







# Five Islands Provincial Park Trail Guide

-  Beach Access
-  Bridge
-  Camping
-  Camping (Group)
-  Lookoff
-  Parking
-  Park Office
-  Restrooms with Showers
-  Toilet

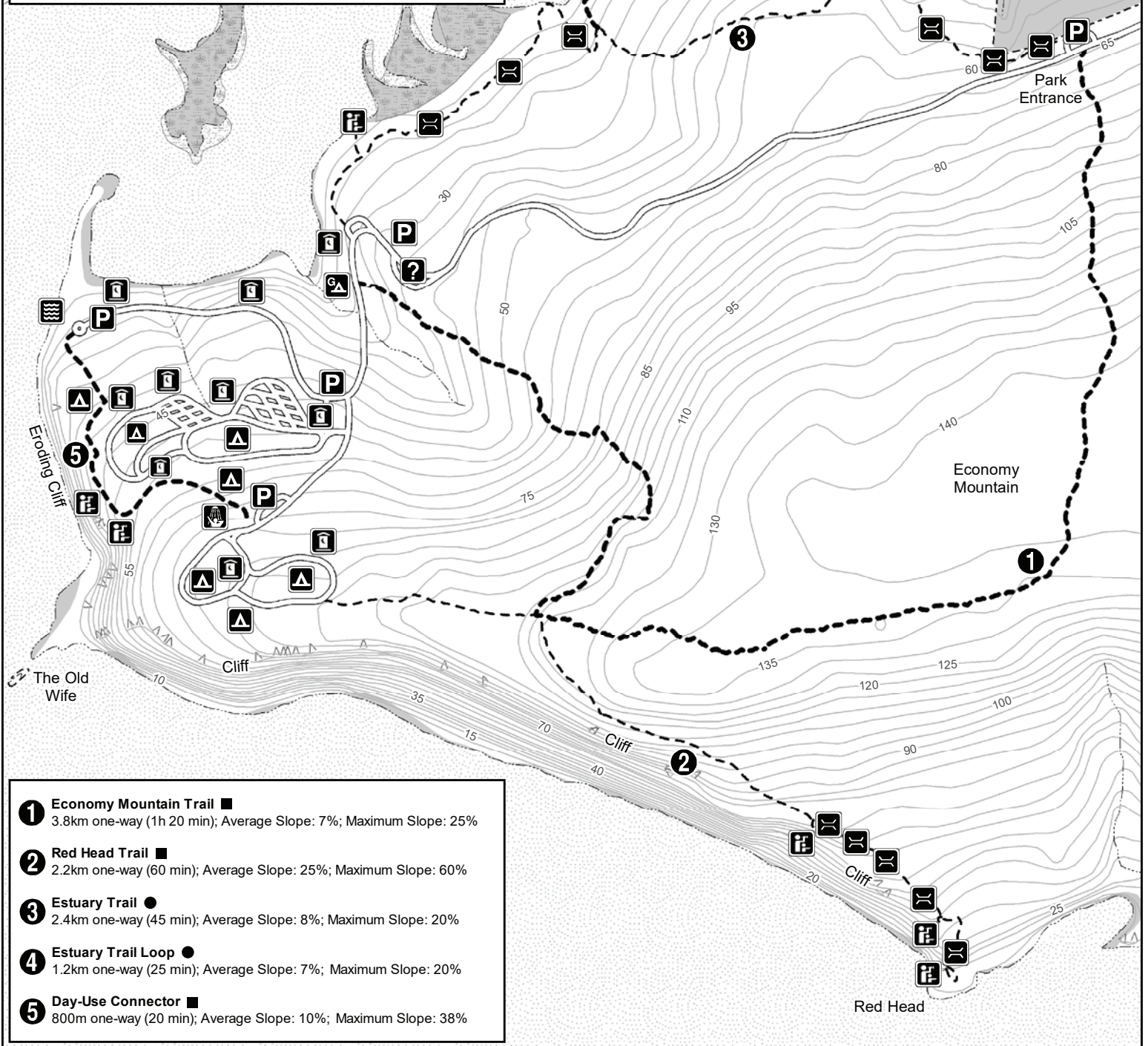
-  Park Road
-  Contour (5m interval)
-  Wetland

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%