



SHARE VANCOUVER ISLAND

2 DAYS IN SOOKE

DAY 1 Full-day in Sooke

Take a scenic 90-minute ferry sailing on the **MV Coho** from Port Angeles, WA to downtown Victoria, BC. Depart downtown Victoria and enjoy a leisurely 40 minute drive to Sooke along the southern coast of Vancouver Island.

SUGGESTED MORNING ACTIVITIES

East Sooke Park - West Coast wilderness awaits you at East Sooke Regional Park. Experience it as you hike along the windswept rocky coast, over dry hilltops, through dark rainforest to sheltered coves.

Vancouver Island Lodge Fishing Charter - A world-class fishing adventure destination, including Salmon and Halibut, just a short boat ride on the calm seas from the lodge.

LUNCH OPTIONS

Stick in the Mud Coffee - The menu is simple. Espresso, filtered water, organic milk, drip coffee, and herbal teas. For food, some is gluten-free, some is organic, but most importantly, it's all delicious.

Stone Pipe Grill - Made fresh, made here. Cheesecake, soup, burgers, fries and sauces are all made on site.

AFTERNOON

Sooke Region Museum - Exhibits highlight the region's history and culture through First Nations artifacts, historic photographs, dioramas, displays and models, depicting both momentous occasions and the day-to-day life in the history of the region.

Tugwell Creek Honey Farm and Meadery - Born from a passion for bees, which produce honey from local berries grown within 20km of the farm. From this honey, the meadery produces small batches of the world's finest, hand-crafted mead. Fanatical about the health of the bees, and open most days for tours and tastings.

DINNER

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.

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.

ACCOMMODATION

Vancouver Island Lodge - Located on a tranquil private acreage with an exceptional beachfront. The lodge has nine bedrooms, with a large common room and kitchen. Guests will enjoy the warm weather and stunning ocean views from the large deck and patio surrounding the lodge and in the evening can relax in the hot tub overlooking the water.



DAY 2 Full-day in Sooke

BREAKFAST DOWNTOWN

Mom's Cafe

MORNING ACTIVITIES

Sheringham Point Lighthouse and Trail - Pounded by westerlies in the summer and easterlies in the winter, this lighthouse was built to assist mariners during storms. A 3.4km loop trail takes you from the parking area to visit the lighthouse site and surrounding environment.

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.

Surfing in Jordan River - Stop to watch the local surfers, or if you know what you're doing, bring your own board and try it out!

LUNCH

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

AFTERNOON

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 2km 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.

DINNER

Point No Point Resort - Dinner is served Wednesday through Sunday from 5:30pm to 8:30pm. Check out the daily dinner menu and reserve a table for a sunset view and a meal to remember. Chef Jason Nienaber and Sous chef Ian Carr continuously delight guests with their creative and unique use of locally sourced organic foods.

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