



Nordic walkers at an Active Comox Valley event

Active Comox Valley is part of a provincial initiative to promote healthy lifestyles and community spirit through physical activity. Our goal is to increase the rate of physical activity by 20% by 2010.

Watch for Active Comox Valley activities throughout the year!

For more details, please contact:

- Robyn at 890-9116
- info@activecomoxvalley.ca
- your local recreation department

or visit our website at www.activecomoxvalley.ca

12 Great Places to be Active for FREE in the Comox Valley



GET ACTIVE



everyone. **active.** every day.

Valley View Greenway

Amenities & Attractions

- Leisurely and level cinder trail (2 km) is the perfect place to walk Fido as doogie-doo bag dispensers are available
- Great way to get to school in the Valley View area, or access the 25-acre Hurford Nature park replete with beautiful natural meadow
- Take in views of the Comox Glacier or stroll the bridgeways of meandering Mallard Stream

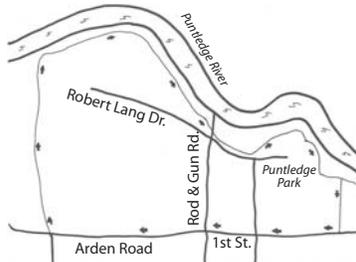


Accessible from several locations, with main entrances at Glen Urquhart Dr, Hobson Ave and Mallard Dr

Puntledge Greenway

Amenities & Attractions

- Level woodchip/cinder trail (2 km) with some stairs on the Rotary Riverside trail; lots of trail loop options and quiet rest areas with benches and decks
- Puntledge Greenway walk can be combined with the Rotary Riverside trail; washrooms and a playground close at hand
- Great views of the scenic Puntledge River and the salmon-spawning channels that attract bald eagles and turkey vultures

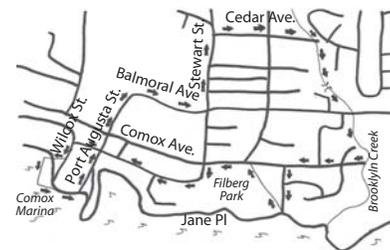


Accessed from Rod & Gun Rd, First St, Arden Rd and Puntledge Park

Comox Downtown Loop

Amenities & Attractions

- Easy to moderate walk, approx. 1 hour for entire loop; many optional routes of varying length including trail down to the oceanside
- Excellent way to take in Comox parkways, neighbourhoods, and gardens featuring blooming trilliums, violets and rhododendrons

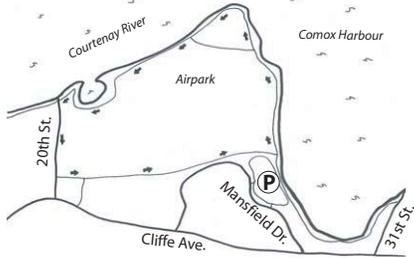


Accessible from multiple locations, including the Comox Marina, Port Augusta St, Beaufort Ave, Stewart St, Comox Ave, Pritchard Rd, Filberg Heritage Park, Mack Laing Nature Park, Brooklyn Creek, Balmoral Ave, Cedar Ave, Wilcox St and the Comox Golf Course

Courtenay Loop

Amenities & Attractions

- At the Courtenay River Estuary with views of the Comox Glacier, the Georgia Strait and the Beaufort and Coastal mountain ranges
- Viewing platforms for people-watching and marine/plane activity; wildlife includes seabirds, eagles and sea lions
- Airpark Walk (2 km) has plenty of parking, washroom facilities and is wheelchair accessible; it can also be combined with the longer walk from Lewis Park

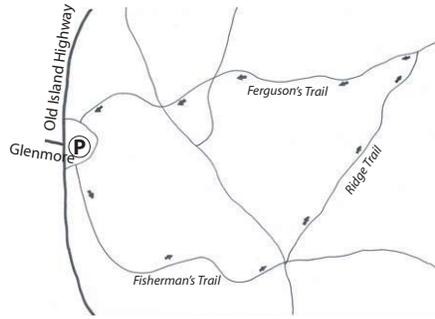


The Airpark loop is accessible from 31st St, 20th St, Cliffe Ave and Mansfield Dr

Oyster River Park

Amenities & Attractions

- Ferguson-Ridge-Fisherman's Trail loop (1 km) is easy and flat; for a longer route (2.5 km) take Fisherman's Trail to the mouth of the Oyster River and along the shore to Salmon Point.
- A diversity of trails leads to many opportunities to see bats and birds, seals and sea lions, and a host of salmon species and steelhead trout in addition to abundant native flora.

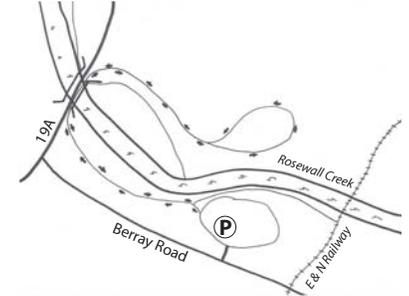


From the Old Island Hwy take Regent Rd east; the parking lot is across from the Glenmore Rd intersection

Rosewall Creek

Amenities & Attractions

- Picturesque park is south of Fanny Bay, and has excellent picnic sites and swimming spots
- Easy and level walking trail; wheelchair accessible
- Wooded trail (3 km) to pretty waterfall passes through old-growth cedar, Western hemlock and big-leaf maple
- Historical traces of spring-board logging

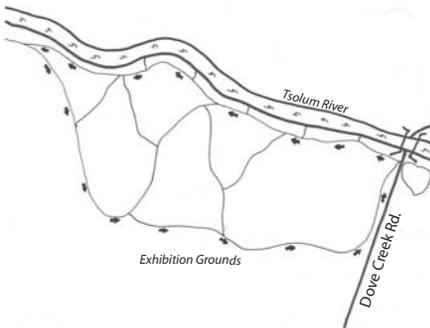


Take the Inland Hwy south approx. 35 km from the Courtenay/Cumberland bypass; turn left at Cook Creek Rd (exit 87); turn left on Berray Rd and follow signs to the park (approx. 3 km)

Tsolum River Trail

Amenities & Attractions

- Easy trail (2km) is adjacent to an off-leash dog area and within walking distance to the Comox Valley Sports Centre
- From April to October the Exhibition Grounds host a local farmers' market Saturday mornings with live entertainment (9am-noon)
- Multi-use trail so expect to share the path with horses and bikers

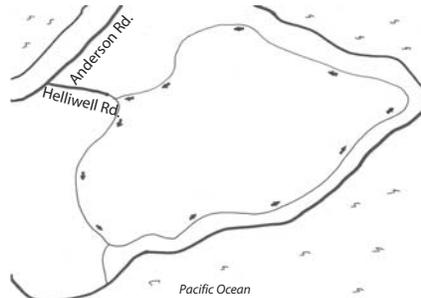


Parking at Exhibition Grounds on Headquarters Rd

Helliwell Provincial Park

Amenities & Attractions

- Hornby Island gem of a park accessible through wide walking trails (5km loop); panoramic view and marine animals visible from Helliwell Bluffs
- Variety of easy terrain, from sections ranging from desert-like to open spaces filled with wildflowers and butterflies
- Woods are home to Garry Oaks and old-growth Douglas Firs with bald eagles' nests

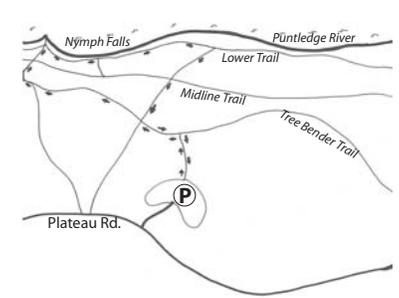


Parking, toilets and trail access at the end of Helliwell Rd on Hornby Island

Nymph Falls Park

Amenities & Attractions

- Moderate loop (1.5 km) from the parking lot to the falls and back; variety of single-use trails for pedestrians and bikers plus multi-use trails through second-growth forest
- Park accesses a popular swimming spot on the Puntledge River for those hot summer days

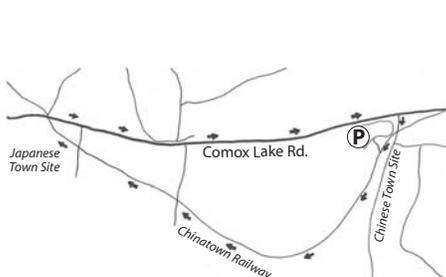


Take the Piercy Rd connector towards the Inland Hwy; turn left at Plateau Rd just before the Hwy; entrance and parking lot is opposite 4478 Plateau Rd, approx. 16 km from Courtenay

Perseverance Creek Heritage Trail

Amenities & Attractions

- Very easy and level walk (3.5 km), may have muddy patches; part of a large network of walking and biking trails
- The perfect place to delve into Cumberland's mining and railway history while birdwatching and enjoying the natural beauty of the area

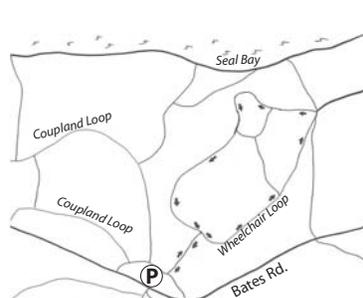


Located 1 km west of Cumberland and accessed from Comox Lake Rd

Seal Bay Regional Park

Amenities & Attractions

- Diverse trails for hikers, bikers, horseback riders and those using wheelchairs or walkers; wheelchair-accessible loop (2km) is on the 'beach-side' of the park
- Forested area covering 714 hectares provides a 'remote' wilderness experience only 15 minutes north of Courtenay and Comox

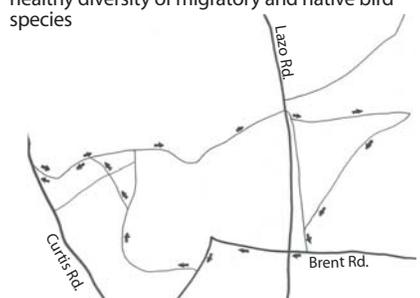


Main parking lot is on Bates Rd; trails also accessible from Loxley, Hardy, Clark, Elmo, Huband, Seabank and Sealcliff

Lazo Marsh Trail

Amenities & Attractions

- Easy trail (1 km) on level ground; part of large network of hiking and biking trails in the beautiful Northeast Woods-Lazo Marsh Conservation Area
- Diverse ecosystems include second-growth mixed forests, meadows, sand dunes, lakes and wetlands
- Conservation area is home to many rare indigenous tree and plant species, in addition to a healthy diversity of migratory and native bird species



Accessible from Lazo Rd, Curtis Rd, Brent Rd and Sandpines