

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



Discovery  
RIDES

MAY - AUGUST 2020

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



# About this

May - August 2020

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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 Ride-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 May 22nd. Until June 5th, 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.



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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.*



# Cedar Hill 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.*

Take a ride on some of the quieter side streets of the Cedar Hill neighbourhood, from Quadra Street in the West over to Mt. Tolmie on the east side. Follow our suggested Discovery Ride route and see parks with Camas Meadows, ride scenic multi-use paths, and even challenge yourself to take on some tougher climbs, if you so choose. Enjoy!

## 1. **Background:**

Many major roads in this area of Saanich can be challenging for commuter cyclists, as it lacks the AAA bike infrastructure of regions like downtown or the quieter roads of places like nearby Gordon Head. However, the District of Saanich is, thanks in part to advocacy by the GVCC implementing the "Shelbourne Valley Action Plan" which includes building bike lanes along Shelbourne Street, a major connecting road.



## **Action item**

Take a picture on the road or bike route you feel most comfortable on in this area; perhaps a quiet street, and nice gentle hill to cruise down, or your perfect route for getting to and from work.

Note: this question can be completed at any point in your ride. Be on the lookout for multi-use infrastructure such as the Bowker Creek Greenway, Blenkinsop Greenway, as well as several on street bike lanes along the suggested route for this Discovery Ride.

# Cedar Hill

## Points of Interest

- 2. Background:** The current geological age is known as the Anthropocene, the age in which human activity dominates the earth. While this has unfortunately meant decline for many wildlife species, some animals benefit from human activity. Among these are mallard ducks, the most abundant duck species in North America, who have thrived in artificial ponds and parks created by humans. One local pond which lies along a popular walking trail is known for its high number of duck residents.



### **Action item**

On your bike ride, find a mallard duck hanging out at a local watering hole and take a picture of it. We recommend the King's Pond along the Cedar Hill Chip Trail, accessible off Queensbury Avenue. Note: Bikes are not permitted on the Chip Trail.

# Cedar Hill

## Points of Interest

3.

### Background:

During the First World War (1914-1918) about 6,000 Victorians enlisted in the military, out of a population at the time of only 35,000. One Victoria road, which can be challenging for newer cyclists, was the first in Canada to be dedicated a memorial road, way back in 1921. It was rededicated in 2018 for the hundredth anniversary of the end of the First World War.



### Action item

Take a photo of the sign for this particular street. Though the street is narrow and can be challenging for cyclists now, it is going to be redone over the next three years, complete with a protected two-way bike lane!

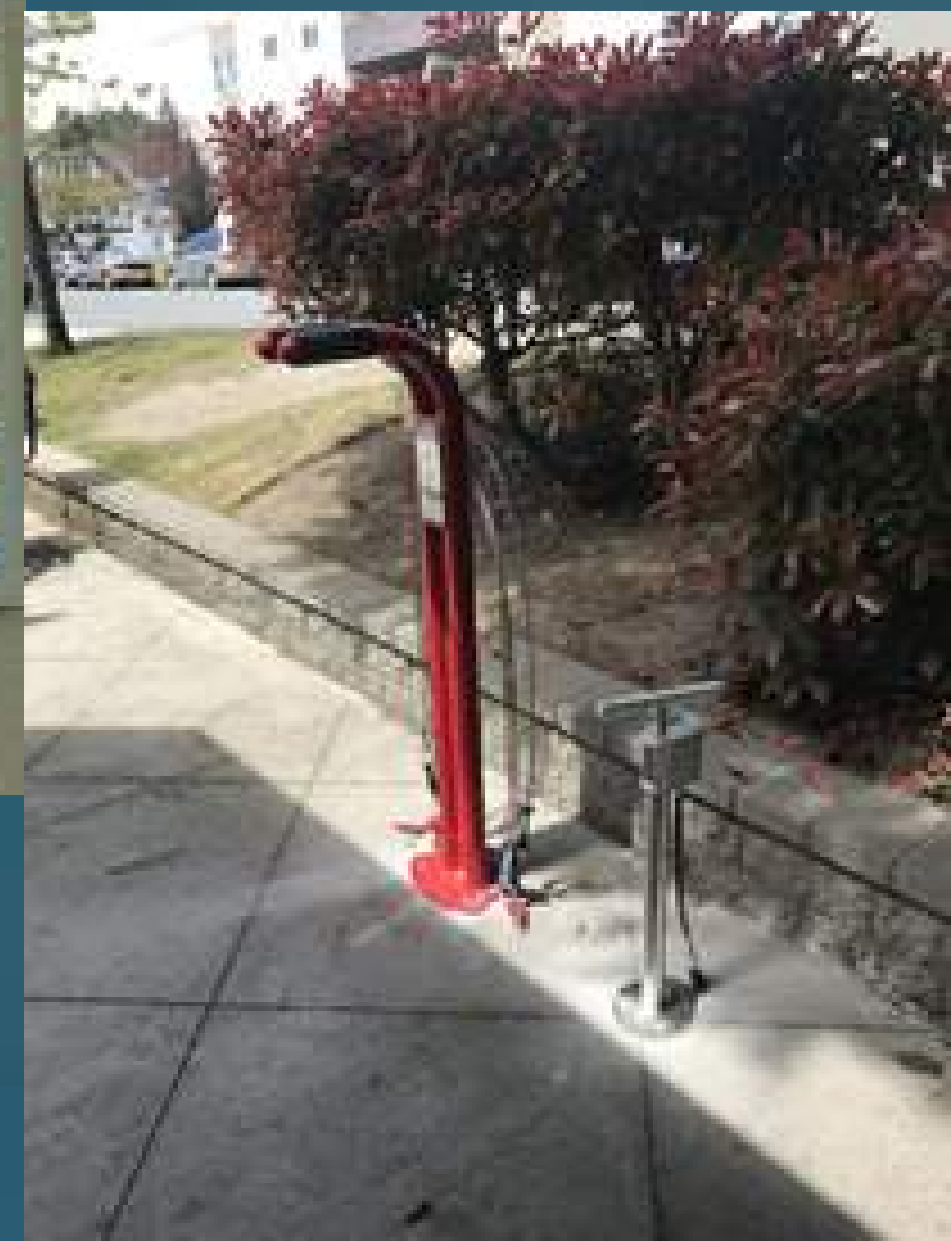
# Cedar Hill

## Points of Interest

4.

### Background:

This residential area is home to several community associations who work to improve local communities and sponsor community events. The Quadra/Cedar Hill, Mt. Tolmie, and Camosun Community Associations work to improve this neighbourhood. Projects undertaken in recent years by these associations in recent years including a bike repair station, art in local parks, and support for a community kitchen.



### Action item:

Find a sign of these volunteer groups' participation in the neighbourhood. You can find a mural at the lovely Horner Park, a directional marker at the top of Mt. Tolmie, the restoration of Bowker Creek which can be seen from the Bowker Creek Greenway, or the Shelbourne Community Kitchen which helps combat food insecurity in a community minded way.

Note:

These clues can be found at any point in your ride, be on the lookout when cycling the Bowker Creek Greenway, passing Horner Park, and Biking up Mt Tolmie if you choose to.

# Cedar Hill

## Points of Interest

5.

### Background:

Many locals are familiar with Galey Farms' assorted collection of attractions, from a corn maze in the fall to a large sphinx that sits just off the Lochside trail. Recently, Galey Farms acquired the world's tallest gnome (at 28 feet "Howard" had stood just off highway 19 in Nanoose Bay until he was recently saved from destruction by being moved to Victoria.) Howard is currently undergoing repairs yet other attractions can still be viewed from the greenway.



### Action item:

Bike down the Blekinsop Greenway and snap a picture of the Sphinx overlooking the trail.

# Cedar Hill

## Points of Interest

6.

### Background:

"Turning meadows into fields of beautiful blue and purple in early spring, Camas flowers are significant to the local ecology and their bulbs were traditionally harvested by the Lekwungen people as a main source of starchy carbohydrates."

-CRD Community Green Map

Camas, which blooms blue/purple beginning in the spring and into June, used to cover much of Victoria as part of the Garry Oak Meadows that dominated the landscape. Camas can still be found at many greenspaces around Greater Victoria, included at such nearby hidden gems as Playfair Park where a large meadow blooms.



Photo of Playfair Park by Thomas Russell.

### Action item:

"Visit a local meadow such as Playfair Park and take a picture of Camas in bloom.

Note: Keep a lookout for other Camas flowers in bloom along the Discovery Ride, there are others in addition to Playfair Park.



# Cedar Hill

## Points of Interest

7.

### **Background:**

The Provincial Normal School, registered as a Canadian historic place, is notable as it has been almost continually used for education since 1915. The on exception was its conversion into a military hospital during the Second World War. It was then home to the University of Victoria until its move to Gordon Head in 1967. Its name now derives from the Lekwungen name for the Victoria area meaning “where different waters meet and are transformed.”



### **Action item:**

Ride to what was once called the Provincial Normal School and snap a picture of your favourite spot on campus.

# Cedar Hill

## Points of Interest



### Background:

“Cedar Hill” comes from what white settlers initially called Mt Doug, or PKOLS as it is known by local indigenous groups. Cedar Hill was renamed once no cedar trees remained on the logged hill. Speaking of hills, this is a great opportunity to push your limits and conquer a hill that you have had trouble biking in the past.

### Action item:

“Cycle up a local hill which you’ve found daunting in the past. Since Camosun is near Mt.Tolmie, cyclists may wish to cycle up to the top and enjoy a nice view and pleasant ride down the other side (remember to make sure your brakes are in working order!). Other nearby hills to conquer include Cedar Hill Cross Road between Richmond and Gordon Head Road, and Foul Bay Road just south of Landsdowne Road. Take a photo once your ride has been conquered.



An early photo of Pacific Northwest logging of large cedar trees.

You have now come to the end of your Discovery Ride! We hope you enjoyed the bike trip through the neighbourhood streets of Cedar Hill and enjoyed seeing some Camus in bloom, a sphinx, as well as some of the neighbourhood’s best greenspaces and parks.

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