

Day 1

Colwood to Metchosin

Summary Day 1

Distance: 12 to 16 km, depending on accommodation location.

Easy walking; partial beach route with walking in sand.

Meals

- Picnic Lunch
- My Chosen Café & Pizza
- Two cafés
- Small Store in Metchosin

Points of Interest

- Witty's Lagoon
- St. Mary's Church, 1872
- Artists Studios
- Metchosin Museum (limited opening times)

Accommodations

- Wit's End Retreat B&B
- Lodge at Weir's Beach

Famous for its farm country dotted with sheep and horses, Metchosin is also home to ecologically diverse foreshore habitat and lagoons accessed on quiet woodland trails.

Your walk follows the shoreline and leads through rural neighbourhoods into increasingly remote farm country and forests. Follow the sounds of the waterfall at protected Witty's Lagoon, spend time on the sandy beach and observe birds, seals and otters.

The tiny farming community of Metchosin boasts My Chosen Café, said to serve the region's best



burgers. Cafés with lighter meals and deserts-to-die-for beckon also. A corner store sells essential supplies.

Be sure to slow down in Metchosin. At every corner and take note of funky fences, lovingly maintained historic farms and cheerful gardens.

Extra Days in Metchosin

Hikers invariably fall in love with Metchosin and wish they had more time. We suggest learning from their experiences and spending extra time.



Day 2

To Sooke Basin



Summary Day 2

Distance: 11 or 15 km, depending on accommodation.

Trail options include easy walking on a regional trail or exploring on more challenging trail networks parallel to the regional trail.

Meals

- Picnic lunch
- Café at Pedder Bay Marina
- Glenrosa Farm Restaurant
- Dinner at the 17-Mile Pub or the Stickleback Eatery

Points of Interest

- Pearson College of the Pacific
- Pedder Bay Marina/ canoeing, kayaking
- Barde Knockie Trail
- Matheson Lake
- Roche Cove, Sooke Basin

Accommodations

- Arbutus Cove Guesthouse
- Bus to Sooke with many options

Day 2

To Sooke Basin

You are in a part of the world that feels remote and isolate, yet full of hidden, unexpected sights.

Begin the day on quiet trails in open forest, climbing a gentle hill on a trail used by the earliest European settlers and First Nations before them.

Our directions take you to a small private observatory on the perfect lookout point over the hills to the sea beyond. (You may encounter a young student from Europe or Africa, as the observatory belongs to the nearby Lester B. Pearson College of the Pacific.) Follow forest trails through the college grounds to a small marina. Coffee and lunch are available here, as are canoe and kayak rentals for a short paddle.

Next, follow the shores of Matheson Lake, a deep lake surrounded by rocky hills, ferns and lush forest. There is a beach for a refreshing swim in summer. You can follow the easy-to-walk Galloping Goose Regional Trail or venture onto more rugged and sometimes steep trails above the lake, affording great views. Either way, your route leads to the dark green waters of Roche Cove, and soon after, a picturesque, large bay: Sooke Basin.

Follow the trail right to your guesthouse, located on the bay. A hot tub on the deck, overlooking the bay, may be just the welcome you need!



End the day with dinner at the 17-Mile-Pub, the last of the roadhouses and a quirky mix between local pub and historic attraction. Also closeby is the Stickleback Westcoast Eatery offering outside seating on the bay.



Day 3

Sooke River Trail

Summary Day 5

Distance: 15 km hike

30 km cycling

Easy trail, exploring rocky river shores optional.

Meals

- Picnic lunch
- 17 Mile Pub or
- Stickleback Eatery

Points of Interest

- Sooke Potholes, Waterfalls
- Salmon Interpretive Centre
- Former gold mining town

Accommodations, optionally

- Second night at Arbutus Cove Guesthouse or other accommodation (depending on availability)

Day 5

Sooke River Trail

Follow the Galloping Goose Regional Trail into the hills to get a taste of the foothills of Vancouver Island's interior mountain range. You will be crossing old railway trestles as you walk parallel to the Sooke River.

Along the way, veer off the trail for a stop at a salmon interpretive centre.



Your trail joins the river at the famous 'Sooke Potholes', rock formations in the river bed that invite swimming in the summer and offer a beautiful display of water cascading through canyons down over rocky bluffs.

For hikers, transportation one way will be provided. Cyclists can continue to the end of the trail to a former gold mining town and cycle back.

Another night at your final accommodation is an option, or end your trip here and meet us for a shuttle back to Victoria, ferries or airport.

The interpretive trail at the Salmon Interpretive Centre

Extra Day: East Sooke Park

A beautiful, large wilderness park is located across Sooke Basin, on a peninsula facing the Juan de Fuca Strait. The hiking trails vary from moderate trails starting at 'Aylard Farm', to very demanding trails, including a 7-hour, 10 km rocky coastal trail for experienced hikers.

Access to this park is limited to a few bus times a day taking you to Anderson Cove, a trail access to the park. Use the BC Transit Trip planner to determine times by entering your starting location (e.g Arbutus Guest House) and the destination, Anderson Cove Road. [Click here](#) for a map and [park info](#).

A great lunch or dinner spot, is [The Smokin' Tuna Cafe](#), located 3 minutes along the road from Aylard Farm park access. You may want to call a taxi back from there.

Extra Days in Sooke Basin

You've come this far – make the most of your time on the West Coast.

- Guided kayaking in Sooke Basin: www.rush-adventures.com
- Hike East Sooke Park: see box below.
- Visit to the town of Sooke which is a 20 minute bus- or taxi ride from Arbutus Cove Guesthouse.
- Ziplining in the Sooke Hills is a blast, and it's only a 10-minute walk from your Guesthouse! More at www.adrenalinezip.com

Transportation

- To return to Victoria after the end day of your tour, take a [direct transit bus](#). You may need a taxi to the closest bus stop if you are traveling with more luggage than you like to carry. Your hosts will help you with arrangements.
- The "[West Coast Trail Express](#)" goes to Port Renfrew and beyond, to the Cowichan Valley, Duncan and Nanaimo, daily.