

TRAIL DIFFICULTY LEVELS

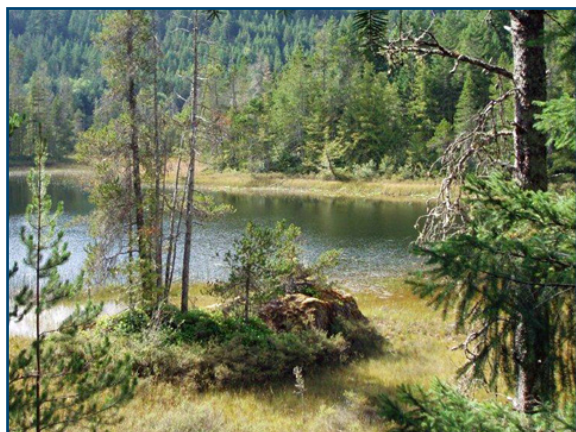
Difficulty Level 1: A walking trail, suitable for the general public, including wheelchair and disabled accessibility. Difficulty level 1 trails are suitable for horses, hikers and bikers.

Difficulty Level 2: A hiking trail, suitable for the general public with a reasonable degree of fitness, but not suitable for persons with mobility challenges (wheelchairs, walkers, etc.). Suitable for hikers, horses or bicycles. Footing is secure, grades are manageable for the general public, and stairs and boardwalks that are in good repair are used in the more challenging sections.

Difficulty Level 3: A hiking trail for those in good physical condition. These trails are suitable for the general public with an above average level of fitness. Level 3 trails may be suitable for horses if so indicated. There may be steep grades and steps. The footing may be treacherous in wet conditions.

Difficulty Level 4: A trail you need to plan for. These trails are suitable only for the fit hiker and may involve steep climbs or difficult terrain. They are not suitable for horses. Extreme mountain biking may be possible. Rope climbs to assist in steep or slippery slopes may be involved.

Difficulty Level 5: A challenge and an adventure. These are trails suitable only for the most fit and well-equipped hiker. These trails typically involve steep climbs and difficult terrain.



Date	Trail	Difficulty
April 12	Sooke Potholes Park to Flower Ridge	3+
May 10	Charters Creek to Sooke Mtn. Park	3-
June 14	Priest Cabin to Matterhorn	3+
July 12	Thetis Lake to Francis King	3
August 9	Harbourview to Mt. Manuel Quimper	3+
September 13	Charters River to Grassie Lake	3+
October 11	Sooke Potholes Park to Peden Lake	3
November 8	William Simmons Park Wieland Trail	Orienteering
December 13	East Sooke Pike Pt. to Ironmine Bay	2
January 10	East Sooke Park Coppermine Loop	2+
February 14	Sooke Potholes Park River Walk	2
March 14	Roche Cove to Cougar Ridge	3

The Society reserves the right to change hike destinations to accommodate hike leader availability and weather conditions.

Information and trail descriptions
www.jdfcommunitytrails.ca

Questions?
jdf.cts@gmail.com



**RECREATIONAL
HIKING PROGRAM**
April 2014 – March 2015

Guided Recreational Hikes Program



The Juan de Fuca Community Trails Society is pleased to present a guided recreational hiking program to encourage residents and visitors alike to get out and enjoy the incredible wilderness of the Juan de Fuca Electoral Area. The program features guided hikes along a different trail each month of the year—a great way to experience the beauty and diversity of our local ecosystems throughout the seasons. A group walk through the forest promotes both a healthy lifestyle and a sense of community.

The hikes are led by experienced members of the Community Trails Society, who are trained in navigation and first aid, and whose knowledge of each trail will enhance your enjoyment and understanding of the area you are hiking through. Depending on the hike leader's knowledge, there may be opportunities for interpretation of the plants, animals, landscape or history of the area, or a chance to learn the finer points of navigation by map and compass or GPS.

Hikes are appropriate to the season in which they are offered. Winter hikes are shorter and closer to civilization. Spring hikes feature trails in the Sooke Hills where wildflowers are abundant. Summer and fall hikes are for reasonably fit hikers wanting a more extensive experience in the woods.



How to Participate

All hikes leave from William Simmons Memorial Park parking lot (Sooke Business Park turnoff, off Otter Point Road) at 9 a.m. on the second Saturday of each month. Participants will carpool to the trailhead. Hike difficulty levels vary by season. The hikes are free, but donations to the Juan de Fuca Community Trails Society are welcomed to help defray expenses.

BE PREPARED

- ▶ Dress for the weather
- ▶ Wear good hiking boots
- ▶ Bring drinking water
- ▶ Bring a lunch or snack
- ▶ Hike trails within your abilities