

hikes and walks

O Russell Island



Moderate 1km (30 minute loop) from boat access.

A spur off the main loop trail leads to one of the last surviving Hawaiian homesteads in the region. The historic house dates back over a century.

L M Sidney Spit



Easy 2km loop with cross trails and 1.5km spurs (45 minutes loop; 40 minutes beach or field spur) from main boat dock.

Take a leisurely walk on the beaches or wander the trails through shady forests and sunny open fields.

N Portland Island



Moderate 6.5km (3 hour loop; cross trails, 1 hour) from any of the three camping areas located on Portland.

A shoreline loop allows you to hike around the perimeter of the entire island and enjoy spectacular views from all points of the compass. Two cross-island wooded trails shorten the loop if time is not sufficient.

Pender Islands

G Beaumont



Difficult 1.5km trail (60 minutes) from Ainslie Point Road.

Half a kilometre from the Ainslie Point parking lot, the trail to Beaumont switchbacks steeply down through thick forest and boulder fields. It levels out about 30 metres above the shoreline to a fork in the trail: both forks lead to the camping area.

F Mt. Norman



Difficult 1.5km trails (60 minutes each) from either Canal Road or Ainslie Point Road.

The panoramic views from Mt. Norman are worth the effort spent hiking this strenuous trail, through salal and second-growth forest. The boardwalk and viewing platform mean you've arrived at the summit.

Get your heart pumping!

It's an invigorating 244-metre (800-foot) shore-to-sky trek from the campsites at Beaumont to the summit of Mount Norman.

H Roe Lake



Moderate 1.5km (45 minutes one way) from South Otter Bay Road.

This trail leads into the uplands above Shingle Bay to Roe Lake, then steeply descends to the Magic Lake Estates subdivision.

I Roesland



Easy 0.5km (15 minutes one way) from parking lot to viewpoint

Quick access to a former cottage resort dating back to the early 1900s. To the right of Ella Bay, a small footbridge leads out to a short rustic trail and viewpoint on Roe Islet.

Mayne Island

B Bennett Bay



Easy 1.5km (15 minutes to the point; 40 minute loop) from Bennett Bay Road.

Campbell Point features remnant old-growth forest. A wide and relatively flat trail brings you to superb views from the point across to Georgeson Island. Depending on the tide levels, the sand beach can be accessed via a staircase from the trail, offering an opportunity to loop back along the shoreline.

Saturna Island

C Winter Cove



Easy 1.5 km (25 minute loop) from Winter Cove day use area.

This pleasant loop takes you through a variety of vegetation zones—skunk cabbage wetland, spruce-salal upland, open meadows and salt marsh—and offers spectacular views across the Strait of Georgia.

E Narvaez Bay



Moderate 1.7km (30 minutes, one way) from parking lot at the end of Narvaez Bay Road.

A moderately steep old road leads to one of the most serene locations on Saturna Island. At the headland, choose to go right to Echo Bay and enjoy a beautiful relaxing spot or turn left to head to backcountry campsites near Little Bay.

E Monarch Head (Narvaez Bay)



Moderate to difficult 2.5km (1.5 hour loop) from parking lot at the end of Narvaez Bay Road.

Rapidly rising 100 metres in elevation to the viewpoint, this new trail branches off the Narvaez Bay trail and follows an old logging road up to an incredible view of Boundary Pass.

Lyall Creek



Moderate 2km (40 minutes, one way) from either Narvaez Bay Road or the east end of Valley Road (park at pull-off on East Point Road)

Descending from Narvaez Bay Road, the initially steep trail passes by a mossy waterfall then levels off quickly. The hike continues through the forested heart of the island and follows the creek to end at East Point Road.

D Tumbo Island



Easy 3.5km (90 minute loop) around Tumbo Island

The designated trail provides multiple ocean view opportunities of Cabbage Island across from Reef Harbour and the San Juan Islands, as it wanders through Garry oak, Arbutus and coastal Douglas Fir forest, and marshes. (Note: a life tenancy agreement is in place for the house. Please respect the resident's privacy).

you and your national park reserve

Minimize your footprint

The scenic beauty of the Gulf Islands is embodied in their rocky shorelines, steep headlands and offshore rocks and islets. This special place represents one of the most ecologically at risk natural regions in southern Canada. You can help reduce your personal impact by following these guidelines.

- Camp in designated areas and hike on official trails only. They are carefully planned to make the most of your visit while protecting sensitive plants and habitat.
- "Pack in, pack out". There are no garbage facilities on the islands. Please take your garbage with you when you leave.
- Respect our park resources. Do not remove, disturb or damage rocks, seashells, driftwood, flowers, antlers or cultural artefacts.
- Bicycles are not permitted on park trails. Tread damage leads to erosion and drainage issues.
- Respect "Special Preservation Areas". Access is restricted to protect highly sensitive ecosystems.



Keep pets under control and on a leash

Pets are wonderful companions and they are welcome in Gulf Islands National Park Reserve. If you choose to bring your pet, please remember that park regulations are in place to protect wildlife, ecosystems and other visitors.

- Keep your dog on leash at all times. Domestic animals retain their instinct to mark territory with scent and may spread domestic diseases to wild animals. Unleashed pets may damage sensitive plants and/or harass wildlife, causing the animals to be injured or leave their territory.
- Stoop, scoop and dispose of your dog's waste with the rest of your garbage.
- Show respect to other visitors. Keep pets close to you and keep their noise level down.

Be Fire-Free

Summers in the Gulf Islands are very dry and the fire hazard is often extreme. Protecting Gulf Islands National Park Reserve and its neighbours from fire is a must.

- At Prior Centennial and McDonald campgrounds, campfires in provided fire pits are allowed, except when a fire ban is in effect.
- No campfires are permitted elsewhere in the park (not even below the high tide line). This includes hibachis and propane campfires.
- Propane and gas cooking stoves are allowed.



hiking and camping

GULF ISLANDS NATIONAL PARK RESERVE



camping and docking

Sites	Pullout brochure	Season	Camping Facilities & Fees							Marine Facilities & Fees			Access				
			Number of sites	\$13.70/party*	\$4.90/person	\$49.00/group*	Water	Washroom	Fire Pits	Wheelchair Accessible	Buoys \$9.00/boat	Dock Space \$1.90/pace	Stem Tie Ring	Road	Marine	Foot Passenger Ferry	Trail
Vancouver Island																	
McDonald Campground (Sidney)		Mar 15 – Oct. 30	56	✓				✓	✓	✓	✓				✓		
The Inner Islands																	
Sidney Spit	L	May 15 – Sept. 30	26	✓				✓	✓		21	✓					
Sidney Spit Group	L	May 15 – Sept. 30		✓				✓	✓						✓		✓
Sidney Spit Youth Group	L	May 15 – Sept. 30						✓	✓						✓		✓
D'Arcy Island	K	June 1 – Sept. 30	7		✓				✓						✓		
Isle-de-Lis (Rum Island)	J	June 1 – Sept. 30	3		✓				✓						✓		
Portland Island																	
Shell Beach	N	May 15 – Sept. 30	6		✓				✓						✓		
Princess Bay	N	May 15 – Sept. 30	12		✓				✓				✓		✓		
Arbutus Point	N	May 15 – Sept. 30	6		✓				✓						✓		
Pender Islands																	
Prior Centennial Campground		May 15 – Oct. 30	17	✓				✓	✓	✓					✓		
To reserve a campsite at Prior Centennial call 1-800-689-9025																	
Beaumont	F	May 15 – Sept. 30	11		✓				✓		15				✓		✓
Prevost Island																	
Prevost at James Bay	A	June 1 – Sept. 30	10		✓				✓						✓		
Outer Islands																	
Saturna Island and proximity																	
Narvaez Bay	E	May 15 – Sept. 30	7		✓				✓						✓		✓
Cabbage Island	D	May 15 – Sept. 30	5		✓				✓		10				✓		

■ For group campsite and group picnicking reservations at Sidney Spit, call 1-877-559-2115. Maximum group size is 30. Groups pay the standard per party fee, as for all frontcountry campsites. Youth groups pay a flat \$49.00 fee.

■ Visitors camping at Sidney Spit must be registered at a designated campsite before the last ferry leaves the island for the day. Schedule and fee information for the privately-operated passenger ferry: 250-474-5145 or 250-655-4995; www.alpinemarineadventurecentre.ca

■ Water at Sidney Spit is drinkable, but at times has high sodium content and should not be consumed by people with kidney or heart ailments.

■ Backcountry campsites are accessible throughout the year. No fees are charged and only reduced services are provided during the off-season.

■ During the off-season, camping is not permitted at McDonald and Prior Centennial campgrounds.

■ Maximum total overnight stay allowed at any of the camping, mooring and anchorage areas in the national park reserve is 14 days per calendar year.

■ Moorage and dock fees are collected after 6 pm. One boat permitted per buoy. Permitted vessels sizes: up to 15m with wind speeds under 30 knots (55 km/hr), up to 12m with wind speeds from 30-37 knots and no mooring allowed with winds over 37 knots (69 km/hr).

*"Party" - includes up to eight people with a maximum of four persons 16 years old or older, and one vehicle. Additional vehicle fee is \$6.80



Reduce human/wildlife conflicts

Your activities while visiting the park can have an impact on your personal safety and the safety and health of wildlife. There are generally no large predators on the southern Gulf Islands, although black bears, cougars and wolves have been known to periodically make their way across.

- Be aware of your surroundings, especially at dusk and dawn, or in densely vegetated areas, for signs of predators.
- Take particular care on shorelines, wetlands and intertidal areas: they are critical habitats for shorebirds and waterfowl.
- Keep a "bare campsite". Food and gear left out at campsites can attract wildlife.
- Never feed, disturb or approach wildlife. Fed wildlife is dead wildlife.
- Follow marine mammal and seabird viewing guidelines.
- Do not approach or attempt to assist animals that may seem to be in distress, especially seal pups. Interference often harms these animals.
- Report any bear, wolf or cougar sightings by calling 1-877-852-3100

Be considerate of other visitors

Young and old can experience hiking, boating, kayaking, picnicking and camping in Gulf Islands National Park Reserve. Here, visitors have a chance to appreciate nature and truly enjoy a relaxing stay.

- Quiet hours are observed between 11 pm and 7 am.
- Ensure your behaviour is not disturbing others.
- Alcohol consumption is not permitted in public places.



Practice tidepool etiquette

All intertidal creatures are unique and fragile and depend upon rocks and seaweed for shelter.

- If you pick up a rock, do so gently and return it to the same place, in its original position.



GULF ISLANDS NATIONAL PARK RESERVE OF CANADA

