

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 1 km 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**  
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.

### 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 1.5 km 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 0.5 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.

### M N Sidney Spit

**SKJÅMEN (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 just short of a kilometre (0.8 km).

### 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.

### Saturna Island

#### C Winter Cove

**Xwiwxwiyus (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

**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

**TEMOMSEN (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. (Note: a life tenancy agreement is in place for the house. Please respect the resident's privacy).

**NEW!**  
Reserve your site at Sidney Spit Campground reservation.parkscanada.gc.ca 1-877-737-3783



# Gulf Islands National Park Reserve

## Hiking & Camping

parkscanada.gc.ca/gulfislands  
1-866-944-1744



**New!**  
You can now reserve your site at Sidney Spit as well as McDonald and Prior Centennial Campgrounds reservation.parkscanada.gc.ca 1-877-737-3783

Sites	Dates Open	# of Sites						Access			Fees***
								Road	Marine	Trail	
<b>Vancouver Island</b>											
McDonald*	May 15 - Sep 30	49	✓	✓	✓	✓	✓	✓			\$13.70**
Sidney Island (Accessible by a foot passenger ferry. For schedule and fees: 250-474-5145 or alpinegroup.ca)											
Sidney Spit*	May 15 - Sep 30	27	✓	✓					✓		\$13.70**
Mooring Buoys	May 15 - Sep 30	21							✓		\$9.80
Dock	May 15 - Sep 30								✓		\$1.90/metre
<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>											
<b>D'Arcy Island</b>											
D'Arcy Island	May 15 - Sep 30	7	✓						✓		\$4.90/person
<b>Isle-de-Lis</b>											
Isle-de-Lis	May 15 - Sep 30	3	✓						✓		\$4.90/person
<b>Princess Margaret (Portland Island)</b>											
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
<b>Pender Islands</b>											
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
<b>Prevost Island</b>											
James Bay	May 15 - Sep 30	10	✓						✓		\$4.90/person
<b>Saturna Island</b>											
Narvaez Bay	May 15 - Sep 30	7	✓						✓	✓	\$4.90/person
<b>Cabbage Island</b>											
Cabbage Island	May 15 - Sep 30	5	✓						✓		\$4.90/person
Mooring Buoys	May 15 - Sep 30	10							✓		\$9.80

\* RESERVABLE ONLINE AT RESERVATION.PARKSCANADA.GC.CA OR BY PHONE AT 1-877-RESERVE (1-877-737-3783).  
\*\* 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.  
\*\*\*Current fees are in place until March 31, 2013 and are subject to change. Fee adjustments may be implemented in summer 2013. Please check the park website for the most up-to-date information.

## camping, mooring and docking

- Things you need to know about camping**
- You must be at least 19 years of age to obtain a camping permit.
  - 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.
  - Bring plenty of drinking water with you. Although potable water is available at Sidney Spit, the sodium content is high and is not recommended for people with health conditions.
  - Maximum length of stay is 14 days per calendar year.
  - 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. Reservations are recommended at Sidney Spit.

- Things you need to know about mooring and docking**
- Fees apply after 3 p.m., self-registration.
  - Rafting is prohibited. One vessel only per buoy.
  - Vessel size guideline on mooring buoys:
    - Up to 15 m with winds under 30 knots
    - Up to 12 m 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 October 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 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, see park website.

- 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  
parkscanada.gc.ca/gulfislands  
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 to plan your trip and get other park publications, including the Visitor Guide and the Summer Fun Guide. Check-out any current visitor advisories or area closures before heading out.  
**parkscanada.gc.ca/gulfislands**

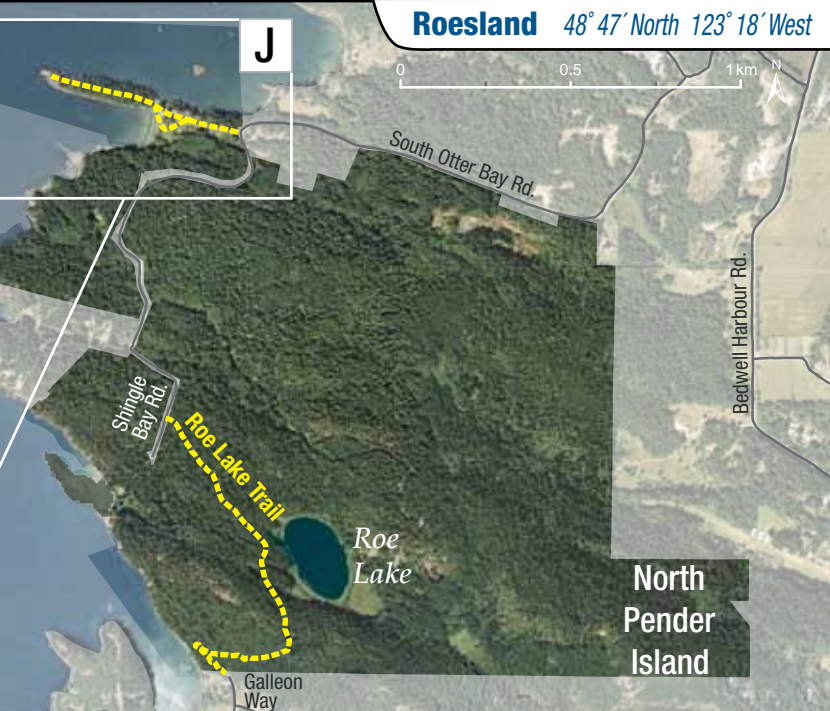
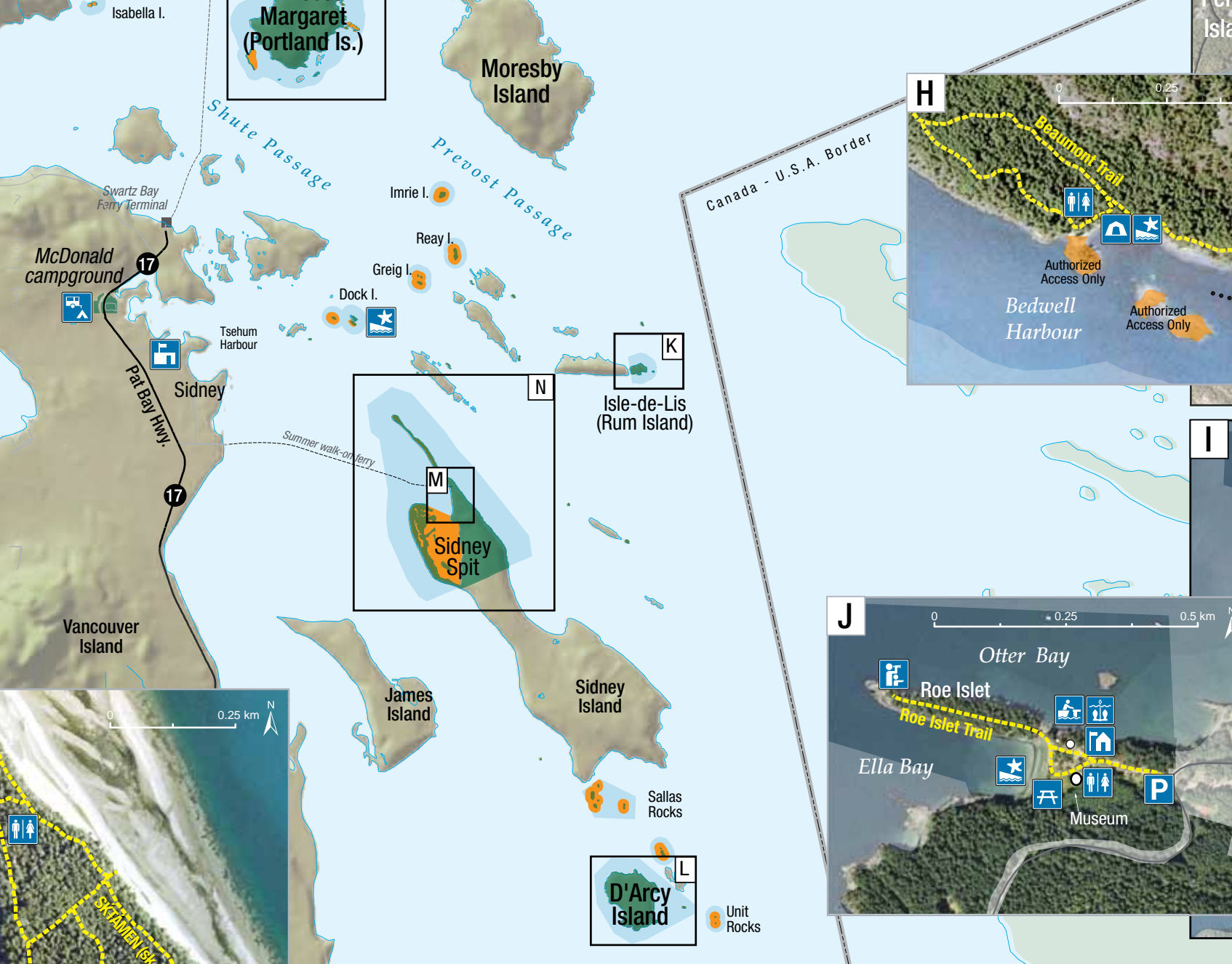
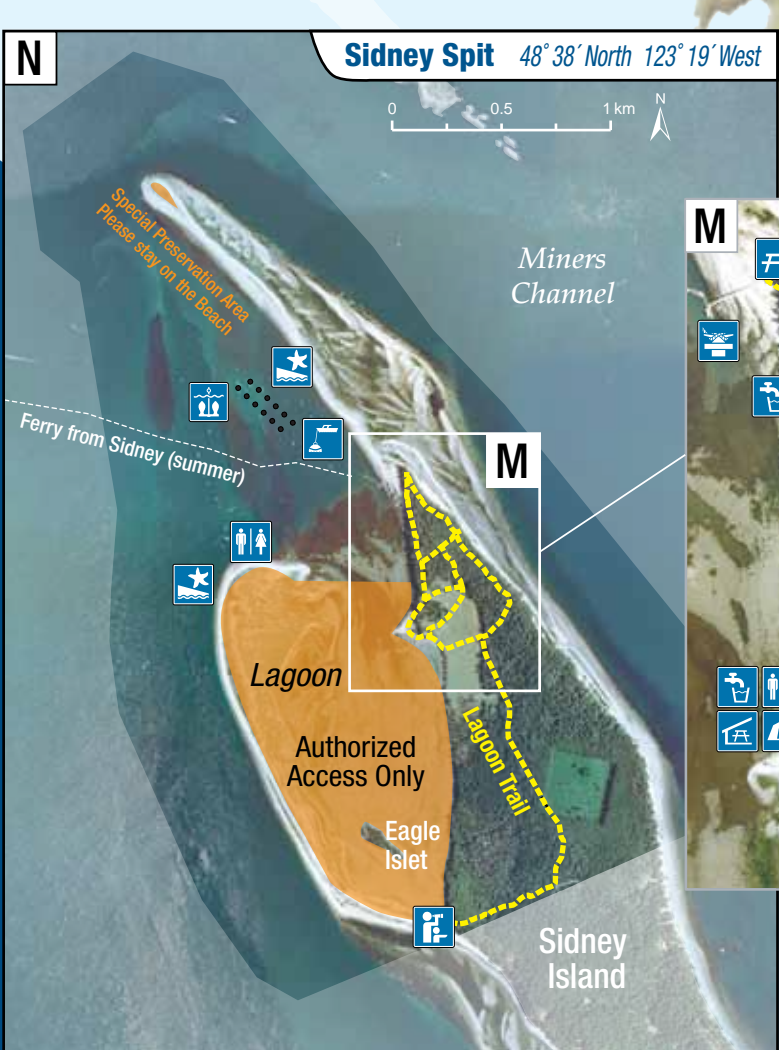
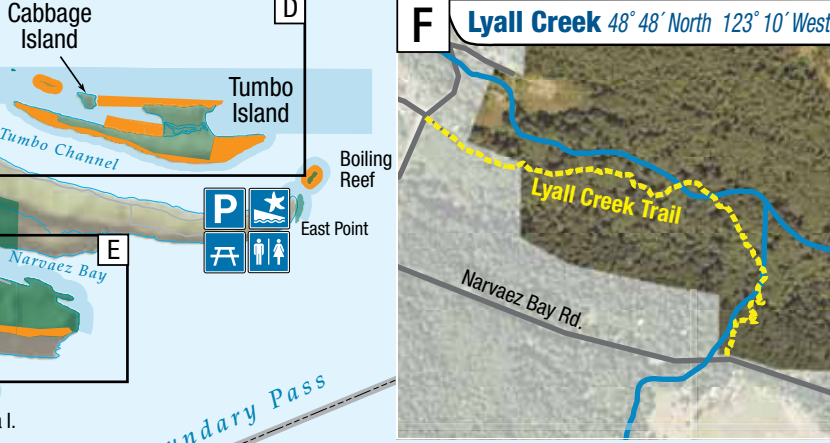
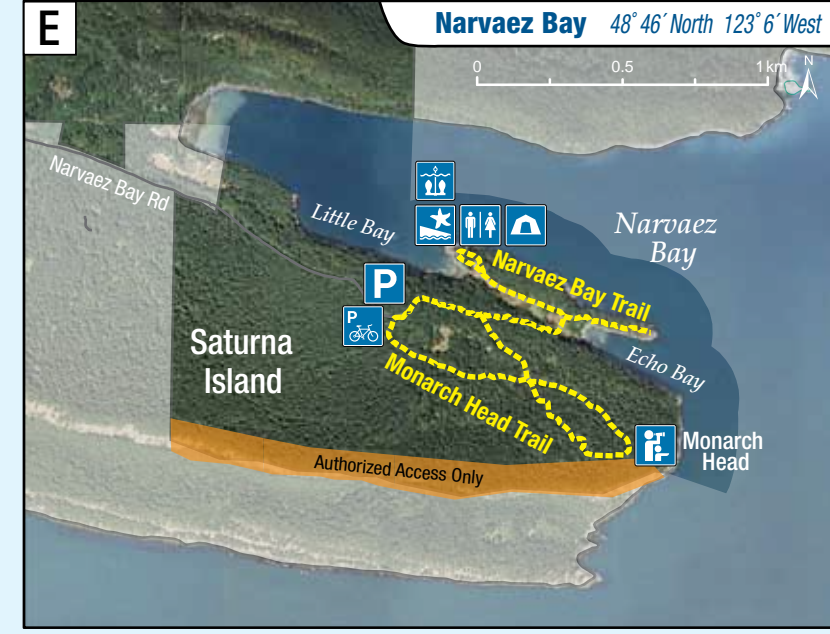
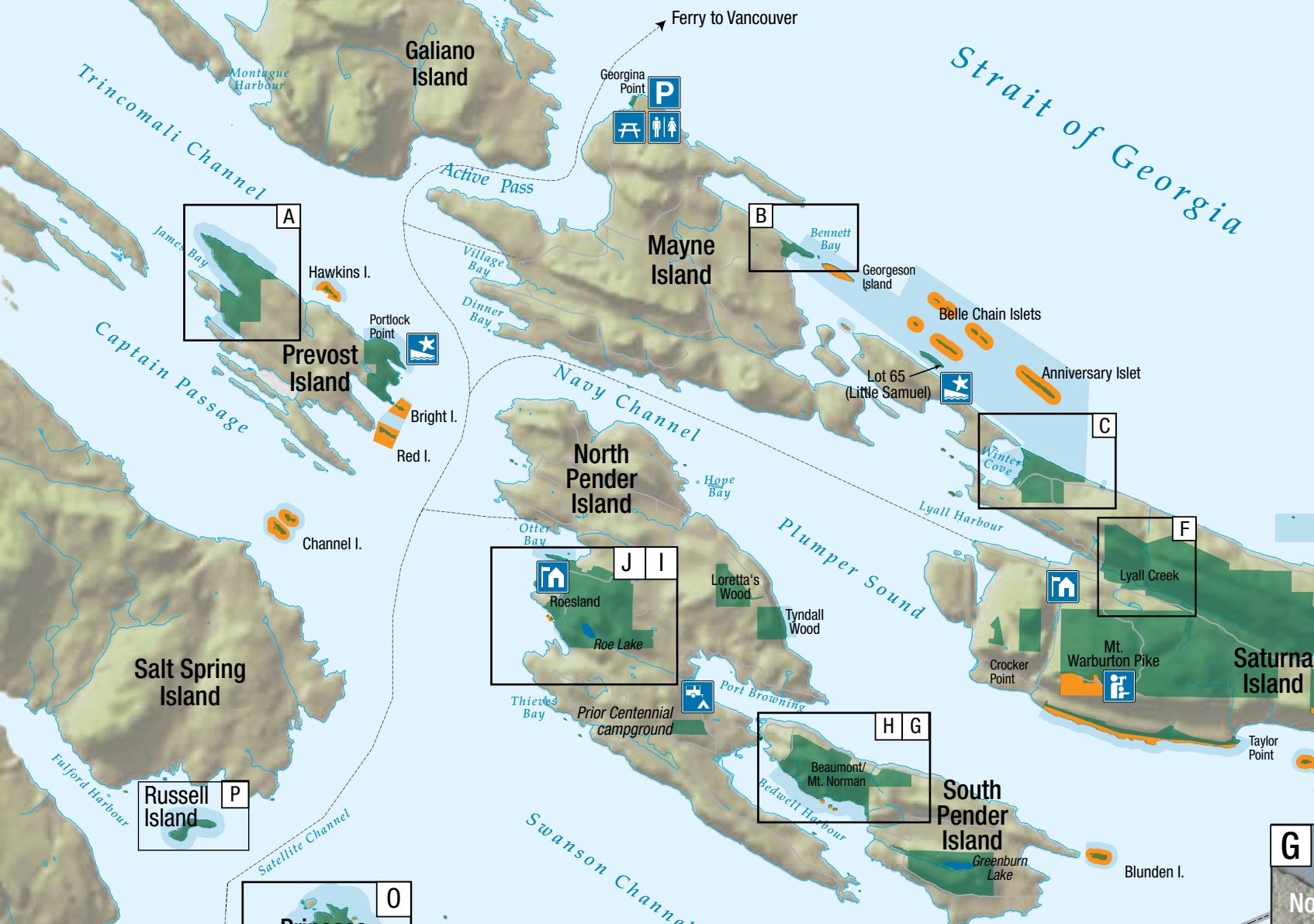
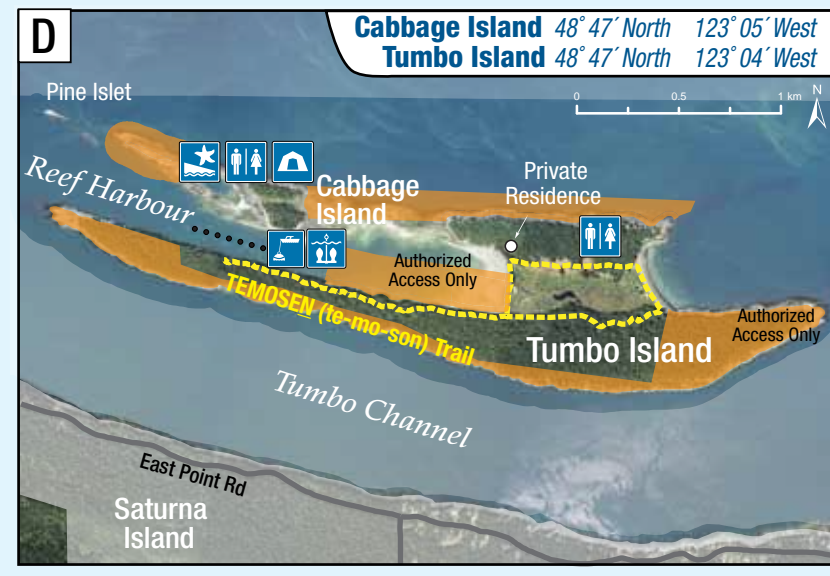
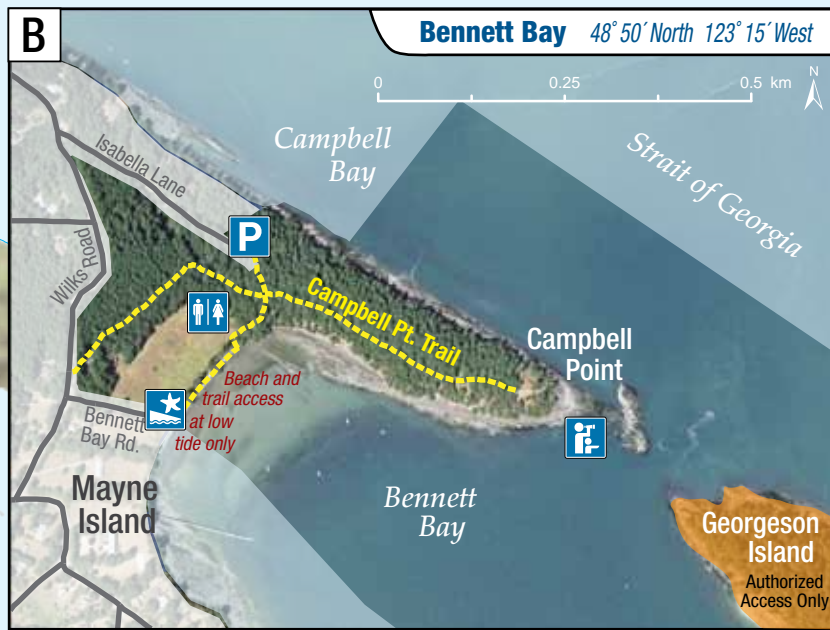
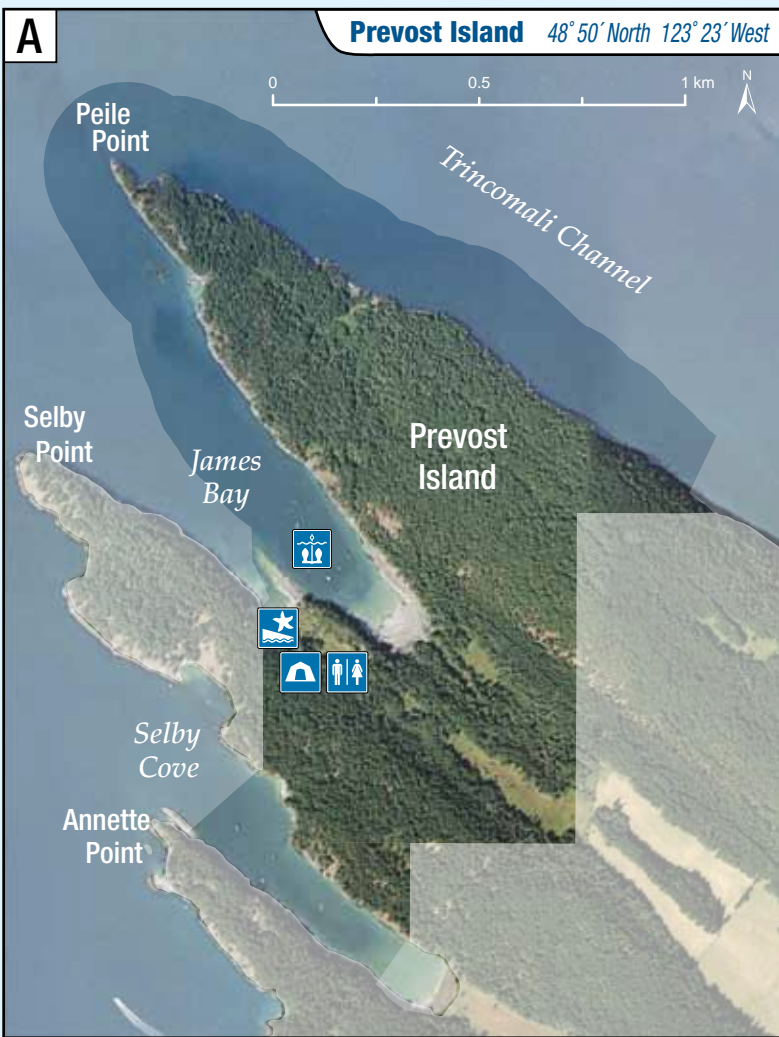


**Summer Fun Guide**  
Looking for things to do in the park this summer? Check out the park's summer program guide where you'll find a host of engaging interpretive programs and activities offered from June to August – ideal for the whole family. Available online or ask park staff.





# Gulf Islands National Park Reserve of Canada



### LEGEND


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