

## Up the West Coast

Written by  
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We decided to go for a drive today along the west coast of Vancouver Island to the [Juan de Fuca Provincial Park](#)

. The weather was rainy and overcast but it was supposed to clear up in the afternoon so we took a chance that the weatherman would be right. On our way we stopped at a local popular dining spot,

[My-Chosen Café](#)

, in Metchofen, near here. Our drive up was wet but as we approached

[French Beach Provincial Park](#)

on the way, the clouds began to dissipate and the rain stopped. The scenery was beautiful even when we couldn't see the ocean.

We arrived at

[China Beach](#)

in the Juan de Fuca Park and walked along the trail to the beach. It was a long hike, so Helen went part way, then sat on a bench in the forest and waited. The forest was beautiful with lots of moss and huge cedars...almost magical so it was a pleasant wait. We ventured down to the beach, which today was deserted but is a popular destination for surfers and families. We didn't want to leave Helen for long so I took a couple of pictures, then headed back. On our drive back the sky completely cleared up and we enjoyed lots of sunshine.

It is our last night with Helen as she returns home tomorrow so we went over to the Todd's for a farewell dinner. There we enjoyed delicious homemade pizza and watched as the

[Calgary Flames](#)

lost the Stanley Cup. It was a disappointment but finally hockey is over for another year. The evening sun was spectacular as was the company and it was another perfect day!