



Qualicum Beach and Area Newcomers' Club

Friday Hiking Group Walks

This document provides a summary of the hikes/walks taken by the Friday Hiking Group from April 2019 to February 2025, along with driving directions and coffee location. In many cases, the hiking/walking route is obvious; in other locations, there are several different routes that can be taken from the trail head. Where possible, a simple route description is provided to help you find the trail. You can also find trail descriptions and maps through BC Parks (<http://www.env.gov.bc.ca/bcparks/explore/>) or the RDN (<https://www.rdn.bc.ca/regional-parks-and-trails>). The AllTrails website shows dozens of trails in the area (<https://www.alltrails.com/explore/canada/british-columbia/nanaimo>), and the AllTrails app allows you to access these maps and navigate the trail using your mobile phone.

Happy trails!

DESCRIPTION	PAGE NUMBER
About the Friday Hiking Group	4
Coffee shops, restaurants and pubs visited in 2019 - 2025	6
Ammonite Falls	7
Bowen Park and Buttertub Marsh	8
Bowser Forest Trail	9
Cable Bay/Dodd Narrows	10
Cameron Lake	11
Colliery Dam, Nanaimo	12
Craig Bay to Pacific Shores Resort, Parksville	13
Englishman River Falls Provincial Park	14
Enos Lake	15
Grandon Creek and Little Qualicum River	16
Hammerfest Trail via Locomotion	17
Horne Lake	18
Helliwell Park, Hornby Island	19
Judges Row and Qualicum Beach Heritage Forest	20
Knarston Creek Trail and Falls	21
Laburnum to Whiskey Creek	22
Lake Helen Mackenzie to Battleship Lake Loop Trail (Paradise Meadows)	23
Lanzville Loop Lookout	24
Lighthouse Trail (North End)	25
Lighthouse Trail to Thames Creek	26
Lighthouse Country Regional Trail	27
Linley Park, Ion Serenity Loop	28
Little Mountain	29
Little Qualicum Falls	30
Loon Lake	31
Moorecroft Regional Park	32
Nanoose Bay Loop	33
Newcastle Island	34
Nile Creek Trail (East)	35

Notch Hill	36
Modified Notch Hill	37
Nymph Falls Nature Park Loop	38
Parksville to Top Bridge	39
Pheasant Glen to French Creek	40
Qualicum Beach, Beach Front and Heritage Forest	41
Qualicum Beach Exploration	42
Qualicum Fish Hatchery via Cutthroat Trail	43
Rathtrevor Park, Parksville	44
Ravensong Forest to Waterfront to Qualicum Beach Town Centre	45
Ravensong to Grandon Creek	46
Rogers Creek Nature Trail, Port Alberni	47
Rosewall Creek	48
Schooner Cover to Enos lake	49
Sleeman's Bridge	50
Thames Creek	51
Thames Creek and Nile Creek Loop	52
The Abyss, Nanaimo	53
Top Bridge along Englishman River	54
Westwood Lake, Nanaimo	55

About the Friday Hiking Group

We are a group of people who like to hike. We hike every Friday morning at 9:30, rain or shine, barring exceptional circumstances. The group coordinators send out an email every week, a few days prior to the Friday hike, describing this week's hike and providing driving directions to the trailhead. **No RSVP is required**; whoever shows up by 9:30 on Friday will hike/walk.

We usually hike/walk for an hour and a half or two hours, and cover 5 to 8 km. It is not a fast pace, but, it isn't a saunter. We ask that you keep pace with the hiker/walker in front of you so the group stays together. Sometimes on the trails there are sometimes steep sections or rough trails with exposed rocks and roots and occasionally there may be a downed tree to either get around or over. Good, sturdy footwear is mandatory and bring poles or walking sticks when warranted.

We try to go someplace different every week, though there are some favorite trails, and some trails are worth visiting several times a year because they change with the season. Most of the trails are within about 30 minutes drive from Qualicum Beach, but we sometimes go a bit further afield. Once or twice a year we undertake a more ambitious full-day trip to Mt. Washington, Newcastle Island, or the like.

Dogs are welcome on most Friday hikes. However, they must always be on a short leash to ensure the safety of everyone on the walk and any wildlife in the area. Notice of dogs not being permitted on a particular walk will be given in the hike description email.

In addition to hiking, we talk. We are more a social group than a serious hiking group; we just find that hiking/walking provides a great activity to do together so that we can get to know each other. After each hike, we will often meet for coffee and snacks – and more talking!

Hike leaders: please note that the coordinators are not responsible for leading the hikes – the **group members** choose and lead the hikes. We ask each member to lead a hike every few months. This is a great opportunity to share your favorite hike/walk, or to explore someplace that you have always wanted to go. Hike leader responsibilities:

- Pick a suitable hike from those described below or from another source.
- Walk the trail a few days before the group hike, to ensure that the trail is in good shape and of suitable length and difficulty (and to ensure you know the route).
- If you would like to go for coffee after the hike, choose a suitable location and make a reservation if required.
- Send an email to the coordinator a week prior to your hike (at a minimum by Tuesday before the hike), providing the walk description, driving directions, and coffee location.
- Assign a walker to be the "sweep" on the hike.
- Adjust your pace as required to keep the group together.

Safety is a factor in determining the choice of hikes. However, all walkers are ultimately responsible for their own personal safety and comfort. We recommend that all walkers:

- Assess your personal fitness and suitability for hikes over various types of terrain.
- Wear footwear that is suitable for occasional rough or slippery terrain.
- Remain with the group until it returns to the point of departure.

- Try to maintain the pace of the hike leader.

In summary, the Friday Hiking Group provides a great opportunity to explore some great trails in the area, get to know some new friends – and get a little bit of exercise.

Coffee shops, restaurants and pubs visited in 2019-2025

Location	Phone	Description	Reservation
Bailey's in the Village 670 Primrose St, Qualicum Beach	(250) 752-7584	Coffee & snacks, sandwiches	Recommended
Old Country Market 2326 Alberni Hwy, Coombs	(250) 248-6272	Coffee & snacks, sandwiches	Recommended
Creekmore's Coffee 2701 Alberni Hwy, Qualicum Beach	(250) 752-5343	Coffee & snacks, sandwiches	Recommended
Crow & Gate Pub 2313 Yellow Point Rd, Nanaimo	(250) 722-3731	English pub	Yes
Deez Bar & Grill, 3353 Island Hwy W, Qualicum Beach	(250) 752-8055	Pub lunch	Yes
Fairwinds Bar & Grill 3730 Fairwinds Dr, Nanoose Bay	(250) 468-9915	Pub lunch	Yes
Forage Farm & Kitchen 5875 Central Rd, Hornby Island	(250) 335-1487	Coffee & snacks, sandwiches	Yes
Micky J's at Arrowsmith Golf Course 2250 Fowler Rd, Qualicum Beach	(250) 752-9727	Coffee & snacks, pub lunch	Yes
Pheasant Glen Golf Course 1025 Qualicum Rd, Qualicum Beach	(250) 752-8786	Coffee & snacks, pub lunch	Yes
Rocking Horse Pub 2038 Sanders Rd, Nanoose	(250) 468-1735	English pub	Yes
Serious Coffee, 6357 Hammond Bay Rd, Nanaimo	(250) 390-0868	Coffee & snacks	Recommended
Serious Coffee, 1209 Island Hwy E, Parksville	(250) 586-0188	Coffee & snacks	Yes
Shady Rest, 3109 Island Hwy W, Qualicum Beach	(250) 752-9173	Pub lunch	Yes
Starboard Grill, 5440 Argyle St, Port Alberni	(778) 421-2826	Pub lunch	Yes
The Brew Coffee House 6996 Island Hwy W, Bowser	(250) 757-9565	Coffee & snacks, sandwiches	No
The Buzz Coffee House 1861 Dufferin Crescent, Nanaimo	(250) 591-8310	Coffee & snacks, sandwiches	Recommended
Wandering Moose 2739 Dunsmuir Ave, Cumberland	(250) 400-1111	Coffee & snacks, sandwiches	No

Ammonite Falls

ALLTRAILS INFORMATION: Moderate hike. Trail length: approx.5 km. Elevation gain: 214 m. Average time: 1.5 hours

Start from: Ammonite Falls Parking at 3332 Creekside Place, Nanaimo

Walk Description:

Ammonite Fall Regional Trail is a moderate trail 4.8 kilometre out and back hike. The trail leads down to the Ammonite Falls. We will then hike pass the falls to enjoy a lake view before turning around and heading back to the parking lot. The trail is well maintained although good hiking shoes are recommended and hiking poles may be helpful as there are elevation changes.

Washroom: There is a portable toilet in the parking lot.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

Ammonite Falls Parking, 3332 Creekside Place, Nanaimo. From Qualicum Beach or Parksville, take Hwy 19 south towards Nanaimo. Exit at Jingle Pot Road and stay on Jingle Pot Road for 3.7 kilometres. Turn right onto Meadow Drive. After 1.7 kilometres, turn right onto Jameson Road and follow for 800 meters. Turn right onto Creekside Place. Parking is on the right (190 meters).

Google map coordinates:

<https://www.google.com/maps/place/Ammonite+Falls+Parking/@49.1822085,-124.0701098,16.5z/data=!4m6!3m5!1s0x5488a3f2d56027c5:0x895cbd5f7895e975!8m2!3d49.1813318!4d-124.0629244!16s%2Fg%2F11qm3qbvw?entry=ttu>

Bowen Park and Buttertub Marsh

Start from: Bowen Park - "Wall Street Parking Lot"

Walk description:

A walk along Millstone River through Bowen Park where we will see a duck pond. Then across to Buttertub Marsh for a nature walk and then back to Bowen Park. The hike will take approximately 90 minutes. The route is mostly flat with minimal elevation.

Washroom: washroom near the parking lot.

Dogs: This walk is not an appropriate for dogs as Buttertub Marsh is a bird sanctuary.

Directions:

Take Highway 19 South, Take exit for Jingle Pot Rd/City Centre Continue on Jingle Pot Road which become Second Street. Continue on Second Street and turn left onto Pine St. Continue on Pine St and then turn right onto Bowen Road and then a left on to Wall Street. The parking lot is on your left near the Volleyball courts and across from the Curling Club.

Google map coordinates:

<https://www.google.com/maps/place/Wall+St,+Nanaimo,+BC+V9R+1Z7/@49.1697724,-123.9627896,1842m/am=t/data=!3m1!1e3!4m20!1m13!4m12!1m6!1m2!1s0x54888f2afe89f837:0xc3924438869d1334!2sQualicum+Beach,+BC!2m2!1d-124.4428262!2d49.3482346!1m3!2m2!1d-123.9503237!2d49.172083!3e0!3m5!1s0x5488a3dfdb19f3db:0x2fbfd04060b66f71!8m2!3d49.1717097!4d-123.9502918!16s%2Fg%2F11g621gjm5?entry=ttu>

Bowser Forest Trails

Start from: Communications tower on Crosley Road.

Walk description:

This 90-minute walk consists of about 15-20 minutes total on paved road, 30 minutes on unpaved roads and the remainder on wide forest trails with a couple of very short stretches negotiating roots and rocks. Very minor grade changes. Depending on the amount of rainfall received in the days prior to the walk there may be some puddles to skirt. As usual, wear sturdy hiking boots or shoes, and bring a walking stick if you wish.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Please note: there are no washrooms available at the trailhead.

Driving directions:

Via 19A: follow Hwy 19A north from Qualicum Beach to Bowser (~19 km from 19A & Laburnam). Just after the Bowser Legion (7035 Island Hwy W) turn left on Crosley Road. Take the right fork at the junction with Cowland Road onto the old, unpaved Crosley Road. The communications tower is approximately 300m on the left; turn around and park on the road.

Via 19: from Qualicum Beach, head up-island on Hwy 19 to exit 75 (Horne Lake Road). Turn right and proceed to Hwy 19A. Turn left and proceed to Bowser, then follow the instructions above.

Google map coordinates:

<https://www.google.ca/maps/place/49%C2%B026'21.8%22N+124%C2%B042'10.5%22W/@49.439389,124.7051057,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d49.439389!4d-124.702917?hl=en>

Cable Bay/Dodd Narrows

ALLTRAILS INFORMATION: Easy hike but maybe considered moderately difficult due to downhill sections that drops about 130 meters. Trail length: 6.4 km. Elevation gain: 130 m. Time: 1.5 - 2 hours

Start from: End of Nicola Road

Walk description:

Cable Bay Trail is a popular scenic hike. The trailhead has plenty of parking space and is easy to get to. The forest canopy covers the trail well and should help if it is a hot day. The trail winds its way down to the oceanfront overlooking Gabriola Island and back towards the Nanaimo harbour. This lovely forest trail leads to Joan Point Park, which provides a great vantage point overlooking Dodd Narrows (well known to boaters), between Vancouver Island and Mudge Island. The tidal flow creates impressive rapids in the narrows; seals can often be seen playing in the currents. There are lots of exposed roots and rocks and the possibility of tree trunks to navigate/scramble down/up.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Follow Hwy 19 through Nanaimo. At exit 9, keep left to follow Cedar Road. After 3.2 km, continue straight onto Harmac Road. Follow Harmac for 1.0 km, then turn right on McMillan Rd. After 350 m, turn left on Holden Corso Rd. After 2.0 km, continue straight onto Barnes Rd. Follow Barnes for 1.3 km, then turn left onto Nicola Rd. and follow it to the end. (2705 Nicola Road, Nanaimo, BC V9X 1N4 in your GPS) Travel time from Qualicum Beach is 45 to 50 minutes. There is a pit toilet at the parking lot.

Google map coordinates:

<https://www.google.com/maps/dir//Cable+Bay+Trail,+2705+Nicola+Rd,+Nanaimo,+BC+V9X+1N4/@49.1350307,-123.8269511,13.31z/data=!4m8!4m7!1m0!1m5!1m1!1s0x5488a650035109d9:0x21677e45765ecaba!2m2!1d-123.8270759!2d49.132068?entry=ttu>

Cameron Lake

Start from: parking area at Cathedral Grove, MacMillan Provincial Park

Walk description:

“Cabin Road” along the back of Cameron Lake, which we will access through a short trail within beautiful Cathedral Grove. It is a mostly level trail and it provides lovely views of Cameron Lake and distant snowy peaks. The funky cabins and outhouses along the road reflect the humour and individuality of the owners. At the end of the Cabin Road, we will enter the forest and walk on a trail to see an old wooden trestle high above - then we will turn around and follow the same route back.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Take Highway 4 toward Port Alberni. Continue past the Cameron Lake Picnic Ground to the parking area at Cathedral Grove (about 19.5 km past Hwy 19). Pull in and park on the right-hand side of the road. Total distance from QB is about 22 km and should take about 20 minutes. There are outhouses at the trailhead.

Google map coordinates:

<https://www.google.ca/maps/place/Cathedral+Grove/@49.2911376,124.6650409,17z/data=!3m1!4m5!3m4!1s0x5488f4918ef12d3b:0xe8c21ef30642be2b!8m2!3d49.2911376!4d-124.6628522>

Colliery Dam, Nanaimo

Start from: parking area at Colliery Dam Park in Nanaimo

Walk description:

About 6.75 km woodland walk around Colliery Dam on Nanaimo lakes road side, and then parallel to Parkway, pass under Parkway at Harewood Mines Road to Trans Canada trail. Triangular loop through Nanaimo Lake Park back to Harewood Mines Road, and Parkway trail through Colliery Dam to parking lot. Washroom: A pit toilet about 10 min from the parking lot. We pass close by it toward end of hike about 1.5 hours in.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Take Highway 19 through Nanaimo. At Exit 16, turn left on 5th Street. After 800 m, turn right on Wakesiah Ave, and continue 450 m to the parking area at the corner of 6th Street. There are plenty of spaces and washrooms.

Google map coordinates:

https://www.google.ca/maps/dir/Qualicum+Beach,+BC/Colliery+Dam+Park,+Wakesiah+Avenue,+Nanaimo,+BC/@49.1431789,-123.9579734,14z/am=t/data=!4m14!4m13!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x5488a38bc3618ef9:0x6a52c3606691de36!2m2!1d-123.9614552!2d49.1512793!3e0?hl=en&entry=ttu&g_ep=EgoyMDI1MDExNS4wIKXMDSoASAFQAw%3D%3D

Craig Bay to Pacific Shores Resort, Parksville

Easy gentle walk/ramble

Start from: parking area located at the intersection of Northwest Bay Road and Franklin's Gull Road in Parksville.

Walk description:

This walk, approximately 90 minutes long, will take us along a trail to the shore by Craig Bay, then along a short, paved road and a well-packed private road before following an estuary trail to Pacific Shores Resort. The trails are fairly level with a few small inclines. If conditions are good, we might do part of the return leg along the beach.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions

This is just off the intersection of Franklin's Gull and the Old Island Hwy (19A), where Franklins Gull turns into Northwest Bay Road. There is a very small parking lot at the start point. There is also parking available near Serious Coffee. There is not a washroom at the start point.

Google map coordinates:

https://www.google.ca/maps/dir/Qualicum+Beach,+BC/NW+Bay+Rd+%26+Franklin's+Gull+Rd,+Parksville,+BC+V9P+2E5/@49.3237196,-124.4350665,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x54889ab9c8163f9d:0x65cdce040bfcc060!2m2!1d-124.2603225!2d49.3062381?hl=en&entry=ttu&g_ep=EgoyMDI1MDExNS4wIKXMDSOASAFQAw%3D%3D

Englishman River Falls Provincial Park

ALLTRAILS INFORMATION: Moderate hike. Trail length: 1.3 km. Elevation gain: 52m. Time: leisurely 1 hour

Start from: parking lot at Englishman River Falls Provincial Park

Walk description:

The walk takes in the falls, a riverside walk, a trail through the forest and the campsite of the park. The trail is mostly gentle slopes, but there are some steep and uneven stairs, protruding rocks and roots, and slippery spots if wet.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

From Qualicum Beach, follow Memorial Rd (Hwy 4) to Hwy 4A (about 3 km past highway 19). Turn left at the traffic lights. Follow Hwy 4A about 6.5 km, then turn right on Errington Road, and follow it 9 km to the parking lot at the end. Travel time from Qualicum Beach is about 25 minutes. There are pit toilets at the trailhead.

From Parksville, follow the Alberni Highway (4A) to Errington Road (3 km past highway 19), then turn left and follow Errington Road to the end.

Google map coordinates:

<https://www.google.ca/maps/place/Englishman+River+Falls+Provincial+Park+Parking/@49.2455568,124.3509151,113m/data=!3m2!1e3!4b1!4m5!3m4!1s0x548891e81b798abf:0xce798071b064d7e1!8m2!3d49.2455566!4d-124.3503682?hl=en>

Enos Lake

Start from: trailhead on Powder Point Road, Nanoose Bay.

ALLTRAILS INFORMATION: Moderate hike. Trail length: 6 km. Elevation gain: 165 m. Average time: 1.5 hour

Walk description:

This trail is a unique figure 8 loop by Enos Lake along a mix of rocky terrain and well used paths. We start off on a very nice forest trail; after about 1 km we intersect a wider trail which takes us past the end of Enos Lake and gives a spectacular view of the lake. We'll follow the trail along the lake and upward to a high point with views of Notch Hill to the west and the Salish Sea and mainland mountains to the northeast. There are some narrow sections, moderate slopes, exposed roots and rocks.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

From Qualicum Beach or Parksville, follow Highway 19 toward Nanaimo. At the PetroCan station, turn left on Northwest Bay Road. After 1.2 km, turn right on Powder Point Road, and continue for 2.4 km. The trailhead and parking area will be on your left. Travel time from Qualicum Beach is 20 to 25 minutes (27 km). There is no toilet at the trailhead.

Google map coordinates:

<https://www.google.ca/maps/place/2944+Powder+Point+Rd,+Nanoose+Bay,+BC+V9P+9E9/@49.2788435,-124.1655203,17z/data=!3m1!4b1!4m5!3m4!1s0x54889bc9694e4e3b:0xb0a7f523de017864!8m2!3d49.278843!4d-124.163331>

Grandon Creek & Little Qualicum River

Start from: Grandon Creek Trail Parking. 5595 Crescent Road West. Qualicum Beach

Walk description:

From the parking area, we will head across the highway and up Grandon Creek – a beautiful oasis of green and calm right in town. We'll then follow streets and the bike path over to the Little Qualicum River, and follow it downstream through the forest. Finally, we will cross back over the highway and down to the beach near the Little Qualicum estuary. Keep an eye out for eagles, owls, and other interesting denizens of this area. The walk will take roughly 1.5 hours, and will be partly on pavement and partly on gravel or wood-chip paths. The trail is in good shape, but there are a few exposed tree roots and rocks.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Head North on Crescent Road West to Grandon Creek Trail Parking at 5595 Crescent Road West.

Google map coordinates:

https://www.google.ca/maps/place/Grandon+Creek+Trail+Parking/@49.3570418,-124.4673609,17z/data=!3m1!4b1!4m6!3m5!1s0x5488890cab59dff9:0x348f2bb349dd95fd!8m2!3d49.3570418!4d-124.4673609!16s%2Fg%2F11ngjn47tp?hl=en&entry=tту&g_ep=EgoyMDI1MDEwMi4wIKXMDSOASAFAQw%3D%3D

Hammerfest Trail via Locomotion

ALLTRAILS INFORMATION: Moderate hike. Trail length: approx.9.8 km. Elevation gain: 390 m. Average time: 3 hours

Start from: Englishman River Falls Provincial Park Parking Lot

Walk description:

The Hammerfest Trail via Locomotion is primarily for mountain biking. It is a great hike: experiencing the BC forest at its best. It can be a bit confusing to stay on the main trails, so keep your map close and mind the passing cyclists. The entire trail travels through the woods and is well shaded. There are great views along the way and quick access to the river. The climb and descent are mostly gradual and undulating.

Washroom: There are pit toilets nearby the parking lot.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

Follow Memorial Ave/BC-4 W, BC-19 S and Alberni Hwy/BC-4A W to Errington Rd

Turn left onto Errington Rd. Destination after 9 km at Englishman River Falls Provincial Park Parking lot.

Google map coordinates:

https://www.google.com/maps/place/Englishman+River+Falls+Provincial+Park+Parking/@49.2472047,-124.3540105,16z/data=!4m9!1m2!2m1!1senglishman+river+park!3m5!1s0x548891e81b798abf:0xce798071b064d7e1!8m2!3d49.2455568!4d-124.3503679!16s%2Fg%2F11fmmndnnf?authuser=0&entry=ttu&g_ep=EgoyMDI0MTewNi4wKXMDSoASAFQAw%3D%3D

Horne Lake

ALLTRAILS INFORMATION: Moderate hike. Elevation gain: 123 m (equivalent to approx.25 flights of stairs)

Start from: Horne Lake Caves Provincial Park parking lot

Walk description:

We will follow the "All Trails" Horne Lake Caves route but starting from the Regional Park parking lot for extra steps and views. The hike includes wonderful views of Horne Lake; a challenging incline switch back; many ecological/geological education signs-boards along the route; several cave entrances.

We will not be entering the caves.

There are many toilets (pit and non-pit) in this park. The trails are well maintained.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks. We will cross a suspension bridge and use grid stairs both which can intimidate some dogs.

Driving Directions:

The drive takes about 30 minutes from Qualicum Beach. Take Hwy 19 North toward Campbell River. At the first traffic lights turn left onto Horne Lake Rd. After 4.7 km turn right onto Horne Lake Caves Rd. You will reach Horne Lake Regional Park parking lot after 7.6 km. Turn left into the parking lot. Do not drive further towards the "Caves" parking Lot.

PLEASE NOTE: The driving route includes 15 minutes driving on GRAVEL ROAD and the condition of the road may be weather dependent (e.g. pot holes, dusty etc) .

Google map coordinates:

https://www.google.com/maps/dir/49.3390374,-124.4421732/Horne+Lake+Regional+Park,+3890,+Horne+Lake+Caves+Rd,+Qualicum+Beach,+BC/@49.3640379,-124.7333578,24688m/data=!3m1!1e3!4m17!1m7!3m6!1s0x54885f8e1ca5e793:0x4632dfdbdf2df76!2sHorne+Lake+Regional+Park!8m2!3d49.3510157!4d-124.741153!16s%2Fg%2F11dx9wxrnm!4m8!1m0!1m5!1m1!1s0x54885f8e1ca5e793:0x4632dfdbdf2df76!2m2!1d-124.741153!2d49.3510157!3e0?entry=ttu&g_ep=EgoyMDI0MDkyOS4wIKXMDSOASAFQAw%3D%3D

Helliwell Park, Hornby Island

Start from: parking area at Helliwell Provincial Park

ALLTRAILS INFORMATION: Easy hike. Trail length: 3.7 km. Elevation gain: 55 m. Average time: 1 hour

Walk description:

We will make a counter-clockwise circuit around the park. From the trail head, we will head east toward the coast, then turn right and follow the trail along the beach and bluff to St. Johns Point. We'll then proceed west along the bluff to Mushroom beach, then cut north to get back to the parking area. We will have great views across the Strait of Georgia to Lasqueti and Texada Islands, and may have great close-up views of sea lions and other ocean life.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

To get to Hornby Island requires a ferry from Buckley Bay to Denman Island then a subsequent ferry from Denman Island to Hornby Island.

From the Hornby ferry, follow Shingle Spit Rd for 2.9 km, then turn right on Central Rd. Continue for 5.9 km, then turn left on St. Johns Point Rd. In 800m, turn right and continue on St. Johns Point Rd for 3.6 km to the park. There is a pit toilet at the trail head.

Google map coordinates:

<https://www.google.ca/maps/search/Helliwell+NW+Outhouse,+Helliwell+Road,+Hornby+Island,+BC/@49.5213415,-124.6044236,16z/data=!3m1!4b1>

Judges Row and Qualicum Beach Heritage Forest

Start time: Qualicum Beach Visitor Information Centre

Walk Description:

From the visitor centre, we'll head east along Elizabeth Ave and Judges Row, then climb the wooden stairs at the end of Judges Row and return via the Heritage Forest and Hoylake Road (or Sunningdale). The total distance is 5.5 km; most of it is paved and fairly level. The stairs provide a good workout, and the Heritage Forest woodchip trail does have a few protruding rocks and roots, so wear sturdy walking shoes and bring poles if you wish. The outbound walk offers great ocean and beach views; the return takes us through a very rare and special old-growth forest grove right here in town. Thanks to the work of a group of concerned residents, this forest has been designated a permanent ecological preserve.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

The Visitor Information Centre is on the beach just west of the intersection of Hwy 19A and Memorial Ave in Qualicum Beach. There is plenty of parking on the beach side of the highway near the visitor centre.

Google map coordinates:

<https://www.google.ca/maps/place/Qualicum+Beach+Visitor+Information+and+Chamber+of+Commerce/@49.355836,-124.4431778,17z/data=!3m1!4b1!4m5!3m4!1s0x548888d42835febb0x44c58b10c22112da!8m2!3d49.355836!4d-124.440989?hl=en>

Knarston Creek Trail and Falls

ALLTRAILS INFORMATION: Moderate hike. Trail length: approx. 8 km. Elevation gain: 274 m. Average time: 2.5 hours

Start from: Parking is along the road at in 6829 Stone Rd, Lantzville, please do not park in front of someone's driveway.

Walk description:

This hike winds its way up Knarston Creek above the falls, crosses the logging road and winds through a treed area. There will be a view of the Knarston Creek falls, along with a cliff view similar to the Lantzville Lookout view. The route has been extended to include an additional loop and the overall length of the hike is 8 km.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

Take Island Highway south to Lantzville, turn Right on Superior Rd (the first traffic light after the Shell gas station). Follow Superior Rd for a 1/2 km (.5 km) and turn left at Stone Rd. Go to the end of Stone Rd and park along the road avoiding driveways. GPS users can put in 6829 Stone Rd, Lantzville to get there.

Google map coordinates:

https://www.google.com/maps/dir/Qualicum+Beach,+British+Columbia/6829+Stone+Rd,+Lantzville,+BC+VOR+2H0/@49.2919818,-124.4140645,11z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x5488991ab1bba779:0xa9dbf548acda62b9!2m2!1d-124.1061052!2d49.243873?entry=ttu&g_ep=EgoyMDI1MDIxOC4wIKXMDSoASAFQAw%3D%3D

Laburnum to Whiskey Creek

Start from: corner of Claymore Road and Laburnum Road, Qualicum Beach.

Walk description:

From Claymore, we'll head up Laburnum and then enter the forest and begin our trek to the cliffs above Whiskey Creek. The trails vary from single file with roots, etc. to historical logging roads wide enough for companionly conversation. We will pause for a brief view over the Salish Sea and North Shore mountains, and then continue through the woods to the cliff edge above Whiskey Creek before heading onward to find our return trail. There is a large (30 cm) log to step over, parts of the trail will be very muddy, and there will be a few non-trivial puddles to cross (an inch or so deep). Waterproof hiking boots are preferred. Poles are optional but helpful at the puddles.

Total distance is a little over 7 km, which will take us between an hour and 45 minutes and 2 hours.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving routes:

Claymore Road intersects Laburnum just south of the railway tracks, about halfway between Rupert Rd and Highway 19A. Turn east onto Claymore, and park on the non-residential side.

Google map coordinates:

<https://www.google.ca/maps/place/Claymore+Rd+W+%26+Laburnum+Rd,+Qualicum+Beach,+BC+V9K+2T6/@49.3505532,-124.4785863,17z/data=!3m1!4b1!4m5!3m4!1s0x548889383a01793f:0xdbdc6d311db13348!8m2!3d49.3505532!4d-124.4763976?hl=en>

Lake Helen Mackenzie to Battleship Lake Loop Trail

Paradise Meadows (Mount Washington)

ALLTRAILS INFORMATION: Moderate hike. Trail length: approx.9 km. Elevation gain: 285 m. Average time: 2.5 hour

Start from: The Strathcona Park Wilderness Centre (Mount Washington)

<https://www.google.com/maps/place/Vancouver+Island+Mountain+Centre/@49.7455634,-125.3219449,536m>.

Walk description:

This is the delightful Paradise Meadows trail past Battleship Lake and Lake Helen Mackenzie. The trail passes through meadows (on boardwalk) and a beautiful forest. There is a bit of elevation gain from the start to the lakes, but the grades are mostly gentle. Total distance is about 9 km, which will take us about 3 hours including a lunch stop. As usual, there are some exposed roots and rocks, so sturdy footwear is a must, and you might want your walking stick. The trail can get quite muddy in the fall, and walking poles are recommended.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Bears: Hikers in the park do occasionally encounter bears while hiking, though bears almost always avoid people if they hear us coming. We'll make sure that nobody is walking alone.

Driving directions:

Follow Hwy 19 west (up-island) to exit 130 and turn left on Strathcona Parkway. After 17 km, turn left onto Nordic Drive and follow the signs for Raven Lodge. Park near the Paradise Meadows trailhead. Travel time from Qualicum Beach is about 1 hour. There are toilets near the trailhead and near the lunch area midway along the trail.

Google map coordinates:

<https://www.google.ca/maps/place/Paradise+Meadows+Trail,+Comox-Strathcona+C,+BC/@49.7443114,-125.3212324,17z/data=!3m1!4b1!4m5!3m4!1s0x548822ff4fcb1d2b:0x99fd147b1b6fb8ff!8m2!3d49.744193!4d-125.3191921?hl=en>

Lantzville Lookout Loop

ALLTRAILS INFORMATION: Moderate hike. Trail length: approx. 4.5 km. Elevation gain: 269 m. Average time: 2 to 2.5 hours

Start from: 8310 Lorenzen Lane

Walk description:

This hike has a very steep incline from the start to the summit. There are stunning views of the strait at the top. The decline is slightly more gradual as it winds down the other side of the hill. This is a challenging hike that may take approximately 2 to 2.5 hours depending of how long we spend at the top. The trail is rocky with tree roots. Hiking poles are an asset to aid in the long descent. Good hiking boots/shoes are a must.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

From Qualicum Beach head South on Memorial Ave/BC 4 W. Turn left onto the BC-19 South ramp to Nanaimo. Merge onto BC-19 South. Turn right onto Superior Road. Turn right to stay on Superior Road. Turn left onto Lorenzen Lane. Lantzville Lookout Loop hike trail is at 8310 Lorenzen Lane. Parking is along a dead-end road, so isn't usually a problem.

Google map coordinates:

https://www.google.com/maps/dir/Qualicum+Beach,+British+Columbia/8310+Lorenzen+Ln,+Lantzville,+BC+VOR+2H0/@49.2919818,-124.4140645,11z/data=!3m1!4m1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x5488999f6048af99:0x1b5d484baf20fad2!2m2!1d-124.1374976!2d49.2457791?entry=ttu&g_ep=EgoyMDI1MDIxOC4wIjYxMDSoASAFQAw%3D%3D

Lighthouse Trail (North End)

Start from: The trail head at the end of McColl Road.

Walk Description:

We will begin our walk following Nile Creek up to Kings Creek, crossing to the power lines and then loop back to the Lighthouse Trail and eventually back to McColl Road. The route comprises mainly flat trails with some steeper sections. Boots/shoes with good treads and walking poles if you have them are recommended.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

From the Highway 19A and Laburnum intersection, drive up island towards Bowser for approximately 20 minutes. After you cross the Nile Creek Bridge, turn left onto McColl Road (you will see Island Gospel Church on the corner as you turn). McColl Road is the 4th street past the bridge. Follow McColl Road a short distance to the trail head just past the subdivision.

Google map coordinates:

https://www.google.com/maps/dir/Qualicum+Beach,+British+Columbia/VOR+1G0,+British+Columbia,+Nanaimo,+McColl+Rd,+Lighthouse+Country+Regional+Trail+NORTH+LOOP/@49.3764537,-124.6347355,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x548861f29dde6975:0xf8f3723d953d57d9!2m2!1d-124.6654111!2d49.4279434?entry=ttu&_ep=EgoyMDI1MDEyOS4xKXMDSoASAFQAw%3D%3D

Lighthouse Trail to Thames Creek

Start from: The end of Linx Road

Walk description:

From the parking area, head north across Nile Creek, and connect with the north loop of the Lighthouse Country trail. This forest trail takes us to Wildwood Park (where we started last week's walk). From there, we proceed up McColl Road and another forest path to Thames Creek. After crossing the creek, we'll follow it downstream for about 20 minutes through temperate rain forest with awesome old growth trees.

About half of the route is wide and flat (great for conversation); the rest is a narrow forest path with some ups and downs as we go along the creek. There are lots of exposed roots and rocks, so wear sturdy footwear and bring your walking stick (you will use it this time). Distance: 6.5 km, estimated time about 1 hour 45 minutes.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Via 19A: follow 19A west past Qualicum Bay. About 14.7 km past Laburnam Road, turn left on Charlton Drive, immediately before the overhead flashing light denoting a 40km/h left turn. After 400m, turn left on Linx Road and follow it to the large turning circle just before the railroad tracks. There is a toilet at the Lighthouse Country trailhead, just past the tracks. Travel time from QB is about 20 minutes.

Via 19: follow Hwy 19 west (up-island) and turn right at exit 75. Follow Horne Lake Road to 19A, then turn left. After 3.8 km, turn left on Charlton Drive and continue as above.

Google map coordinates:

<https://www.google.ca/maps/place/160+Linx+Rd,+Qualicum+Beach,+BC+V9K+1Z3/@49.4170619,124.6526575,17z/data=!3m1!4b1!4m5!3m4!1s0x54886175801520e1:0xb1d111bff0a1cf20!8m2!3d49.4170619!4d-124.6504688?hl=en>

Lighthouse Country Regional Trail

ALLTRAILS INFORMATION: Easy hike. Trail length: approx.5.6 km. Elevation gain: 114 m. Average time: 1.5 hours

Start from: the trail head on Lioness Blvd.

Walk description:

We will be hike on the south trail. This is a level, hard packed gravel trail which winds through a pretty forested area and crosses 15, foot bridges. We will then loop back on a woodlot road and rough trail.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

Follow Hwy 19A toward Bowser. Drive through Qualicum Bay and turn left onto Lions Way. After about 100 meters turn right onto Lioness Blvd. The parking lot is at the end of the road. The driving time from Hwy 19A/Laburnum Road junction is about 15 minutes.

Google map coordinates:

<https://www.google.ca/maps/place/Lighthouse+Country+Regional+Trail/@49.4033425,-124.6362023,17z/data=!3m1!4b1!4m6!3m5!1s0x54886195bcdcc65d:0xdd6e89a18c9e5277!8m2!3d49.403339!4d-124.6336274!16s%2Fg%2F11c2pjr7v7?entry=ttu>

Linley Park, Ion-Serenity Loop

ALLTRAILS INFORMATION: Moderate hike. Trail length: 4.3 km. Elevation gain: 128 m. Average time: 1.25 hours

Start from: Burma Road entrance to Linley Park in Nanaimo

Walk description:

This trail will allow us to explore a hidden urban park in North Nanaimo. The first 40% of the hike takes us through some steeper terrain allowing some views of the Salish Sea. The trail then leads to a wider pathway in the valley bottom for the remainder of the walk. It would be advisable to wear sturdy, waterproof hiking shoes and bring pole(s), as the beginning of the trail has rocky and root covered sections. There is currently no washroom to be encountered during this hike.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

Follow Hwy 19 southeast from Qualicum Beach to Nanaimo. Turn left onto Aulds Road and continue straight ahead (east) as Aulds Road becomes Hammond Bay Road beyond highway 19a. Follow Hammond Bay Road for 5km and turn right at Malspina Road, where you continue for 200m. Take a left on to Laguna Way, and after 350m turn right onto Lost Lake Road. Follow this road for 300m, then turn left on to Burma Road and follow it to the parking area at the end of the road (about 200m).

Google map coordinates:

[R4451+Burma+Rd,+Nanaimo,+BC+V9T+5X4/@49.2249172,-123.9836034,17z/data=!3m1!4b1!4m5!3m4!1s0x5488a1e0956fb3df:0x336de69d9acb73a9!8m2!3d49.2249452!4d-123.981304](https://www.google.com/maps/@49.2249172,-123.9836034,17z/data=!3m1!4b1!4m5!3m4!1s0x5488a1e0956fb3df:0x336de69d9acb73a9!8m2!3d49.2249452!4d-123.981304)

Little Mountain

ALLTRAILS INFORMATION: Moderate hike. Trail length: 3.9 km. Elevation gain: 100 m. Average time: 1 hour

Start from: The bottom of Little Mountain Road (at the junction of Bellevue and Matterson Road)

Walk description:

The trail is a scenic hike offering lush forested paths and rewarding views of the surrounding coastal landscape. This well-maintained trail winds through a mix of dense woodland with a gradual climb leading to a picturesque viewpoint overlooking the area. This will be followed by a short tour around the summit which will afford a spectacular view of the valley below and the ocean. Bring your camera for pics of the sweeping vista at the summit.

Dogs: Because of the safety issues, **do not bring dogs on this walk.**

Driving directions:

From QB: take Highway 19 toward Parksville, then take exit 51 toward BC-4A. Turn right on 4A, then immediately (100m) turn left onto Bellevue.

Google map coordinates:

https://www.google.ca/maps/dir/Qualicum+Beach,+British+Columbia/Little+Mountain+Trailhead,+1231+Bellevue+Rd,+Parksville,+BC+V9P+2C4/@49.3205158,-124.4290414,13z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x54888fb54bf17941:0x7a9797c828db7d83!2m2!1d-124.3375377!2d49.2931049?entry=ttu&g_ep=EgoyMDI1MDEyOS4xIKXMDSoASAFAw%3D%3D

Little Qualicum Falls

ALLTRAILS INFORMATION: Easy hike. Trail length: 3.4 km. Elevation gain: 89 m. Average time: 1 hour

Start from: the day-use parking lot at Little Qualicum Falls Provincial Park.

Walk description:

Little Qualicum Falls is one of the true jewels of our neighborhood, with two magnificent waterfalls connected by a deep, waterworn canyon featuring beautiful deep green pools and gurgling cascades. We will cross the river near the lower falls, then walk upstream to a viewpoint at the upper falls. We will continue upstream through an area of wind damage, then cross the river again and return downstream to the starting point. The trail is in good shape, but there are a few sets of steep stairs, and the usual exposed rocks and roots. Wear sturdy hiking shoes and bring poles if you use them.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

From the roundabout on Memorial Ave, follow Hwy 4 west toward Port Alberni. About 11 km after the roundabout, turn right into Little Qualicum Falls Provincial Park, and follow the road all the way to the end (about 1.3 km) and park in the day-use area. There are flush toilets at the parking area.

Google map coordinates:

<https://www.google.ca/maps/place/Little+Qualicum+Falls+Provincial+Park/@49.3160086,-124.5570184,17z/data=!3m1!4b1!4m5!3m4!1s0x54888b81f708f44f:0x634f3def9051b399!8m2!3d49.3160051!4d-124.5548297?hl=en>

Loon Lake

Start from: parking area on the Loon Lake Main logging road.

Walk description:

The Loon Lake area was once a provincial park. It is now part of a logging operation. The lake is stocked and is described as a gem of a fishing hole. From the parking area, we will head along the logging road for a few hundred metres before accessing the trailhead beside the lake. The forested trail around the lake is in good shape, but there are exposed tree roots, slippery leaves and uneven ground in spots so good hiking boots/shoes are recommended. Bring walking poles if you use them. Part of the walk will be along the railway tracks and we will cross a few low (5-15 ft) trestles. The walking distance is approximately 4 km and the walk will be close to 90 minutes.

There are no washroom facilities at the trailhead. There are pit facilities at Cathedral Grove and a port-a-potty at the truck chain up pull off.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks. However, because of the trestles, dog owners may want to leave the dogs at home for this walk.

Driving routes:

Loon Lake is located just past the summit of the Alberni Highway. Head south on the Alberni Highway (Hwy 4) from the roundabout at Memorial Road & Rupert Road for 29 kms. Just over the summit and just past the truck chain up pull off, turn right on the logging road. Drive a few hundred meters to the wide parking area. Driving time from the roundabout is about 25 minutes. Winter tires (snow or M/S) are required for the Alberni Highway as of 1 Oct.

Google map coordinates:

<https://www.google.ca/maps/dir/49.3388414,-124.4421144/49.2512219,124.7043214/@49.3004808,-124.6837229,11z/data=!4m2!4m1!3e0?hl=en>

Moorecroft Regional Park

ALLTRAILS INFORMATION: Easy hike. Trail length: approx. 1.8 km. Elevation gain: 42 m. Average time: 30 minutes.

Start from: Moorecroft Regional Park (1563 Stewart Road, Nanoose Bay).

Walk description:

Moorecroft regional park is a captivating natural sanctuary in Nanoose Bay. The park features remote network forest trails surrounded by a diverse array of tree species, wildlife and rocky shores. On the hike there are some narrow sections, moderate slopes, exposed roots and rocks, and possible muddy sections. The hike can be extended to include the addition of a walk through the forestry area, making the hike about 5.5 km and take about 90 minutes.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

Head south on the 19A through Parksville; at the first intersection past Serious Coffee, take a left on Franklin's Gull Road, then a right onto Northwest Bay Road. Follow this road for approx. 6.6 km to Stewart Road where you take a left turn. Continue along Stewart Rd until you reach a corner with a confusing sign saying Davenham Road and Dolphin Road. You need to turn "left" here so you will still be on Stewart Rd (confusing but you'll understand when you get there). Follow this road into the park and continue around the one-way loop to the parking lot. There is lots of parking and also washrooms are available here.

Google map coordinates:

https://www.google.com/maps/dir/Qualicum+Beach,+British+Columbia/1563+Stewart+Rd,+Nanoose+Bay,+BC+V9P+9E7/@49.3068692,-124.3918938,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x54889b0bd65b3395:0x90e1a9a69225e725!2m2!1d-124.1788103!2d49.3039191?entry=ttu&g_ep=EgoyMDI1MDIxOC4wKXMDSoASAFQAw%3D%3D

Nanoose Bay Loop

ALLTRAILS INFORMATION: Easy hike. Trail length: 4.3 km. Elevation gain: 110 m. Average time: 70 minutes.

Start from: 2310 – 2330 Weston Place Nanoose Bay.

Walk description:

This is an interesting trail with lots of different route options in the area. It's a mix of sunny open trails around the perimeter and forested trails inside the loop. You can catch a view of Notch Hill and Nanoose Bay. There are also lots of tall Arbutus trees.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving routes:

Via 19: Follow Hwy 19 south to exit 46 (Scale), then take 19A back north toward Parksville. Turn right at the first traffic light (Franklin Gull), then right again on Northwest Bay Road. Turn right onto Apollo Drive. Right onto Collins Crescent. Right onto Sheppard Road. Right onto Schirra Road. Left onto Weston place. Park at the end of Weston Place. There is no toilet at the trailhead.

Via 19A: Follow Hwy 19A south all the way through Parksville past Serious Coffee. Turn left on Franklin Gull, then right on Northwest Bay Road, and proceed as above.

Google map coordinates:

https://www.google.ca/maps/dir/Franklin's+Gull+Rd,+Parksville,+BC/2310+Weston+Pl,+Nanoose+Bay,+BC+V9P+9J9/@49.2854468,-124.268105,13z/data=!4m19!4m18!1m10!1m1!1s0x54889aba0364bf31:0x6c0872dc6ca88cd!2m2!1d-124.2656225!2d49.3051538!3m4!1m2!1d-124.2467607!2d49.3003862!3s0x54889a9557ec9e4f:0xd98f92f3cec3d7f4!1m5!1m1!1s0x54889a4101901d77:0x71c2994f93908216!2m2!1d-124.2023167!2d49.2727334!3e0?entry=tту&g_ep=EgoyMDI1MDEyOS4xIKXMDSOASAFQAw%3D%3D

Newcastle Island

ALLTRAILS INFORMATION: Moderate hike. Trail length: approx.10 km. Elevation gain: 223 m. Average time: 3 hours

Start from: Cliff Street Parking lot

This loop follows the perimeter of Newcastle Island. The trails are easy and in excellent condition and offer a great view across to Pacific Range to one side of and Nanaimo Harbour to the other.

Washroom: There are washroom facilities on the island.

Access to Newcastle Island is via Newcastle Island Ferry.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks and on the ferry.

Directions:

Drive to Maffeo Sutton Park Nanaimo. Take Hwy 19 south to Nanaimo and then turn left onto Northfield rd. After 2.4 km, take a slight right onto 19A South After 3.2 km, turn left onto Comox Road and then a left onto Cliff Street. Pay Parking is at this park.

Pay parking for adequate time so you are not rushed. The first 3 hours is free.

Google map coordinates:

<https://www.google.com/maps/dir/49.3390374,-124.4421732/49.1711688,-123.939792/@49.2879046,-124.3139718,11.5z/data=!4m2!4m1!3e0?entry=ttu>

Nile Creek Trail (East)

ALLTRAILS INFORMATION: Easy hike. Trail length: 6.1 km. Elevation gain: 162 m. Average time: 1.75 hours

Start from: end of Charlton Drive

Walk description:

Nile Creek Trail East is a shorter alternative trail to the full Nile Creek Trail, with the turn around by the Inland Island Highway. We follow the creek part way up and then and on the hillside through the woods part way. Then cross the creek and follow it down before climbing up to the ridge for a way, then back to the creek to cross a small bridge to return to the cars. This is a classic walk through the temperate rain forest.

This is mostly a creek-side forest path with some ups and downs as we go along the creek. There are exposed roots and rocks. In wetter seasons, this can be quite a muddy trail so be mindful with footwear. Hiking boots or Footwear with good treads is a must and walking sticks may help. There are some small trees to step over during the walk and one log bridge with a cable handrail.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Via 19A: follow 19A west past Qualicum Bay. About 14.7 km past Laburnam Road, turn left on Charlton Drive, immediately before the overhead flashing light denoting a 40km/h left turn. Follow Charlton Drive to the end. Park on the side of the road, taking care not to block any driveways. There are no bathrooms at the parking area. The trail head is 20 km (20 minutes) from Qualicum Beach.

Via 19: follow Hwy 19 west (up-island) and turn right at exit 75. Follow Horne Lake Road to 19A, then turn left. After 3.8 km, turn left on Charlton Drive and continue as above.

Google map coordinates:

<https://www.google.ca/maps/place/3900+Charlton+Dr,+Qualicum+Beach,+BC+V9K+1Z3/@49.4182337,-124.6541274,17z/data=!3m1!4m5!3m4!1s0x54886175a0d80a35:0xb3f49035e9fb0b51!8m2!3d49.4182337!4d-124.6519388?hl=en>

Notch Hill

ALLTRAILS INFORMATION: Moderate hike. Trail length: 2.9 km. Elevation gain: 199 m. Average time: 70 minutes.

Start from: Notch Hill Park parking lot, Nanoose Bay

Walk description:

The walk is a loop through a Garry Oak ecosystem, with an ascent to the top of Notch Hill. There are two high points with spectacular views across Nanoose Bay and along the coast. The trail is in good condition, but there are some steep sections which can be slippery (especially coming down), so wear good walking shoes and bring walking poles if you have them. Total time on the trail is 70 to 80 minutes.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

From Qualicum Beach or Parksville, follow Highway 19 toward Nanaimo. At the PetroCan station, turn left on Northwest Bay Road. After 1.2 km, turn right on Powder Point Road, and continue 3.4 km to Notch Hill Park. The hike and the main parking area are on the right, but there is additional parking across the road on the left. Travel time from Qualicum Beach is about 25 minutes (30 km).

Google map coordinates:

<https://www.google.ca/maps/place/Notch+Hill+Park/@49.3045941,124.2421367,11z/am=t/data=!4m5!3m4!1s0x54889bcfe4cf306b0x39c76faa77cbe32c!8m2!3d49.2756761!4d-124.1517533?hl=en>

Modified Notch Hill

Start from: Bosun Drive/Mates Place

Walk description:

This modified Notch Hill hike provides views over the strait and then goes to the first viewing point over Nanoose Bay where the swing is located. The hike has a lot of fairly steep ups and downs and takes about 1.5 hours plus our stop at the top so will be close to 2.0 hours in total.

Hike challenge notes:

- Hiking shoes always mandatory.
- Hiking poles suggested as there are some steep sections
- Elevation rise equivalent to 30 flights of stairs

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

No washroom available.

Driving directions:

From Qualicum Beach or Parksville, follow Highway 19 toward Nanaimo. At the PetroCan station, turn left on Northwest Bay Road. After 1.2 km, turn right on Powder Point Road, and continue until just past Lake Enos parking on the left and turn right onto Bosun Drive. Continue to the end of Bosun Drive/Mates Place. There is parking on the road here but if more is needed you can park at Lake Enos parking lot and walk over 5 mins walk). Travel time from Qualicum Beach is about 25 minutes (30 km).

Google map coordinates:

https://www.google.com/maps/place/Mate+Pl,+Nanoose+Bay,+BC+V9P+9G2/@49.2779084,-124.1617112,19.25z/data=!4m6!3m5!1s0x54889bc94a5e599d:0x6de174f9b3f6d0c1!8m2!3d49.2779337!4d-124.1613413!16s%2Fg%2F1t!_ldtp?entry=ttu

Nymph Falls Nature Park Loop

ALLTRAILS INFORMATION: Easy hike. Trail length: 4.6 km. Elevation gain: 123 m. Average time: 80 minutes.

Start from: The parking area at Nymph Falls Nature Park (near Courtenay)

Walk description:

This is a beautiful forest and river walk along the Puntledge River a few km upstream from the river mouth at Courtenay. We will walk upstream through the forest, then return downstream along the river to the falls. The falls is a series of cascades over flat rocks into deep green pools. In the summer it is a popular sunning and swimming spot, so bring your suit! The trail is mostly level, with a few short hills, and has some exposed rocks and roots. Wear sturdy footwear and bring a walking stick if you wish. There are some amazing carvings near the falls.

Dogs: Dogs are welcome and are allowed to be off-leash in some parts of the park. Please keep dogs on-leash when walking with the group.

Driving directions:

Take Highway 19 northwest past Courtenay. At Exit 127, turn right onto Piercy Road. After 1.5 km, turn right onto Forbidden Plateau Road. Continue for 3.2 km, then turn left into the parking area at 4481 Forbidden Plateau Road. Travel time from Qualicum Beach is about 45 minutes. There are washrooms near the parking area.

Google map coordinates:

<https://www.google.ca/maps/place/Nymph+Falls+Nature+Park/@49.6718218,-125.0849248,17z/data=!3m1!4b1!4m5!3m4!1s0x548815c5ee2f7463:0x73307cb3c4fd5cb8!8m2!3d49.6718218!4d-125.0827361?hl=en>

Parksville to Top Bridge

Start from: Parking area on Industrial Way at Tuan Road, Parksville.

Walk description:

The trail winds through the fields and forest behind the industrial park, then follows the Englishman River to the Top Bridge Regional Park. The trail is in good shape, but there are some ups and downs and the usual assortment of roots and rocks, so wear sturdy hiking shoes and bring a walking stick if you wish. The walk duration is about 1.5 hours.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

Via 19A: Follow 19A south all the way through Parksville and across the Orange Bridge (Englishman River). Immediately after the turnoff for Rathtrevor Park, bear right on Industrial Way. The parking area will be on your right after about 600m.

Via 19: Follow Hwy 19 south to exit 46 (Scale), then take 19A back north toward Parksville. Just before the second traffic light (Resort Way), turn left onto Tuan Rd. After 1 block, you will reach Industrial Way, and the parking area will be directly in front of you.

Travel time from Qualicum Beach is about 20 minutes. There is no toilet at the trailhead.

Google map coordinates:

<https://www.google.ca/maps/place/RDN+Top+Bridge+Trail+Parking+Area/@49.3095993,-124.2725748,17z/am=t/data=!3m1!4b1!4m5!3m4!1s0x54889ab159f76741:0x235eda9c93b61217!8m2!3d49.3095993!4d-124.2703861?hl=en>

Pheasant Glen to French Creek

Start from: The top of Qualicum Road

Description:

Explore the network of trails just east of the Pheasant Glen golf course. The trail passes through a number of different forest environments as it meanders from the trailhead to French Creek (just downstream of Hwy 19), and loops back via Hollywood trail. The trail is mostly gentle and wide, but there are a couple of moderate slopes, and one section is narrow and has a lot of protruding roots and other tripping hazards. Depending on the time of year some sections may be muddy. Wear sturdy walking shoes with good treads, and bring poles if you use them. Total distance is 6 km; walking time will be about 1.5 hours.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

From the roundabout on Memorial Rd, follow Rupert Rd E for 1.6 km, then turn right on Qualicum Rd toward the Pheasant Glen Golf Course. After 300m (just before the entrance to the golf course), you will see the parking area on the left side of the road. Travel time from downtown Qualicum Beach is about 5 minutes. There are no toilets at the trailhead.

Google map coordinates:

<https://www.google.ca/maps/place/984+Qualicum+Rd,+Qualicum+Beach,+BC+V9K+1M5/@49.3370348,-124.4219692,18z/data=!3m1!4b1!4m5!3m4!1s0x54888edf7c08df63:0xaa331d8bb41ee783!8m2!3d49.3370348!4d-124.4208749?hl=en>

QB Beach Front and Heritage Forest

Start from: The Qualicum Beach Visitor Information Centre

Walk description:

From the visitor centre, head east along Elizabeth Ave and Judges Row, then climb the long stairs to Hemsworth, and return via the Heritage Forest, Hoylake Road, and Bay St. The total distance is 5.5 km; most of it is paved and fairly level. The stairs provide a good workout, and the Heritage Forest woodchip trail does have a few protruding rocks and roots, so wear sturdy walking shoes and bring poles if you wish. The outbound walk offers great ocean and beach views; the back stretch takes us through a very rare and special old-growth forest grove. Bay Street provides an awesome view over the straight, then we return to the starting point along the boardwalk.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

The Visitor Information Centre is on the beach just west of the intersection of Hwy 19A and Memorial Ave in Qualicum Beach. There is plenty of parking on the beach side of the highway near the visitor centre.

Google map coordinates:

<https://www.google.ca/maps/place/Qualicum+Beach+Visitor+Information+and+Chamber+of+Commerce/@49.355836,-124.4431778,17z/data=!3m1!4m5!3m4!1s0x548888d42835febb0x44c58b10c22112da!8m2!3d49.355836!4d-124.440989?hl=en>

Qualicum Beach Exploration

Start from: The Qualicum Beach Museum.

Walk description:

From the parking area, we will head west along the village railway trail. This first part of the walk is on well-maintained trails and some asphalt. We walk past Grandon Creek trail and continue on to Laburnum Rd. We then cross Laburnum Rd and walk a good trail up a “steepish” but fairly short hill parallel with the road. At the top we cross back over Laburnum and enter a different forest. Keep an eye out for eagles, ravens, owls, and other interesting creatures. We exit the forest onto Arbutus Street and cross over and walk one block down Chestnut Street and re-enter a forest. Again, we walk the forest trails until we exit at the Civic Centre and go out onto Jones Street from where it is an easy walk back to the parking area. The walk will take roughly 1.5 hours, and will be partly on pavement and partly on gravel or wood-chip paths. The forest trails are in good shape, but there are couple of muddy spots and exposed tree roots and rocks, so good hiking boots/shoes are recommended.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving routes:

The Museum is right in Qualicum Beach at the corner of Beach Ave and Sunningdale Rd W just across Beach Avenue from the old Railway Station. There is lots of parking in the Railway Station parking lot or along Mill Rd.

Qualicum Fish Hatchery via Cutthroat Trail

ALLTRAILS INFORMATION: Easy hike. Trail length: 6.1 km. Elevation gain: 94 m. Average time: 1.5 hours

Start from: Big Qualicum Hatchery

Walk description:

This is a nice forest and riverside walk in the Big Qualicum River valley. The easy trail winds along the river through forested paths with towering cedar trees and moss-covered routes. Along the way, log crossings over the river add to the scenic experience. The hatchery's efforts focus on preserving various salmon species and the natural surroundings are stunning. Depending on the time of year there will be opportunities to see spawning salmon. Part of the trail is narrow and twisted, and there are several river crossings on log bridges. There are the usual exposed rocks and roots, and some areas may be slippery due to wet leaves. Sturdy hiking shoes and poles are recommended.

Dogs: Dogs are welcome but must remain on-leash when walking with the group. There may be bears in the area.

Driving directions:

Via 19A: From the foot of Laburnam, follow 19A west 10.6 km to Kensmuir Road. Turn left, following the sign for the hatchery. After 650m, turn right on Leon. After 400m, turn right on Horne Lake Road, then immediately turn left on River Road and follow it to the end. There is a washroom at the hatchery. Travel time from QB is 15 to 20 minutes.

Via 19: follow Hwy 19 west (up-island) and turn right at exit 75. Follow Horne Lake Road 2.1 km, then turn left on River Road following the signs for the hatchery.

Google map coordinates:

<https://www.google.ca/maps/place/Big+Qualicum+Hatchery/@49.3937092,124.6189767,17z/data=!3m1!4b1!4m5!3m4!1s0x54888a9c8c761c1b:0xd05f9bde854ff5b9!8m2!3d49.3937092!4d-124.616788?hl=en>

Rathtrevor Park, Parksville

Start from: The day use parking lot at Rathtrevor Beach Provincial Park

Walk description:

The walk will involve a bit of bushwalking, beach walking, and navigation of some muddy areas. We will view residential, temporary and natural habitats! The trail is flat with a few roots but mostly groomed trails and a bit of tarmac! It will take about 70-90 mins.

Dogs: Dogs are not allowed on the day-use beach at Rathtrevor. For further info see <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/rathtrevor/>

Driving directions:

Via 19A: Follow 19A south all the way through Parksville and across the Orange Bridge (Englishman River). About 800m after the bridge, turn left at the sign for Rathtrevor Park and Resort Dr. At the stop sign, turn left onto Resort Dr, then turn right onto Rathtrevor Drive, and follow it to the large day-use parking lot at the bottom of the hill. Washrooms are available at the parking area. Travel time from QB is about 20 minutes.

Via 19: Follow Hwy 19 south to exit 46 (Scale), then take 19A back north toward Parksville. 650m after the second traffic light (Resort Way), turn right following the signs for Rathtrevor Park. Turn left onto Resort Dr, then right onto Rathtrevor Drive, and continue down the hill to the parking area as above.

Google map coordinates:

<https://www.google.ca/maps/place/Rathtrevor+Beach+Path,+Parksville,+BC/@49.3213703,-124.2667329,449m/data=!3m2!1e3!4b1!4m5!3m4!1s0x548885342c70a4fb:0x9dbc80a57c07658a!8m2!3d49.3213703!4d-124.2645442?hl=en>

Ravensong Forest to Waterfront to QB Town Centre

Start from: The parking lot of the Ravensong Aquatic Centre on Jones Street in Qualicum Beach by the entrance to the walking trails on the south side of the parking lot.

Walk Description:

The first part of the walk is a loop through the Ravensong Forest (Community Woods), then down to the Waterfront via a lookout (Sunset Terrace), along the Waterfront Boardwalk to Memorial Avenue and returning to the Qualicum Beach town centre. The walk will finish at Bailey's on Primrose Street.

The walk on the forest trails will be a combination of gravel and natural trails with some roots. The rest of the walk will be on pavement. There is a steady uphill section from the Waterfront to the town centre. Sturdy walking shoes are recommended. As some of the route will be in the open, a hat, sunscreen and water are advisable. There is a washroom on the Waterfront Boardwalk.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Ravensong to Grandon Creek

Start from: The parking lot for the QB Civic Centre, 747 Jones Street, Qualicum Beach.

Walk description:

The exact route will depend on weather and trail conditions, but we will follow trails and streets west toward Laburnum Rd and the Island Highway. We'll return up Grandon Creek and across the Hoylake Trail. We will be partly on trails, and partly on streets. The trails are fairly smooth, but there is a good climb up Grandon Creek. The snow should be all gone by Friday, but some parts of the trails are likely to be wet or muddy. Wear sturdy waterproof walking shoes, bring poles, and take care on the slippery bits. Total distance is about 6 km (90 minutes).

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Directions:

From Qualicum Foods, follow Fern Road West 3 blocks to Jones Street. Cross Jones Street into the parking area, and park at the south end of the parking lot near the off-leash dog park.

Google map coordinates:

<https://www.google.ca/maps/place/Qualicum+Beach+Offleash+Dog+Park/@49.3451118,-124.453001,17z/data=!3m1!4b1!4m5!3m4!1s0x54888ed298234e53:0x8591748f45457473!8m2!3d49.3451118!4d-124.4508123>

Rogers Creek Nature Trail, Port Alberni

Start from: Trail entrance at 3885 Whittlestone Ave, Port Alberni

Walk description:

Rogers Creek Nature Trail (Port Alberni) TRAIL: This is a beautiful hike through the forest and along a Roger creek. Historically, Roger Creek was the source of drinking water in the early days of Alberni. The walk is fairly easy with small hills, some roots, and one uphill section which is not overly strenuous. Good walking shoes and walking poles are recommended. The walk will take about 1 hr 45 minutes including a little break near the old logging bridge on the creek.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Starting at the traffic circle at Rupert and Memorial follow Hwy. 4 towards Port Alberni. After about 36 km you will come to a "Y" intersection at the Visitor Centre. Turn left, following the signs for Bamfield (the Visitor Centre will be on your right). Continue until you are past the hospital (on your left) and then turn left onto San Mateo Dr, then immediately turn left onto Galiano Dr. Follow Galiano until you get to Whittlestone Ave. and turn right. Parking is along the residential street. Travel time is about 45 minutes. There are no washrooms on the hike, so stop at the Visitor Centre if needed.

Google map coordinates:

<https://www.google.ca/maps/dir//49.246068,-124.7838091/@49.2462884,124.782876,17.5z/data=!4m2!4m1!3e0?hl=en>

Rosewall Creek

Start from: The trail head in Rosewall Provincial Park.

Walk description:

This is a beautiful walk up the banks of Rosewall Creek, a crystal-clear creek with a rocky creek-bed, passing through moss-covered forest. The walk is about 6 km and will take 1.5 to 2 hours. The trail is in good shape but does have some challenging sections. There are a few short steep sections; the trail is occasionally narrow with sharp, steep drop-offs to the creek some 2-3 metres below. Much of our route will be covered with exposed/protruding tree-roots and rocks. There are a few trees down across the trail, but they are fairly easy to step over. Good hiking boots/shoes are a must and walking sticks are a good idea if you have them.

Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Via 19A: follow Hwy 19A north from Qualicum Beach to Berray Road (26 km from 19A & Laburnam). Turn right on Berray, then left into the park.

Via 19: from Qualicum Beach, head up-island on Hwy 19 to exit 87 (Cook Creek Road). Turn right and proceed to Hwy 19A. Turn left on 19A and proceed to Berray Road (about 2 km).

Google map coordinates:

<https://www.google.ca/maps/place/Rosewall+Creek+Provincial+Park/@49.4563895,-124.7771054,17z/data=!3m1!4m5!3m4!1s0x5488670e0e1fb9f7:0xdfbc154902c89d6!8m2!3d49.4563895!4d-124.7749167?hl=en>

Schooner Cove to Enos Lake

Start from: The end of Schooner Cove Drive in Nanoose Bay.

Walk description:

From the parking area, we will head up through a forest setting on a dirt trail and past one end of Enos Lake. The trail has some charming sights, including a boot-shaped tree trunk, a little forest bridge, and a tiny creek. We will walk in the forest on beautiful trails for about 45 minutes, then we will loop past a meadow and back to near where our cars are parked. We will continue past our cars along Redden Road to the Schooner Marina and over to the little park at the Marina overlooking the ocean, then walk back to our cars. The total hike should take about 1 1/2 hours. There are some exposed rocks and roots along the trail, so sturdy hiking shoes are recommended.

Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Via 19A: Follow the Island highway (19A) through Parksville toward Craig Bay. Turn left on Franklin Gull (traffic lights), then right on Northwest Bay Road. After 6.6 km, turn left onto Stewart Road, then after 1.8 km, turn right onto Davenham Road (which becomes Dolphin Road). After about 3 km, turn right on Schooner Cove Drive, and follow it to the parking area and yellow gate at the end.

Via 19: Take the inland highway (19) past Parksville. Turn left onto Northwest Bay Road at the traffic lights (at the PetroCan). After 3 km, take a slight right onto Stewart Road, then continue as above.

Google map coordinates:

https://www.google.ca/maps/dir/Qualicum+Beach,+BC/3260+Schooner+Cove+Dr,+Nanoose+Bay,+BC+V9P+9H6/@49.3068692,-124.3747032,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x54889bc077c25fc5:0x3b795b78302f781d!2m2!1d-124.1496983!2d49.2872864?hl=en&entry=tту&_ep=EgoyMDI1MDExNS4wKXMDSoASAFQAw%3D%3D

Sleeman's Bridge

Start from: Wildwood Community Park in Bowser.

Walk description:

This walk is a very nice excursion through the forest behind Bowser, with two creek crossings on Thames Creek. There is an interesting juxtaposition of older trees with younger, second or third-growth forest. Much of the trail is wide enough for conversation, but there are also single-file sections. One creek crossing has a steep descent and ascent, but otherwise the trail is quite level. Depending on the time of year there may be some deep puddles, and the usual protruding roots and rocks, so wear sturdy waterproof walking shoes and bring a walking stick if you wish. Total distance: 7 km. Estimate time: 1 hour 45 minutes.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Via 19A: follow 19A west past Qualicum Bay. About 16.8 km past Laburnam Road, turn left on McColl Rd (follow signs for Wildwood Community Church; Island Gospel Centre is on the corner). Follow McColl past the railroad tracks to a small parking area on the left (about 350m). If the parking is full, you can park on McColl just north of the tracks. There are no bathrooms at the parking area or on the trail. Travel time from Qualicum is about 20 minutes.

Via 19: follow Hwy 19 west (up-island) and turn right at exit 75. Follow Horne Lake Road & Kenmuir to 19A, then turn left. After 6.2 km, turn left on McColl Road and continue as above.

Google map coordinates:

<https://www.google.ca/maps/place/Lighthouse+Country+Regional+Trail+NORTH+LOOP/@49.4279434,124.6675997,17z/data=!3m1!4b1!4m5!3m4!1s0x548861f29dde6975:0xf8f3723d953d57d9!8m2!3d49.4279434!4d-124.665411?hl=en>

Thames Creek

Start from: The trailhead is at the end of McColl road

Walk Description:

This is a pleasant walk through a mature forest. It is a well trodden, undulating walk that follows Thames Creek, along the Therapy trail to Sleeman's bridge and back along Picker's path. It is about 6km, with about 100m elevation gain. It should take about 1 hour 45 minutes and could be considered easy-to-moderate. Please note that there are no washroom facilities on this hike.

The trail is on AllTrails.com at

<https://www.alltrails.com/trail/canada/british-columbia/pipeline-pickers-path-therapy>.

Driving directions:

Via 19A: follow 19A west past Qualicum Bay. About 16.8 km past Laburnam Road, turn left on McColl Rd drive to the end of McColl Road for parking.

Via 19: follow Hwy 19 west (up-island) and turn right at exit 75. Follow Horne Lake Road & Kenmuir to 19A, then turn left. After 6.2 km, turn left on McColl Road and continue as above.

Google map coordinates:

https://www.google.ca/maps/dir/Qualicum+Beach,+BC/V0R+1G0,+British+Columbia,+Nanaimo,+McColl+Rd,+Lighthouse+Country+Regional+Trail+NORTH+LOOP/@49.3885288,-124.639148,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x54888f2afe89f837:0xc3924438869d1334!2m2!1d-124.4416661!2d49.3479414!1m5!1m1!1s0x548861f29dde6975:0xf8f3723d953d57d9!2m2!1d-124.665411!2d49.4279434?entry=tту&g_ep=EgoyMDI1MDExNS4wLWkxMDSoASAFQAw%3D%3D

Thames Creek and Nile Creek Loop

ALLTRAILS INFORMATION: Moderate hike. Trail length: approx.9 km. Elevation gain: 173 m. Average time: 2.5 hours

Start from: trail head at the end of McColl Road, Bowser.

Walk Description:

Thames creek and Nile Creek Loop has a lovely forest ambiance with big trees and streams. There is some up and down and steep sections along the narrow trail and lots of tree roots and rocks. The trail traverses the stream at various points on the trail across log bridges. From McColl the trail heads through the woods along Thames Creek for a bit then heads towards the highway. The trail follows the highway for a brief moment before heading back into the forest and along Nile Creek. Towards the end of the hike the trail opens up and passes under powerline and before heading back into the forest via a narrow path that is overgrown of vegetation requiring folks to brush through the vegetation, once back in the forest there is a short walk back to our vehicles.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving directions:

Follow 19A to Bowser and take a left on McColl Road. The trail head is 20 km (20 minutes) from Qualicum Beach.

Google map coordinates:

<https://www.google.ca/maps/place/Wildwood+Community+Trail/@49.4283158,-124.6667906,17z/data=!3m1!4b1!4m6!3m5!1s0x548861fd3be53f8d:0x3db49e7fe636bcd8!8m2!3d49.4283123!4d-124.6642157!16s%2Fg%2F11qg02bwyd?entry=ttu>

The Abyss, Nanaimo

Start from: The parking area at the Trans Canada Trailhead on Harewood Mines Road in Nanaimo.

Walk description:

This is a forest walk along Extension Ridge offering spectacular views of Nanaimo's waterfront. It features "The Abyss", an unusual rift on an exposed meadow of conglomerate rock, and a quirky peculiar rock circle. There is a short steep climb on rough stairs to the ridge and then an undulating ridge top hike on a trail with exposed roots, loose gravel and large conglomerate rocky patches. Sturdy hiking shoes, poles and water are recommended. This will be a 2 to 2½ hour hike along Extension Ridge and will cover about 5.5 kms.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks. The trail is also used by mountain bikers and other hikers.

Driving directions:

Take Highway 19 through Nanaimo. At Exit 16, turn left on 5th Street. After 800m, turn right on Wakesiah Ave, then turn right onto Nanaimo Lakes Road. After 2.9 km, make a sharp left onto Harewood Mines Road. After 600 m, you will see the trailhead parking area on the right side of the road as you pass under the powerline. Travel time from QB is about 45 minutes.

Google map coordinates:

<https://www.google.ca/maps/place/1121+Harewood+Mines+Rd,+Nanaimo,+BC+V9R+5W9/@49.1333417,-123.9702954,17z/data=!3m1!4b1!4m5!3m4!1s0x5488a47c896393a5:0xbb45d61565050406!8m2!3d49.1333417!4d-123.9681066?hl=en>

Top Bridge along Englishman River

Start from: Top Bridge Suspension Bridge off of Chattell Road

Walk description:

From the parking area, we will cross the Top Bridge pedestrian suspension bridge, and proceed south on the Allsbrook Trail, an easy level wide gravel path that goes upstream to the picnic area at the historic Steelhead spawning area and then on to the hydro lines. We then loop back on forest path closer to the river. This will be single file in some areas with the usual care required for roots, rocks, logs, etc.

The trail will follow Englishman River (but not too close) and then into the park following a babbling brook for a mile. We will avoid walking on trails that have been washed out or closed due to rains. About 1/3 of the trail is narrow with lots of roots and the remainder wide and level. There are some elevation rises and stairs. The walk will take about 2 hours. and is about 8 km in total. As with all our hikes good sturdy footwear is essential.

Washroom facilities: There are pit toilets once we enter the park.

Dogs: Dogs are welcome but, for the comfort and safety of all, must be kept on leash during our group walks.

Driving routes:

Via 19A: Follow the Island highway (19A) through Parksville, and continue to the 4-way stop at the weigh scales just past Highway 19. Continue straight through the intersection, take the first right on Chattell Road, and follow it past the firing range to the parking lot at the end.

Via 19: Take the inland highway (19) past Parksville to exit 46 (Rathtrevor Park). After the exit, turn right at the stop sign onto Kaye Road, then right again on Chattell Road, and follow it to the end.

Google map coordinates:

[https://www.google.ca/maps/place/Top+Bridge+Parking+\(Chattell+Rd\)/@49.2991958,-124.2632346,17z/data=!4m9!1m2!2m1!1sGoogle+map+coordinates:+https:%2F%2Fwww.google.ca%2Fmaps%2Fplace%2FPQFG%2BHenry%2BRange%2F@49.2981729,-124.260454,17z%2Fdata%3D*214m5*213m4*211s0x54889abcf734807:0x4b27cbbabad9e44e*218m2*213d49.2992051*214d-124.2606396%3Fhl%3Den!3m5!1s0x54889b98262f2591:0x94d14d5d41ae521b!8m2!3d49.2978138!4d-124.2660046!16s%2Fg%2F11n7wpb81d?entry=ttu](https://www.google.ca/maps/place/Top+Bridge+Parking+(Chattell+Rd)/@49.2991958,-124.2632346,17z/data=!4m9!1m2!2m1!1sGoogle+map+coordinates:+https:%2F%2Fwww.google.ca%2Fmaps%2Fplace%2FPQFG%2BHenry%2BRange%2F@49.2981729,-124.260454,17z%2Fdata%3D*214m5*213m4*211s0x54889abcf734807:0x4b27cbbabad9e44e*218m2*213d49.2992051*214d-124.2606396%3Fhl%3Den!3m5!1s0x54889b98262f2591:0x94d14d5d41ae521b!8m2!3d49.2978138!4d-124.2660046!16s%2Fg%2F11n7wpb81d?entry=ttu)

Westwood Lake, Nanaimo

Start from: The parking lot at Westwood Lake Park.

Walk description:

Westwood Lake Park is one of Nanaimo's best loved parks, nestled in the foothills of Mt. Benson. We will follow the 6 km trail around the lake, which should take about 90 minutes. The trail is well groomed and, apart from a steep knoll near the east end of the lake, is considered an easy walking trail. There are a few exposed rocks and roots, so sturdy walking shoes are recommended.

Dogs: Dogs are welcome, and there is a dog off leash area on the hydro easement on the far side of the lake. Dogs must be leashed along the main chip trail within the park.

Directions:

Follow Hwy 19 southeast from Qualicum Beach to Nanaimo. Continue through the lights at Auld's Road, Mostar, and Northfield, then turn right at Jingle Pot Road (exit 18). After about 500m, turn left on Westwood Road and follow it to the park (about 1.5 km). Go past the first (paved) parking lot, and park in the unpaved lot near the children's play structure. There is a washroom at the park. Travel time from Qualicum Beach is about 40 minutes.

Google map coordinates:

<https://www.google.ca/maps/place/Westwood+Lake+Park/@49.164143,-124.0032368,17z/data=!3m1!4b1!4m5!3m4!1s0x5488a3a5b1466b47:0x5bfcdbd006acbbabf!8m2!3d49.1641395!4d-124.0010481?hl=en>