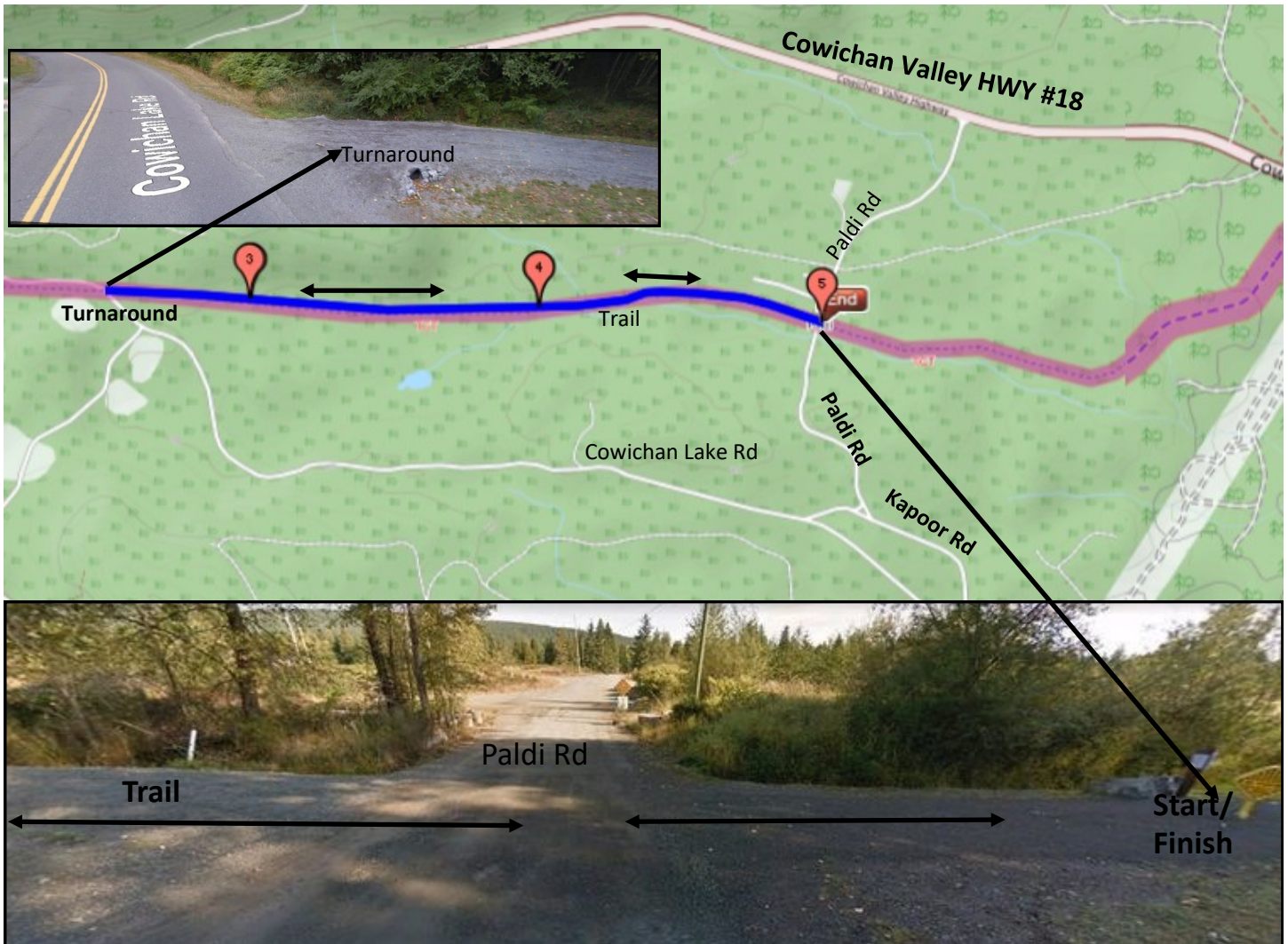


5k - Paldi, BC

[Driving direction - click here](#)

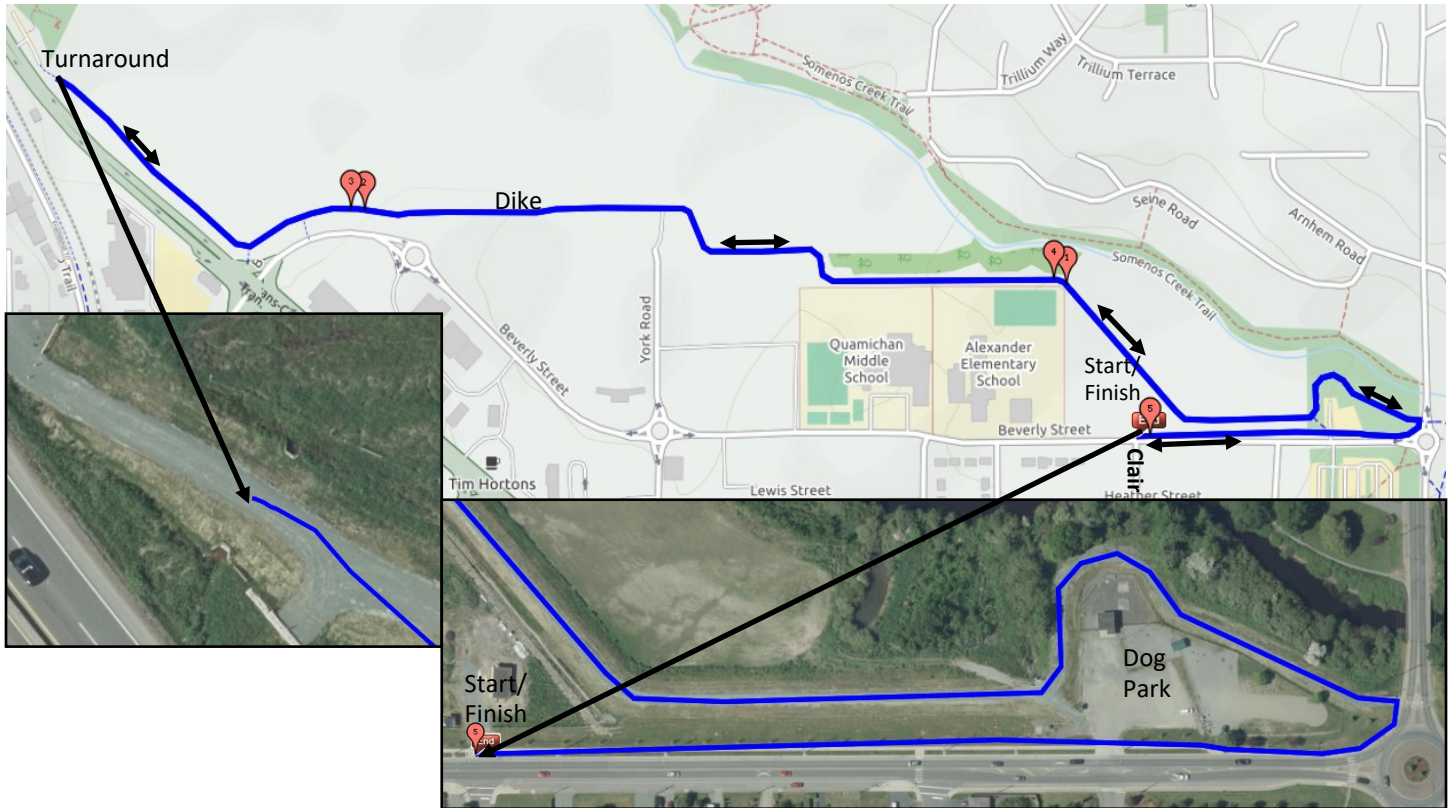


Link to map directions: www.mappedometer.com/?maproute=866774

- Start at Paldi Rd on the east side at the Cowichan Valley Trail/Great trail
- Head west. Crossing Paldi Rd.
- Stay on trail until Cowichan Lk Rd
- Cowichan Lake Rd and the trail
- Turnaround and return back to where you started

5k - Duncan, BC

[Start at Clair and Beverly St](#)



Link to map directions - www.mappedometer.com/?maproute=866776

- Start on Beverly St at the intersection of Beverly and Clair
- Left to Lakes
- Left past dog park to dike trail
- Left on dike trail to turnaround point just prior to end of dike (see map)
- Return the on the same route back to the start/finish

Suggested parking at the Beverly entrance to the Cowichan Sportsplex

5k - Cowichan Bay Estuary Trail, Cowichan Bay, BC

Park at Maple Grove Park on Cowichan Bay Rd



- Start at bridge by farm on Cowichan Bay Rd
- Cowichan Bay Rd to Lochmanetz Rd
- Right to Estuary trail
- Right on trail to end
- Turnaround retracing route back to the start/finish