

Five Islands Provincial Park - Trail System Map



| Trail Name | Length | Travel Time | General Condition |
|------------------|------------------|----------------|---|
| Park Road | 4.8 km main road | 2 hrs Walking | paved to campground loops |
| Dayuse Connector | 270 metre | 15 min | mowed, moderate grades |
| Economy Mountain | 3.4 km loop | 2 hours | old woods road, wet, step, some roots |
| Estuary | 3.1 km 2 loops | 2 hours | built tread, slight grades, some structures |
| Red Head | 2.2 km 1 way | 3 hours return | gravel tread, step grades, rest areas, not a loop |