

REGIONAL PARKS

ALBERT HEAD LAGOON

AYUM CREEK

BEAR HILL

BROOKS POINT

COLES BAY

DEVONIAN

EAST POINT

EAST SOOKE

ELK/BEAVER LAKE

FRANCIS/KING

GONZALES HILL

HORTH HILL

ISLAND VIEW BEACH

JORDAN RIVER

KAPOOR

LONE TREE HILL

MATHESON LAKE

MATTHEWS POINT

MILL FARM

MILL HILL

MOUNT PARKE

MOUNT WELLS

MOUNT WORK

MOUNTAIN FOREST

ROCHE COVE

SEA TO SEA

SOOKE HILLS WILDERNESS

SOOKE POTHOLES

ST. JOHN POINT

THETIS LAKE

WITTY’S LAGOON

WRIGGLESWORTH LAKE

REGIONAL TRAILS

E&N RAIL TRAIL

GALLOPING GOOSE

LOCHSIDE

MAYNE ISLAND

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CRD Regional Parks

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► About the Capital Regional District

The Capital Regional District (CRD) delivers regional, sub-regional and local services to 13 municipalities and three electoral areas on southern Vancouver Island and the Gulf Islands.

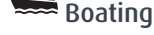
Governed by a 24-member Board of Directors, the CRD works collaboratively with First Nations and all other levels of government to enable sustainable growth, foster community well-being, and develop cost-

effective infrastructure while continuing to provide core services to residents throughout the region.

The CRD’s regional parks system protects and manages more than 13,350 hectares of spectacular natural area in 33 regional parks and four regional trails on southern Vancouver Island and the Gulf Islands.

Visit us online at www.crd.ca.

Park Features

-  Beach
-  Bird Watching
-  Boating
-  Camping
-  Canoeing/Kayaking
-  Cycling
-  Fishing
-  Accessible Fishing
-  Hiking
-  Horseback Riding
-  Interpretation Signage
-  Lookout
-  Marine Wildlife Viewing

-  Mountain Biking
-  Nature Centre
-  Picnic Area
-  Accessible Picnic Area
-  Picnic Shelter
-  Accessible Picnic Shelter
-  Playground
-  Swimming
-  Walking/Running
-  Wheelchair Access
-  Wildflowers

1 Albert Head Lagoon Regional Park

Albert Head Regional Park is a small lagoon and dune park that offers stunning views of the Olympic Mountains. It’s a sanctuary for various bird species and is a popular place for family picnics, birdwatching, and beach combing. This park has no facilities.

► TRAIL RATING: Easy

2 Ayum Creek Regional Park

This six-hectare park protects the estuary where Ayum Creek flows into the Sooke Basin. The creek runs through a mix of forest and wetland and is important for salmon and trout. There are no public facilities in this park and dogs must be kept on a leash.

► TRAIL RATING: Easy

3 Bear Hill Regional Park

This park spans nearly 49 hectares of hilly terrain and features scenic woodland trails that are popular with hikers and horseback riders. The trails are especially vibrant with wildflowers in spring, and the summit provides stunning views. There are no public facilities in the park and some equestrian trails can be steep and challenging.

► TRAIL RATING: Moderate

4 Brooks Point Regional Park

Brooks Point Regional Park offers an oceanfront area featuring rocky bluffs, forests, and grassy meadows. In spring, the meadow is vibrant with chocolate lilies. Enjoy stunning views, wildlife observation, and beach strolls.

► TRAIL RATING: Easy

5 Coles Bay Regional Park

Coles Bay Regional Park is a hidden gem, featuring winding trails that lead through old-growth forests to a beach with views of Saanich Inlet. It’s a popular spot for swimming in the summer because of its relatively warm water. You can reach the beach with a quick 10-minute walk along either the Beach Trail or the Nature Trail from the main parking lot. Enjoy lunch at accessible picnic tables in the grassy area near the parking lot or right by the beach. Accessible toilets are also available near the parking area

► TRAIL RATING: Easy

6 Devonian Regional Park

Tucked between Metchosin farmlands, this small nature sanctuary offers a quiet refuge. This 16 hectare conservation area preserves many diverse habitats. By following the main Beach Trail, you will wind through woodlands and past Sherwood Creek, until you emerge at the open coast. Check out the cobble beach for spectacular views or enjoy some bird watching at Sherwood Pond. If you’re on horseback, enjoy the equestrian trail with its view over neighbouring meadows.

► TRAIL RATING: Easy to Moderate

7 E&N Rail Trail - Humpback Connector

This section of the regional trail system provides an important non-motorized transportation and recreation link between Victoria and the Western communities. The paved trail, ideal for cycling, rolling, and walking, is being built largely within a former rail corridor.

► TRAIL RATING: Easy

8 East Point Regional Park

Featuring coastal bluffs on Saturna Island, this park is connected to Gulf Islands National Park Reserve and offers views of the San Juan Islands and the mainland of Washington State. It is an excellent spot for viewing marine mammals such as orcas and sea lions and all kinds of birds. This park currently has no facilities.

► TRAIL RATING: Easy

9 East Sooke Regional Park

East Sooke Regional Park offers a true West Coast wilderness experience. Hike along the rugged, windswept coastline, traverse dry hilltops, and wander through dense rainforests to discover sheltered coves. The park features spectacular views and 50 kilometers of trails through forest, marsh and field, including the 10 kilometer Coast Trail that features pocket beaches, rocky bays and tide pools for exploring and scuba diving.

► TRAIL RATING: Easy (Aylard Farm) to Challenging (Coast Trail)

10 Elk/Beaver Lake Regional Park

This park, with its large freshwater ecosystem, provides year round habitat for a diversity of flora and fauna. It also offers a wide variety of recreational opportunities for all ages and abilities, from amateurs to Olympians. Enjoy a 10km hiking trail around the lake, or try the 5 kilometer multi-use section of the same trail where you can walk, ride, or roll. Accessible beaches, picnic areas, a nature centre (open July and August), two playgrounds and an accessible fishing dock make this a great place to visit for the whole family.

► TRAIL RATING: Easy

11 Francis/King Regional Park

With 11 kilometers of forest trails, this park is an ideal place for visitors of all abilities to explore nature. Enjoy marveling at the magnificent old-growth Douglas-fir trees – which are some of the tallest in the region – and make a visit to the nature centre and Elsie King interpretive trail, which are accessible to people of all ages and abilities.

► TRAIL RATING: Accessible (Elsie King Trail) to Moderate (Centennial Trail)

12 Galloping Goose Regional Trail

This picturesque multi-use trail, formerly a railway line, spans urban, rural and wilderness areas on its 55 kilometer journey from Victoria to Sooke. Day trips are possible to nearby Matheson Lake, Roche Cove, Sooke Potholes and Kapoor regional parks. The trail intersects with the Lochside Regional Trail and E&N Rail Trail, and 15 kilometers of the trail also forms part of the Trans Canada Trail route.

► TRAIL RATING: Accessible (paved sections) to Easy to Moderate (steep sections near Sooke Basin).

13 Gonzales Hill Regional Park

Nestled on a small but precious piece of our rare Garry oak ecosystem in the heart of the city, this park bridges Victoria’s past and present. It offers unparalleled views of Victoria, Juan de Fuca Strait, the Olympic Mountains and Sooke Hills. The Gonzales Observatory was a weather station for 75 years and is now a historical landmark. The park is home to rare wildflowers and beautiful Garry oak ecosystem. This park has no facilities.

► TRAIL RATING: Easy

14 Horth Hill Regional Park

Take in sweeping hilltop views of the Saanich Peninsula while enjoying the 4 kilometers of hiking and equestrian trails at Horth Hill Regional Park. This 36 hectare park is rich in native plants and every season boasts a charming display for nature lovers.

► TRAIL RATING: Moderate

15 Island View Beach Regional Park & Campground

The expansive sandy beach, rare dunes and shrub and wetland ecosystems of this seashore park are home to numerous resident and migratory bird species, making it a premier bird watching area. A seasonal beachfront campground, accessible to RVs, lies in the heart of the park. An easy loop trail along the coast offers panoramic seascape views.

► TRAIL RATING: Easy

16 Jordan River Regional Park & Campground

A short walk through the hemlock and cedar forest leads to Sandcut Beach, a long-time favourite day-use area with fabulous views of the Olympic Peninsula. A campground with both drive-in and walk-in sites operates year-round on a first-come, first-served basis. This 187 hectare mixed coastal forest park along the Juan de Fuca Strait is also a popular destination for surfers when the conditions are favourable.

► TRAIL RATING: Easy to Moderate



Get Closer to Nature

Francis/King Regional Park

The Capital Regional District (CRD) offers a variety of year-round guided walks and drop-in events for all ages and abilities. These free and low-cost programs throughout the district are engaging and interactive. Feed your curiosity and foster a greater appreciation for the region's natural environment and cultural history by joining a CRD Regional Parks Naturalist or Cultural Programmer.

www.crd.ca/parks-events

Volunteer

Join our growing team of volunteers and see parks from a whole new perspective. Get involved in the stewardship of regional parks and trails as a naturalist, park steward, restoration or community group volunteer. Visit our website to learn about short and long-term volunteer opportunities.

www.crd.ca/volunteer

17 Kapoor Regional Park

Located at the northern end of the Galloping Goose Regional Trail, this riverfront park is adjacent to historic Leechtown, a mid-19th century gold mining town. No standing structures remain, but there are remnants of former mining and logging operations. Kapoor Regional Park provides habitat for golden and bald eagles, black-tailed deer, northern alligator lizards, red squirrels and pileated woodpeckers.



➤ TRAIL RATING: Easy

18 Lochside Regional Trail

The Lochside Trail is a picturesque, multi-use trail that used to be a railway line. Stretching from Swartz Bay to Victoria, this scenic trail winds past beaches, through farmland and wetlands, and down country lanes. The multi-use trail is perfect for day-cycle trips to nearby Elk/Beaver Lake and Island View Beach regional parks.

Cycle, stroll, roll, run, or even ride a horse through the rural sections, and you'll eventually intersect with the Galloping Goose Regional Trail.



➤ TRAIL RATING: Accessible (paved sections) to Easy

19 Lone Tree Hill Regional Park

Known for its Garry oak and Arbutus trees, steep rocky outcrops and spring wildflowers, the 364m summit at Lone Tree Hill Regional Park offers visitors a 'top of the world' view. Take in spectacular views of the Malahat, the Highlands, Victoria and the distant Olympic Mountains, and also enjoy watching birds of prey like bald eagles and turkey vultures as they soar on thermals overhead.



➤ TRAIL RATING: Moderate to Challenging

20 Matheson Lake Regional Park

This 156 hectare park has a beautiful lake and offers various recreational activities along with sensitive ecosystems.

This park offers a special opportunity to experience serene solitude along the cool, clear water surrounded by steep, lush temperate rainforest. It offers valuable freshwater habitat for wildlife, a small sandy beach, swimming, fishing, a trail loop and connects to Roche Cove Regional Park and the Galloping Goose Regional Trail.



➤ TRAIL RATING: Moderate

21 Matthews Point Regional Park

Distinguished by its ocean-side bluffs, part of the beautiful scenery along Active Pass, Matthews Point Regional Park is a small hidden gem. This 25 hectare park balances the protection of diverse and sensitive ecosystems while providing opportunities for hiking, birdwatching and horseback riding.



➤ TRAIL RATING: Easy

22 Mayne Island Regional Trail

The Mayne Island Regional Trail offers a safe route for pedestrians and cyclists between the Village Bay ferry terminal and Miners Bay village. Dogs must be on leash on all regional trails.



➤ TRAIL RATING: Easy

23 Mill Farm Regional Park

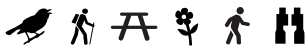
Located on Salt Spring Island, Mill Farm takes its name from the remnants of a small early 20th century mill that was located on the property. Today, despite its history of selective logging, Mill Farm includes one of the largest stands of old-growth forest on the Gulf Islands. This park currently has no facilities.



➤ TRAIL RATING: Moderate

24 Mill Hill Regional Park

This park exemplifies the exquisite beauty and ecological wealth of our region. Trails meander past a large Garry oak ecosystem with delicate spring wildflowers, a Douglas-fir forest and cedar wetlands bordering Millstream Creek, to summit (203m) views, and a trail connecting to Thetis Lake Regional Park.



➤ TRAIL RATING: Moderate to Challenging

25 Mount Parke Regional Park

Located on Mayne Island in the Gulf Islands, this park is a great spot to enjoy nature. Mount Parke features beautiful views, forest walks, birdwatching, and spring wildflowers.

Follow the winding woodland trail through a forest filled with Western Red Cedar and Red Alder, along with giant sword ferns and Oregon grape. Listen for the sounds of ravens overhead and watch for bald eagles and turkey vultures soaring in the sky.

The trail leads to the ridge, offering panoramic views of the land and sea below. In spring, you can see wildflowers like blue-eyed Mary, early saxifrage, and spring gold blooming on the slopes.



➤ TRAIL RATING: Moderate to Challenging

26 Mount Wells Regional Park

Mount Wells is a 123 hectare wilderness park featuring second-growth forest and fragile mossy rock outcrops, along with spectacular views and beautiful spring wildflowers. It is located near the vast protected green space of the Sooke Hills. The park provides spectacular views of Juan de Fuca Strait, Victoria, the Sooke Hills and the Sea to Sea Green Blue Belt.



➤ TRAIL RATING: Challenging

27 Mount Work Regional Park

Mount Work stands out on the horizon from many views in Saanich, Victoria, and the Saanich Peninsula. This large regional park is a popular recreation area and offers diverse landscapes and a variety of activities.

Mount Work - Hartland is a separate area with multi-use trails that are open to mountain biking. There is an accessible loop trail at the Munn Road entrance.



➤ TRAIL RATING: Moderate to Challenging

28 Mountain Forest Regional Park

Mountain Forest Regional Park is a beautiful park, showcasing mature, second growth Coastal Douglas-fir forest, Garry oak meadow, rocky outcrops, and arbutus strands, all of which are some of Canada's most rare and imperiled ecosystems.

The park is home to several species-at-risk, including the Western Screech Owl and Common Nighthawk, and serves as part of the headwaters for the regionally-important Colquitz River system via Excelsior Creek.

Please note that Mountain Forest Regional Park only contains a few simple trails and currently has no public facilities or amenities.



➤ TRAIL RATING: Easy

29 Roche Cove Regional Park

The primordial temperate rainforest surrounding the unique sheltered cove at this park provides visitors an opportunity for solitude and harmony with nature. It has 7 kilometers of trails through cedar forest and along the Galloping Goose, with beautiful views of Roche Cove and the Sooke Basin.



➤ TRAIL RATING: Moderate to Challenging

30 Sea to Sea Regional Park

Sea to Sea is one of the largest parks in the regional parks system. The park offers outstanding wilderness recreation that allows visitors to remain in close touch with the natural environment. There are 57 kilometers of designated hiking, mountain biking and equestrian trails, a wide range of large mammal and plant species, and views from the peaks of Mount Manuel Quimper at a former BC Forest Service fire lookout.



➤ TRAIL RATING: Moderate to Challenging

31 Sooke Hills Wilderness Regional Park

The largest park in the region, Sooke Hills Wilderness Regional Park provides a buffer to the Greater Victoria Water Supply Area and includes Mount Braden which at 471m is one of the highest peaks in the regional parks system. Within the park, the challenging 13 kilometer Sooke Hills Wilderness Trail forms part of the Trans Canada Trail route, which features a 41m suspension bridge across the Goldstream River and connects the Capital Regional District with the Cowichan Valley Regional District.



➤ TRAIL RATING: Moderate to Challenging (steep grades up to 16%)

32 Sooke Potholes Regional Park & Campground

Located on the banks of the Sooke River, the park is named for the unique pool-like rock formations that make enchanting swimming holes. Spring Salmon Place [Kwl-uchun] campground, operated seasonally by T'Sou-ke Nation, has spectacular river views, hiking on forest trails, and access to the Galloping Goose Regional Trail and Kapoor Regional Park.



➤ TRAIL RATING: Easy to Moderate

33 St. John Point

This 26 hectare waterfront regional park property is a place where local residents and visitors can connect with nature, experience the forest and coastal area, and refresh themselves through the beauty and tranquility of the site. This park currently has no facilities.



➤ TRAIL RATING: Moderate

34 Thetis Lake Regional Park

One of the most visited regional parks in the Capital Regional District, Thetis Lake is one of the larger regional parks with over 40 kilometers of recreational trails to explore. Go for a hike on the scenic trails hugging Upper and Lower Thetis lakes, or check out the blue-rated, multi-use trails that provide an excellent cross-country mountain biking experience and beautiful views from Stewart Mountain. After, visitors can enjoy a picnic or refreshing swim at the main beach.



➤ TRAIL RATING: Moderate to Challenging

35 Witty's Lagoon Regional Park

This seashore park contains a diverse landscape with woodlands, a freshwater creek, a salt marsh, a sandy seashore and rocky headlands, providing habitat for a diversity of plants and animals. It boasts excellent year-round bird watching, more than 5 kilometers of trails, a beach and Sitting Lady Falls.

The trail can be uneven and narrow, becoming muddy after rain.



➤ TRAIL RATING: Moderate

36 Wrigglesworth Lake Regional Park

Wrigglesworth Lake, this park's defining feature, can be accessed by a trail off of Goldstream Heights Drive. This 15.5 hectare park is a quiet freshwater oasis adjacent to Sooke Hills Wilderness Regional Park, the largest park in the region. This park currently has no facilities.



➤ TRAIL RATING: Easy

CRD Regional Parks & Trails

Southern Vancouver Island & the Gulf Islands

Includes map, features and activities

Mill Hill Regional Park

UPDATED 2025

CRD

Overview Map

COWICHAN VALLEY REGIONAL DISTRICT

CAPITAL REGIONAL DISTRICT

Jordan River Inset

Gulf Islands Inset

Main Map



Learn more and explore the map at www.tctrail.ca.