

WALK THE ISLAND - WEEK OF WALKING

OCT 18 - 22, 2021



Mon WESTSHORE PARKS & REC CENTRE, 1767 Island Hwy, V9B 1J1 - 5/10 km 2B/2B
Walk on trails through Royal Roads and by Hatley Castle.
Start point open - 9:00-9:30



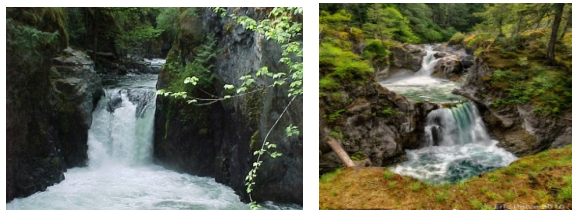
Mon WEST SHAWNIGAN LAKE PROVINCIAL PARK - KINSOL TRESTLE - 5/12 km 1B
Walk on Cowichan Valley Trail (Great Trail) and across the Kinsol Trestle.
Start point 1:30-2:00



Tue MOUNT TZOUHALEM ECOLOGICAL RESERVE, 4km east/northwest of Duncan 5/10 km 3B
Walk up forestry road and trails for views of water and Cowichan Valley.
Start point open - 9:00-9:30



Tue DUNCAN TOWN WALK, Cowichan Valley Museum, 130 Canada Ave V9L 3Y2
Walk along Cowichan River Dike and back to follow the Totem Tour through town. **6/10 km 2B**
Start point 1:00-1:30



Wed ENGLISHMAN RIVER FALLS PROV PARK, 2245 Errington Rd, V0R 1V0
LITTLE QUALICUM FALLS, 4001 Alberni Hwy, V9K 1X7 2 x 5 km walks - 1 sanction 2C
Walk on trails with amazing view of waterfalls.
Start point open - 9:00-10:00 Suggest stop at Combs Market between walks.



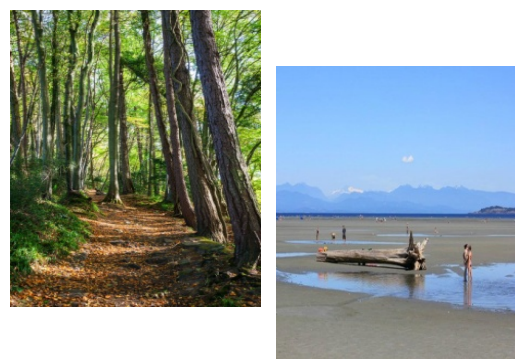
Wed PORT ALBERNI, DOG MOUNTAIN BREWING, 3141 3rd Ave, V9Y 4C4 5/10 km 2A/2C
5 km Walk on streets around town to waterfront. 10 km continues on trails and through Ravenhill Park to the waterfront.
Start point open 2:00-2:30 Beer & food to follow at Dog Mountain.



Thu CAMPBELL RIVER, ELK FALLS PROV PARK, Hwy 28 5 km 2B/10 km 2C
Walk on trails to view the falls and continue around the Old Growth Loop Trail. 10 km continue on to Canyon View trail along both sides of the canyon.
Start point open 10:00-10:30



Thu COMOX, PORT AUGUSTA INN, 2082 Comox Ave, V9M 1P8 5/10 km 1A/2B
Walk on paved path around the Marina, along the breakwater with views of water and glacier. 10 km continues on streets overlooking Goose Neck Spit.
Start point open 2:00-2:30



Fri QUALICUM BEACH, Parking lot on Fern Rd W, 1st RT past Quality Foods-Free 5/10 km 2B
5 km Walk on trail to the Heritage Forest and back through town.
10 km Walk on trail to Heritage Forest and along the water returning back through town.
Start point open - 9:00-10:00

Fri PARKSVILLE, TIGH NA MARA, 1155 Resort Dr, V9P 2E3 6/10 km 2B
Walk along the beach and into Rath Trevor Beach Park. 10 km continues in park to the bird sanctuary.
Start point open 1:30-2:00

