

PRESENTED BY
The GREATER VICTORIA CYCLING COALITION
and BIKE TO WORK SOCIETY



Discovery
RIDES

MAY - AUGUST 2020

GREATER VICTORIA
CYCLING
COALITION

GREATER VICTORIA
BIKE  WORK
SOCIETY

<https://gvcc.bc.ca/theme-rides>



About this

May - August 2020

Discovery
RIDES

Welcome Discovery Riders!

Planning on heading out for a bike ride this weekend but not sure where to go? Love finding hidden pathways and special features on your rides? We've got you covered!

The Greater Victoria Cycling Coalition and Bike to Work Society is offering a series of Scavenger Hunts, Discovery Rides, and Ride-the-Distance Rides for neighbourhoods across the Greater Victoria region. These activity series will be happening from May to August 2020. Every two weeks, two new Discovery Rides will be released for two new neighbourhoods.

The first set of Discovery Rides will be released on May 22nd. Until June 5th, you are invited to explore the 'points of interest' outlined in each ride package and send us a photo, story, or video telling us about your experience, or something you discovered, on your Discovery Ride. **Submissions can be sent to us by filling out the short 'experience reflection form' on the GVCC website under 'themed rides', or via Facebook and Instagram by tagging us at @biketoworkvic or #yyjbike!** With every submission, you will be entered into a draw for a chance to win a gift card for take-out food from a local restaurant or bike shop near you.

How do I win a prize?

Along your ride, take note of the things you see at each 'point of interest' and create a story with the photos, video, or drawings you create from your ride. Prizes will be granted to those who submit content that tell us about their experience or something they discovered on their ride in a creative and thoughtful way. Entries will be randomly selected. Prizes will be mailed to recipients on May 18th.

What to bring:

You will need a bicycle, helmet, water bottle, snack, sunglasses, a camera of some kind, and Google maps downloaded on your cellphone. These Discovery Rides are organized like self-guided tours: the routes are downloaded on your phone that highlight points of interest along a route. Each ride is designed to get you exploring new places while social-distancing; taking between 1-4 hours to complete. Enjoy the adventure! *Remember to allow space for others to pass on trails and roads when necessary to maintain social-distancing.

Why ride right now?

Studies have shown that cycling helps to reduce stress, boost the immune system, and stay physically active. Cycling is also a great way to get to know your neighbourhood and city during this time of social-distancing.



GREATER VICTORIA
CYCLING
COALITION

Activities are designed with adult supervision in mind. Before undertaking any outdoor activities, please be sure to follow the latest COVID-19 Provincial Support and Information.



Langford/Colwood Points of Interest

Explore the 'points of interest' outlined in each ride package and send us a photo, story, or video telling us about your experience or something you discovered on your Discovery Ride.

Photos, videos, drawings, and other media can be sent to us by filling out the short 'experience reflection form' on the GVCC website under 'themed rides', or via Facebook and Instagram by tagging us at @biketoworkvic or #yyjbike!

See prize details on the "About this" page above.

Take a ride along the Galloping Goose Regional Trail and discover some of the Westshore's hidden treasures. This ride will take you out to the Millstream Miniature Llama farm, Hatley Castle and Snek'wa e'lun house, as well as other water features including the Esquimalt Lagoon, Glen Lake and Langford Lake, along quiet roads and bike paths.

1. **Background:**

In 1999, the CRD Parks Department conducted a research study on the Cultural History of Mill Hill, Thetis Lake, and Francis King Parks. From this research they discovered a documented inland shell midden site and artifacts dating back to 3,000 years.



Image source: Visitor in Victoria, Mill Hill Regional Park website.

Action item

Walk your bike up to the highest lookout point on top of the hill. From this view point, what is the farthest land formation you can identify in the distance?

Langford/Colwood Points of Interest

2.

Background:

Established in 1993, Millstream Miniature Llamas was the first farm in Canada to focus on breeding miniature llamas. Millstream enters the Llama Farm through a rock tunnel and includes a 20ft waterfall. In 2003, the local Goldstream Hatchery helped build a new fish ladder near this waterfall, and named it the "Llama Falls."



Image source: Visitor in Victoria, Mill Hill Regional Park website.

Action item

Go visit the Millstream Miniature Llamas from outside the farm fence and see how many llamas you can count in the fields.

Langford/Colwood Points of Interest

3. **Background:**

Nestled in the centre of Royal Roads University, Hatley Castle was built with trimmed sandstone from Valdez and Saturna Island. The Conservatory, located in the heart of the castle, is a lavish room that was once filled with flowers, white orchids imported from India, and a large banana tree. Not only did Hatley Castle have an abundance of extravagant exotic plants indoors, it had an equally elaborate outdoor garden, which continues to be maintained today!



Image source: Hatley Castle, The City of Colwood website.

Action item

Take a ride through Royal Roads University campus and relish in the flowers and fragrances. What kinds of flowers did you see/smell? Be respectful of any updated signs indicating road or site closures on the campus.

Langford/Colwood Points of Interest

4.

Background:

“Bringing messages of self-determination and self-reliance,” The Blue Heron is situated on the seashore below Hatley Castle, across from the Esquimalt Lagoon. The Lekwungen name for Blue Heron is Sneq’wa and house is e’lun. Translated, Sneq’wa e’lun means “a home away from home” for indigenous students, faculty, and staff studying and working at Royal Roads University.



Image source: Sneq’wa e’lun – The Blue Heron House, Royal Roads University website.

Action item

Cycle down the hilly road from Hatley Castle to the Lagoon and visit this Sneq’wa e’lun, this beautiful cedar-sided Blue Heron House. From this point, can you spot a heron fishing in the Esquimalt Lagoon?

Langford/Colwood Points of Interest

5.

Background:

Built by the British in 1860, eleven years prior to British Columbia's entry into Confederation, Fisgard Lighthouse was the first lighthouse on Canada's west coast. This lighthouse influenced the development of the towns of Esquimalt and Victoria following the influx of marine traffic to the area from the Fraser River Gold Rush in 1858. Every year, thousands of local and international visitors come to see the lighthouse and listen to Parks Canada's National Historic Site interpreters tell the stories of the lighthouse and its past keepers'. This lighthouse has also been the setting of many TV show episodes and films over the years, including *Sailing into Love* and *Watchtower*.



Image source: Fisgard Lighthouse National Historic Site, Trip Advisor website.

Action item:

Ride over to the Esquimalt Lagoon and take a photo of this famous red and white lighthouse from the beach.

Langford/Colwood Points of Interest

6.

Background:

Scattered along the beach at Esquimalt Lagoon are a series of driftwood bird sculptures created by Paul Lewis, a local artist in Victoria. Over the years, thousands of people have come to the Lagoon to admire and photograph these 16 delightful and creative, wood sculptures.



Image source: Paul Lewis at Esquimalt Lagoon with one of his creations: a driftwood bald eagle for Times Colonist Newspaper published by Louise Dickson on May 27, 2018. Photo by Darren Stone.

Action item:

Take a stroll with your bike along the Esquimalt Lagoon Road and discover which sculptures are still perched along the beach after the winter storms. Take a photo of any of these driftwood sculptures you can find.

Langford/Colwood Points of Interest

7. **Background:**

Located south of Langford Lake, off of the Galloping Goose Regional Trail, Glen Lake is a haven for swimmers and paddlers in the summer. To improve the water quality, the City of Langford installed an aeration system. As a result of the improved water conditions, fishing has also become a popular activity on this lake. Some of the fish species that can be caught here include rainbow trout, cutthroat trout, and small-mouth bass.



Image source: Fishing pier at Glen Lake in Langford, BC. From Secret Lakes of Southern Vancouver Island website.

Action item:

Can you spot anyone boating or fishing on Glen Lake? Take a photo by the lake and enjoy a refreshing swim if you're up for it! *Be sure to look out for any health advisory notices surrounding the beach areas for updated information on the lake's water quality status prior to swimming.

Langford/Colwood Points of Interest



Background:

The Ed Nixon Trail is approximately 2kms in length and lies along the southern half of Langford Lake. This trail is shaded by a Douglas-fir forest, tall Arbutus trees, and lined with scenic sections of boardwalk. While walking along this lakeside trail, you may notice a variety of different wildlife species. In fact, Langford Lake is home to a rare Western painted turtle population.



Image source: Adult western painted turtles basking at Langford Lake. Photo by Ken Groat. Published in the Goldstream News Gazette on August 23rd, 2017. For more information, this News Article is titled: "Abandoned pet turtles threatening local species, Western painted turtle last of its species on Island."

Action item:

Take a walk along this lakeside trail and see if you can spot a Western painted turtle resting on a log.

If you do come across a turtle, please do not touch or disturb it. However, you are welcome to take a photo of this beautiful creature, respectfully, and send it to the Habitat Acquisition Trust. This regional land trust does excellent work in monitoring Western painted turtle populations in the region, as well as habitat restoration initiatives