

Active Comox Valley guided walk at Seal Bay Park

Active Comox Valley is part of a provincial initiative to promote healthy lifestyles and community spirit through physical activity. Our goal is to increase the rate of physical activity by 20% by 2010.

For more details:

- call 890-9116
- email info@activecomoxvalley.ca
- visit your local recreation department

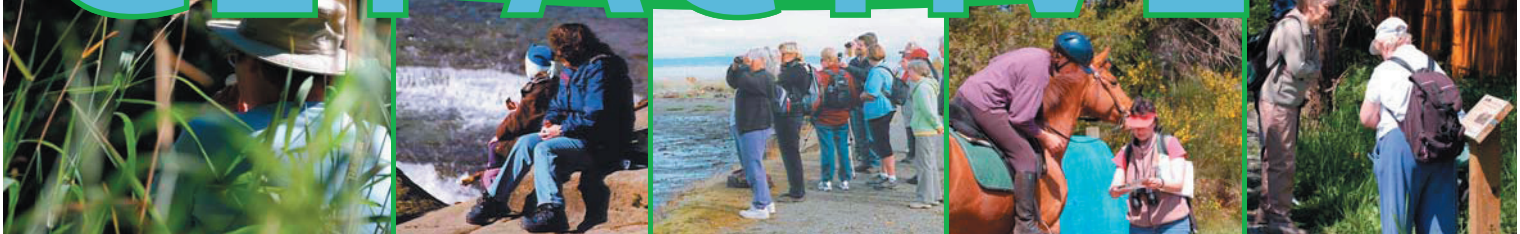
or check out our website at www.activecomoxvalley.ca



Get Up, Get Active!



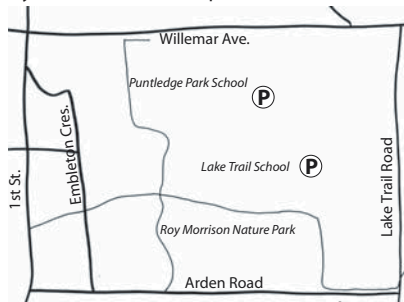
GET ACTIVE



Another 12 great places to be active for FREE in the Comox Valley

Morrison Creek Greenway

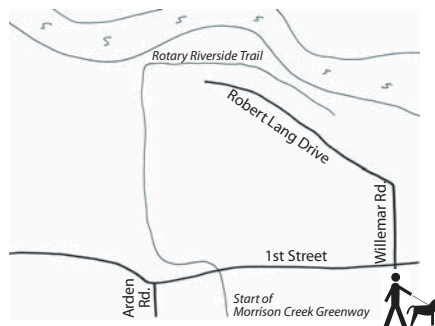
- Enchanting deep forest trails along streamways
- Spectacular giant Douglas Fir & cedar trees
- 31 acres of natural park land
- Part of the Fisheries Diversion Project
- Connects to the Rotary Riverside Trail
- Easy 2 km level woodchip trail



Morrison Greenway has several access points including Arden Road, Embleton Crescent, Lake Trail Road and Puntledge Park School.

Rotary Riverside Trail

- Picturesque trail features glimpses of the Puntledge River and up-close views of salmon spawning streams
- 1 km gravel and wood chip trail meanders through wooded areas
- Some stairs are located along the trail
- Connects to Morrison Creek Greenway



Rotary Riverside Trail can be accessed from several points including First Street, Robert Lang Drive, Arden Road and the Morrison Creek Greenway.

Wildwood Interpretive Forest

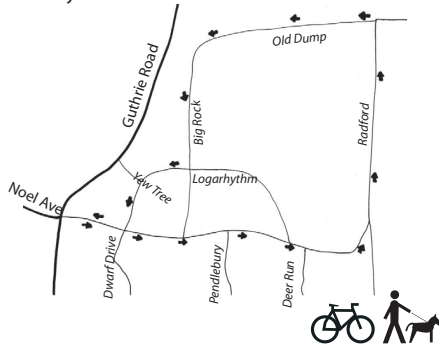
- Great place to hike, mountain bike & walk your dog
- 682 acre nature park
- Trails vary including active logging roads, an old railway grade, a constructed trail, and a narrow track on native soil
- Southern part of park has 2nd growth Douglas Fir, Hemlock and Spruce
- Moderate easy walking trail



Located between Burns & Piercy Roads. Trails connect with Piercy, Wildwood, Forest Hill and Burns Road.

Northeast Woods Conservation Area

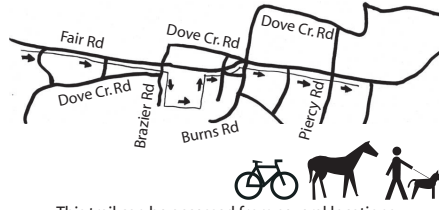
- This conservation area has rare ecosystems including second growth mixed forest, meadows, wetlands, wildlife and native trees and plants
- Please stay on marked trails for your own safety
- This short 1.5 km loop is part of a much larger trail system. Check out a different one each week



This trail can be accessed from Noel Avenue, Guthrie Road, Cape Lazo School and Lazo Marsh Conservation Area.

One Spot Trail

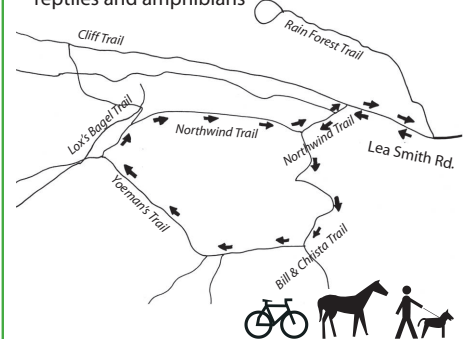
- Expect to see an array of wildlife along the trail including black tailed deer, woodpeckers, wrens, chickadees and aquatic life
- 2nd growth forest along the trail includes Douglas Fir, Sitka Spruce, alder and cottonwood
- Located on the former main line railway grade of the Comox Logging & Railway Company
- Interpretive signs along the trail provide an interesting history of the trail
- Walkers, cyclists and horseback riders share this trail—please remember your trail etiquette
- This easy to moderate 8 km trail has mostly a dirt surface with a few sections of packed gravel



This trail can be accessed from several locations including Condensory, Percy, Burns, Pindar, Dove Creek, Brazier, Orr, Fair and Todd Road

Mt. Geoffrey Nature Park

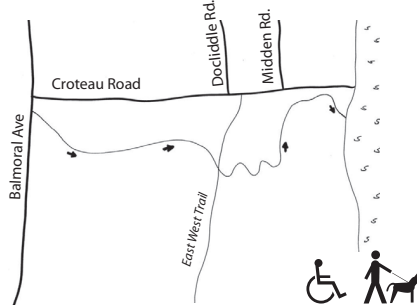
- 303 hectare forested park with a large network of trails designed for multi-use, pedestrians, cyclists and equestrians on Hornby Island
- This park is home to many unique creatures, plant communities and views—bald eagles and turkey vultures are frequently seen along with deer, small mammals and a variety of birds, reptiles and amphibians



Trails can be accessed from Mount, Evston, Strachan, Slade, Central and Lea Smith Road (access point for Rain Forest & Northwind).

MacDonald Wood Nature Park

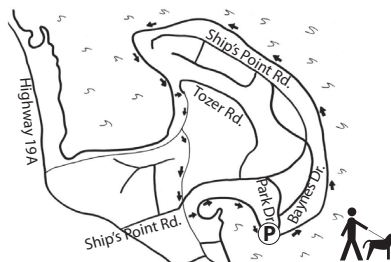
- 9 acre conservation area
- Popular for its tranquility and easy access
- Well groomed forested trails that lead right out to the shoreline
- Some of the largest cedars in the Comox Valley grow here along with fawn lily, skunk cabbage and other lush plant life found in coastal forests
- Short varied trail (including boardwalk) - accessible for off-road strollers



Located in Comox, entrance at the corner of Balmoral Road and Croteau Road.

Ship's Point Park

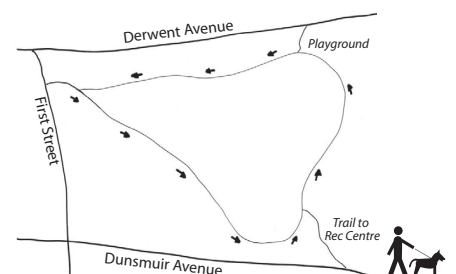
- Small waterfront park with scenic views, rare plants and wildlife
- Large windswept fir, spruce and Garry Oak
- At low tide you walk around the peninsula and connect up with a conservation trail located at the end of Tozer Rd.
- Cut across the peninsula, then along the shore back to the park
- The full trail is moderate to difficult and includes a long walk on the beach, steps and dirt sections that can be muddy and slippery



Located at the end of Park Road. The conservation trail can be accessed off Hwy 19A, Tozer Rd and Ship's Point Road.

#6 Mine Memorial Park

- Site of the Miner's Memorial Cairn
- #6 Mine was originally owned by the Union Coal Company which opened in 1898
- Contains interpretive signage on local mining history and historical artifacts
- Pleasant place to enjoy a picnic or game of frisbee, short walk or a visit to the playground
- Good access to all local amenities including the recreation centre and museum
- Short 0.5 km trail on dirt, stone and brick paths



Accessed from Dunsmuir Ave., Derwent Ave. and First Street.

Miracle Beach Trail & Provincial Park

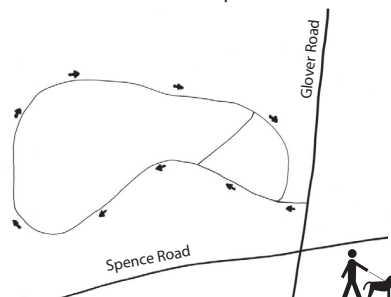
- Park provides great beach access
- There is a viewing platform, interpretive signage & salmon spawning and bird watching opportunities
- 2 km of walking trails are located in the park—some are for walking only and some are for those with dogs



The park is accessed off Miracle Beach Drive

Glover Community Nature Park

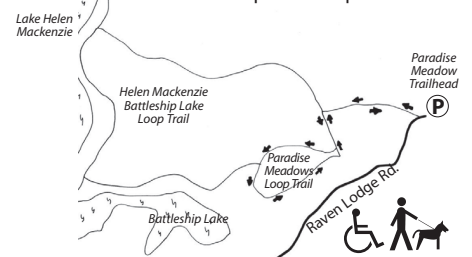
- Small community nature park
- Donated in 1992 to the CSRD by Harry & Winnie Glover
- Park is a remnant second growth forest with Douglas Fir, maple, huckleberry and Sword Fern
- A seasonal stream crosses the site with a wet depression of Sitka Spruce, salmonberry and skunk cabbage
- Short route with 2 trail loops to choose from



Located between Glover Road, Spence Road and the Island Hwy.

Forbidden Plateau Paradise Meadows Trailhead

- Great network of hiking trails from short day hikes to overnight hikes for serious backpackers
- Excellent winter recreation activities including skiing & snowshoeing, with lake & mountain views
- Western Red Cedar, fir, hemlock and sub-alpine plants and flowers can be seen along the trails
- Amazing wildlife viewing opportunities
- Paradise Meadows Loop trail is 2 km and the Helen Mackenzie Battleship Lake Loop trail is 7 km



Take Hwy 19 & follow signs to Mt. Washington Ski Hill via the Strathcona Parkway for 25 km. Turn left onto Raven Lodge Rd. go 1.5 km then park in lot.