

**Wednesday, August 31st**

**Start: St. John's Anglican Church, Duncan**

*Car pool from Metchosin and Victoria to downtown Duncan for those who wish that service. Registration confirmed before car pool from downtown Duncan to the Cowichan Valley Trail in the Cowichan Valley.*

1. Carpool from St. John's church after registrations confirmed. Drop off pilgrims at intersection of Mountain Road and the Cowichan Valley Trail.
  - *Alternates: for those who want to walk further, drop off can be at Glenora Trails Head Park, or other intersections of roads and the Trail.*
2. Left on Trail, crossing the Kinsol Trestle, to Renfrew Road.
  - *Recommended: at the Kinsol Trestle, follow the trails into the valley or to the river itself. There is information boards and a picnic shelter at the Duncan end of the Trestle.*
3. Right on Renfrew Road, walking to Shawnigan Lake Road.
  - *Caution: Renfrew Road is winding and narrow in many places.*
  - *Recommended: Masons Bay Park is a swimming beach at the intersection of Renfrew and Shawnigan Lake Roads.*
4. Right on Shawnigan Lake Road to Shawnigan Lake - Mill Bay Road.
5. Left on Shawnigan Lake - Mill Bay Road.
  - *Recommended: Shawnigan Wharf Park is right turn at intersection, and has a swimming beach.*
6. Shawnigan Lake - Mill Bay Road to Sylvan United Church, just past the Recreation Complex and Shawnigan Creek.
  - *Interest? Unsworth Vineyards and Merridale Cider have paid tastings - they are on Cameron Taggart Road about 1 kilometre before Sylvan United Church.*

14 kilometres

**End: Sylvan United Church, Mill Bay**

## **Thursday, September 1st World Day of Prayer for the Environment**

### **Start: Sylvan United Church, Mill Bay**

1. Leaving church property, left on Mill Bay Road.
  - *Interest? explore Shawnigan Creek on the trail, which right on Mill Bay Road.*
2. Turn right onto trail at intersection of Mill Bay and Barry Road. Follow trail and Barry Road towards Trans-Canada Highway.
3. Turn left to Deloume Road, cross the Trans-Canada Highway, and continue to Mill Bay Road.
  - *The shopping centre has restaurants and a large grocery store. It is a short alternate route to Mill Bay Road.*
4. Turn right on Mill Bay Road, which can be moderately busy. Please use the shoulders, and especially in the few narrower sections walk facing the traffic.
  - *Recommended: swimming in the ocean where the road runs along the beach. There are no change houses or bathrooms, but washrooms at the ferry terminal and on the ferry.*
  - *Reflect as you walk along the ocean and on the ferry - do we view ocean versus land ecosystems differently? If so, why? Is that important?*
5. Turn left to Ferry Road. The ferry terminal is at the end of the road.
  - *Fee required for ferry.*
6. straight off ferry on Peden Lane to Tsartlip Road. Follow to West Saanich Road and turn left, going north.
  - *Alternate route though main area of Brentwood Bay, with restaurants and other services. Turn right on Stella's Cross Road and follow to West Saanich Road.*
7. Follow West Saanich Road north, which can be quite busy
8. Turn right on Mt. Newton Cross Road and follow approximately 1 kilometre.
9. Turn right on St. Stephen's Lane. The church is at the end of the Lane.

16 kilometres

### **End: St. Stephen's Anglican Church, Central Saanich**

## **Friday September 2nd**

**Start: St. Stephen's Anglican Church, Central Saanich**

***Walking the busy Old Saanich, Helmken and Sooke public roads to Church of the Advent is 23+ kilometers. We do not recommend it.***

*Recommended: We are offering car pool rides from the church to the Lochside Trail, starting at McMinn Park, which connects with the Galloping Goose Trail. This route is 18 kilometers, enjoyable and safer than public roads. If some pilgrims request, there are other start points that are closer to Church of the Advent.*

1. from McMinn Park, left on Maplegrove Street then left to the Lochside Trail.
2. follow CRD trail markers past Cordova Bay and Mackenzie roads towards 'Switch Bridge', the junction of Lochside and Galloping Goose Trails.
  - *Recommended: take time at Swan Lake to watch for birds and aquatic plants and animals. Walk on trails around Swan Lake and rejoin the Lochside Trail.*
3. right [west] on the Galloping Goose Trail. [If you cross the Trans-Canada Highway in a kilometre, instead of paralleling it, you have gone the wrong way!] Keep on the 'Goose' for about 10 kilometers, crossing over Mackenzie Road, and underneath the Trans-Canada Highway.
  - *Recommended: reflect on how our culture uses land for housing, large multi-use areas like UpTown, Colwood Corners, and Victoria General Hospital.*
4. Stay on the Goose as it crosses Wale and Sooke roads, goes behind Colwood Corners, and then meets Sooke Road at the edge of the grounds of Royal Roads University.
5. Turn left on Sooke Road, and off the Galloping Goose Trail - it is safe to walk on either side of Sooke Road for about 1 kilometre until Church of the Advent.
  - *Interest? explore the trails in Royal Roads University grounds, and/or Hatley Memorial Gardens.*

18 kilometres

**End: Church of the Advent, Colwood**

*Church of the Advent offers washrooms, resting areas and parking. Those who choose to camp and/or join the group supper will go by car pool to the home of Wally Eamer and Sharleen Thompson in Metchosin.*

## **Saturday September 3rd**

### **Start: Church of the Advent, Colwood**

1. Mt View Road, cross Sooke Road at marked walkway only
2. turn right, Sooke Road, then left to Ledsham. Walk to end at Wishart Road.
3. go left, walk 100 meters to a walking entrance to Royal Roads University [RRU]
  - *Recommended: walk slowly through the remnant of low elevation Douglas Fir old growth forest*
  - *Side route: explore Colwood Creek on grounds of RRU*
4. exit RRU grounds to Heatherbell Road then go right until Lagoon Road
5. go downhill on Lagoon Road until beach, just past
  - *Recommended: bird watching and walking along Esquimalt Lagoon. Herons tend to gather where the lagoon flows from and to the ocean.*
6. go right on the beach from Esquimalt Lagoon to Albert Head Lagoon
7. Albert Head Lagoon parking lot to Delgado Road
8. continue from Delgado Road to Park Road
9. where Delgado Road goes right to Farhill Road, go left on trail to Duke Road
10. from trail, turn left and follow Duke Road for 2 km.
11. go straight from 3 way stop to Olympic View Road
  - *Side route: explore views across Strait of Juan de Fuca from Tower Point - access from Olympic View or Anne Jackson Place*
12. continue Olympic View Road to dead end at Witty's Lagoon Regional Park
  - *Interest? use beach access stairs from end of Bradene Road to explore the beaches. Good walking and wading at lower tides.*
13. Witty's Lagoon Regional Park trail
  - take any trail towards Sitting Lady Falls *Recommended: view Witty's Lagoon and wildlife from several points on the trails in the Park*
  - trail from Site Lady Falls to Regional Park Nature House
  - Witty's Lagoon parking lot - cross a small strip of grass to the parking lot of St. Mary of the Incarnation church. *Recommended: there is no need to walk to Metchosin Road to enter the church parking lot*

11 kilometres

### **End: St Mary of the Incarnation Church, Metchosin**

*There will be refreshments and time to share stories. Wild Church will lead the culminating service.*