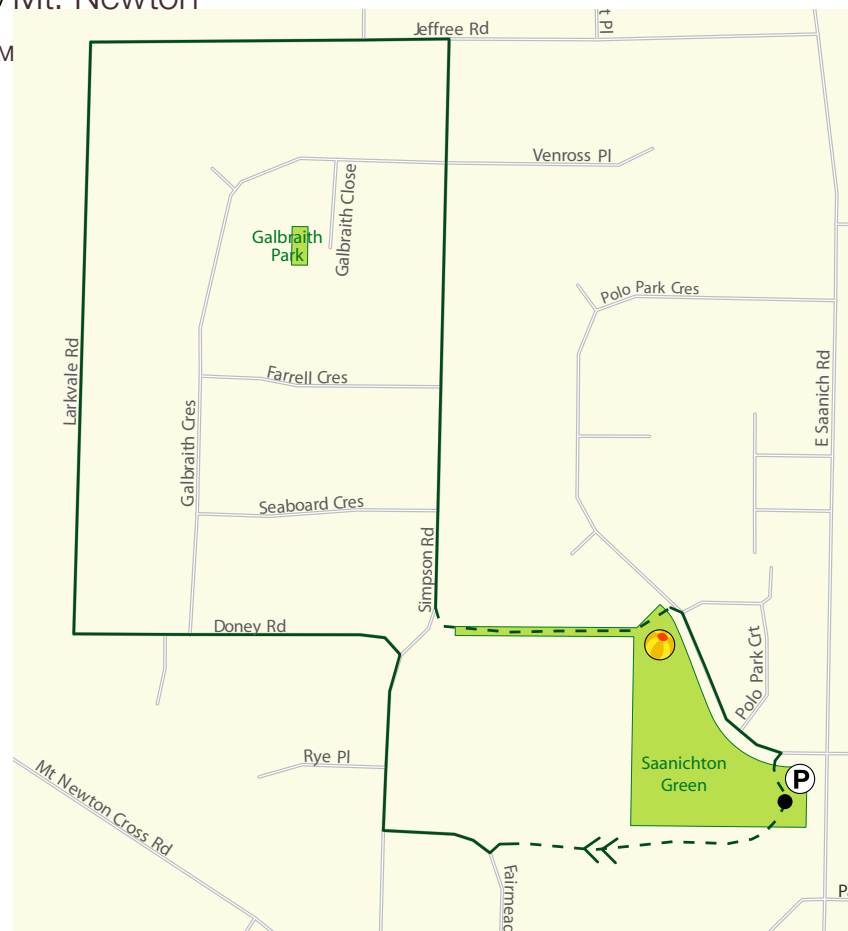
Learn to walk properly. (Yes, there is a proper technique!)

1. Keep your chin up and your shoulders back.
2. Walk so that the heel of your foot touches the ground first, then roll your weight forward.
3. Swing your arms as you walk; this increases the intensity of your walking.
4. Start and finish with a few minutes of gentle stretching.

www.pamf.org/patients/walking.html

 Mt. Newton

 2 KM



As you walk along Larkvale, look to your left for a **fantastic view of Mt. Newton Valley.**



Stop into these farms for a fresh, healthy snack after the walk:

Hillside Farm,
1748 Mt. Newton X Rd. (open
Saturday 9–5, Wednesday 9–12)

Saanichton Christmas Tree &
Ostrich Farm, 8231 E. Saanich Rd
www.ostrichfarm.ca



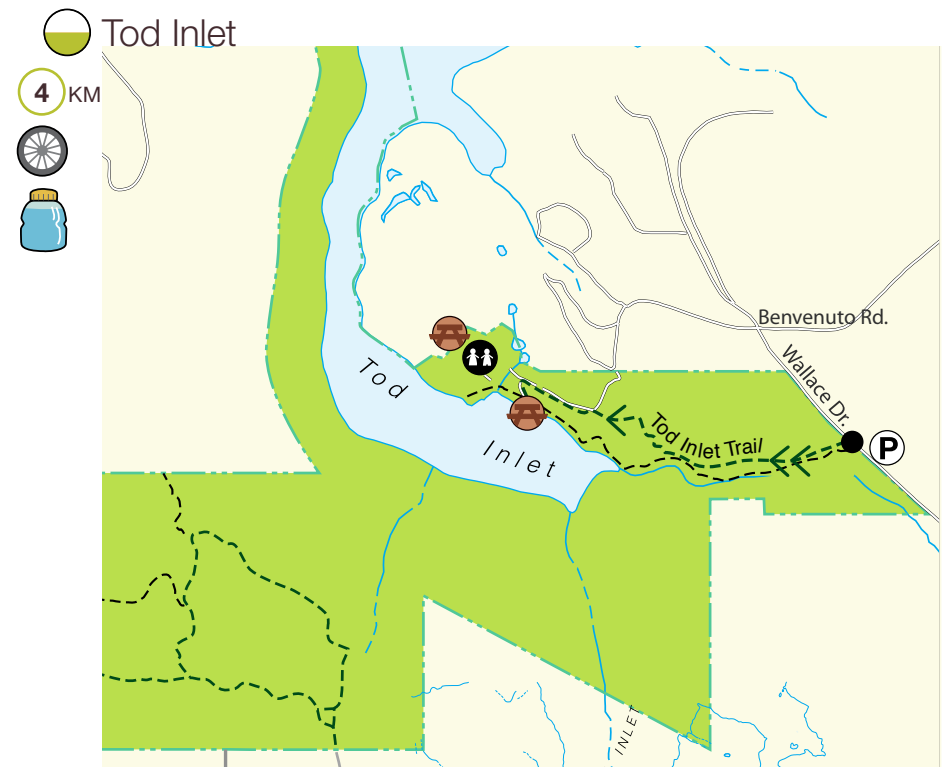
Mt. Newton's Other Name



In the beginning...

XÁLS, the Creator, taught the WSÁNE people to live with the land and to give thanks for all they received. After a while, some of the people forgot the Creator's teachings and became disrespectful. A raven messenger, was sent by the Creator to warn the people, telling them to prepare for a flood. The raven suggested they ready their canoes, make cedar ropes, and fill the canoes with food. Some people did not listen, laughing at the Creator's words. The flood came and all who listened and had prepared, jumped into their canoes with their families. The waters rose but they were safe. They tied their canoes together with the cedar ropes and sang and prayed. Those who had laughed at the warnings were swept into the waters.

After many days and nights, a raven dropped an arbutus branch into one of the canoes. They began paddling for a giant arbutus tree they saw in the distance. They tied their canoes to the tree with their cedar ropes and waited for the waters to withdraw. The sun came out and the waters receded. The people gave thanks and called the place they had sought safety **LAUWELNEW**, "the place of refuge". From then on, the people would be called **WASÁNE**, the emerging people.



Brentwood Bay

2.3 KM



SKETCH

ROCK RUBBINGS

(Pack coloured pencils from home for this activity.)

1. Find a large sized rock with interesting texture.
2. Place this page on top of the rock. Make sure the rock is lined-up under the drawing area.
3. Using the side of the pencil lead, colour the page using large, sweeping strokes.



SHARE

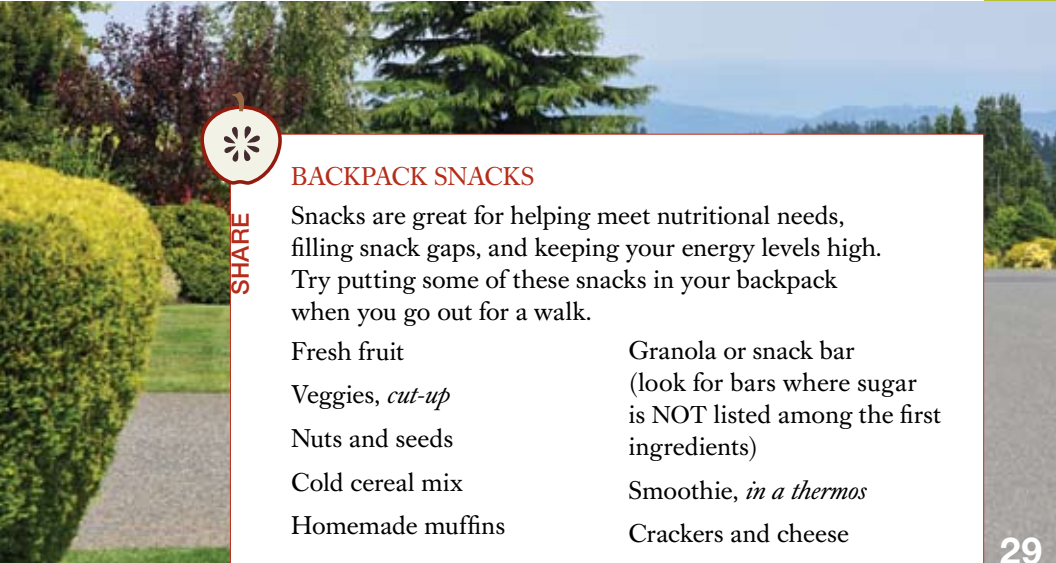
Canada's Food Guide is a great tool to help you in creating balanced meals and snacks that meet your nutritional needs.



SHARE

SENANUS ISLAND'S HISTORY

Did you know that the island in Brentwood Bay, **Senanus Island**, is an ancient First Nations burial ground?



SHARE

Crackers and cheese



Island View Beach



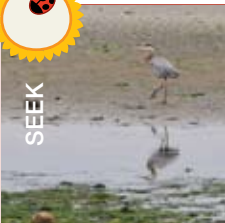
Stop into these farms for a fresh, healthy snack after the walk:

Michell's Farm, 2451 Island View Rd.

Firbank Farm, 2834 Island View Rd.
(open Wednesday–Saturday, 9–5, year round)



SEEK



BEACH BIRDS

Keep your eyes open for birds on the beach: Great Blue Herons, Greater Yellowlegs, Spotted Sandpiper. Wading birds have long legs and big feet, while shoreline runners have short, sturdy legs and small feet. They use their slender bills to search for food deep within the sand and mud. Watch for awhile to see what they eat!

HOW WE'VE LESSENNED OUR IMPRESSION

The Guide is printed with vegetable-based inks!

The printer of the guide (Hemlock Printers Ltd.) was named Most Environmentally Progressive Printer in Canada three years in a row!

The paper this Guide is printed on uses 25% recycled content. By choosing this stock we lessened our impression in many ways:

Approximately 39 trees were saved from being made into paper; the equivalent of two tons of wood!*

Production of the guide reduced it's total energy usage by 9 million BTU's.*

Over 1,400 lbs. of toxic Greenhouse Gases were kept from our air.*

We prevented almost 5,000 gallons of wastewater and over 700 lbs. of solid waste from creation, during production!*

*Environmental impact estimates were made using the Environmental Defense Fund Paper Calculator. Visit <http://www.papercalculator.org> for more information.

Through the development process, all proof versions of the Guide were printed on minimum 30% post-consumer waste paper.

LESSEN YOUR IMPRESSION

Try walking or taking the bus to a trail instead of driving.

Bring a bag along on your walk and pick up garbage to carry out.

Stay on the path to keep the trails in good condition.

Resources

TRAIL INFORMATION:

Town of Sidney www.sidney.ca

District of North Saanich www.northsaanich.ca

District of Central Saanich www.centraalsaanich.ca

CRD Parks www.crd.bc.ca/parks

BC Provincial Parks www.bcparks.ca

Galloping Goose Trail www.gallopinggoosetrail.com

ACTIVITIES:

www.2010legaciesnow.com/leap_bc

www.medicinenet.com/walking/article.html

www.pamf.org/patients/walking.html

ENVIROMENT:

Greater Victoria Compost Education Centre

www.compost.bc.ca

LOCAL FARMS:

www.bcfarmersmarket.org

www.islandfarmfresh.com



Mixed Sources

Product group from well-managed forests, controlled sources and recycled wood or fiber

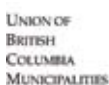
www.fsc.org SW-COC-1563
© 1996 Forest Stewardship Council



Thank you

We would like to acknowledge the contributions of the Town of Sidney, the District of North Saanich, the District of Central Saanich, VIHA Prevention Services, Beacon Community Services, and Sandeep Nandhra that made this walking guide possible.

We would also like to thank:



Photos by: Kerry Broome & Melanie Alsdorf