

# 8k - Chemainus, BC

Starting from Fuller Lake Park



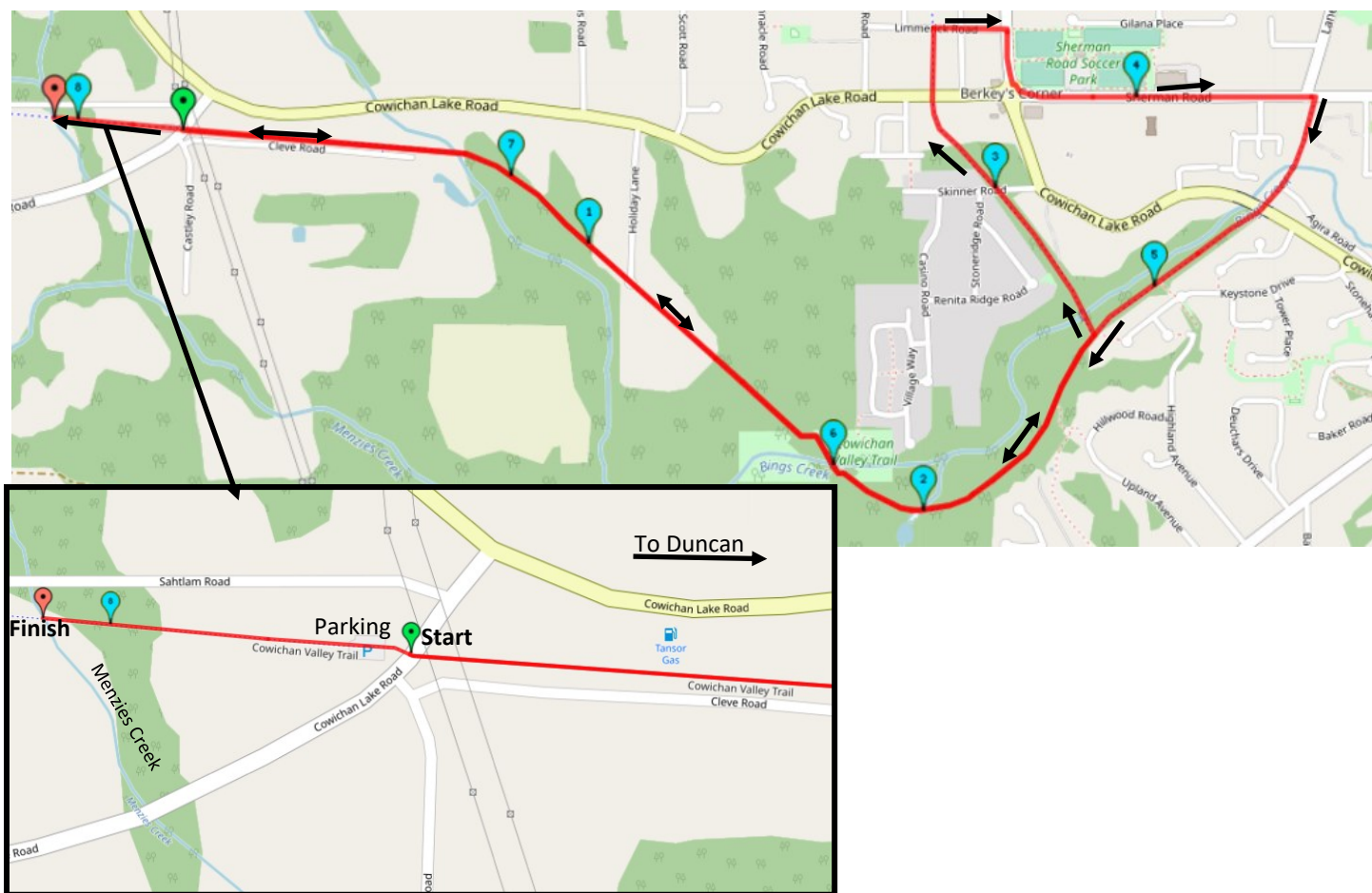
Route directions: <http://www.gmap-pedometer.com/?r=7563330>

- Start in Fuller Lake Park at the corner of Poplar Rd and parking entrance by washrooms
- Straight up to Poplar .
- Left at junction to trail entrance on left in front of chain link fence
- Stay on trail until it exits onto paved rd (Poplar)
- Right to Fuller Lake Rd
- Left on Fuller Lk Rd

- Cross Fuller Lk Rd to enter trail entrance on right \*See map/photo
- Keep right on trail going downhill to trail junction
- Keep straight through intersection
- Keep right following trail around to field.
- Left at junction for 2nd loop
- Once back at junction go right up hill returning exactly the way you came: Trail to Fuller Lk. Left to Poplar. Right to trail. Left to Poplar
- Poplar to next junction
- Straight down through parking. Loop left to finish at washrooms

# 8k - Duncan, BC

Starting from parking area on Cowichan Lake Road

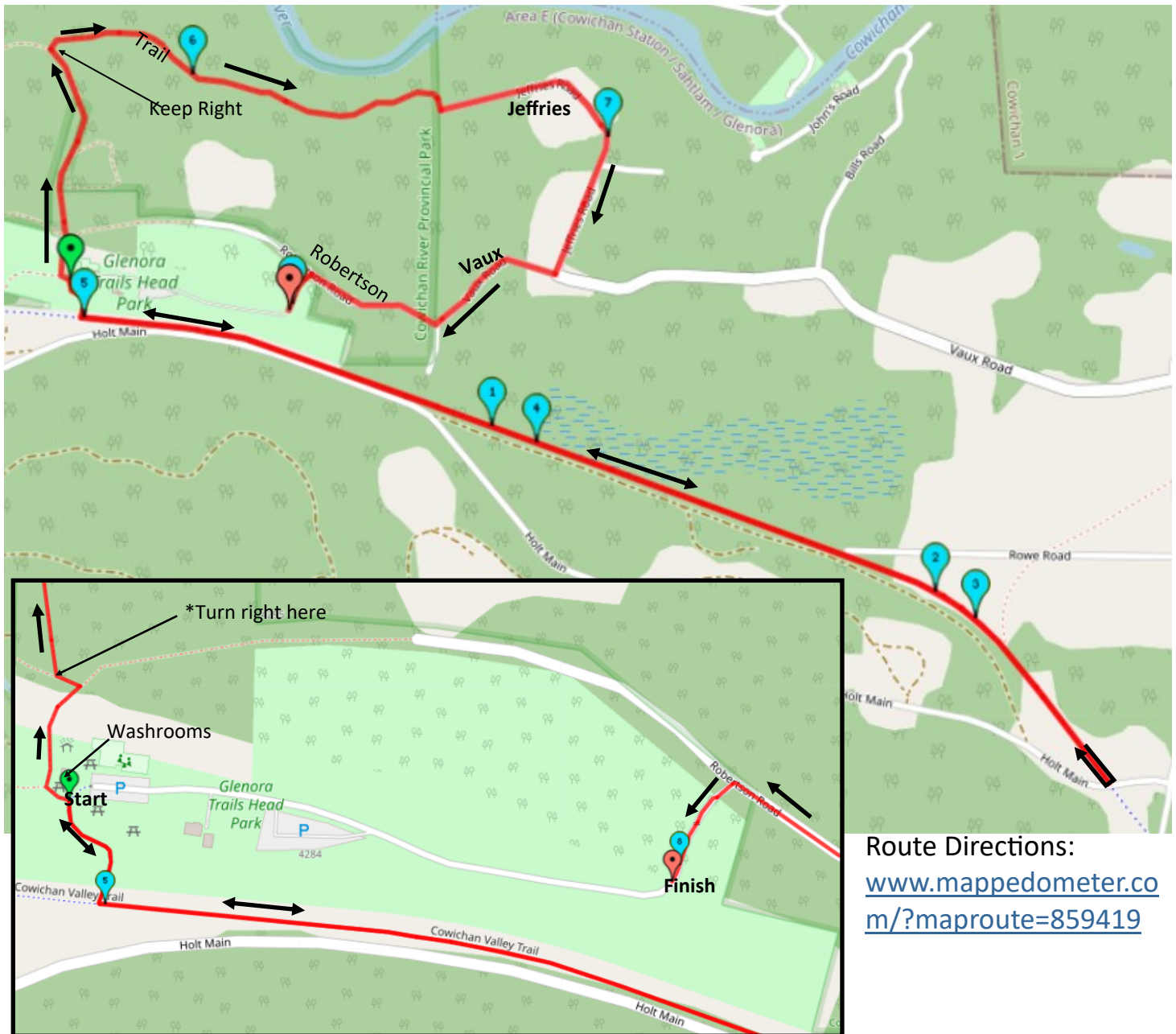


Route Directions: [www.mappedometer.com/?maproute=859424](http://www.mappedometer.com/?maproute=859424)

- Start from the parking lot on Cowichan Lk Rd. Cross Cowichan Lk Rd onto trail heading towards Duncan
- Keep on the trail until you come to the Pipeline trail
- Turn left up the Pipeline Trail crossing bridge and continuing on trail uphill.
- Continue on trail crossing two streets (Skinner & Cowichan Lk) onto Limmerick Road
- Turn right on Limmerick to Somenos Road.
- Turn right on Somenos to Sherman (roundabout)
- Turn left onto Sherman to Lane Road
- Cross Lane Road staying on Sherman to the crosswalk
- Right across Sherman onto trail
- Stay on trail crossing Cowichan Lk Rd back to start in parking lot
- Continue straight on trail for approximately 200 meters past the parking lot to get 8K at Menzies Creek.

# 8k - Glenora, BC

Park at the Glenora Trails Head Park



Route Directions:

[www.mappedometer.com/?maproute=859419](http://www.mappedometer.com/?maproute=859419)

- Start by the washrooms
- Left on path down to Great Trail/Cowichan Valley Trail.
- Turn left onto Great trail for approx. 2.5 k to Holt Main Rd
- At Holt Main turn around retracing steps back to the washrooms.
- Stay straight on trail past the washrooms. Washrooms are on your right.
- Straight on the trail until you reach the fork.
- Turn left to first trail on right
- Turn right. Stay on main trail and head towards Jeffries Road.
- Right onto Jeffries Road to Vaux Road.
- Turn Right on Vaux Road to Robertson Rd (Vaux changes to Robertson)
- Turn Left into the Glenora trail Head/Staging Area Park Entrance and finish just before the bend in the road.