

# Victoria - Galloping Goose Trail

## 30 Miles

Mile	Instruction	For
1	Leave <i>Admiral Inn</i> on <b>Belleville Street</b> .	3.5
2	3.5 L <b>Government Street</b> .	0.1
	3.6 L <b>Wharf Street</b> .	0.5
3	4.1 L <b>Pandora Avenue</b> and cross bridge to <b>Esquimalt Road</b> .	0.3
	4.4 R Paved path that connects to <b>Harbour Road</b> and <b>Galloping Goose Trail</b> .	0.1
	4.5 L <b>Galloping Goose Trail</b> . (See <a href="http://www.gallopinggoosetrail.com">www.gallopinggoosetrail.com</a> for detailed trail map.)	0.8
4	5.3 Cross <b>Selkirk Trestle Bridge</b> .	1.4
5	6.7 Pass <b>Switch Bridge</b> and turnoff to <b>Lochside Trail</b> .	5.6
6	12.3 Exit Trail as it crosses <b>Island Hwy (1A)</b> . R Jog north and turn right on <b>Ocean Blvd</b> .	1.0
	13.3 Pass <b>Fort Rodd Hill Road</b> turnoff and cross bridge to <b>Esquimalt Lagoon</b> .	0.8
7	14.1 Park bikes on north end of <b>Esquimalt Lagoon Migratory Bird Sanctuary</b> . (See <a href="http://www.esquimaltlagoon.com">www.esquimaltlagoon.com</a> for detailed park map.) After tour of sanctuary cross back over bridge on <b>Ocean Blvd</b> .	0.8
8	14.9 R <b>Fort Rodd Hill Road</b> into park - rest stop and lunch or snack break. While in park visit <b>Fisgard Lighthouse</b> . (See <a href="http://www.fortroddhill.com">www.fortroddhill.com</a> for detailed park map.)	0.6
	15.5 R Exit park and return to <b>Ocean Blvd</b> .	1.0
9	16.5 Return to <b>Galloping Goose Trail</b> where you left it. ( <b>Rotary Park</b> is on your right just before trail entrance.) Retrace steps north on trail.	1.5
10	18.0 L Exit trail at <b>Six Mile Road</b> .	0.5
11	18.5 Enter <b>Thetis Lake Regional Park</b> . Park bikes at parking area - hiking trails and rest stop. (See <a href="http://www.crd.bc.ca/parks/thetis_lake.htm">www.crd.bc.ca/parks/thetis_lake.htm</a> for detailed park map.) Return on <b>Six Mile Road</b> .	0.5
12	19.0 L <b>Galloping Goose Trail</b> towards <b>Victoria</b> .	4.2
13	23.2 Pass <b>Switch Bridge</b> and turnoff to <b>Lochside Trail</b> .	1.4
14	24.6 Cross <b>Selkirk Trestle Bridge</b> .	0.8
	25.4 R Exit trail on <b>Harbour Road</b> and take paved path to <b>Esquimalt Road</b> .	0.1
	25.5 L <b>Esquimalt Road</b> and cross <b>Johnson Street Bridge</b> .	0.3
15	25.8 R <b>Wharf Street</b> .	0.5
16	26.3 R <b>Government Street</b> .	0.2
	26.5 R <b>Belleville Street</b> .	3.5
17	30.0 Return to the <b>Admiral Inn</b> .	

