



and **F.O.H.P.**

Citizens' Environment Network in Colwood
(CENIC) and
Friends of Havenwood Park (FOHP)

are pleased to offer a suggestion for a

**Family Day activity
in Colwood!**

Our Colwood Parks Management Plans are thinking ahead to a connection of Colwood parks in a trail system referred to as the:

‘Beach to Mountain Trail System’!

Some of the connecting parks are not yet designated or in place yet but that doesn't have to stop Colwood residents and their friends from getting a head start on the idea! CENIC and FOHP would like to put out a challenge to beat the walking time record of 3 hours and 30 minutes for the preliminary ‘Beach to Mountain Trail System’ outlined below. Remember this is just the rough idea of what this trail system will look like one day. It will be an opportunity for you, your family and friends to visit Colwood parks, some of which you might not have visited before.

You've heard of the ‘Grouse Grind’ in North Vancouver, well this is our own ‘Colwood

Grind' from the ocean to the highest park in the City!

The trail system is something you would do on your own initiative, at a time that works for you, walking safely on the sides of streets and crossing all roads with care and attention. Take the 'Colwood Grind' challenge at your own risk! Please report your 'official' time on our CENIC or City Facebook site.

If you are interested in FOHP please check us out at 'Friends of Havenwood Park' (FOHP) Blog online at <https://havenwoodpark.wordpress.com>. Leave us a comment and we will be happy to get back to you. FOHP meets each Friday at 9:30-11:30 am in Havenwood Park. Our role in the park's management plan is to assist in the park by pulling invasive plants, restoring native trees and shrubs and stewarding the conservation of its natural ecosystem. New members are always welcome.

To learn more about CENIC please check out our *Citizens' Environment Network in Colwood* Facebook page or email us at colwoodcenic@gmail.com. We would be pleased to invite you to attend one of our monthly Zoom meetings. CENIC has as its purpose the desire to bring together individuals, organizations and businesses with an interest in encouraging and supporting measurable progress on climate change action and environmental sustainability in Colwood.

Beach to Mountain Trail System

Route Description

All distances are approximate. The route is 11.5km long and has over 300 metres total elevation gain. See the last page for a map and elevation profile.

Where noted (pic), there are relevant pictures. See the picture pages for more.

No.	Route Description	Notes
1	Start at Royal Bay beach. (pic)	Two parking lots and portapotties are available
2	Walk west (right) 1.65km along the beach to the CRD Albert Head Lagoon Park.	Check tide tables at https://tides.gc.ca/en/stations/07110 High tide will require careful walking among slippery logs. (pic)
3	Now leave the beach here in Metchosin (pic) and walk 250m up along the edge of Delgada Rd and turn left onto Park Drive. Walk 325m until Park Drive meets Farhill Rd. Turn left to enter Farhill Trail.	There is a little free library and a bench at the entrance to the Farhill Trail (pic). The elevation at this point is 35m above sea level.
4	Go through this park and cross the bridge.	The bridge was built by community volunteers (pic)
5	When you exit the park, turn right on Duke Rd. and carefully cross Metchosin Road at the intersection with Pelican Drive. (pic)	Pelican Dr is directly across Metchosin Rd from Duke Rd
6	You are back in Colwood now and you need to walk 50m to the entrance to Latoria Creek Park on Pelican Dr. (pic)	The elevation at this point is 50m above sea level.
7	Walk 1.1km through this lovely park until the exit on Latoria Rd.	Stay on the main path - do <u>not</u> go up the stairs to Pelican Dr about 300m into the path.

No.	Route Description	Notes
8	Cross at the crosswalk and continue 400m along the sidewalk up Wishart Rd to Windthrop Rd on the left.	You're steadily gaining elevation. It is 100m above sea level here.
9	Walk 350m to the end of Windthrop and you will enter Colwood's Havenwood Park (pic) on the east side of Veterans Memorial Parkway (VMP). Walk through the park and travel across the crosswalk on VMP.	You've almost walked 5km by the time you reach VMP!
10	Enter the west side of Havenwood Park and travel along the left path (signed for the Olympic View trail). (pic)	Colwood acquired the 40 acre Havenwood Park in 2002
11	Follow the path 700m and watch for signs to Desmond Rd (pic). Exit the park onto Desmond Rd. (pic)	You are now briefly in Langford
12	Walk 125m along the edge of Desmond Rd. and turn right onto Sunheights Rd.	
13	Walk 200m up Sunheights Rd and turn right onto Sun Estates. In 50m take the trail and stairs up to Colwood's Lookout Lake Park. (pic)	Lookout Lake is regularly stocked with rainbow trout by the Freshwater Fisheries Society of BC. There is a picnic table and portapotty here.
14	Take the upper stairs (to the right of the stairs you just came up) that lead to Blue Sky Pl. (pic) Walk 275m down Blue Sky Pl to Sunheights Dr.	You've reached the highest point on your walk today at the top of the stairs – over 200 metres above sea level!
15	Turn right onto Sunheights Dr and walk for 75m before turning right again onto Fulton Rd.	

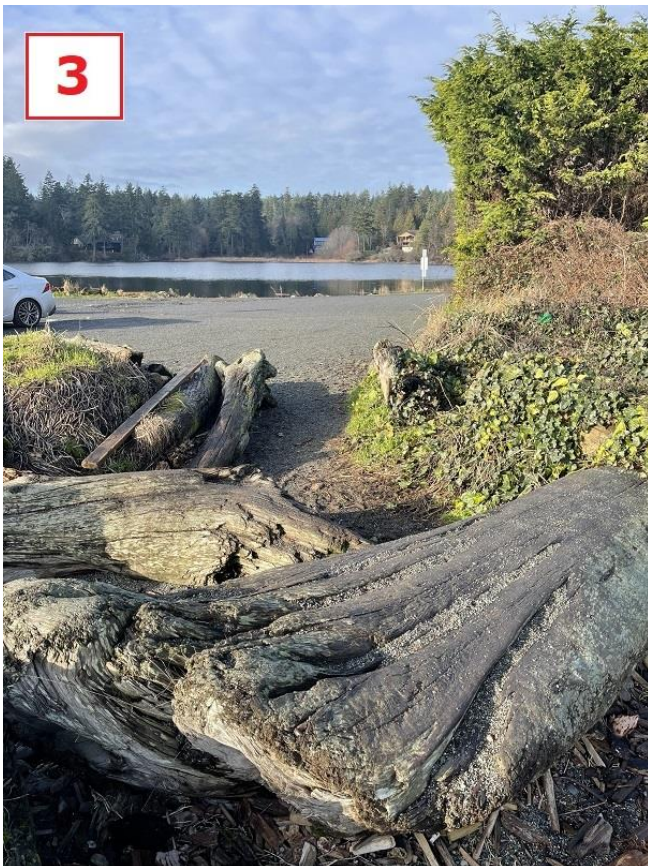
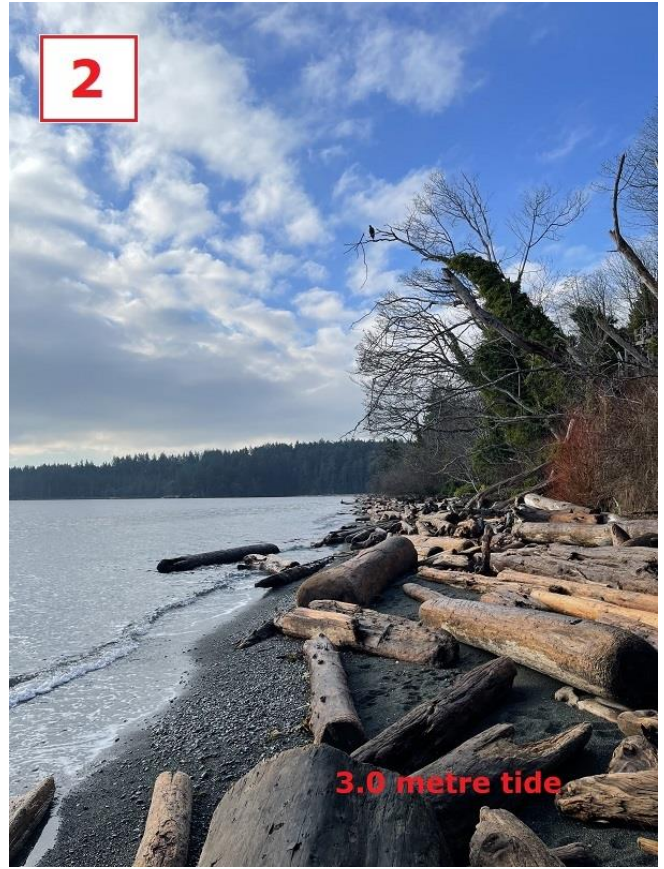
No.	Route Description	Notes
16	Walk 600m to the end of Fulton Rd, and the entrance to Havenwood Park (pics). Walk down the gravel path, down the stairs, and continue along the path until you reach VMP.	As you round the last corner towards the end of Fulton, see if you can spot Race Rocks lighthouse in the distance. There are 169 stairs!
17	Cross at the VMP crosswalk to walk through Havenwood Park again on the east side and exit at Winthrop Rd. Is this looking familiar?	
18	Walk to the end of Winthrop Rd and turn right onto Wishart Rd. Walk 75m to Royal Bay Drive and turn left and then left again to the entrance to Promenade Park on the right in 100m. (pic)	
19	Go through the park (staying to the left at 100m) and exit on Promenade Cres. Turn left and walk 75m, then right on Royal Bay Drive. Walk 200m to the end of the road.	Check out the viewpoint in Promenade Park
20	Not far from the end of the road, take the path on the right through Murray's Pond Park and exit to Ryder Hesjedal Way. (pic x2)	Check out the Poetry Station signboard at the exit on Ryder Hesjedal Way
21	Walk along Ryder Hesjedal Way for 150m and turn right on Trumpeter St. Continue for 300m on Trumpeter St until you enter Meadow Park. (pic) Follow the park trail 500m to the right, along the creek to Latoria Rd.	There are public washrooms here
22	Turn left at Latoria Rd and follow it for 150m to Metchosin Rd.	

No.	Route Description	Notes
23	Cross at the crosswalk and walk 600m on the edge of the road to Royal Beach. (pic)	
24	You are amazing! You did it! Let us know how many kilometres it took you and how long! Please post on the Facebook page for CENIC or the City so we can keep track of the record times.	The route is approximately 11.5km and has over 300m of elevation gain.

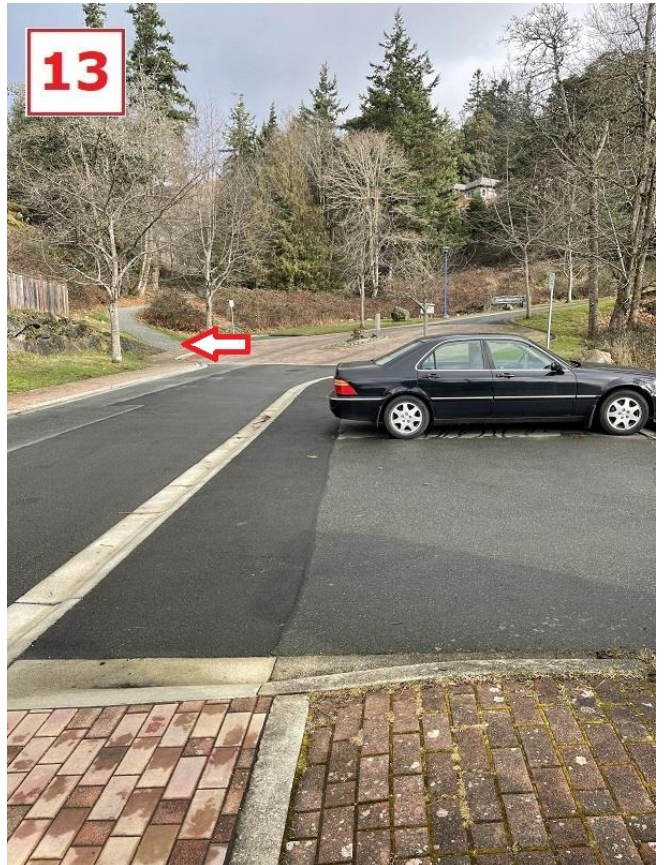
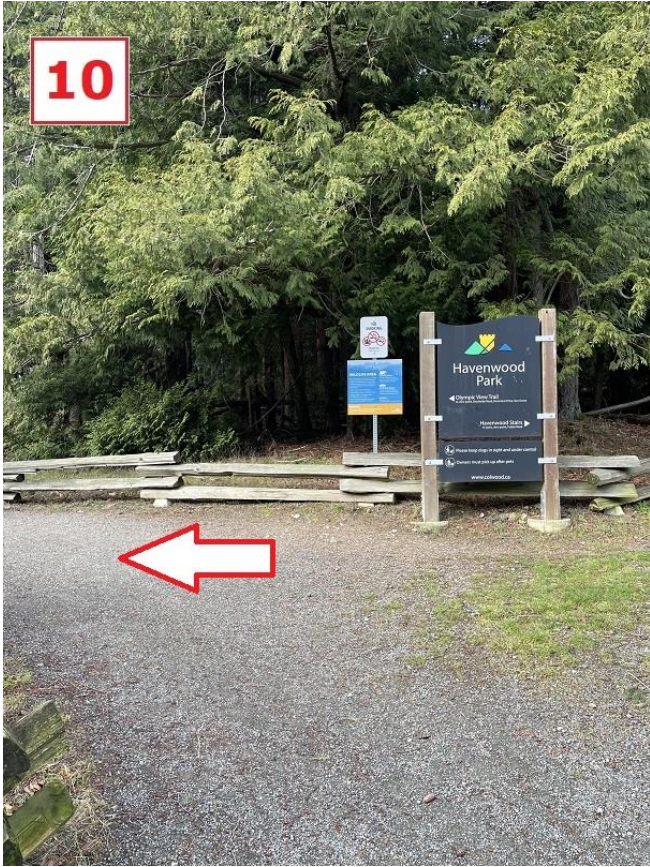
How many birds and animals did you see along the way? We saw:

- Two bald eagles and many Canada Geese on the beach
- Two swans and lots of ducks at Albert Head Lagoon
- A heron and a cormorant at Lookout Lake
- Squirrels, robins, varied thrushes, hummingbirds and many more!

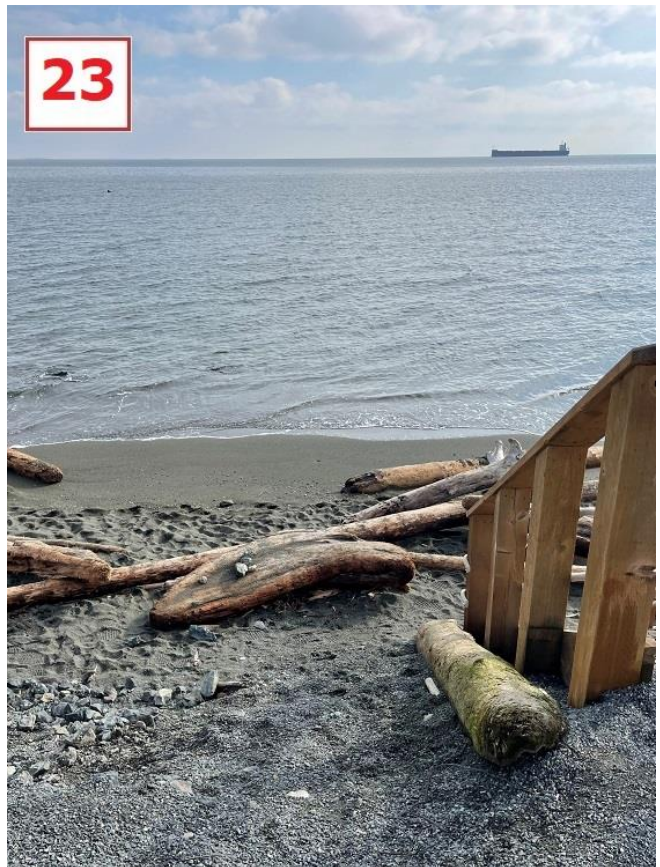
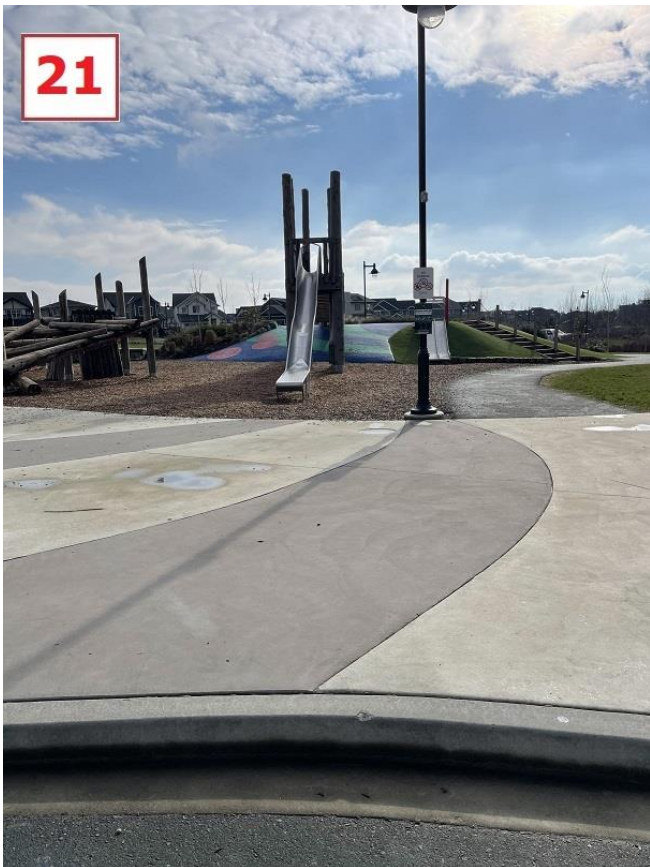
Numbers on pictures correspond to numbered steps on previous pages

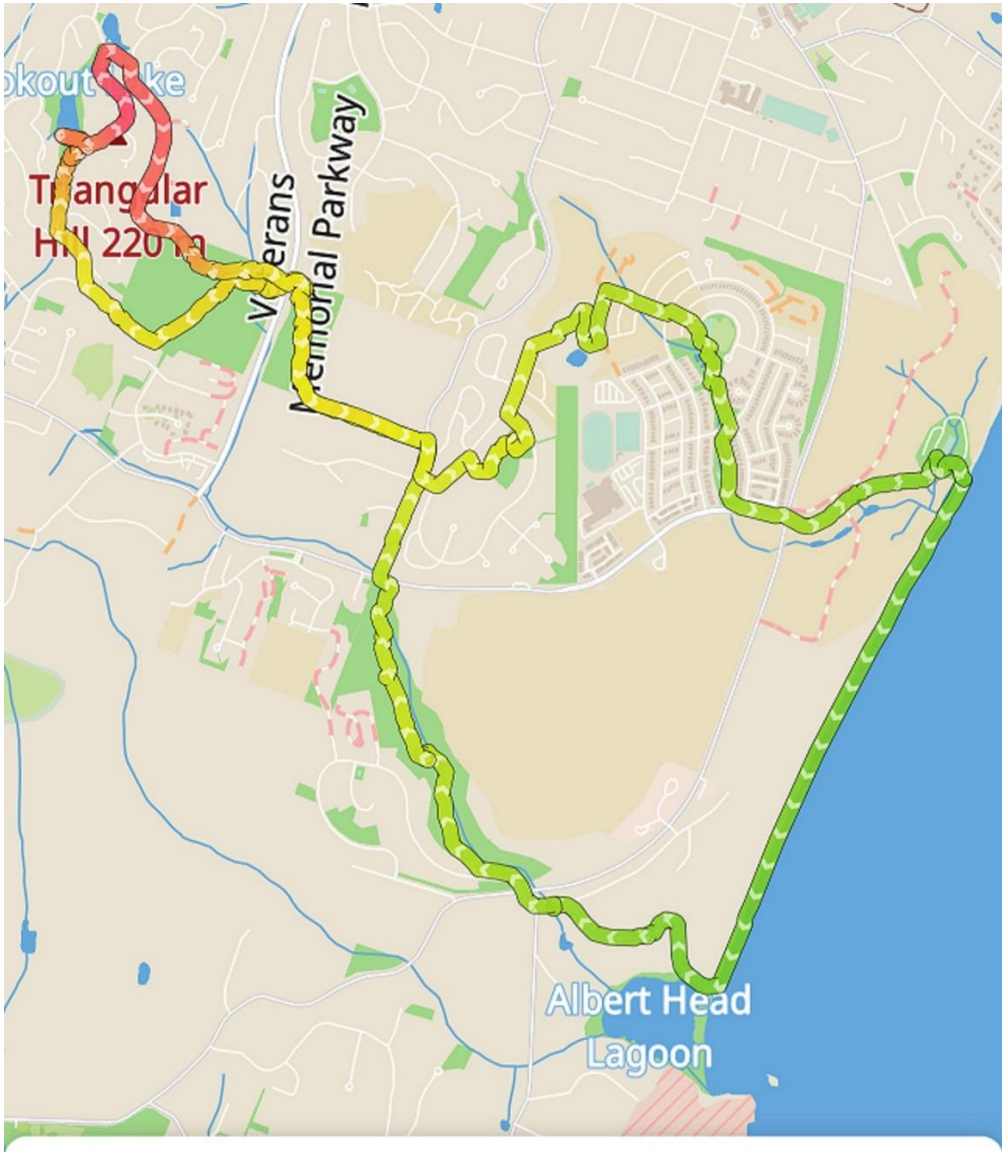














 **11.5 km**  **320 m**
Distance Climb

