



Volkssport Association of British Columbia CVF Director's Walk



Lake Cowichan PT082 Route "A" Town Walk 10 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 pedestrian crosswalk at intersection of Point Ideal and S. Shore. **L** across S. Shore and **R** (A&W on your left) uphill, passing Lake Cowichan Secondary School to Stone. **L** on Stone to Willow. **R** on Willow to Arbutus. **L** on Arbutus to Larch. **L** on Larch to Hemlock. **R** on Hemlock onto paved road leading toward A.B. Greenwell School. **L** on trail just before the chain link schoolyard fence downhill to Trans Canada Trail (1.5 km). **R** on Trans Canada Trail and continue about 1 km to a trail exit (yellow rail gate on your left and rusted pole gate uphill on your right). **L** off trail to Johel (paved road – no sign) (2.5 km).
2. **L** on Johel to Grants Lake. **L** on Grants Lake Road and continue on this road (becomes Sahtlam E. at Boundary / Somenos – fire hydrant # 68 on your right) to Cowichan Ave. (3.8 km). **L** on Cowichan Ave. to Coronation. **R** on Coronation to Nelson (4.1 km). **L** on Nelson and continue downhill (towards the A&W) to stop sign. At the stop sign (just before the A&W), **R and R** again onto Trans Canada Trail (4.5 km) (“Western Terminus Trans Canada Trail” sign). Stay on Trail to Pine.
3. At Pine, trail becomes CPR trail right-of-way. Continue on this trail (Do not turn right on Pine to go to next section of Trans Canada Trail). Continue on this trail, crossing CPR Trestle Bridge. At end of bridge, **L** to South Shore.
4. **L** on South Shore, passing Payless Gas Station to Stanley (Notary Office sign – no street sign). **L** on this street to Gordon. **L** on Gordon and follow out to Central Park. **L** around the perimeter of the park (river on your left) (washrooms available) up to the bridge at South Shore. **R** on South Shore to crosswalk and **L** to cross South Shore Road (6.3 km)
5. Cross North Shore Road and walk east along South Shore Road and continue past the Country Grocer to “Friendship Trail” on your left. **L** on “Friendship Trail” to second gate into Palsson Elementary schoolgrounds (keep creek on your right). Proceed through playground and parking lot, past orange building (New Ambulance and Firehall Bldg.) on left. Sign end of road (Grosskleg and Wilson) (7.1 km).
6. **R** uphill on Wilson to end of road. This turns into Beaver (fire hydrant #6; no street sign). **L** on Beaver to Elk. **L** on Elk downhill to River. **L** on River, crossing North Shore to Kinsmen Duckpond Park . Cross the trestle bridge to South Shore. **R** on South Shore, passing # 71 (Hotel) and # 75 (Vet Clinic) and continuing to the ‘Jakes at the Lake’ Pub (8.9 km).
7. **R** into Saywell Park beside the Jakes at the Lake Pub. Trail starts behind pub; follow old concrete path (river on your right). At gravel parking area, cross road and **R** (past dark green building on your left) on old concrete path which becomes gravel trail into trees. At first “Y” intersection of trail, keep to your **right** and follow gravel trail as it veers to **left** out to Point Ideal Road (paved road – no sign) (9.7 km).
8. **L** on Point Ideal Road South Shore Road. **L** and **L** again to return to the start point. (10.0 km)

We hope you enjoyed our walk!

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