



Western Educational Adventures Inc.  
(250) 888-1622  
[www.westernadventures.ca](http://www.westernadventures.ca)

## WEA Adult Social Adventures

Greater Victoria, Sooke & Vancouver Island BC  
Please contact us if you have any questions

# 20's & 30's WOMEN'S ONLY ADVENTURE HIKE TO GRASS LAKE

Sunday Mar 3 in Sooke



## Hike Details

**Elevation gain:** 400m

**Total distance:** 12km

**Time:** 09:15-15:15 ish, Approx 6 hrs

**Price:** \$10

**Transportation Add-On:** \$25

**Group Size:** Max 12 people

**Difficulty:** Moderate to difficult. If you can do the South Side of Mount Doug with ease up, you should be able to handle this hike. View our [Hiking Difficulty Scale](#)

### Weather & Terrain

The weather at this time of year is typically 10 degrees and sometimes as low as 2 or lower. Be ready for a little bit of wet and cold!

**Description:** Head for an adventure hike to Grass Lake in Sooke! Grass Lake is a beautiful, quiet, mountain lake hidden in the Sooke Hills. It will be a relatively easy-moderate hike. We will start from the Jack Brooks Fish Hatchery hiking up Grass Lake trail to Grass Lake. We will then stop for lunch and a swim in the pristine wilderness lake known as Grass Lake. On the way, you will see the beautiful Charters River, an abandoned cabin foundation and an old rusty car. On the way back, we will head down the ridge trail with amazing vistas of the hills, ocean and the Sooke area! Come join us! **There may be an option to stop for drinks/dinner on the way back if people are interested.**



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### Location

Jack Brooks Fish Hatchery 2895 B Sooke River Rd, Sooke, BC V9Z 0Y1

<https://goo.gl/maps/7juUcbvrHYVuE7SV6> Park in the first parking lot immediately adjacent to the Sooke River Road). *Transportation is available, see below.*

### Transportation Add-On

Pick-up locations are at Hyacinth Park (on Marigold Rd. near Spectrum) and West Hills Dr @ Langford Lake Rd. (near Goldstream in Langford). Please allow a 15-minute grace period for traffic, etc. **Please note, due to the multiple stops the WEA vehicle will not be waiting past the scheduled departure time. Alcohol and drugs are not permitted in WEA vehicles.**

	AM (Leaves at)	PM (Arrives at)	Details
Hyacinth Park	08:15	18:00-20:30	Exact return time will depend on group choices and if we stop for drinks.
West Hills YMCA	08:35	18:00-20:30	



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### What to bring

We will be travelling into the backcountry and our main concerns at this time of year is exposure. It is essential that participants bring all the below items in order to ensure a safe and positive experience.

Feel like you might have too much? We can always re-asses when we get to the parking lot and leave some items in the car. Better to have and not need then need and not have.

**We do have some items available to rent.** Please contact us if you are missing something.

### Required Items

- Whistle
- 25L + Hiking backpack (padded hip straps highly recommended)
- Hiking boots/trail runners (only bring trail runners if you are experienced at hiking with them)
- 2 pairs of wool socks
- Rain jacket
- Rain pants
- 2L of water
- Large lunch
- Extra snacks
- Emergency food
- Fleece or wool sweater
- Down, puffy jacket
- Long wool underwear
- Gloves
- Toque
- Synthetic or wool t-shirt
- Synthetic hiking pants/shorts
- Change of clothes to leave in the vehicle, its always nice to come back and have something to change into!
- Large, sturdy garbage bag to waterproof backpack, backpack rain cover or 20L dry bag
- Headlamp or flashlight with extra batteries – It will likely be getting dark near the end of our hike
- Hand sanitizer
- Any applicable medications



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### Optional Items

- Pen/Pencil
- Notebook
- Compass & Map
- Hiking poles
- Sunglasses
- Sunscreen
- Hat
- Insulated pants
- Bear spray
- Fire starter
- Matches
- Knife
- Watch with timer
- Extra emergency layers
- Stove
- Pots
- Camping fuel

**Do not bring: Nuts, peanuts or cotton. Cotton does not insulate when wet and is a significant hazard on backcountry trips.**

### Trip Notes:

- The trip leader gender may likely not be female but the participants will be.
- The cost is to help cover the cost of insurance and encourage people who RSVP to show up. We get that things change last minute, just let us know you aren't coming so we aren't waiting around! No shows will be charged a \$25 fee.
- We plan to go regardless of the weather.
- As part of the insurance requirements for our trip leaders, we are required to have participants complete waivers. You can view our waivers at [www.westernadventures.ca/agreements.htm](http://www.westernadventures.ca/agreements.htm)
- Sign-Up for the hike here: <https://westernadventures.campbrainregistration.com/>