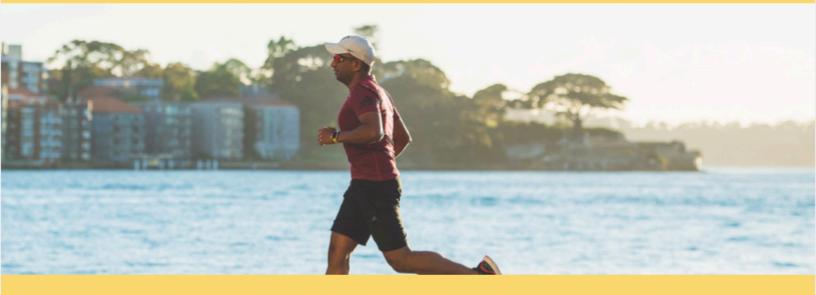




TRAILS IN VANCOUVER ISLAND



MAY 19TH - JULY 28TH, 2021



VANCOUVER ISLAND

Coast Trail, Sooke

Region: South Vancouver Island Length: 10km (difficulty - hard) Website: https://mbguiding.ca/coast-trail-east-sooke-regional-

park/



Photo from: https://mbguiding.ca/coast-trail-east-sooke-regional-park/

Galloping Goose Regional Trail

Region: South Vancouver Island **Length:** 44.9km (difficulty: easy to

moderate)

Website: https://

www.gallopinggoosetrail.com



Photo from: https://www.gallopinggoosetrail.com/photos_galloping_goose.html



Mount Work Trail, Victoria

Region: South Vancouver Island

Length: 4.5 km

(difficulty: Moderate)

Website:

https://www.victoriatrails.com/ trails/mount-work-munn-road/



Photo from: https://www.victoriatrails.com/trails/mount-work-munn-road/

Kinsol Tresel

Region:Mid-South Vancouver Island

Length: 3.4km (difficulty: Easy)

Website: https://

www.alltrails.com/trail/ canada/british-columbia/

kinsol-trestle-trail-recreation-

site



Photo from: https://www.alltrails.com/trail/canada/britishcolumbia/kinsol-trestle-trail-recreation-site



Cowichan Valley Trail: Shawnigan Lake to Koksilah Rive

Region: Mid-South Vancouver Island

Length: 13.4km (difficulty: easy)

Website:

https://www.alltrails.com/trail/ canada/british-columbia/cowichanvalley-trail-shawnigan-lake-tokoksilah-river



Photo from: https://www.alltrails.com/trail/canada/british-columbia/cowichan-valley-trail-shawnigan-lake-to-koksilah-river

Elk River Trail, Strathcona Provincial Park

Region: Mid-North Vancouver Island **Length:** 11km (difficulty: moderate-

hard)

Website:

https://www.alltrails.com/trail/canada/british-columbia/landslide-

lake-via-elk-river-trail



Photo from: https://www.alltrails.com/trail/canada/british-columbia/landslide-lake-via-elk-river-trail



Paradise Meadows Loop Trail

Region: Strathcona Provincial Park **Location:** Mid - North Vancouver

Island

Length: 4.2km (difficulty: easy)

Website: http://

getoutandplayvi.com/park-guideparadise-meadows-strathcona-

provincial-park/



Photo from: https://islandnature.ca/2010/07/summer-hikes-begin-at-paradise-meadows/#gallery-4

Wild Pacific Trail

Region: Ucluelet, West Coast of

Vancouver Island

Length: 8km Website:

https://www.wildpacifictrail.com/

home.html



Photo from: https://myitchytravelfeet.com/wild-pacific-trail



San Josef Bay Trail, Cape Scott Provincial Park

Region: North Vancouver Island

Length: 2.5km

Website: https://www.bcmag.ca/explore-san-josef-bay-cape-scott-

provincial-park/



 $Photo\ from: https://www.bcmag.ca/explore-san-josef-bay-cape-scott-provincial-park/$

