

PILGRIM'S SEASIDE CABIN

Parks & Recreation

COMOX LAKE

Located west of Cumberland, drive through Cumberland & follow the signs directing you to Comox Lake. Camping, beach access, swimming and boat launch at Cumberland lake Park Campground.

COMOX VALLEY AQUATIC CENTRE

Facility includes wave pool, 2 indoor water slides, 8 lane fitness pool, weight room, sauna, steam room, whirlpool, meeting rooms & swim shop.

Address: 377 Lerwick Road, Courtenay www.comoxvalleyrd.ca

The facility schedules are subject to change. For daily schedules please call 250-334-9622 ext 1

GOOSE SPIT REGIONAL PARK / BEACH

At low tide close to HMCS Quadra the sandy beach is incredible and expansive. Dogs are also welcome on this beach. Fire pits are provided and there are also available restrooms.

Directions: Follow Balmoral Road, past Filberg Park and on to Hawkins Road. Located on Hawkins.

KYE BAY

Kye Bay offers beautiful sandy beaches and many shallow tidal pools perfect for the kids. If you plan it just right when the tide is coming in the water is incredibly warm as it passes over the hot sand. The perfect place to pack a picnic, bring the kids and the dog.

Directions: Follow Ryan Rd till you get to the very end (at the base) and turn right on Pritchard. Follow along till you get to the next main intersection and turn left (Knight Rd). Continue along Knight Rd till you find your next left. This road will lead you right to the beach.

LEWIS PARK

Lewis Park is a municipally-owned park located immediately to the east of the Courtenay River bridge, across from Simms Millennium Park on the Old Island Highway. The park has open play fields, trails, tennis courts, skateboard park and water park ideal for small children as well as a seasonal outdoor swimming pool.

Address: 489 North Island Hwy, Courtenay

MIRACLE BEACH PROVINCIAL PARK

A broad safe sandy beach on the ocean featuring spacious private campsites, group camping facilities, a playground for the kids, hot showers, a large picnic area overlooking the water and a series of lovely trails winding through lush forest. At low tide, the beach features rich tide pools, perfect for observing a variety of marine life.

Directions: Located 22 km north of Courtenay and 22 km south of Campbell River off Hwy 19a. From Hwy 19 take exit #144 (Hamm Road) to Hwy 19a (the Oceanside Route). Head north a short distance to Miracle Beach Drive, then drive 2 km straight into the park.

MOUNT WASHINGTON

There are year-round family activities at Mount Washington Alpine Resort. Enjoy the scenic beauty of an alpine trail, mountain wildflowers, or take your bike up the chairlift. Play a round or two of disc golf or try out some new moves on the bungy trampoline.

Address: #1 Strathcona Pkwy, Mount Washington

Tel: 250-338-1386 Toll Free: 1-888-231-1499 Website: www.mountwashington.ca

Parks & Recreation Continued

NYMPH FALLS NATURE PARK

Walk or bike the trails in the Comox Valley Regional District's Nymph Falls Nature Park, then cool off by jumping into the many beautiful swimming holes along the Puntledge River. The park trails connect to other trail systems that will eventually lead you down-river to Stotan Falls or upriver to the BC Hydro/Puntledge River recreation area at Comox Lake.

Directions: Nymph Falls is located along Plateau Rd on the way to Forbidden Plateau. Shortly after crossing the inland highway you'll find the park about 2 km's ahead on the left hand side (shortly before the hatchery).

SARATOGA BEACH

At the north end of the Comox Valley, at the mouth of the Oyster River. The tide along this stretch of the shoreline goes out for over a quarter of a mile, creating a hard-packed oceanfront playground perfect for children. The gently sloping beach continues for well over a mile into the calm waters of the Strait of Georgia, creating warm, shallow and safe swimming conditions, free from powerboat traffic, deep water or strong currents. Flanked by popular camping and recreational sites at Miracle Beach Provincial Park and Oyster River Regional Park.

Directions: Located at Highway 19a just north of Miracle Beach.

SEAL BAY REGIONAL NATURE PARK

Some hiking trails are wheelchair accessible, and others are suitable for bike riding. A steeper path through the ravine leads to the beach where you can relax and watch the bald eagles, water birds, and other wildlife such as deer, seals, or sea lions.

Directions: Turn right on to Ellenor. Turn right on to Anderton (next right). Anderton turns into Waveland. Continue down Waveland until you get to Seal Bay Regional Park.

SIMMS MILLENNIUM PARK

Located off the Old Island Highway directly across from Lewis Park and is naturally bounded by the Courtenay River to the south and Courtenay River Slough to the East and North. The park consists of a combination of open fields and forested areas and features lookouts, trails, gardens, pavilion, gazebo, pond, and numerous indigenous plantings and trees.

Address: 50 Old Island Highway, Courtenay

STOTAN FALLS

The largest waterfall on the Puntledge River, Stotan Falls is a local freshwater favourite! In the summer, the area is a popular swimming destination where people cool off by sitting in the pot-holes or sunbathing on the rocks.

Directions: To get to Stotan falls, head up lake trail road in West Courtenay and turn right on the Comox Logging Road. Stay on the logging road, veering right when you reach the industrial area. A short drive further you will come across the water pipeline followed by another bridge. This part of the puntledge river is Stotan falls.

GLACIER GREENS GOLF COURSE

18 hole Championship course is open year round and the public is welcome. Offers excellent facilities including a covered range and grass tees, a full service Pro Shop, a fully licensed restaurant with meeting and banquet facilities, and an outdoor patio overlooking the 18th green.

Address: CFB Comox off of Knight Road past the Comox airport Tel: 250-339-6515
www.glaciergreens.com

Parks & Recreation Continued

COMOX GOLF CLUB

Having opened back in 1913, Comox Golf Course is one of the Comox Valleys oldest and longest standing course. This 9 hole courses is located in central Comox.

Address: 1718 Balmoral Ave., Comox Tel: 250-339-4444 www.comoxgolfclub.ca

CROWN ISLE GOLF RESORT

Crown Isle Resort and Golf Community is an 831 acre master planned golf course and resort community. Integrated throughout our 18-hole championship golf course are residential real estate home sites and vacation villas.

Address: 2399 Clubhouse Dr., Courtenay Tel: 250-703-5050 www.crownisle.com

LONGLANDS GOLF COURSE

Family favourite for over 30 Years – 18 hole par 3 golf course and fantastic patio. Restaurant open daily for breakfast and lunch - dinner on Friday and Saturday nights starting Victoria Day weekend.

Address: 1239 Anderton Road, Comox Tel: 250-339-6363 www.longlandsgolf.com

MULLIGANS GOLF CENTRE

Mulligans is a picturesque executive length course (6 par 3's and 3 par 4's) surrounded by snow capped mountains and the Comox Valley glacier in the distance.

Address: 4985 Cotton Rd., Courtenay Tel: 250-338-2440 www.mulligansgolfcourse.com

SUNNYDALE GOLF COURSE

This beautiful 18 hole golf course offers majestic scenery that can only be found on Vancouver Island and offers a moderate challenge for all skill levels of players.

Address: 5291 North Island Highway, Courtenay Tel: 250-334-3232 www.sunnydalegolf.ca