



Volkssport Association of British Columbia CVF Director's Walk



Lake Cowichan PT 082
5 km Trail rating: 2B

This walk qualifies for the CVF Trans Canada Trail Walking Program

This walk begins at the Lake Cowichan Visitor Centre, Saywell Park, 125C South Shore Road. It is located in a log house in the center of Lake Cowichan, 1 km off Hwy 18 as you turn into Lake Cowichan; a straight drive down through the center of town. It is open from 10am to 4pm every day except Monday in the off season. Washrooms, parking, picnic tables available.

1. From the Visitor Centre, walk to South Shore Road. **R** to Point Ideal Road. **R** on Point Ideal Road. Go a short distance **R** in parking lot before light grey building. Go behind caboose, **L** past rust building and **R** past green building. Cross main path and veer right on a narrower path and follow it to the 'Jakes at the Lake' Pub. **L** on South Shore Road. (0.3 km)
2. **L** at Ohtaki Park over bridge through a small park. **L** on River Road (no sign), cross North Shore Road and continue uphill to Elk Road. **R** on Elk Road to Beaver Road. **R** on Beaver Road to Wilson Road. **R** on Wilson Road to North Shore Road. **L** on North Shore Road to South Shore Road. (2.7 km)
3. **L** on South Shore Road and continue past the Country Grocer to the Friendship Trail. **L** on the Friendship Trail. Trail curves to the right to cross a small bridge. Continue up trail, passing a second bridge on your left, uphill to a paved road at the top of the park - Oak Lane (no sign). (3.4 km)
4. **R** on Oak Lane and continue to second intersection Neva Road (no sign). **R** on Neva Road to South Shore Road. Carefully cross South Shore Road and **R** onto a trail. Follow trail to a railway bridge over the Cowichan River. Cross bridge and continue on Trans Canada Trail passing the Trans Canada Trail information board (furthest point west on Vancouver Island for the Trans Canada Trail) to return to South Shore Road and the start point. (5.0 km)

We hope you enjoyed the walk!

If there are any problems with the instructions or the map, please contact:

David Catrall 250-598-4316, david.catrall@telus.net

Town of Lake Cowichan 5 km walk route

