

Hike Your Way Through Parksville

One of the best parts of being in Parksville is the amount of nature that surrounds us. Breathtaking views are only minutes away. Hiking is a favourite summer activity in the area, and the number of trails to hike and natural wonders to see is near-endless.

Drive for an hour and a half from Sunrise Ridge to experience the **Cowichan Valley** in the most spectacular way possible. **The Kinsol Trestle** is open to pedestrians, cyclists and equestrian. It is one of eight trestles along the Cowichan Valley and is the largest, standing 44 metres high and stretching 187 metres in length.



Just over an hour away from the resort is **Elk Falls Suspension Bridge**. This incredible view is not for the faint of heart; the bridge stands at 64 metres high and is the highest pedestrian bridge on Vancouver Island. Along the hike you will see incredible waterfalls, and you may even get lucky enough to see some salmon swimming along beside you.



Nymph Falls Nature Park encompasses over 151 acres of land and is only 45 minutes from the resort. Nymph Falls has a variety of hike-only, bike-only and multi-use trails so there is a path for everyone. It is a moderate walk and completely worth it, because the views are breathtaking.

Mount Arrowsmith Trail is a six kilometre trail that is recommended for moderate to experienced hikers. The trailhead is about an hour's drive from Sunrise Ridge, but the view from the peak makes the drive absolutely worth it.

For a truly authentic hiking experience, head up to **Mount Washington**. There are a variety of trails available, so you are guaranteed to find a trail suitable for any skill level. From: West Summit Ridge and Giv'r Trails (advanced), to Top of the World and Linton's Trails (intermediate), and Lodge Trails and Memory Lane (easy).

There are an almost endless number of hiking trails in this area, you are sure to find one that is perfect for you. Just remember to be prepared accordingly with plenty of water, proper shoes and a protein-filled snack to keep your energy up.

