
CONTENTS

Preface	4
Map and Key to Hiking Areas	9
Legend	10
How to Use This Book	11
Hints and Cautions.	13
Vancouver Island Trails Information Society	19
1. Portland Island	20
2. Sidney Island	24
D'Arcy Island	
3. Horth Hill	28
Green Park	
4. John Dean	32
Dominion Brook, Coles Bay	
5. Gowlland Tod	36
Tod Inlet, Oak Haven, Gore Park	
6. Mount Work	42
McKenzie Bight	
7. Lone Tree Hill	46
8. Goldstream/Mount Finlayson	48
9. Francis/King	52
10. Elk/Beaver Lake	56
Bear Hill	
11. Rithet's Bog	60
Rolston Trail	
12. Mount Douglas	62
Glencoe Cove-Kwatsech, Arbutus Cove	
13. University of Victoria	68
Mount Tolmie, Mystic Vale	
14. Cedar Hill Golf Course	72
15. Victoria Waterfront	74
Ogden Point to Oak Bay, Ogden Point to West Bay	
16. Swan Lake and Christmas Hill	78
Playfair, Beckwith Park	

17	Colquitz River	82
	Cuthbert Holmes, Swan Creek, Knockan Hill, Layritz, Quick’s Bottom	
18	Thetis Lake	86
19	Mill Hill	90
20	Mount Wells	94
	Sooke Hills Wilderness Reserve	
21.	Metchosin Shoreline	98
	Albert Head Lagoon, Witty’s Lagoon Sea Bluff Trail, Devonian	
22	Western Metchosin	104
	Matheson Lake, Roche Cove, Blinkhorn Lake, Metchosin Wilderness, Elizabeth Mann, Buckbrush Swamp, Bob Mountain, Wayne’s Rock	
23	East Sooke	112
24.	Whiffin Spit	120
25	Sooke Potholes	124
	Sooke Mountain	
26	West Coast Road: Sooke to Port Renfrew	130
R27	Juan de Fuca Trail	140
R28	Galloping Goose Trail	146
R29	Lochside Trail	152
	Campgrounds	157
	Accessible Areas.	158
	Nature Walks	160
	Birdwatching	162
	Suggested Reading	165
	Information Sources	167
	List of Maps	168
	Acknowledgements	169
	Postscript	170
	About the Editor	171
	Index	172
