

MONDAY, JULY 1 10:00

COWICHAN VALLEY REG DIST - Malahat - Canada Day walk – Spectacle Lake

START POINT: Spectacle Lake Prov Park, parking lot off Whittaker Road VOR 2L0

DISTANCE: 5, 7, 10k **RATING:** 2C

SPONSOR: Garden City Wanderers

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DIRECTIONS TO START: 30 km north of Victoria on Highway 1, turn left (west) on Whittaker Road 800 metres after Shawnigan Lake South Road

INFORMATION: Spectacle Lake Provincial Park is home to mature forest, lake and wetlands. The walk first follows an easy hiking trail that winds around the lake for more than 2 kilometres then links up to an old logging road to Oliphant Lake. A picnic and an opportunity to swim in the lake follow the walk.