

## Cowichan Valley Trail Conditions

The majority of the gravel trail is wide and flat, providing easy access for pedestrians, cyclists, and equestrians. Some sections include steep hills and variable terrain, such as the Malahat Ridge Connector section to Greater Victoria. Always hike and ride within your limits.



175 Ingram St  
Duncan, BC V9L 1N8  
250.746.2660  
For more info on the trail and features please visit our website.  
[www.cvrld.ca/parks](http://www.cvrld.ca/parks)



## COWICHAN VALLEY TRAIL VISITORS GUIDE & TRAIL MAP

### The Cowichan Valley Trail Part of the Trans Canada Trail

From coast to coast to coast, the Trans Canada Trail connects over 15,000 communities across Canada along its 24,000 km route. The Cowichan Valley Trail is an integral part of the Trans Canada Trail route on Southern Vancouver Island. Whether ascending the Malahat Connector to enjoy panoramic views from Malahat Ridge, traveling across the Historic Kinsol Trestle near Shawnigan Lake, visiting the western-most point of the Trans Canada Trail in Lake Cowichan, or rambling along the E&N rail with trail corridor between Ladysmith and Chemainus, the Cowichan Valley Trail offers experiences for all to enjoy.

#### Features and Attractions

**Shawnigan Creek Bridge:** Yos Totem Pole  
**Historic Kinsol Trestle:** Heritage Wooden Rail Trestle  
**Glenora Trails Head Park:** Washroom, Picnic Area, and Potable Water  
**Stocking Creek Park:** Waterfall

### Making the most of the multi-use trail experience

The Cowichan Valley Trail is an ideal way for pedestrians, equestrians, and cyclists to enjoy the scenery and charm of the Cowichan region. Though the trail passes through many communities with a wide range of amenities and services, it is important for you to be self sufficient and ready for all weather conditions. Be sure to have enough water and food for your trip, as well as appropriate clothing, footwear and equipment based on your mode of travel.

#### For more information

For more information on the Cowichan Valley Trail, visit [www.cvrld.ca/parks](http://www.cvrld.ca/parks) or call us at 250.746.2660.

Visit [www.tourismcowichan.com](http://www.tourismcowichan.com) for up-to-date information on restaurants, accommodation, and events in the Cowichan region to compliment your trail experience.

## RECOMMENDED ROUTES - SOUTH SECTION

### ROUTE A — West Shawnigan Lake Park to Kinsol Trestle

**Distance:** 11 km return

**Difficulty:** Easy

This easy route is enjoyed year-round. Begin at West Shawnigan Lake Park and travel north on the trail to explore the Historic Kinsol Trestle. Upon your return, West Shawnigan Lake Park is the ideal spot for a picnic and swim in beautiful Shawnigan Lake. To extend your time on the trail, continue north past the Kinsol Trestle or south towards the Malahat Ridge.

### ROUTE B — Glenora Trails Head Park to Kinsol Trestle

**Distance:** 26 km return

**Difficulty:** Easy

This popular cycling and equestrian route starts and finishes at Glenora Trails Head Park on Robertson Road. The trail route travels south through forests and rural farmland before arriving at the Historic Kinsol Trestle. Surface conditions vary so cyclists should note that treaded tires are highly recommended.

### South Vancouver Island Cycling Tour

**Distance:** 175 km (smaller day trips available)

**Difficulty:** Moderate (with a challenging climb over the Malahat)

Take up to four days to explore some of the most scenic landscapes and communities on Southern Vancouver Island. Starting in Duncan, the route travels west on the Cowichan Valley Trail to Lake Cowichan and south to Shawnigan Lake before climbing over Malahat Ridge then dropping into Langford, along the Sooke Hills Wilderness Trail. The route continues on the Galloping Goose Regional Trail into Victoria before connecting with the Lochside Trail and heading north up the Saanich Peninsula. After a quick ferry connection to Salt Spring Island from Swartz Bay, the route meanders along roads to the village of Ganges. Catch another ferry from Vesuvius to Crofton and a short ride reconnects with your start point in Duncan.



FLIP FOR MAP

## RECOMMENDED ROUTES - NORTH SECTION

### ROUTE C — Duncan to Lake Cowichan

**Distance:** 28 km one way

**Difficulty:** Easy

This rail to trail experience includes mountain, wetland, and rural landscapes as it travels up Hill 60 before descending into the Town of Lake Cowichan, all at a gentle gradient. Be sure to take a break at picturesque Mayo Lake Park. Public transit with bike racks (two bicycle capacity) is available between Duncan and Lake Cowichan. Visit [www.bctransit.com](http://www.bctransit.com) to find the schedule.

### ROUTE D — Chemainus Rail with Trail

**Distance:** 30 km return

**Difficulty:** Easy

A combination of rail with trail and roadside pathways, this trail route connects the communities of Chemainus, Saltair, and the Town of Ladysmith. The trail follows the E&N railway corridor next to pastoral agricultural and rural landscapes. While traveling through Saltair, check out the waterfall at Stocking Creek Park.

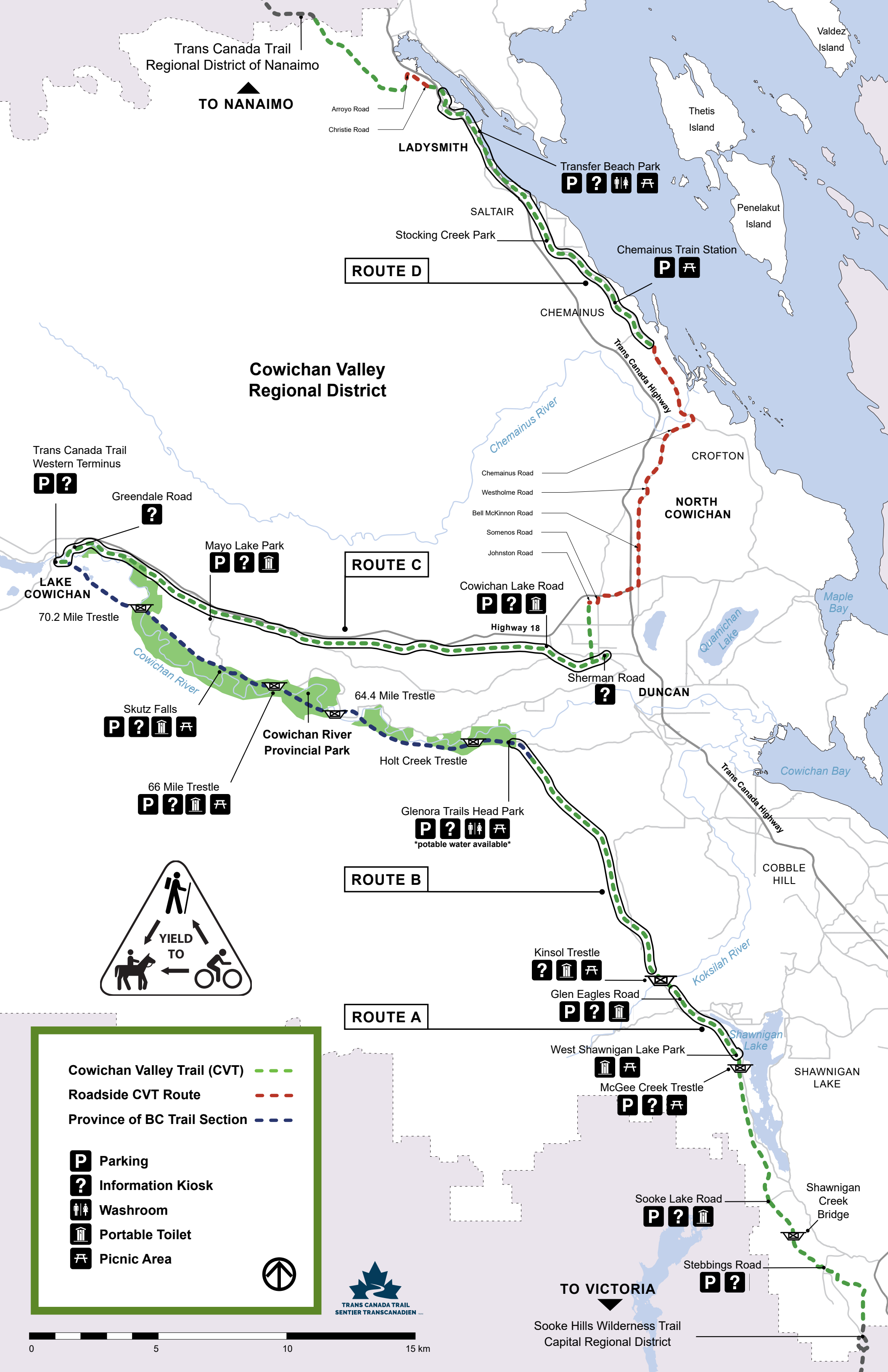
### Continuing North on the Trans Canada Trail

**Distance:** Approximately 20 km to Departure Bay

Once the Cowichan Valley Trail is behind you, the Regional District of Nanaimo's segment of the Trans Canada Trail will take you towards Departure Bay with a mix of logging roads and rough, remote trail. Be sure to visit [www.rdn.bc.ca/trans-canada-trail](http://www.rdn.bc.ca/trans-canada-trail) for more information.

Beyond Vancouver Island, nearly 24,000 km of the Trans Canada Trail awaits those seeking adventures big and small across Canada.





Trans Canada Trail  
Regional District of Nanaimo

TO NANAIMO

Arroyo Road  
Christie Road

LADYSMITH

Transfer Beach Park  
P ? ♀♂ ♿

SALTAIR

Stocking Creek Park

Chemainus Train Station  
P ♿

ROUTE D

CHEMAINUS

Cowichan Valley  
Regional District

Trans Canada Trail  
Western Terminus  
P ?

Greendale Road  
?

Mayo Lake Park  
P ? ♿

ROUTE C

LAKE COWICHAN

70.2 Mile Trestle

Chemainus Road  
Westholme Road  
Bell McKinnon Road  
Somenos Road  
Johnston Road

CROFTON

NORTH COWICHAN

Cowichan Lake Road  
P ? ♿

Highway 18

Sherman Road  
?

DUNCAN

Skutz Falls  
P ? ♿ ♿

Cowichan River  
Provincial Park

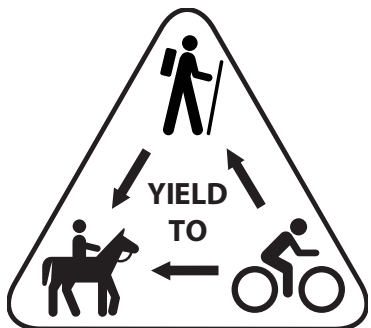
64.4 Mile Trestle

Holt Creek Trestle

66 Mile Trestle  
P ? ♿ ♿

Glenora Trails Head Park  
P ? ♿ ♿  
\*potable water available\*

ROUTE B



Kinsol Trestle  
? ♿ ♿

Glen Eagles Road  
P ? ♿

ROUTE A

West Shawnigan Lake Park  
♀♂ ♿

McGee Creek Trestle  
P ? ♿

Cowichan Valley Trail (CVT) - - -  
Roadside CVT Route - - -  
Province of BC Trail Section - - -

- P** Parking
- ?** Information Kiosk
- ♀♂ Washroom
- ♿ Portable Toilet
- ♀♂ Picnic Area



TO VICTORIA

Stebbing Road  
P ?

Sooke Lake Road  
P ? ♿

Shawnigan  
Creek  
Bridge

Sooke Hills Wilderness Trail  
Capital Regional District

