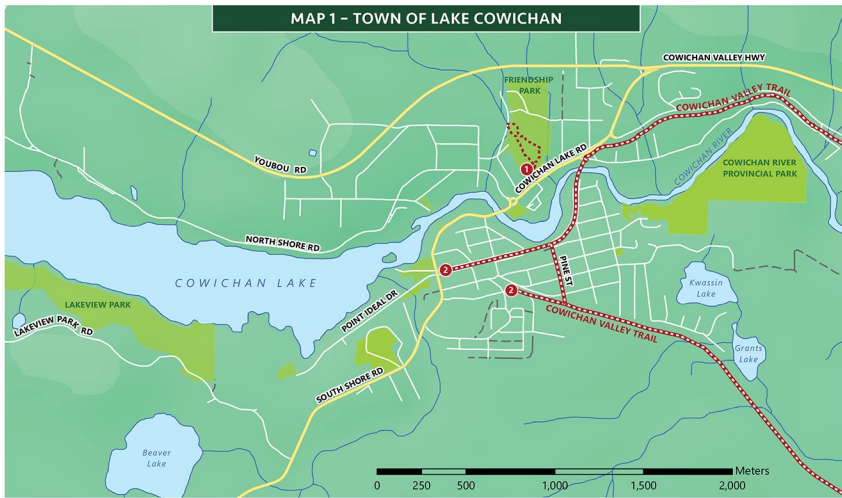
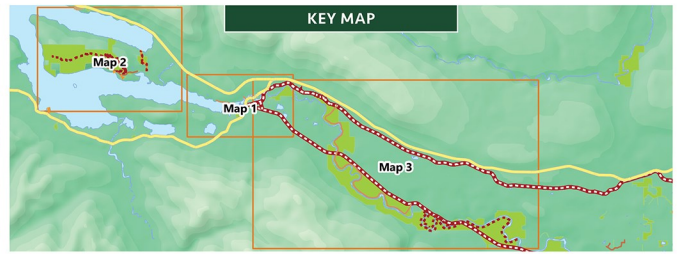


MAP 1 - TOWN OF LAKE COWICHAN



KEY MAP



TRAILHEADS

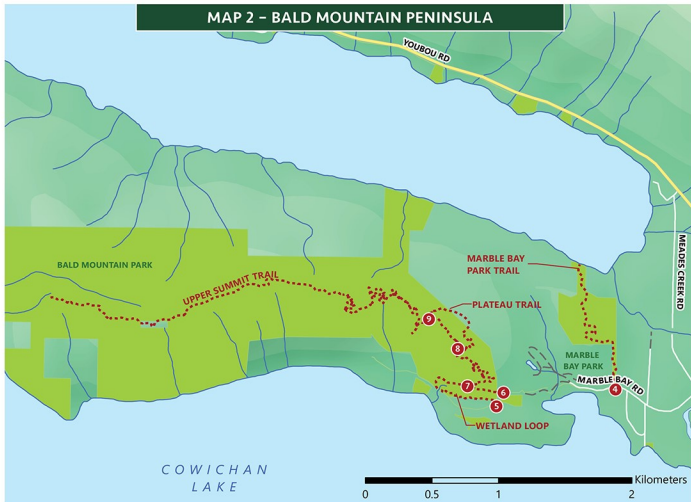
- 1 FRIENDSHIP PARK FISHERIES TRAIL
- 2 COWICHAN VALLEY TRAIL
- 3 COWICHAN RIVER FOOTPATH
- 4 MARBLE BAY TRAIL

- 5 WOODLAND TRAIL
- 6 WETLAND LOOP
- 7 SUMMIT CONNECTOR
- 8 PLATEAU TRAIL
- 9 UPPER SUMMIT TRAIL

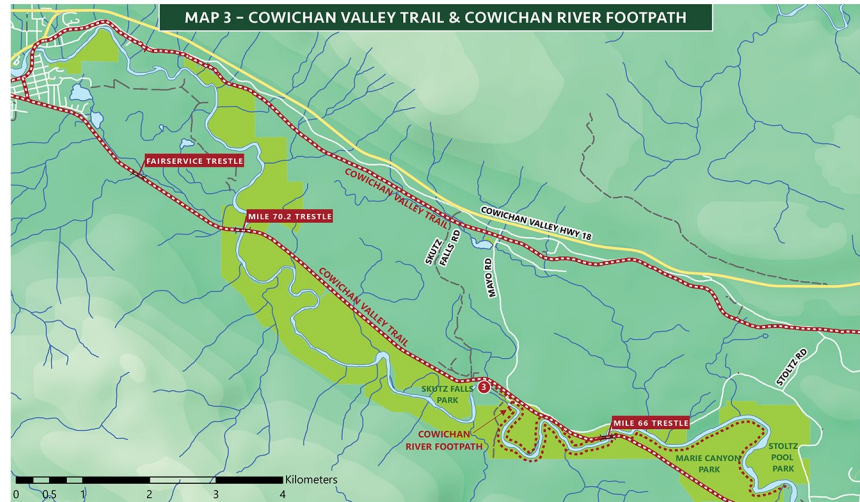
LEGEND

- PARKS
 - PAVED ROAD
 - HIKE & BIKE
 - HIKE ONLY
- ELEVATION MODEL
- 125-250m
 - 250-500m
 - 500-750m
 - 750-1000m
 - 1000m+

MAP 2 - BALD MOUNTAIN PENINSULA



MAP 3 - COWICHAN VALLEY TRAIL & COWICHAN RIVER FOOTPATH





Cowichan Valley Trail



The Cowichan Valley Trail on southern Vancouver Island is an integral part of The Great Trail (formerly known as the Trans Canada Trail). The Great Trail is a cross-Canada system of greenways, waterways, and roadways that stretches from the Atlantic to the Pacific to the Arctic oceans. It extends over 24,000 kilometres (15,000 miles) and is now the longest recreational multi-use trail network in the world. From The Great Trail Western Terminus in Lake Cowichan, you can access the Cowichan Valley Trail in two directions: to the southeast and to the northeast.

The southeast route toward Shawnigan Lake initially follows the Cowichan River, then crosses the Koksilah River at the historic Kinsol Trestle bridge. Because the template is a former railroad bed, the trail is fairly flat and several trestle bridges offer spectacular views of river canyons and forests. Leaving Lake Cowichan, you'll find trestle bridges at miles 70.2, 66, and 64.4, plus the Holt Creek Trestle, the Kinsol Trestle, and the McGee Creek Trestle. Other highlights include Skutz Falls, Marie Canyon, and Stola Pool. Parking areas at several points along the trail allow hikers and bikers to choose their desired route and distance. The total length from Lake Cowichan to the West Shawnigan Lake Park is about 42 kilometres one way.

For the northeast route from Lake Cowichan, the Cowichan Valley Trail heads first east to Duncan, then north to the Regional District of Nanaimo. The distance from Lake Cowichan to Duncan is 26 kilometres one way. This portion closely follows Highway 18, so access is possible at several points. Mayo Lake Park offers a pleasant opportunity for a break.

DIRECTIONS

Access both the southeast and northeast routes from the Great Trail Western Terminus on South Shore road across from the Visitor Centre. To connect with the southeast route, turn right at Pine Street and walk uphill 3 blocks to connect with the trail again. Or use the map to find other access points.

AMENITIES

Restrooms, Parking areas, Trail map signs, Campsites, Picnic areas, Historic railway trestles



Cowichan River Footpath



Not to be confused with the Cowichan Valley Trail, this 20-kilometre woodland trail hugs the Cowichan River from Skutz Falls to Glenora Trails Head Park. The trail starts just below Skutz Falls at the forest service road bridge. It follows the bank on both sides of the river, with various offshoots providing water or beach access. A favourite route is hiking from Skutz Falls along the south bank to Trestle 66, then crossing and returning along the northern shore for an 8-kilometre loop.

DIRECTIONS

Follow the signs to Skutz Falls from Highway 18.

AMENITIES

Restrooms, Parking areas, Trail map signs, Campsites, Picnic areas, Historic railway trestles

Marble Bay Trail



This fairly challenging wooded trail climbs about 125 meters kilometres to the top of Little Bald Mountain. Check out the photogenic views of Cowichan Lake and the larger Bald Mountain Peninsula before returning on the same trail for a total distance of 1.6 kilometres.

DIRECTIONS

From Lake Cowichan, follow North Shore road. Turn left onto Meades Creek Road. Turn left onto Marble Bay Road. At the park sign, turn right into a gravel parking lot. (1995 Nighthawk Road).

AMENITIES

Parking, Trail map sign, No restroom

Friendship Park Fisheries Trail



Friendship Park Fisheries Trail is a network of short, unmarked wooded trails behind the grocery store on South Shore Road in Lake Cowichan. The path winds through a shady second-growth forest, offering a couple of bridges to cross tiny Oliver Creek. Friendship Park is dedicated to the people of Lake Cowichan's twin city: Ohtaki, Japan.

DIRECTIONS

From the grocery store parking lot, walk along South Shore road to the park sign and follow the trail.

AMENITIES

Restroom in store, Parking in store lot, No signage for guidance



Bald Mountain Peninsula



Bald Mountain Peninsula park offers a trail system with over 7.6 kilometres of hiking. The Denninger Trails are named after a local scout leader who helped build the network of paths. Whether you want hilly or flat, easy or more challenging, this mountain has something to suit. The full hike from the parking lot to the end of the summit trail is about 4 kilometres in length.

DIRECTIONS

From Lake Cowichan, follow North Shore Road. Turn left onto Meades Creek Road. Turn left onto Marble Bay Road. Just past the Woodland Shores development, turn right into a gravel parking lot (9489 Marble Bay Road).

AMENITIES

Restrooms at Stoker Park across the street, Parking, Trail map sign, Trail guide posts, Viewing benches

Woodland Trail

Follow an easy, flat roadside path for 1.9 kilometres.

Wetland Loop

Interpretive signs guide you along this 1.1-kilometre route through a natural wetlands area.

Summit Connector

A series of switchbacks take you up a rise of about 80 metres for a more challenging 1.7-kilometre hike.

Plateau Trail

This upper loop provides views of both north and south arms of Lake Cowichan for a distance of .86 kilometres.

Upper Summit

The most challenging hike on the mountain ascends an elevation of 360 metres through logged areas, mossy woods, and grassy alpine paths. The 2.2-kilometre hike rewards you with expansive views of the south and north arms of Cowichan Lake.



Our Stewardship Mission

To develop, maintain and promote hiking and biking trails throughout the Cowichan Lake region while working with the local communities to create and enhance the support structures and services required creating sustainable, environmentally sound experiences for local residents and tourists.

Acknowledgment

The Cowichan Lake Trailblazers Society wishes to acknowledge that some of our trails are on the unceded territory of Ts'oubaas-asax't First Nation.

Hike and bike with care

Please note the hike descriptions and suggested levels of difficulty. Hike and bike within your limits. Dress appropriately for the weather and terrain. Carry the proper supplies, including water and sunscreen. Remember you are in a natural wildlife area so it's important to understand how to manage encounters with large animals.



Thanks to Mid Island Co-op for its generous financial support.

Have a trail idea, comment or concern?

Visit our web site at CowichanLakeTrailblazers.com
Or, contact us at cowichanlaketrailblazers@gmail.com

LAKE COWICHAN AREA TRAIL MAPS

