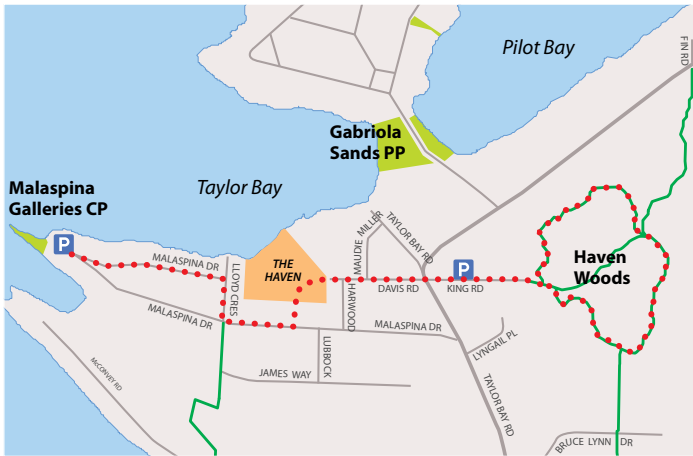


# Walk #8

## Heavenly Haven Woods



### What To Expect

*Approx Time:* 80 mins

*Approx Distance:* 4.2 km

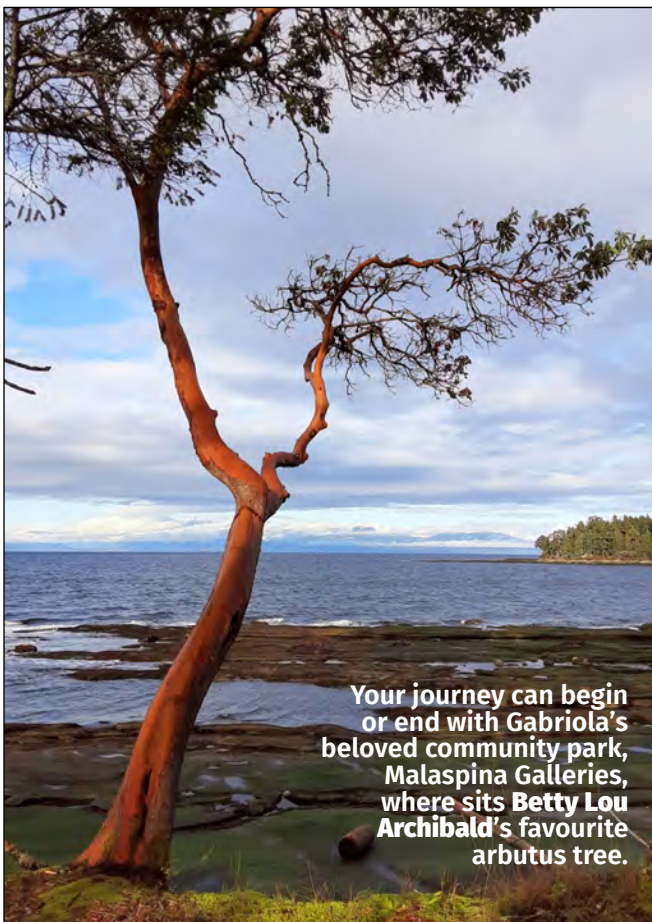
*Difficulty:* easy, some street walking

*Begin:* park at the end of Malaspina Drive (for a shorter and forest-only walk of 1.3 km, park on King Road at the entrance to Haven Woods)

This walk includes street walking and travels through the mixed forest of Haven Woods. Access to this trail is generously made available to the public through a GaLTT trail licence.

Trailheads are marked with painted rocks (thanks to Gabriola's Grade 6/7 class!) and routes are marked with **green flagging tape**. Both will be removed in late March.

## Trail Route and Tree Nominees



Your journey can begin or end with Gabriola's beloved community park, Malaspina Galleries, where sits Betty Lou Archibald's favourite arbutus tree.

Arbutus are typically associated with Douglas-fir and Garry oak on dry, sunny, often rocky sites. The Saanich used medicinal preparations from arbutus bark and leaves for colds, stomach problems, as a post-childbirth contraceptive, and in a ten-ingredient bark medicine for tuberculosis and spitting up blood.<sup>1</sup>

Pause to enjoy the view across Fairview Channel towards Protection Island and Sayshutsun (Newcastle) Marine Provincial Park with more distant views of both Snake and Five Finger islands as well as Hudson Rocks Ecological Reserve. Consider heading slightly off-route to visit Malaspina Galleries. The sandstone rock, eroded by surf and frost and creating the illusion of walking underneath a frozen wave, have been a destination dating back to the Snuneymuxw, who used them for cave burials.<sup>2</sup>

Continue the walk along Malaspina Drive, traveling along the quieter gravel road, turning right at Lloyd Cres to rejoin Malaspina, and walking until you turn left at the flagged trail towards The Haven. Thank you to The Haven for generously allowing us temporary use of this trail for the Winter Walkabout. Continue on this trail towards the entrance and continue walking up Davis Road.



## Winter Walkabout 2022: Trees

As you walk up Davis, note the giant sequoia tree on your left (across from 309 Davis). This sequoia is an exotic tree for Gabriola with its native range of approximately 75 groves narrowly scattered over a 420 km belt along the western slope of the Sierra Nevada in central California. Take care while crossing Taylor Bay Road, and then continue walking along King Road to the entrance to Haven Woods.

Haven Woods was named by the property's former owner, Harriet Thomas, in honour of The Haven—a place that was beloved to her and had been her first introduction to the island.<sup>3</sup> Public access to its trails was granted when Ms Thomas entered into a trail licence with GaLTT.<sup>4</sup> When this property changed ownership in 2018, GaLTT was delighted that the new landowners continued this generous public access with new trail licences.

Continue through the gate and follow this trail, traveling straight—amidst the healthy understory including sword ferns, salal, evergreen huckleberry, and Oregon grape—until you reach the first fork in the trail. Keep to the left at this fork, following sign markers to Fin Road.



At the next trail intersection, please keep to the right—towards the Vanilla-Leaf Meadow. As you walk along this section of the trail, keep an eye out for a large stump on the left. The notch in its side indicates that this tree was cut using the springboard method (where a logger stood on a springboard wedged into this notch to fall the tree).

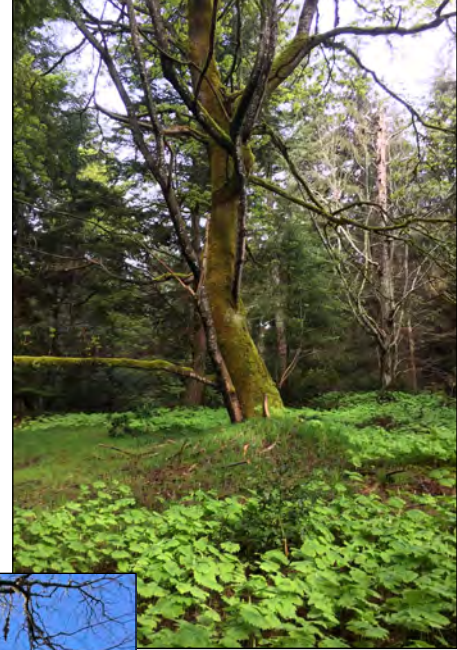


As you follow the trail, keep an eye out for five fairy doors nominated by **Lou Skinner**. Lou admires the fairies' diversity of tree selection with their first home in the base of an arbutus tree, followed closely by one at a red alder, the third



at the base of a bigleaf maple on the edge of the Vanilla-Leaf Meadow, and the final two in the mossy base of a bigleaf maple just past the trail that would take you to Cox Park.

Consider returning in the spring to enjoy the beauty of the Vanilla-Leaf Meadow. Vanilla-leaf is mostly found in moist, shady forests, glades,



openings and forest edges and especially along streambanks. When in bloom, these leaves of the vanilla-leaf form a nearly continuous light-green carpet over the forest floor. Vanilla-leaf leaves were used by the Saanich of Vancouver Island and

probably by other groups in the plant's range, as an insect repellent (they emit a vanilla-like fragrance when dry). The Saanich people dried the leaves and hung them in bunches in houses to keep flies and mosquitos away.<sup>5</sup>

While you are in the Vanilla-Leaf Meadow, keep an eye out for **Anne Landry's** favourite trees, the magnificent bigleaf maples. A fun fact ... while the sap of bigleaf maples can be used to make a passable maple syrup, this was not done originally by Indigenous peoples. It takes several times more bigleaf maple sap than eastern-sugar maple sap to make a given quantity of syrup.<sup>6</sup>

Continuing on the trail, keep to the right towards King Road, ignoring the trail on the left that goes to Cox Park. Leave through the gate at King Road and retrace your steps back to Malaspina.

1, 5, 6) Pojar & Mackinnon, *Plants of Coastal British Columbia*

2) Nick Doe, [www.gabriolahistory.ca](http://www.gabriolahistory.ca)

3) More information on Ms. Thomas' inspiration for Haven Woods can be read at [haven.ca/post/haven-woods/](http://haven.ca/post/haven-woods/)

4) More information on trail licences can be found at [galtt.ca/our-trail-work/#traillicences](http://galtt.ca/our-trail-work/#traillicences)