

Welcome to Gulf Islands National Park Reserve, a mosaic of lands and waters in the southern Strait of Georgia. The park reserve protects one of the most ecologically at risk natural regions in Canada.

hikes and walks

P Russell Island



Haumea Trail (30-minute loop)
Easy 1km from boat access.

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.



O Princess Margaret

Princess Margaret Perimeter Trail 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)

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

Pender Islands

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.

I Roe Lake



Roe Lake Trail (45 minutes one way)
Moderate 1.5km from South Otter Bay Road.

This trail leads into the uplands above Shingle Bay to Roe Lake, then steeply descends to the Magic Lake Estates subdivision.

J Roesland



Roe Islet Trail (15 minutes one way)
Easy 0.5km 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.

M N Sidney Spit



SKÅFÅMEN (sk-thay-men) Trail (45 minutes)
Lagoon Trail 1.5 km (40 minutes)
Easy 2km loop and 1.5km 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.

Mayne Island

B Bennett Bay



Campbell Point Trail (15 minutes to the point)
Easy 1.5km 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.

Saturna Island

C Winter Cove



Xwiwxywus (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 1.7km
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 2.5km
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.

F Lyall Creek



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



TEMOSÉN (te-mo-son) Trail (90-minute loop)
Easy 3.5km 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.
(Note: a life tenancy agreement is in place for the house. Please respect the resident's privacy).

Gulf Islands National Park Reserve
parks.canada.gc.ca



Hiking & Camping

Gulf Islands
Real. Inspiring.

gulf.islands@pc.gc.ca
1-866-944-1744

Parks Canada
Parcs Canada

Canada

Reserve your campsite at McDonald or Prior Centennial Campground.
www.pccamping.ca
1-877-737-3783

camping, mooring and docking

Sites	Dates Open	# of Sites	Wheelchair Access	Picnic Table	Tent	Boat	Person	Dog	Access			Fees
									Road	Marine	Trail	
Vancouver Island												
McDonald*	May 1 - Oct 8	49	✓	✓	✓	✓	✓	✓	✓			\$13.70**
Sidney Island (Accessible by a foot passenger ferry. For schedule and fees: 250-474-5145 or www.alpinegroup.ca)												
Sidney Spit	May 15 - Sep 30	28	✓	✓					✓			\$13.70**
Mooring Buoys	May 15 - Sep 30	21							✓			\$9.80
Dock	May 15 - Sep 30								✓			\$1.90/metre
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.												
D'Arcy Island												
D'Arcy Island	May 15 - Sep 30	7	✓						✓			\$4.90/person
Isle-de-Lis												
Isle-de-Lis	May 15 - Sep 30	3	✓						✓			\$4.90/person
Princess Margaret (Portland Island)												
Shell Beach	May 15 - Sep 30	6	✓						✓			\$4.90/person
Princess Bay	May 15 - Sep 30	12	✓						✓			\$4.90/person
Arbutus Point	May 15 - Sep 30	6	✓						✓			\$4.90/person
Pender Islands												
Prior Centennial*	May 15 - Sep 30	17	✓	✓	✓			✓				\$13.70**
Beaumont	May 15 - Sep 30	13	✓						✓	✓		\$4.90/person
Beaumont Mooring Buoys	May 15 - Sep 30	15							✓			\$9.80
Prevost Island												
James Bay	May 15 - Sep 30	10	✓						✓			\$4.90/person
Saturna Island												
Narvaez Bay	May 15 - Sep 30	7	✓						✓	✓		\$4.90/person
Cabbage Island												
Cabbage Island	May 15 - Sep 30	5	✓						✓			\$4.90/person
Mooring Buoys	May 15 - Sep 30	10							✓			\$9.80

* RESERVABLE ON-LINE AT WWW.PCCAMPING.CA OR BY PHONE AT 1-877-RESERVE.
** A party includes up to 8 people with a maximum of 4 persons aged 16 years or older, and 1 vehicle. Maximum 2 tents, or 1 RV or 1 motorhome per site. Additional vehicle fee is \$6.80.

Things you need to know about camping

- Bring plenty of drinking water with you.
- You must have a valid permit at all times. Payment is in cash only. Exact change is preferable in case the visitor services personnel have missed you.
- Maximum length of stay is 14 days per calendar year.
- You must be at least 19 years of age to obtain a camping permit.
- Consumption of alcohol is permitted only at your registered campsite or onboard your vessel.
- Visitors camping at Sidney Spit must be registered before the last ferry leaves the island for the day.
- Although potable water is available at Sidney Spit, the sodium content is high and is not recommended for people with health conditions.

Things you need to know about mooring and docking

- Fees apply after 3 p.m.
- Rafting is prohibited. One vessel only per buoy.
- Vessel size guideline on mooring buoys:
 - Up to 15m with winds under 30 knots
 - Up to 12m with winds from 30-37 knots
- Mooring is prohibited when wind speeds exceed 37 knots.
- Docks at Sidney Spit and Princess Bay (Princess Margaret) are removed for the winter from Oct. 1 to May 14.

Visiting during the off-season

- Gates are locked during the winter at McDonald and Prior Centennial, and camping is prohibited.
- Backcountry campsites are accessible year round. No fees are charged during the off-season and services are reduced.

A public safety closure is in effect at Sidney Spit from November 1 to the end of February to facilitate hunting by Coast Salish First Nations.

Traditional hunting by First Nations occurs in the park reserve. Consider wearing bright colours, particularly in the winter. For public safety reasons, if you observe people hunting in the park, please contact Parks Canada at 1-877-852-3100.

you and your national park reserve

LEAVE NO TRACE



DON'T JUST DO IT... PLAN IT FIRST

Because this is the best way to have a safe and enjoyable visit.

- Check weather forecast and sea conditions.
- Be responsible for your own safety and the safety of your group.

TRAVEL AND CAMP ON DURABLE SURFACES

Many areas of the park are very sensitive to human use and it takes several years for eroded soil to re-build.

- Stay on designated trails.
- Camp only in designated areas and use tent pads where provided.
- Respect closures for Special Preservation Areas. Stay at least 100 metres from islets.
- Bike on traffic roads. Cycling on park trails or de-activated roads is prohibited.

LEAVE WHAT YOU FIND AND TAKE WHAT YOU BRING

Keep in mind that every item removed or introduced threatens the integrity of the park.

- Leave natural and cultural objects such as flowers, plants, antlers, rocks, shells, driftwood, bricks and other artefacts undisturbed for others to discover and enjoy.
- Pack out all garbage including dog feces. There are no garbage facilities on the islands.

BE CONSIDERATE OF OTHERS

Others have the right to enjoy the park in peace and quiet.

- Consume alcohol only at your campsite or in a properly equipped, moored vessel.
- Respect quiet hours in campgrounds - 10 p.m. – 8 a.m.
- Respect no-wake zones in moorage areas.

DON'T PLAY WITH FIRE!

Fires are prohibited everywhere in the park, including on the beaches and below high tide mark; the only exception is in the fire rings provided in drive-in campgrounds. The risk is too great in such a dry area, especially during summer drought conditions.

- Do not collect deadwood, bark or branches from the forest.
- Use a gas stove for cooking.

PREVENT CONFLICT WITH WILD ANIMALS

Viewing wildlife is a unique way to connect with nature. Make it a safe and rewarding experience:

- Store your food and garbage where wildlife can't get at it.
- Admire wild animals from a distance. Leave plenty of space for animals that may seem to be in distress, especially seal pups. Attempting to assist them often harms these animals.
- Take particular care on shorelines, wetlands and intertidal areas; they are critical habitats for birds and other marine creatures.
- Respect Marine Wildlife Viewing Guidelines.

MANAGE YOUR FOUR-LEGGED FRIEND

Others may not appreciate your dog's company. Unleashed dogs may damage sensitive plants, harass wildlife or disturb cultural items. Even their scent can scare nesting birds away.

- Keep your pet leashed at all times.
- Take with you anything left behind by your dog.

contact information

Park Office

Gulf Islands National Park Reserve
Sidney Operations Centre
2220 Harbour Road
Sidney, B.C. V8L 2P6
www.parks.canada.gc.ca/gulf
250-654-4000
Toll Free 1-866-944-1744

Emergency Numbers

Police, Fire, Ambulance 911
Marine Distress VHF Channel 16
Park offences or emergencies 1-877-852-3100



Just a click away!
Visit our website where you can get copies of the park's other publications, including the Visitor Guide and the Summer Fun Guide. Check-out any current visitor advisories or area closures before heading out.
www.parks.canada.gc.ca/gulf

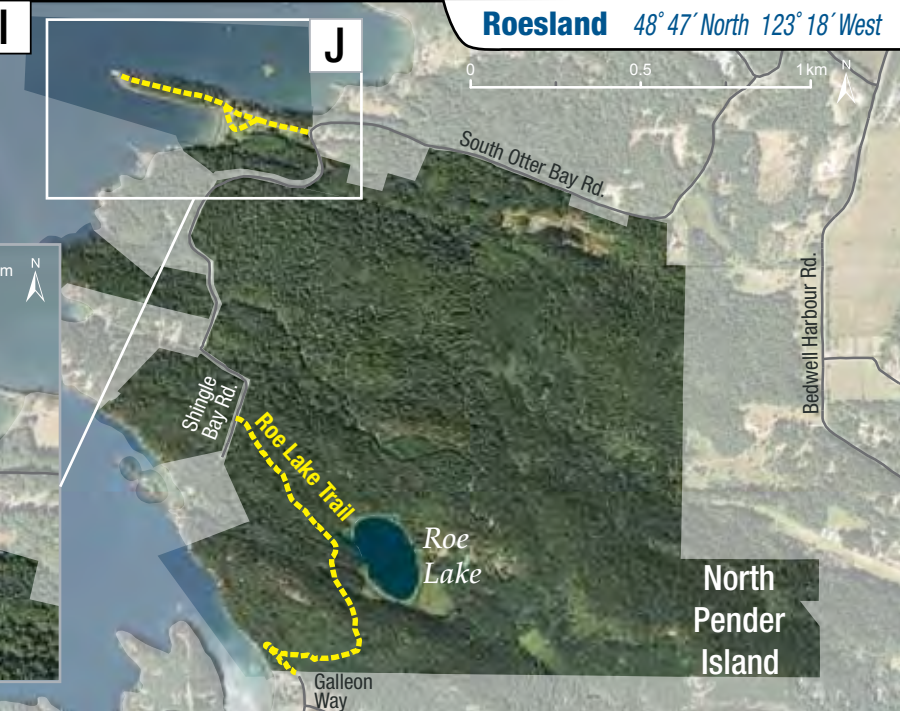
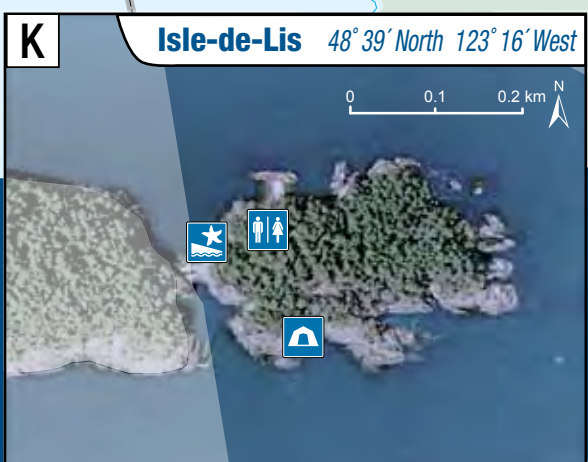
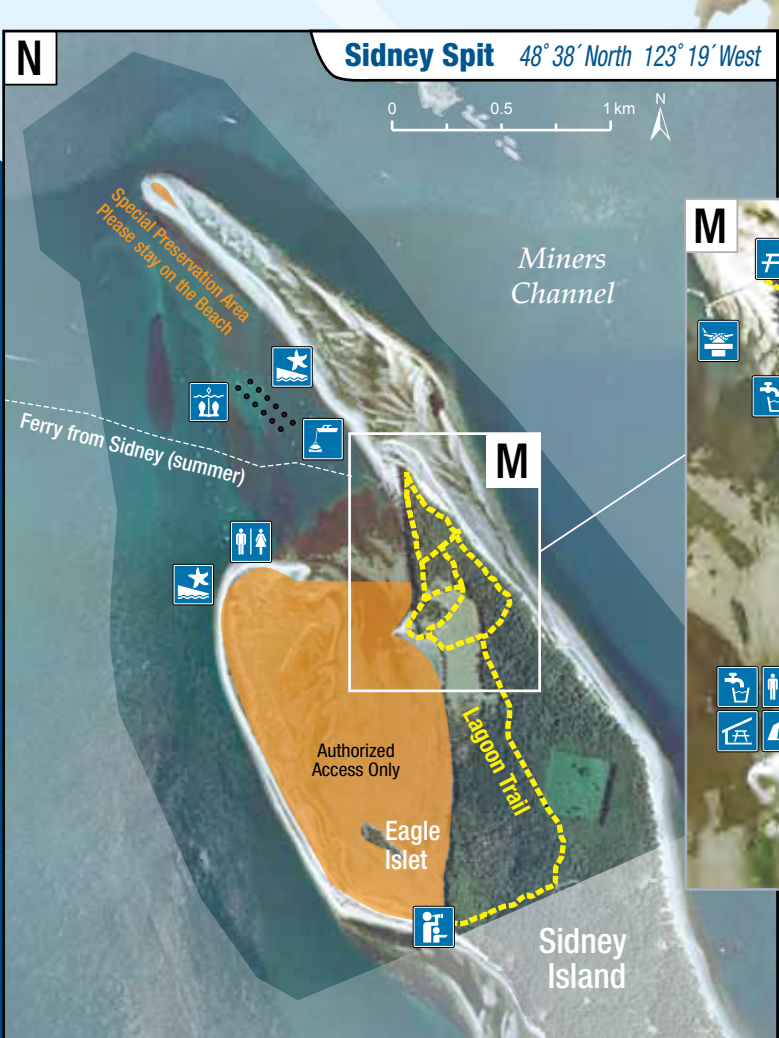
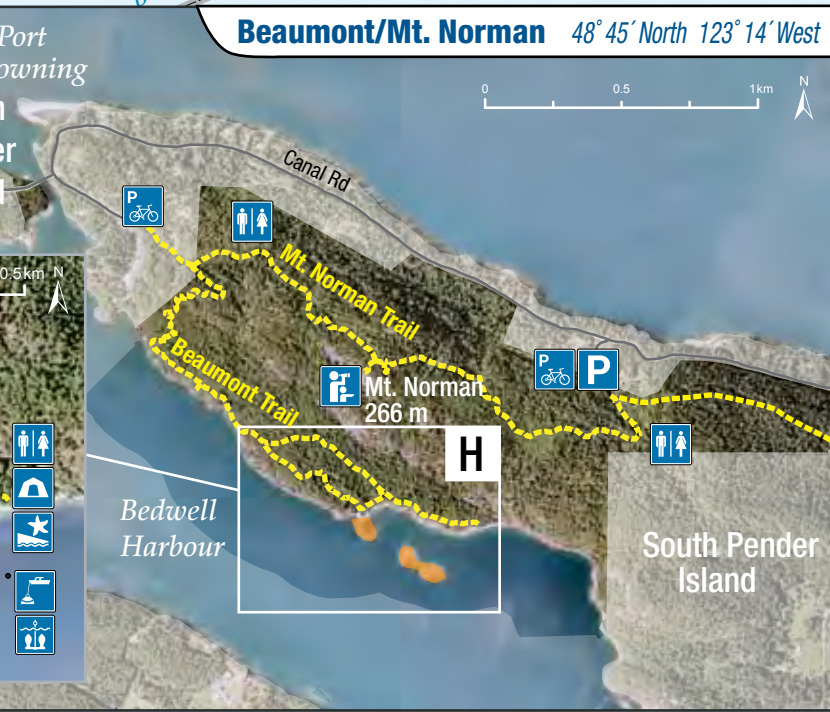
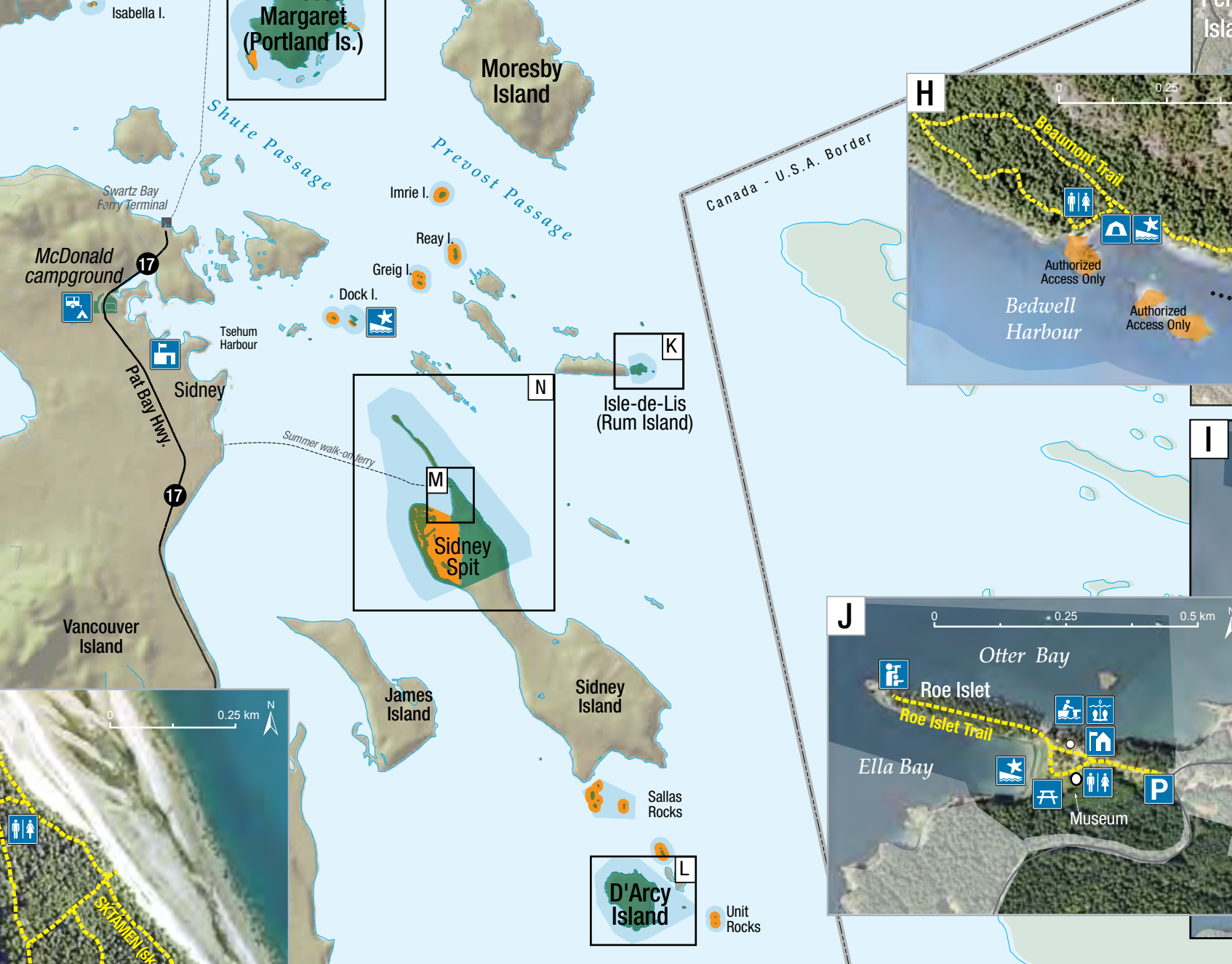
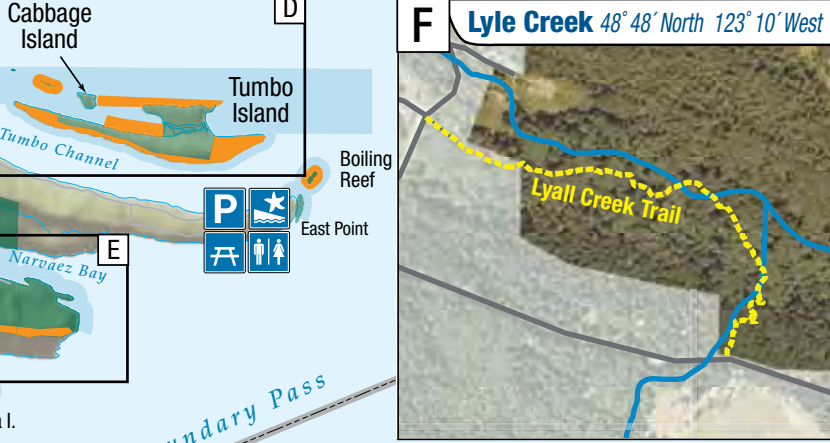
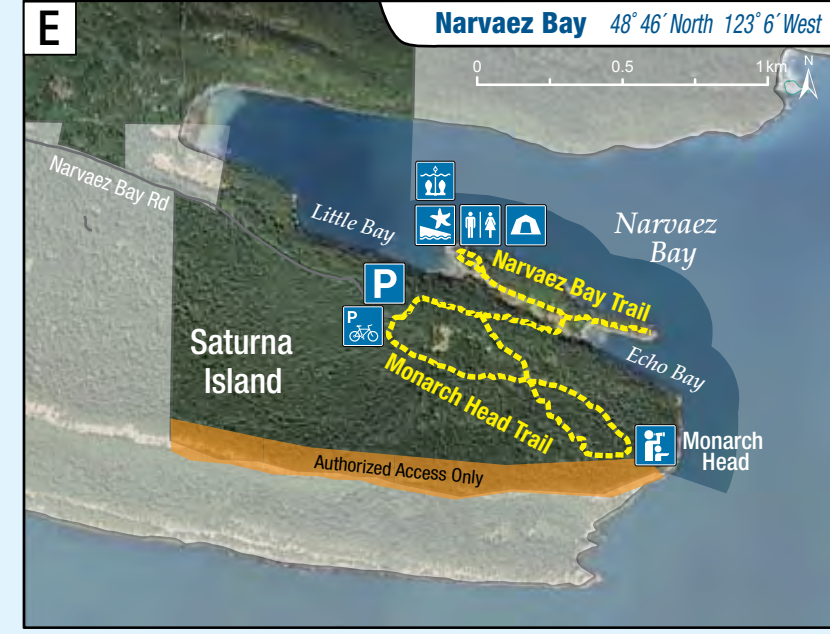
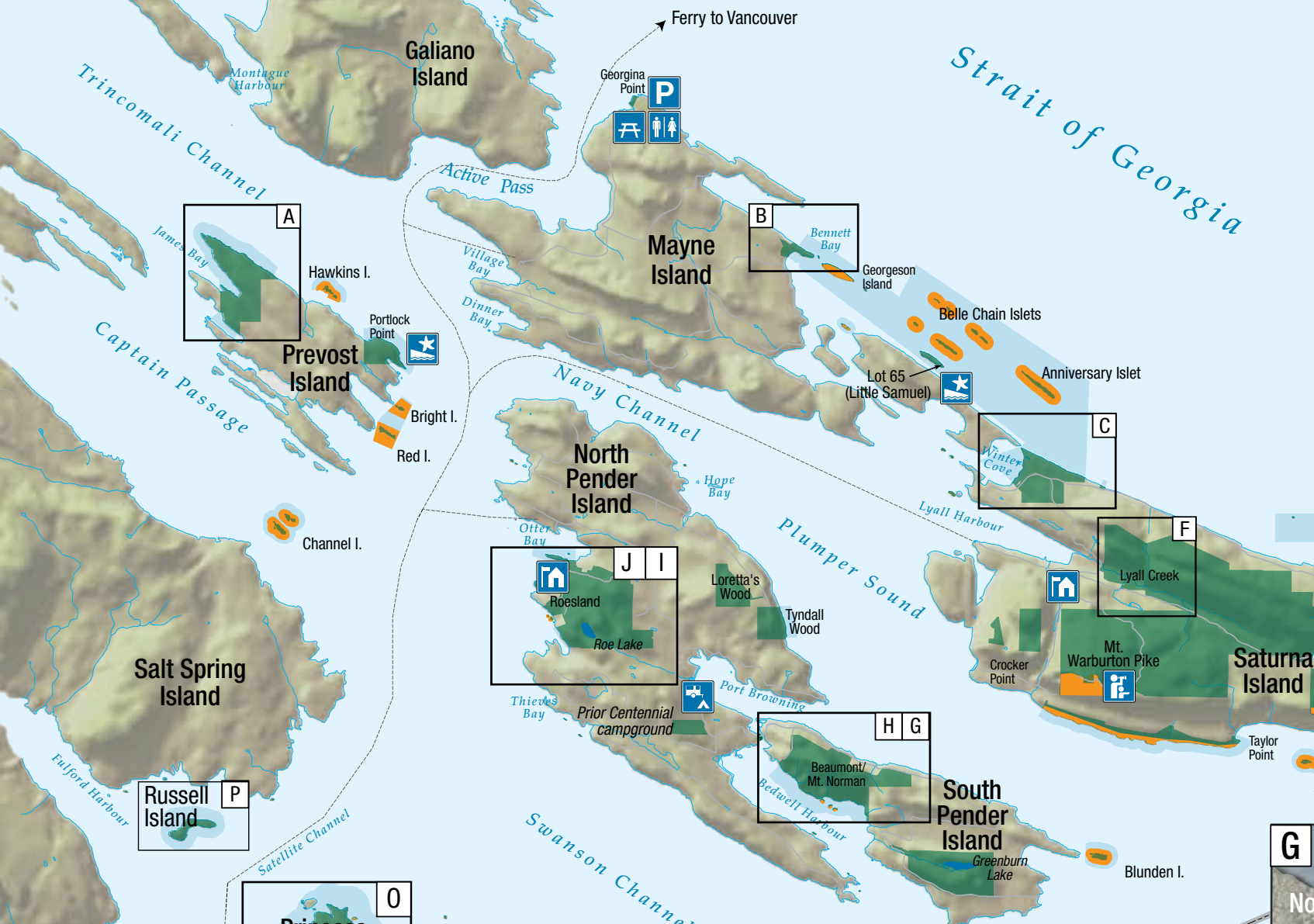
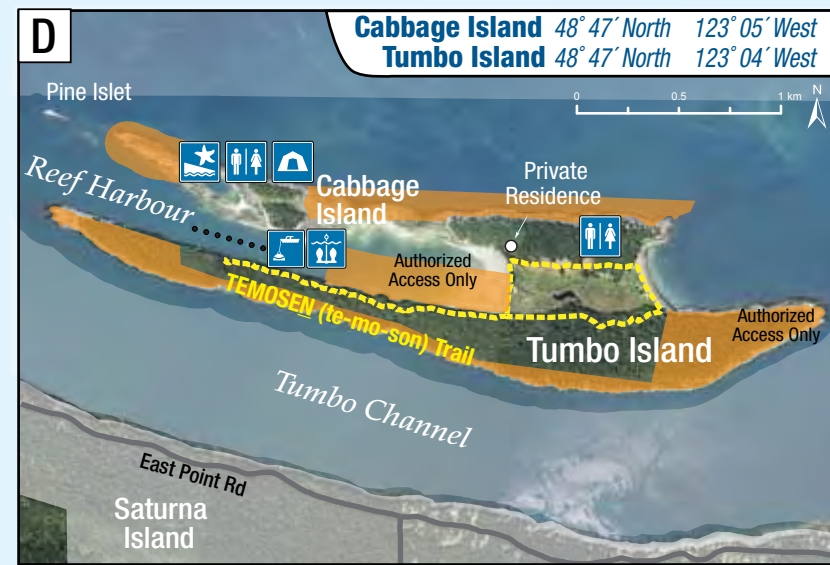
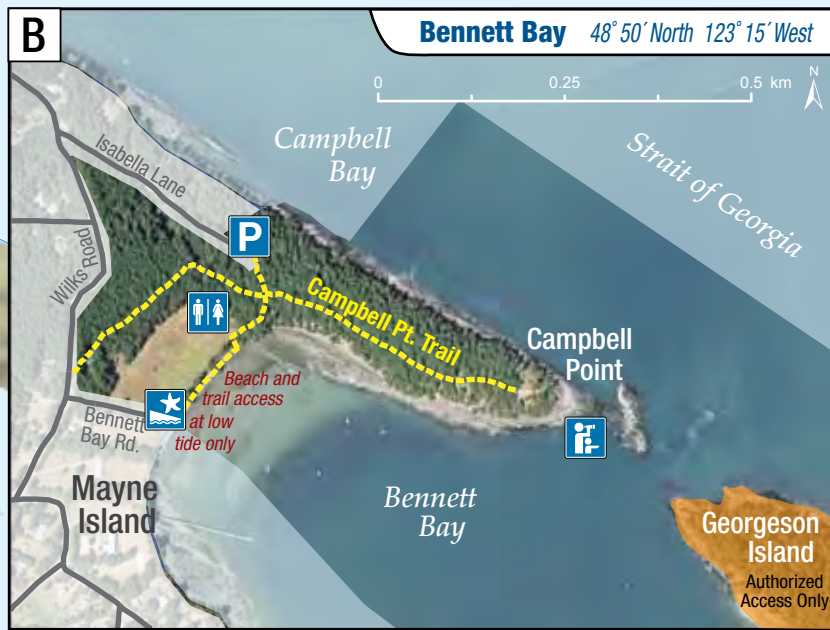


Summer Fun Guide

Looking for things to do in the park this summer? Check out the park's summer program guide where you'll find a host of engaging interpretive programs and activities offered from June to August – ideal for the whole family. Available online or ask park staff.



Gulf Islands National Park Reserve of Canada



LEGEND

Anchoring Area	Camping	Park Office
Beach Access	Group Camping	Park Administration
Dinghy Dock	Drive-in Campsite	Trails
Mooring Buoys	Picnic Area	Roads
Potable Water	Picnic Shelter	Ferry Routes
Viewpoint	Washrooms	0 2 4 km
Hiking	Bike Rack	N

Gulf Islands National Park Reserve of Canada
 Parks Canada Protected Marine Areas
 Authorized Access Only