



## Cowichan's Communities

Each of the towns in Cowichan has a unique flavour, from quaint villages to bustling town centres. All are vastly different in nature, and all are within a scenic 40 minute drive of centrally located Duncan on Southern Vancouver Island. You will find all the services, amenities and activities you need to make your visit a success in and around our communities.

### Ladysmith



Ladysmith's stunning waterfront and Transfer Beach are the community's most defining features. Take a harbour boat tour, rent a kayak, play beach volleyball or swim in the warmest salt water north of San Francisco. 26 km of local trails feature waterfalls, rainforests and mountainside lookouts. Built on a hillside overlooking a sparkling harbour and surrounded by magnificent landscapes, Historic First Avenue and adjacent side streets are home to a variety of quaint boutiques, cafes and bakeries,

specialty fare and pub-style meals, books and gifts, antiques and vintage treasures and fashion. Stop by the floating Maritime Museum for a look at wonderfully restored wooden boats and a glimpse into the past. The community centre and an outdoor sports complex include an all-weather soccer field, an indoor swimming pool, gymnasium and fitness centre.

### North Cowichan

Where urban and rural meet, North Cowichan's stunning landscapes and fertile farmland are framed by ocean, rivers and mountains. The municipality spans 194 square kilometres, and is home to several unique communities and agritourism attractions. 50 parks and three mountains offer limitless outdoor activities including an extensive trail system for all levels of hiking and cycling. Kayakers and boaters can launch at several spots along the coast.

### Chemainus

This artistic seaside village is world renowned for its 44 wall murals and 13 sculptures depicting the town's history. Chemainus is filled with eclectic shops, galleries and culinary adventures. Taking in a performance at the majestic Chemainus Theatre Festival, the largest professional theatre company in BC, rounds out the cultural experience. Kin Beach and Fuller Lake offer protected waters and sandy beaches for swimming, kayaking, canoeing or paddle boarding. Power & sail enthusiasts will find moorage right in town at the Chemainus Municipal Marina. Divers can explore the world's only Boeing 737 aircraft reef and fishers will enjoy two fully stocked trout lakes. Add to this a state of the art skate park, outdoor racket courts, a sports arena and 18 holes of challenging golf, and Chemainus stands out as a well-rounded destination.

## Duncan

Explore the City of Totems, in the “Heart of Cowichan”. Duncan’s revitalized heritage downtown bustles with activity in shops, galleries, bookstores, restaurants & cafés, and a popular brew pub and wine bar. The 100 year old City Hall and clock tower, and the historic train station which now houses the Cowichan Valley Museum, are must-sees. Take a free tour of 38 First Nations totem poles lining the downtown streets and see the world’s first totem sculpture drinking fountain. Stroll down alleys lined with outdoor historical and art exhibits. Don’t miss the Duncan Farmer’s Market, a year-round Saturday tradition with more than 120 vendors selling local produce, crafts, baked goods, fashion, jewellery and more. Minutes from downtown are the Cowichan Aquatic Centre, Island Savings Centre (home to multiple sports) and the bird viewing trails at Somenos Marsh.



## Crofton

Framed by picturesque hills and Osborne Bay, Crofton offers great fishing and boating and access to Saltspring Island. Kayakers explore the stunning coast and mountain bikers ride the impressive 14 km Maple Syrup Trail on Maple Mountain. A lovely oceanside sea walk connects with nature trails leading over the mountain to neighbouring Maple Bay.

## Maple Bay and Genoa Bay

The oceanfront communities of Maple Bay and Genoa Bay are situated in idyllic coves and protected inlets. Quaint restaurants dish up local flavours and are a popular destination after boating, fishing or hiking & cycling the trails on Maple Mountain and Stoney Hill.

## Lake Cowichan & Area

The 34 km long Cowichan Lake is a major landmark on the Pacific Marine Circle Route, a 250 km touring route connecting Cowichan in the east to Port Renfrew and Sooke in the west, featuring spectacular mountain, river and ocean scenery. This lakeside town and its dramatic surroundings are a premier vacation destination for



families, outdoors lovers and freshwater sports enthusiasts. Called the fly-fishing capital of Canada, the town is the western terminus for the Trans Canada Trail. The Cowichan Lake Sports Arena provides ice hockey and curling, and there are baseball and soccer fields and a walking trail. Water ski, or rent a houseboat and experience leisurely life on the water. The Heritage Cowichan River, which originates at the lake, offers excellent whitewater kayaking, and is a popular destination for tubing in the summer. Stay right in town or camp at one of the area’s several provincial, municipal and privately-operated campgrounds.

## **Youbou and Honeymoon Bay**

The village of Youbou, on the north side of Cowichan Lake, boasts the country's only sanctioned hand set, five and ten pin bowling alley. Honeymoon Bay, on the lake's southern shores, features an ecological reserve with over two dozen species of wildflowers as well as a well-groomed golf course. Both areas offer sunny beaches and are gateways to the region's spectacular back country adventures.

## **South Cowichan ~ Mill Bay, Cobble Hill, Shawnigan Lake**

People in the area embrace the healthy lifestyle that comes with easy access to mountains, 34 parks, lakes and the ocean. Hike, bike, or take a horseback ride along the Cowichan Valley Trail, and cross the restored Kinsol Trestle (one of the world's longest wooden railway trestles). Farm markets, artisan studios and wineries dot the idyllic pastoral landscape. Golf with stunning views of Mt. Baker or hike up Cobble Hill Mountain for grand views stretching to the Gulf Islands. Recreation centres house ice rinks and gymnasiums, and a host of community events and activities are held at several sports fields, including Shawnigan Athletic Park and Kerry Park. Two international schools are located in South Cowichan. Brentwood College hosts the annual Rowing Regatta, and Shawnigan Lake School recently opened a new ice arena.

## **Cowichan Bay**



Charming, picturesque and funky are terms often used to describe the eclectic seaside fishing village of Cowichan Bay, a fascinating cornucopia of sail and fishing boats, piers, wharves and floating homes, and one of the most picturesque locations on Vancouver Island. The main street is lined with marinas and food shops, restaurants, cafes, boutiques, galleries, stilt homes, boat launches and a park and interpretive nature centre. Visit the Cowichan Bay Maritime Centre, go kayaking or whale-watching, or play tennis at the second oldest lawn tennis club in the world. Cowichan Bay has been designated as North America's first

Cittaslow (slow city) community which recognizes the importance of independent local businesses, with a focus on community and traditional methods.

For more information about the towns and communities in the Cowichan Region, please contact The Cowichan Regional Visitor Centre at 1-888-303-3337 or visit [www.tourismcowichan.com](http://www.tourismcowichan.com)



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