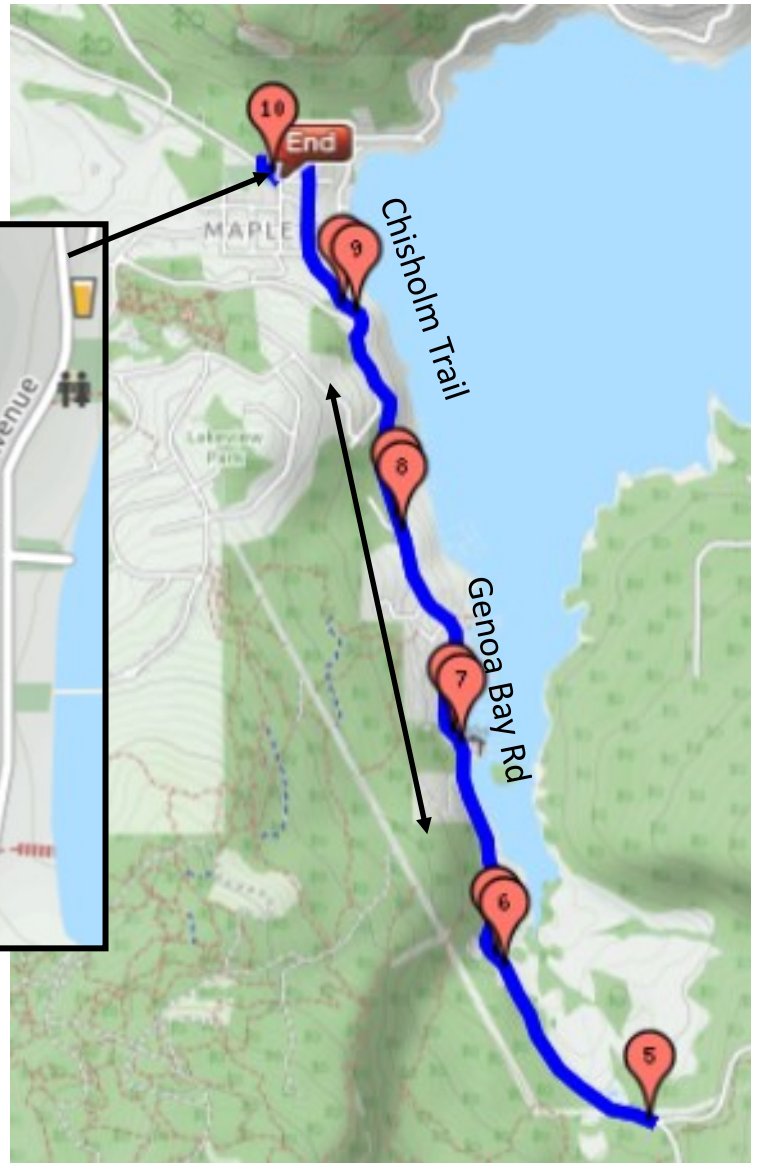
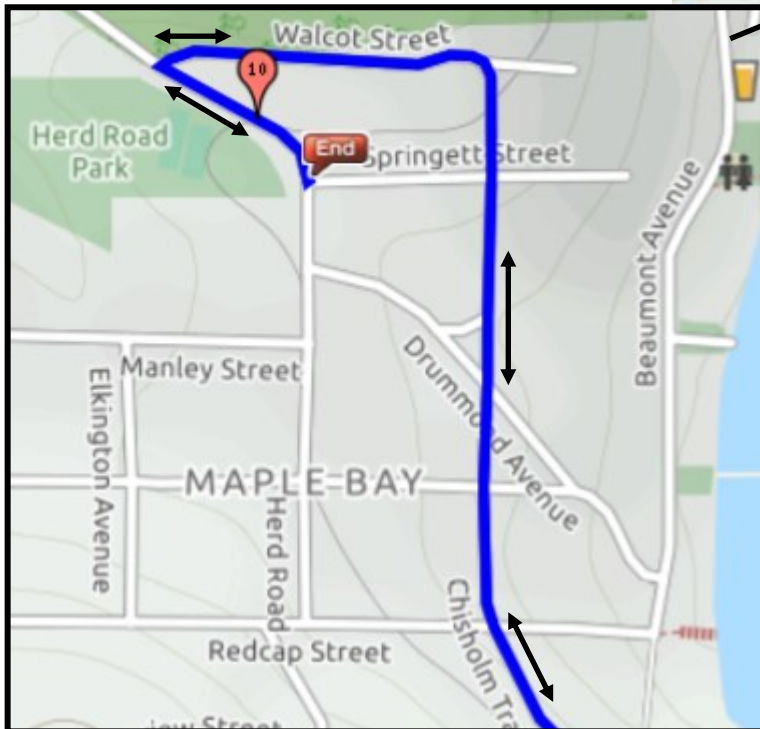


10k - Maple Bay, BC

Herd Road Park / Tennis Courts on Herd Road

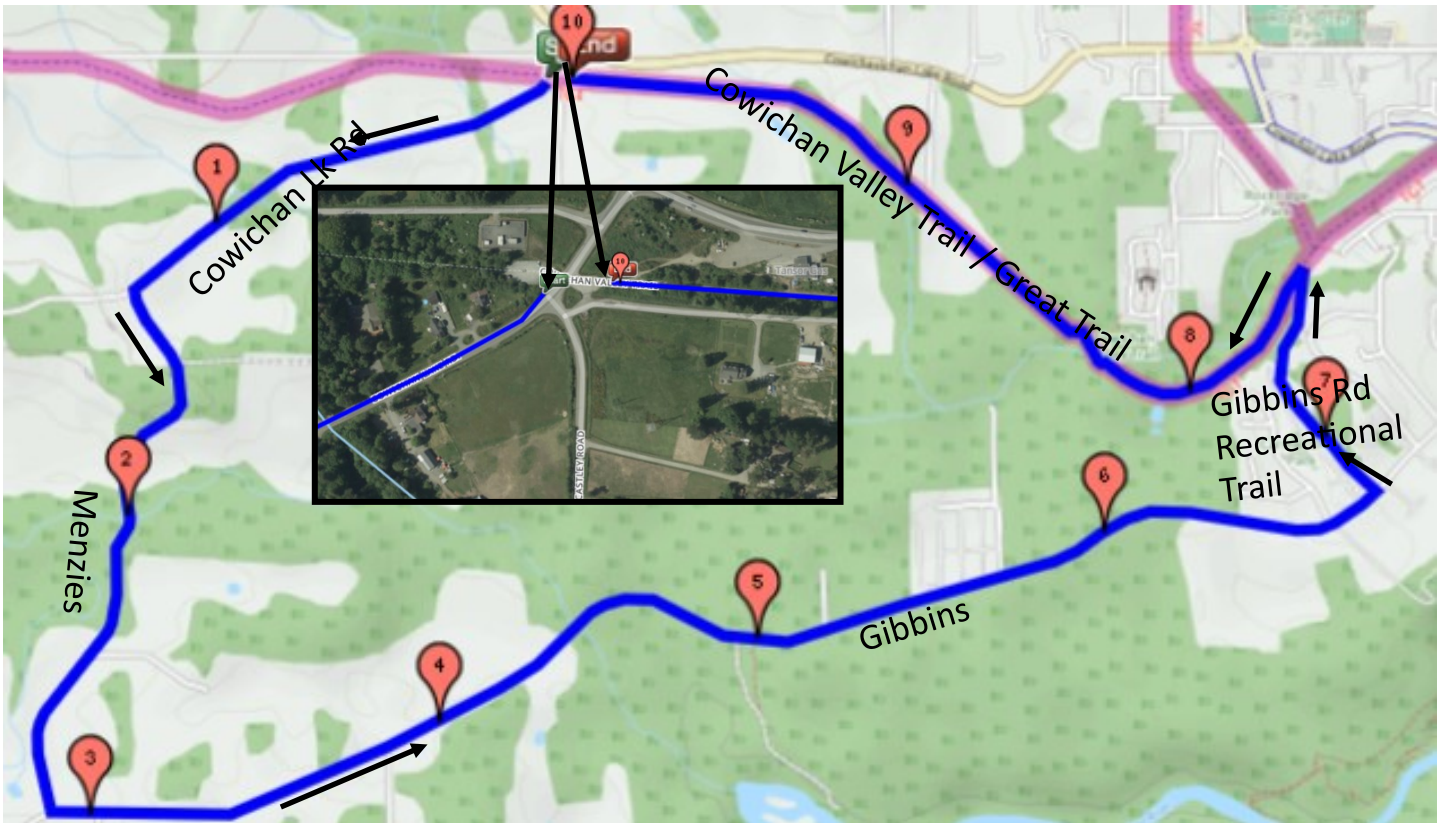


Link to Gmap Directions: <http://www.gmap-pedometer.com/?>

- Start at Herd & Springett Street
- Herd to Walcot Street
- Right to Chisholm Trail
- Right to Genoa Bay Rd
- Left to Stoney Hill Rd
- Turn-around at Stoney Hill Rd
- Return the same route
- Genoa Bay to Chisholm Trail
- Right to Walcot Street
- Left to Herd
- Left to Springett

10k - Duncan, BC

Park at trail parking area at the start of Cowichan Lake Road

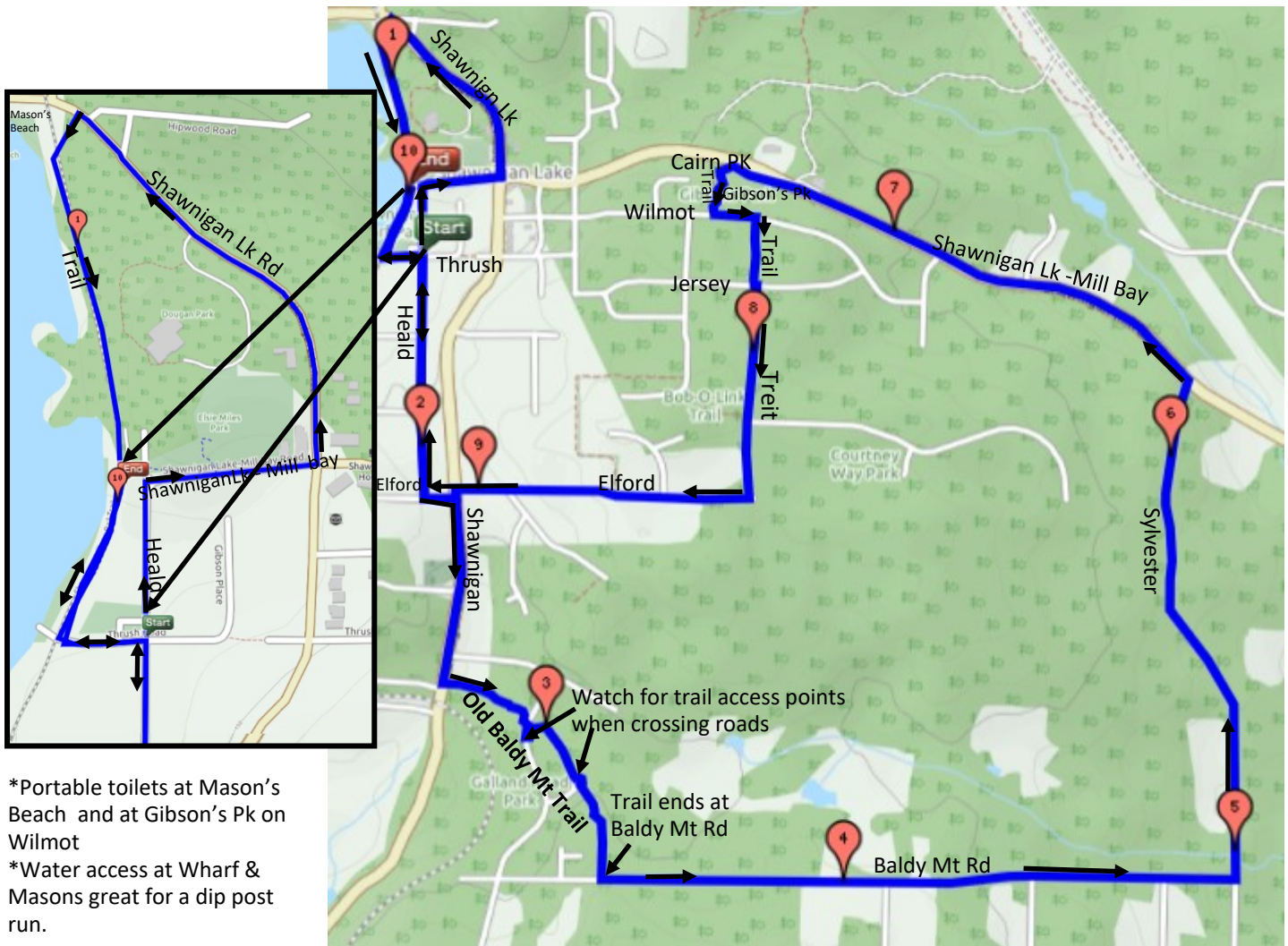


Link to Gmap Directions: <http://www.gmap-pedometer.com/?r=7574462>

- Start on Cowichan Lake Rd across from Castley
- Cowichan Lk Rd to Menzies
- Left to Gibbins
- Left to Gibbins Rd Recreational Trail
- This trail will take you to a set of stairs that go down to the Cowichan Valley Trail
- Left on trail to Cowichan Lk Rd
- Finish at gate prior to rough parking across from main parking

10k - Shawnigan Lake, BC

[Park at Shawnigan Wharf Park on Thrush Rd](#)



*Portable toilets at Mason's Beach and at Gibson's Pk on Wilmot

*Water access at Wharf & Masons great for a dip post run.

Link to Gmap directions: <http://www.gmap-pedometer.com/?r=7575611>

[Click here for directions to Shawnigan Wharf Park](#)

- Start Wharf Park at Thrush & Heald Rd
- Left on Heald to Shawnigan Lk-Mill Bay Rd
- Right to Shawnigan Lk Rd
- Left to trail just prior to Mason's Beach
- Left on trail to Thrush Rd (Start)
- Left to Heald
- Right to Elford
- Left to Shawnigan Lk Rd
- Right to Old Baldy Mt Trail
- Left on trail to Baldy Mt Rd
- Left to Sylvester
- Left to Shawnigan Lk -Mill Bay Rd
- Left to Cairn Park up trail onleft
- Trail to Wilmot
- Left on Wilmot to next trail
- Right on trail to Jersey
- Left on Jersey a short distance to Treit
- Right to Elford
- Right to Shawnigan Lk Rd, crossing Shawnigan Lk, staying on Elford to Heald
- Right to Thrush
- Left to trail
- Right to 10k (*about 200) to finish