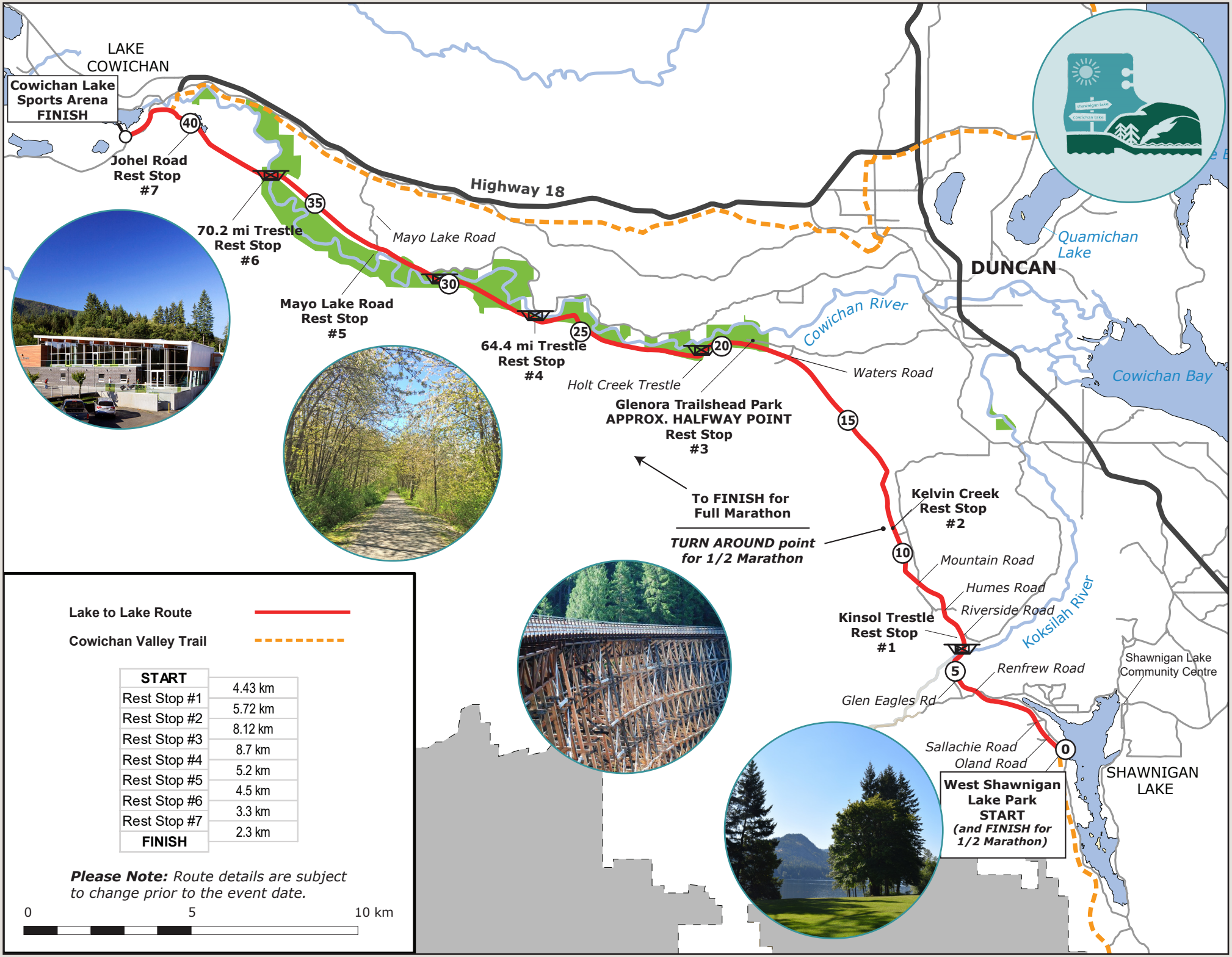
LAKE COWICHAN
Cowichan Lake Sports Arena FINISH
Johel Road Rest Stop #7
70.2 mi Trestle Rest Stop #6
Mayo Lake Road Rest Stop #5
64.4 mi Trestle Rest Stop #4
Glenora Trailshead Park APPROX. HALFWAY POINT Rest Stop #3
Highway 18
Mayo Lake Road
Holt Creek Trestle
Waters Road
Cowichan River
DUNCAN
Quamichan Lake
Cowichan Bay
To FINISH for Full Marathon
TURN AROUND point for 1/2 Marathon
Kelvin Creek Rest Stop #2
Mountain Road
Humes Road
Riverside Road
Kinsol Trestle Rest Stop #1
Koksilah River
Renfrew Road
Glen Eagles Rd
Shawnigan Lake Community Centre
Sallachie Road
Oland Road
West Shawnigan Lake Park START (and FINISH for 1/2 Marathon)
SHAWNIGAN LAKE
40
35
30
25
20
15
10
5
0
Lake to Lake Route
Cowichan Valley Trail
START
Rest Stop #1 4.43 km
Rest Stop #2 5.72 km
Rest Stop #3 8.12 km
Rest Stop #4 8.7 km
Rest Stop #5 5.2 km
Rest Stop #6 4.5 km
Rest Stop #7 3.3 km
FINISH 2.3 km
Please Note: Route details are subject to change prior to the event date.
0
5
10 km