

Salish Shores Discovery Trail

The Salish Shores Discovery Trail starts in the seaside town of Sidney on the Saanich Peninsula, which forms the southern tip of Vancouver Island.

The trail crosses the Saanich Peninsula to former fishing village, Brentwood Bay on Finlayson Arm. It continues south through farmland, past lakes and through forests and along regional trails to Esquimalt Lagoon on the Juan de Fuca Strait. The route then follows the coastline into the rural community Metchosin and from there, past lakes and secluded bays, to Sooke Basin.

The 5-day contiguous trek ends just outside the town of Sooke. An added hiking day takes you through wilderness and over coastal bluffs in remote East Sooke Park.

Hikers will experience a gradual change in both landscape and local culture along the route, but can count on welcoming hospitality at each stop.



Tour Options

Peninsula 3-Day Hike (3-day, 2 nights, \$650 per person)

Walk the Saanich Peninsula, home to seaside communities and reminders of the region's turbulent history, wilderness parks, wineries and great eateries. You're never far from civilization, yet at times deeply immersed in coastal forests and meadows.

West Coast 3-Day Hike (3-day, 2 nights, \$650 per person)

Begin your hike at a national historic site on the edge of town and from there on, walk on beaches, past lagoons and through woodlands into rural Metchosin. As your surroundings become ever more remote, enjoy the rugged landscape and witness a unique rural lifestyle.

The Salish Shores Discovery Trail 5-Day Hike (5-day, 4 nights, \$1,150 per person)

Combine the Peninsula and West Coast hikes into a 5-day hike, with optional added days along the way to explore an area, have a day of rest or make time for a paddle or bike ride.

Personalized Tours

Each tour can be personalized. Simply select the segments of the Salish Shores Discovery Trail that interest you the most. We will combine it into a tour for you.

Multi-Sport Options

Mix it up! Cycle, kayak or canoe, ride horses along your route or during an added day. Let us know what you like and we will send you a personalized suggested itinerary.

About Our Tours

Trek & Treats offers self-guided and partially-guided hiking and multi-sport tours along the "Salish Shores Discovery Trail" on southern Vancouver Island. Hike, cycle, kayak, perhaps even add a day of horseback riding.

We provide a detailed map and trip information and discuss the route with you once you arrive. You have many choices along the route and can determine the level of difficulty and daily distances.

We arrange your accommodations in rural B&B's, transport your luggage between stops, help you get to the trailhead each day and provide a 'boost', if you would like to shorten the route. We accompany you through the most remote sections of our wilderness parks, and generally make sure you have what you need for an enjoyable trek.

A scrumptious breakfast each morning is included with your reservation, and we will let you know where to find the best local eateries along your route. You choose where and when you eat, what sites to visit along the way, which trail options to follow. - It's YOUR trip.

Distances

From beginning to end, the *Salish Shores Discovery Trail* is 85 km/50 miles long.

The route is divided into five segments, each walkable in one day, plus a sixth walking day in remote and stunning East Sooke Park.

Extra days along the route can easily be added to allow you to explore an area some more or get some rest and relaxation.

On each walking day, hikers will walk at least 10 km/6 miles. 15 km/10 miles is a good distance to make the most of the journey. If you choose the longer route options, you can easily walk 20 km/12.5 miles.

About Us

Trek & Treats is a Canadian travel consulting business located in Victoria, British Columbia. We are dedicated to creating self-propelled travel experiences for active people. We deeply appreciate the region we live in, the breathtaking natural beauty right on our doorstep. *Trek & Treats* is our way to share what we love about Vancouver Island and to help you discover this island's unparalleled natural beauty, its people and their hospitality.



trek&treats



Contact:

Marion Grau, Owner
Victoria, BC Canada
E-mail: marion@trekandtreats.ca
Telephone: 1-778-433-9255
Toll free within North America: 1-855-455-5355

www.trekandtreats.ca

