

## ENJOY YOURSELF – WALKS & HIKES UNIQUE TO NANAIMO

### Top recommendations:

- *Neck Point Park* – Located off Hammond Bay road, you will see signs. Beautiful walk along ocean, prettiest most popular walk for everyone. Embedded map: <https://goo.gl/maps/QxYeV>
- *Maffeo Sutton Park* – Located downtown, come walk Nanaimo's waterfront promenade and become a part of our local culture. Look out for the Silly Boat Regatta or Dragon Boat Festival while you are there! Embedded map: <https://goo.gl/maps/OKvFL>
- *New Castle Island Marine Provincial Park* – 5 minute ferry ride from Maffeo Sutton Park. Great for families, bicycling, picnics and camping! Official site: <http://www.newcastleisland.ca/>

### Casual walks (can be made short or long):

- *Pipers Lagoon* – Located off Hammond Bay road, much the same as Neck Point Park. Very pretty along one of Nanaimo's most beautiful beaches. Embedded map: <https://goo.gl/maps/L38he>
- *Linley Valley (Cottle Lake Park)* – Entrances off Rock City Road or Hammond Bay Road, nice wooded trails around Cottle Lake. Embedded map: <https://goo.gl/maps/Fqz6t>
- *Bowen Park* – Located off Bowen Road, a series of trails along the Millstone River. Don't forget to stop at the duck pond! Embedded map: <https://goo.gl/maps/IKdhT>
- *Westwood Lake Park* – Located in foothills of Mount Benson, nice well-groomed loop with an off-leash dog area on far side of lake. Embedded map: <https://goo.gl/maps/ihNHY>

### Dog off-leash walks:

- *Cable Bay* – Located off Cedar Road, the best off-leash dog walk to tire out your pup! Continue right when you reach the bottom for a chance to see sea lions or even orcas swimming through Dodd Narrows. Embedded map: <https://goo.gl/maps/0UOQ8>
- *Colliery Dam* – Located off Nanaimo Lakes Road, upper lake parking lot access to off-leash (non-fenced) trails. Lower dam dogs must be leashed. Embedded map: <https://goo.gl/maps/mhpJl>
- *May Richards Bennett Pioneer Park* – North Nanaimo/Lantzville area off Dover road, off-leash short trail walk. Some fenced areas, lots of rabbits. Embedded map: <https://goo.gl/maps/rqRH0>

### For the Adventurous:

- Others to look up if you want more of a challenge: Ammonite Falls and Mount Benson

*Physicians are  
Nanaimo's Heartbeat!*