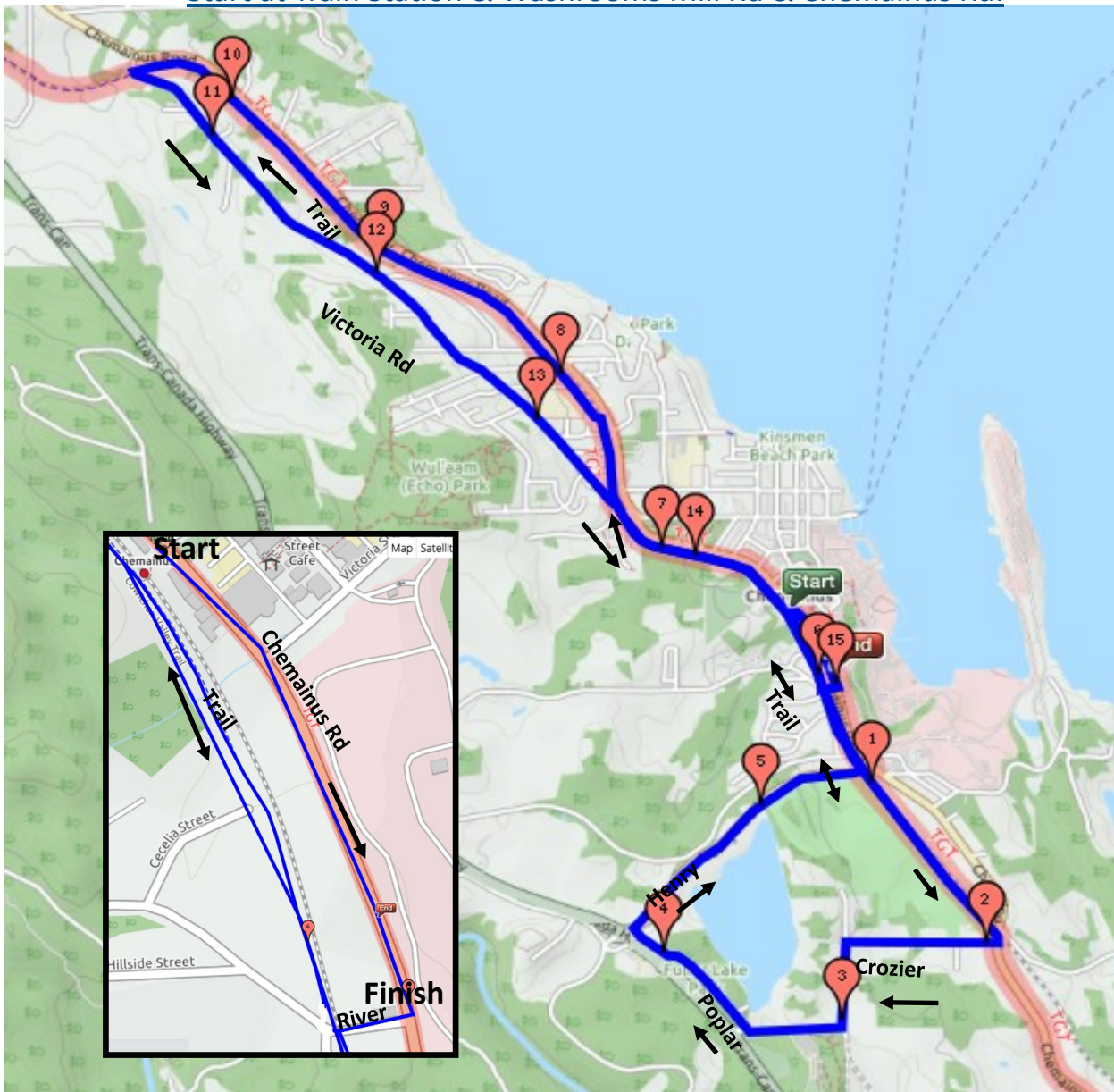


# 15k – Chemainus, BC

Start at Train Station & Washrooms Mill Rd & Chemainus Rd.

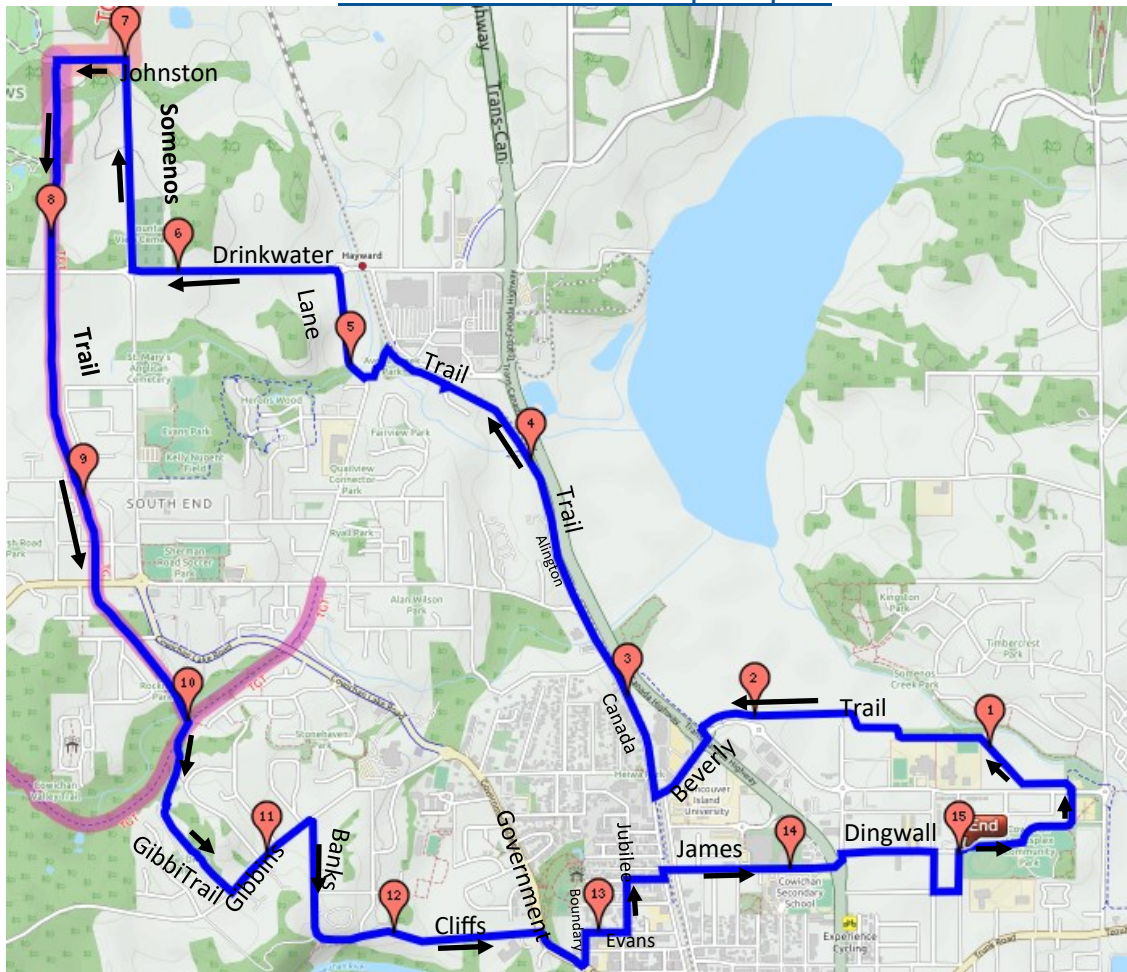


Link to route directions: <http://www.gmap-pedometer.com/?r=7567163>

- Start at the intersection of Chemainus Rd & Mill Rd
- Right on Chemainus Rd to River Rd
- Right on River Road to TC/Great Trail.
- Left on trail to Crozier Rd
- Right to Cottonwood
- Left to Fuller Lk Road
- Right to Poplar Rd into park
- Follow road to tennis court
- Straight on trail to Henry Rd (HWY on left)
- Right on Henry rd to TC Trail
- Left on the TC Trail for approximately 5 1/2 k to Victoria Rd
- Left onto Victoria Rd returning to next junction of Victoria Rd and the TC Trail
- Right on the TC trail to River Rd
- Left to finish at Chemainus Rd

# 15k - Duncan, BC

Start at the Cowichan Sportsplex

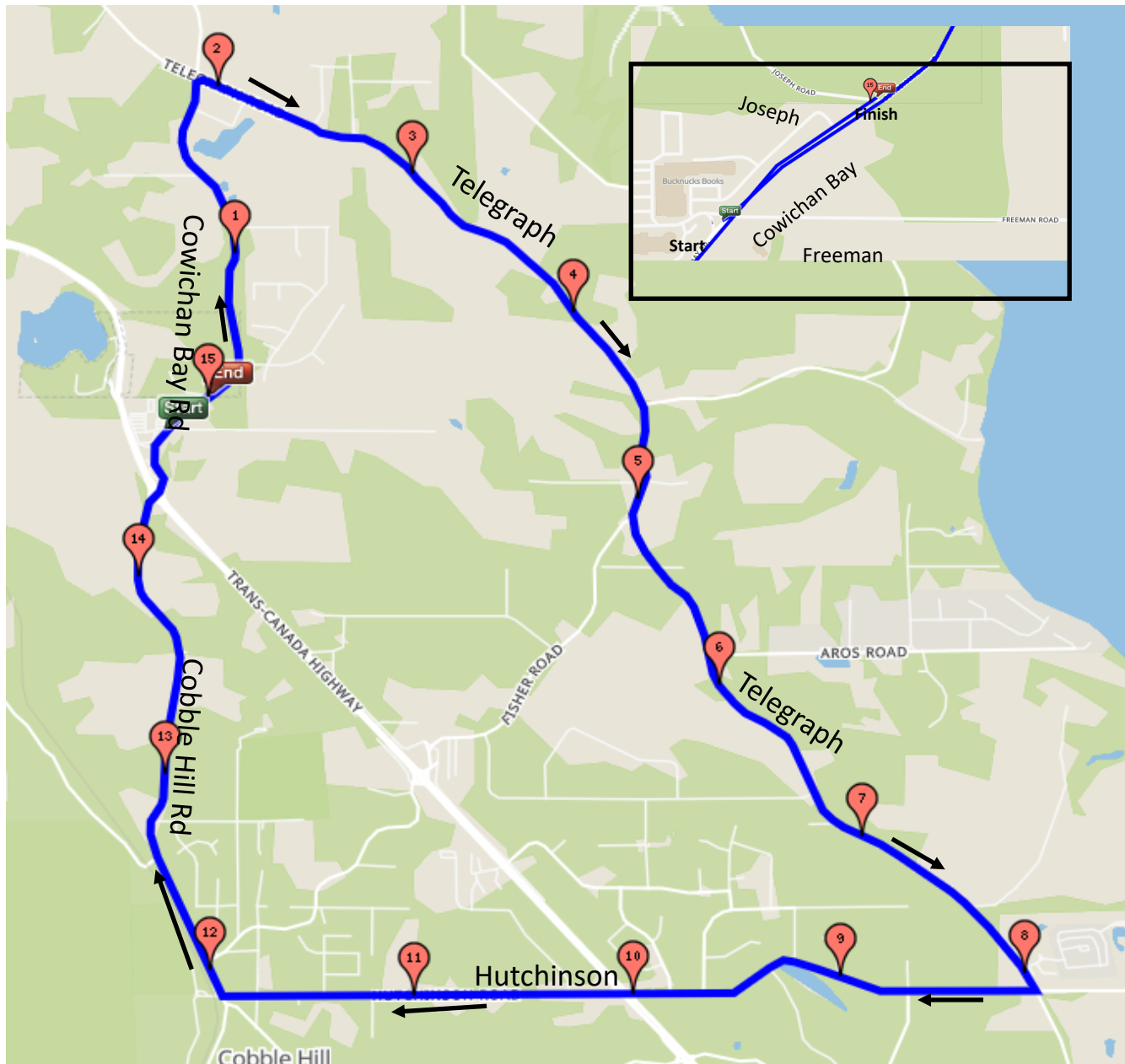


Link to Route [Directions: https://www.gmap-pedometer.com/?r=7567141](https://www.gmap-pedometer.com/?r=7567141)

- Start in Sportsplex parking at Dingwall & Chesterfield St
- Straight on paved area between track and field hockey
- Left on soft track at ball field to parking area off of Beverly St
- Keep left to Beverly, crossing Beverly
- Left on trail to HWY
- Cross HWY staying on Beverly to Canada
- Right on Canada to Alington (cross Sherman at round-about)
- Left onto Alington
- Right onto Friendship trail (tracks on your right) continuing to Averill Creek Park
- Left to Lane. Right to Drinkwater
- Left to Somenos. Right to Johnston
- Left to TC/Great Trail
- Left on trail to trail junction
- Cross trail to right. Look to the left
- There is a trail that goes up to the water tower 'Gibbins Recreational Trail'. Follow this trail to Gibbins Rd
- Left to Banks to Cliffs
- Right to Government
- Cross Government to Boundary
- Left to Evans. Right to Jubilee
- Left to 2nd St. Right to Canada
- Left to James. James to lights at HWY
- Cross HWY onto York
- Left to Dingwall. Right to Howard
- Right to Alexander
- Left to Chesterfield back to parking lot at Start

# 15k - Cobble Hill, BC

[Park at the Drumroaster at Valley View Centre on Cobble Hill Rd](#)



Link to Route Directions: <http://www.gmap-pedometer.com/?r=7567145>

- Start in the parking area exit onto Cowichan Bay at Freeman Rd
- Left to Telegraph
- Right to Hutchinson
- Right on Hutchinson crossing HWY, stay on Hutchinson to Cobble Hill Rd
- Right to HWY. Cross HWY to Cowichan Bay Rd
- Finish is beyond the parking area at Joseph Rd