

Parks & Trails Guide

Welcome!

The CVRD manages community parks within each of the nine Electoral Areas as well as regional parks located throughout the region including the Cowichan Valley Trail, part of the Trans Canada Trail. Each of the four member municipalities also provide local parks and trails. Park visitors are reminded to take responsibility for their own safety when out on an adventure by being prepared.

The CVRD Parks & Trails Guide highlights parks and trails across the region and provides a map with information for the majority of parks the CVRD manages. For further information on CVRD Parks and Trails, please visit the CVRD website.

www.cvrld.ca

Icon Legend

| | | | |
|--|--------------------------|--|-------------------|
| | Hiking/walking trails | | Equestrian corral |
| | Picnic area | | Playground |
| | Picnic shelter | | Fitness circuit |
| | Outhouse/Portable toilet | | Baseball field |
| | Washroom | | Tennis court |
| | Beach | | Sport court |
| | Parking area | | Amphitheatre |
| | Off-leash dog park | | Boat launch |
| | Bicycling | | Trailer parking |
| | Swim area | | Public transit |
| | Equestrian | | |



COWICHAN VALLEY TRAIL | Regional Trail

The Cowichan Valley Trail is a spectacular multi-use trail that is an integral part of the Trans Canada Trail route on Southern Vancouver Island. The majority of the gravel trail is wide and flat, with some sections running along the roadways. The trail provides for easy cycling and walking.



STONEY HILL | Regional Park

8350 Stoney Hill Road, North Cowichan

Stoney Hill Regional Park has spectacular views of Salt Spring Island and the surrounding area with a looped trail of approximately 3.2 km. Stoney Hill Road leads off Genoa Bay Road to the parking lot/trailhead, which holds up to 25 vehicles.



BRIGHT ANGEL PARK | Sub-Regional Park

2643 Riverfield Road, Cowichan Station

Located in Cowichan Station, Bright Angel Park features forested trails and Cowichan Valley's most popular suspension bridge. Contact the CVRD to book the group picnic shelters.



SANDY POOL | Regional Park

4950 W Riverbottom Road, Duncan

Sandy Pool Regional Park is well-known for its sandy beach and great swimming in the Cowichan River. This park has over a kilometre of walking trails that lead through the forest with interpretive signage. The park is a destination for tubing and is a popular swimming spot.



COWICHAN BAY BOAT LAUNCH | Area D

1865 Cowichan Bay Road, Cowichan Bay

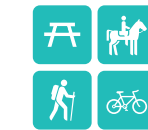
The Cowichan Bay Boat Launch is the only public boat launch located between Mill Bay and North Cowichan. The 2.31 hectare park is situated beside Hecate Park, and provides boat trailer parking. An easy waterfront walking trail wraps around the northeast side.



COBBLE HILL MOUNTAIN | Regional Area

3500 Empress Avenue, Cobble Hill

Cobble Hill Mountain Regional Recreation Area is a popular destination for hiking, horseback riding and mountain biking. The Recreation Area is made up of 26 km of signed trails ranging in difficulty. Main access to Cobble Hill Mountain Regional Recreation Area is through Quarry Nature Park.



SOUTH COWICHAN DOG PARK | Area C

3500 Empress Avenue, Cobble Hill

The South Cowichan Off-Leash Dog Park is located in Cobble Hill at the base of Cobble Hill Mountain. It is located in Quarry Nature Park and situated adjacent to Cleasby Bike Park.



MILL BAY NATURE PARK | Area A

695 Hollings Road, Mill Bay

Mill Bay Nature Park was acquired in 1989. The park features walking trails, a viewing platform, picnic sites, and opportunities for beach walks and nature viewing.



OLD MILL PARK | Area B

2500 Recreation Road, Shawnigan Lake

Old Mill Park is a waterfront park located on Shawnigan Lake. The park has an extensive industrial history and is a popular recreation place for families and nature enthusiasts.



HECATE PARK | Area D

1865 Cowichan Bay Road, Cowichan Bay

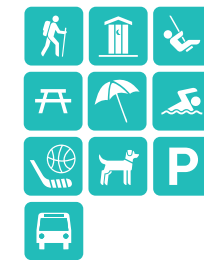
Located in beautiful Cowichan Bay, Hecate Park is the jewel of the Bay. The park is located beside the Cowichan Bay Boat Launch, the Cowichan Estuary Nature Centre and the Cowichan Bay Marine Gateway.



CENTRAL PARK | Area F

10022 Park Avenue, Honeymoon Bay

Central Park, located in the community of Honeymoon Bay, is adjacent to the Honeymoon Bay Community Hall and extends to the waterfront of Cowichan Lake.



YELLOW POINT PARK | Area H

4151 Yellow Point Road, Yellow Point

The park offers loop trails and connections to Barney Road. The main trail is moderate in difficulty and is approximately 4 km in length. The Yellow Point Ecological Reserve to the north is not open to the public.



KINSOL TRESTLE | Regional Trail

2869 Glen Eagles Road, Shawnigan Lake

The Historic Kinsol Trestle is open to the public for cyclists, hikers and equestrians to experience crossing high above the Koksilah River. The Kinsol Trestle is one of eight trestles along the Cowichan Valley Trail section of the Trans Canada Trail.



QUARRY NATURE PARK | Area C

3500 Empress Avenue, Cobble Hill

Quarry Nature Park is a highly popular spot in Cobble Hill that is home to both the South Cowichan Off-Leash Dog Park and Cleasby Bike Park. The trails within this park connect to the trails within Cobble Hill Mountain.



GLENORA TRAILS HEAD PARK | Area E

4284 Robertson Road, Duncan

The Glenora Trails Head Park is an important eastern gateway to the Cowichan River Provincial Park, the central portion of the Cowichan Valley Trail (part of the Trans Canada Trail), the Cowichan River Footpath and Glenora Riverside Park.



SALT AIR CENTENNIAL PARK | Area G

3850 South Oyster School Road, Saltair

This large, multi-sport community park in Saltair offers a ball field, picnic shelter, playground, sports court and tennis court.



ARBUTUS PARK | Area I

10700 Alder Crescent, Youbou

Both locals and visitors enjoy the shady Arbutus trees, beach and blue water at Arbutus Park in Youbou. Swimming lessons at the park are offered through Cowichan Lake Recreation.



Contact Information

Cowichan Valley Regional District
175 Ingram Street, Duncan, BC V9L 1N8
250.746.2660 | parks@cvrd.bc.ca
www.cvrld.ca

Town of Ladysmith
410 Esplanade, PO Box 220, Ladysmith, BC V9G 1A2
250.245.6400 | www.ladysmith.ca

Municipality of North Cowichan
7030 Trans Canada Highway, Box 278, Duncan, BC V9L 3X4 | 250.746.3100 | www.northcowichan.ca

City of Duncan
200 Craig Street, PO Box 820, Duncan, BC V9L 3Y2
250.746.6126 | www.duncan.ca

Town of Lake Cowichan
39 South Shore Road, PO Box 860, Lake Cowichan, BC V0R 2G0 | 250.749.6681
www.lakecowichan.ca

BC Parks
www.bcparks.ca

After Hours Park Issues (Non-Emergency)
1.855.781.9524

Cover photo: Bald Mountain Park in Electoral Area I Youbou/Meade Creek



North Oyster/ Saltair/ Ladysmith

| PARK # | PARK NAME | LOCATION | PLAY-GROUND | PICNIC AREA | SPORT COURT | SPORTS FIELD | WATER/ BEACH ACCESS | TRAILS | BOAT LAUNCH | NEAR TRANSIT | TOILET FACILITY |
|--------|-------------------------------------|----------------------|-------------|-------------|-------------|--------------|---------------------|--------|-------------|--------------|-----------------|
| 1 | BLUE HERON PARK | Yellow Point Rd. | | ✓ | | | ✓ | | | | ✓ |
| 2 | DIANA, PRINCESS OF WALES PARK | Olsen Rd. | | | | | | ✓ | | | |
| 3 | HEART LAKE/STOCKING LAKE LOOP TRAIL | Mackie Rd. | | | | | | ✓ | | | |
| 4 | HOLLAND CREEK TRAIL | Mackie Rd. | | | | | ✓ | ✓ | | | |
| 5 | SALT AIR CENTENNIAL PARK | S. Oyster School Rd. | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ |
| 6 | STOCKING CREEK PARK | Thicke Rd. | | ✓ | | | ✓ | ✓ | | | ✓ |
| 7 | TRANSFER BEACH PARK | Transfer Beach Blvd. | ✓ | ✓ | | | ✓ | ✓ | | | ✓ |
| 8 | YELLOW POINT PARK | Yellow Point Rd. | | ✓ | | | ✓ | ✓ | | | ✓ |

Cowichan Lake/ Youbou/ Honeymoon Bay/ Mesachie Lake

| PARK # | PARK NAME | LOCATION | PLAY-GROUND | PICNIC AREA | SPORT COURT | SPORTS FIELD | WATER/ BEACH ACCESS | TRAILS | BOAT LAUNCH | NEAR TRANSIT | TOILET FACILITY |
|--------|--------------------------------|----------------------|-------------|-------------|-------------|--------------|---------------------|--------|-------------|--------------|-----------------|
| 9 | ARBUTUS PARK | Alder Crescent | ✓ | ✓ | | | ✓ | | | ✓ | ✓ |
| 10 | BEAR LAKE PARK | Forestry Rd. | | ✓ | | | ✓ | | ✓ | ✓ | ✓ |
| 11 | CENTRAL PARK | Park Ave. | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ |
| 12 | CHEMAINUS RIVER PARK | Hillcrest Rd. | | | | | ✓ | | | | |
| 13 | LAKE COWICHAN CENTRAL PARK | South Shore Rd. | | ✓ | | | | | | ✓ | ✓ |
| 14 | COWICHAN RIVER PROVINCIAL PARK | Riverbottom Rd. | | ✓ | | | ✓ | ✓ | | ✓ | ✓ |
| 15 | OHTAKI PARK | South Shore Rd. | | | | | | | | ✓ | |
| 16 | MILE 77 PARK | Creekside Dr. | | ✓ | | | ✓ | | | ✓ | ✓ |
| 17 | GORDON BAY PROVINCIAL PARK | Honeymoon Bay | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| 18 | FOREST WORKERS MEMORIAL PARK | South Shore Rd. | | | | | | | | ✓ | ✓ |
| 19 | LILY BEACH PARK | Beach Dr. | | | | | ✓ | ✓ | | ✓ | ✓ |
| 20 | MARBLE BAY PARK | Marble Bay Rd. | | | | | | ✓ | | | ✓ |
| 21 | MAYO LAKE PARK | Mayo Lake Rd. | | ✓ | | | | ✓ | | | ✓ |
| 22 | MESACHIE LAKE PARK | South Shore Rd. | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ |
| 23 | PRICE PARK | Miracle Way | | | | | ✓ | ✓ | | | ✓ |
| 24 | SANDY POOL REGIONAL PARK | West Riverbottom Rd. | | | | | ✓ | ✓ | | | ✓ |
| 25 | SAYWELL PARK | South Shore Rd. | | ✓ | | | ✓ | | | ✓ | ✓ |
| 26 | YOUBOU LITTLE LEAGUE PARK | Bremner Rd. | ✓ | ✓ | | ✓ | | | | ✓ | ✓ |
| 27 | BALD MOUNTAIN PARK | Marble Bay Rd. | | | | | | ✓ | | | ✓ |
| 28 | STOKER PARK | Marble Bay Rd. | ✓ | ✓ | | | ✓ | | | | ✓ |

North Cowichan/ Duncan/ Cowichan Station/ Glenora

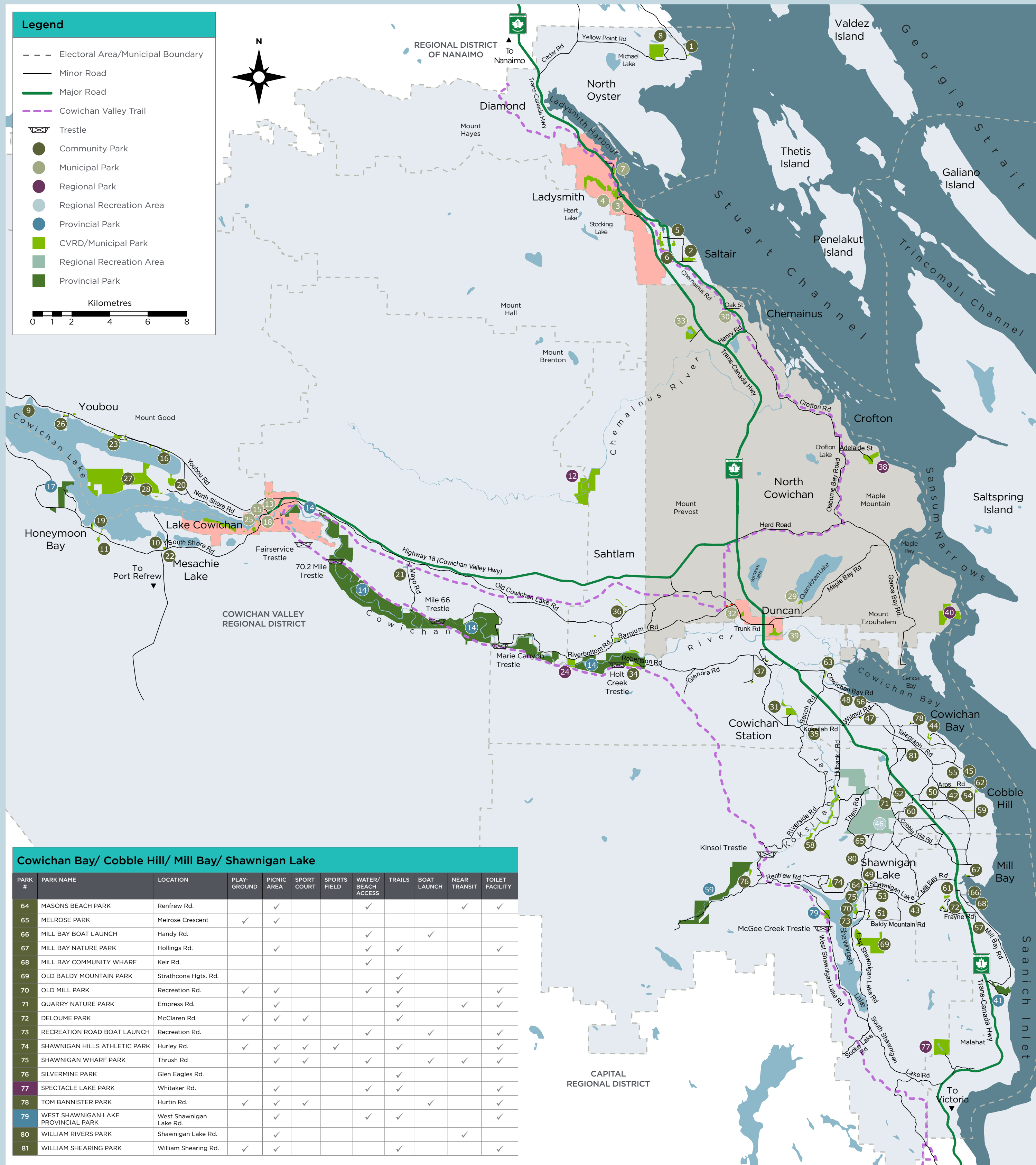
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|--------|------------------------------|-----------------|-------------|-------------|-------------|--------------|---------------------|--------|-------------|--------------|-----------------|
| 29 | ART MANN PARK | Indian Rd. | ✓ | ✓ | | | ✓ | | ✓ | ✓ | ✓ |
| 30 | ASKEW CREEK PARK | Oak St. | | | | | | ✓ | | | |
| 31 | BRIGHT ANGEL PARK | Riverfield Rd. | ✓ | ✓ | | ✓ | ✓ | ✓ | | | ✓ |
| 32 | CENTENNIAL PARK | First St. | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
| 33 | CHEMAINUS LAKE PARK | River Rd. | | ✓ | | | ✓ | ✓ | ✓ | | ✓ |
| 34 | GLENORA TRAILS HEAD PARK | Robertson Rd. | ✓ | ✓ | | | ✓ | ✓ | | | ✓ |
| 35 | JACK FLEETWOOD MEMORIAL PARK | Koksilah Rd. | | ✓ | | | ✓ | | | | |
| 36 | CURRIE PARK | Creighton Rd. | ✓ | ✓ | | | | ✓ | | ✓ | ✓ |
| 37 | MAPLEWOOD PARK | Hykawy Rd. | ✓ | ✓ | ✓ | | | ✓ | | | ✓ |
| 38 | OSBORNE BAY PARK | Smith Rd. | | ✓ | | | ✓ | ✓ | | | |
| 39 | ROTARY/MCADAM PARK | McKinstry Rd. | | ✓ | ✓ | | ✓ | ✓ | | | ✓ |
| 40 | STONE HILL REGIONAL PARK | Stoney Hill Rd. | | | | | ✓ | ✓ | | | ✓ |

Cowichan Bay/ Cobble Hill/ Mill Bay/ Shawnigan Lake

| PARK # | PARK NAME | LOCATION | PLAY-GROUND | PICNIC AREA | SPORT COURT | SPORTS FIELD | WATER/ BEACH ACCESS | TRAILS | BOAT LAUNCH | NEAR TRANSIT | TOILET FACILITY |
|--------|---------------------------------|-----------------------|-------------|-------------|-------------|--------------|---------------------|--------|-------------|--------------|-----------------|
| 41 | BAMBERTON PROVINCIAL PARK | Mill Bay Rd. | | ✓ | | | ✓ | ✓ | | | ✓ |
| 42 | BOATSWAIN PARK | Aros Rd. | ✓ | ✓ | ✓ | | | ✓ | | | ✓ |
| 43 | BRIARWOOD PARK | Briarwood Drive | ✓ | ✓ | | | | | | | |
| 44 | CEES AND MIEP HOF MEMORIAL PARK | Kingscote Rd. | | | | | ✓ | ✓ | | | |
| 45 | CHERRY POINT NATURE PARK | Garnett Rd. | | ✓ | | | ✓ | | | | ✓ |
| 46 | COBBLE HILL MT. REC. AREA | Empress Rd. | | | | | | ✓ | | ✓ | |
| 47 | COVERDALE WATSON PARK | Wilmot Rd. | ✓ | ✓ | ✓ | | | | | | ✓ |
| 48 | HECATE PARK | Cowichan Bay Rd. | | ✓ | | | ✓ | | | ✓ | ✓ |
| 49 | DOUGAN PARK | E. Shawnigan Lake Rd. | ✓ | | | | ✓ | | | ✓ | ✓ |
| 50 | FARNSWORTH PARK | Farnsworth Rd. | ✓ | ✓ | ✓ | | | | | | ✓ |
| 51 | GALLAND ROAD PARK | Galland Rd. | ✓ | ✓ | | | | | | | ✓ |
| 52 | GALLIERS ROAD PARK | Galliers Rd. | ✓ | ✓ | | | | | | ✓ | ✓ |
| 53 | GIBSONS PARK | Wilmot Ave. | ✓ | ✓ | | | | ✓ | | | ✓ |
| 54 | GRANFIELD WAY | Aros Rd. | | | | | | ✓ | | ✓ | ✓ |
| 55 | HAMMOND WAY TRAIL | Aros Rd. | | | | | | ✓ | | | |
| 56 | COWICHAN BAY BOAT LAUNCH | Cowichan Bay Rd. | | | | | | | ✓ | ✓ | ✓ |
| 57 | HUCKLEBERRY PARK | Huckleberry Rd. | ✓ | ✓ | ✓ | | | | | | ✓ |
| 58 | KINGBURNE PARK | Gray Lane | | | | | ✓ | ✓ | | | |
| 59 | KOKSILAH PROVINCIAL PARK | Renfrew Rd. | | ✓ | | | ✓ | ✓ | | | ✓ |
| 60 | MEMORIAL PARK | Fisher Rd. | | | | | | | | ✓ | |
| 61 | HOLLINGS CREEK PARK | Lilmac Rd. | | | | | ✓ | ✓ | | | ✓ |
| 62 | MANLEY CREEK PARK | Ratcliff Rd. | | | | | ✓ | ✓ | | | ✓ |
| 63 | MAPLE GROVE PARK | Cowichan Bay Rd. | | ✓ | | | | | | ✓ | |

Legend

- Electoral Area/Municipal Boundary
 - Minor Road
 - Major Road
 - Cowichan Valley Trail
 - ⊘ Trestle
 - Community Park
 - Municipal Park
 - Regional Park
 - Regional Recreation Area
 - Provincial Park
 - CVRD/Municipal Park
 - Regional Recreation Area
 - Provincial Park
- Kilometres
0 1 2 4 6 8



Cowichan Bay/ Cobble Hill/ Mill Bay/ Shawnigan Lake

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|--------|-------------------------------------|-------------------------|-------------|-------------|-------------|--------------|---------------------|--------|-------------|--------------|-----------------|
| 64 | MASONS BEACH PARK | Renfrew Rd. | | ✓ | | | ✓ | | | ✓ | ✓ |
| 65 | MELROSE PARK | Melrose Crescent | ✓ | ✓ | | | | | | | |
| 66 | MILL BAY BOAT LAUNCH | Handy Rd. | | | | | ✓ | | ✓ | | |
| 67 | MILL BAY NATURE PARK | Hollings Rd. | | | | ✓ | | ✓ | | | ✓ |
| 68 | MILL BAY COMMUNITY WHARF | Keir Rd. | | | | | ✓ | | | | |
| 69 | OLD BALDY MOUNTAIN PARK | Strathcona Hgts. Rd. | | | | | | ✓ | | | |
| 70 | OLD MILL PARK | Recreation Rd. | ✓ | ✓ | | | ✓ | ✓ | | | ✓ |
| 71 | QUARRY NATURE PARK | Empress Rd. | | | | | ✓ | | | ✓ | ✓ |
| 72 | DELOUME PARK | McClaren Rd. | ✓ | ✓ | ✓ | | ✓ | ✓ | | | ✓ |
| 73 | RECREATION ROAD BOAT LAUNCH | Recreation Rd. | | | | | ✓ | | ✓ | | |
| 74 | SHAWNIGAN HILLS ATHLETIC PARK | Hurley Rd. | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ |
| 75 | SHAWNIGAN WHARF PARK | Thrush Rd. | | | | | ✓ | | ✓ | ✓ | ✓ |
| 76 | SILVERMINE PARK | Glen Eagles Rd. | | | | | ✓ | ✓ | | ✓ | ✓ |
| 77 | SPECTACLE LAKE PARK | Whitaker Rd. | | ✓ | | | ✓ | ✓ | | | ✓ |
| 78 | TOM BANNISTER PARK | Hurtin Rd. | ✓ | ✓ | ✓ | | | | ✓ | | ✓ |
| 79 | WEST SHAWNIGAN LAKE PROVINCIAL PARK | West Shawnigan Lake Rd. | | | | | ✓ | ✓ | | | ✓ |
| 80 | WILLIAM RIVERS PARK | Shawnigan Lake Rd. | | ✓ | ✓ | | ✓ | | | ✓ | ✓ |
| 81 | WILLIAM SHEARING PARK | William Shearing Rd. | ✓ | ✓ | | | ✓ | ✓ | | | ✓ |