

Maps and trail highlights inside

GALLOPING GOOSE AND LOCHSIDE

REGIONAL TRAILS



CAPITAL
REGIONAL
DISTRICT

Regional Parks

experience

welcome to the Galloping Goose and Lochside regional trails

Come and experience the best of the Capital Region — from urban back streets to farmland and rugged wilderness, all within a day's travel of Victoria. The Galloping Goose and Lochside regional trails cover more than 80 kilometres, connecting downtown with Sooke and the Saanich Peninsula. No matter which direction you choose, these day-use trails offer spectacular West Coast scenery.

You can cycle, stroll, run or even ride a horse through the rural sections. Whether you're commuting to work, meandering on a weekend afternoon or pacing yourself from Sidney to Sooke, the trails are yours to enjoy and yours to protect.

Trail etiquette

- Share the trail and keep right except to pass.
- When passing, alert other trail visitors and use caution, particularly around horses.
- Respect the trail environment and neighbouring lands.
- Yield to farm equipment.
- Cyclists, control your speed and yield to pedestrians and horse riders.
- Lochside Trail: Keep your dog on a leash at all times.
- Galloping Goose Trail: Keep your dog under control and on the trail.
- Pick up your dog's droppings.



Be alert! The Galloping Goose and Lochside regional trails traverse urban landscapes and working agricultural areas. Some sections follow or cross public roadways. Use caution and obey traffic rules on roads and at road crossings. Give way to farm equipment using the trails.



Part of something bigger The Galloping Goose Regional Trail is part of the Trans Canada Trail, a national trail linking every province and territory. The Trans Canada Trail will eventually link the Galloping Goose Trail north to the Cowichan Valley and beyond.

Tales of the trails The trails travel over picturesque former railway lines. The Galloping Goose Trail was named for the gas-powered passenger car that carried mail and 30 passengers twice daily between Victoria and Sooke during the 1920s. Beginning in 1917, the Lochside Trail hosted a daily 74-passenger General Electric gas car that transported passengers and freight between Victoria and a steamship dock at Patricia Bay.

**The heritage of the past —
The trails of the future**

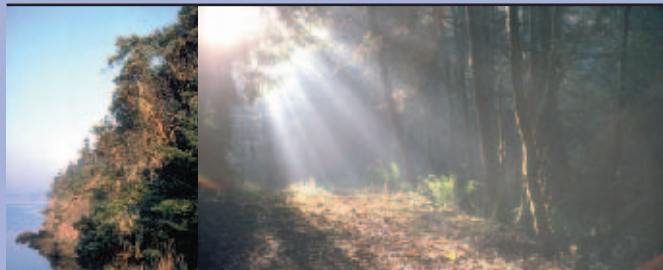


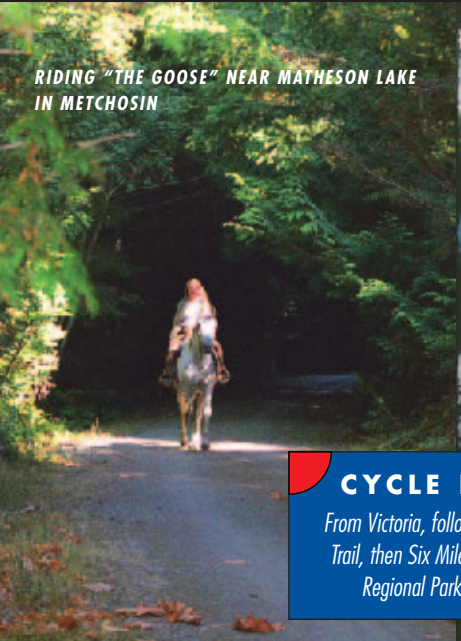
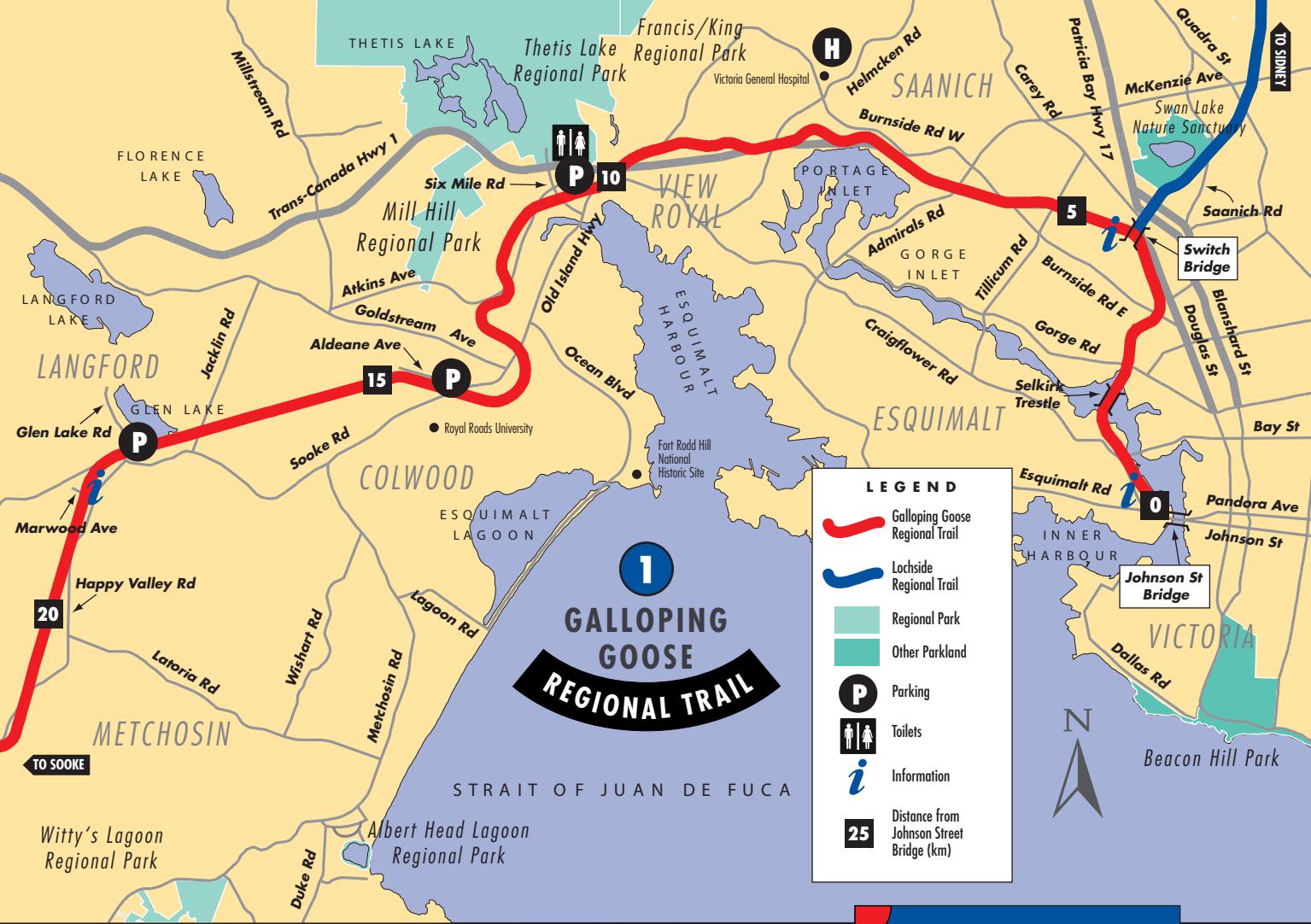
THE ORIGINAL "GALLOPING GOOSE"

GALLOPING GOOSE AND LOCHSIDE REGIONAL TRAILS

LEGEND

- Galloping Goose Regional Trail
- Lochside Regional Trail
- Regional Park
- Other Parkland
- Parking
- Toilets
- Information
- Distance from Johnson Street Bridge (km)
- Distance from Johnson Street Bridge (km)





RIDING "THE GOOSE" NEAR MATHESON LAKE IN METCHOSIN

CYCLE DAY TRIP
 From Victoria, follow the Galloping Goose Trail, then Six Mile Road, to Thetis Lake Regional Park. **11 km** one way



VIEW OF SOOKE BASIN FROM THE GALLOPING GOOSE TRAIL

CYCLE DAY TRIP
 From Victoria, follow the Galloping Goose Trail, then Atkins Avenue, to Mill Hill Regional Park. **12 km** one way



CYCLE WEEKEND
 From downtown Victoria, take the Galloping Goose Trail and overnight in the Sooke area. The next day, explore beyond Sooke or return after a detour to East Sooke Regional Park.
 40 km one way

2 GALLOPING GOOSE REGIONAL TRAIL

CYCLE DAY TRIP
 Park at Roche Cove Regional Park, and follow the Galloping Goose Trail to the Sooke River Road parking area. From there, follow Sooke River Road to Sooke Potholes Regional Park. 12 km one way

LEGEND

- Galloping Goose Regional Trail
- Regional Park
- Other Parkland
- Parking
- Toilets
- Information
- Distance from Johnson Street Bridge (km)

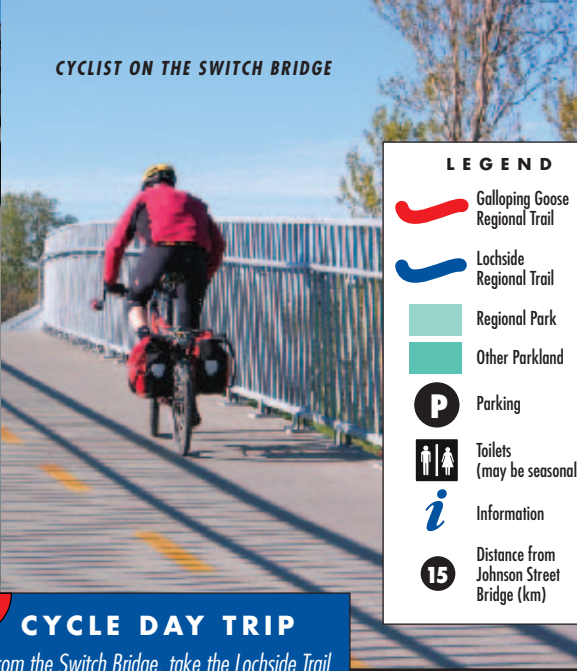
CYCLE DAY TRIP
 Park at the Luxton parking area, near the corner of Sooke Road and Glen Lake Road. Follow the Galloping Goose Trail, then Lombard Drive and William Head Road, to Devonian Regional Park in Metchosis. 9 km one way





INFORMATION KIOSK

Welcome to the
**Galloping Geese
Regional Trail**



CYCLIST ON THE SWITCH BRIDGE

CYCLE DAY TRIP

From the Switch Bridge, take the Lochside Trail past Swan Lake and over the Blenkinsop Trestle to nearby Elk/Beaver Lake Regional Park or Cordova Bay beach. **12 km one way**



3

Lochside
REGIONAL TRAIL



CYCLING ON THE LOCHSIDE TRAIL IN CENTRAL SAANICH

CYCLE DAY TRIP

From the Switch Bridge, follow the Lochside Trail through the farmland of the Saanich Peninsula to Sidney. Stop to explore Island View Beach Regional Park on the way. **24 km one way**

LEGEND

- Galloping Goose Regional Trail
- Lochside Regional Trail
- Regional Park
- Other Parkland
- Parking
- Toilets (may be seasonal)
- Information
- Distance from Johnson Street Bridge (km)



TO SOOKE

Switch Bridge 4

How to get there From **downtown Victoria**, start at the corner of Wharf Street and Pandora Avenue. Cross the Johnson Street bridge, then turn right on the paved path that connects to Harbour Road and the Galloping Goose Trail.

From the **BC Ferries Terminal at Swartz Bay**, follow the signs to the Lochside Trail. Cyclists: after passing under the Landsend Road overpass, turn right at the bicycle lane, right at the overpass, then right onto the Trail. Foot passengers: turn left at the Landsend Road overpass, then right onto the Trail.

From **Victoria International Airport**, follow the signs to Victoria. Turn left on McTavish Road, cross the Patricia Bay Highway, then turn right onto the Lochside Trail, which follows Lochside Drive.

Transit and the trails BC Transit buses can carry you to or from the trails on several routes. Low floor buses on route 70 between Victoria and Swartz Bay, and route 61 between Victoria and Sooke are equipped with bike racks and wheelchair lifts. For details and schedules, phone BC Transit at **(250) 382-6161** or visit www.bctransit.com.

Need more info? CRD Parks coordinates the management and operations of your regional trails. To find out more about CRD Parks, and for information about trail closures or detours, visit **www.crd.bc.ca/parks**.

Dial **9-1-1** in case of emergency or fire, or if you observe unlawful activities.



CAPITAL
REGIONAL
DISTRICT

Regional Parks

490 Atkins Avenue
Victoria BC V9B 2Z8
T 250.478.3344 | F 250.478.5416
www.crd.bc.ca/parks

