

THE JOY OF WALKING (JoW)

First Edition April 2017



A project of the Parks Committee of the Denman Island Residents Association 2017

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Introduction - The Joy of Walking

by Dr. Ron Wilson

It is a great privilege to live on such a beautiful Island in a wonderful part of the world. We are also fortunate to have a committed group of people who work on our parks and conservation lands and who are committed to preparing and maintaining many trails on Denman Island. Now we have this wonderful book outlining the trails on Denman. What is left for us to do? Our task if we choose to accept it, is simply to get out and enjoy what has been given to us.

Walking in nature is a joyful and healthy activity. The health benefits of being physically active are many. Just walking regularly aids in the prevention and improvement of many health conditions. It is beneficial to our mental health.

There is now scientific evidence that just by going for a walk in nature, we can alter what is going on in our brain by calming it down. It can reduce our stress level. It is also something we can easily do with one or more friends or just with a pet.

We are so privileged to have so much to explore even on this small Island and now we have maps to guide us. So let's make use of these maps and enjoy.

If you are not used to doing much walking, choose a trail with a shorter distance and take your time. Walk at a comfortable speed, take along some water or a snack and take in what you see. Rest when you need to. But come back when you can and your stamina and energy will improve. Keep a positive focus and be thankful for what you have around you. Enjoy.

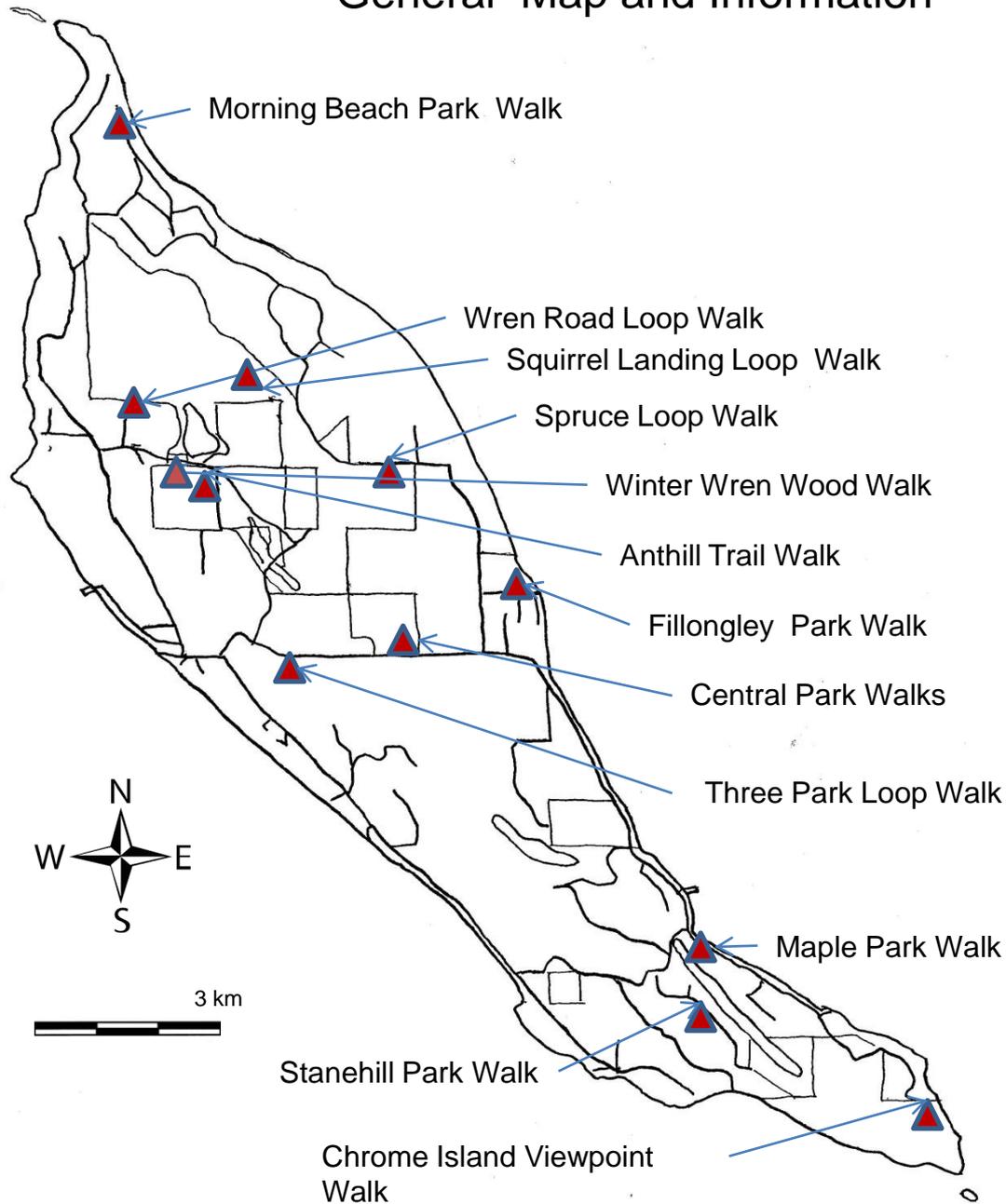
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For DCA Lands (Winter Wren Wood and Central Park), contact DCA Land Manager, Erika Bland – 250-702-7773

Note: Dear reader if you find mistakes in the text or if you have questions please contact pkarsten@telus.net

General Map and Information



The General Map gives a quick look at locations of Walks on Denman Island. Greater map details on access points, Walk configuration, length and elevation variance (difficulty), trail marker colour, special features etc. are noted in following pages.

The Joy Of walking is a living document that is periodically updated and expanded. It published as hard copy and on websites. (TBA)

It is a community project published by the Parks Committee of DIRA.

The collective term for the trails and loops is "Walks".

 Marks Walks for hiking only.

 Marks Walks open to multi-use; allowing walking, horse riding, skiing and biking but no motorized vehicles.

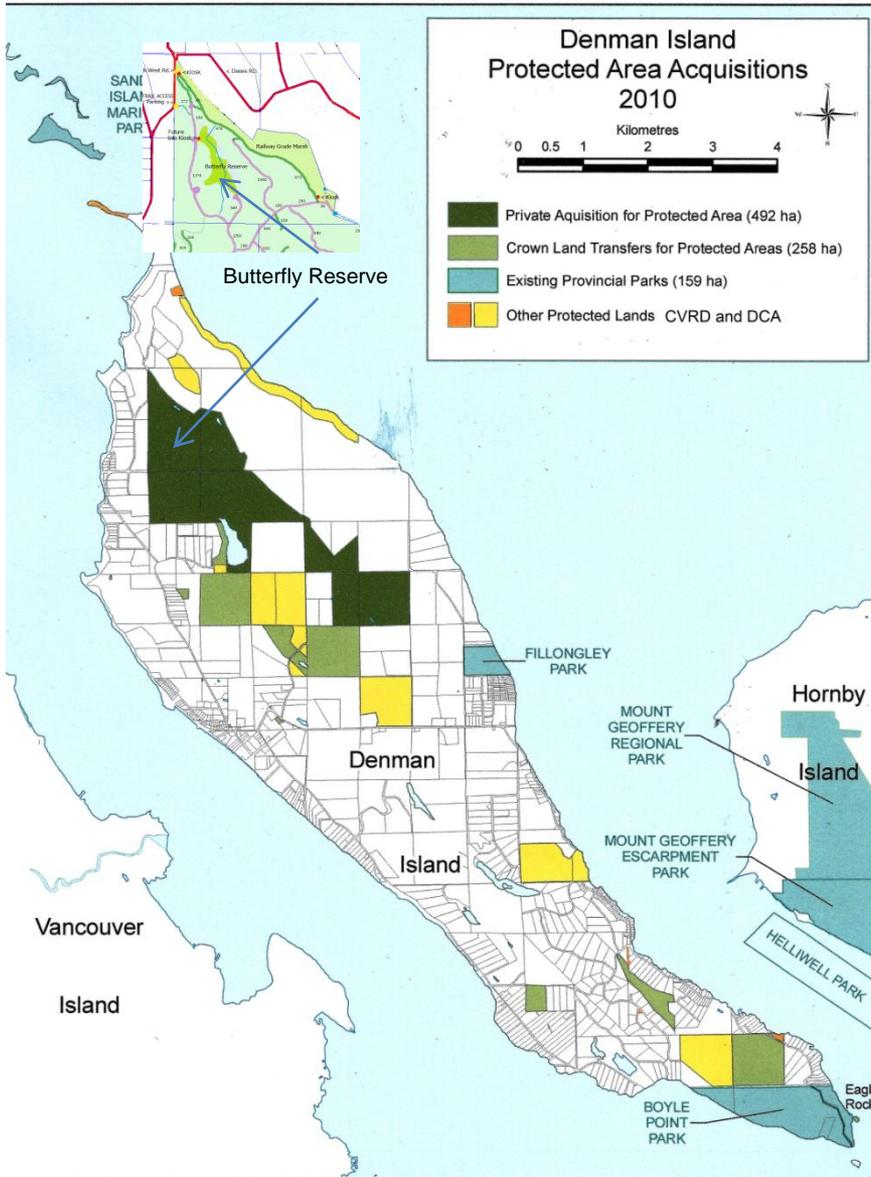
Acronyms:

- BC Parks** British Columbia Provincial Parks
- CVRD** Comox Valley Regional District
- DCA** Denman Conservancy Association
- DIRA** Denman Island Residents Association
- PC** Parks Committee of DIRA
- TC** Trails Committee of DIRA
- IT** Island Trust
- ITF** Islands Trust Fund

List of Walks listed from the North to the South

Number of Walk	Name of Walk	One way in km	Use	Access point	Trail marker colour
1	Morning Beach Park Walk	<1	Hiking only	Point Road	n/a
2	Wren Road Loop Walk	2.5	Multi use	Wren Road	red
3	Squirrel Landing Loop Walk	3.8	Multi -use	Wren Road	yellow
4	Winter Wren Wood Walk	< 1	Hiking only	Lake Road	n/a
5	Spruce Loop Walk	2.82	Multi-use	Park Road	blue
6	Anthill Loop Walk	2.4	Multi-use	Lake Road	n/a
7	Fillongley Park Walk	< 1	Hiking only	Beadnell Road	
8	Central Park Walks	Variable	Hiking only and Multi-use	Denman Road	n/a
9	Three Park Loop Walk	5.5	Multi-use	Denman/ Pickles Road	n/a
10	Maple Park Walk	< 1	Hiking only	East Road	n/a
11	Stanehill Park Walk	<1	Hiking only	Stanehill Place	n/a
12	Chrome Island Viewpoint Walk	1.2	Hiking only	East Road	n/a

About our Parks, Conservation Areas and Nature Reserves



Several Walks are found in the Denman Island Provincial Park and Protected Area in the north lands of Denman Island. The park was acquired by the Ministry of Environment in 2013 as part of a land trade. A management plan will be developed with the community to guide conservation and recreation in the park and protected area. In the interim the Parks and Trails Committees have permission to clear existing trails for recreational, non-motorized use and to place temporary signs to help users to find their way. A 10 ha Butterfly Reserve (BR) has been set aside in the north lands to protect the Taylor's Checkerspot butterfly which is only recorded on Denman Island in all of Canada at this time. The BR is off limits for recreational activities. Find more information in individual Walk pages. Boyle Point Provincial Park was established in 1989. Fillongley Provincial Park in 1953.

The Comox Valley Regional District (CVRD) has three regional community parks on Denman Island supported by the DIRA Adopt-a-Park program. These parks were created at the time of subdivision and include: Morning Beach Park, Maple Park and Stanehill Park. The initial trail work for these community parks was done by local volunteers in 2010/2011. These parks are maintained by the volunteers of the Parks and Trails Committees of DIRA. The CVRD Parks Department oversees and supports the work of the local volunteers.

The Denman Conservancy Association (DCA) owns 4 conservation properties, and works with ITF to manage 4 Nature Reserves on Denman Island. The DCA holds covenants of private land, and works with land owners and community members toward ecological stewardship goals.

More information is available on the BC Parks, CVRD, DCA and DIRA Websites .

#1 Morning Beach Park Walk

Before the Morning Beach Park was created the site was known as the “Rope Trail”. At that time, islanders would scale down the steep bluff on a narrow footpath with the aid of ropes tied to trees to reach the shore. From the bottom of the bluff one can hike to the north tip of Denman at any tide; and to Jáji7em and Kw’ulh Marine Park (Sandy Island Marine Park) which includes Sandy Island (known locally as Tree Island) at low tide only. The Rope Trail was then on private land. Bank erosion became a great concern as the Komasa Bluff is a formation of alluvial sand subject to erosion which is the reason why climbing on the bluff’s face is prohibited. The lands north and south of the park are private properties; please do not trespass. A sea lion-shaped big rock on the shore marks the north boundary of the park.

The Park is 1.23 hectares (3 acres) in size and was donated to the CVRD in 2010 at the time of subdivision. A short walk from the roadside parking area there are picnic tables, a viewing stand offering views towards the Sunshine Coast and Coast Mountains, and a set of stairs leading to the beach below. The 121 stairs were constructed in 2011, replacing the former “Rope Trail”. From the viewing platform birds of prey can be seen riding the thermal winds at eye level. Visitors are encouraged to make comments in a note book at the interpretive panel. Entries are made by visitors from all over the world. Designated parking is available on Point Road.

The magnificent views, stretches of sandy beaches for swimming, wildlife viewing and the pristine, natural environment make this park a very special place for islanders and visitors. The habitat on the top of the bluff is representative of the Coastal Douglas Fir ecosystem.

The Park is owned by the CVRD and generally maintained by local volunteers of the PC and TC of DIRA. The staircase is closed during storm events due to erosion concerns. Please obey the signs and closure notices and stay on the designated trails.

The park offers two walking experiences:

- A) A walk from the parking area on Point Road to the look-out platform including a small loop near the picnic bench with return options on the main trail or the service road or vice versa.
- B) A walk to and down the staircase to the shore with the option to extend the walk to Sandy Island Provincial Park. If you decide to hike to Jáji7em and Kw’ulh Marine Park (Sandy Island Marine Park), knowledge of the tide tables is essential as access and return are only possible at low tide. Please respect private lands. The very north tip of Denman Island is called Long Beak Point. You can walk to it at any time except at extreme high winter tides. The ocean on the west side cuts you off at high tide and therefore hiking beyond this point is not recommended.



Entry sign at Park Road



Picnic area and lookout

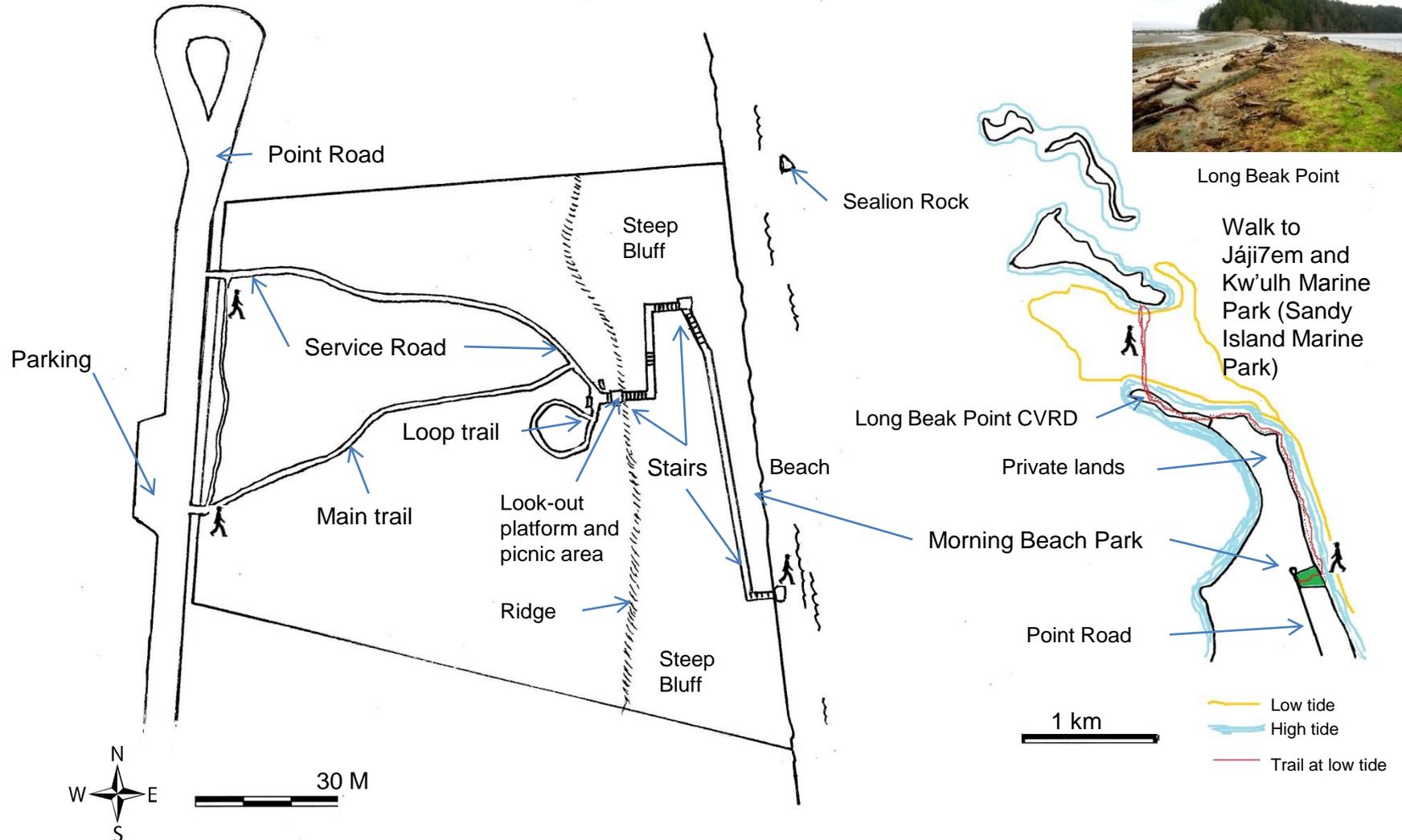


Stairs, beach and “Sea lion Rock”

#1 Morning Beach Park and Walk to Jáji7em and Kw'ulh Marine Park (Sandy Island Marine Park)



Long Beak Point



#2 Wren Road Loop Walk



This loop walk starts at the end of Wren Road leading into the Denman Island Provincial Park and Protected Area. The macro landscape is undulating bordering on a ridge to the east. It has stands of tall White Pines (*Pinus monticola*) and mixed forest, runoff streams in the spring, magical wetlands with frog ponds and a quality of isolation from our noisy man-made world. White pines have huge cones and up to 13 cm long needles with 5 in a bundle. The more common Shore or Lodgepole pine (*P. contorta*) has pairs of shorter needles.

The lands were logged at the turn of the century but tree cover is progressing well to change the open meadow habitat back to forest. Ten years ago we discovered many Taylor's Checkerspot butterflies an endangered species which extirpated (became regionally extinct) in Canada. It is a Garry Oak meadow species and much work has been done to save it by keeping the Butterfly Reserve (BR) from reforestation and controlling invasive weeds. Close to 2,000 Checkerspot were bred in a special lab on Denman Island in 2014 to 2016 to augment the population which is prone to dwindle again. Since then the captive breeding is done by the Greater Vancouver Zoo. When you walk north you will come the Butterfly Reserve where the species recovery work is done. But be reminded the BR is protected and off limits for recreational use.

The Wren Loop Walk connects you with other trails (former logging roads) to explore the "north lands". The Squirrel Landing Loop Walk is one of them. The Committee volunteers are placing coloured markers to keep you on the mapped trails. For this trail it is red. For the connecting Squirrel Landing Loop Walk it is yellow.

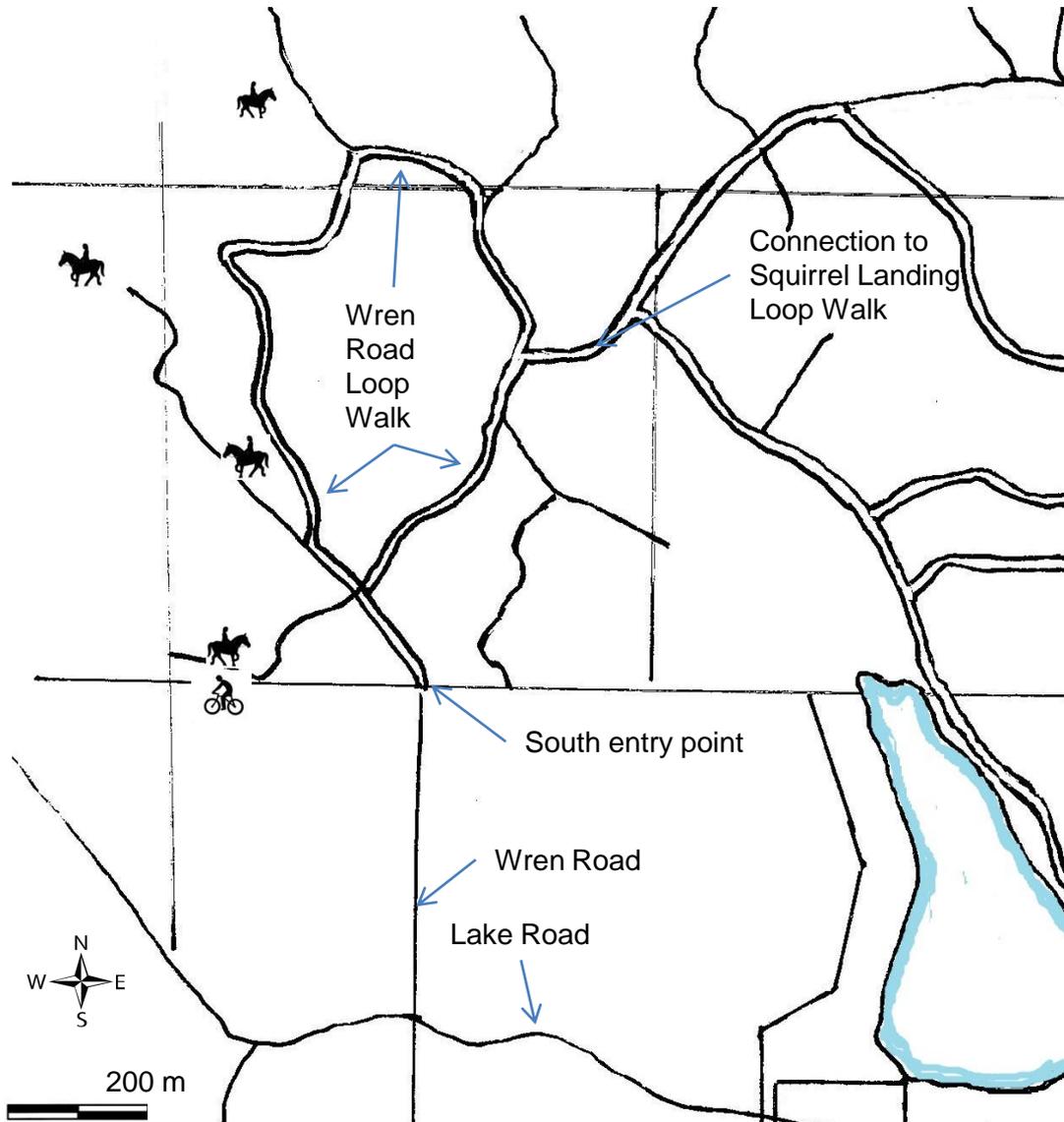


Trail head from Wren Road



Checkerspot just hatched

#2 Wren Road Loop Walk



Western White Pine



On the trail

#3 Squirrel Landing Loop Walk



As the name implies you will encounter a landing, a place where loggers piled up logs for hauling them to sawmills, and squirrels or at least signs of them. Locals call this landing “starlight landing” because it is on a knoll with no trees obstructing the view to the night sky lit by millions of sparkling stars. No air pollution or competing city lights diminish their brilliant splendor. Just lay down in the grass and look up contemplating the expanse of the universe. This is special for us living mostly among tall trees.

A path branches off at the south of the loop leading to the shore of our largest body of fresh water the Chickadee Lake and back. It has wonderful vistas.

The area has patches of pines, other conifers and deciduous trees with emerald, velvety carpets of mosses covering the ground. A perfect home for the American Red Squirrel (*Tamiasciurus hudsonicus*). They are seen often enough to have given the trail the unofficial name “squirrel alley”. Red squirrels are adaptable feisty, little creatures primarily feeding on conifer seeds, nuts, berries, buds and mushroom which they dry on branches in the sun. Stashing seeds for the winter is a busy occupation carried out with so much enthusiasm that they often do not need to unearth all of them and so plant trees and bushes in the forest. In northern harsher regions they are accused of stealing bird eggs and hatchlings and small vertebrates, but on Denman Island the plant food base seems plentiful enough to remain as vegetarians. Middens of conifer cone scales are found near the trail where the squirrel dismantles pine and fir cones to get at the seeds. Young are born in April to May and are among the most joyful baby animal to watch play.

There are other species of mammals Black-tailed deer, Mink near water, Raccoon “froging” in the marsh short-tailed shrews, voles and deer mice you may see scurrying around in the leaf litter. A large number of bird species, garter snakes and alligator lizards, amphibians and many kinds of butterflies and dragon flies are at home here.



Black-Tailed Deer

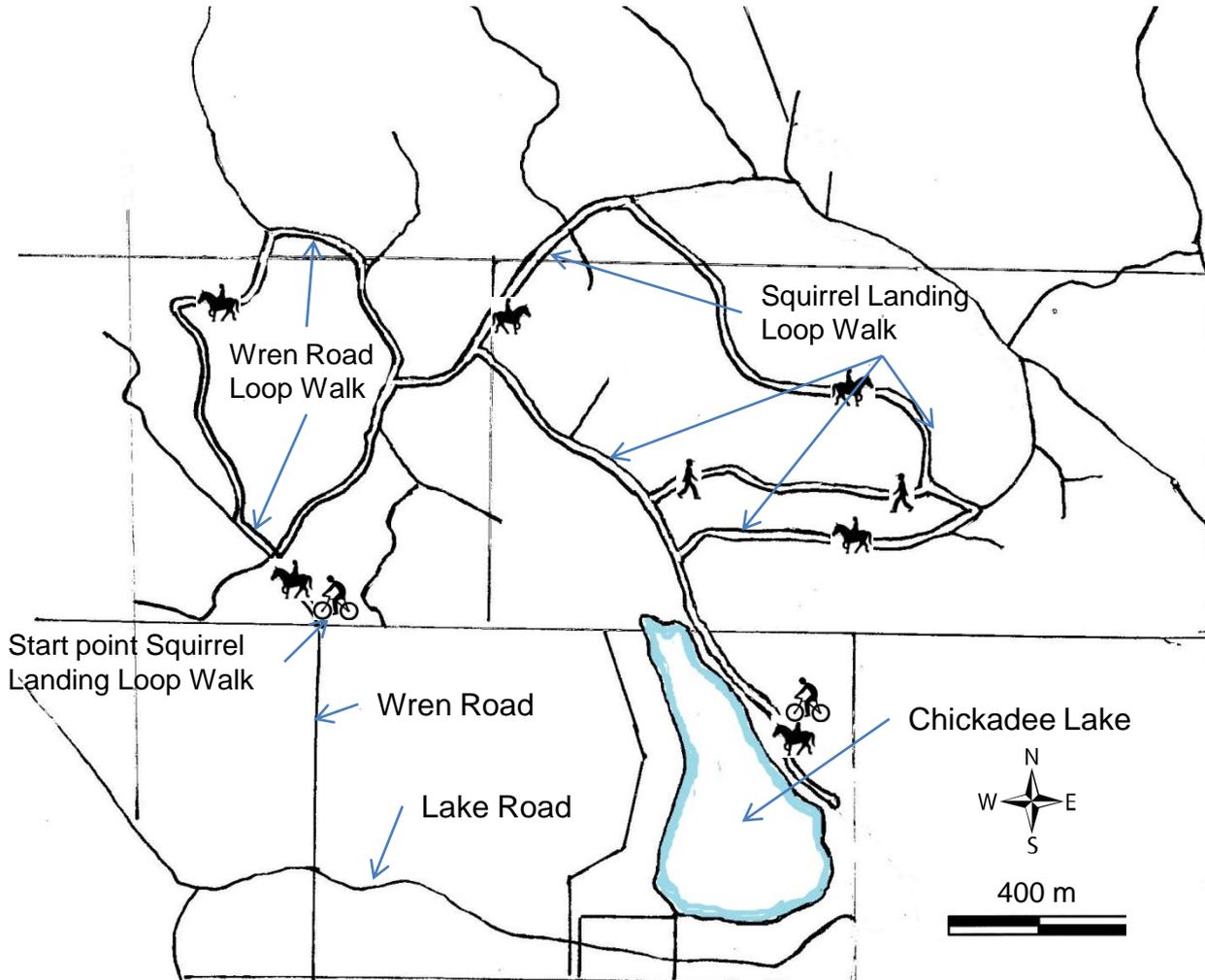


Red Squirrel



Short-tailed Shrew

#3 Squirrel Landing Loop Walk



Trail head at Wren Road



Chickadee Lake

4 Winter Wren Wood Walk

Winter Wren Wood (WWW) is a small Nature Reserve that, along with the Provincial Park lands, completes a ring of protected land around Chickadee Lake. WWW has a loop trail, usually started from the small parking space off Lake Road. The trail offers views over Chickadee Lake from a short boardwalk. In season there are small signs identifying native plants along the trail. The loop trail is completed by crossing Lake Road and continuing on the trail that wanders through the forest on the upland side of the road. WWW also provides access to Chickadee Lake to launch a small boat or canoe. Gasoline powered boats are not permitted on the Lake.

WWW was purchased by Denman Conservancy Association in the year 2000 as a start on conserving the surroundings of Chickadee Lake. That goal was achieved in 2010 with the establishment of Denman Island Provincial Park.

A walk in WWW takes you through the peace and quiet of deep woods and beside rich wetlands on a narrow, winding path that makes you feel you are a part of Nature. You will find many hand painted plant ID markers along the path. Please do not pick or remove anything from these woods..

WWW may be closed to the public in the High Hazard Fire season.

Winter Wrens along with many bird species have been seen here regularly. These brave little birds stay around for the winter; and so does the Marsh wren you may see at the inlet where canoes are launched. The Winter Wrens seek cavities in logs and sheds to huddle together in small groups for the cold winter nights. Nests are built like balls of lichen, moss and plant fibre.



Main Reserve entry at Lake Road

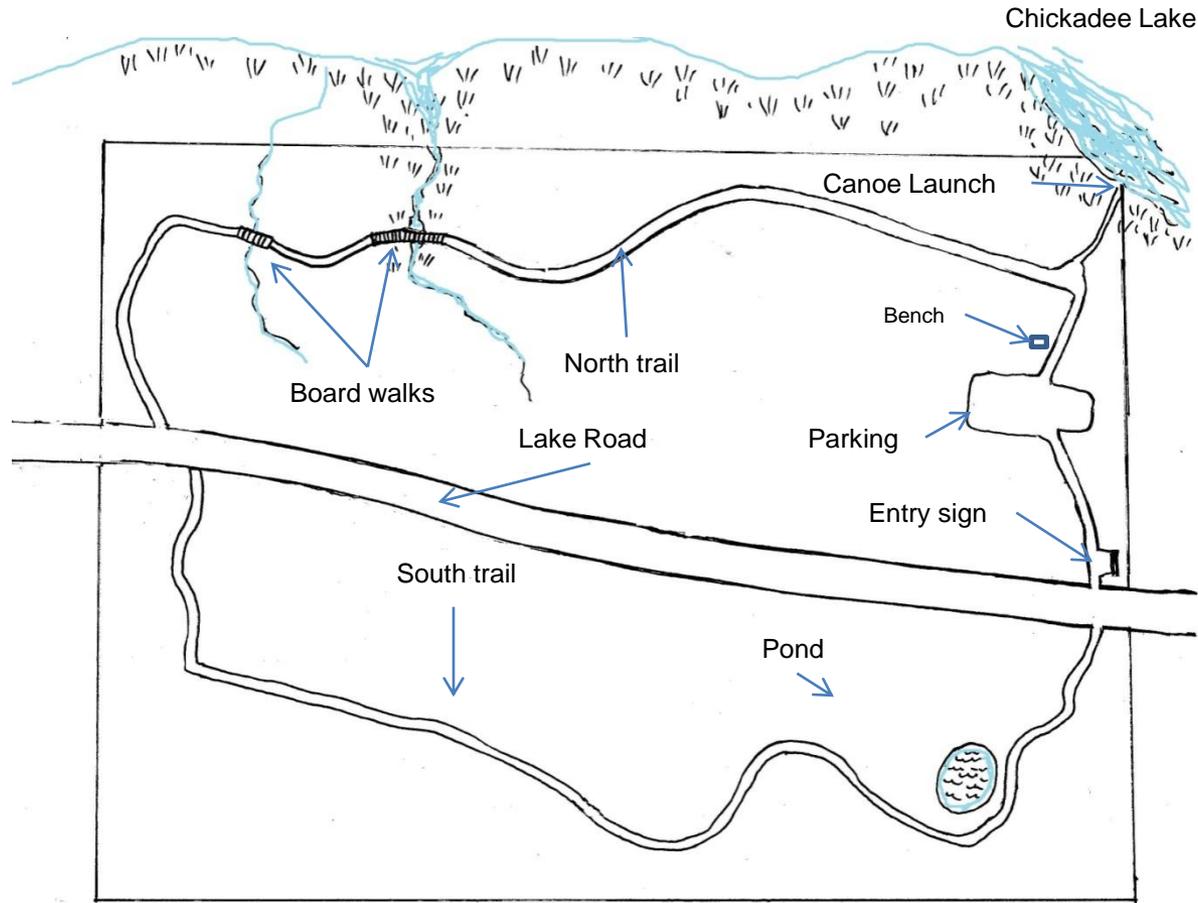


Boardwalk



Winter Wren

4 Winter Wren Wood Walk



Canoe launch



On the south trail



Plant ID markers

5 Spruce Loop Walk



Spruce loop is situated in the north-east section of the Denman Island Provincial Park- Protected Area.

It is accessible from two entry points on Park Road. There is room for parking at the east start point and along the road to the west. Part of the loop leads you along Park Road. It is multi-use trail. Spruce Loop is accessed from Park Road.

The habitat is very diverse including moist biotopes. Many species of butterflies and amphibians are seen here. You may see a Taylor's Checkerspot in May to June. It can be confused with the Mylitta Crescent butterfly. Other wildlife can be encountered on the walk.

A less common conifer on Denman, the Sitka Spruce (*Picea sitchensis*), gave the walk its name. You can easily tell it from the soft-neededled cousins when you close you hand around a twig – it is very prickly. The tree can grow to over 90 m tall with a trunk diameter over 5 m reaching an age of 700 years. But giants like this are rare.

Trees over 90 m (300 ft) tall may still be seen in Pacific Rim National Park and the Carmanah Walbran Provincial Park (the Carmanah Giant, at 96 m (315 ft) tall, is the tallest tree in Canada). Sitka spruce wood has fine, straight grain and is used for making guitars and other string instruments.



Taylor's Checkerspot

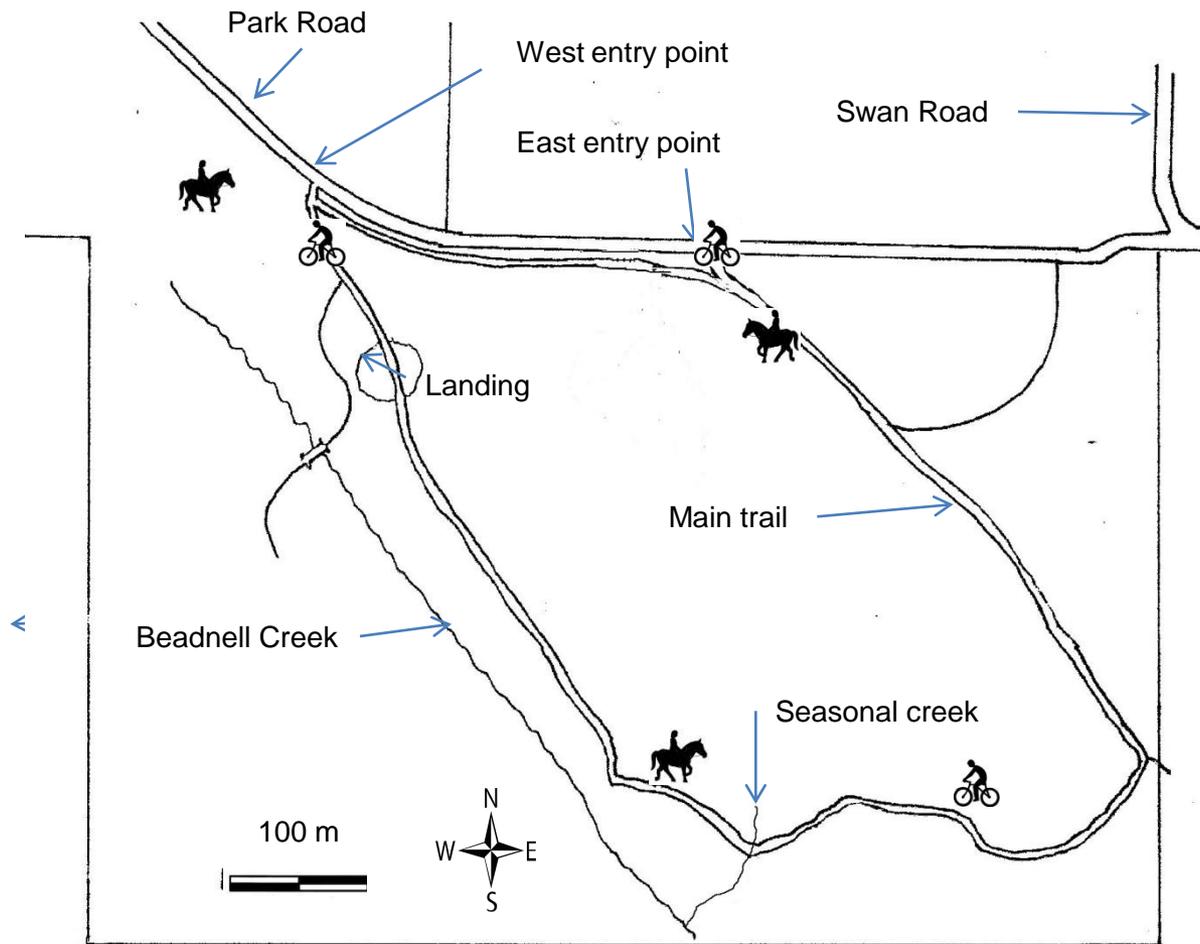


Mylitta Crescent



Sitka Spruce

5 Spruce Loop Walk



East entry point



Moist biotope



Red-legged Frog

6 Anthill Loop Walk

The Anthill Loop Walk is located within the south-west part of the Denman Island Provincial Park as Protected Area in 2010.

The Walk can be started from Lake Road. Look closely for where it begins between two rocks along the road. A few meter in you see a sign posted by BC Parks. The trail leads you through the forest and back on Chickadee Place Road to Lake Road.

The habitat along the trail is re-growth Douglas Fir forest. Mostly open with patches of salal (*Gaultheria shallon*) and other ground cover vegetation. You are immersed in the tranquility of this forest.

The remarkable feature of this place is that has more Red Forest Ant hills than any other place we know on Denman Island. Red Forest Ants (*Formica rufa*) live in northern Eurasia and North America. They build enormous size anthills occupied by up to 400,000 workers and 100 queens. Nests grow by budding new colonies from their mother colony. Busy trails between them can be seen. They are aggressive towards other ants and neighboring colonies. If you approach their hill you need not fear that they will swarm you like wasps unless you disturb their nests. Bites and spraying formic acid are their defence. Northern flickers visit their nests in the winter to snatch a few when they are dormant and too lethargic to defend themselves. The holes dug by woodpeckers in the winter are quickly repaired in the spring. The ants feed on invertebrates and sugar extruded by aphid and pick the bones clean of vertebrates. They are the clean-up crew in the forest. To study their behaviour is quite fascinating.

You will see many species of birds and other animals on your walk. You can hike back the way you came or walk around the perimeter of the park on Chickadee Lake Place to the north entry to make it a loop walk .



Red Forest Ant

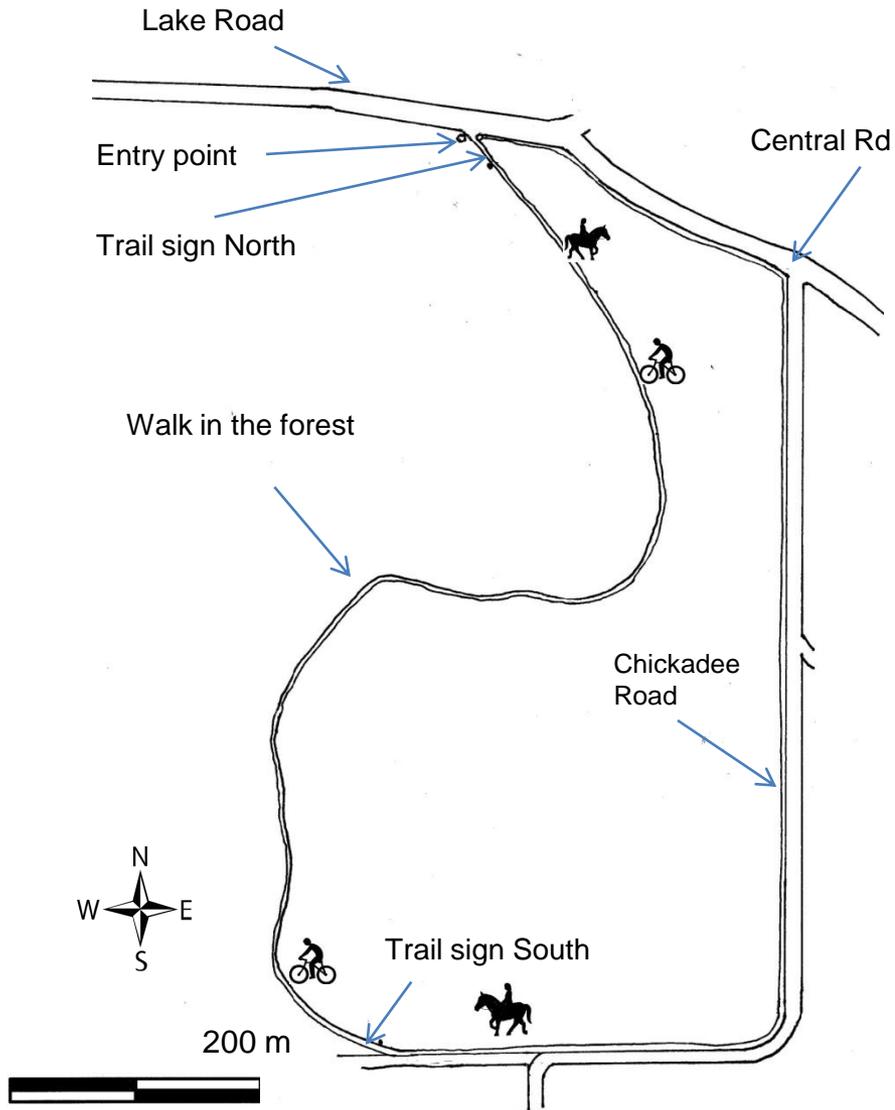


Anthill



Salal along the trail

6 Anthill Loop Walk



Entry point from Lake Road



Trail sign North



South Trail sign

7 Fillongley Park Walk

Located on the east side of Denman Island.

It is accessed from Beadnell Road. Parking spots are nearby.

It features some of the largest remaining stands of Douglas Firs, Grant Firs and Cedars in the region.

There is a wheelchair accessible path through the forest and a series of walking trails woven around the lush salmon-spawning habitat called Beadnell Creek, named after the land's original owner.

George Beadnell sold the deed for one dollar to the provincial government in 1953. Mr. Beadnell is buried on the property, and his grave can be seen along the Homestead Trail.

Fillongley is the only location on Denman Island for public camping, and advanced booking is usually required to secure a spot in this picturesque oceanfront campground. The 10 available sites are designed for drive-in camping. There are washrooms and a hand pump for water but a boil advisory remains in effect all year.

Fillongley's sandy and rocky beach is perfect for swimming, kayaking, canoeing, beachcombing and long walks, where the panoramic views take in Hornby Island and the mountain ranges of mainland Canada.

For camping reservations, please call 1-800-689-9025
More information is found on the BC Provincial Park website,



Entry point from Beadnell Road

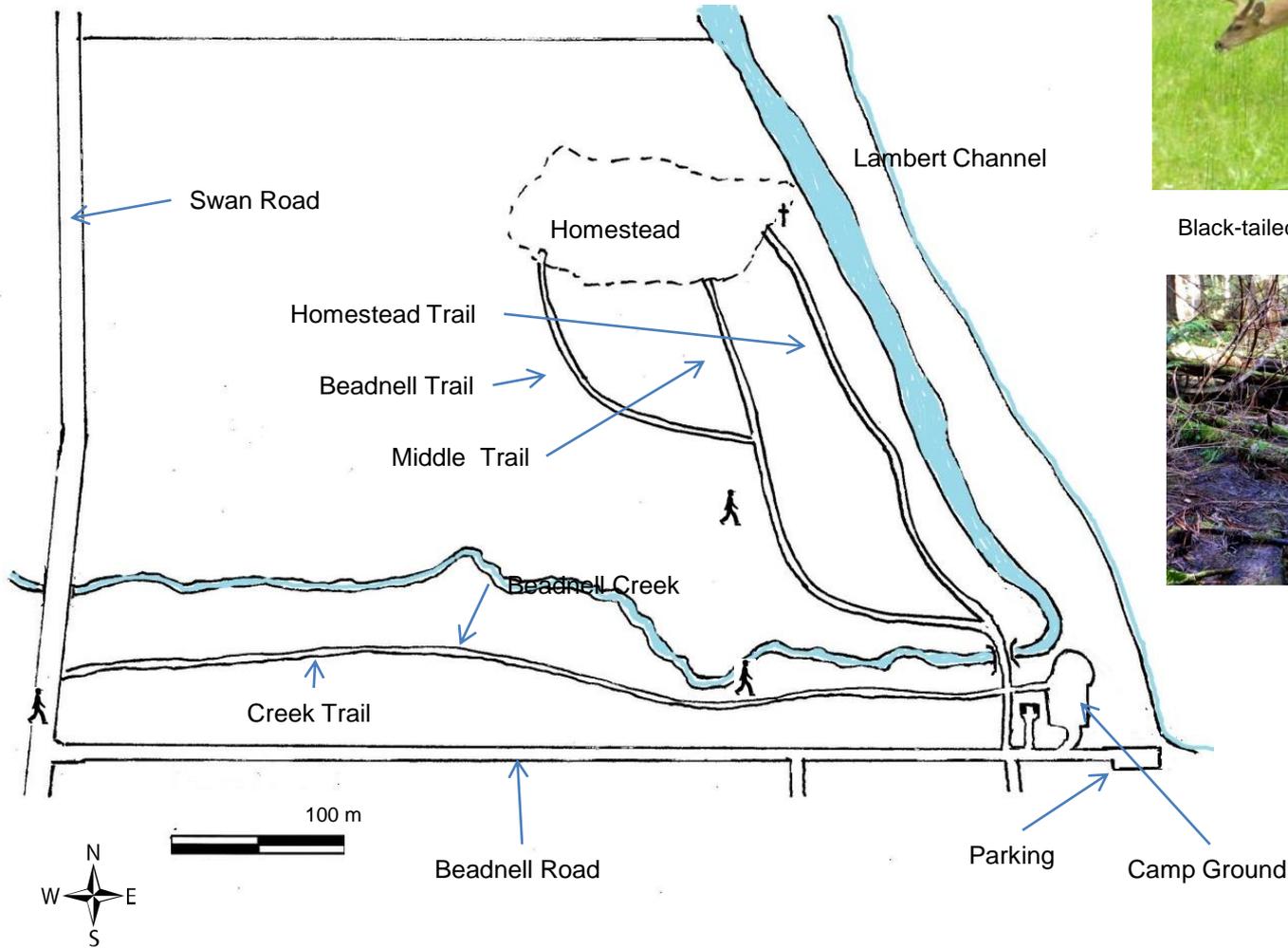


Entry to campground



George Beadnell's grave site

#7 Fillongley Park Walk



Black-tailed Deer in Homestead meadow



Beadnell Creek

8 Central Park Walks

Central Park was established in 2007 as a multi-use conservation area.

Central park is a 147 acre (62ha) conservation area, accessed from Denman Road just opposite the Old School Centre. The property is linked to the Inner Island Nature Reserve (Islands Trust Fund) by a trail passing through Provincial Park land. This connectivity serves both to protect the natural environment and provide an area for low impact, non motorised recreational activities.

The Central Park land was purchased by DCA in September 2006. Traces of railway grades and forest roads attest to the former forestry activity on the land. In addition, open and cleared areas have been used in the past for livestock grazing.

There are three long, narrow wetlands extending from NW to SE across this conservation area. These are extensively covered by slough sedge. While the area was intensively logged in 1997-2000, a few large Douglas firs, Western red cedars, and Big leaf maples remain. The forest will eventually mature as a coastal Douglas fir type, increasingly rare in our region. The open areas of Central Park are presently home to two endangered butterfly species. Graveyard marsh is the winter home of Trumpeter Swans.

The park has multiple walks; some are multi use while others are hiking only. Consult the JoW map or the one at the entry kiosk if you are horse or bike rider.

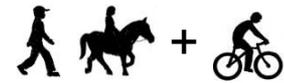


Entry of Central Park from Denman Road



On the trail of the 4-seasons Central Park

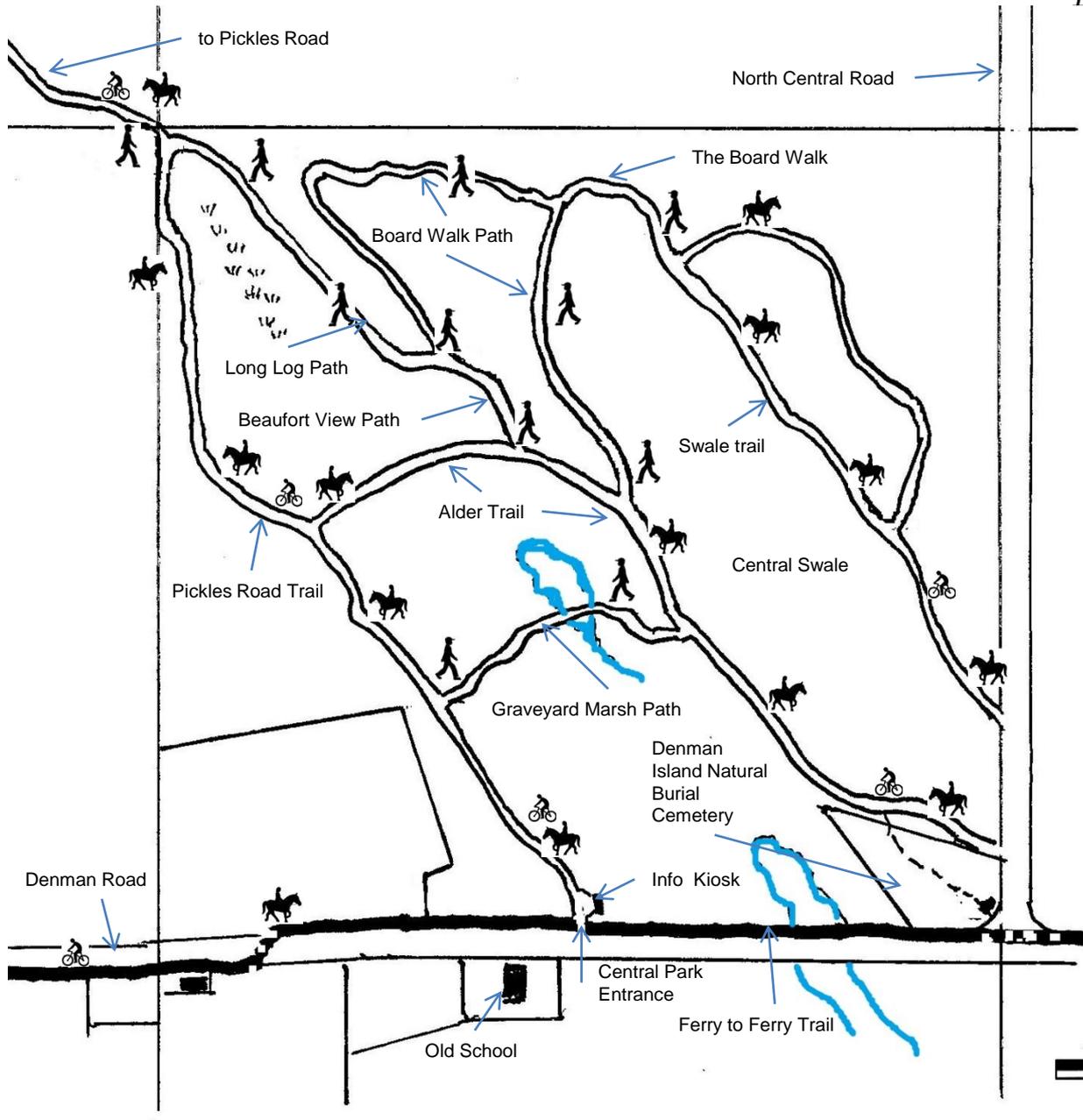
8 Central Park Walks



The Board Walk



Mallard ducks



100 m



9 The Three Park Loop Walk



The Three Park Loop got its name from the linkage of three park spaces owned by three agencies; the Denman Conservancy Association (Central Park), the British Columbia Provincial Park to the north of Central Park and the Denman Cross Island Trail of the Comox Valley Regional District. This is an example of a parks network with more to be presented by the JoW in future editions.

One could start your walk at the Central Park entrance off Denman Road or any place along the Denman Cross Island Trail or at Pickles Road which traverses the Inner Island Nature Reserve (established in 1992). The path continues through BC Park land and DCA's Central Park back to Denman Road.

The creation of the Denman Island BC Provincial Park has resulted in these adjacent crown lands receiving protected status as part of the Park. Contiguous, protected and larger rather than smaller natural areas are critical for wildlife conservation (wildlife corridors). The Inner Island Reserve is flanking Pickles Marsh. Crossing Pickles Road bridge offers beautiful view sheds across the wetlands and into the wilderness.

The section in the Provincial Park has two horse bridges built by islanders to cross Pickles Creek flowing out of Pickles Marsh. The forest is carpeted in moss and has an open understory since the trees are tall.

The entire loop is about 5.5 km long but it can be done on foot, bicycle and horseback by staying on designated trails for bicycles and horses in the Central Park.



Central Park wetland

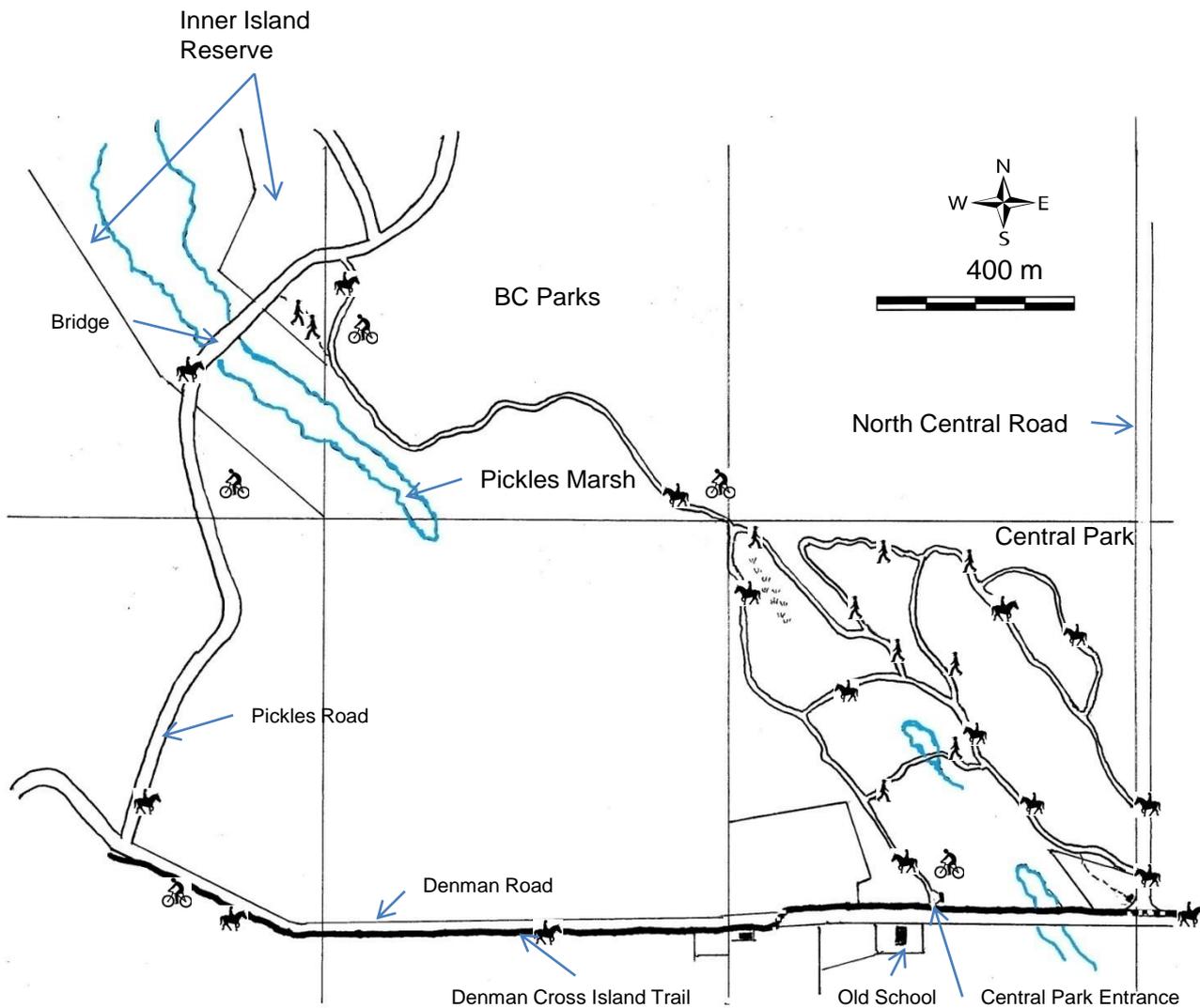


Denman Island Provincial Park



Denman Cross Island Trail

9 The Three Park Loop Walk



"Swamp lantern"



Pickles Road bridge



In the old growth forest

10 The Maple Park Walk

Maple Park is a CVRD regional community park. The 0.20 hectare (0.5 acre) park was dedicated as parkland in 1984 as part of the subdivision process to protect a magnificent *Acer macrophyllum* (big leaf maple). The big leaf maple tree is believed to be well over 400 years old. The former owner, Tom Bigham, wanted it kept as a heritage tree. In early 2008 the tree suffered snow storm damage and most of it fell. However, the remainder of the tree and the rootstock is feeding new re-growth. The drama of the fallen tree is very evident. Part of the fallen tree has been made into a bench by park volunteers.

The park is in part on an old logging trail which crosses a number of properties near and along the east shore of the marsh. There is a hand-shake agreement in place among property owners to keep the trail open for occasional access to their wells and gardens. A high and steep ridge blocks access to the back of their properties along Morrison Marsh, hence the agreement to allow passage.

A road allowance creates a pan handle to connect Maple Park with East Road. Part of the existing trail is located on the road allowance. Private property flanks the east side of the park. A residence can be seen from the trail as one passes by a small meadow.

The park is isolated from human activities. It is made up of mixed forest and has a tranquil ambiance with a rich bio-diversity. Many bird species and beaver, red squirrels and mink can be seen here. A hand hewn bench with a lovely view-shed to the water invites true nature immersion. A visitor note book is placed at the bench to share experiences with its readers. The main trail has a set of natural stone steps not far from the marsh which can be avoided by using a short bypass.

The initial trail work was done by local volunteers in 2011. Maple park is maintained by the volunteers of the Parks and Trails Committees of DIRA. The CVRD Parks Department oversees and support the work of the local volunteers



Big Leaf Maple

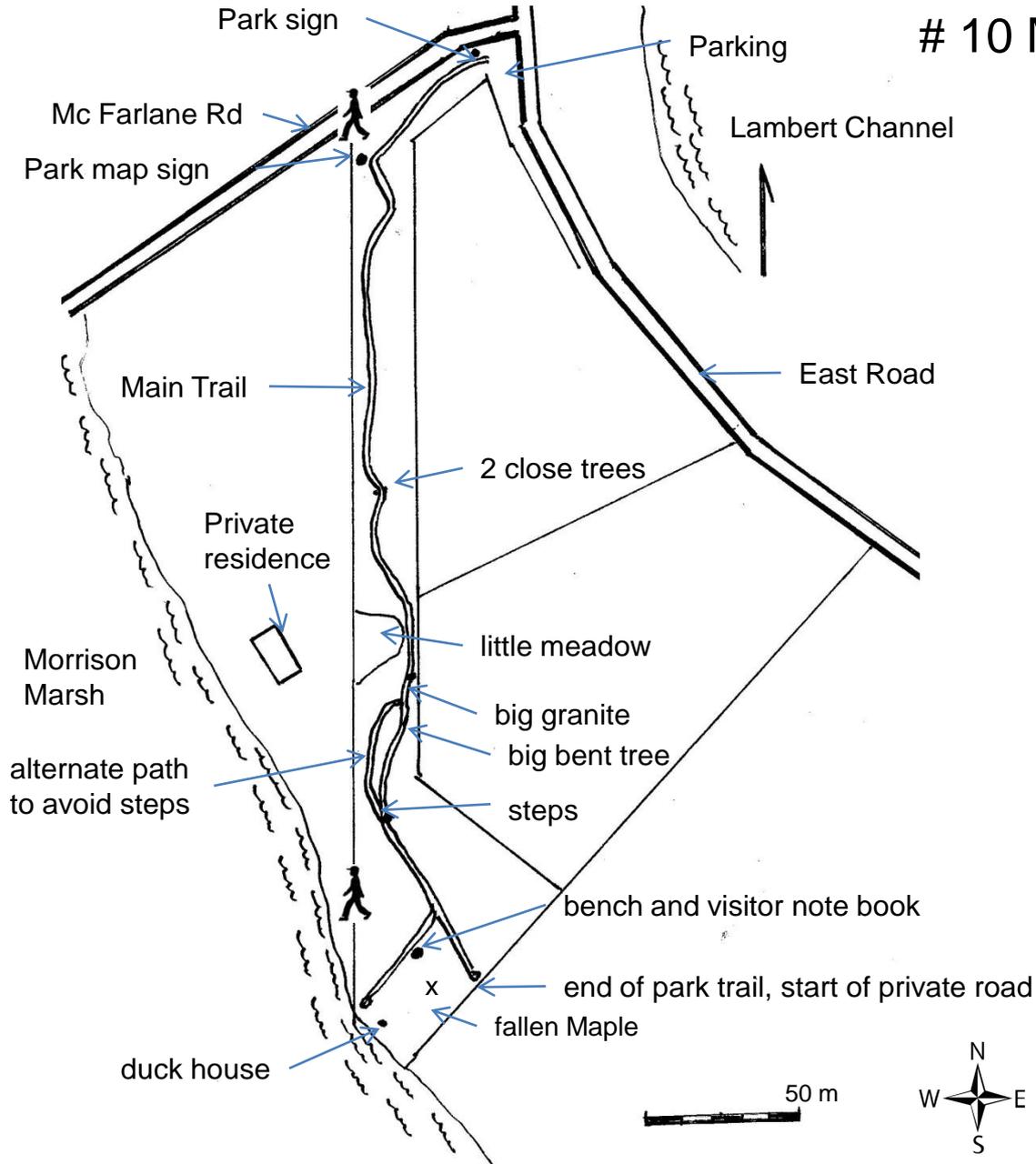


View to Morrison Marsh



The bench

10 Maple Park Walk



Park Map sign



Park sign at East Road



Fallen maple

11 The Stanehill Park Walk

Stanehill Park is a 0.20 hectare (0.5 acre) park which was dedicated as park when the area was subdivided in 1980. The park is located at the intersection of Greenhill Road and Stanehill Place. The CVRD manages the land.

The Parks Committee of DIRA envisioned this to become a small neighborhood park for walking, relaxing and studying the Coastal Douglas Fir forest environment. In the fall of 2009, the PC made a proposal to the community and the CVRD for an “Adopt-a-Park Program” to enhance the little park for walking and studying nature.

In 2010, the DIRA parks committee began to construct a footpath through the tangle of fallen trees and underbrush; built a “frog pond” for wildlife to drink and bathe; constructed a rest bench which is hewn into a fallen tree trunk; and mounted a few bird and squirrel nest boxes on trees. A park sign, species of woodpeckers, a red squirrel and a raccoon were carved and placed along the path. Plant species are marked for identification with the help of a “Nature Guide for the Stanehill Park”, a self serve nature guide pamphlet available at the map sign located in a box. Natural history of the site including animal signs and geological and historic features were selected for discovery and study and are noted in the Nature Guide. This includes: pileated woodpecker feeding holes in a cedar, antler rubs on an elder bush, a squirrel midden, a large glacial erratic, and spring board notches in an old fir stump. The guide has close to 100 line drawings, mostly of plants, which are organized by letter and number codes. Correspondingly, about 40 ID stakes are placed throughout the park at the location of plants and other features with more to follow. Visitors can do their own quiz to test their knowledge or read the ID stake code and leaf through the Nature Guide to find out what they see.

The forest, once strewn with fallen trees and impossible to penetrate has become a cherished neighborhood park known for nature interpretation, walking and relaxation. The loop trail walk is an easy one and is relatively flat.

Parking is suggested on the Stanehill Place. It has less traffic than Greenhill Road.

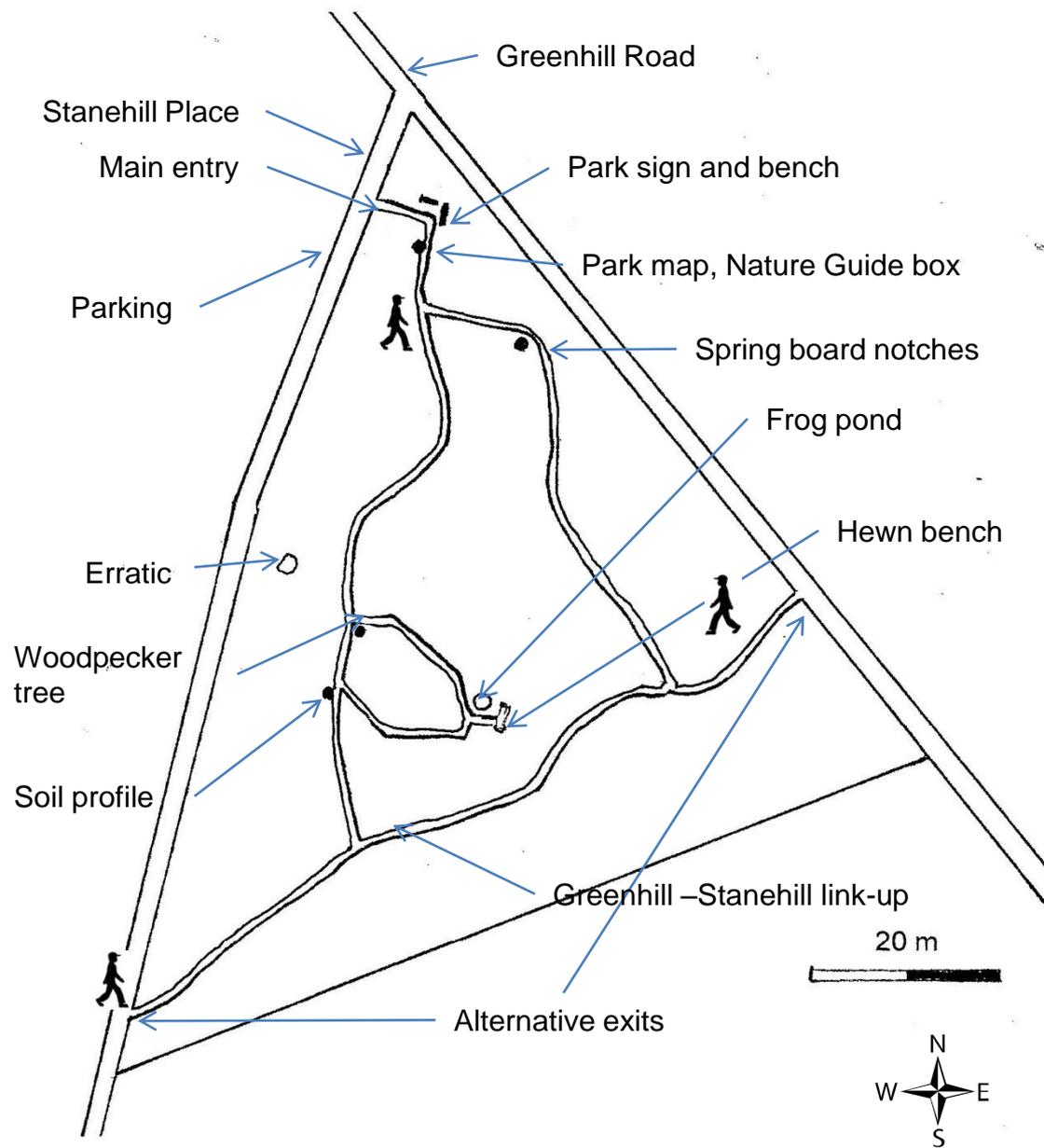


Carved woodpeckers



Carved Racoon

11 Stanehill Park Walk



Entry sign at Stanehill Place



Plant ID



Plant ID marker and Nature Guide booklet

12 Chrome Island Viewpoint Walk

The Chrome Island Viewpoint Walk is part of the Boyle Point Provincial Park. The Walk is about 1.2 km long.

The small day-use park is located on the southern point of Denman Island off central Vancouver Island. It was established on August 10, 1989. The park has 188 ha.

A forested trail leads through the park's second-growth forest to the Viewpoints, where visitors will be rewarded with a spectacular view of Baynes Sound and the Chrome Island Lighthouse. Seals and sea lions can be spotted off the point, as well as bald eagles, osprey and a variety of seabirds.

In 2013, 52 hectares were added to protect forest that has never been logged. The forests contain some of the Denman Island's oldest and largest Douglas fir, Hemlock and Western cedar trees. The addition also contains unique rock formations, meadows and wetland areas.

Only hiking is permitted in this park. An info board and a pit toilet are at the park entrance on East Road.

There are other trails in the Park. Some still under construction to bring them up to BC Park standards. When that is completed they will be presented as additional Walks in the JoW.

More information is available on the BC Parks Website



Park entry kiosk

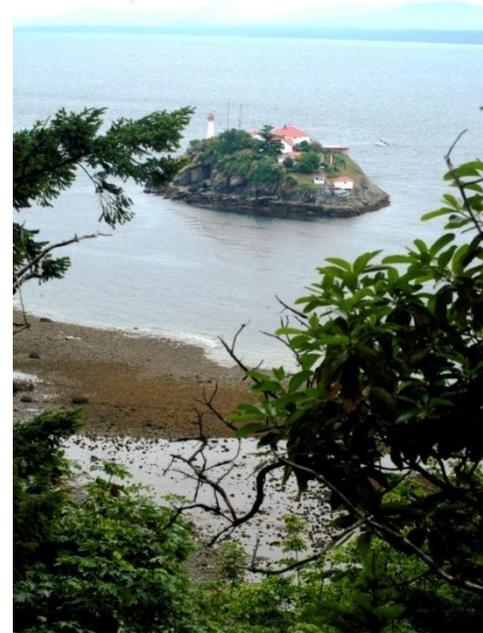
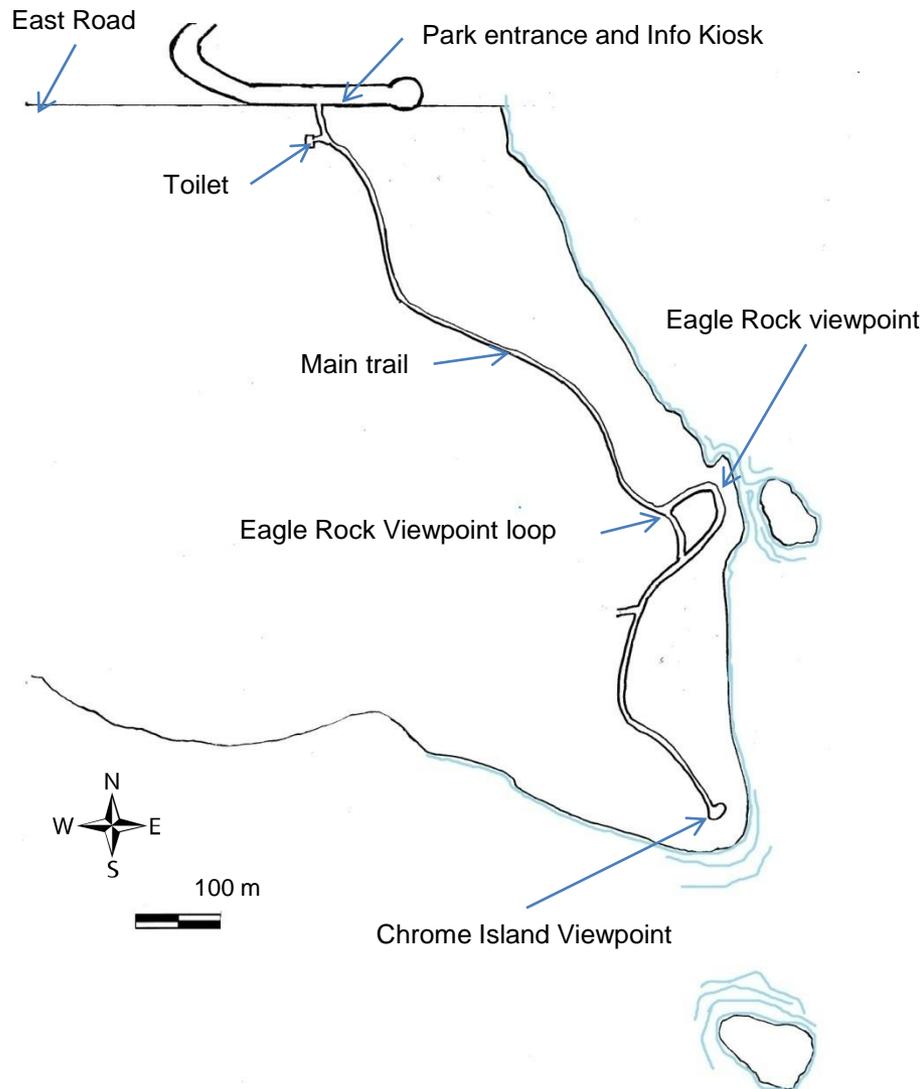


Eagle Rock



Arbutus and view to Beaufort Range

12 Chrome Island Viewpoint Walk



Chrome Island



Eagles and Sea lion seen from Viewpoint

GENERAL TRAIL USER ETIQUETTE and PARK RULES

Motorized vehicles are not allowed in any of Denman Island Parks.

Keep to trails shown on the map.

Have dogs under control at all times, and leashed at all times while using Denman Provincial Parks and Winter Wren Wood trails. Please pick up after your dog.

On multi-use trails, cyclists should give warning of their approach to pedestrians and horses.

Cyclists and equestrians, please take caution for pedestrians, and do not approach blind corners with speed.

No fires, smoking, camping;

Except for Fillongley Provincial Park parks and nature reserves are for day use only.

No tree cutting, or removal of vegetation and wildlife is permitted .

Deer hunting is only allowed in the Denman Island Provincial Park and Protected Area (the north land) by obeying all applicable laws.

Use of trails is at your own risk. Use caution on and proper foot gear on trails.

Trails are maintained with minimal disturbance on surrounding vegetation and may not be universally accessible. Please

Report danger trees or trails needing attention.

Report Poachers and Polluters. 24 Hour hotline 1 877 952 7277

Most trails are created and maintained by community volunteers to the best of their ability. Few are maintained by Public Park Operators. Path substrates are natural, they may be uneven and wet. Protruding roots and fallen branches may be encountered. Wear proper foot wear. Some pathways have limited directional signage. Bring a map or use your GPS mode on your phone to prevent getting lost.

Use good judgment to have a safe walk.

Advice by the Horse Council of British Columbia:

For Cyclist and Pedestrian. Speak up and be seen! Let them (horses) know you're are a human and not a not a mountain lion! Give verbal warning when approaching a horse from behind and be prepared to stop if the rider asks. If you approach from the front, stay where the horse can see you. For your safety and theirs, please pass single file and to the outside. Never pass between two horses.

For Dog Owners. A horse may perceive a loose or running dog as a predator or a threat. If the horse spooks or bolts it can injure the rider or itself. In addition a horse can seriously injure or kill a dog with a lightning fast kick or strike. For your dog's sake, as well as you own protection, if you see a horse approaching please ensure that your dog is on leash.