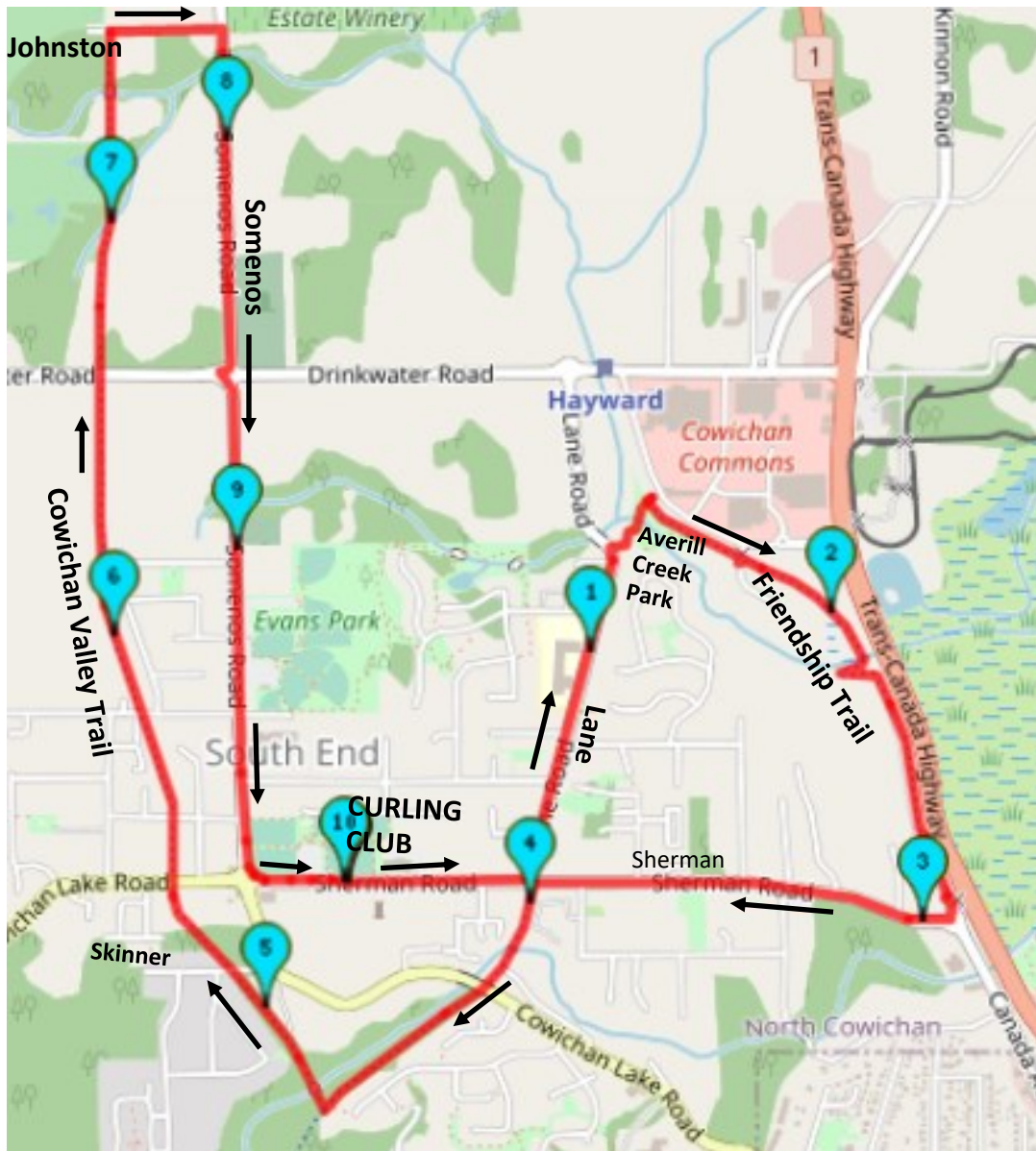


# 10k - Duncan, BC

Starting from the Curling Club



Route Directions: <http://www.mappedometer.com/?maproute=855725>

- Start at the Curling Club on Sherman Rd
- Left to Lane
- Left at Averill Creek Park Trail
- Right to Friendship trail
- Right to Allington
- Left to Sherman
- Right to Cowichan Valley Trail (Prior to Lane)
- Right to trail junction at bridge up to Skinner
- Trail to Johnston
- Right to Somenos
- Right to Sherman
- Left to finish at Curling Club

# 10K Chemainus, BC

Starting from Fuller Lake Park

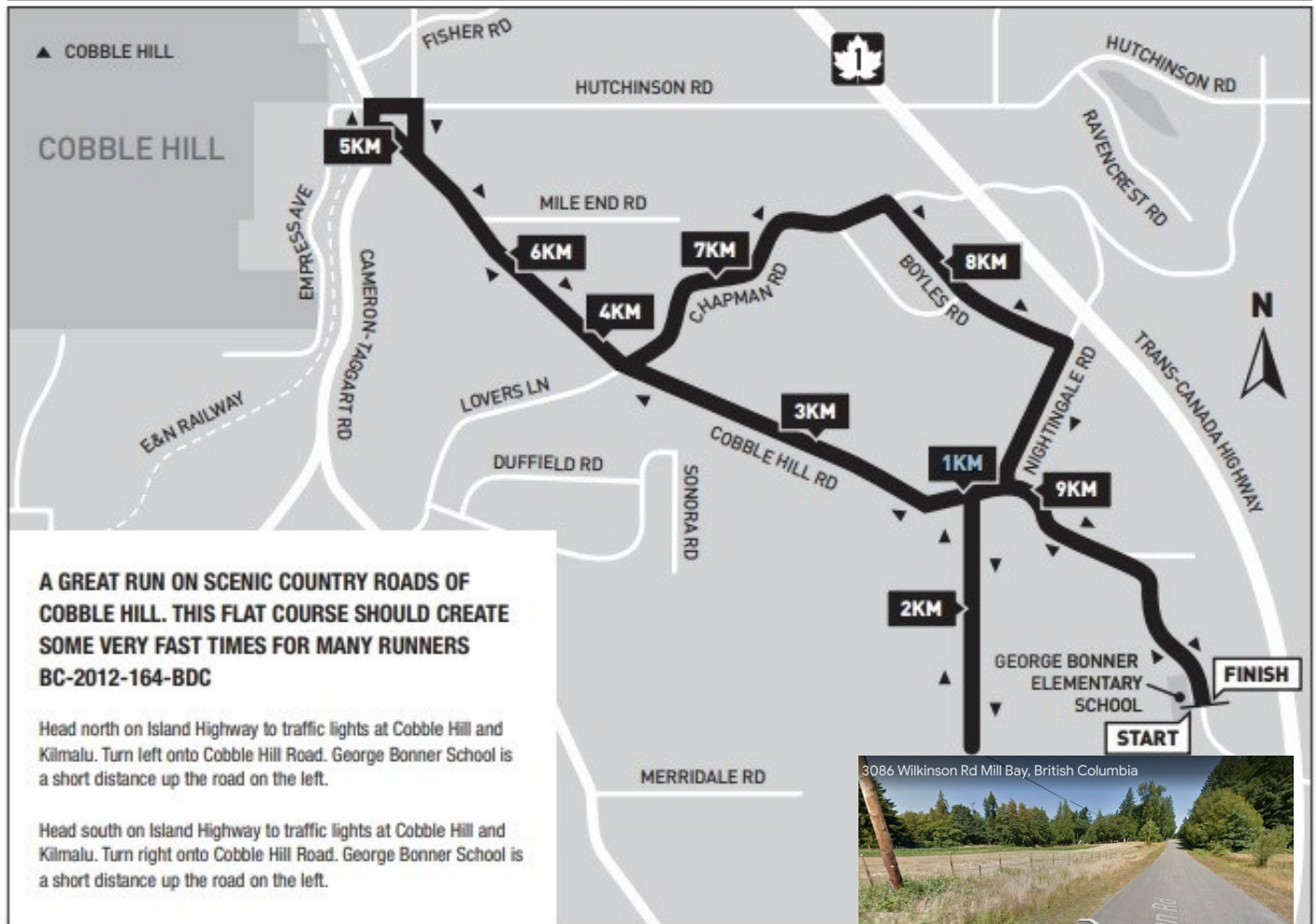


## Route Directions:

<http://www.gmap-pedometer.com/?r=7557089>

- Start on Poplar Rd at T junction going down to the parking lot .
- Poplar to Fuller Lk Rd
- Left to Cottonwood
- Left to Crozier
- Right to Chemainus Rd
- Left to the Cowichan Valley Trail
- Left on the Cowichan Valley trail
- Turn-around at Maxwell St. & trail
- Retrace route back to the finish at Fuller Lake Park

## COBBLE HILL 10K – COBBLE HILL – MAP & ROUTE INFORMATION



### Route Directions:

[www.mappedometer.com/?maproute=855477](http://www.mappedometer.com/?maproute=855477)

- Start at George Bonner School and Cobble Hill
- Left on Cobble Hill to Wilkinson
- Left at to turn-around 1/2 way down. \*See photo #3086
- Turn-around to Cobble Hill Road
- Left to Cobble Hill /Shawnigan
- Right to Hutchinson
- Right to Watson
- Right to Cobble Hill
- Left to Chapman
- Left to Boyles
- Right to Nightingale
- Right to Cobble Hill
- Left to George Bonner School