

# Outdoor Activities

## where wild happens



### Goldstream Park

Trails range from easy, wheelchair-accessible walks to strenuous hikes and track along creeks, through forested uplands and past abandoned gold diggings from the days of the Gold Rush. The park is home to 600-year-old Douglas fir trees and western red cedar, mixed with western yew and hemlock, red alder, big leaf maple and black cottonwood. Whether you're out in the rain during the salmon run to view the salmon, or you're hiking up Mt. Finlayson on a hot summer day, the Goldstream Nature House is your home base. Head inside to cool down with a refreshing drink and some ice cream in the summer, or warm up in the winter with hot, fresh coffee and a cozy seat by the fireplace.

### E & N Trail

The E & N Trail is the Capital Region's pedestrian and bicycle thoroughfare that follows the existing E & N Rail corridor and stretches from Esquimalt to the pedestrian-oriented green heart of Langford.

### Ed Nixon Trail

The trail runs along the bank of Langford Lake until it reaches the floating viewing platform, children's playground and public washrooms. A long boardwalk allows you to stroll across the marsh and wetlands at Langford Lake's western end.

### The Great Trail

The Great Trail (formerly known as the Trans Canada Trail) is one of the world's longest networks of multi-use recreational trails. A 15km stretch of trail runs from the Selkirk Trestle in Victoria to Veterans Memorial Parkway/Kelly Road in Langford. Much of this section is relatively flat with only a few hills along the route and just 0.5km past the Waugh Creek Falls you'll find our region's only suspension bridge across the Goldstream River.

### The Galloping Goose Trail

This picturesque multi-use trail, formerly a railway line, moves through urban, rural and wilderness scenery on its 55-kilometre journey from Victoria to Sooke. You can cycle, stroll, run, or even ride a horse through the rural sections.

### Mount Wells

Mount Wells is a 123-hectare wilderness park of second growth forest and fragile mossy rock outcrops with spectacular views of the region and stunning spring wildflowers. It is located on the edge of an immense protected area of green space near Sooke Hills. The hike to the summit (352m) of Mount Wells is steep and challenging, suitable for fit hikers.

### Langford Lake

Langford Lake is a popular swimming, boating, and fishing destination for residents and visitors alike. There are numerous boardwalks and shore access points as well as a boat launch on the western shore.

### Mount Finlayson

Located in Goldstream Provincial Park, the Mount Finlayson hike is one of the steepest and most challenging hikes in our region. It offers scenic views looking south towards Langford. The route is a popular exercise trail and can be busy on weekends, however the views from the top on a clear day are spectacular and worth the hard work of getting there. This trail is steep and rugged; dress for the terrain and weather; stay on the marked trail; allow adequate time for return in daylight. The summit can be accessed from Finlayson Arm Road or the day-use area. Use caution when walking on Finlayson Arm Road.



