Start here to plan your next adventure on the 49th Parallel. Enjoy a walk, bike ride, park activity or hike. You can swim, paddle or golf too. We welcome you to enjoy the many year-round amenities that Ladysmith offers.

### WALK & HIKE

Our beautiful Harbour setting and hillside landscapes offer over 26 km of walking and trail systems with easy access for residents and visitors to the many natural areas in the community. Trail and walking routes are described on the map in this guide.

**BIKE**

Ladysmith offers both on- and off-road cycling for novice and experienced riders. In-town routes connect residential to shopping and services with the least amount of hill climbing! The Rotary Bicycle Route & the Trans Canada Trail provide opportunities for off-road cycling. The Rotary Bicycle Route is the north-south spine of our network with a total length of 17 km. The Rotary Bicycle Route & the Trans Canada Trail offer cycling routes to the north and south of town.

The bike path on the four-lane bisects bike riders. Bike routes are available downtown and at community services. Grid of trail files are available at Frank Jameson Community Centre and online.

**PLAY**

The Town boasts over 110 hectares of parks and open spaces offering seaside fun, nature experiences, playgrounds, and active living. In addition to the many activities taking place year-round at Transfer Beach Park, trails will recommend taking in a spectacular sunrise and star-gazing too.

### Recreation Services

Recruitment services are available at the Frank Jameson Community Centre, located at 6th Avenue & Union Street locally as “FJCC”, the Community Centre offers a 25-metre, 4-lane indoor swimming pool, hot tub, and other facilities, as well as a modern Fitness Centre with personal training. FJCC also has a gymnasium and meeting rooms, a wide variety of classes/year-round amenities that Ladysmith offers.

**BIKE**

The hills and trails west of Ladysmith provide prime off-road cycling. The Rotary Bicycle Route & the Trans Canada Trail provide opportunities for off-road cycling. The Rotary Bicycle Route is the north-south spine of our network with a total length of 17 km. The Rotary Bicycle Route & the Trans Canada Trail offer cycling routes to the north and south of town.

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### Parks

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### Parks

**SCOTLAND YARD**

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### Parks

**LADYSMITH WATER SUPPLY**

Spectacular Stocking Lake is one of two main sources of drinking water for residents of the Town. Hike this area with great care.

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