



## SAMPLE SOOKE ITINERARY

Northwest of Victoria, the Island Highway (Hwy #14), the West Coast Road and the Galloping Goose Trail wind their way to Sooke. Tracing the coastline, the West Coast Road leads to lush rainforests, rocky cliffs, hiking trails and some of the most scenic beaches on Vancouver Island. Oceanfront inns, legendary dining, wooded trails and surf-tossed beaches make Sooke—just 40 minutes west of Victoria—a popular seaside getaway.

### Day 1

- 8:00 AM** Depart for Sooke from Victoria (40 km / 50-minute drive) Recommended stops along the way include: [Hatley Castle](#) and [Fort Rodd Hill & Fisgard Lighthouse](#).
- 10:00 AM** Arrive in Sooke for a 90-minute seaweed foraging tour with [Dakini Tidal Wilds\\*](#) and see the floating kelp forests, the iridescent rainbow seaweed, sushi-famed nori and some of the amazing marine creatures that call this place home.
- 12:00 PM** Enjoy lunch at the [17 Mile House Pub](#), a cozy English-style pub with rustic charm and a history dating back more than 100 years.
- 1:30 PM** Walk to [Adrena Line Zipline Adventures](#) for your two-hour tour of ziplining, forest canopy suspension bridges and a Unimog ride.
- 3:30 PM** Refresh yourself with a stop at [Sheringham Distillery](#) with a free tour and tasting of the World's Best Contemporary Gin. Be sure to try their newest Kazuki gin infused with green tea and cherry blossoms.
- 4:15 PM** Check in to your luxurious seaside accommodation at the [Sooke Prestige Oceanfront Resort](#).
- 4:30 PM** Before heading to dinner, take a stroll along the waterfront, go exploring on one of the complimentary cruiser bikes available on site, or enjoy a relaxing massage at the [Le Sooke Spa](#).
- 6:30 PM** Enjoy a fine dining experience with stunning ocean views at the [West Coast Grill](#).
- 8:00 PM** After dinner, gather around a cozy fire at the Sooke Prestige's outdoor fire pits, soak in the hot tub or enjoy a cocktail in the Vault Sports Lounge.

### Day 2

After breakfast, a variety of excursions await. Enjoy kayaking or stand-up paddle boarding in the Sooke Harbour with [West Coast Outdoor Adventure](#), go hiking through East Sooke Park with a knowledgeable guide from [Rainforest Tours](#), schedule a fishing charter with the [Sooke Harbour Resort & Marina](#), visit the [Sooke Region Museum](#) to learn about the history of the area, or spend the afternoon swimming at the Sooke Potholes before heading off to your next destination.

\*Seaweed tour times vary as they are dependent on low tide.

### For more information

Destination Greater Victoria Travel Trade Department  
Suite 200 – 737 Yates Street | Victoria, B.C. V8W 1L6 | CANADA  
Tel: 250-414-6999 | [traveltrade@tourismvictoria.com](mailto:traveltrade@tourismvictoria.com)

[www.tourismvictoria.com/travel-trade](http://www.tourismvictoria.com/travel-trade)

Facebook: [@tourismvictoriafan](#) | Twitter: [@TVicBusiness](#) | Instagram: [@TourismVictoriaBC](#)

Image Bank: [barberstock.com/tourismvictoria](http://barberstock.com/tourismvictoria) | Video: [www.youtube.com/user/TourismVictoriaBC](http://www.youtube.com/user/TourismVictoriaBC)

