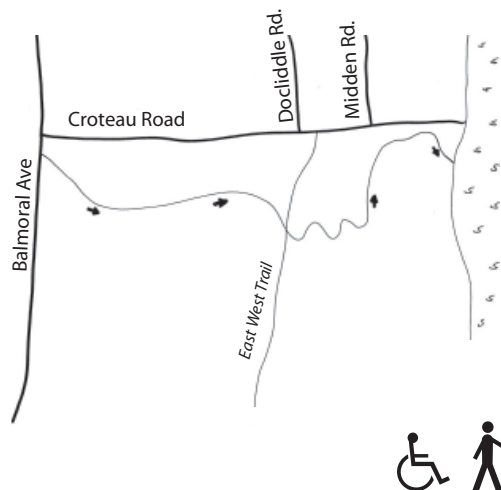


# ANOTHER 12 Great Places to be Active for FREE in the Comox Valley

## MacDonald Wood Nature Park

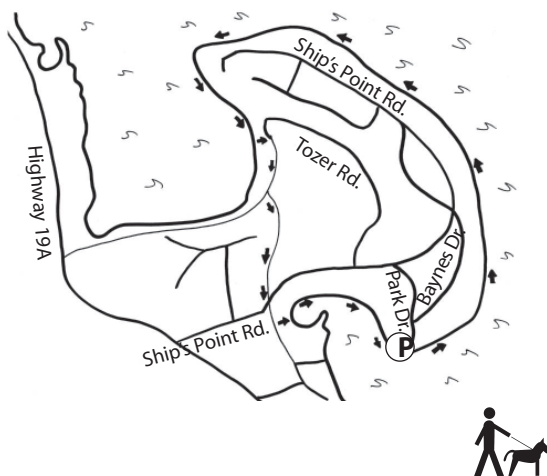
- 9 acre conservation area
- Popular for its tranquility and easy access
- Well groomed forested trails that lead right out to the shoreline
- Some of the largest cedars in the Comox Valley grow here along with fawn lily, skunk cabbage and other lush plant life found in coastal forests
- Short varied trail (including boardwalk) - accessible for off-road strollers



Located in Comox, entrance at the corner of Balmoral Road and Croteau Road.

## Ship's Point Park

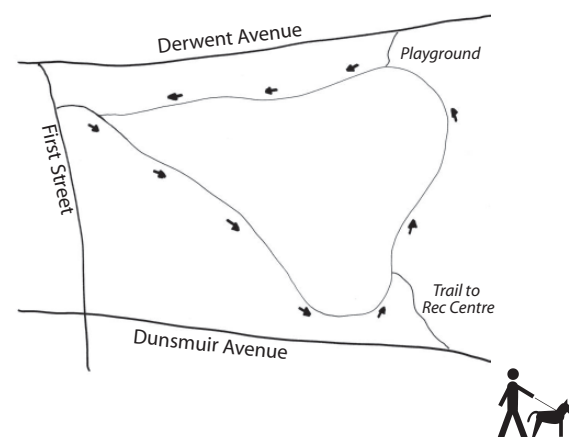
- Small waterfront park with scenic views, rare plants and wildlife
- Large windswept fir, spruce and Garry Oak
- At low tide you walk around the peninsula and connect up with a conservation trail located at the end of Tozer Rd. - cut across the peninsula, then along the shore back to the park
- The full trail is moderate to difficult and includes a long walk on the beach, steps and dirt sections that can be muddy and slippery



Located at the end of Park Road. The conservation trail can be accessed off Hwy 19A, Tozer Rd and Ship's Point Road.

## #6 Mine Memorial Park

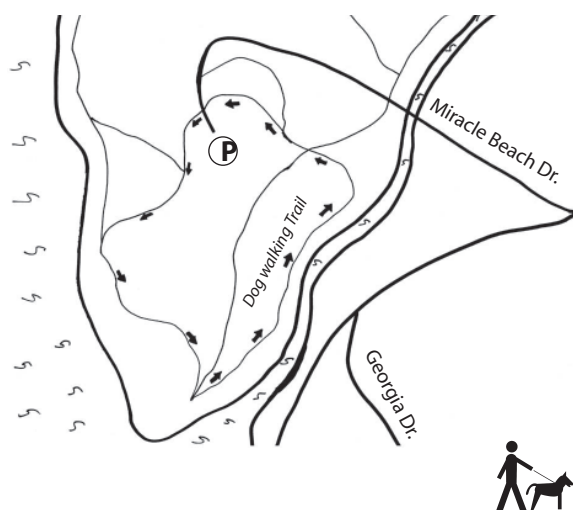
- Site of the Miner's Memorial Cairn
- #6 Mine was originally owned by the Union Coal Company which opened in 1898
- Contains interpretive signage on local mining history and historical artifacts
- Pleasant place to enjoy a picnic or game of frisbee, short walk or a visit to the playground
- Good access to all local amenities including the recreation centre and museum
- Short 0.5 km trail on dirt, stone and brick paths



Accessed from Dunsmuir Ave., Derwent Ave. and First Street.

## Miracle Beach Trail & Provincial Park

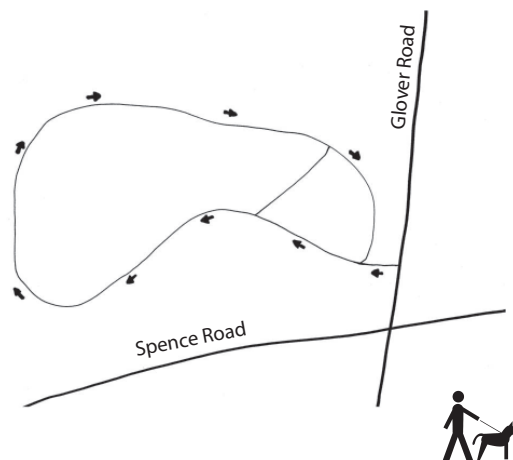
- Park provides great beach access
- There is a viewing platform, interpretive signage & salmon spawning and bird watching opportunities
- 2 km of walking trails are located in the park—some are for walking only and some are for those with dogs



The park is accessed off Miracle Beach Drive

## Glover Community Nature Park

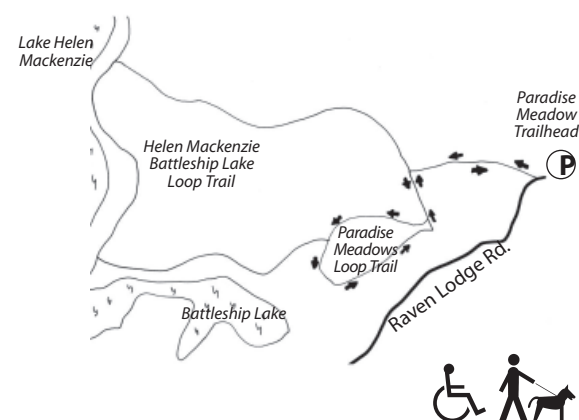
- Small community nature park
- Donated in 1992 to the CSRD by Harry & Winnie Glover
- Park is a remnant second growth forest with Douglas Fir, maple, huckleberry and Sword Fern
- A seasonal stream crosses the site with a wet depression of Sitka Spruce, salmonberry and skunk cabbage
- Short route with 2 trail loops to choose from



Located between Glover Road, Spence Road and the Island Hwy.

## Forbidden Plateau Paradise Meadows Trailhead

- Great network of hiking trails from short day hikes to overnight hikes for serious backpackers
- Excellent winter recreation activities including skiing & snowshoeing, with lake & mountain views
- Western Red Cedar, fir, hemlock and sub-alpine plants and flowers can be seen along the trails
- Amazing wildlife viewing opportunities
- Paradise Meadows Loop trail is 2 km; Helen Mackenzie Battleship Lake Loop trail is 7 km



Take Hwy 19 & follow signs to Mt. Washington Ski Hill via the Strathcona Parkway for 25 km. Turn left onto Raven Lodge Rd. go 1.5 km then park in lot.

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 activities endorsed by Active Comox Valley throughout the year!

For info please contact: 890-9116 • [info@activecomoxvalley.ca](mailto:info@activecomoxvalley.ca) • your local recreation department

