



A. Cattle Point Sign, L'kwungen History

Located in scenic Uplands Park, enter just east of 2880 Beach Drive. Posts carved by Songhees artist Butch Dick.



B. Oak Bay Municipal Hall, 2167 Oak Bay Ave.

Close to shops, cafes and washrooms. The Welcome Panel is displayed here.



Loon Sculpture, Songhees Wellness Centre

1100 Admirals Road, Victoria, BC, Canada
"If you lose your song, the loon will help you get it back." Songhees Nation

Brochure created by Oak Bay residents Marion Cumming and Mike Stacey, 2014, guided by the Songhees and Esquimalt Nations and Heritage Oak Bay, with support from the BC 150 Years Fund.

More information:

- Songhees Nation: www.songheesnation.ca
- Esquimalt Nation: www.esquimaltnation.ca
- Municipality of Oak Bay: www.oakbay.ca
- Royal BC Museum: www.royalbcmuseum.bc.ca

Guide to the First Nations Monuments of Oak Bay

Cadboro Bay (Sungayka) to Harling Point (Sahsima)

The Songhees and Esquimalt Nations and the Municipality of Oak Bay Welcome You



"Hay wshw q'u' gwns âne 'techul Lkwungen Tung'exw"

(Hy-sh-kwa gwuns ana techul Lakwunen too-nulth)

"Thank you for coming to L'kwungen land, the land of the smoked herring."



Welcome Panel, by Salish artist Charles Elliott (Temoseng), on display in the Oak Bay Municipal Hall entrance foyer. The cedar carvings are cast in bronze on the Monuments.

Before Europeans arrived in the 1800s, Oak Bay was home to a large First Nations population, ancestors of today's vibrant L'kwungen communities - the Songhees Nation and the Esquimalt Nation.

The eight Monuments respectfully commemorate the history and culture of the L'kwungen peoples and their relationship with the sea and the land.



Carved antler tablet bird motif, c. 1550, found near Cattle Point in middens dating back c. 3,500 years.

1. Loon Bay (Sungayka) Monument

A. Cattle Point Sign

Good start point, First Nations interpretative sign.

2. Willows Beach (Sitchanalth) Monument

3. Bowker Creek (Thaywun) Monument

B. Oak Bay Municipal Hall

Good start point, Oak Bay Village shops & services.

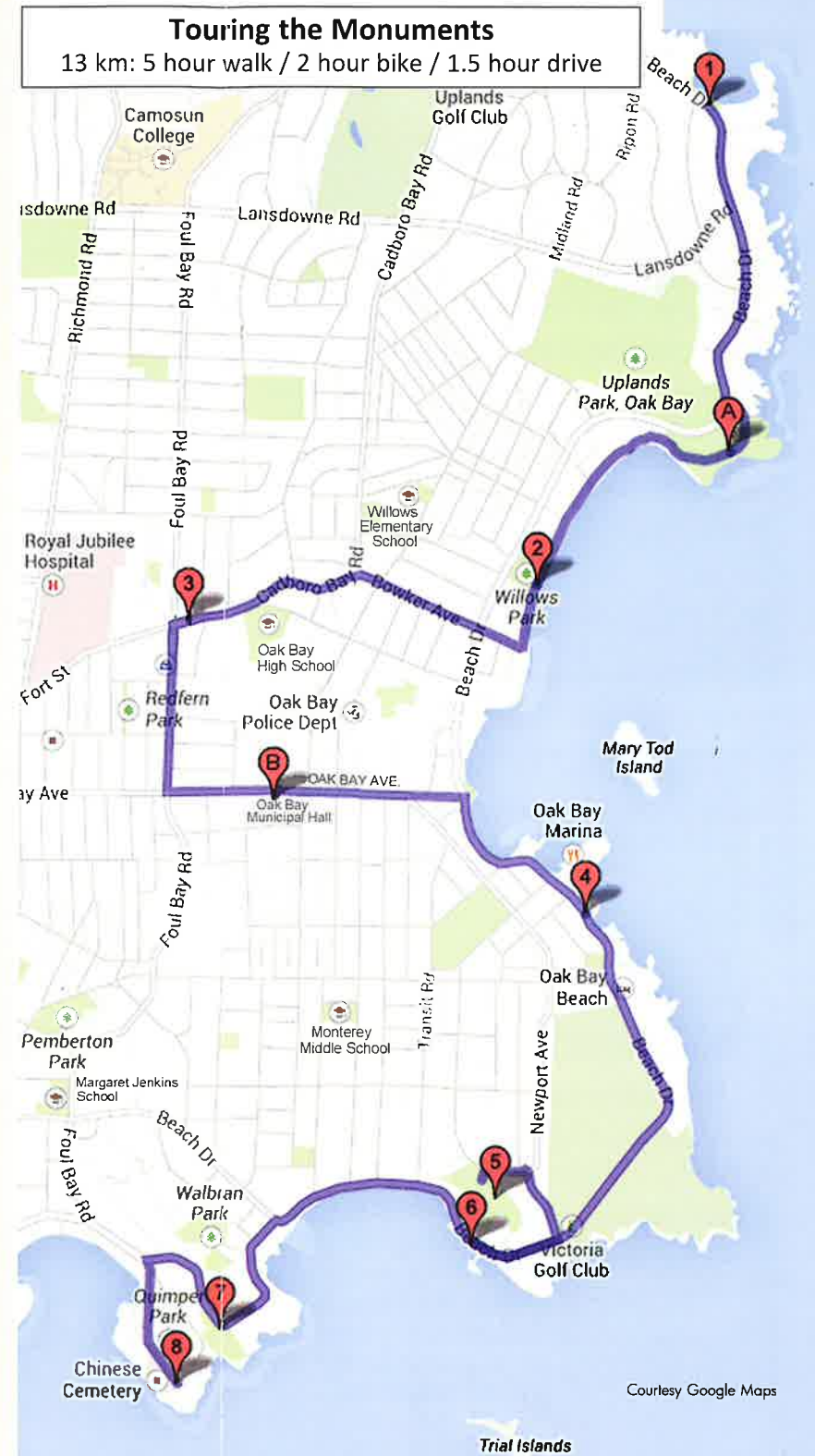
4. Turkey Head (Spewhung) Monument

5. Anderson Hill Park Monument

6. McNeill Bay (Chikawich) Monument

7. Trafalgar Park Lookout Monument

8. Harling Point (Sahsima) Monument



Touring the Monuments
 13 km: 5 hour walk / 2 hour bike / 1.5 hour drive

Courtesy Google Maps



1. Loon Bay (Sungayka – “Patches of Snow”)

A village existed here for at least parts of the last 1500 years ... a fortified trench defensive site was used by the Lekwungen people.

From the plaque on the top of the Monument.



Located across from 3295 Beach Drive, south of Cadboro Bay. The defensive site was on the peninsula in the middle of the bay.



2. Willows Beach (Sitchanalth)

For thousands of years ... longhouses once lined the entire shore.



Located at Willows Park, 2740 Dalhousie St. (off Beach Drive). Sandy beach, Kiwanis Tea Room, washrooms ... a great picnic spot! Close to Estevan Village shops.



3. Bowker Creek (Thaywun - coho salmon stream)

For thousands of years the salmon supported thriving populations ... deer and elk antlers were beautifully crafted into works of art.



Located near 2045 Cadboro Bay Rd. Close to Oak Bay Recreation Centre, shops and services.



4. Turkey Head (Spewhung)

A large shell-midden ... this was an ancient village.



Just East of Oak Bay Marina (1327 Beach Dr.). Near cafes and services at Oak Bay Marina and Oak Bay Beach Hotel. Native plants near the Monuments are maintained by volunteers, supported by Oak Bay Parks.



5. Anderson Hill Park (The Guardian)

[Used] as a lookout ... for approaching enemies ... or sea mammals. Bulbs of blue camas, valued for food and trade, were gathered nearby.



Location: 5 minute walk east into Anderson Hill Park from the entrance near 528 Island Rd. Background - the Olympic Mountains, Washington State.



6. McNeill Bay (Chikawich)

The people ate over 20 species of fish and 15 species of birds, deer, sea mammals, raccoon and marten. Across the water lies Trial Island, Tlikwaynung ... lots of seals.



Located near 568 Beach Drive. Beautiful native plants, rushing ocean currents.



7. Trafalgar Park Lookout

To the east lies McNeill Bay ... Chikawich, an early village. Later the people moved to Cadboro Bay, about 8 km north by canoe.



Located at Trafalgar Park Lookout, near 200 King George Terrace. Great views. The plaque depicts deer and camas plants, First Nations food for millennia.



8. Harling Point (Sahsima)

Hayls the Transformer [frightened] away the seal the harpooner [was] stalking. The harpooner rebuked [Hayls]. Hayls turned him to stone.



Opposite 2090 Penzance Rd., near historic Chinese Cemetery. “Sahsima” (harpoon) refers to a large boulder on the shoreline.