

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.

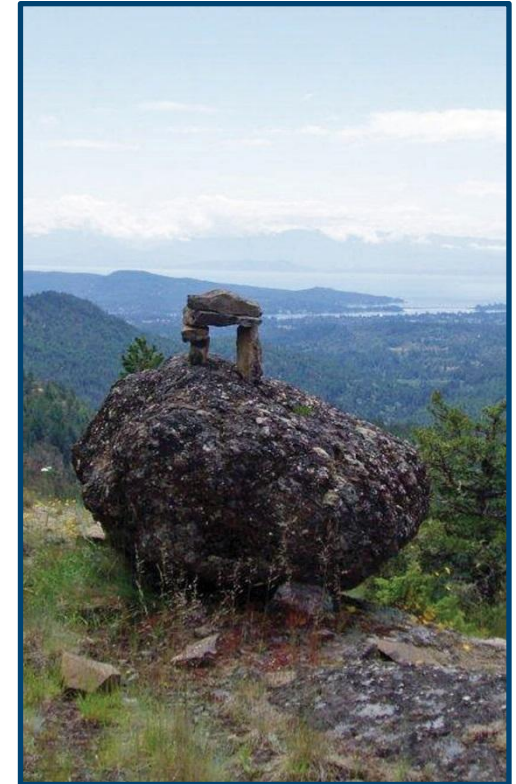
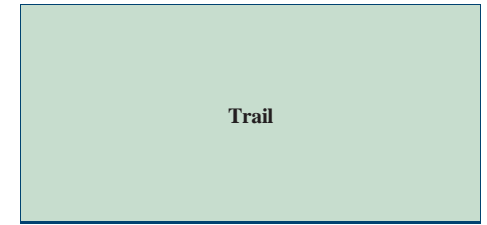
Difficulty Level 4: A trail you need to plan for. These trails are suitable only for the fit hiker and may involve steep climbs or difficult terrain. They are not suitable for horses. Extreme mountain biking may be possible. Rope climbs to assist in steep or slippery slopes may be involved.

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.



Information:
www.jdftrails.ca
 Questions ?
jdf.cts@gmail.com

Date		Difficulty
April 12	Coppermine Loop; Meet Pike Rd. Parking	3 +
May 10	Charters River Loop Meet: Charters River Bridge	3-
June 14	Mt. Manuel Quimper Meet: Harbouview Parking Lot	3 +
July 12	Babbington Hill Meet: Anderson Cove Parking	3 +
August 09	Thetis Lake to Francis King Meet Thetis Lake parking	3
September 13	Charters River to Grassie Lake Meet Charters River Bridge	3 +
October 11	Peden Lake Meet: Pot Holes #2	3
November 08	William Simmons Park Wieland Trail Meet: Butler Rd. Parking parking	3
December 113	Pike Pt. to Ironmine Bay Meet: Pike Rd parking	2
January 10	Aylard Farm to Beechey Hd: Meet Aylard Farm Parking	2 +
February 14	Sooke River; Meet Potholes # 2	2
March 14	Roche Cove/Matheson Lake Meet: Roche Cove parking	3



**RECREATIONAL
 HIKING PROGRAM
 APRIL 2025-MARCH 2026**

JdF.CTS@gmail.com

Guided Recreational Hikes Program

We are pleased to offer this guided hiking program to residents and visitors alike. The hikes are a great way to appreciate the wilderness in the Juan de Fuca. The hikes are sponsored by the Juan de Fuca Electoral Area Parks and Recreation Advisory Commission and by the Juan de Fuca Community Trails Society. Hikes are led by experienced members of the Community Trails Society, 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.

“ Our Mission is to advance the awareness, appreciation and importance of the natural environment of the Sooke and Juan de Fuca region”



How to Participate
We hike on the first and second Saturday of each month
Check out: Juan de Fuca Community Trails Society on Facebook for the meeting place and time for all hikes. Or check ourweb site at www.idttrails.ca. Hike difficulty levels vary by season. The hikes are free, but donations to the Juan de Fuca Community Trails Society are welcomed.

MISSION STATEMENT

GOALS

- The Juan de Fuca Community Trails Society conducts activities in support of its' mission:
- To promote and create a legacy of parks and trails
 - To encourage appreciation, respect and enjoyment of the natural environment
 - To educate on matters relevant to the natural environment
 - To promote best practices for stewardship

OBJECTIVES

- To seek out new park lands within the Sooke and Juan de Fuca region
- To expand and improve the Sooke Urban Trail network
- To create a Stewardship structure for the Admiral Forest preserve

BE PREPARED

- Dress for the weather
- Wear good hiking boots
- Bring drinking water
- Bring a lunch or snack
- Carry a whistle.