



# SHARE VANCOUVER ISLAND

## SOOKE + NANAIMO

### DAY 1 Full-day in Sooke

Take a 90-minute ferry sailing on the MV Coho from Port Angeles, WA to downtown Victoria, BC. Depart downtown Victoria and drive approximately 2 hours on the Pacific Marine Circle Route to Soule Creek Lodge in Port Renfrew.

#### FIRST NIGHT + NEXT DAY BREAKFAST

- **Soule Creek Lodge in Port Renfrew** Perched high on the San Juan Ridge with 360 degree panoramic views of the Pacific Ocean and 160 private acres filled with wildlife. Enjoy ocean-view accommodation in a lodge suite, yurt, or cabin with a wonderful hot breakfast included with your stay.

#### SUGGESTED MORNING ACTIVITIES

- **Avatar Grove** A phenomenal stand of giant old-growth red cedar and Douglas fir alongside the Gordon River within the traditional territory of the Pacheedaht First Nation. Beautiful fern-draped creeks with moss-covered rocks and small waterfalls meander through the woods along the way to the river.
- **Botanical Beach to Botany Bay** Access to uniquely rich tide pool and shoreline trails with fantastic geological features. There is an extensive variety of marine flora and fauna in this colorful intertidal zone.
- **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.

#### LUNCH Jordan River

#### AFTERNOON

- **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.
- **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.
- **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 Strait and the Sooke Basin.

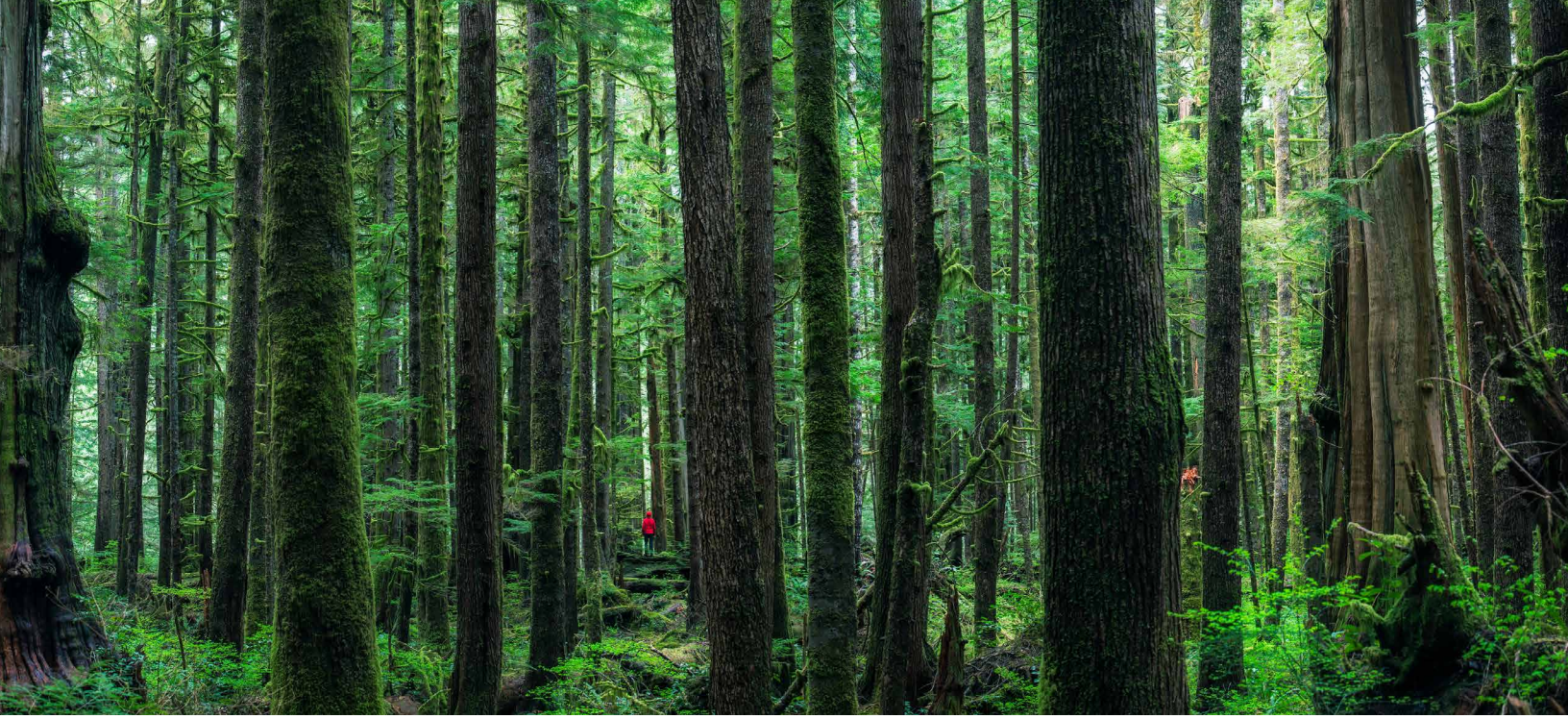
#### DINNER

- **Stone Pipe Grill** Made Fresh, Made Here. Cheesecake, soup, burgers, fries, and sauces are all made on site.
- **Sooke Harbour House** Serving local, seasonal and organic foods, and the menu is changed daily to reflect this. The finest we can source, presented with flair from the best ideas of the day, always excellent and occasionally reaching the sublime.

#### ACCOMMODATION

**Prestige Oceanfront Resort in Sooke**





## DAY 2 Sooke and Nanaimo

### BREAKFAST

- **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.

### DEPART SOOKE AND DRIVE TO NANAIMO

#### Stops along the way:

- **Hand pick a few wineries, farmers markets or cideries** from the Wine and Culinary Guide to visit along the way.
- Stop to stretch your legs at **Stocking Creek Park** and stand under the falls.
- Visit **Wildplay Element Park** for an adrenaline pumping bungee jump or a choice of three other high flying activities.

### AFTERNOON

#### Outdoor lake activity ideas:

- **Rent a canoe** from Westwood Lake campground for a paddle around Westwood Lake .
- Ask **Van Isle Paddleboard Co.** to meet you at Westwood for a quick lesson and paddle around the lake.
- Go on a 6km walk around **Westwood Lake Park Loop**.

### DINNER

Enjoy views of the lake from the outdoor patio at **Westwood Lake Bistro**. The food is top notch and the atmosphere is so peaceful.

### EVENING

**Stroll the Waterfront Walkway** with ice cream cone in hand. Catch a glimpse of our resident seal “Lucy” at the crab pier while locals pull up their traps.

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

## DAY 3 Full-day in Nanaimo

### BREAKFAST

Fill your belly before your hike at **The Vault Café** downtown Nanaimo. The atmosphere is funky, eclectic and food is always awesome.

### MORNING ACTIVITIES

**Hike to Ammonite Falls** (approx 2 hour round trip) accessed through Benson Creek Falls Regional Park. Pack a light lunch and enjoy your view of the falls.

### AFTERNOON

Take “**A Taste of Nanaimo - Local Food, Craft Beverage and Estate Winery Tour**” with Vancouver Island Expeditions (4 hour tour). Sample Nanaimo and Region’s craft breweries, a vodka/absinth/gin distillery, taste locally caught salmon and sample a home-made Nanaimo Bar from a local café.

### DINNER

**Book your fireplace table at the Longwood Brewpub** for amazing food in the dining room upstairs or head downstairs to the pub for a pub atmosphere with the same great food that is served upstairs. Don’t forget to sample the Nanaimo Bar Cheesecake (stop #13 on the Nanaimo Bar Trail).

### EVENING

**Enjoy an intimate performance at the lovely Port Theatre venue** bring your lawn chair and enjoy a free concert in the park or check out some of the other major events happening in Nanaimo that you could take part in.

### ACCOMMODATION

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

#ShareVI • @sharevancouverisland • @mvcoho  
#ExploreSooke • @sooke\_tourism • #ExploreNanaimo • @tourismnanaimo