



EASY TO USE WALKING, HIKING, AND WHEELING TRAILS ON
THE SUNSHINE COAST



USER-FRIENDLY
TRAILS
GUIDE & LOG



GIBSONS TO EARL'S COVE



ENJOY THE JOURNEY

This photography-rich trail guide was created to inspire those with mobility challenges to get out and explore the Sunshine Coast. Trails were selected because they are shorter, wider, flatter, and more even than the average mountain trail.

- We have provided a fair amount of information about each trail to help you decide which trails are best suited for you. However, we suggest you learn more about driving routes and the trails themselves at the links provided on page 7 and through online services like Google Maps.
- We left space in each section for you to make notes about the trails you hiked and encourage you to share your experience with others. It is also our hope that this guide will inspire you to take note of the textures, colours, shapes, smells, and panoramic views that each trail offers.



United Nations Sustainable Development
Goal #3 - Good Health

"Ensure healthy lives and promote well-being for all ages."

un.org/sustainabledevelopment/health

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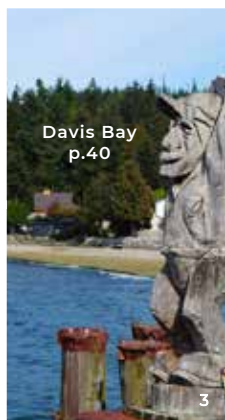
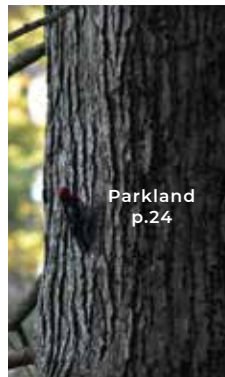
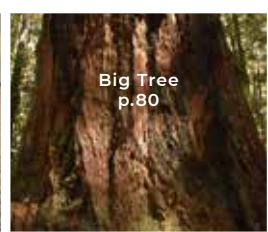
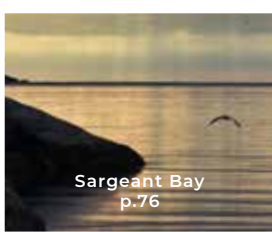
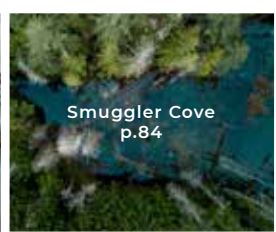
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For More Info back cover



Trails featured in this guide are within the territories of the shisháhl and Skwxwú7mesh Nations.



Numbers on map indicate page numbers



BE PREPARED

DRESS FOR ANY WEATHER

- Be ready for rain, even on a sunny day.
- Wear layers. It's easy to remove a layer but hard to warm up if you don't have a sweater with you.
- Wear good sturdy shoes. Flip flops are not sturdy shoes.

WHAT TO BRING

- Current map of area
- Water and snacks
- Charged cell phone
- Flashlight or head lamp, and spare batteries
- Large orange plastic bag to use as rainwear, shelter, or for signalling
- Extra clothing (hat, raingear, gloves, socks) in a waterproof bag
- Sunscreen
- First aid kit, including a whistle and tissues/napkins
- Pet waste bags
- Fully charged mobility device (electric wheelchair/scooter)

BE FIRE SMART

Most parks and trails prohibit open fires of any kind, year round. Other areas have seasonal fire restrictions. Watch for signs and obey all regulations. Should you see a fire, contact BC Wildfire Service immediately at 1-800-663-555 or *5555 from a cell phone.

BE SAFE

- It's not just more enjoyable to hike with a friend, it's safer.
- Make sure someone knows where you are going and when you expect to be back.
- Stay on the marked trail.
- If you get lost, stay still. You told someone where you are going so remain on the trail.
- Make sure your equipment is in good working order before you head out.

PACK IT OUT

- Do your part to help keep our greenspaces green!
- Be prepared to pack out any waste or recyclables.
- Choose reusable/zero-waste options.

PROTECT YOUR VALUABLES

Thieves may strike trail parking lots. Leave valuables at home and don't forget to lock your car.

BE BEAR AWARE

MAKE NOISE

Don't surprise a bear. Call, sing, clap, or talk loudly especially near streams and in areas of low visibility.

BE ALERT

Watch for bears, their scat, tracks, any strange smells, or disturbed vegetation. Be aware of wind direction and speed. Extra caution is warranted when the wind is facing you.

STAY TOGETHER

Hike and bike in groups, and don't let children wander. Larger groups (4 or more) are less likely to have a negative bear encounter.

WATCH YOUR PETS

Keep your dog on a leash at all times. Dogs can provoke defensive bear behaviour.

TRAVEL DURING DAYLIGHT

Bears are most active at dawn and dusk.

CARRY BEAR SPRAY

Know how to use it.

IF YOU ENCOUNTER A BEAR

STAY CALM

Talk in a low, calm voice.

BACK UP SLOWLY

Never turn your back or run.

DO NOT STARE

A bear sees a direct stare as a challenge.

GIVE IT SPACE

Make sure the bear has room to get away and you are not blocking access to the bear's escape, food, or cubs.



MAP LEGEND

Icons will appear on each trail map to help you decide which trails are best suited for you.

More detailed directions and information can be found at:

scred.ca | gibsons.ca | sechelt.ca
env.gov.bc.ca/bcparks | sunshinecoastcanada.com

TRAIL PROFILES

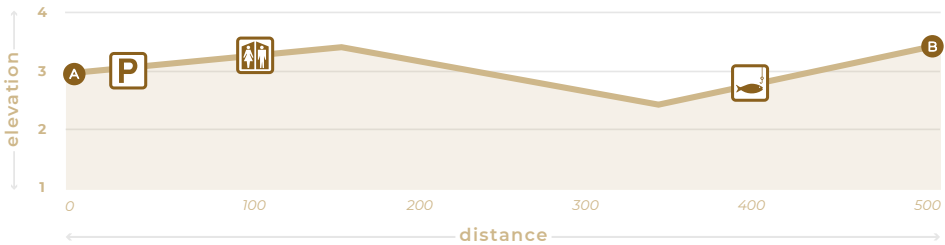
These profiles show features about each trail such as trail length, rest stops, view points, washrooms, and grade changes.

The icons on the profile correspond with the icons on the map to identify the location of each feature. Most of the trails in this guide have grades of 6% or less; this means that in 10 metres of a horizontal run you would

climb or descend about 0.6 metres.

Trail profiles are a tool to allow you to make an informed decision on what trail best suits your ability. The quality of the trail surface will change with the weather. Mud and other debris will always be a factor to consider, and there is always some level of risk with any outdoor activity.

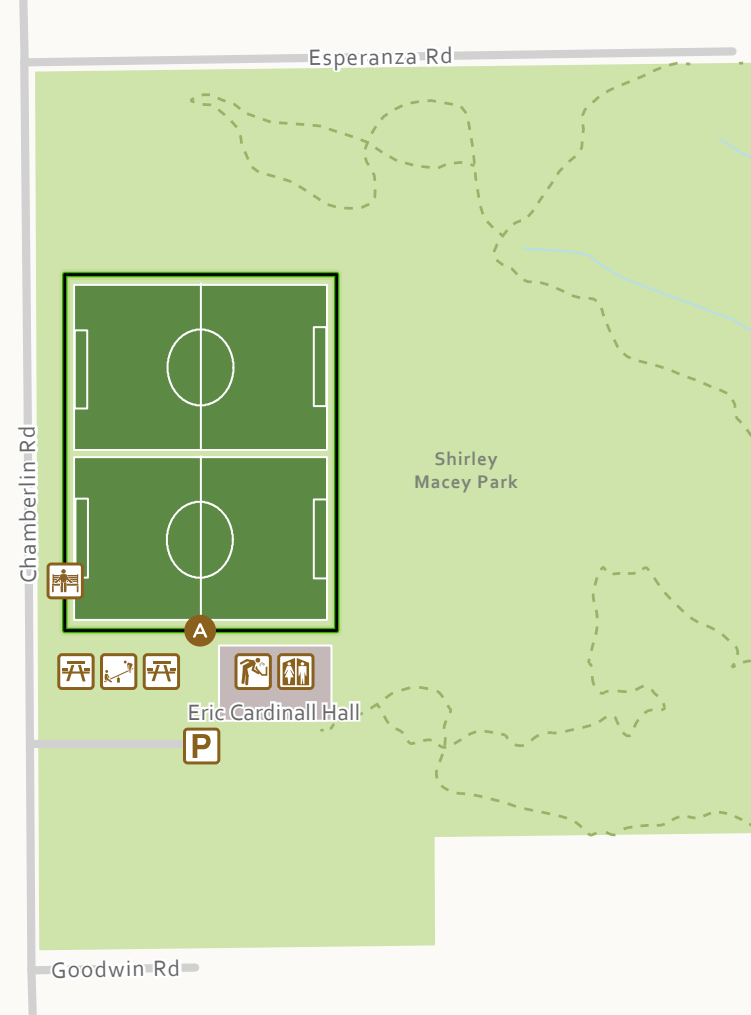
ELEVATION PROFILE (all measurements in metres)



- Starting Point
- End Point
- Featured Trail
- Recommended Direction
- Trail
- Highway
- Road
- Wharf/Pier
- River/Creek
- Park
- Building
- Parking Lot
- First Nation Reserve
- Ocean
- Lake
- Wetlands
- Public Toilet
- Accessible Public Toilet
- Parking
- Accessible Parking
- Picnic Shelter
- Accessible Picnic Shelter
- Beach
- Bench
- Bridge
- Ferry
- Fishing
- Picnic Area
- Playground
- Shelter
- Trail/Park Information
- View Point
- Water Fountain



SHIRLEY MACEY PARK



GETTING THERE

Heading east through Gibsons on Highway 101, turn left on North Road. Stay right at the bypass intersection to Chamberlin Road and turn right. Shirley Macey Park is up about two blocks on the left.

PARKING

Parking available at the park.

AMENITIES

Two beautiful grass sports fields, frisbee golf course, tot water park, change rooms, off-leash dog park close by, and wheelchair accessible loop trail.

TRAIL LENGTH

600 metres of groomed grass.

ESTIMATED TIME

20 minutes.

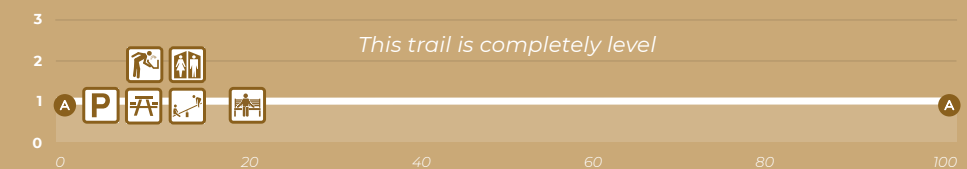
This trail is maintained by the SCRD: 604-885-6802

Shirley Macey Park boasts two grass playing fields and Eric Cardinal Hall, which has a full kitchen and can accommodate up to 82 people. Dogs are not permitted on the playing fields, in the children's playground, or in the garden maze but there is a designated off-leash dog park located at the north end of the park. Shirley Macey connects to the 60-hectare Soames Hill Park with its network of more challenging trails.

DID YOU KNOW?

Shirley Macey inspired others and enriched the community through her diverse volunteering. She championed sports and recreation for over 40 years and as a result residents voted to name this park after her.

ELEVATION PROFILE *(all measurements in metres)*





SHIRLEY MACEY PARK

TRAIL MATES

DATE TIME am/pm

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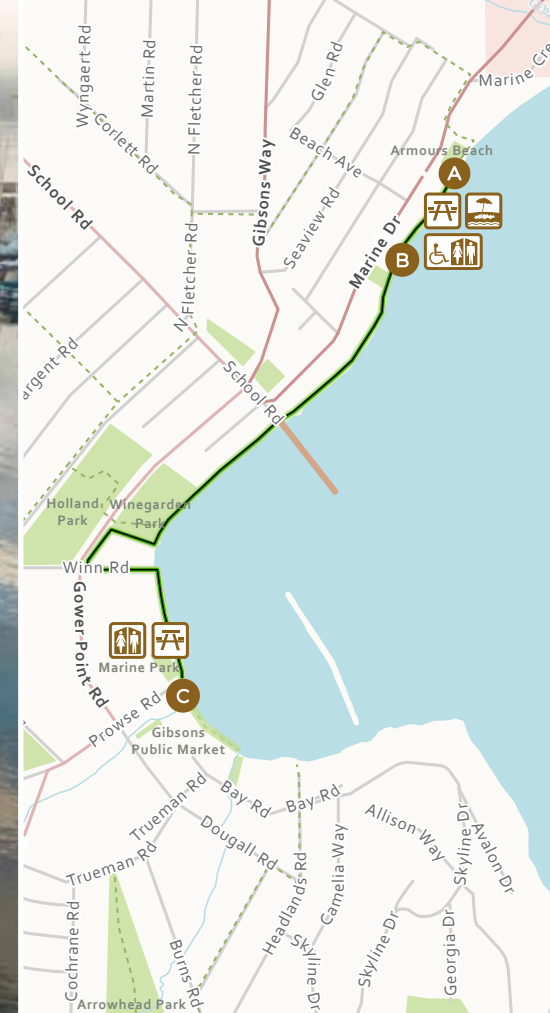
NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc



SEAWALK



GETTING THERE

There are access points along Marine Drive and Gower Point Road in Gibsons, including Armours Beach, Winegarden Park, and Gibsons Marina. There are also stairs down from Gibsons Landing at the bottom of School Road.

PARKING

Parking available at the parks and on nearby streets.

AMENITIES

Seasonal washrooms at Armours Beach and Winegarden Park. Year-round washrooms are available at the government dock. Access to food outlets, a government wharf, and public market.

TRAIL LENGTH

1.2 kilometres of paved and compacted gravel walkway.

ESTIMATED TIME

45 minutes. 3 hours if you stop for fish & chips.

This trail is maintained by the Town of Gibsons: 604-886-8587

Seawalk follows the coastline, revealing the marine atmosphere of Gibsons. Boats are constantly coming and going as people walk the picturesque pier above the trail. This trail is a great way to get a sense of the community and the active coastline, populated with sea birds and seals.

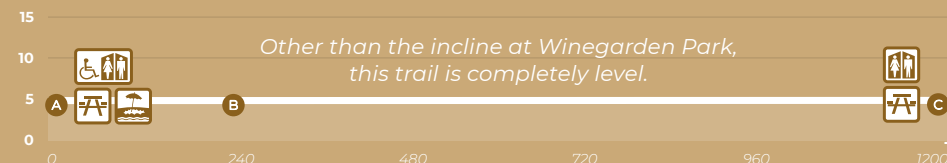
DID YOU KNOW?

Seawalk was made possible by the installation of infrastructure along the foreshore. A main sewer trunk line lies under the pathway.

PLEASE NOTE

There is a 15-metre gap in the gravel trail at point B. This gap crosses a stretch of beach that is strewn with logs and is not wheelchair accessible.

ELEVATION PROFILE (all measurements in metres)





SEAWALK

TRAIL MATES

DATE TIME am/pm

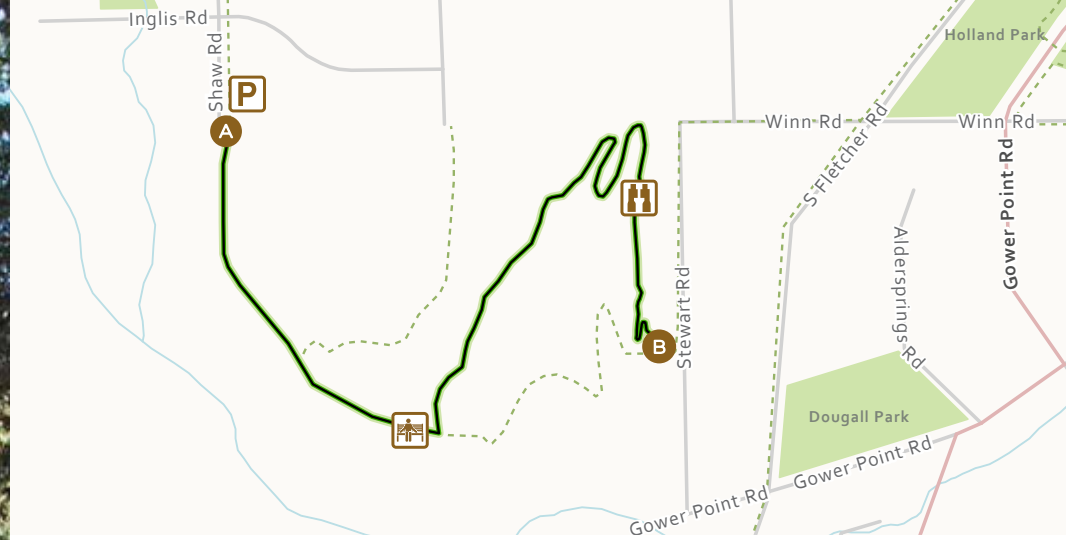
WEATHER ☀️ ☁️ 🌧️ 🌈 ❄️

NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

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INGLIS TRAIL



This forested trail connects upper and lower Gibsons. The tree canopy varies from open and airy deciduous trees to that of a classic west coast rainforest—Douglas fir and cedar. There is a peekaboo view looking over Gibsons toward Howe Sound at the east end of the trail.

DID YOU KNOW?

Inglis Trail was made possible by the installation of a main sewer trunk that runs from upper Gibsons to the sewer treatment plant at lower Gibsons.

GETTING THERE

Heading east through Gibsons on Hwy 101, turn left on Shaw Road.

PARKING

A few street parking spots are located at the trailheads on Shaw and Stewart Rds.

AMENITIES

Bench and dog bag dispensers

TRAIL LENGTH

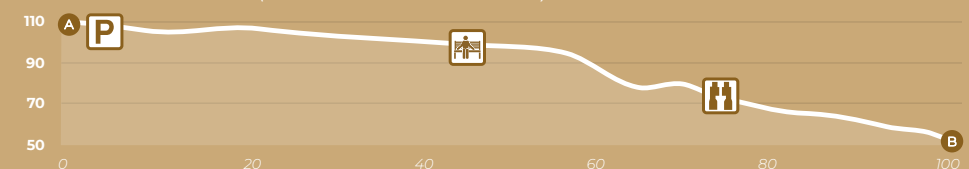
1.1 kilometres of compacted gravel trail.

ESTIMATED TIME

30 to 40 minutes.

This trail is maintained by the Town of Gibsons: 604-886-8587

ELEVATION PROFILE (all measurements in metres)





INGLIS TRAIL

TRAIL MATES

DATE TIME am/pm

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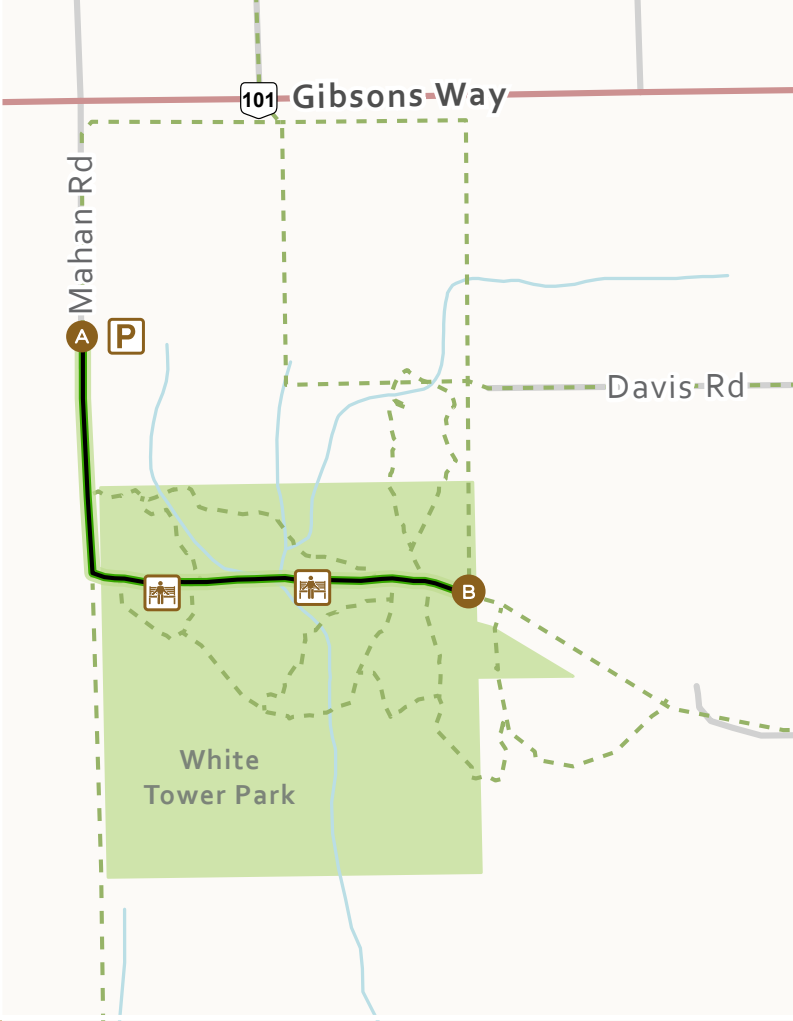
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WHITE TOWER TRAIL

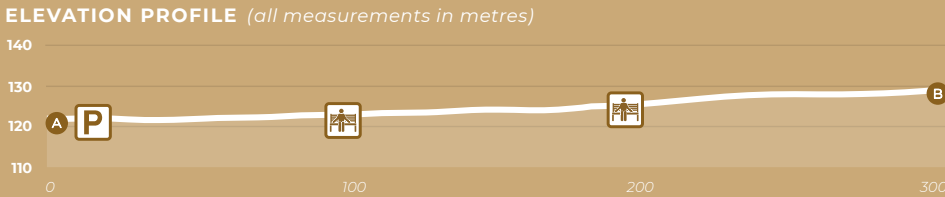


GETTING THERE	Heading west on Highway 101 in Gibsons, turn left on Mahan Road. In less than 30 seconds you will be at the trailhead.
PARKING	Parking available at the foot of Mahan Road.
AMENITIES	Ponds, benches, and a small wooden bridge.
TRAIL LENGTH	325 meters of compacted gravel trail.
ESTIMATED TIME	20 minutes, but what's the hurry?

This trail is maintained by the Town of Gibsons: 604-886-8587

As the noise of civilization vanishes, you find yourself standing among Douglas fir, hemlock, cedar, and spruce. The tranquil ponds alongside the trails are part of Gibsons' "Natural Asset" inventory, as they play an active role in helping to manage the Town's stormwater. Skunk cabbage also thrives in the park.

DID YOU KNOW?
White Tower got its name from the Society of Creative Anachronism who used this area years ago for their medieval gatherings and games.





WHITE TOWER TRAIL

TRAIL MATES

DATE TIME am/pm

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NOTES

MY TRAIL RATING 1 —|— 2 —|— 3 —|— 4 —|— 5

TAG YOUR TREK #sunshinecoastbc





PARKLAND TRAIL



A lovely walk partly through a forested area and along a berm and pond. If you should partake in a shopping spree at the Gibsons Park Plaza on Payne Road just remember you have to walk back, which is equally as lovely.

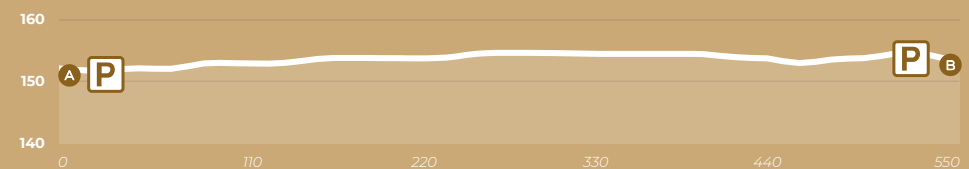
DID YOU KNOW?

Engineered stormwater management ponds and pickleball courts are located here. Yeah! Pickleball forever.

GETTING THERE	Heading west on Highway 101 turn right onto Park Road. The trailhead is about 200 metres on the left.
PARKING	Available across Park Road at Brothens Park.
AMENITIES	Washrooms are available at the Gibsons & Area Community Centre on Park Road.
TRAIL LENGTH	685 meters of compacted gravel and some roadway.
ESTIMATED TIME	30 minutes.

This trail is maintained by the Town of Gibsons: 604-886-8587

ELEVATION PROFILE (all measurements in metres)





PARKLAND

TRAIL MATES

DATE TIME am/pm

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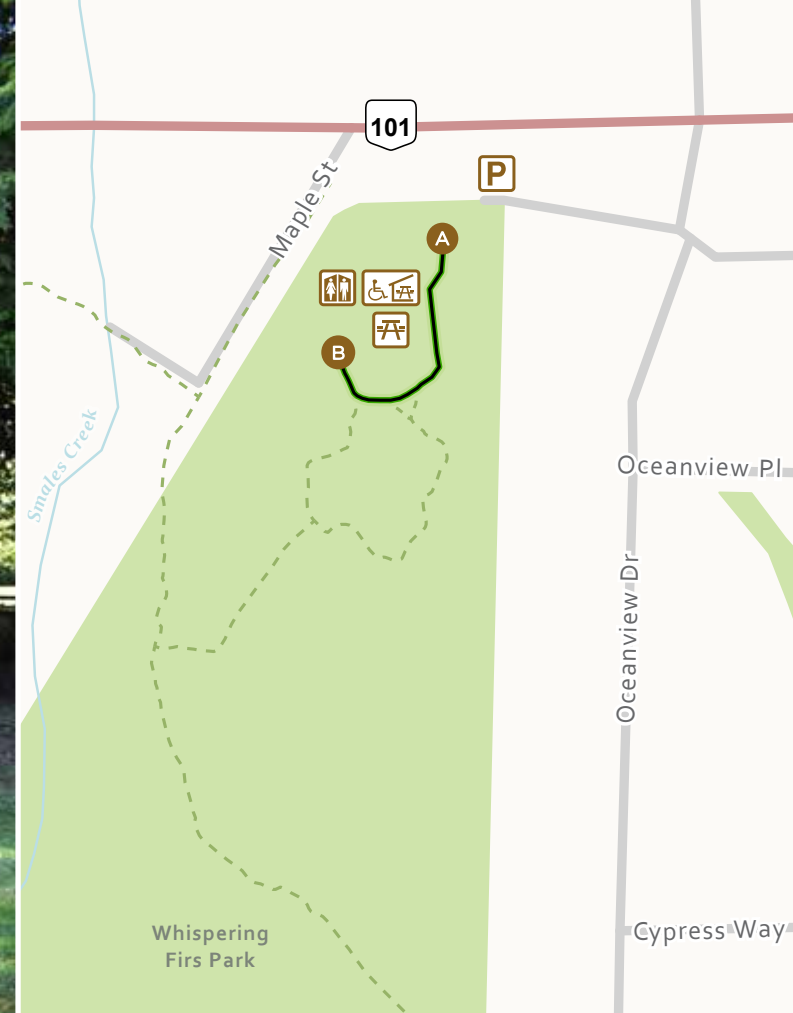
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MY TRAIL RATING 1 —|— 2 —|— 3 —|— 4 —|— 5

TAG YOUR TREK #sunshinecoastbc

WHISPERING FIRS PARK



GETTING THERE

From the traffic light at Sunnycrest Mall in upper Gibsons, travel west on Highway 101 for 2.8 kilometres. Turn left on Oceanview Drive and then immediately right into the parking lot.

PARKING

Available at the park entrance off Oceanview Drive.

AMENITIES

Sheltered picnic site, barbeque (cook-house), seasonal portable toilet, and fitness circuit.

TRAIL LENGTH

500 metres of wheelchair accessible compact crushed gravel.

ESTIMATED TIME

20 minutes.

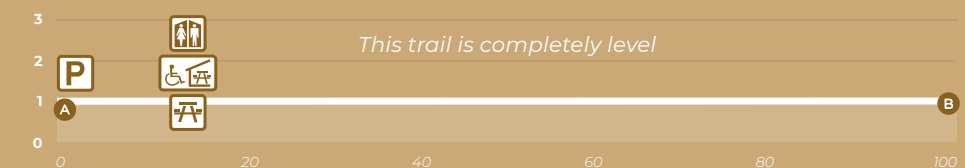
This trail is maintained by the SCRD: 604-885-6802

The park features a large grassy area and the main hiking trail winds through an incredibly tall, second growth Douglas fir forest full of sunlight and ferns. Additional trails without gravel surfacing are located in the park.

DID YOU KNOW?

Fir cones face up instead of down like in so many other evergreen species. As an essential oil, fir is beneficial for coughs, colds, flu, arthritis, muscle aches, and rheumatism. Fir Tree Appreciation Day is June 18th. What's not to appreciate?

ELEVATION PROFILE *(all measurements in metres)*





WHISPERING FIRS PARK

TRAIL MATES

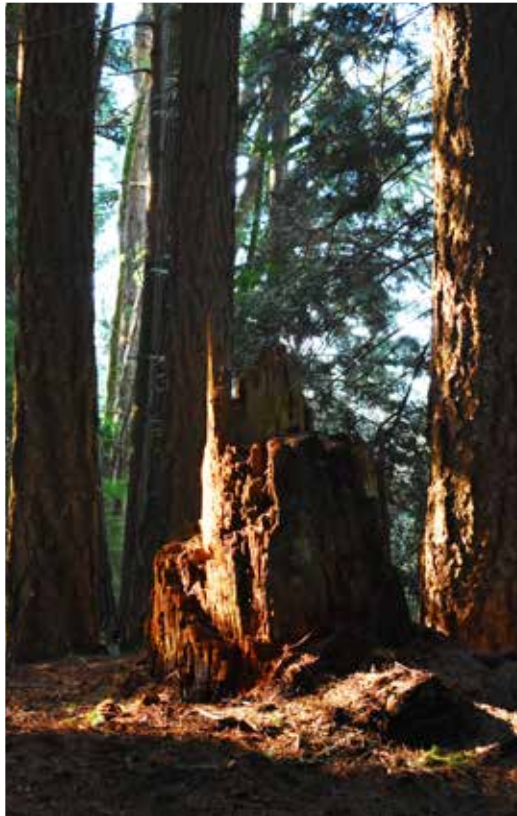
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NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc



CLIFF GILKER PARK

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?IYULS



Sunshine
Coast
Golf Club



This beautiful woodland park features 5 kilometres of forest trails, unique wooden bridges spanning crystal clear creeks, a multitude of waterfalls, and a wheelchair accessible trail with a viewing platform.

DID YOU KNOW?

Soils, particularly well-draining sandy soils, filter water naturally, trapping particles as water percolates down through the soil layers.

GETTING THERE

Follow Highway 101 west from Gibsons for 10 kilometres or drive east on Highway 101 from Sechelt to Roberts Creek and watch for signage. The park is on the north side of Highway 101.

PARKING

Parking available at trailhead.

AMENITIES

Playground, sports fields, washrooms, and drinking water.

TRAIL LENGTH

Over 7 kilometres of compacted earth trails, including a 30-metre wheelchair accessible trail to an observation deck that overlooks a waterfall.

ESTIMATED TIME

10 minutes.

This trail is maintained by the SCRD: 604-885-6802

ELEVATION PROFILE (all measurements in metres)





CLIFF GILKER PARK - 71YULS

TRAIL MATES

DATE TIME am/pm

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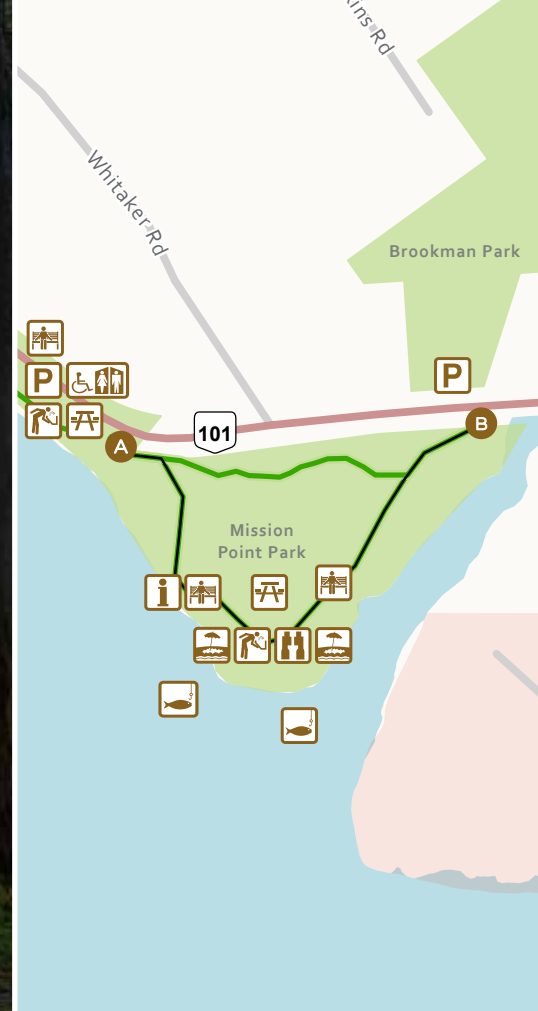
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TAG YOUR TREK #sunshinecoastbc



MISSION POINT PARK

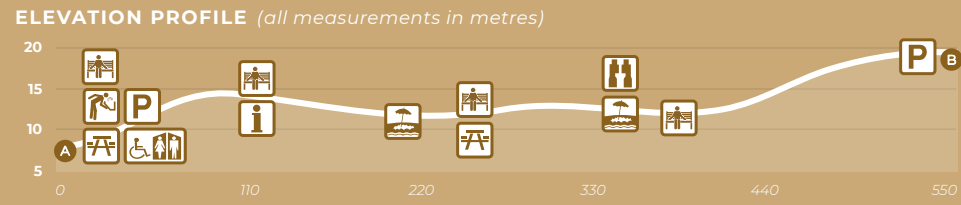


GETTING THERE	At the east end of the Davis Bay Esplanade (p.40) is Mission Point Park. A path connects the two so you can easily extend your experience.
PARKING	Wheelchair accessible parking at Brookman Park across the road and along Highway 101 in Davis Bay.
AMENITIES	Benches, picnic tables, accessible viewing deck, play ground, drinking fountain, and rest areas.
TRAIL LENGTH	550 meters of compacted gravel trail.
ESTIMATED TIME	15 minutes, but plan on spending a lot longer here.

This trail is maintained by the District of Sechelt: 604-885-1986

The park has natural forests surrounding an open play area. Accessible viewing decks, built by the Lions Club, overlook the mouth of Chapman Creek and the White Islets in the Strait of Georgia. Mission House (located in the park) was renovated and repurposed as a community-use building and is fully accessible.

DID YOU KNOW?
Chapman Creek supplies 88% of the water to the Sunshine Coast.





MISSION POINT PARK

TRAIL MATES

DATE TIME am/pm

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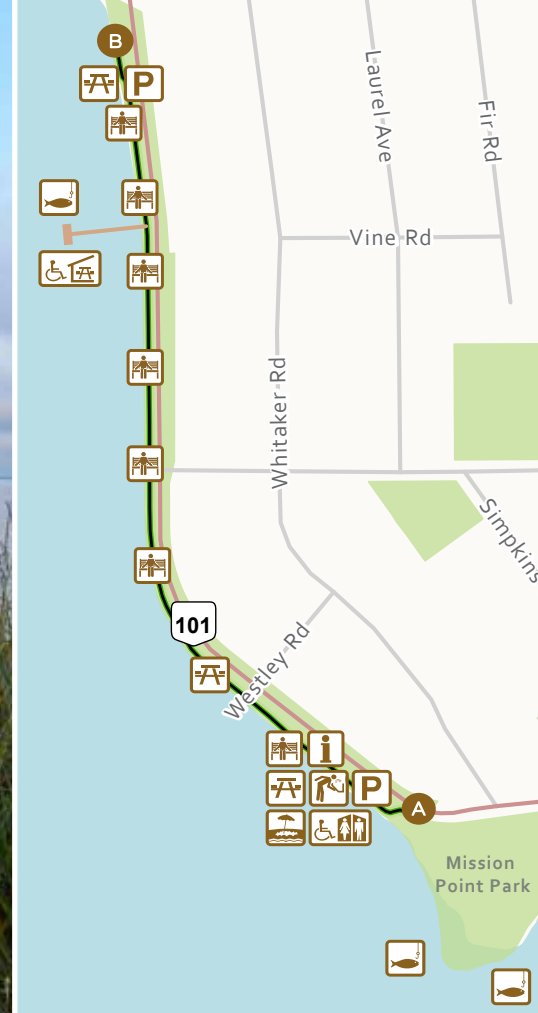
MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc





DAVIS BAY ESPLANADE



GETTING THERE

Davis Bay is on Highway 101 between Roberts Creek and Sechelt. You can't miss this iconic oceanside walkway and wharf!

PARKING

Plenty of accessible parking along Highway 101 and next to the Davis Bay washrooms.

AMENITIES

Public washrooms, benches, pier, a drinking fountain, picnic tables, and sandy beach. A restaurant and coffee shops are just across the road.

TRAIL LENGTH

900 metres of paved walkway.

ESTIMATED TIME

30 minutes but plan for half a day at the beach.

This trail is maintained by the District of Sechelt: 604-885-1986

This esplanade boasts spectacular ocean views, a 75-metre pier, the annual sand castle competition and polar bear swim, amazing sunsets, and one of the Sunshine Coast's most popular sandy beach swimming areas. Be sure to stroll through Mission Point Park at the east end (p.36). Pathway edges do not have railings so please use caution.

DID YOU KNOW?

A dolphin carved into driftwood by a local artist vanished from Davis Bay only to return many years later following a severe winter storm. It is now on display near the washrooms.

ELEVATION PROFILE *(all measurements in metres)*





DAVIS BAY ESPLANADE

TRAIL MATES

DATE TIME am/pm

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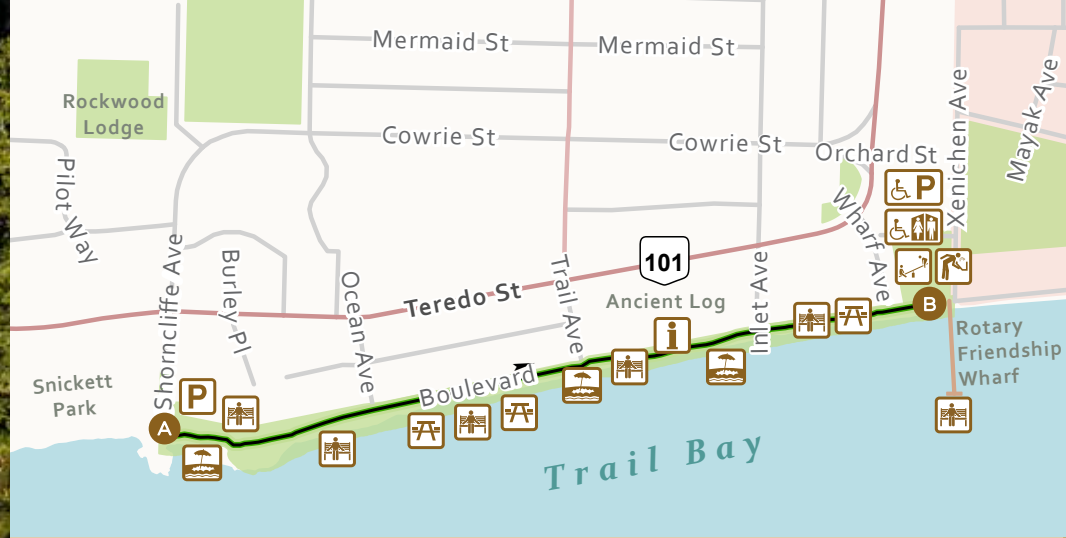
NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

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TRAIL BAY WALKWAY



This smooth, flat walk will take you from Rotary Friendship Wharf to Snickett Park with ocean views, benches, and picnic tables along the way. An ancient log (over 5,000 years old) is on display.

DID YOU KNOW?

The park was named by Annie Whitely, a Yorkshire woman who lived near there in the early 1900's. 'Snickett' is a Yorkshire term for 'narrow path'.

GETTING THERE	From Highway 101 in Sechelt, access the walkway from Shorncliffe, Ocean, Trail, Inlet, or Wharf Avenues.
PARKING	Street parking is available on Shorncliffe, Ocean, Trail, Inlet, and Wharf Avenues.
AMENITIES	Benches, picnic tables, children's playground, shops and restaurants.
TRAIL LENGTH	870 metres of paved walkway.
ESTIMATED TIME	30 minutes.

This trail is maintained by the District of Sechelt: 604-885-1986

ELEVATION PROFILE (all measurements in metres)





TRAIL BAY WALKWAY

TRAIL MATES

DATE TIME am/pm

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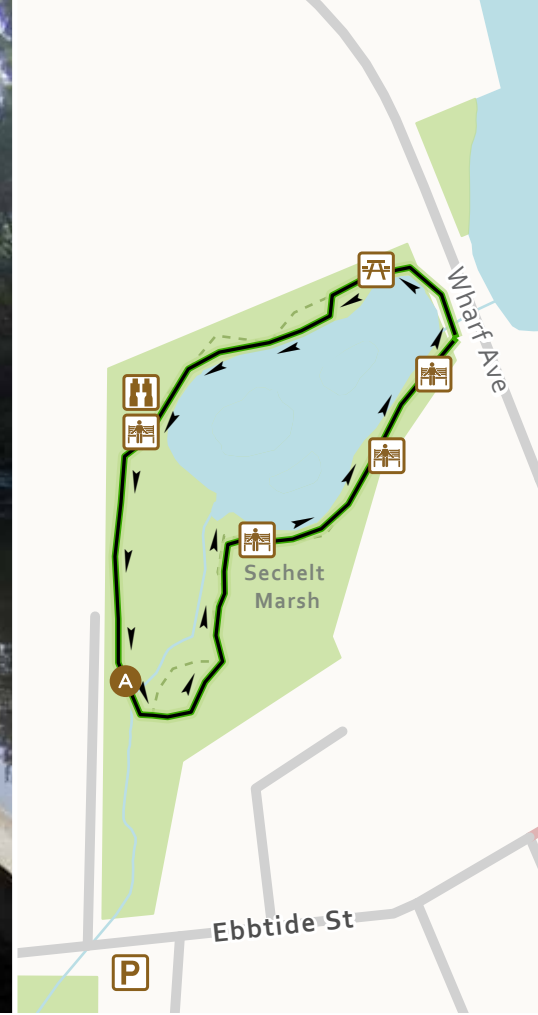
NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc



SECHELT MARSH



GETTING THERE

Follow Highway 101 into Sechelt. At the traffic light at Wharf Street turn right. Turn left at Ebbtide Street and the trailhead is up two blocks on the right.

PARKING

Across the road from the Ebbtide Street entrance. There is more parking further up Wharf Avenue at the government wharf.

AMENITIES

Benches, picnic table, and dog bag dispensers.

TRAIL LENGTH

620 metres of smooth compacted gravel loop that can be entered from several points.

ESTIMATED TIME

15 minutes, but the local ducks will extend that.

This trail is maintained by the District of Sechelt: 604-885-1986

A meandering trail runs full circle around this bird sanctuary and breeding ground which is popular with birdwatchers and families seeking to interact with nature. Continue down the road to the Porpoise Bay pier, just for kicks.

DID YOU KNOW?

A female duck is called a 'hen' and a baby duck a 'duckling'. A male duck is called a 'drake' after the Canadian rapper (kidding, but they are called a 'drake').

ELEVATION PROFILE *(all measurements in metres)*





SECHELT MARSH

TRAIL MATES

DATE TIME am/pm

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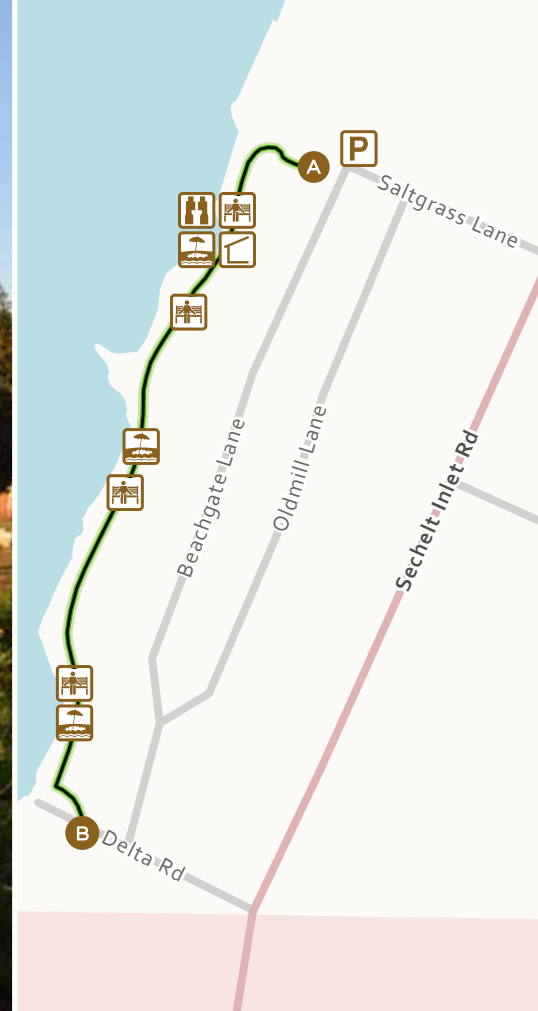
NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc



SALTGRASS PARK



GETTING THERE

Head north on Sechelt Inlet Road for 1.4 kilometres. Turn left on Saltgrass Lane and the trailhead will be seconds away.

PARKING

Neighbourhood street parking.

AMENITIES

Benches, dog bag dispensers, and oceanside gazebo. Pathway is lit at night.

TRAIL LENGTH

400 metres of paved walkway.

ESTIMATED TIME

15 minutes.

This trail is maintained by the District of Sechelt: 604-885-1986

This smooth, flat, paved walkway connects Saltgrass Beach Access to Delta Beach Access. The view up Sechelt Inlet and the sunsets are second to none. Seaplanes taking off and landing offer another form of entertainment on this popular dog walking trail.

DID YOU KNOW?

It's a rare plant that can live in salty soil without wilting. Saltgrass takes the salt in, then sweats it out, leaving crystals on its blades for the rain to wash away. Even so, saltgrass can't grow as close to the water's edge as other plants like pickleweed.

ELEVATION PROFILE *(all measurements in metres)*





SALTGRASS PARK

TRAIL MATES

DATE TIME am/pm

WEATHER ☀️ ☁️ 🌧️ 🌈 ❄️

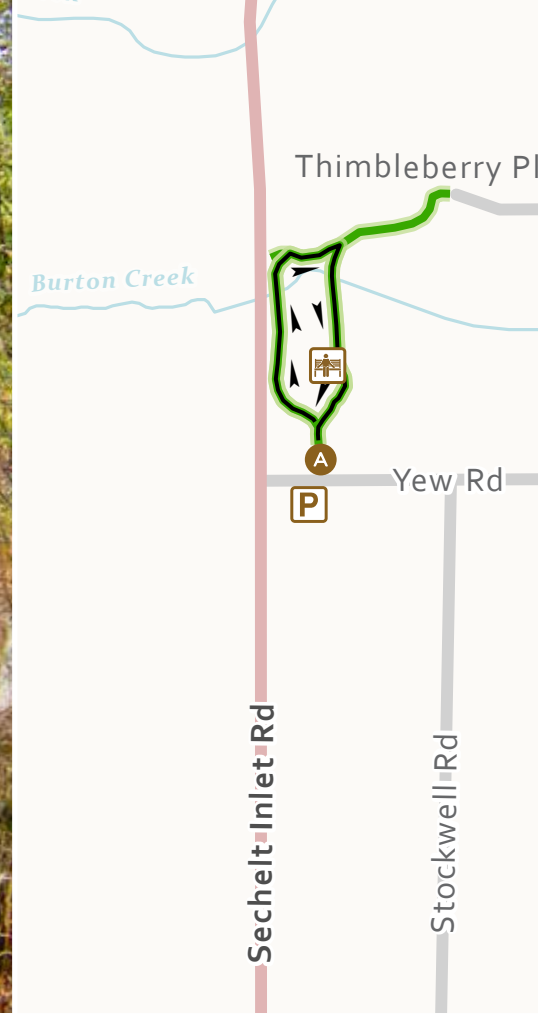
NOTES

MY TRAIL RATING 1 —|— 2 —|— 3 —|— 4 —|— 5

TAG YOUR TREK #sunshinecoastbc



YEW PARK



GETTING THERE

From downtown Sechelt, follow Sechelt Inlet Road for 2.5 kilometres and turn right at Yew Road. The park entrance is immediately on the left.

PARKING

Street parking available on Yew Road.

AMENITIES

Dog bag dispensers, a bench, and beach access.

TRAIL LENGTH

244 metres of trail.

ESTIMATED TIME

15 minutes.

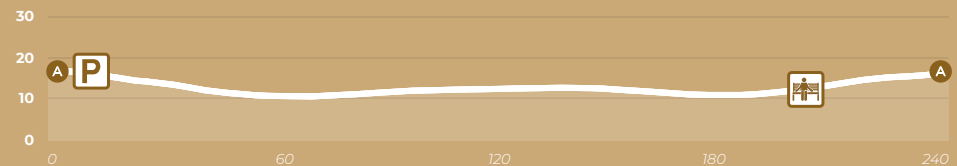
This trail is maintained by the District of Sechelt: 604-885-1986

A small trail leads to picturesque views and a quaint boardwalk that travels over a pond in the heart of the park. Yew Beach Access is right across Sechelt Inlet Road where views of Sechelt Inlet await.

DID YOU KNOW?

A Yew is a coniferous tree which has red berrylike fruits, most parts of which are highly poisonous. Yews are linked with folklore and superstition, and can live to a great age. The timber is used in cabinetmaking and historically to make longbows.

ELEVATION PROFILE *(all measurements in metres)*





YEW PARK

TRAIL MATES

DATE TIME am/pm

WEATHER ☀ ☁ ☔ 🌈 ❄

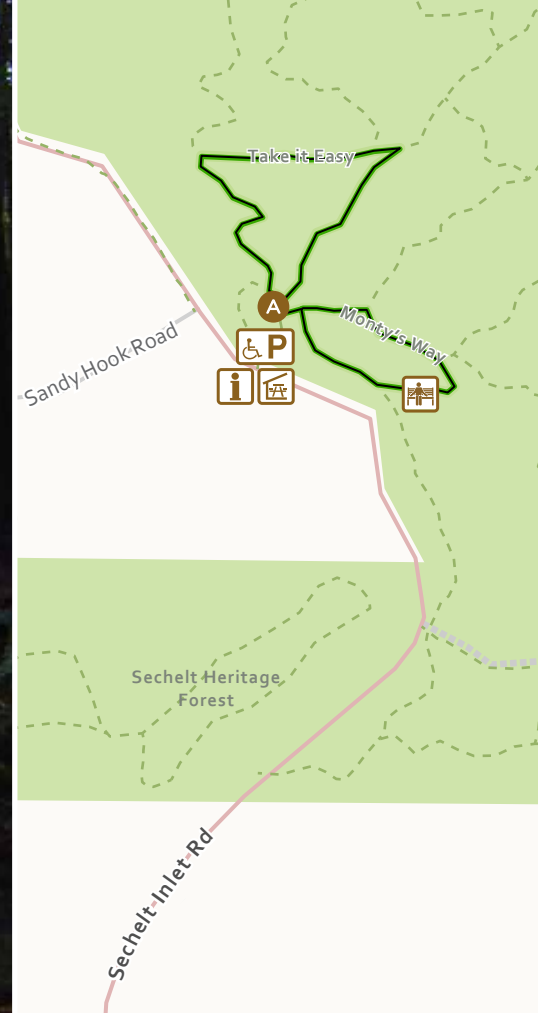
NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

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HIDDEN GROVE



GETTING THERE	From downtown Sechelt, follow Sechelt Inlet Road for 6 kilometres to the main parking lot on the right side of the road. The entrance is signed.
PARKING	Large parking area at the park entrance.
AMENITIES	Benches, dog bag dispensers, and information signage.
TRAIL LENGTH	Monty's Way: 400 metres. Take it Easy (Ayat Tsut): 510 metres.
ESTIMATED TIME	Monty's Way: 25 minutes. Take it Easy (Ayat Tsut): 40 minutes.

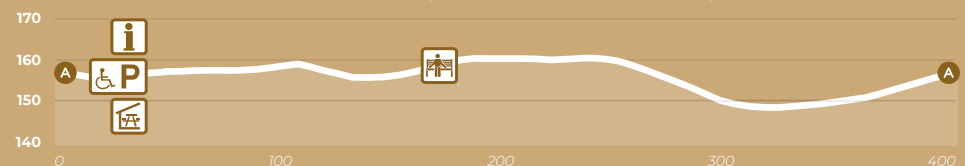
Hidden Grove is maintained by the Sechelt Groves Society: 604-885-3797

Located less than ten minutes from downtown Sechelt, the Hidden Groves, combined with the Sechelt Heritage Forest, have over 16 kilometres of hiking trails including two accessibility trails. The routes of the smooth and well marked trails thoughtfully weave through the 170 acres to allow everyone a private experience of this magical forest.

DID YOU KNOW?

The Sechelt or shíshálh Nation, who settled the area thousands of years ago, harvested bark from cedar trees (photo on p.63) to make traditional baskets and clothing. Learn more about the shíshálh Nation at shishalh.com.

ELEVATION PROFILE: MONTY'S WAY (all measurements in metres)





HIDDEN GROVE

TRAIL MATES

DATE TIME am/pm

WEATHER ☀️ ☁️ 🌧️ 🌈 ❄️

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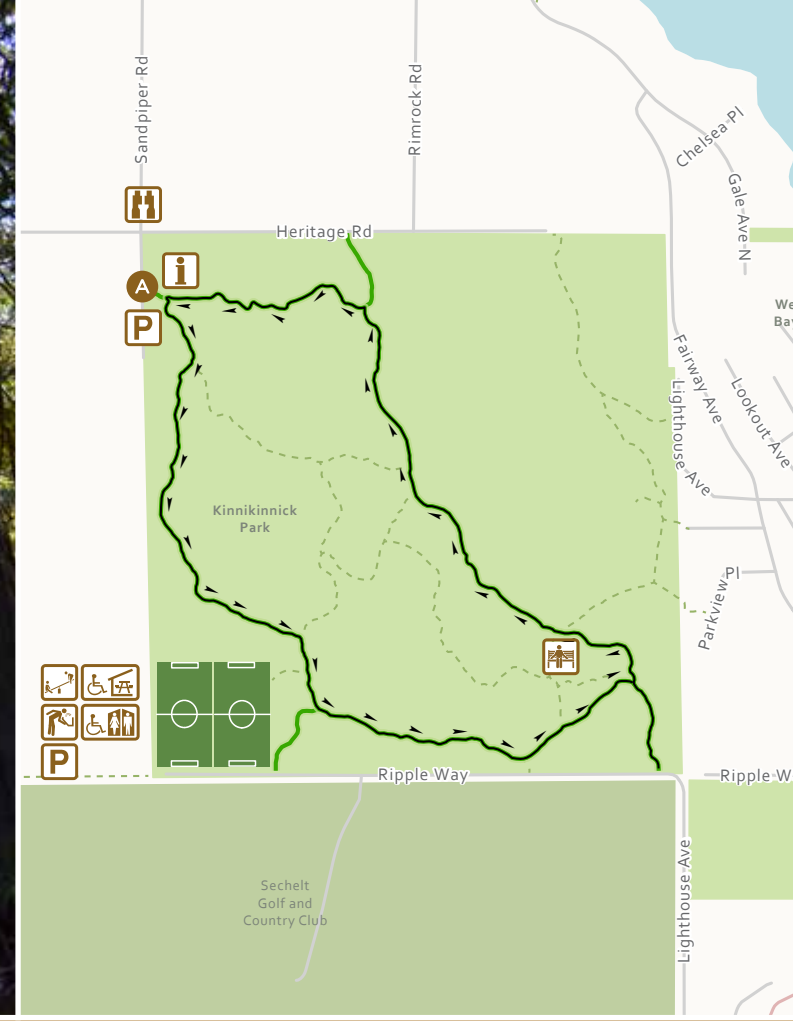
MY TRAIL RATING 1 —|— 2 —|— 3 —|— 4 —|— 5

TAG YOUR TREK #sunshinecoastbc





KINNIKINNICK PARK



GETTING THERE

Take Highway 101 west from Sechelt to Mason Road then turn right. In 3.4 kilometres then turn right onto Heritage Road. Turn right at Sandpiper Road and the trailhead is on the left.

PARKING

Parking is available on Sandpiper.

AMENITIES

Accessible washrooms at sport fields, off-leash dog trail, dog bag dispensers, and benches.

TRAIL LENGTH

480 metres of compacted crushed gravel.

ESTIMATED TIME

30 minutes.

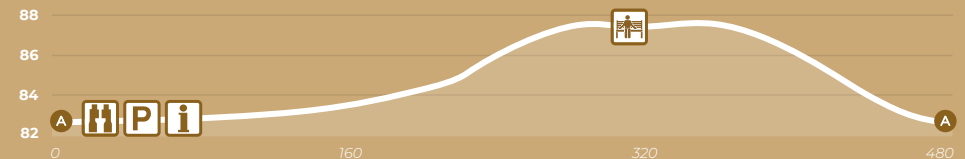
This trail is maintained by the District of Sechelt: 604-885-1986

Tree aficionados will love this park as every trail winds through enormous towering trees, and even some old growth stumps left behind that are easily over 5 feet in diameter. A user-friendly loop starts in the southeast corner where you'll find a detailed trail map. Extend your experience by continuing on to the Crowston Trail system (p. 68).

DID YOU KNOW?

Kinnikinnick Park is named after the low lying shrub 'Kinnikinnick' which is also known as 'bearberry'.

ELEVATION PROFILE *(all measurements in metres)*





KINNIKINNICK PARK

TRAIL MATES

DATE TIME am/pm

WEATHER ☀ ☁ ☔ 🌈 ❄

NOTES

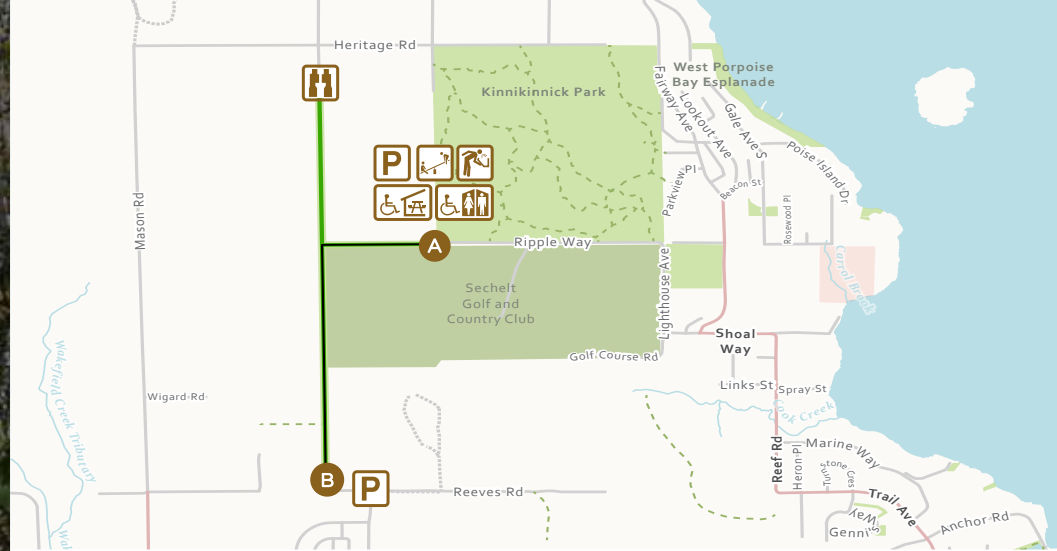
MY TRAIL RATING 1 —|— 2 —|— 3 —|— 4 —|— 5

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CROWSTON TRAILS



This smooth, flat walk on compacted gravel joins the neighbourhoods of West Sechelt and 'The Shores' in West Porpoise Bay. The gently sloped trail is popular with dog walkers and hikers. Inlet views at the end of Crowston Road are breathtaking.

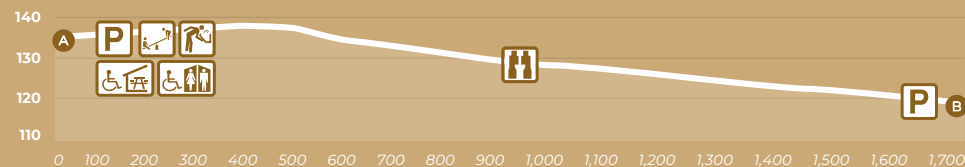
DID YOU KNOW?

Crowston trails will one day become part of the Suncoaster Trail, connecting Langdale to Egmont.

GETTING THERE	Head past Kinnikinnick Park (p. 64) on Ripple Way.
PARKING	At Kinnikinnick Park, including 3 accessible parking stalls near the washrooms.
AMENITIES	Benches, dog bag dispensers, picnic tables, and washrooms at Kinnikinnick sportsfield. Kinnikinnick park trails are just east of Crowsten trailhead.
TRAIL LENGTH	Reeves to Heritage Road: 1.7 km compacted gravel. Ripple to Crowsten Road: 1.4 km compacted gravel.
ESTIMATED TIME	30 to 40 minutes for each trail.

This trail is maintained by the District of Sechelt: 604-885-1986

ELEVATION PROFILE (all measurements in metres)





CROWSTON TRAILS

TRAIL MATES

DATE TIME am/pm

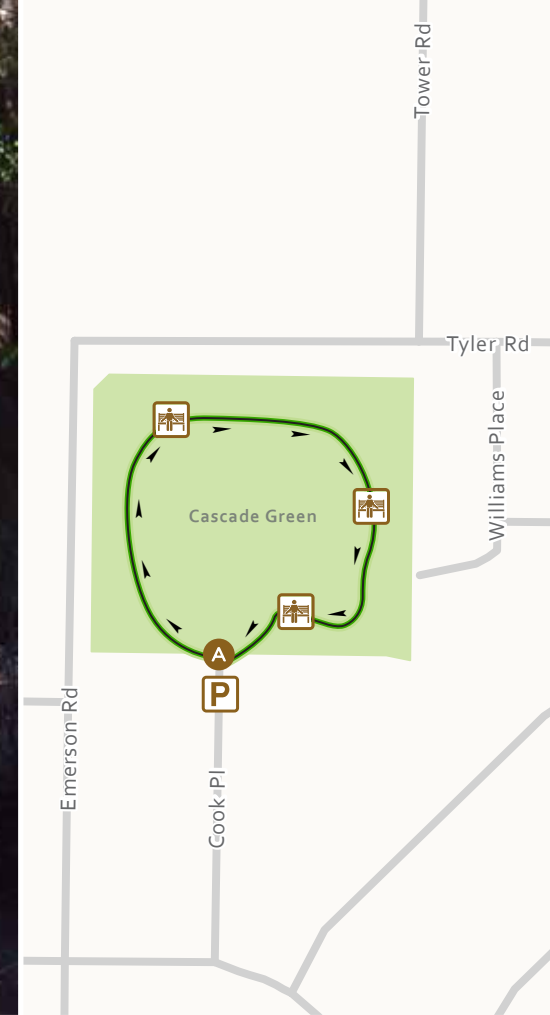
WEATHER     

NOTES

MY TRAIL RATING 1 —|— 2 —|— 3 —|— 4 —|— 5

TAG YOUR TREK #sunshinecoastbc

CASCADE GREEN PARK



GETTING THERE

From Highway 101 in West Sechelt, head up Norwest Bay Road, turn right at Emerson Road, right at Homestead Avenue then left on Cook Place. You have found it!

PARKING

Street parking on Cook Place.

AMENITIES

Benches and dog bag dispensers.

TRAIL LENGTH

600 meters of compacted gravel trail.

ESTIMATED TIME

20 minutes.

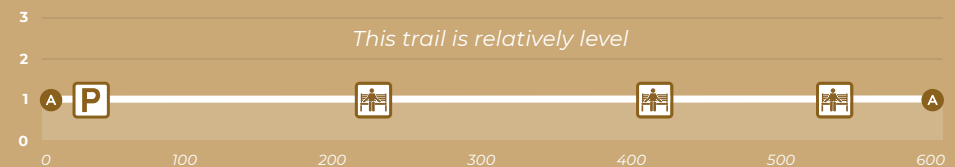
This trail is maintained by the District of Sechelt: 604-885-1986

A small network of trails meander through this tranquil forested 1.4 hectare park in the heart of West Sechelt. A charming and unique feature of this park are the colourful benches throughout.

DID YOU KNOW?

Cascade Green is surrounded by single family homes but was developed to a natural park standard with maximum retention of native vegetation.

ELEVATION PROFILE *(all measurements in metres)*





CASCADE GREEN PARK

TRAIL MATES

DATE TIME am/pm

WEATHER ☀ ☁ ☔ 🌈 ❄

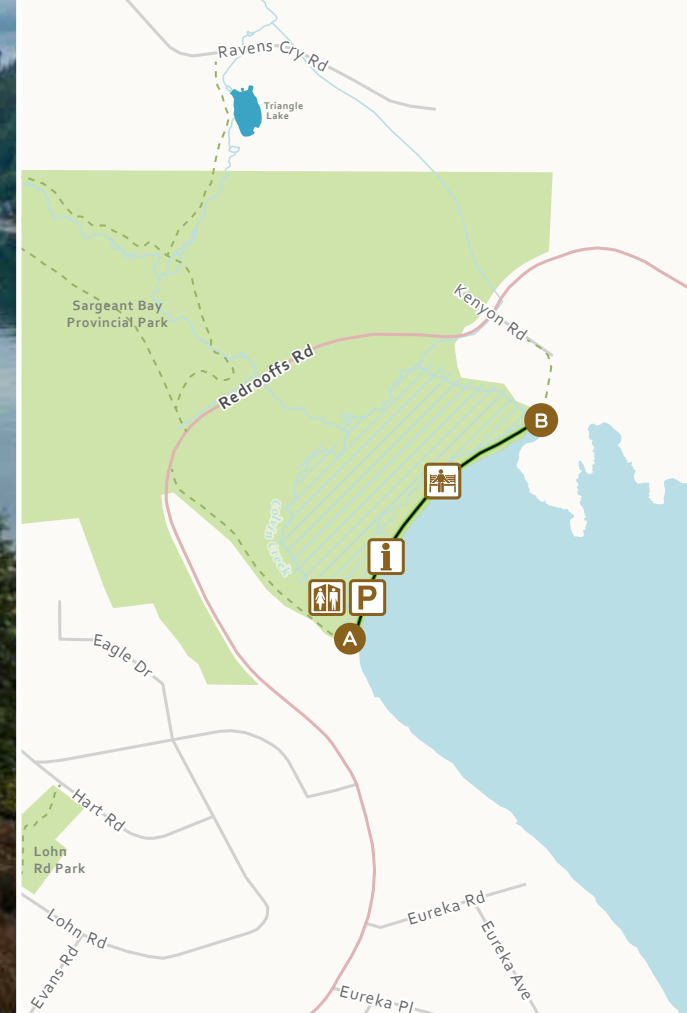
NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc



SARGEANT BAY PROVINCIAL PARK



GETTING THERE	7 kilometres north of Sechelt on Highway 101 take a left onto Redrooffs Road. Drive for 1.4 kilometres then turn left at the Sargeant Bay Park sign.
PARKING	Plenty of parking in the park itself.
AMENITIES	Year-round outhouse at parking area, benches, pebble beach, and informational signage about wild life in the wetlands.
TRAIL LENGTH	500 metres of compacted crushed gravel.
ESTIMATED TIME	15 minutes.

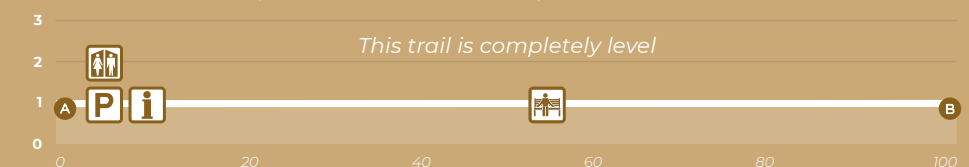
This trail is maintained by BC Parks: 604-885-3714

Located in the Halfmoon Bay area of the Sunshine Coast, this park consists of a crescent shaped beach, a wetland area, and a large forested area with trails leading up to Triangle Lake. Sunrise views look out to the Trail Islands and Sechelt. Spectacular giant driftwood logs line the pebble beach and at low tide you'll even find some great sections of sandy beach!

DID YOU KNOW?

Over 157 unique species of birds have been seen in the park including: migrating harlequin ducks, Canada geese, trumpeter swans, migratory songbirds, loons, grebes, cormorants, bald eagles, hawks, and owls.

ELEVATION PROFILE *(all measurements in metres)*





SARGEANT BAY PROVINCIAL PARK

TRAIL MATES

DATE TIME am/pm

WEATHER ☀ ☁ ☔ 🌈 ❄

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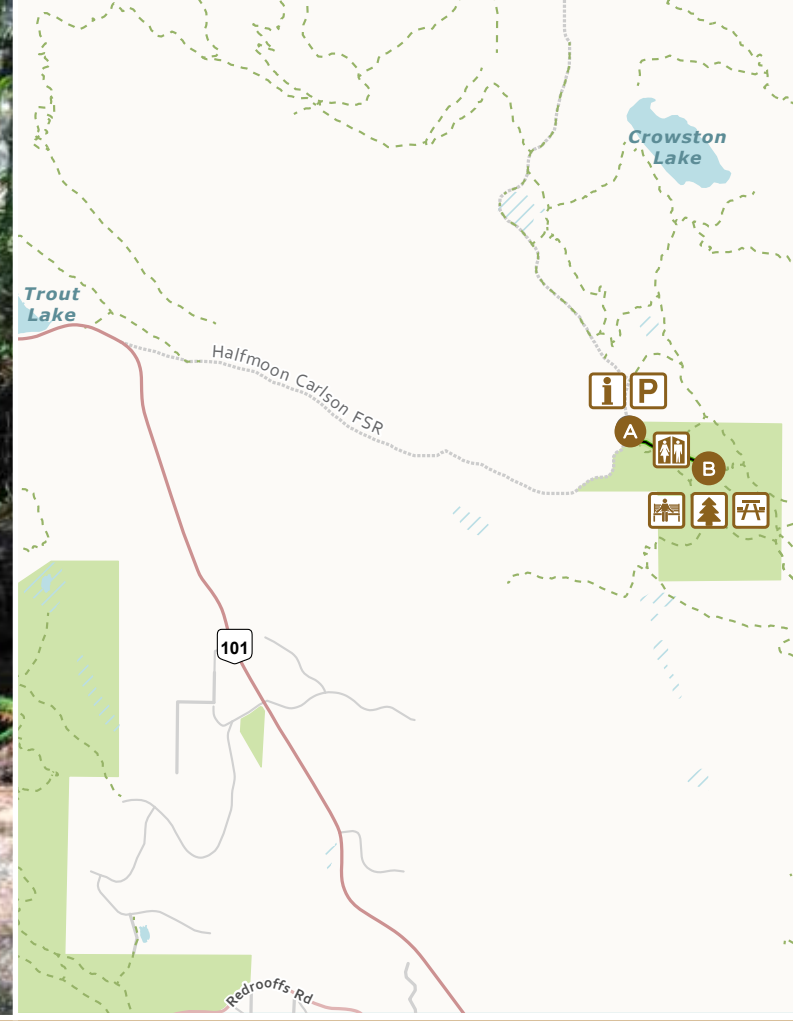
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MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc



BIG TREE TRAIL



GETTING THERE

Take the Halfmoon-Carlson Forest Service Road (4 kilometres south of Trout Lake off Highway 101) for 2.8 kilometres. When you cross the bridge, the trailhead and parking will be immediately to your right. The road is an active forest service road. Please watch for traffic and be aware of soft or rough spots.

PARKING

Plenty of unpaved parking at the trailhead.

AMENITIES

Picnic table and portable toilet.

TRAIL LENGTH

500 metres of wheelchair accessible forested trail.

ESTIMATED TIME

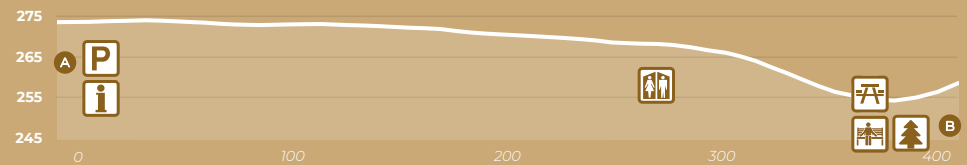
15 minutes.

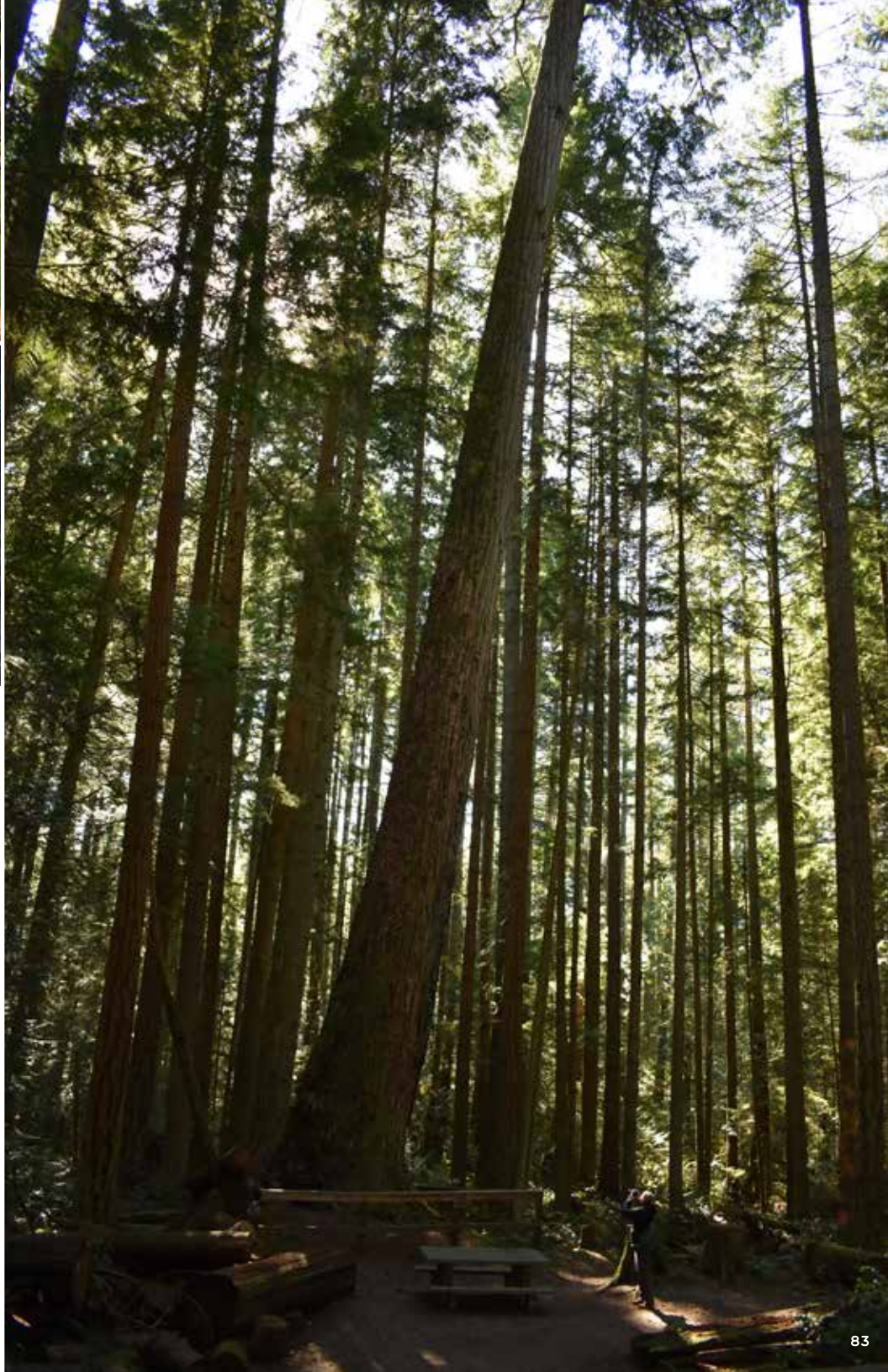
This trail is maintained by the SCRD: 604-885-6802

This forested trail leads to the site of some very old and large fir trees. One is believed to be the largest existing tree on the Sunshine Coast. Native plants such as moss, salal, and ferns abound. The area is fairly remote so you'll want to be sure to watch for wildlife and please pack out your garbage, as always.

DID YOU KNOW?

Fir trees in excess of 400 years old have been recorded in several species. Eagles frequently nest in fir trees, which are protected in BC by the *Wildlife Act*. Fines given for cutting down an eagle tree have been as high as \$10,000.





BIG TREE TRAIL

TRAIL MATES

DATE TIME am/pm

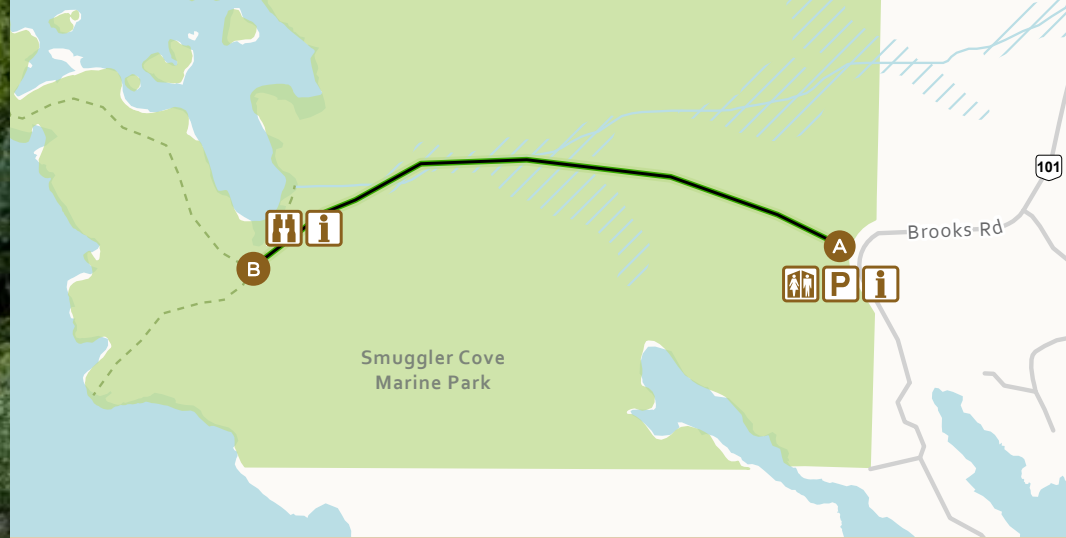
WEATHER ☀ ☁ ☔ 🌈 ❄

NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc

SMUGGLER COVE PROVINCIAL PARK



This BC Parks trail begins in a thick, forested area with lush greenery and spectacular arbutus trees along a groomed gravel path. You'll soon reach several wooden walkways that take you over a marsh, followed by more forest and then Smuggler Cove. A plaque at the cove explains the area's name and rich history. This trail is mainly smooth and flat but there are a few roots and rocks along the way that do not make it suitable for wheeled walking aides.

DID YOU KNOW?

In the 1920's, American prohibition alcohol smugglers would hide in the cove on the way down to the United States, hence the name 'Smuggler Cove'.

GETTING THERE

Heading north on Highway 101, turn left onto Brooks Road, 1 kilometre north of Halfmoon Bay. Follow signs to the end of Brooks Road, 3.5 kilometres from the highway.

PARKING

Parking available at the trailhead.

AMENITIES

Outhouse at parking lot.

TRAIL LENGTH

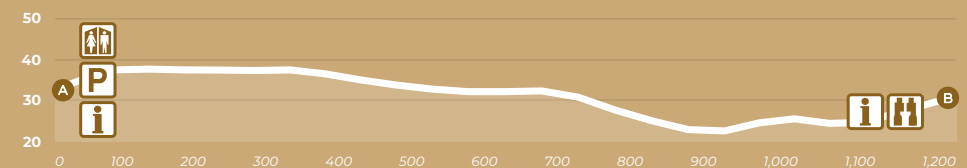
1.2 kilometres of natural trail and boardwalk.

ESTIMATED TIME

40 minutes.

This trail is maintained by BC Parks: 604-885-3714

ELEVATION PROFILE *(all measurements in metres)*





SMUGGLER COVE PROVINCIAL PARK

TRAIL MATES

DATE TIME am/pm

WEATHER ☀ ☁ ☔ 🌈 ❄

NOTES

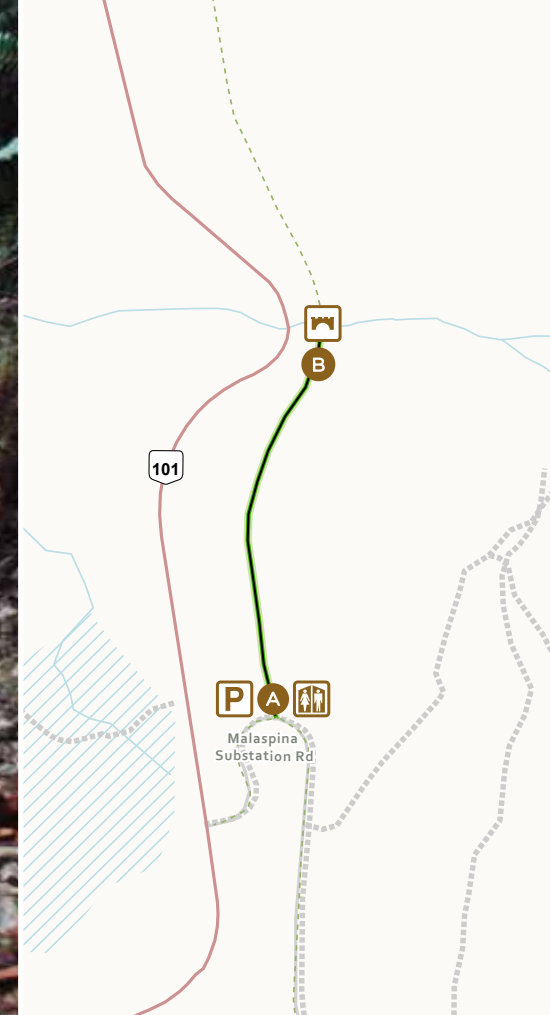
MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc



SUNCOASTER TRAIL

VINE BROOK BRIDGE



GETTING THERE	From Sechelt, take Highway 101 for 45 minutes to Pender Harbour and turn right at Malaspina Substation Road. The parking lot is on the left.
PARKING	Parking at trailhead.
AMENITIES	Washroom at trail entrance (not accessible).
TRAIL LENGTH	400 metres of compact crushed gravel from the parking lot to the bridge. Wheelchair accessible.
ESTIMATED TIME	20 minutes.

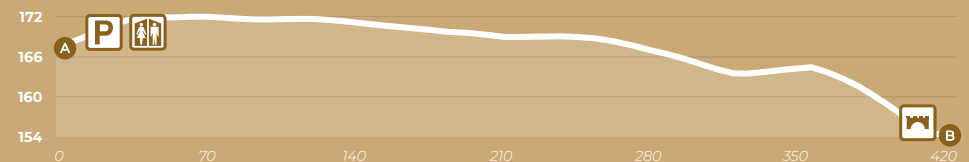
This trail is maintained by the SCRD: 604-885-6802

The Suncoaster Trail is 37 kilometres of trails that travel through Provincial land along a series of lakes. It connects trails blazed through the forest with exit points near Sunshine Coast communities including Pender Harbour and Earl's Cove.

DID YOU KNOW?

Future extension of the Suncoaster Trail is contemplated to connect the current eastern trailhead at Halfmoon Bay through Sechelt to Langdale – a true ferry-to-ferry trail.

ELEVATION PROFILE *(all measurements in metres)*





SUNCOASTER TRAIL

TRAIL MATES

DATE TIME am/pm

WEATHER ☀ ☁ ☔ 🌈 ❄

NOTES

MY TRAIL RATING 1 — 2 — 3 — 4 — 5

TAG YOUR TREK #sunshinecoastbc

* Photo taken at a slightly more challenging section of the Suncoaster Trail



PHOTO CONTRIBUTORS:

Pear Advertising and Design, ExploreMore Media, Sunshine Coast Tourism, and the Sunshine Coast Regional District.

WORDS AND GRAPHICS CONTRIBUTORS:

District of Sechelt, the Sunshine Coast Regional District, the Town of Gibsons, Pear Advertising and Design, and Sunshine Coast Tourism.



sechelt.ca



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