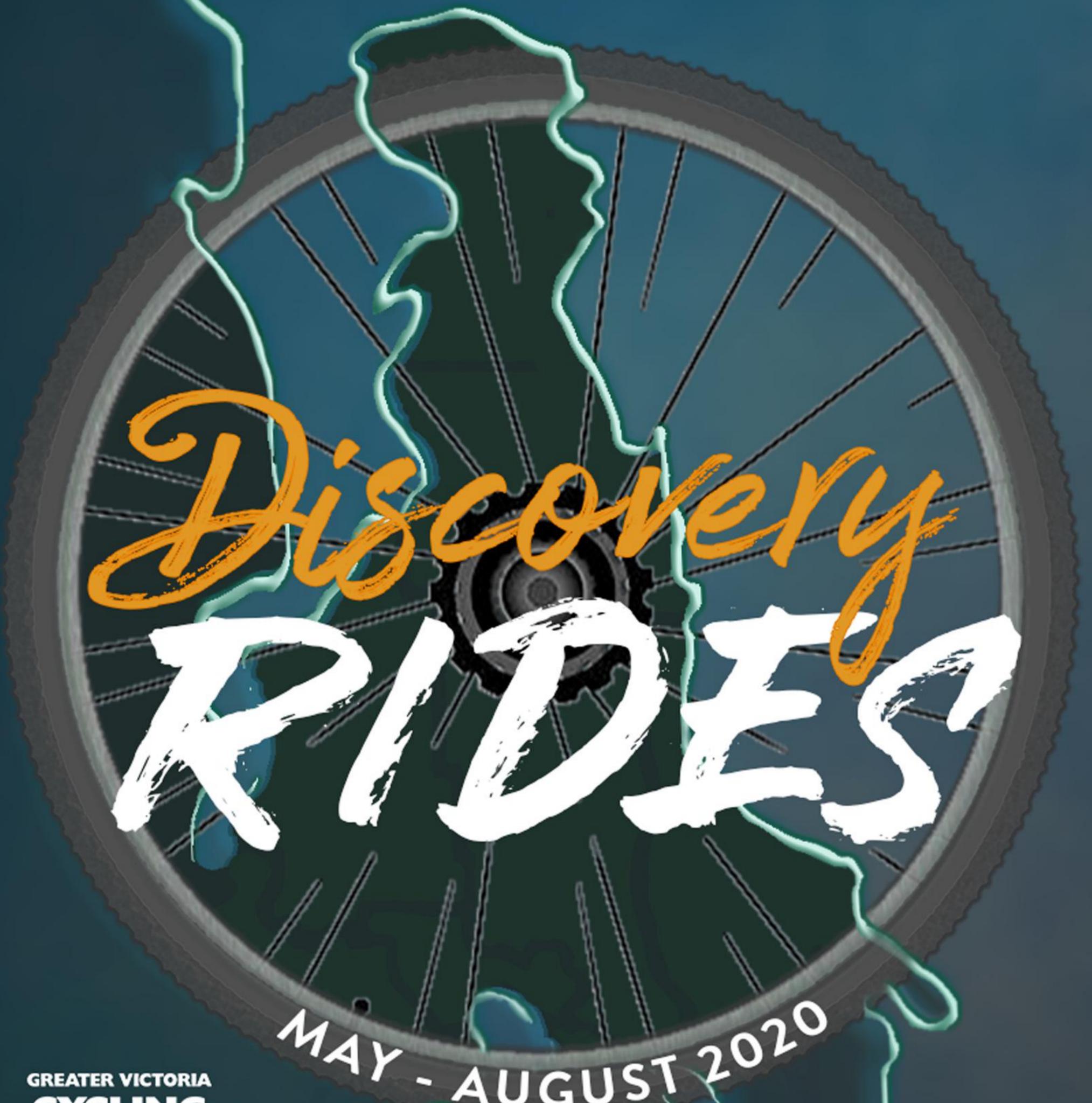


PRESENTED BY
The GREATER VICTORIA CYCLING COALITION
and BIKE TO WORK SOCIETY



Discovery
RIDES

MAY - AUGUST 2020

GREATER VICTORIA
CYCLING
COALITION

GREATER VICTORIA
BIKE  WORK
SOCIETY

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



About this

May - August 2020

Discovery
RIDES

Welcome Discovery Riders!

Welcome to the Royal Oak/Cordova Bay Discovery Ride! This ride will take you through some old heritage and local gems on a route that is accessible for families with young children or new riders.

This Discovery Ride will be released on June 6th. Until July 20th, 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.

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 awarded and available for pick up at the restaurant/bike shop on July 20th.**

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 physical-distancing; taking between 1-6 hours to complete. Enjoy the adventure! *Remember to allow space for others to pass on trails and roads when necessary to maintain 2m physical-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 physical-distancing.



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Activities are designed with adult supervision in mind. Before undertaking any outdoor activities, please be sure to follow the latest COVID-19 Provincial Support and Information.



Royal Oak/ Cordova Bay Points of Interest

Discovery
RIDES

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!

1. Background:

The fields of Panama Flats, located along Carey Road, have "served as a flood plain for a catchment area of approximately 3300 hectares for over 140 years" (District of Saanich, Panama Flats Concept Plan 2014). From 1929 until the 1970's, the Edge family operated a dairy farm on the peat bog flood plain and supplied many homes in the surrounding area with dairy essentials. In fact, the Edge family has a story that they shared with the Victoria News in 2019, of a time when the Famous Canadian Artist, Emily Carr, once offered a painting to pay her dairy tab to the family.



Images from Oak Bay News article by Travis Paterson, Feb. 2019, of: Barn and flooded field of Edge farm at Panama Flats in 1972. Saanich Archives/CR-124-1982-001-028

Action Item: Ride over to the Panama Flats and see if you can identify the location of the old farm barn across the field. There are often Trumpeter Swans resting or feeding in this field. What kinds of birds can you see/hear here?

Royal Oak/ Cordova Bay

Points of Interest

- 2. Background:** The first Roger's Chocolates were made over 100 years ago by Charles "Candy" Rogers in the back of his grocery store in Victoria, B.C. Charles later became known as Canada's first chocolatier. The company's current heritage storefront remains in the same location as in 1891 on Government Street in downtown Victoria. Over the years, the demand for chocolate production has increased and there is now a factory and headquarters located on Commerce Circle.



Action Item: Ride over to this chocolate factory. Check out the factory sign and find out what year Roger's Chocolates were founded.

Royal Oak/ Cordova Bay Points of Interest

3.

Background:

As early as 1967, Colquitz River Trail was envisioned as one of the municipality's first efforts to protect urban streams at a local government level. The Colquitz River has one of the largest watersheds within the Capital Regional District, draining an area of about 49km² (that's more than 9,000 football fields)!



Action Item: Ride along this quiet and lesser-known multi-use trail. How many neighbourhood parks can you find that intersect this trail along your bike ride? Can you see the Colquitz River from the trail at any points?

Royal Oak/ Cordova Bay Points of Interest

- 4. Background:** The Viaduct Creek subwatershed, located west of Quick's Bottom, was an agricultural area up until 1993 when it became part of a park. It was during that time that severe flooding occurred along the bands of the flats and material jammed the outlet channel. This jamming took on the appearance of a beaver dam and subsequently led to notable beaver activity along the bordering vegetation. As a result of this new debris jam and a consistent supply of water, a new unique habitat for plants, birds, and other wildlife was created.



Action Item: Ride along the Colquitz River Trail to Viaduct Creek. Can you see the new dam that was installed in 2007 at the outlet of the flats? For more information on beaver's and their role in ecological restoration of wetlands, read: "Eager: The Surprising, Secret Life of Beavers and Why They Matter by Ben Goldfarb."

Royal Oak/ Cordova Bay

Points of Interest

- 5. Background:** A park with an unusual name...Quick's Bottom Park covers a large area of the Colquitz River watershed and can be accessed from Markham Road or Wilkinson Road. This park is home to many migratory, and resident, bird species including Trumpeter swans, Violet green swallows, Marsh wrens, Cedar waxwings, and many different owl and bat species. For this reason, dogs are not permitted in this park, so as to not disturb this sensitive wetland ecosystem and its wildlife.



Image of Trumpeter Swans in Quick's Bottom Park by Annie Maroo on the Geocaching.com

Action Item: Can you identify a Violet green swallow feasting on bugs and flying across the wetlands here? P.S. Bonus if you can find out how Quick's Bottom Park got its name!

Royal Oak/ Cordova Bay

Points of Interest

- 6. Background:** Situated on the traditional territories of the WASANEC First Nations, the gardens at Horticulture Centre of the Pacific (HCP) are dedicated to the provision of high-quality horticulture education to people of all ages, locally, nationally, and internationally. One of the gardens within the HCP grounds is a Japanese Garden that was named for the Takata family who owned and operated a Japanese garden in Esquimalt from 1907 – 1942. When this family was forcibly removed from their home in Victoria during WWII to relocate to internment camps in rural B.C., they gave many of their teahouse plants to their Gorge neighbours, including two Japanese maple trees. These two trees, now over 100 years old, were transplanted to this HCP garden in 2008 as a gift from one of those neighbours on the Gorge.



Image of the Japanese Tea Garden in Esquimalt dating back to the early 1900s (Photo by Ann-Lee and Gordon Switzer)

Action item: There are two options for this action: 1) Ride along to the Glendale Trail nearby the HCP and enjoy the smells, sights, and sounds here, or 2) Pay a visit to this Japanese Garden in the HCP (note: the gardens are open Thursday – Sunday, and there is an admission fee to go inside).

Royal Oak/ Cordova Bay

Points of Interest

- 7. Background:** Long before Elk and Beaver Lake became a Regional Park, it was part of the traditional boundary between the territories of the Saanich and Songhees First Nations who gathered food and medicines in the area, including cattails for woven blankets. It wasn't until the public wells in Spring Ridge (today's Fernwood neighbourhood) ran dry in 1872 that engineers decided to make Elk and Beaver Lakes the new city reservoir until 1914 by damming the Colquitz Creek. In 1896, filter beds were constructed after Victoria residents complained of fish and tadpoles in their drinking water.



Image of waterworks and filter beds construction at Beaver Lake circa 1898 (Saanich Archives).

Action item: Ride over to the Elk and Beaver Lakes filter beds and bridge at the north end of the parking lot off of Beaver Lake Road. What kinds of things do you notice about this filter system?

Royal Oak/ Cordova Bay Points of Interest

8. **Background:** Whitehead Park is located on the North end of Prospect Lake. In a Heritage Walking Tour of Prospect Lake on the Saanich Recreation website, there is a story from Jack Whitehead who remembers fishing for trout up to 23 inches out of Prospect Lake in the 1930's. Jack later went on to own and operate a mink ranch on West Saanich Road. Jack's father, Albert Whitehead, owned and operated a farm nearby between circa 1923 and 1960, and built a fleet of 16 small flat bottomed boats and rented for them for \$1



Image bottom right historic photo of Prospect Lake from Saanich Archives.

Action item: Ride over Whitehead Park and check out the dock there. Imagine you have a canoe with you. How far do you think it is from the edge of the dock to the other side of the lake in metres? How long might it take you to paddle across the lake from this point in a canoe?

Royal Oak/ Cordova Bay Points of Interest

9. **Background:** Located at the intersection of Prospect Lake Road and West Saanich Road is Mosi Bakery Café & ... what? For the Mosi Family, making this food item is a tradition as Stefano's grandfather used to make it in the summer months in his Pasticceria in Torino, Italy in the 1920's. This café has become ever more popular over the years for locals and visitors alike riding along the trails and quiet country roads of West Saanich.



Image of Mosi Bakery & Café from TripAdvisor website.

Action item: Check out this country-side bakery and café. What other food item does Mosi make in their kitchen?