

SAANICH PARKS AND RECREATION DEPARTMENT WALKING, JOGGING & NATURE TRAIL - 2.2 miles

This trail is designed for both the beginner and the long time runner. For the beginner, there are frequent rest stations enroute, while for the long time runner there are a number of inviting hills. The start and finish to this trail is at the Cedar Hill Recreation Centre. At this point, you follow the cedar chip trail through its beautiful, winding, forested route around the Cedar Hill Golf Course, until you exit onto Finlayson Road. From here on, you edge your way down the side of the golf course, to start another loop or finish with a sprint across the soccer field. There are shower and change facilities available at the Cedar Hill Recreation Centre.

