



SHARE VANCOUVER ISLAND

SOOKE, PORT RENFREW, NANAIMO + TOFINO

DAY 1

TRANSPORTATION

Take the scenic 90-minute morning sailing on the **MV Coho** from Port Angeles, WA to downtown Victoria, BC.

Follow along a portion of the rugged Pacific Marine Circle Route from downtown Victoria to Sooke, Port Renfrew, and Lake Cowichan on your way to Nanaimo. This coast to coast journey of Vancouver Island offers panoramic views of the Juan de Fuca Strait. Enjoy a quieter way of life while visiting spectacular provincial parks and pastoral landscapes.

Please Note: This is a remote route with limited services. Some sections may be narrow and sharp, and driving times may vary depending on the type of vehicle. Please exercise caution while driving.

Depart downtown Victoria and enjoy a leisurely 40-minute drive to Sooke along the southern coast of Vancouver Island.

MORNING ACTIVITY SUGGESTIONS

- **Adrenaline Zipline Adventure Tours** Experience an exhilarating ride up to 60km per hour as you soar through the majestic West Coast forest up to 150 feet off the ground.
- **Sooke Potholes Provincial Park** A series of deep, polished rock pools and potholes carved naturally into the bedrock of the Sooke River. The water is beautifully clean and clear, making it the perfect swimming destination.

LUNCH

17 Mile House Pub Seventeen miles from Victoria City Hall, this pub has retained its yesterday charm. There is even a hitching post for visitors arriving by horseback. Creative West Coast fare and local seafood can be enjoyed looking out over the garden or next to the crackling fire.

Stickleback West Coast Eatery The true West Coast, with a natural cedar bar, a stunning mural of Sombrio Beach and great food! The menu offers everything from house-made burgers and wraps to pasta and baby back ribs.

AFTERNOON ACTIVITY SUGGESTIONS

- **Sooke Coastal Explorations** Invigorating salt-filled ocean air and ever-changing seascapes are the backdrop for this eco-adventure tour. Take an exhilarating boat ride that will leave you with a deep appreciation for the enchanting creatures that inhabit the local waters.
- **Galloping Goose Trail** This picturesque multi-use trail, formerly a railway line, moves through urban, rural and wilderness scenery on its 55 km journey from Victoria to Sooke. You can cycle, stroll, run or even ride a horse through the rural sections.
- **Whiffin Spit** A natural breakwater just south of Sooke which is part of the Quimper Park. It is the perfect spot to sit back and take in the beautiful Juan de Fuca and the Sooke Basin.
- **Ed MacGregor Park and Marine Boardwalk** A landscaped, public



oceanfront green space located in the heart of downtown Sooke. Waterfront woodland walking trails, access to a public pier and luxurious walled gardens are just some of its attributes.

DINNER

West Coast Grill at the Prestige Oceanfront Resort Featuring a diverse mix of local ingredients, offering delectable and fresh culinary creations to suit every appetite.

Sooke Harbour House Serving local, seasonal and organic foods, and the menu is changed daily to reflect this. The finest sourced foods, presented with flair from the best ideas of the day, always excellent and occasionally reaching the sublime.

ACCOMMODATION

Sooke Harbour House One of Canada's leading resorts, this charming oasis offers guest rooms individually decorated with the finest amenities. Original artwork, local antiques, and handcrafted furniture are just a few of the things that create such an inviting atmosphere.

DAY 2

BREAKFAST

Shirley Delicious Cafe Serves up fresh, quality dishes for breakfast and lunch as well as desserts and treats made from organic ingredients. An excellent choice for your morning caffeine fix as well!

MORNING ACTIVITIES

Travel from Sooke to Port Renfrew, but stop to take a walk through ancient forests with gnarled trees and green canopies, explore hidden creeks and spot eagles taking flight or bears ambling through the undergrowth. There are several amazing beaches along this route, all marked with clear signs. Pick a few to explore, but plan to make it to Port Renfrew by the early afternoon for lunch!

BEACH SUGGESTIONS

- **French Beach** A wide swath of green lawn fronts this sand and pebble beach where visitors can relax and enjoy a picnic or take a cool dip in the ocean. **Approximate hiking time:** 15 minutes round-trip.
- **Sandcut Beach** A short walk through the forest along a trail, boardwalk and down stairs leads to Sandcut Beach, a long cobble shore along the Juan de Fuca Strait. Turn left as you leave the trail onto the beach

and walk for about 5 minutes to reach the waterfall running out into the ocean. **Approximate hiking time:** 30 minutes round-trip.

- **China Beach** Take a short walk to the western end of the beach to the waterfall or wander at length to the east.
Approximate hiking time: 30 minutes round-trip.
- **Mystic Beach** A two kilometre trail beginning at the China Beach trailhead will take you to this stunning beach. There is a beautiful waterfall flowing over a cliff edge onto the beach. Be sure to come at low tide to access the waterfall.
Approximate hiking time: 1.5 hours round-trip.
- **Sombrio Beach** Visitors can explore both sides of the beach and watch surfers in this world-class surfing area. There is a spectacular canyon waterfall hidden back from the shoreline on the eastern side of the beach.
Approximate hiking time: 1 hour round-trip.
Note: The road to Sombrio Beach can be rough depending on the time of year. Please drive with caution.

LUNCH

Coastal Cafe Port Renfrew A local institution, serving up West Coast eats. Fresh seafood, excellent burgers, organic salads and power-packed smoothies!

TRANSPORTATION

Spend the later part of the afternoon driving the Pacific Marine Circle Route from Port Renfrew to Lake Cowichan. From Lake Cowichan, head east to Duncan, where you'll join up with the TransCanada Highway and continue north towards Nanaimo. Approximate drive time from Port Renfrew to Duncan: 1.5 hours.

DINNER

Sneak in some fun and eat at the 'Pink House on the Hill' as the locals here refer to it. For over 25 years **Gina's Mexican Café** has been serving margaritas and tasty Mexican Food.

Feast on some deep-fried deliciousness at **Pirate Chips**. They have other items on the menu too, of course, but their Fish n Chips and deep-fried Nanaimo Bar are treats you must indulge in.

ACCOMMODATION

<http://www.tourismnanaimo.com/stay>



DAY 3

BREAKFAST

Coco Café is not only home to great food and coffee; they provide many permanent employment opportunities for staff with developmental disabilities.

MORNING ACTIVITY SUGGESTIONS

Take a morning hike connecting with nature, refilling your body with fresh, sea air and catch a glimpse of Sea Lions, Herons and Eagles.

- **Cable Bay Trail** This 2km serene treed walk leads down to the ocean and Dodd Narrows and one of the best sea lion viewing spots in the Nanaimo and Region.
- **Hemer Provincial Park** A fantastic park for wildlife watching, particularly birds. This park has 11 kms of easy walking trails through forested and marsh areas.
- **Jack Point and Biggs Park** This popular 2.5km trail has stunning views of Nanaimo and the white cliffs of Gabriola Island. Locals love the beautiful boardwalks, staircases and sandstone rock formations.

Helpful #ExploreNanaimo Blogs for additional trail and walks to check out:

- Five Falls Walks in Nanaimo and Region
- Exploring the Haslam Creek Suspension Bridge
- Stepping Back in Time at Morden Mine
- #ExploreNanaimo Waterfall Walks
- Exploring the Lantzville Foothills

- Hiking Mt. Benson in the Snow
- Funky Staircases to Beautiful Views
- Cable Bay Trail
- Beautiful Scenic Views Around Nanaimo
- Easy Walking Trails in Nanaimo

LUNCH

This long standing favorite, the **Crow and Gate Pub** was built by an ex-patriot from England on ten acres of scenic property. You'll feel like you've stepped through a magic door into a local corner pub in Sussex. You can find a secluded little corner seat or make a few new friends at the long table in front of the fire.

AFTERNOON SUGGESTIONS

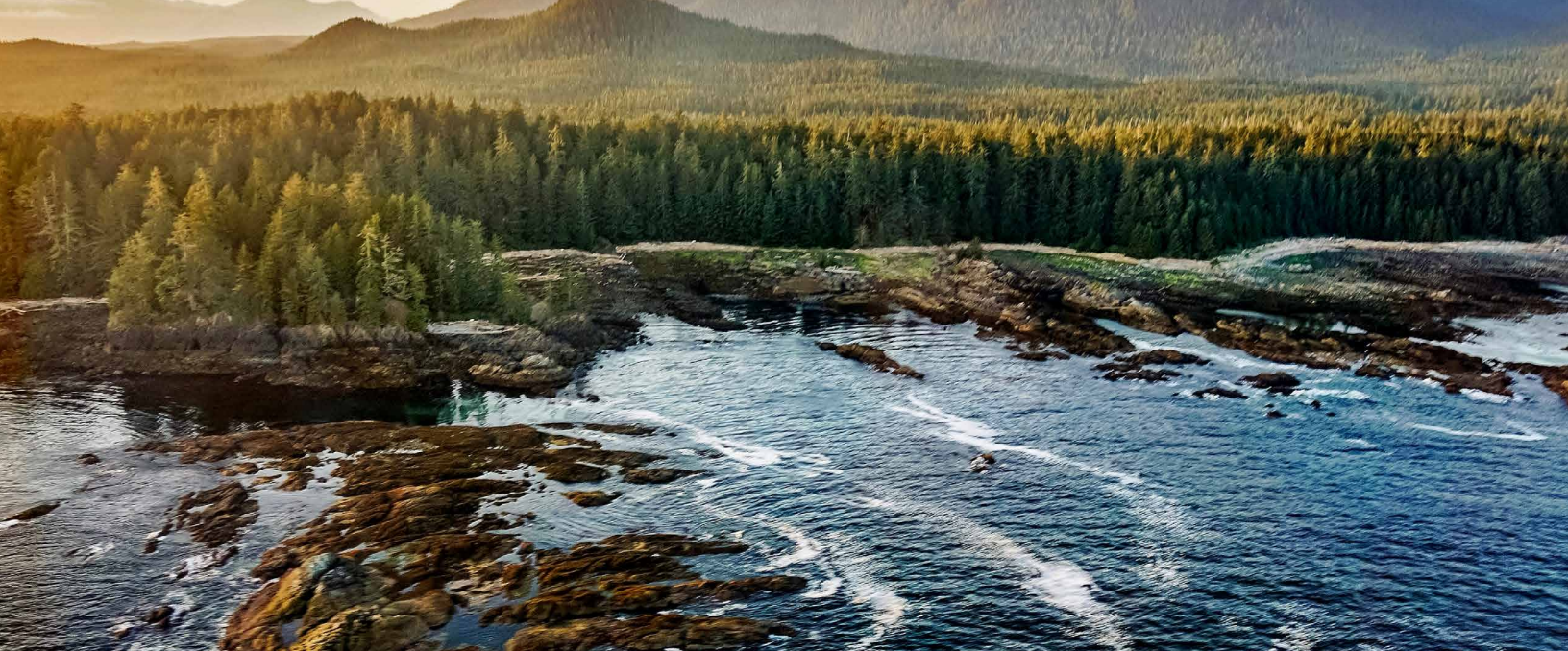
Take a self-guided tour meeting local artisans, touring local tastes and visit farmers' fields along the Cedar Yellow Point Artisan Trail. You'll find some cool places to visit such as a **Cranberry Farm, Corn Maze, Alpaca Farm, Honey Farm, Herb Farm** and some amazingly talented artists.

DINNER

Have a gourmet meal in a 1904 restored heritage home, known as **The Mahle House**. If you happen to be exploring on a Wednesday, they put on a Chef's Choice, five course meal called "Adventurous Wednesday". Diners will receive different items for each course, it's fun to do with friends who don't mind sharing!

ACCOMMODATION

<http://www.tourismnanaimo.com/stay>



DAY 4

BREAKFAST

If you aren't leaving too early you could pick up a smoothie for the trip from **Powerhouse Living Foods Co.**, located downtown in North Nanaimo. OR if you are getting a reasonable start to the day, grab a hearty breakfast sandwich to go from Gabriel's Gourmet Café.

STOPS ALONG THE WAY

- Just 15 min outside of Nanaimo you'll find **Bonnell Creek Falls**, a series of small waterfalls with swimming holes that you can explore.
- Walk amongst old giants in **Cathedral Grove**. Stroll through the trail through old growth forest, which is home to 800-year-old Douglas Fir trees.
- See goats on the roof, stop for an ice cream or goodies for your upcoming hikes in Tofino at **Coombs Old Country Market**.

Arrive in Tofino and hit up one of the newest tasty treasures: **Calypso Roti Shop**. Tucked away on the inlet next to the First Street Dock, you can enjoy a spectacular view while you nosh on an affordable, exceptional, authentic curry dish.

If that inlet view has you hypnotized, get out there! Maybe you've sea kayaked before, but not like this - Clayoquot Sound should be experienced from the water. Connect with the long-established **Tofino Sea Kayaking team**, or **Paddle West** can guide you for an unforgettable afternoon in Tofino.

Pop into **Beaches Grocery** in Tofino's "outdoor mall" and pick up some provisions to fuel up for a sunset beach walk. Don't be surprised if you have to wiggle and shimmy around other customers and staff to find your missing ingredient, it's part of the experience in one of the tiniest, well-stocked retailers you'll find anywhere. Spend some time in this outdoor plaza and grab a coffee at **Tofian**, a few sweet treats at **Chocolate Tofino**, and maybe a new trucker hat or t-shirt at **Live to Surf**.

Dinner at the iconic and consistently delicious **Schooner Restaurant** is an appropriate reward for your hard work and play. Indulge in Chef Mare Bruce's signature dish, the Halibut Bawden Bay, if you're seeking something truly memorable.

DAY 5

If you're an early riser, plan for an in-room (or in-tent) breakfast and coffee before a first-light sport fishing adventure! **Cleanline Sportfishing**, **WardoWest**, **Tofino Fish Guides** and several other anglers can get you out for a half or full day fishing charter in Tofino's abundant waters.

Prefer to watch something else catch those fish? Consider a low-tide bear watching tour, or a full-on ocean safari to see gray whales, humpbacks, transient orcas, sea otters, eagles, seals and sea lions. **Remote Passages Marine Excursions** is a great option for thrilling zodiac tours, as is **West Coast Aquatic Safaris** if a covered boat is more your speed.

Back on dry land, take a self-guided tour of the **shops and galleries along historic Main Street**, and sidle up to the beautiful cedar slab counter at **The Fish Store** and **Oyster Bar**. Here you'll find locals and visitors celebrating the spoils of the local waters on-site – or have your finds weighed and wrapped to cook yourself.

Bike to the Brewery. Tucked up on Industrial Road, on your way out of downtown, you'll find an industrial building that houses some hidden Tofino gems. Spend a moment to explore BC's newest Économusée artisan mini-museum at Tofino Cedar Furniture and learn about the life cycle of the Western Red Cedar.

Take a turn around the back of that building and you'll find **Tofino Brewing Co.**, along with **RedCan Gourmet** and **Picnic Charcuterie** right across the road – something is bound to quench your thirst.

Spend one last night in Tofino before driving back to Victoria to take the **MV Coho** ferry home to Washington state!

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