



History

Seal Bay Park lies within the unceded traditional territory of the K'ómoks First Nation and contains many cultural and natural values meaningful to generations of K'ómoks families. Indigenous people historically visited the bay and forests to collect supplies and to camp during canoe trips. They refer to these lands as *Xwee Xwhyu Luq* (pronounced *Zway Why Luck*), meaning “a place that has beauty, beauty that is not only seen but also felt.”

In 1970 the Comox Strathcona Natural History Society initiated efforts to have the beauty and serenity of the Seal Bay forests and coastline protected as a nature park. In 1975, after years of lobbying provincial and local politicians, the society convinced the Province to protect about a quarter of the present day park. Due to the determination and efforts of these volunteers, many regionally significant ecosystems have been preserved and a recreational trail system established for the enjoyment of everyone.



New Trail Names

In partnership with the K'ómoks First Nation, the regional district updated the park trail signs in 2020 to enhance the visitor experience while promoting an understanding of the cultural heritage within the park. The new signs reflect a variety of natural park elements, animals and cultural references and include English and the traditional Coast Salish *aḷaj̓uθəm* language. To help park visitors learn and pronounce the Coast Salish names, signs feature phonetic pronunciations.

Seal Bay Nature Park and Forest together are one and a half times the size of Stanley Park in Vancouver, protecting 642ha (1,585 acres) of biodiversity and treasured wildlife habitat.



Park Ecology

The park contains a variety of ecological features including second growth forest, wetlands, fern laden ravines and a rocky ocean beach. Deer, owls, ducks, squirrels, beaver, bears, pine marten and many birds call the park home.



Pets & Wildlife

Please keep your dogs under control and respect leashing requirements as identified on the trail map. Trails within the gray background require leashing year round and include Melda's Marsh, Seal and Coupland Loop trails. Trails within the tan background are leashing optional except during fawn and nesting season between April 1 - June 30 when leashing is required on all trails.

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A Guide to
Seal Bay Nature Park



