

# Five Islands Provincial Park Trail Guide

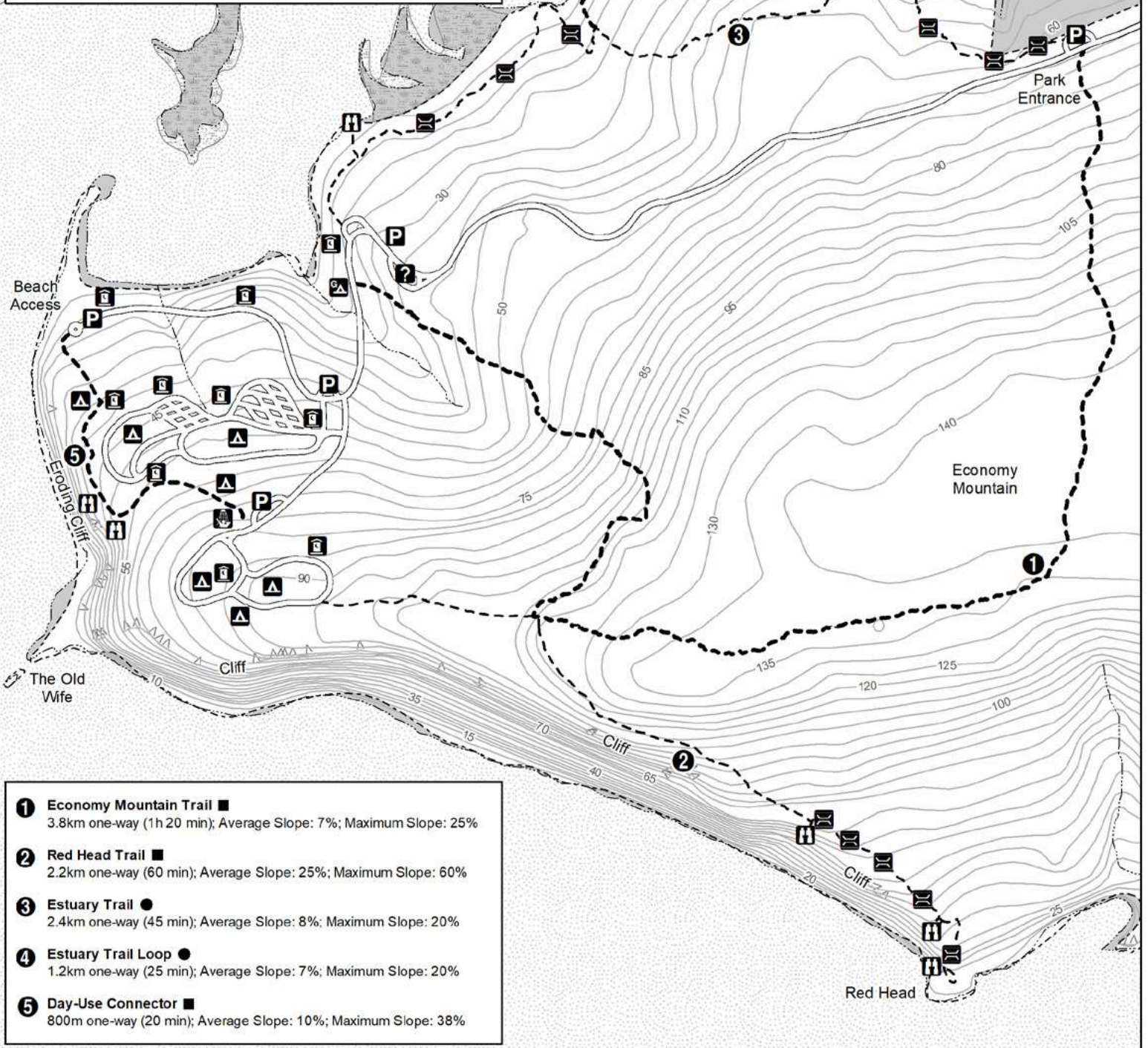
-  Bridge
-  Camping
-  Camping (Group)
-  Look-Off
-  Parking
-  Park Office
-  Restrooms with Showers
-  Vault Toilet(s)

-  Park Road
-  Contour (5m interval)
-  Wetland

0 250 500 m



| Trail Rating System |                                                                     |
|---------------------|---------------------------------------------------------------------|
| ● Easy              | Flat to gently rolling                                              |
| ■ Moderate          | Gently rolling with short steep sections                            |
| ◆ Difficult         | Rolling with many steep sections that may continue for long periods |



- 1 Economy Mountain Trail ■**  
3.8km one-way (1h 20 min); Average Slope: 7%; Maximum Slope: 25%
- 2 Red Head Trail ■**  
2.2km one-way (60 min); Average Slope: 25%; Maximum Slope: 60%
- 3 Estuary Trail ●**  
2.4km one-way (45 min); Average Slope: 8%; Maximum Slope: 20%
- 4 Estuary Trail Loop ●**  
1.2km one-way (25 min); Average Slope: 7%; Maximum Slope: 20%
- 5 Day-Use Connector ■**  
800m one-way (20 min); Average Slope: 10%; Maximum Slope: 38%