

Hikes and Walks

J Sidney Spit EXPLORA

SKĪĀMEN (*sk-thay-men*) Trail (45 minutes)
Lagoon Trail 1.5 km (40 minutes)
 Easy 2 km loop and 1.5 km spur to lagoon from main boat dock.

Take a leisurely walk on the beaches or wander the trails through the shady forest and sunny open fields. The distance from the main dock to the campground area is 0.8 km.

K Princess Margaret (Portland Island)

Princess Margaret Perimeter Trail Moderate 6.5 km (3-hour loop)
Royal Cove Trail (30 minutes to Royal Cove or Arbutus Point)
Kanaka Bluffs Trail (15 minutes)
Pellow Islets Trail (15 minutes)

A shoreline loop allows you to hike around the perimeter of the entire island and enjoy spectacular views from all points of the compass.

L Russell Island EXPLORA

Haumea Trail (30-minute loop) Easy 1 km from boat access.
An island steeped in rich history, Coast Salish clam gardens have been used here for at least 1000 years. 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.

M McDonald Campground (Sidney)

A short walking trail offers access to adjacent municipal parks. Lochside regional cycling trail passes in front of the campground. 49 campsites. Reservations recommended.

North Pender Island

I Roe Lake

Roe Lake Trail (45 minutes one way)
 Moderate 1.2 km from Shingle Bay Road.

Loop Trail (55 minutes) 1.7 km loop
 (0.5 km from Shingle Bay Road trail access or 0.4 km from Magic Lake Estates).

This trail leads into the uplands above Shingle Bay to Roe Lake, then steeply descends to the Magic Lake Estates subdivision. The loop trail allows you to hike around the lake where you can enjoy stunning views of tranquil Roe Lake.

I Roesland EXPLORA

Roe Islet Trail (15 minutes one way)
 Easy 0.5 km from parking lot to viewpoint.

Quick access to a former cottage resort dating back to the early 1900s. To the north of Ella Bay, a short rustic trail on Roe Islet leads to a viewpoint. The islet access may be exposed to water at high tides. Please refer to tide tables at information kiosk.

I Shingle Bay Campground

A 300m steep descent from the parking lot to the waterfront and campground.

N Prior Centennial Campground

Heart Trail (1 km)
Connects the campground to regional hiking trails and offers geocaching opportunities. 17 campsites. Reservations recommended.

South Pender Island

H Beaumont

Beaumont Trail (60 minutes)
 Advanced 1.6 km trail from Ainslie Point Road
 (2 hours if accessing via Mount Norman trail from Canal Road).
 Parking at Canal Rd only.

Half a kilometre from the Ainslie Point trail access, the trail to Beaumont switches back 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.

G Mt. Norman

Mt. Norman Trail (60 minutes one way)
 Advanced 2.3 km trails from either Canal Road or Ainslie Point Road
 (30 minutes one way to the lookout, from either access).
 Parking at Canal Road only.

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.

Take the Beaumont Trail through salal and second growth forest to Mount Norman Trail (2.6 km) to access the viewing platform.

Saturna Island

C Winter Cove EXPLORA

Xwiwxwyus (*kwik-wi-us*) Trail (25-minute loop)
 Easy 1.5 km 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

Narvaez Bay Trail (30 minutes one way)
 Moderate 1.7 km Trail head past parking lot/yellow gate at 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 the backcountry campsites near Little Bay.

E Monarch Head (Narvaez Bay)

Monarch Head Trail (90-minute loop)
 Moderate 2.5 km Trail head on right just before parking lot at end of Narvaez Bay Road.

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

F Lyall Creek EXPLORA

Lyall Creek Trail (40 minutes one way)
 Moderate-Advanced 2 km from either Narvaez Bay Road or the east end of Valley Road. Park at pull-off on Narvaez Bay 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

TEMOSEN (*te-mo-son*) Trail (90-minute loop)
 Easy 3.5 km around Tumbo Island.

This trail provides multiple ocean views 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.

Mayne Island

B Bennett Bay

Campbell Point Trail (15 minutes to the point)
 Easy 1.5 km from Bennett Bay Road.

A wide and relatively flat trail brings you through old-growth forest to superb views from the point across to Georgeson Island.

Contact Information

WEBSITE parkscanada.gc.ca/gulfislands
TELEPHONE 250-654-4000
TOLL FREE 1-866-944-1744
EMERGENCY CONTACT 1-877-852-3100
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FACEBOOK facebook.com/GulfIslandsNPR
Aussi disponible en français.

Gulf Islands National Park Reserve, 2220 Harbour Road, Sidney, BC V8L 2P6

CAMPGROUND INFORMATION

- Camping permit holders must be 19 years of age or older.
- Pets must be kept on leash at all times and their waste removed.
- Alcohol consumption is only permitted on a registered campsite.
- Fire Restrictions: Campfires, briquette-fueled barbecues and portable campfire apparatuses are prohibited at Sidney Spit, all backcountry campgrounds, and all day use areas (including below the high tide mark).
- Some campgrounds are accessible by water only. Consult the Campgrounds, Dock and Moorage table for accessibility details.
- Maximum length of stay is 14 days per year.

Frontcountry Campgrounds

McDonald, Prior Centennial and Sidney Spit

- Reservations are recommended.
- Campfires are only permitted in the rings provided at McDonald and Prior Centennial Campgrounds.
- Potable water is available (*Note: Sidney Spit water has high sodium content and is not recommended for those with heart conditions.*)
- Garbage facilities are only available at drive-in campgrounds. Sidney Spit is pack in, pack out.

Backcountry Campgrounds

Pender, D'Arcy, Isle-De-Lis, Princess Margaret (Portland), Prevost, Saturna and Cabbage Islands

- No water: pack in water in the backcountry.
- Garbage facilities are not available, pack in, pack out only.
- Reservations are recommended at the following backcountry campgrounds:
 - Shingle Bay Campground, North Pender Island,
 - Beaumont Campground, South Pender Island,
 - Narvaez Bay Campground, Saturna Island.
- All other backcountry campgrounds are first come first served. Consult kiosk upon arrival for registration procedures.

Party Size

Frontcountry: Maximum 6 people (total including dependent children, must be 7 years of age or under)

Backcountry: Maximum 5 people

Campgrounds, Dock and Moorage

SITES	# OF SITES					ACCESS		
						Road	Marine	Trail
Vancouver Island								
McDonald	49	✓	✓	✓	✓	✓		
Sidney Island (Accessible by a foot passenger ferry. For schedule and fees: 250-474-5145 or alpinegroup.ca)								
Sidney Spit	29	✓	✓				✓	
Mooring Buoys	15						✓	
Dock							✓	
<i>Group camping or picnicking is available at Sidney Spit by reservation only – maximum group size of 30. Fee is charged per party** or \$49 for youth group. For more information or reservation, call 1-877-944-1744.</i>								
Pender Islands								
Prior Centennial	17	✓	✓	✓		✓		
Beaumont	13	✓					✓	✓
Beaumont Mooring Buoys	14						✓	
Shingle Bay	10	✓					✓	✓
D'Arcy Island								
D'Arcy Island	7	✓					✓	
Isle-de-Lis								
Isle-de-Lis	3	✓					✓	
Princess Margaret (Portland Island)								
Shell Beach	6	✓					✓	
Princess Bay	12	✓					✓	
Arbutus Point	6	✓					✓	
Prevost Island								
James Bay	10	✓					✓	
Saturna Island								
Narvaez Bay	7	✓					✓	✓
Cabbage Island								
Cabbage Island	5	✓					✓	
Mooring Buoys	10						✓	
FEES	Frontcountry Camping: \$13.70/night Backcountry Camping: \$4.90/per person/night Moorage: \$9.80 (<i>Fees apply after 3pm</i>) Docking: \$1.90/meter (<i>Fees apply after 3pm</i>)					RESERVABLE TO MAKE A RESERVATION... Visit: reservation.parkscanada.gc.ca Telephone: 1-877-737-3783		

Trail Guide App EXPLORA

Check out our new EXPLORA trail app — available now on the App Store and Google Play. Discover the park reserve in a whole new way with mini quizzes, historic photos and insider info!

Gulf Islands National Park Reserve

Map Hiking, Camping and Boating Guide



