

## ARDMORE ROUTES

For the most part, this route is a one-booter. To access the Coles Bay Regional Park turn west off North Saanich Road and take the second turning on the left. The only wrinkles in the one-booter rating are the flight of stairs out of Coles Bay and the uphill trail leading off Ardmore at 'A'. However, there is an easy work around (red arrows). Note that the other red arrows to in the northwest, along the beach, should be avoided if you're not comfortable walking on cobbles and rocks (provided that the tide is out!).

1. From the parking lot, provided the tide is out, take the trail that leads from the signboards down to the beach (there are public toilets along the way) and cross the beach and rocks to the flight of stairs running off to the right. The trail will bring you to Ardmore Drive which you cross and, straight on, you will see a marked trail leading up an uppy bit at 'A'. At the end of the trail is a short road that brings you to Braemar Avenue. Directly opposite is the trail that you should take.
2. The trail takes you across two roads and ends up at the junction of Glenelg and Falkirk Avenues at 'E'. Turn right. A short path leads to the extension of Falkirk. Take the next road to the left, at the end of which is a footpath which leads back on to Ardmore Drive at 'B'.
3. At Ardmore you have a choice: a shorter walk (turn left and continue to the next road junction, at which you'll see the trail on the left) or turn right and carry on further north.
4. If you're taking the longer route, after a short distance you'll come to West Saanich Road where you turn left, keeping on the informal pathway by the side of the road ('C'). At the next junction on the left (Frizell Road) turn down the road and, after a short distance, pick up a footpath on the right. This footpath brings you to the top of Glynwood Park Road. Carry on down Glynwood and on to Glenelg Avenue.
5. If you wish to, you can turn right off Glynwood and follow a short road and path down to the beach. The beach has lots of cobbles and rocky bits but the views are fantastic. You'll find two sets of stairs - the first of which will bring you back to the 'black' trail at 'D', and the second will take you up to Ardmore Drive where you turn right and pick up a trail on the left after about half a kilometre which leads back to the regular trail at 'E'.
6. On the regular route you might want to go down to the beach at 'D' for the great view prior to crossing Ardmore and picking up the trail across from the junction with Glenelg. The trail leads to more of Glenelg and will take you back to the junction with Falkirk at 'E'. If you want to stick to a one-boot route, retrace your steps back to Braemar along the long stretch of pathway and turn right to follow the 'red' route back to the parking lot. If you're OK with going down to Coles Bay or, if the tide is in, taking the uppy bit at 'A', then carry on down Glenelg and the linked footpaths to Arboyne Avenue, turning left where the pathway ends. After a shortish distance you'll find a short path through to the next section of Arboyne and, at 'A', the outbound route to Coles Bay or back to the parking lot via the uppy bit and Braemar.