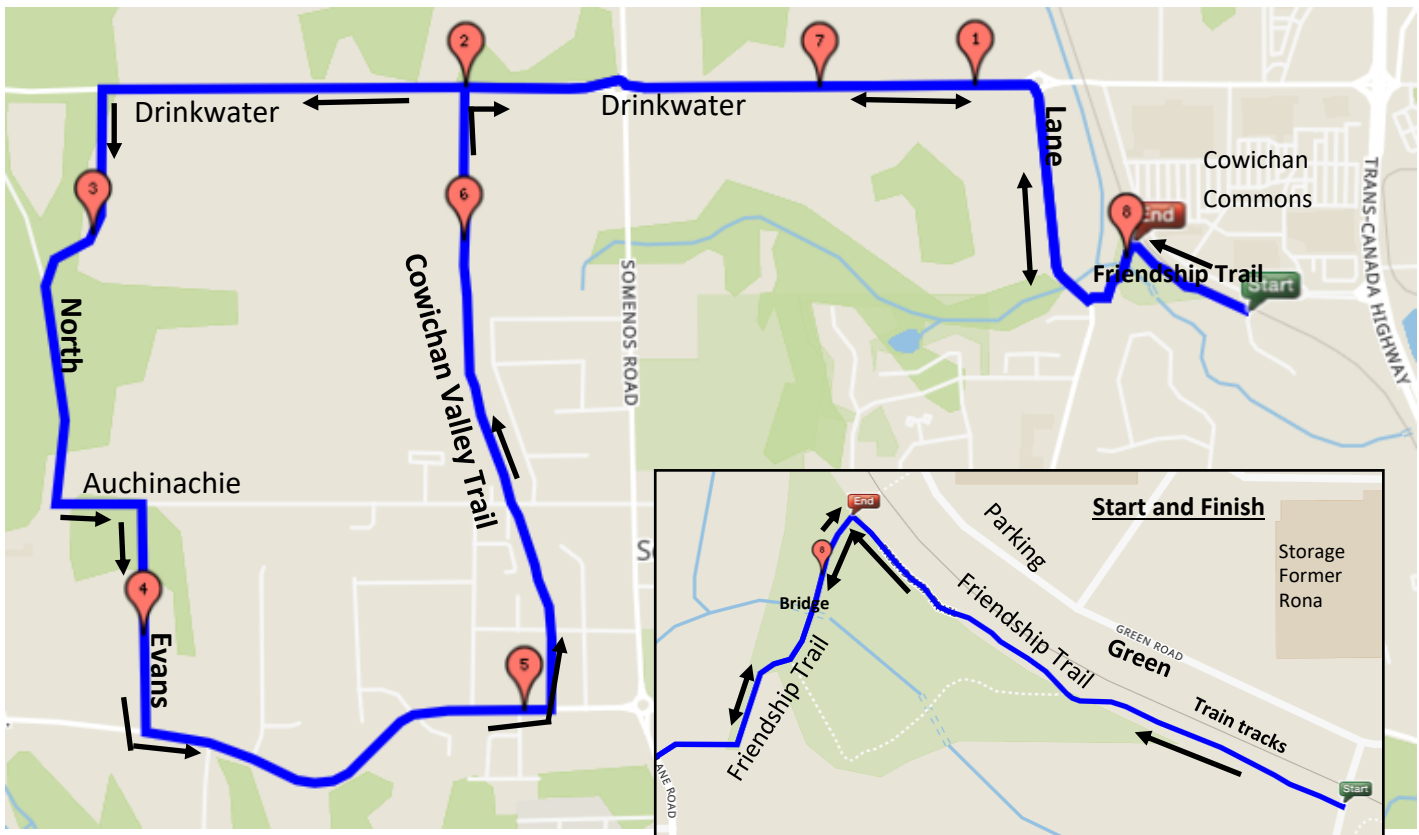


8K Duncan, BC

Starting from Cowichan Commons Friendship Trail



Route Directions:

<http://www.gmap-pedometer.com/?r=7552945>

- Green Rd & Friendship Trail (At tracks)
- Right on Friendship Trail. Keep left to bridge
- Left across bridge staying on Friendship Trail to Lane
- Right on Lane to Drinkwater
- Left on Drinkwater crossing Somenos Rd at round-about
- Stay straight on Drinkwater to North
- Left on North to Auchinachie
- Left on Auchinachie to Evans
- Right on Evans to Cowichan Lake
- Left on Cowichan Lake to Cowichan Valley Trail
- Left on the Cowichan Valley Trail to Drinkwater
- Right on Drinkwater to Lane
- Right on Lane to Friendship Trail
- Left on Friendship Trail to finish just after bridge where trails meet

Uphill at:

- Following 1K going up Drinkwater
- At 2 & 1/2K on Drinkwater
- On North at 3K
- 4 & 1/2K on Cowichan Lake
- Small hill on Lane on return prior to Friendship Trail

Remaining course has downhill portions and flat areas

* Cowichan Valley Trail

8K Mill Bay B.C.

Starting from Keir Rd (Mill Bay Dock/Pier) to Mill Bay/ Malahat Fountain on Mill Bay Rd (442 meters from the Ferry Rd)



2599 Keir Road, Mill Bay. East off the Trans-Canada Highway onto Deloume Road, right onto Mill Bay Road, left onto Keir Road.

Route Directions:

gmap-pedometer.com (gmap-pedometer.com)

- Start at the end of Keir Rd. 2599 Keir Road, Mill Bay. East off the Trans-Canada Highway onto Deloume Road, right onto Mill Bay Road, left onto Keir Road.
- Keir Rd to Mill Bay Road
- Left on Mill Bay to Fountain (bottom of hill across from ocean)
- Turn-around and go back along Mill Bay Rd
- Left on Keir to the finish at the end of Keir prior to Wharf

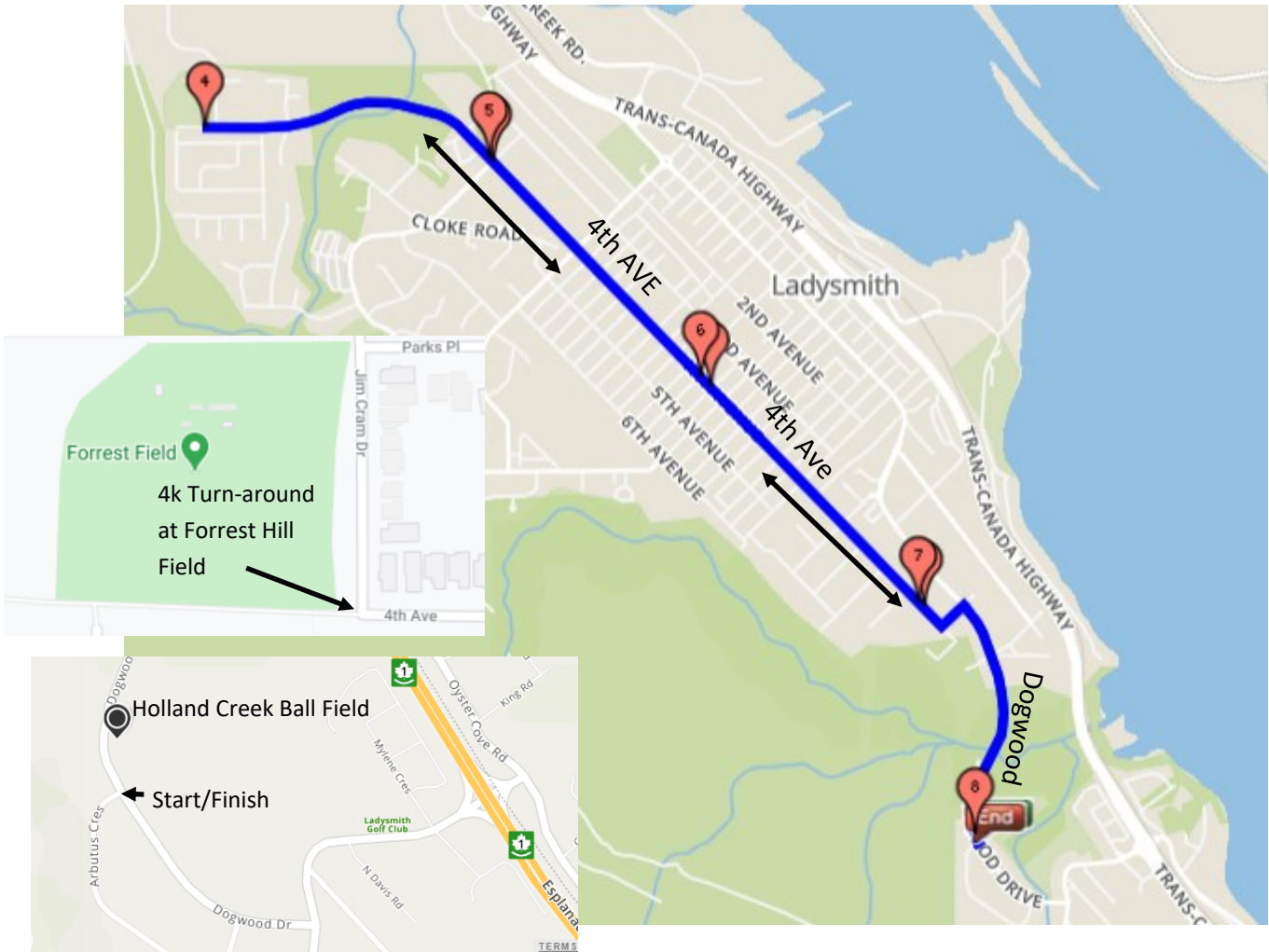
* Click here for Mill Bay Wharf info: [Mill Bay Community Wharf | Cowichan Valley Regional District \(cvrd.ca\)](http://Mill Bay Community Wharf | Cowichan Valley Regional District (cvrd.ca))

Hills: There are a couple hills one on the way out and one near the finish on Mill Bay prior to Keir Rd

If you are looking for a fast time, this route is it.

8K Ladysmith B.C.

Starting from Arbutus & Dogwood (Holland Creek Ball Park)



Hills:

A climb near the start following the Holland Creek bridge

Slightly rolling towards turn-around at Forrest Hill Field

Route Directions:

<http://www.gmap-pedometer.com/?r=755372>

- Start at Arbutus & Dogwood
- Dogwood to 4th Ave Extension
- Left on 4th Ave
- 4th Ave bends to the right
- Stay on 4th Ave to Forrest Hill Park (end of 4th Ave)
- Turn-around at 4 k
- Retrace route on return

Holland Creek Ball Field: [Holland Creek Ballfield - Hours & Reviews - 373 Dogwood Drive, Ladysmith, BC V9G 1T7 | Canada Online \(cdncompanies.com\)](https://www.cdncompanies.com/holland-creek-ballfield)