

Staff Picks

CONCIERGE

Our staff would like to recommend a number of things for you to experience while you're here with us. Use the legend below to discover local attractions close-by and off the beaten path—all selected by our staff.

LEGEND



FREE



dog friendly



walking distance

Staff Picks "Good Eats"

Our favourite restaurant is the West Coast Grill, located right here inside the resort. However, if you've tried it already and want to venture out, we have a few picks that our staff would recommend.

Family Friendly



West Coast Grill

Locally sourced fresh ingredients used in all of their West Coast-inspired contemporary cuisine. The Moa Bowl is a staff favourite.



Route 14

Fine food with attention to detail in a casual atmosphere. Try their charcuterie board!

Stoked Wood Fired Pizzeria

We think they have best wood fired pizza around.

Fun and Funky



Vault Sports Lounge

Big screen TVs, great food, and cold beer on tap. Located inside the resort.

17 Mile Pub

Boasts of an atmosphere thick with history and a supernatural intrigue. Discover the mysteries of this landmark pub in Sooke.



Shirley Delicious Café

Exceptional baked goods and coffee in a charming and funky environment.

Romantic Spots



Wild Mountain

West Coast Canadian cuisine which reflects the harvest and season. Organic fine dining at its best!

The Copper Room

Menu items are prepared fresh every day with seasonal produce from local farms in Sooke, Metchosin, Cowichan, and Saanich Peninsula. We recommend the Tuna Tataki.



Road to Sooke Cafe

Great stop on your way out for a hike or to take in the view of the Sooke Basin. Fresh baked goods, delicious sandwiches, and locally-roasted coffee. Located right inside the resort.


Staff Picks "Things to do and see"

Wondering what there is to do in the area? We've got a few ideas and we're happy to help. Here is a collection of the top 10 hand-picked local attractions our staff would like to recommend.

-   **Sooke Potholes** - Unique geological formations—deep pools in the river rock—offer a refreshing place to swim in the region.
-   **Whiffin Spit** - Enjoy a scenic stroll down this promontory of land that has helped protect the Sooke Basin for centuries. All sorts of birds, seals, and the occasional orca can be spotted along this walk.
-   **Mystic Beach** - A stunning beach with sandstone cliffs 2 km from the beginning of the Juan De Fuca Marine Trail. It is recommended that you check the tides when you go on any beach hikes in the region as they are best experienced at low tide.
-   **Beachcombing** - Search for sea glass, tiny organisms, crabs, starfish, and other treasures washed ashore.
-   **French Beach Park** - A great day-use and camping area with green spaces and picnic areas a mere stones throw away from a 1.6 km stretch of beach. A great place to watch for whales and orcas or just enjoy the views and ocean waves.
-  **Kayaking in the harbour** - There are a few places around Sooke to rent kayaks, paddleboards, and other watercraft including our on-site marina. Kayaking is best in the Sooke Basin because of its typically calm waters.
-    **Ed MacGregor Park** - A beautiful park named after the first mayor of Sooke with gardens, art, an amphitheatre, and a remarkable boardwalk.
-   **Muir Creek Beachwalk** - Accessible via a gentle two hour walk from Muir Creek Park. The beach has an abundance of wildlife and an Oligocene fossil area which can be viewed at low tide.
-   **Exploring the tidal pools at Botanical Beach** - All manner of sea creatures live in the tidal pools that are visible at low tide. This is the perfect place for our inner marine ecologist to run wild!
-   **East Sooke Regional Park** - From the Aylard Farm parking lot there is a network of moderate to challenging trails that go through forests and along the coast. Every viewpoint is worth the trip!

Joe's Picks

Even our CEO has recommendations for you. Take it from someone with exceptional taste to find the hidden gems and great adventures.

-  **Point No Point Restaurant**
Creative and unique uses of locally-sourced organic ingredients goes into every culinary creation. Reserve a spot for an amazing sunset dinner.