

PRESENTED BY  
The GREATER VICTORIA CYCLING COALITION  
and BIKE TO WORK SOCIETY



*Discovery*  
**RIDES**

MAY - AUGUST 2020

GREATER VICTORIA  
**CYCLING  
COALITION**

GREATER VICTORIA  
**BIKE to WORK**  
SOCIETY

<https://gvcc.bc.ca/theme-rides>





# About this

May - August 2020

Discovery  
RIDES

## Welcome Discovery Riders!

Planning on heading out for a bike ride this weekend but not sure where to go? Love finding hidden pathways and special features on your rides? We've got you covered!

The Greater Victoria Cycling Coalition and Bike to Work Society is offering a series of Scavenger Hunts, Discovery Rides, and Go-The-Distance Rides for neighbourhoods across the Greater Victoria region. These activity series will be happening from May to August 2020. Every two weeks, two new Discovery Rides will be released for two new neighbourhoods.

The first set of Discovery Rides will be released on the week of May 4th. Until Sunday, May 17th, you are invited to explore the 'points of interest' outlined in each ride package and send us a photo, story, or video telling us about your experience, or something you discovered, on your Discovery Ride. **Submissions can be sent to us by filling out the short 'experience reflection form' on the GVCC website under 'themed rides', or via Facebook and Instagram by tagging us at @biketoworkvic or #yyjbike!** With every submission, you will be entered into a draw for a chance to win a gift card for take-out food from a local restaurant or bike shop near you.

### How do I win a prize?

Along your ride, take note of the things you see at each 'point of interest' and create a story with the photos, video, or drawings you create from your ride. Prizes will be granted to those who submit content that tell us about their experience or something they discovered on their ride in a creative and thoughtful way. Entries will be randomly selected. Prizes will be mailed to recipients on May 18th.

### What to bring:

You will need a bicycle, helmet, water bottle, snack, sunglasses, a camera of some kind, and Google maps downloaded on your cellphone. These Discovery Rides are organized like self-guided tours: the routes are downloaded on your phone that highlight points of interest along a route. Each ride is designed to get you exploring new places while social-distancing; taking between 1-4 hours to complete. Enjoy the adventure! \*Remember to allow space for others to pass on trails and roads when necessary to maintain social-distancing.

### Why ride right now?

Studies have shown that cycling helps to reduce stress, boost the immune system, and stay physically active. Cycling is also a great way to get to know your neighbourhood and city during this time of social-distancing.



GREATER VICTORIA  
**CYCLING  
COALITION**

GREATER VICTORIA  
**BIKE to WORK**  
SOCIETY

# Saanich Peninsula



## Points of Interest

Explore the 'points of interest' outlined in each ride package and send us a photo, story, or video telling us about your experience or something you discovered on your Discovery Ride.

**Photos, videos, drawings, and other media can be sent to us by filling out the short 'experience reflection form' on the GVCC website under 'themed rides', or via Facebook and Instagram by tagging us at @biketoworkvic or #yyjbike!**

*See prize details on the "About this" page above.*

This ride will take you from Saanichton to East Saanich and from the sea shores of Sidney Harbour to the Victoria International Airport and Coles Bay. Enjoy a quiet ride along the Lochside Regional Trail and McTavish Road to reach Coles Bay Regional Park, the Victoria International Airport, and the daffodil fields at Longview Farms.

1.

### Background

The roots of agriculture in North Saanich run deep, beginning with the WSÁNEĆ First Nations stewarding, harvesting and preserving traditional foods on the land for thousands of years. One of the important native food plants for the WSÁNEĆ and Coast Salish Nations is Kwetlal also known as "purple camas."

### Action item

Explore your neighbourhood...Can you find camas blooming near your home? Describe where it is. (Point 1)



*Photo by Sara L.*



# Saanich Peninsula

## Points of Interest

2.

### Background

Stanhope Organics and Dairy Farm is located along the Lochside Trail between Martindale Road and Dooley Road. This farm is home to a few beloved hogs! "In the 1950's, Stanhope Dairy Farm was the largest milk producer on Vancouver Island, milking 26 cows and supplying the Jubilee Hospital with their dairy requirements. In recent years, this farm's system has allowed them to divert large volumes of unnecessary waste from the landfill and integrate into their farm waste management program as an essential component." (Stanhope Organics website, Farm History. 2008)

### Action item

Whether you've visited them five years ago or last week, get on your bike and go pay these beautiful creatures another visit! (Point 2)



Photo source: iStock Hog

# Saanich Peninsula

## Points of Interest

3.

### Background

In 2018, Central Saanich celebrated a milestone of rich agricultural heritage with the 150th anniversary of the Saanich Fair. As described in The Times Colonist article of August 30th 2018, by Pedro Arrais, “the Saanich Fair is a local tradition that began in 1868 when 10 local farmers got together to create an agricultural fair to show off their accomplishments, on and off the field, in the spirit of friendly competition.” A century and a half later, local food still continues to bring people together at the fair.

### Action item

Share a photo, make a video or draw an illustration from outside the fence of your favourite farm on the Saanich Peninsula! What agricultural goods are produced on this farm? (Point 3)



# Saanich Peninsula

## Points of Interest

4.

### Background

Plants that occur naturally in an area are called native or indigenous species. Acclimatized to the soil and weather conditions of their home region, native plants are resilient, and provide an integral habitat and food sources for insects and wildlife. (Point 4)

### Action item

Western sword fern, Dull Oregon-grape, salal, and western trillium are some of the native plants that can be found throughout the Saanich Peninsula. Explore your neighbourhood or an accessible local park to see if you can spot any! Snap a picture or sketch your rendering when you find one. Be courteous and remember social distancing expectations of giving space when passing others.



*Western sword fern (Polystichum manitum)*



*Dull Oregon-grape (Mahonia nervosa)*

Photo Source: Friends of North Saanich Parks website - <http://fnsp.ca/page1.html>



# Saanich Peninsula

## Points of Interest

5

### Background

- The Saanich Peninsula is home to many bird species including Pelagic cormorants, Belted kingfishers, ravens, crows, eagles, and gulls. While they might all enjoy a picnic sandwich, there is one species in particular that tends to persist in the pursuit of sandwich thievery more than others... What bird is this? Be specific, there are many subspecies of this bird on the Peninsula! Fun fact: This bird can drink sea water! (Point 5)

### Action item

Take a photo, draw a picture, make a video or write a song about this common seabird. Song inspiration: [Seabird](#) by Alessi Brothers.



Photo by: Ryan Skjervem from Unsplash photos for everyone.

# Saanich Peninsula

## Points of Interest

6.

### Background

Sidney by the Sea is situated on the traditional territory of the **WSÁNEĆ** People. The **WSÁNEĆ** People are saltwater people; meaning the sea is very important to their way of life. The language of the **WSÁNEĆ** People is **SENĆOŦEN**. The name of the site which the Town of Sidney sits on is called "SET,TINES", which means "chest sticking out." This name refers to the way the land juts out into the water. (Point 6)

### Action item

How do you connect with the sea and marine life in your neighbourhood? Share a photo or video with us of you or your family connecting with the sea in some way.



Photo: Tsawout Chief, Louis Pelkey, with dugout canoe  
ca.1900. From Saanich Archives/ PR-167-1981-019-094.



## Points of Interest

7

### Background

- Have you heard of clam gardens? Clam Gardens are ancient intertidal features, constructed by the coastal First Nations and Native Americans of the Pacific Northwest, that were created to enhance shellfish productivity. Made by constructing rock walls along the low tide lines of bays and inlets, they transformed naturally-sloping shorelines into productive, level beach terraces; expanding the optimal habitat zone where clams thrive. Clam gardens ranged in size from a few square metres to well over a kilometre in length - wow! You can learn more about clam gardens and a local restoration project [here](#).

Butter and Littleneck clams are two commonly found clam species on the Pacific coast, both living buried in the sand of tidal beaches or the ocean floor. Butter clams are yellow or greyish-white, square or oval, reach a maximum length of 13cm and stay on a single beach for life. Littleneck clams are white or grey with brown areas, round, reach a maximum length of 7cm and, like a tree, have rings on their shell showing their age.

### Action item

On the Saanich Peninsula, we are fortunate to have access to beautiful beaches and plenty of coastline close to home. What's your favourite beach in the area? Do you think it could be a good habitat for clams? Pop by and see if you can find one - or signs of one, like an empty shell. Don't forget to snap a pic! (Point 7)



*Butter clam*



*Littleneck clam*

Photo Source: Department of Fisheries and Oceans website - <https://www.dfo-mpo.gc.ca/shellfish-mollusques/identification-eng.htm>

# Saanich Peninsula

## Points of Interest



### Background

Coles Bay Regional Park is known for its enchanting forest and winding nature trail that passes through towering Western red cedars along a quiet creek. Coles Bay beach is also home to many diverse marine creatures, including Moon snails, acorn barnacles, and Oyster catchers.

### Action item

Take a walk or bike ride down to Coles Bay, Tulista Park, Patricia Bay, Island View Beach, or another Regional Park along the waterfront. When you reach the beach, listen closely to the seaside sounds. What do you hear? (Point 8)

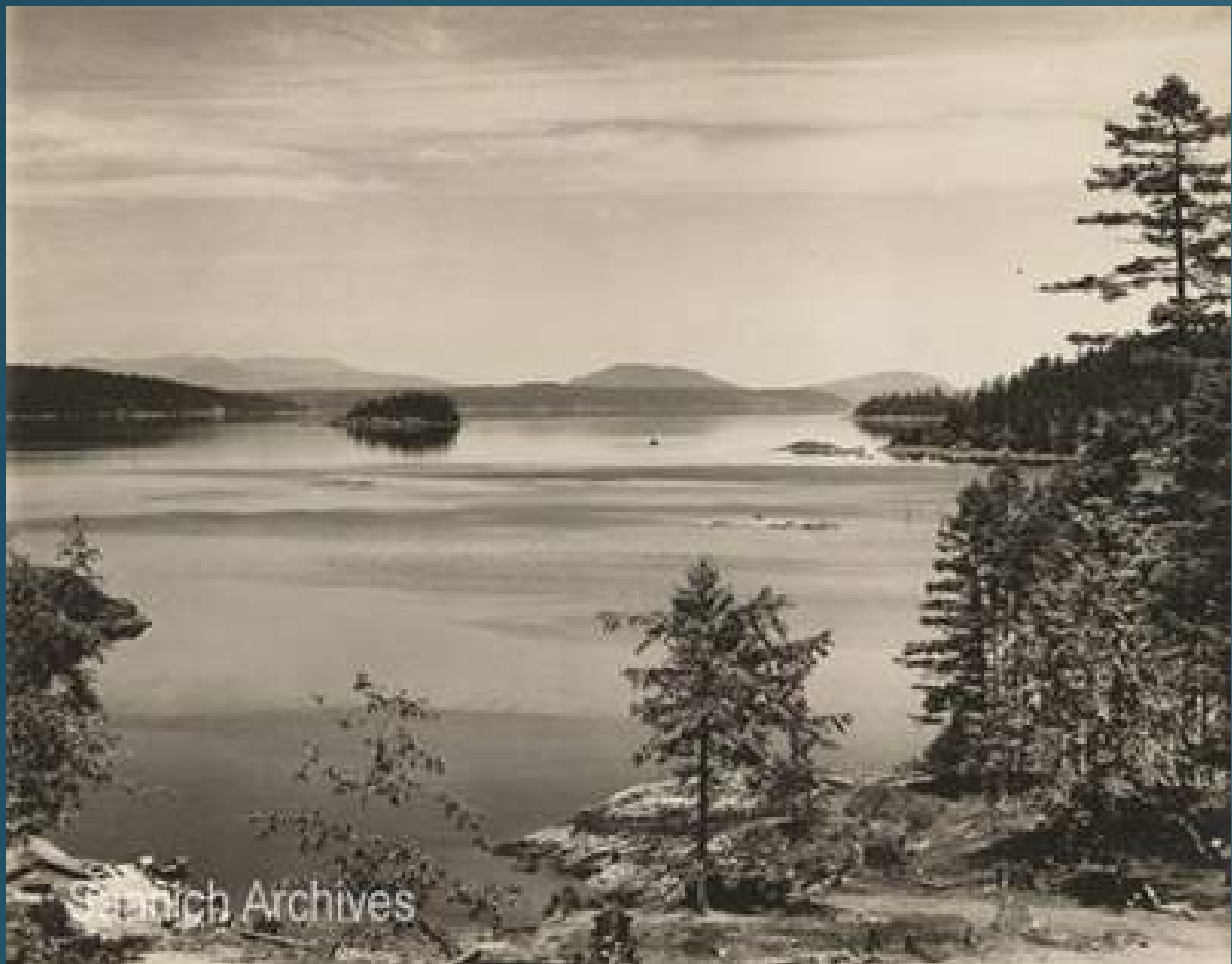


Photo: Saanich Inlet, Brentwood Bay ca. 1900's. Saanich Archives/PR-167-1981-019-018.



# Saanich Peninsula

## Points of Interest

9

### Background

- Along Willingdon Road, en route to the Victoria International Airport, there is a large boulder diverting the bicycle path. This boulder is known as a 'sleeping giant' or glacial erratic. This glacial erratic was transported here after the most recent Fraser Glaciation period which occurred between 15,000 and 29,000 years ago.

### Action item

Your challenge is to find this glacial erratic and take a photo of it! However, please do not climb on, or touch, this erratic. Remember to be courteous while on the path and step aside as needed to allow others to pass. (Point 9)



Photo: Example of Glacial Erratic in Oak Bay called: The Harling Point erratic. This is a panoramio photo on Google Earth by crobinso2010.  
<http://www.panoramio.com/photo/56782186>

# Saanich Peninsula

## Points of Interest

Discovery  
RIDES

10.

### Background

Spring has sprung and everywhere you look beautiful wild flowers, tulips, blossoms, and more are in bloom - including bright, cheery daffodils. Derived from the Dutch, 'affo dyle' or 'that which cometh early', daffodils are among the first signs of plant life each spring. Did you know Roman soldiers once carried daffodils across Europe wrongly believing their sap had medicinal properties? Careful – this is not the case! In fact, daffodils contain a toxic chemical which makes ingesting them harmful. Their toxicity, however, does make them resistant to damage by deer and other wildlife.

### Action item

Being such a symbolic flower in the area, if you look closely at the District of Central Saanich crest you will see it includes a daffodil. See if you can locate a District of Saanich crest, then send us a picture (or sketch your rendering) of the daffodil! (Point 10)



Photo Source: iStock Daffodils

Congratulations! Thank you for taking part in our Discovery Ride in and around the Royal Oak/Cordova Bay area. We hope you enjoyed your ride.

Reminder: These activities are taking place on the unceded territories of the Lekwungen and WSÁNEĆ Nations.

Page 10 of 10



GREATER VICTORIA  
CYCLING  
COALITION

GREATER VICTORIA  
BIKE to WORK  
SOCIETY