PRESENTED BY

The GREATER VICTORIA CYCLING COALITION

and BIKE TO WORK SOCIETY

Discovery RIDES

MAY - AUGUST 2020

GREATER VICTORIA CYCLING COALITION

GREATER VICTORIA BIKE to WORK SOCIETY

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

About this

May - August 2020

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 June 6th. Until June 19th, 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 physical-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 2m physical-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 physical-distancing.

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.

View Royal/Esquimalt

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 E&N Rail Trail and Galloping Goose Regional Trail, and explore the public artworks, histories and heritage buildings in these old funky neighbourhoods of View Royal and Esquimalt.

1. **Background:**
Built in 1903 by the Canadian National Railway, the Selkirk Trestle is a 300-metre long fir and hemlock trestle that spans the Selkirk Waters, a narrow saltwater inlet. When the Selkirk Trestle opened to pedestrians and cyclists in 1996, an important milestone was achieved in the history of the Galloping Goose Regional Trail: a continuous multi-use trail now linking the communities of Victoria West and Saanich. In 1995, the trestle was severely damaged in a fire and rebuilt with a draw bridge function in its center to allow boats with tall masts to navigate the inner waters.

Photo of Selkirk Trestle by John Holland

Action item
Ride across this old trestle and take a photo of it from either end on the Galloping Goose Regional Trail. Be sure to pull off the trail completely when stopped to allow others to pass you safely.

View Royal/Esquimalt

Points of Interest

2. **Background:**
Hidden away along the E&N Rail Trail are a series of different, colourful, and some political, graffiti murals painted on the backs of buildings located between Fairview Rd and Hereward Rd. Over the years, these walls have become canvases for many local graffiti artists in the community.

Photo of murals by John Holland

Action item

Ride over to these murals and take a photo of your favourite design.

View Royal/Esquimalt

Points of Interest

3. **Background:**
Navigating the windy intersection at Admirals Road can be utterly confusing and convoluted for cars and cyclists alike. However, if we roll back in time, this intersection becomes a living artifact of transportation history in the Esquimalt area.

Action item
Continue riding along the E&N Rail Trail to the intersection at Admirals and Colville Road. Once arriving, take a look at the old train station shelter on the corner of Colville Road and discover something new about this place. When crossing this intersection, be sure to walk your bicycle when using the crosswalks.

View Royal/Esquimalt

Points of Interest

4. **Background:**

"The Songhees Wellness Centre is a LEED Silver rated building with geothermal heating and cooling and a rooftop solar array for hot water. The Lək̓ʷəŋən Recreation Centre Committee envisioned this building to symbolize the Nation's pride of place, serve as an economic generator, welcome visitors, and consolidate programs and services for members" (Songhees Nation website). This building is situated on the unceded ancestral lands of the Lək̓ʷəŋən Nations.

Photo from Vic News, courtesy of Camosun AV Services.

Photo of Songhees Wellness Centre by Durwest Project and Construction Management.

Action item

Ride over to this building, just slightly off the E&N Rail Trail, and take a moment to observe and listen to the sounds in this place. What sounds can you hear here?

View Royal/Esquimalt
Points of Interest

Discovery RIDES

5. **Background:**
"The Kosampson people, whose descendants are part of the Esquimalt Nation, lived in a village on the east bank of the Gorge, near Portage Inlet. Shell middens near Gorge Bridge confirm the area has been used for over 4,000 years. Portage Inlet and the Gorge Waterway continue to be culturally significant areas for the Esquimalt and Songhees peoples" (History of Portage Inlet, CRD Website).

Photo of Postcard: Craigflower Schoolhouse & Bridge, c.1910. Published by T.N. Hibben & Co, Victoria B.C. Printed in Germany.

Action item
Ride over to Portage Park and visit the Historic Craigflower Schoolhouse and Manor, which was built on the former Kosampson village site in 1854. Can you see bits of white shell remnants in the sands along the shoreline here?

View Royal/Esquimalt

Points of Interest

6. **Background:**
These two murals on the side of the View Royal Elementary School, located off of the E&N Rail Trail, are unique in their design and style. The lower mural was designed by Misha Smart, who also designed the James Bay Community School mural.

Action item

Ride over to these murals and check out all the natural features woven within each of these paintings.

View Royal/Esquimalt

Points of Interest

7. **Background:**

Situated between View Royal Elementary School and Adam's Storage, is the historic Fort Victoria RV Park, located along the E&N Rail Trail. Can you spot this old Fort Bastion replica along the trail? This replica was built in the early 1960's by the family who established the Fort RV Park & Campground.

Image of Watercolor painting of the southwest bastion of Fort Victoria with harbour to the left by Sarah Crease (wife of Henry), 8 September 1860.

Action item

Find this old Fort Victoria Bastion replica and take a photo of it. From how many metres away (approximately) can you spot this building along the Galloping Goose Trail?

View Royal/Esquimalt

Points of Interest

Discovery RIDES

8. **Background:**
The Nest Café is the Go-to café for cyclists and Galloping Goose Commuters. This café is nestled on a hill along Watkiss Way and offers a rest stop on route to Thetis Lake. This café even has a bike maintenance station, including a wide variety of tools and air pumps.

Action item
This café offers a wonderful seating space. What tree species can you identify here? For help identifying plant species, download the free iNaturalist app on your phone, take a photo of the plant, and upload it for identifying.

View Royal/Esquimalt

Points of Interest

Discovery RIDES

9. **Background:**

A community mural project by Morgan MacCaulay and the Children of Chico and Atkins in August 2007, lines the Atkins Chilco Pedestrian Pathway under the Via Rail track in View Royal. Decorated with elaborate painted flowers and nature images, this 1916 tunnel connects Atkins Road with Chilco Road near Thetis Vale Green Space. The Via Rail, which once traveled above this pathway, began operating as the Victoria – Courtney passenger train in 1979, and transported passengers between Victoria, Nanaimo and Courtney. This train service was suspended indefinitely in March 2011, due to track replacement work and subsequent lack of funds.

Action item

Ride over to this tunnel and take a peek at this beautiful colourful mural! You can also find more of Morgan MacCaulay's art on Instagram at @Macaulayart.