

# THE OFFICIAL GUIDE

## Roche Cove 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

*Help protect your regional parks and trails.*

### How to Get There

Follow the Trans-Canada Highway from Victoria, and take the Millstream Road exit (Exit 14) to Langford. Follow Veterans Memorial Parkway, then turn right on Sooke Road. From Sooke Road, turn left on Gillespie Road, which leads to the park entrance on the left.

Allow approximately 45 minutes driving time from Victoria.

Roche Cove is also accessible from the Galloping Goose Regional Trail.

### What's Happening in 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).

**H**ike along a cool creek at midday or paddle still waters in early morning light at this serene 163-hectare park. You'll find a secluded cove, ocean views and lush vegetation, including old-growth cedar trees. Explore the park's seven kilometres of forested trails, or picnic at the secluded beach.

### Roche Cove

Roche Cove and Roche Harbour in Sooke Basin are named for Richard Roche, 3rd Lieutenant on HMS Satellite, a British naval vessel stationed in Victoria from 1857 to 1860. Picnic at the protected cove after an easy walk from the parking area. The sand reveals little-neck clams and barnacles at low tide. At high tide, look for sea stars moving over broken shells in search of food. On the water, you might see migrating ducks, such as red-breasted mergansers, Barrow's golden-eye or buffleheads.

### Matheson Creek Trail

This scenic trail follows the creek through a forest lush with bracken fern and a grove of western red cedar trees. (Note: The trail may be impassable in winter.)

### Cedar Grove Trail

For a more invigorating hike, try the Cedar Grove Trail. Follow the trail along dry, rocky outcrops, up a moderate incline into lush temperate rainforest and down through large big-leaf maples. Look up into the canopy, where the limbs of these giants support a microcosm of licorice ferns, mosses and lichens. The viewpoint trail to the right leads to a peaceful place to stop and have lunch, though trees have grown up to obscure the view of Roche Cove. From the main trail, keep right at the first fork and you will come upon a huge fallen cedar, one of several cedars in this grove that are over 500 years old. Past the Cedar Grove, an alder forest on your left is an excellent birding spot in the fall and spring. The trail emerges onto the Galloping Goose Regional Trail, where you can turn right to return to the Roche Cove parking lot. Along this abandoned rail line, you'll find patches of stonecrop, a native succulent that blooms in late spring/early summer.



Regional Parks

# Roche Cove Regional Park

## LEGEND

- Park Boundary
- Contours (20 metre interval)
- Viewpoint
- Hiking/Equestrian/Cycling Trail
- Hiking Trail
- Parking
- Accessible Toilets

