



ACTIVITIES IN AND AROUND SOOKE

- **Whale Watching** – Daily excursions from <http://sookewhalewatching.com/>
Adult \$109 Child \$89 (age 5-13). Departs from Sooke Harbour just a 5 minute walk from Sooke Harbour House.
- **Hiking, Cycling & Mountain Biking** – There are literally hundreds of hiking trails in and around Sooke. Here is a sample of the main ones: The Galloping Goose Trail is a 34 mile trail from Victoria to Leechtown, north of Sooke. It was a former railway line, and is very popular with cyclists and hikers. Skill level – easy. East Sooke Regional Park is a 31 mile trail amid forest, marshes and pocket beaches, with spectacular views of the Olympic Mountains and the Strait of Juan de Fuca. Skill level – easy. The Manual Quimper trail a 2-3 mile trail on an incline which follows old logging trails leading up to one of the last fire towers of its kind. On a clear day, the views of Victoria and the mountain range are breathtaking. Skill level – moderate. Empress Mountain via Pedan Lake and Grass Hills, leading up to the highest point in the Sooke Hills. Skill level – moderate.
- **Kayaking and Stand up Paddle Boarding** – Contact <http://www.rush-adventures.com/> to arrange for rentals or lessons in Sooke Basin.
- **Horseback Riding** – George at <http://www.horsenarroundbcg.com/> can take you on woodland trail or beach rides down past Sooke Harbour House on Whiffin Spit. You can even stop for a coffee along the way!
- **Surfing** – This past winter we've been lucky enough to watch the surfers off Whiffin Spit from the comfort of the restaurant and private patios and balconies. For a more challenging swell, visit Jordan River and Sombrio Beach just a few miles west along West Coast Road.
- **Ziplining** – With Adreneline Zipline Adventures, soar through the tree tops through 100 acres of coastal temperate rainforest with stunning ocean and mountain views. All tours are fully guided by professionally trained staff.

- **Geocaching** – otherwise known as hide and seek! Experienced Geocachers can bring their own GPS device and join the many people living and visit Sooke in search of hidden trinkets. Sooke Harbour House will be scheduling guided Geocache packages for newbies or the more advanced Geocacher. For more information on Geocaching in Sooke visit <https://www.geocaching.com>
- **Sooke Potholes Regional Park** – Tucked away off the Sooke River, a paradise of clear water pools and mini beaches, surrounded by scenic walking trails and spectacular views. Visit Sooke Potholes during October and November to witness the annual salmon spawning run.
- **Fishing** - Sooke is fortunate to have some of the best fishing off Vancouver Island. Visit Rollie year-round at Sooke Salmon Charters for a variety of fishing charter options. <http://www.fishingbc1.com>
- **Golf** – Fancy 9 holes? Try Metchosin Golf and Country Club, just a 20 minute drive from Sooke Harbour House. <http://www.metchosin golfcourse.com/>
- **Beachcombing** – on Whiffin Spit or nearby coves French Beach, Mystic Beach, Sombrio, Botanical Beach and more!
- **Scuba Diving** – World famous legendry diver Jacques Cousteau proclaimed that the spectacular coastal waters of British Columbia, Vancouver Island are ‘the best temperate water diving in the world and second only to the Red Sea’. There are many diving possibilities off Sooke and nearby Victoria. Race Rocks is a favourite, where hundreds of Californian and Stellar Seals migrate each year.
- **Tugwell Creek Honey Farm and Meadery** – Just 6 miles from Sooke Harbour House, visit Tugwell to sample honey and one of the world’s finest hand-crafted mead produced by their bees.