

Keeping Active in the Comox Valley

Great Places to Nordic Pole Walk

Hurford Hill Nature Park

- Accessible from trail heads on Hobson Avenue and Glen Urquhart Dr.
- Features wooded trails as well as open grassed areas.
- Connects to Valley View Greenway.



Located in East Courtenay. Access points off Hobson Avenue and Glen Urquhart Drive

Goose Spit to Point Holmes Intertidal Walk

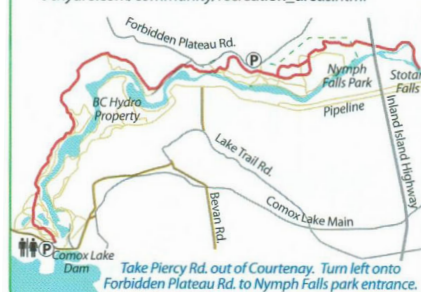
- Great beachcombing and tidal pools with an abundance of sea life.
- Be sure to plan ahead and check the tide charts so you don't become stranded; trek during an outgoing tide to ensure ample time to return.
- Wear proper footwear - rocks are slippery.



Take Balmoral Avenue off Comox Avenue and follow along until it turns into Hawkins Road - will lead you to the Spit

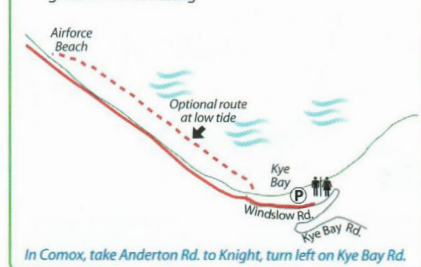
Nymph Falls/Puntledge River

- Trails follow the Puntledge River, are gently sloping and include some optional technical sections for mountain bikers
- Park at Nymph Falls off Forbidden Plateau Rd. and head north toward Comox Lake, all the way to the Comox Lake dam. Return the same way for a 12 km round trip. For a longer ride, bike to Stotan Falls and back on the return trip; adds 6 kms.
- Detailed trail maps available online from BC Hydro: bchydro.com/community/recreation_areas.html



Kye Bay to Airforce Beach

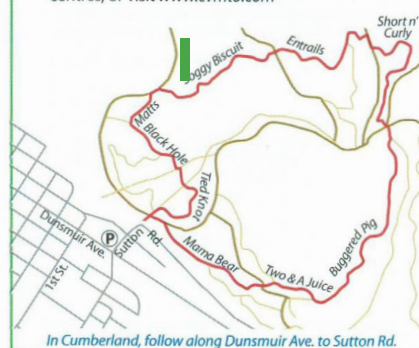
- Start at the Kye Bay Parking lot. Playground and flush toilets available
- Walk along Windslow Road to small trail head with a forested path alongside the beach to Airforce Beach. Round trip approximately 4.3 kms
- Option to return along the sandy beach or, at low tide, along the sandbars further out. Be aware of incoming tides cutting off the sandbars from the beach
- Spectacular views of the Sunshine Coast and great beachcombing



In Comox, take Anderton Rd. to Knight, turn left on Kye Bay Rd.

Cumberland Community Forest

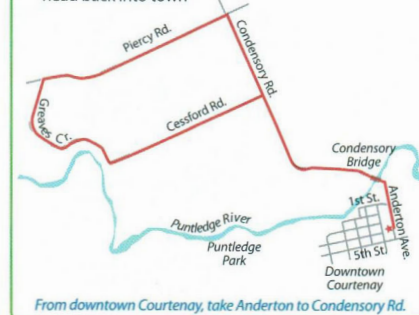
- 150 acres of beautiful forest surrounding the Village of Cumberland
- Home to some of the best riding on Vancouver Island; trail network to suit every level
- It is strongly recommended that you purchase a full-sized trail map at local bike shops and info centres, or visit www.cvmtnb.com



In Cumberland, follow along Dunsmuir Ave. to Sutton Rd.

Condensory/Dove Creek

- A scenic route through farmland and quiet countryside. Approximately 14 kms.
- On mostly quiet rural roads, no shoulders, watch for traffic on Condensory Bridge
- Start at Florence Filberg Centre (marked with a *). Ride north on Anderton, over Condensory Bridge. Left on Cessford Road. Continue to Piercy; turn right, then right again on Condensory Road and head back into town



From downtown Courtenay, take Anderton to Condensory Rd.

THE FASTEST WAY TO FITNESS!

Nordic Pole Walking is the **TOTAL BODY WORKOUT** you can **ACTUALLY DO!**

IS THIS YOU?

- **RUNNERS** with sore knees
- **Pre & Post baby birth moms**
- **Desk workers** with sore necks
- **Wanting to kick-start weight loss**
- **Frustrated by erratic schedule**
- **Working from home**
- **Loves competitive sports**
- **Recovering from an accident**
- **Suffering with low back pain**
- **Likes exercising outdoors**
- **Likes training systematically**
- **Likes social aspect of exercise**
- **Retiree looking to keep active**
- **Looking for a low impact activity**
- **WANTS GREAT FITNESS FOR LIFE**



Correct Nordic Pole Technique works 90% of muscles

Instruction & Quality Poles
www.nordicpolewalkingcomoxvalley.ca
CATHERINE EGAN
 250-897-0654 • cegan5001@gmail.com



Boyle Point Provincial Park (Denman Island)



- Boyle Point, a small day-use park, is located on the southern point of Denman Island.
- A forested trail leads through the 125 hectare 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. Ideal for viewing eagles and various seabirds.
- Return trip approximately 3 kms.

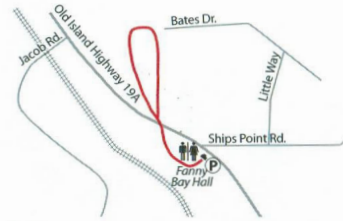


On Denman Island, follow Denman Rd. to the Hornby Ferry terminal; turn right and follow East Rd. to the park

Fanny Bay Community Hall Loop



- Easy and level short walk that starts at the Fanny Bay Community Hall and takes you through the hall grounds to a loop across the Island Highway where you can take in an abundance of native flora.
- Ball diamond and field, playground, and porta-potti on the hall grounds.
- Parking available at the hall, trail loop is accessed by foot only off the Island highway across from the grounds.



Head south from Courtenay on the Old Island Highway. Fanny Bay Community Hall is on the right, just past Ships Point Rd.

Lazo Road/Point Holmes/ Knight Road Loop



- A scenic ride through residential areas, along the ocean and past the airport. Mostly quiet rural roads with no shoulders.
- Approximately 17 kms. Some short uphill and downhill sections. Side trips to Goose Spit Park and Kye Bay add about 2 kms each and two steep hills.



Start in downtown Comox (public parking is available), or at any other point along the route

Hawk & Idiens Greenways



- Easy 3 km paved pathway that connects Hawk Drive and McDonald Road at the Courtenay and Comox border
- An arm of the pathway goes through Lerwick Nature Park and connects to Lerwick Drive
- Playground situated at Hawk Glen Park



Access points in East Courtenay off Hawk Drive, Lerwick Drive or McDonald Road

Roy Morrison Park to Pipeline



- Roy Morrison Nature Park features an easy network of woodchip trails in 31 acres of forest
- For a longer ride, follow the Masters Greenway, then turn right on Powerhouse Road to reach the Pipeline Trail going all the way to Comox Lake.

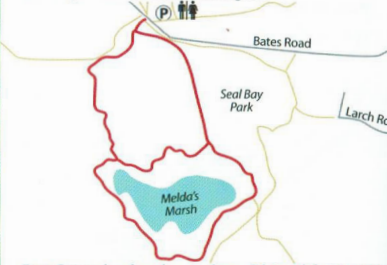


Access points off Arden Road or 1st Street in Courtenay

Seal Bay Park Swamp Loop



- Easy level trail, approximately 2 kms (small loop) or 3 km (big loop past Melda's Marsh). Starts across Bates Road from the main parking area. View detailed trail map at www.comoxvalleyrd.ca
- Wooded with open meadows and an abundance of waterfowl and fauna
- Note: Wheelchair accessible trail on the ocean side of the park off the main parking lot.



From Comox, head north on Anderton Rd., turn left at junction where Anderton turns into Ellinor Road. Stay on Anderton which turns into Waveland Road. Turn left onto Bates Road

Some of the benefits of Nordic Pole Walking are:

- You incorporate 90% use of body muscles (only 40% while walking without poles)
- You increase your cardiovascular workout
- Increases of up to 46% higher calorie expenditure
- There is reduced stress on your hips and knees through the support of the poles
- You improve your posture and balance
- Perceived as less workout than the actual true physical exertion.

Regular Nordic pole walkers observed improved performance in:

- Muscular Endurance
- Balance
- Range of Motion
- Agility
- Coordination
- Efficiency of movement
- Visual Skills
- Strength & Power

An Outdoor Activity for People of All Ages and Abilities - AllYear Round

What are the advantages of the straps on Nordic Poles?

Nordic Poles have straps to:

- Take the pressure off your joints when walking, because the straps absorb most of the pressure
- Increase stability and enable you to be far more flexible
- Engage your core muscles when walking because this is going to lead to better fitness
- Increase your speed and have better cardiovascular health due to the ability to walk faster
- Reduce the stress on your hands since you have a loose grip when you use straps
- Increase your upper body strength since the straps are essential to propel the arms properly
- Straps are necessary for advanced Nordic Walking skills and sports-specific drills like those that are used in ski fitness programs
- Achieve full shoulder rotation with propulsion
So make sure you purchase poles with straps. This will ensure that you have an effective workout.



Why Nordic Poles with Straps Are Important?

Nordic Pole Walking is now a lifestyle sport and to do it properly you need Nordic Poles with straps.

Many people confuse “Nordic Poles” with “trekking, hiking, urban or ski” poles but the poles, the techniques and health benefits are different compared to using nordic poles for Nordic Walking.

For maximum health benefits nordic walk 3-4 times a week with Nordic Poles.

Straps increase stability and enable you to be far more flexible.

Poles that have no straps are simply walking sticks. These sticks are for people who need the extra balance when walking slowly. Or they could be used in hiking up a mountain. They are not sporting poles – they are walking sticks.

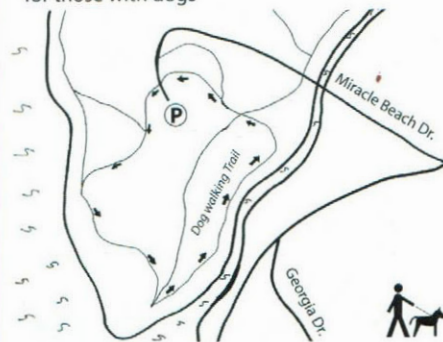
You can hike or trek with Nordic Walking poles, but you cannot Nordic Walk with strapless hiking or trekking poles.” The big different is in the outcome. What do you want to achieve?

The key to a strap is that it fits like a glove and allows the pole to snap back into your hand accurately on each release!

The perfect Nordic Release Technique each and every time!

Miracle Beach Trail & Provincial Park

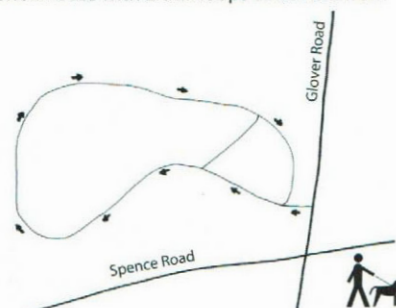
- Park provides great beach access
- There is a viewing platform, interpretive signage & salmon spawning and bird watching opportunities
- 2 km of walking trails are located in the park—some are for walking only and some are for those with dogs



The park is accessed off Miracle Beach Drive

Glover Community Nature Park

- Small community nature park
- Donated in 1992 to the CSRD by Harry & Winnie Glover
- Park is a remnant second growth forest with Douglas Fir, maple, huckleberry and Sword Fern
- A seasonal stream crosses the site with a wet depression of Sitka Spruce, salmonberry and skunk cabbage
- Short route with 2 trail loops to choose from



Located between Glover Road, Spence Road and the Island Hwy.

Wildwood Interpretive Forest

- Great place to hike, mountain bike & walk your dog
- 682 acre nature park
- Trails vary including active logging roads, an old railway grade, a constructed trail, and a narrow track on native soil
- Southern part of park has 2nd growth Douglas Fir, Hemlock and Spruce
- Moderate easy walking trail



Located between Burns & Piercy Roads. Trails connect with Piercy, Wildwood, Forest Hill and Burns Road.

Forbidden Plateau Paradise Meadows Trailhead

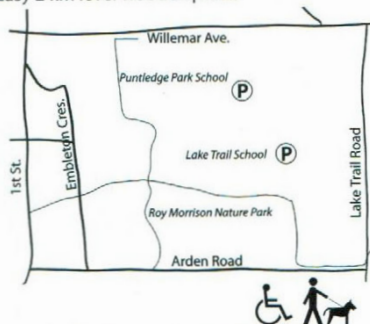
- Great network of hiking trails from short day hikes to overnight hikes for serious backpackers
- Excellent winter recreation activities including skiing & snowshoeing, with lake & mountain views
- Western Red Cedar, fir, hemlock and sub-alpine plants and flowers can be seen along the trails
- Amazing wildlife viewing opportunities
- Paradise Meadows Loop trail is 2 km and the Helen Mackenzie Battleship Lake Loop trail is 7 km



Take Hwy 19 & follow signs to Mt. Washington Ski Hill via the Strathcona Parkway for 25 km. Turn left onto Raven Lodge Rd. go 1.5 km then park in lot.

Morrison Creek Greenway

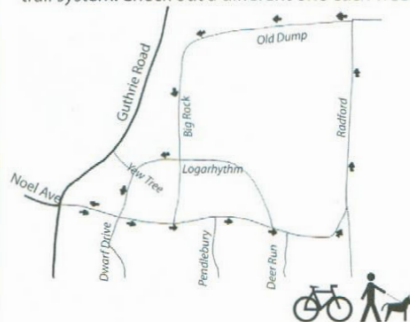
- Enchanting deep forest trails along streamways
- Spectacular giant Douglas Fir & cedar trees
- 31 acres of natural park land
- Part of the Fisheries Diversion Project
- Connects to the Rotary Riverside Trail
- Easy 2 km level woodchip trail



Morrison Greenway has several access points including Arden Road, Embleton Crescent, Lake Trail Road and Puntledge Park School.

Northeast Woods Conservation Area

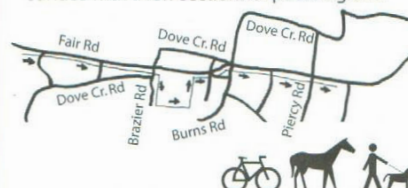
- This conservation area has rare ecosystems including second growth mixed forest, meadows, wetlands, wildlife and native trees and plants
- Please stay on marked trails for your own safety
- This short 1.5 km loop is part of a much larger trail system. Check out a different one each week



This trail can be accessed from Noel Avenue, Guthrie Road, Cape Lazo School and Lazo Marsh Conservation Area.

One Spot Trail

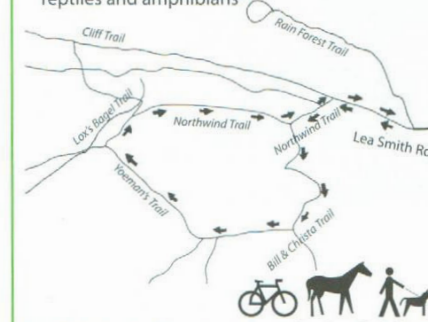
- Expect to see an array of wildlife along the trail including black tailed deer, woodpeckers, wrens, chickadees and aquatic life
- 2nd growth forest along the trail includes Douglas Fir, Sitka Spruce, alder and cottonwood
- Located on the former main line railway grade of the Comox Logging & Railway Company
- Interpretive signs along the trail provide an interesting history of the trail
- Walkers, cyclists and horseback riders share this trail—please remember your trail etiquette
- This easy to moderate 8 km trail has mostly a dirt surface with a few sections of packed gravel



This trail can be accessed from several locations including Condensory, Piercy, Burns, Pindar, Dove Creek, Brazier, Orr, Fair and Todd Road

Mt. Geoffrey Nature Park

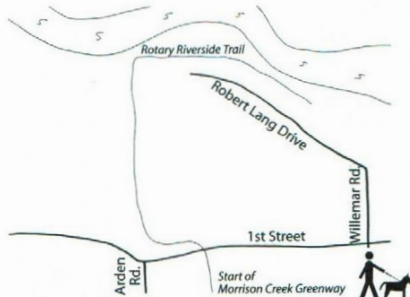
- 303 hectare forested park with a large network of trails designed for multi-use, pedestrians, cyclists and equestrians on Hornby Island
- This park is home to many unique creatures, plant communities and views—bald eagles and turkey vultures are frequently seen along with deer, small mammals and a variety of birds, reptiles and amphibians



Trails can be accessed from Mount, Evston, Strachan, Slade, Central and Lea Smith Road (access point for Rain Forest & Northwind).

Rotary Riverside Trail

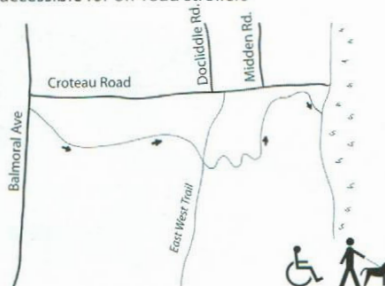
- Picturesque trail features glimpses of the Puntledge River and up-close views of salmon spawning streams
- 1 km gravel and wood chip trail meanders through wooded areas
- Some stairs are located along the trail
- Connects to Morrison Creek Greenway



Rotary Riverside Trail can be accessed from several points including First Street, Robert Lang Drive, Arden Road and the Morrison Creek Greenway.

MacDonald Wood Nature Park

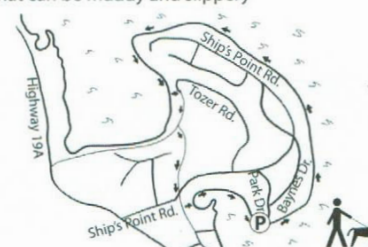
- 9 acre conservation area
- Popular for its tranquility and easy access
- Well groomed forested trails that lead right out to the shoreline
- Some of the largest cedars in the Comox Valley grow here along with fawn lily, skunk cabbage and other lush plant life found in coastal forests
- Short varied trail (including boardwalk) - accessible for off-road strollers



Located in Comox, entrance at the corner of Balmoral Road and Croteau Road.

Ship's Point Park

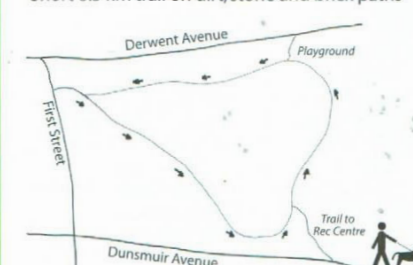
- Small waterfront park with scenic views, rare plants and wildlife
- Large windswept fir, spruce and Garry Oak
- At low tide you walk around the peninsula and connect up with a conservation trail located at the end of Tozer Rd.
- Cut across the peninsula, then along the shore back to the park
- The full trail is moderate to difficult and includes a long walk on the beach, steps and dirt sections that can be muddy and slippery



Located at the end of Park Road. The conservation trail can be accessed off Hwy 19A, Tozer Rd and Ship's Point Road.

#6 Mine Memorial Park

- Site of the Miner's Memorial Cairn
- #6 Mine was originally owned by the Union Coal Company which opened in 1898
- Contains interpretive signage on local mining history and historical artifacts
- Pleasant place to enjoy a picnic or game of frisbee, short walk or a visit to the playground
- Good access to all local amenities including the recreation centre and museum
- Short 0.5 km trail on dirt, stone and brick paths



Accessed from Dunsmuir Ave., Derwent Ave. and First Street.

Resources:

The maps were scanned from the Active Comox Valley "Get Active" brochures - www.activecomoxvalley.ca.

Other walking trails in the Valley - CV Heritage Walk - download map at: www.discovercomoxvalley.com/files/documents/CourtenayRiverwayHeritageWalkbrochure.pdf

Nordixx Canada - Canada's Nordic Pole Walking Resource - www.nordixx.com

NordicPoleWalkingComoxValley.com - CoastalPowerStriders.com - for all your Nordic Pole Walking Needs
- Classes, poles, rubber feet, fanny packs, pedometers - Call: 250-897-0654 or email: cegan5001@gmail.com