East Sooke Regional Park

Rugged coastlines, accessible and challenging trails, opportunities to see everything from wildflowers to whales, and ancient forests to eagles in a large wilderness area, make this park a premier hiking destination.

Features

- 50 kilometres of mainly rugged trails through forest and along a rocky shoreline
- Two accessible trails
- Exceptional marine bird and mammal viewing
- Spectacular views of the Strait of Juan de Fuca and Olympic Mountains
- Rich cultural, natural and geological features

Trail Rating: Easy (Aylard Farm, Iron Mine Bay) to Challenging (Coast Trail) Size: 1,434 hectares

This is the traditional territory of the Coast Salish people. The T'Sou-ke people reefnetted salmon around Becher Bay, and collected shellfish, berries and roots for winter months spent at Pedder Bay. Alldridge Point in the park was designated as a Provincial Heritage Site in 1927. You'll see petroglyphs bruised into the rock, a style particular to the Strait of Juan de Fuca.

Loggers, miners and fishers sought their fortunes here. In the heart of the park, loggers selectively harvested trees. Stumps 2–3 metres in diameter hold clues to the era of the springboard, axe and crosscut saw. At Iron Mine Bay and Mt. Maguire, copper and iron were mined on and off for nearly 100 years. The quality and amount of ore, however, were limited, and never led to significant commercial success. Fishers reaped the richest bounty. From spring to early autumn, fish traps were secured in the sea bed. The trap shack at Cabin Point is solitary witness to those days.

Begin your exploration at one of three entry points:

Aylard Farm is popular with picnickers, and those looking for easy excursions. A heritage apple orchard and cleared pasture are all that remain of the last settlement. A 300m accessible trail, of smooth gravel surface on a gradual slope, leads through open fields, to a short steep trail down to Becher Bay beach where you can discover intertidal life, or watch river otters scurrying across the sand.

Trails head inland to hilltop views, or along the rugged **Coast Trail**, a 10-kilometre rough, uneven and winding trail, a challenging 6–8 hour trip even for experienced hikers. One moment you travel across a bluff of windswept pines, the ocean crashing at your feet. Next you enter a dark rainforest at the end of a ravine. Turn a corner, you're back in sunlight, at the edge of the sea.

Anderson Cove, on the Sooke Basin, is the starting point for hikers heading to Babbington Hill and Mt. Maguire. On these hilltops, bald eagles, turkey vultures and red-tailed hawks join you for sweeping views of the Olympic Peninsula. At Cabin Point a small trap shack is testimony to a fishing past.

Pike Road is the most westerly access to the park, and to the Coast Trail. A 1.5km accessible trail of smooth gravel surface on a gradual slope winds from Pike Road along an old logging road through forest thick with Douglas-fir, western hemlock, and closer to shore, Sitka spruce. A short steep trail leads down to Iron Mine Bay beach. At low tide, look for periwinkles, gooseneck barnacles and purple sea stars...but do not remove! Beechey Head is a well-known site for observing the fall hawk migration.

Park Etiquette

- Stay on designated trails
- Do not remove or disturb animals or plants, such as wildflowers
- Keep your dog under control
  Pick up your dog's droppings
- Leave no trace and carry out litter
- Smoking, bicycles, motorized vehicles, camping, open fires and alcohol are prohibited

How to Get There

Allow about one hour driving time from Victoria.

Aylard Farm Entrance: Follow the Trans-Canada Highway from Victoria, and take the #14 exit. Follow the Island Highway, which turns into Sooke Road. From Sooke Road, turn left on Gillespie Road. Turn left on East Sooke Road, then right on Becher Bay Road to reach the park entrance.

Anderson Cove Entrance: Follow the directions above to Gillespie Road. Turn right on East Sooke Road to reach the park entrance on the left.

Pike Road Entrance: Follow the directions above to Gillespie Road. Turn right on East Sooke Road and continue past Anderson Cove. Turn left on Pike Road to reach the park entrance.

Public Transportation: Take BC Transit #66 East Sooke Loop Bus from 17 Mile House to East Sooke Road. There is a bus stop close to the Anderson Cove entrance. Runs Monday to Friday only. Contact BC Transit for schedule information at transitbc.com.

Capital Regional District | Regional Parks

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East Sooke
REGIONAL PARK

Hike along windswept rocky coast, over dry hilltops, through dark rainforest to sheltered coves in this West Coast wilderness park.

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Trails By Name (With Distance)

- Anderson Cove Trail (5km)
- Babbington Hill Trail (2.5km)
- Coast Trail (10.5km)
- Copper Mine Trail (2.5km)
- Creyke Point Trail (1km)
- Endurance Ridge Trail (3km)
- Interior Trail (6.5km)
- Mount Maguire Trail (420m)
- Parkheights Trail (2.3km)
- Pike Road Trail (1.5km)
- Silver Spray Trail (160m)
- Swamp Bypass Trail (200m)
- No Official Name
- Local Connector

Capital Regional District

East Sooke Regional Park

Park Amenities

- Accessible Parking
- Accessible Picnic Area
- Accessible Toilet
- Beach
- Bench
- Information
- Old Mine Site
- Parking
- Picnic Area
- Shelter
- Viewpoint

Trails By Designated Use

- Hiking Trail
- Unofficial Trail (Not Maintained)
- Accessible Trail
- User Friendly

Map Features

- Road
- Municipal/Electoral Boundary
- Contour (20m interval)
- Summit
- River / Stream
- Parking Lot
- Open Field
- East Sooke Regional Park
- Municipal Park

Metres
0 500 1000

N W E S

Projection: UTM ZONE 10N NAD83

Disclaimer

Important This map is for general information purposes only. The Capital Regional District (**CRD**) makes no representations or warranties regarding the accuracy or completeness of this map or the suitability of the map for any purpose. **This map is not for navigation.** The CRD **will not be liable** for any damage, loss or injury resulting from the use of the map or information on the map and the map may be changed by the CRD at any time.

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Be Prepared for Wilderness

East Sooke is one of the most spectacular parks in the region, attracting those looking for challenging hikes in a wilderness setting. This attraction can also be a danger. The mystical pull of East Sooke—sharp cliffs wrapped in mist, crashing waves, sudden tides—are all natural hazards, especially if you're unprepared. To ensure your hike in East Sooke Regional Park is safe and enjoyable, remember these important hiking tips:

- Know the trails—read maps, brochures and kiosk panels.
- Leave enough time to return before dark.
- Don't hike alone.
- Let someone know where you are going and when you will be back.
- Stay on designated trails.
- If lost, stay calm, make yourself visible and stay where you are until help arrives. Winter hiking can be hazardous. Some inland trails can become submerged after heavy rains. Trails on rocky ledges are very slippery.