



# Volkssport Association of British Columbia

## CVF Director's Walk

### PT 304 Duncan – 10 km – Rated 2B



This walk begins at the Cowichan Valley Museum at 130 Canada Avenue. Free parking for 3 hours is available behind the museum. Or you can park on Duncan Street all day for \$2. Washrooms available next door to the museum. From Trans Canada Hwy 1, turn left (from the South) or right (from the North) onto Trunk Road. Cross railroad tracks and right on Canada Ave. The museum (old railway station) is on your right.

1. From the front of Cowichan Valley Museum turn left for a short distance, then left on a path across the railroad tracks and a crosswalk across Duncan St. to the 'Duncan Garage' building (worth a visit).
2. Left on Duncan St., right on Queens Rd. At the end of Queens, curve right on Ypres St.
3. At Coronation Ave, cross Ypres St and Coronation Ave then left on Coronation to continue on the right side of Coronation. Cross the Trans Canada Hwy at lights.
4. Right on Bundock Ave, left on Trunk Rd, right on McKinstry Rd at lights. Continue on McKinstry Rd to end. Gated townhouse complex straight ahead. Veer left through parking lot, right on path up to dyke.
5. Left onto dyke (Cowichan River on right). Continue on dyke past the Freshwater Fish Health Building. When dyke veers right, go left down a slope with a yellow railing.
6. At the bottom of slope follow road to right (Lakes Rd - unsigned). At stop sign, continue straight ahead on a path between two chain-link fences (Public Works Yard on left). At end of path, veer right onto an unnamed alley which brings you to Trunk Rd.
7. Cross Trunk Rd and Lakes Rd at lights to a Petro-Canada gas station. Trunk Rd becomes Tzouhalem Rd. Pass the PetroCan station on Tzouhalem. (**Watch for traffic entering or exiting the gas station**) and continue for a short distance to a cement barrier and railing.
8. Left past the barrier onto dyke. Follow dyke - Lakes Rd on left; slough/field on right.
9. Dyke crosses Lakes Rd at a crosswalk on far side of traffic circle. Stay on the dyke, pass dog park - Beverly St on left; walk to where dyke swings right alongside Trans Canada Hwy. Exit left onto a short path thru 2 yellow posts to a crosswalk.
10. Cross Beverly St and Trans Canada Hwy at lights and stay on left side of Beverly St; pass "Oil Change".
11. Left on path opposite Mr. Mike's Steakhouse and continue through University grounds to where path ends at a paved road (University Way – unsigned).
12. Left on sidewalk beside University Way (University is on your left)
13. Cross University Way at crosswalk just before traffic circle then continue on pathway on right side of parking lot (Island Savings Centre is on your left) to James St.
14. Right on James St, cross tracks, bear right on pathway beside Canada Ave then left on crosswalk over Canada Ave. Continue straight on 3<sup>rd</sup> St., continue to end of 3<sup>rd</sup> St and enter Centennial Park.
15. Right on gravel trail - community garden on left; pond on right. Right again at sign 'Community Projects Plot'. Veer left and cross over three culverts.
16. Left at 'Y' to go downhill. Pass stairs on right and continue straight. Sharp left turn just before a hill.
17. Right at "T", tennis courts on left; Cowichan Lawn Bowling Club on right. Continue past parking lot into 1st St (stay on right side)
18. Right on Jubilee St. Cross Evans and continue on Jubilee. Left on Ingram and right on Craig to go through City Square (where the Saturday market is held) and past City Hall *Note bronze sculpture and drinking fountain "Workers Memorial Plaque"*
19. Cross Kenneth and then right to walk on the left side of Kenneth. *From this point we will follow the yellow footsteps painted on the sidewalk called the 'Totem Tour'*
20. Follow footsteps along Kenneth St *Note descriptive plaques on the totems*
21. At the end of Kenneth St follow the steps across Kenneth and go a short distance up Government St to pedestrian light. Cross Government St and turn left
22. Cross E J Hughes Place, past Law Courts - go through posts to "Peaceful Boundaries Totem";
23. Continue along Government in front of Seniors Activity Centre
24. Continue to follow the footsteps across Government and right on Station St. The steps cross Station St a couple of times to show you various totem poles before finally reaching Canada Ave.
25. Cross and L along right side of Canada Ave to return to the start point *There are more totems in the park*

# We hope you enjoyed your walk!

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