



### Saanich-Esquamalt Loop(s)

Loop	Approx. Distance – Route type	Time walking	Time cycling
<b>Main Saanich-Esquamalt Loop – Orange track</b>	88 km 60% multi-use pathway		5.5 to 7 hrs.
<b>Victoria Sub-loop</b>	11.2 km 70% multi-use pathway – all off road for walkers	2 to 3 hrs.	1 to 1.5 hrs.
<b>Elk-BeaverLake Sub-Loop</b>	10-11 km 100% multi-use pathway	2.35 to 3 hrs.	1 hr.
<b>Airport Loop Sub-Loop</b>	10 km 100% multi-use pathway	2-3 hrs.	45 mins.
<b>North Saanich Sub-loop</b> via airport	24 km 75% on quiet roads	3 to 6 hrs.	2 hrs.
<b>Central Saanich Sub-loop</b> via airport and Elk/Beaver Lake	35 km 60% multi-use pathway	4 to 7 hrs.	3 hrs.
<b>(South) Saanich Loop</b> via Elk/Beaver Lake and Centennial Trail	39 km 95% multi-use pathway	4.25 to 7.5 hrs.	3 to 3.5 hrs
<b>Esquamalt Loop</b>	18 km 95% multi-use pathway	2.5 to 3.5 hrs.	1.5 to 2 hrs.

**Distance:** The Chart above suggests shorter and longer trips whether cycling or walking. Other combinations are possible. For example, combining the Saanich-Esquimalt Loop with Victoria can make it into a 100 km or more loop.

**Starting and end point:** There are many staging possibilities. Atkins Station and Elk Lake are two such good places to park for the day.

**Connecting Roads** – These are mainly at Lands End in Saanich to the Galloping Goose Trail on the West side of the Saanich Peninsula

**Trails and Pathways** – The routes attempts to be on greenways, pathways or off-road where possible. The connecting roads are quiet roads or designated bikeways

**Mode of travel:** Well maintained Mountain or hybrid bike

**Level of Difficulty:** Easy to Intermediate due to long distances

**Altitude** – Highest point is 100 metres

**Fitness level:** Should be in good physical condition and have experienced cycling over 30k to do the full loop.

[Composite Google Map](#)

[Composite Google Earth Map](#)

### Highlights

- **E&N Rail Trail** (View Royal, Esquimalt, Victoria) – parts of this trail is still being developed and therefore detours may be in effect ([map showing the development](#))
  - Train vestiges
  - Water views
  - Parkland
  - Bridge crossings
  - Industrial Activity
- **Galloping Goose Trail** (Victoria, Saanich, View Royal)
  - Selkirk Drawbridge over the Gorge Waterway
  - View of waterways
  - Parkland
- **Lochside Trail** (Saanich Peninsula) - [guide](#) for a complete description
  - Swan Lake Nature Sanctuary- [guide](#) for the 2.5 km walking trail around the lake and 1-km bike trail to the Nature House.
  - Blenkinsop Lake and Trestle
  - Farm Country – Mattick’s Farm
  - Sydney with its coastal paths and amenities such as a pub, restaurants, and artisans.
  - Parks
  - Quaint neighbourhoods
- **Elk-Beaver Lakes** (Saanich)
  - Wonderful 10-km multi-use pathway all around the parkland

- **Lands End – Deep Cove**
  - Heavy forest, water access, and rural estates/neighbourhoods
- **Ardmore**
  - Access to the waterfront of Saanich Inlet.
- **Brentwood Bay**
  - First Nation
  - Ferry to Mill Bay
- **Former Interurban** tram route (road and off-road on West side of Saanich)
- **Victoria**
  - See Victoria Walking Loop
- **First Nations en route**
  - Tsawout – Central Saanich
  - Pauquachin – North Saanich
  - Tsyicum – North Saanich
  - Tsartlip – Brentwood Bay
  - Songhees and Esquimalt – Esquimalt