

Sooke and South Island Bucket List

A few ideas to help you get the most out of your visit

Sooke River

- Sooke Potholes – Swimming and Hiking
- Hike in Sooke Hills – see AllTrails maps to help you select a trail
- Mary Vine Waterfall
- Hike and Swim in Peden Lake
- Grass Lake and Monument Mountain
- Explore Todd Creek Trestle
- Fall Salmon run
- Visit Sooke Salmon Hatchery
- Launch a kayak or paddle board from Sooke River campground (small fee)

Sooke Hiking and biking

- Broomhill views over Sooke basin
- Sunriver Nature walk
- Charter's Creek
- Mount Manual Quimper for hiking and Trail biking
- Galloping Goose Trail – 55 kms of trail runs from Leechtown to Victoria
- Juan de Fuca Trail – for day and multi day hikes

Nature

- Boardwalk loop at Ed Mcgregor Park
- Crab Fishing off Government Dock
- Meet the locals on the Whiffin Spit
- Sept Beach art competition on Whiffin Spit
- Hire a local fishing charter
- William Simmons Memorial Community Park
- Demamiel Creek Golf
- Join the Sooke Long Boat Ladies for a row in the Sooke Basin

Adventure

- Adrena Line ziplining
- Paddleboard, Kayak, eBike rentals
- Sooke Whale Watching
- Mystic Beach Adventures – guided and self hiking and kayaking tours

Otter Point Rocks

- Pack a picnic
- Bring your yoga mat or sketchbook
- A great spot for wildlife spotting
- Or adventure over the headland to a quiet beach

Ella / Gordan's Beaches

- Pack a picnic
- Enjoy a sunset
- Explore the sea kelp forests – with a snorkel, paddleboard, kayak
- Take an invigorating cold water dip
- Warm up with a Beach fire
- Build driftwood beach art on our beautiful beaches
- Join up for a Cold water dip with our friendly Sooke Cold Water Swimmers group
- Sealife spotting from the shores – whales, otters, sea lions, and seals
- Picnic, shoreline fishing, sea-spotting, storm watching
- Book a local photographer for a beach photoshoot

Muir Creek

- Take a Beach stroll
- Launch a kayak, paddleboard and paddle out of the mouth of the river
- Scout for fossils in the cliffsides
- Watch for Sea Life

Sooke Culture and Art, and Music events

- Sooke Museum - Explore Sooke's history
- Night Market - Summer Thursdays for music, vendors Food Trucks
- Saturday Market May – Oct for local veggies and gifts
- Sooke Fine Arts Show
- Sooke Philharmonic – Spring Fling in the park
- Sooke community center for Music events
- Sooke Choir
- Attend a Sooke Harbour Players musical productions
- Sooke Regional Life-Long Learning talk series @ Sooke Library

Treat Yourself

- West Coast Esthetics and Healing Studio
- Coastal Tides Day Spa @ Prestige
- Calming Cedar massage and Reiki
- Enjoy a Mobile massage at your location – Cloverdale
- Book a Mobile pedicure/manicure
- Drop in to a Yoga class
- Attend a Nature's Chef Foraging and Cooking workshop

Sooke Grocery/ Speciality

- Western Foods
- Village Foods
- Bull & Sons
- Daniels Market
- Sooke River Store

UpSooke Boutiques

- Sea of Bloom gift shop
- Artisan's Garden, gifts, garden, books and coffee shop
- Soul of a Gypsy
- Southshore Gallery
- Carolyn's Boutique
- Little Wildings
- Boutique West

Sooke Restaurants / Eateries

- Route 14
- 17 mile pub
- Hara Sushi
- Mom's Café
- Lazy Gecko
- Teriyaki House
- Happy Village Restaurant
- Indian Delight Bistro
- Wild Mountain
- West Coast Grill
- Point No Point
- Sooke Harbour House Restaurant
- Vienna Bakery

Sooke cafes

- Little Vienna
- Café VOSINO
- Serious Coffee
- Island Tarts Café
- The Artisan's Garden
- Kelz Bakery
- Sooke Harbour House Bakery Window

Sooke Brewery Tours self guided

- Bad Dog Brewing Company
- Sooke Brewing Company
- S.O.B Sooke Oceanside Brewery

Shirley to Jordan River

- Sheringham Lighthouse
- French Beach – beach, playground and tidal shelf
- Sandcut Beach Waterfall – and explore the sandstone river bed above the waterfall
- Surfing and beach watching @ Jordan River
- China Beach / Mystic Beach -Old Growth Forest and waterfall, Juan de Fuca Trailhead

Shirley to Jordan River Nibbles

- Shirley Delicious – pick up some treats before you hit the beaches
- Stoked Pizza and a beach fire
- Cold Shoulder for Coffee and surf watching

Sombrio Beach

- Surfing, beach camping
- Secret Waterfall
- Juan de Fuca Trailhead

Port Renfrew

- Botanical Beach - Explore Old Growth Forests and tidal Pools
- Spirit Loop
- Pacific Marine Road
- Giant Trees – Note: access involves dirt logging roads
- Avatar Grove – see the Gnarliest Tree in Canada
- Lonely Doug – the tallest tree in Canada

Port Renfrew Eateries

- Bridgman's Restaurant
- The Renfrew Pub
- Coastal Kitchen

East Sooke Park and Beaches

- Roche Cove
- Matheson Lake and lake loop for Hiking
- Sasquatch Sightings
- Alyard Farm
- Sea chest for Ice cream sandwiches
- East Sooke Coastal Hike
- Coppermine Trail
- Iron Mine Trail

Langford/Colwood/Esquimalt

- Goldstream Provincial Park and Trails
- Bear Mountain Golf Resort
- Gowland Tod Provincial Park and Trails
- Mt Finlayson
- WildPlay
- Boulderhouse
- Langford Lanes
- Langford Lake and Glen Lake Trails
- Esquimalt Lagoon – Discover Beach driftwood sculptures
- Hatley Castle and forest trails

- The Gravity Zone and Nature trails – hiking and biking
- Access Trans-Canada Trail
- E&N Rail Trail
- Thetis Lake and Trails

Langford/Colwood/Esquimalt

- Sheringham Distillery

Metchosin

- Bilston Creek Lavendar Farm
- Wild Wood Saunas
- Pedder Bay Marina
- Weir Beach
- Taylor Beach
- Albert Head Beach
- Witty's lagoon
- Metchosin Farmer's market

Millbay

- A visit to the clouds on Malahat Skywalk
- Cowichan Valley wine touring
- Cowichan Bay shopping and eateries
- Cowichan lake river tubing

Victoria

- Barb's wharf for float homes, fish and chips, ice cream and seal-spotting
- Butchart Gardens - Pack a picnic
- Victoria Bug Zoo
- Royal BC Museum
- Miniature Museum
- Maritime Museum of BC
- Ogden Point
- Clover Point

Treat yourself in Victoria

- Empress for High Tea
- Empress spa for massage, mineral pools, steam room and hot sauna
- HAVN saunas
- Float house Victoria
- Ritual Nordic Spa

Victoria Adventures and Tours

- Harbour Kayak tour
- Zodiac whalewatching
- Victoria Sailing adventures
- Hot Tub Boat Victoria – best of both worlds
- South Island SUP
- Hidden Victoria Tours

Victoria Entertainment

- Axe Throwing
- Escape room
- Quazars arcade
- Infusion VR arcade
- Haunted Manor Mini Golf
- Quest Reality Games
- IMAX
- Flying Squirrel trampolines

Exploring Victoria

- Walking route along Dallas Road
- Harbour Circle Tour on Victoria Harbour Ferry
- Shops in Historic Chinatown
- Horse carriage ride through Beacon hill Park
- Victoria Cannabis sightseeing tours
- Fort Rod Hill and Fisgard Lighthouse
- Craigdarroch Castle
- iPhone photography workshops in Nature – Fotorando
- Mystic Vale forest at UVIC
- Cook street Village
- Oak Bay Village
- Cadboro Bay
- Willow's Beach
- Gonzales Beach
- Spiral Beach

Victoria Food and Bev Tours

- Vancouver Island Hikes, Bites and Beer tour
- Eat, Drink, Pedal eBike tours
- A taste of Victoria Tour
- Eat like a Canadian Food Tour
- Pickle boat Pub crawl
- Bites and Sites walking tour
- Enjoy the Saturday Summer fireworks
- Summer concerts series in the gardens

Victoria Music and Culture

- Hermann's Jazz Club
- Belfry Theatre in

Saanich to Sydney

- BC Aviation Museum
- Butterfly Gardens
- Sea Cider Farm and Ciderhouse – Cider Flights
- Sydney Book Store Crawl
- Lochside Trail
- Beaver Lake / Elk Lake Regional Park
- Gardens @ Horticulture Centre of the Pacific

Farmer's Markets

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| ○ Gorge Farmer's Market | Mondays 4:30 – 7:30pm | June 16 – Sept 22 |
| ○ Oaklands Sunset Market | Wednesday 4:30 – 8pm | July 3 – Aug 28 th |
| ○ Sooke Night Market | Thursday 5:00-8:00pm | |
| ○ Sydney street Market | Thursdays 5:30-8:30pm | |
| ○ Esquimalt Farmers market | Thursdays 4:30 - 7:30pm | April 3 – Sept 25 th |
| ○ Sooke Farmers Market | Saturday 10 – 2:00pm | |
| ○ Moss Street Market | Saturdays 10-2:00pm | May- Oct |
| ○ James Bay Farmers Market | Saturdays 9-3:00pm | |
| ○ Duncan Farmer's Market | Saturday 10:00 am – 2pm | |
| ○ Salt Spring Island Market | Saturday 9-3:00pm | |
| ○ Shirley Farmer's Market | Sunday 10 – 2:00pm | |
| ○ Metchosin Famers Market | Sundays 11 – 2:00pm | until Late October |