

Capital Regional District

Sooke Hills Wilderness Regional Park



Park Amenities

- Information
- Parking Lot
- Suspension Bridge
- Toilet
- Waugh Creek Falls Viewpoint

Trails By Designated Use

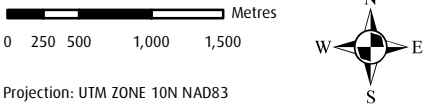
- Hiking Trail
- Hiking/Cycling Trail
- Cycling/Equestrian Trail
- Hiking/Cycling/Equestrian Trail

Trails By Name (with Distances)

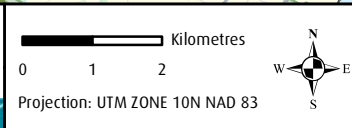
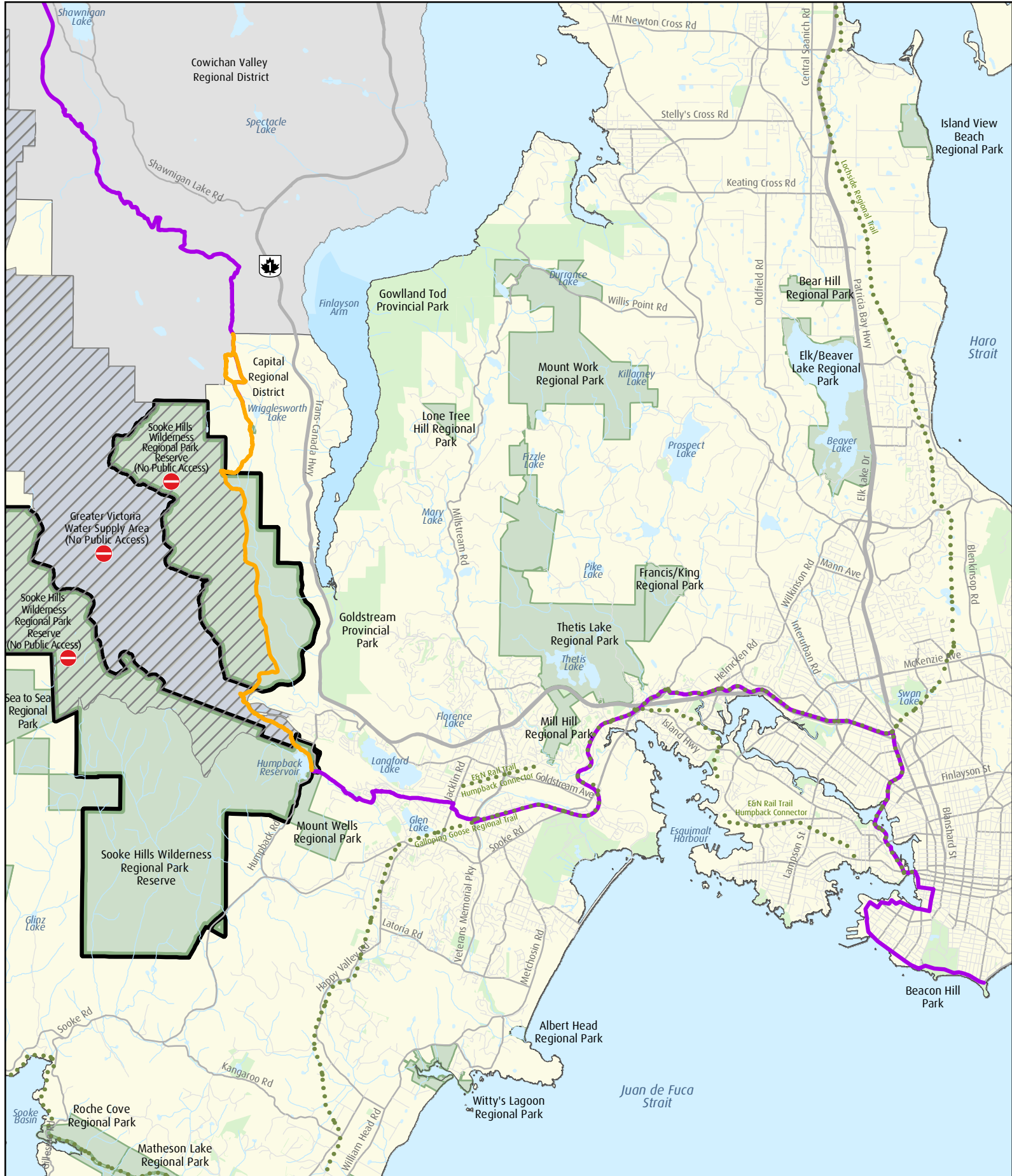
- Sooke Hills Wilderness Trail (13 km) (Part of The Great Trail)
- Summit Trail (1.3 km) *Mount Wells Regional Park*
- The Great Trail

Map Features

- Specialized Gate (Cyclists Dismount)
- Summit
- Road
- Rail Corridor
- Regional District Boundary
- Municipal Boundary
- Hydro Wire
- Contour - 20m interval
- River / Stream
- Lake / Reservoir / Ocean
- Parking Lot
- Greater Victoria Water Supply Area
- Drinking Water Protection Zone
- Sooke Hills Wilderness Regional Park
- Other Regional Park
- Other Park/Protected Area



Disclaimer
Important This map is for general information purposes only. The Capital Regional District (CRD) makes no representations or warranties regarding the accuracy or completeness of this map or the suitability of the map for any purpose. **This map is not for navigation.** The CRD **will not be liable** for any damage, loss or injury resulting from the use of the map or information on the map and the map may be changed by the CRD at any time.



- Sooke Hills Wilderness Trail (13 km)
(Part of The Great Trail)
- The Great Trail
- Regional Trail
- Road

- Sooke Hills Wilderness Regional Park
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- Drinking Water Protection Zone ⊘
- Greater Victoria Water Supply Area ⊘

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Sooke Hills Wilderness Regional Park Sooke Hills Wilderness Trail (part of The Great Trail)



This expansive wilderness park features a challenging 13 kilometre trail across rivers, through forests and over hilltops.

www.crd.bc.ca/parks

CRD
Making a difference... together

A Great Wilderness Experience

One of the largest parks in the region, Sooke Hills Wilderness Regional Park provides a buffer to the Greater Victoria Water Supply Area. The Sooke Hills Wilderness Trail within the park forms part of The Great Trail route, a network of multiuse trails that stretches across Canada.

Trail Rating: Challenging

Size: 4090 ha

Location: Langford and Juan de Fuca Electoral Area

Established: 2017

Hours: Sunrise to Sunset

Features

- Sooke Hills Wilderness Trail
- Goldstream River suspension bridge
- Peaceful forest scenes and hilltop vistas

Things to Do

Sooke Hills Wilderness Trail offers hiking and cycling, and in some sections, horseback riding. The 13 km unpaved trail offers a unique wilderness experience as it travels through remote areas and wildlife habitat. The trail lies between the Humpback Reservoir in Sooke Hills Wilderness Regional Park and the Capital Regional District-Cowichan Valley Regional District boundary. Sooke Hills Wilderness Trail provides part of both The Great Trail and the Vancouver Island Spine Trail routes.



The Sooke Hills Wilderness Trail provides an opportunity to connect with nature and to experience the beauty of this natural landscape. The trail travels through both open areas and sheltered woodlands.

Note: The trail is challenging and is not an all ages and abilities route. It has steep grades up to 16%, narrow sections, and rocky, gravel and uneven surfaces along the route. Hike and ride within your limits. This is a shared-use trail; please watch for other users and travel at safe speeds.

Rest at the viewing platform, 2.5 km from the Humpback trailhead, to take in the sights and sounds of Waugh Creek Falls, which flows forcefully in the winter and spring. From there, it is 0.5 km to the suspension bridge across the Goldstream River.



See videos of the trail and time-lapse construction of the suspension bridge at www.crd.bc.ca/parks.

The hilltop vistas of the surrounding mountains and Finlayson Arm are spectacular in the northern section. There are wide open views of Greater Victoria in the distance. The views are the reward for the effort made to reach the top! Equestrians are permitted on the north end of the trail, from the Cowichan Valley Regional District-Capital Regional District boundary southwards for 4 km.



What is The Great Trail?

Are you up for a 24,000 km hike? The Great Trail is one of the world's longest networks of multi-use recreational trails, linking Canadians in nearly 1,000 communities. On Vancouver Island, The Great Trail runs from Nanaimo through the Cowichan Valley to Victoria.

Within the CRD, 40 km of the trail run between the CRD-Cowichan Valley Regional District (CVRD) boundary and Clover Point in Victoria. Different sections of the route have been developed and are managed by the CRD, the City of Langford, and the City of Victoria. The CRD provides two sections of the route. One section is along a portion of the Galloping Goose Regional Trail (15 km) from the Selkirk Trestle in Victoria to Veterans Memorial Way/Kelly Road in Langford. Much of this section is relatively flat with only a few hills along the route. The second section is the Sooke Hills Wilderness Trail.

How to Get There

Victoria to south trailhead

Victoria to south trailhead Follow the Trans-Canada Highway from Victoria, and turn left on West Shore Parkway. At the roundabout, continue straight to stay on Westshore Pkwy. Turn right onto Meridian Ave. Turn left onto Irwin Rd, stay left at Humpback Rd. Destination is on the right.

Shawnigan Lake to north trailhead

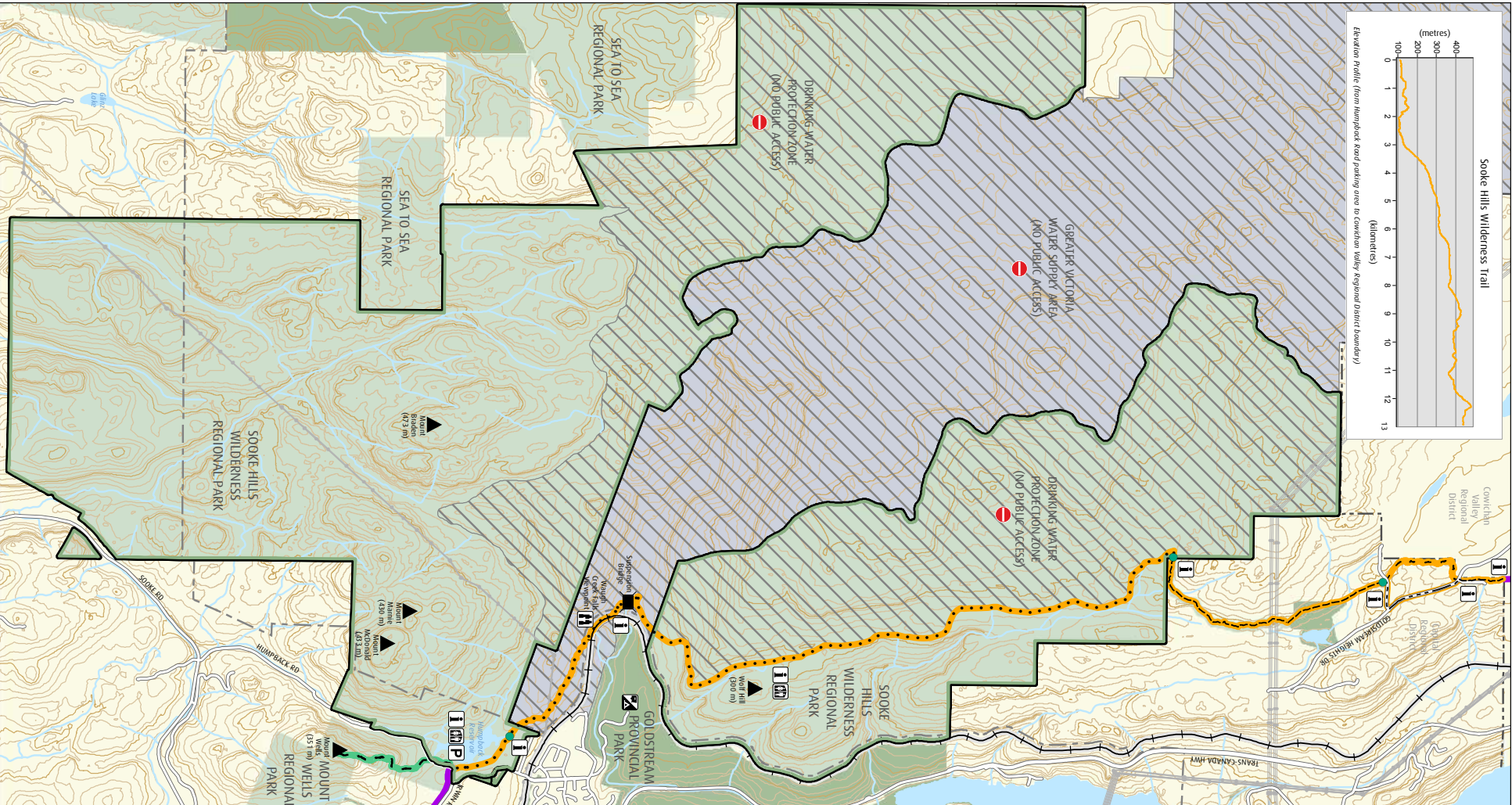
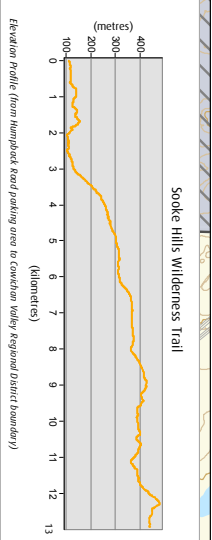
There is no CRD parking lot at the north trail head. A Cowichan Valley Regional District parking lot for the Cowichan Valley Trail is located on Stebbings Road in Shawnigan Lake. Follow the trail south for 4.5 km where it joins to the Sooke Hills Wilderness Trail north trailhead.

By bike or foot from Victoria

Follow the Galloping Goose Regional Trail that begins at Harbour Road in Victoria for approximately 15 km. Follow The Great Trail signage in the City of Langford to Sooke Hills Wilderness Regional Park on Humpback Road.

By bike or foot from Shawnigan Lake

Follow the Cowichan Valley Trail – Malahat Connector south from the Sooke Lake Road entrance for approximately 9 km, where it joins Sooke Hills Wilderness Trail north trailhead.



Capital Regional District
Sooke Hills Wilderness Regional Park

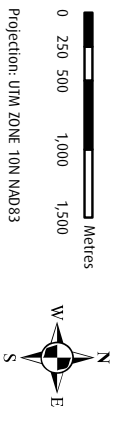


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21/06/2017 | RP_SHW_WebSite.mxd | daviservices@crd.bc.ca

Please Conserve our Parks

- Motorized vehicles, camping, open fires, smoking, and alcohol are prohibited.
- Stay on the designated trail.
- Public access to the Drinking Water Protection Zone and The Greater Victoria Water Supply Area is not permitted. Please respect the no public access areas within the park to help safeguard this vital resource.
- Dogs must be on leash at all times.
- Pick up after your pet.
- Pack out all garbage.

Trail Habits

- Keep right and anticipate other users along the trail.
- Slow down when around other trail users.
- Alert others of your approach.
- Cyclists must yield to others.



This Place is Wild: Use Caution

You are sharing this natural area with large carnivores such as bears, cougars, and wolves, that depend on this park for survival.

- Stay alert. Wildlife may be in the area. Watch for signs such as tracks, claw marks on trees and scat.
- Make noise to avoid surprise encounters, especially around blind corners and areas with dense vegetation.

- Do not approach or feed wildlife. Keep a minimum viewing distance of 100 m from bears, cougars, and wolves and 30 m from other animals.
- Dogs must be kept on leash at all times to reduce the risk of encounters with large carnivores.
- Do not leave children or pets unattended.

Contact Information

- Cell phone coverage is limited. Do not rely on your cell phone for emergency assistance. Turn off your phone when not in use to conserve the battery.
- In case of emergency call 911, if you have cell phone coverage.
- Report wildlife-human interactions where the public may be at risk to the BC Conservation Officer Service at 1.877.952.7277.
- Report a wildfire to 1.800.663.5555 or *5555 from a mobile phone.
- Report park violations or animal control issues to 250.478.3344.

Capital Regional District | Regional Parks

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