

Sooke Potholes Regional Park

Park Etiquette

The Sooke River is an area of steep cliffs and deep fast-moving water. Please use caution and wear appropriate footwear.

To protect the park's fragile ecosystems, please:

- stay on designated trails
- keep pets on the trail and under control
- pick up your dog's droppings
- carry out litter

The following are prohibited:

- alcohol
- camping and open fires (except in campground)
- removal or disturbance of plants or animals

Please note that drinking water is not available.

How to Get There

Follow the Trans-Canada Highway from Victoria, and take the Millstream Road exit (Exit 14) to Sooke. Follow Veterans Memorial Parkway, then turn right on Sooke Road. Turn right on Sooke River Road and follow the signs. Allow approximately 45 minutes driving time from Victoria. Pay parking (\$2 per day) is in effect from May 1 to September 30.

What's Happening in CRD Parks?

Find out more about your regional parks and trails on the CRD Parks web site: www.crd.bc.ca/parks.

Sooke Potholes is a 63.5-hectare park located on the banks of the spectacular Sooke River, 45 minutes west of Victoria. The "potholes" are unique geological formations – deep pools in the river – that offer some of the best freshwater swimming in the region. The Sooke River is the second largest on southern Vancouver Island and home to a productive salmon run every fall.

You can picnic or swim at the river, explore the short forest trails or simply enjoy the stunning vistas from one of several viewpoints. You may see black-tailed deer, red squirrels or bald eagles riding the breezes overhead.

The park is near the south-west corner of the Sea to Sea Green Blue Belt, a corridor of protected natural areas linking Saanich Inlet in the east to Juan de Fuca Strait in the west.

Riding "The Goose"

You can reach Sooke Potholes Regional Park by bicycle or on foot from the Galloping Goose Regional Trail (access at km 48). If you're day tripping, try parking at Roche Cove Regional Park (km 35) or the Sooke River Road parking lot (km 45). You can ride to Sooke Potholes for a swim or hike, or travel through wilderness scenery all the way to the end of the trail (km 55) before returning.

Camping

The seasonal Sooke Potholes Campground is owned and operated by The Land Conservancy (TLC). For information, visit the TLC web site at www.conservancy.bc.ca or call (250) 479-8053.

Partners in Parks

Sooke Potholes Regional Park was created in 2005 as the result of a partnership with TLC The Land Conservancy of British Columbia.



Regional Parks

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