

COWICHAN VALLEY



1 CYCLE THERAPY BIKE RENTALS

#360 Duncan St

Route: All

Stop: Duncan Train Station

Notes: 2 minute walk to Cycle Therapy; open Tues-Sat 10am – 5:30pm, closed Sunday-Monday

2 COWICHAN VALLEY TRAIL BIKE RIDE

(Trail access off Keystone Drive)

Route: 2

Stop: Cowichan Lake Road near Avondale Place

Notes: 3 minute bike to CV trailhead: Take Avondale Place & use trail connection to Keystone Drive, turn right on Keystone Drive to access gravel trailhead located at end of road for CV Trail; 1 hour, 20 minute bike ride. Bus rack holds 2 bikes.

3 JAKES AT THE LAKE

109 S Shore Rd

RETURN BIKE RENTALS

Route: 7, 7x

Stop: Lake Cowichan Town Centre (20 South Shore Road) to Duncan Train Station

Notes: 7 runs daily, 7x runs Monday to Friday

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Start the day off hitching a bike to Route 2 (bike rentals available at **Cycle Therapy**) out to the stunning **Cowichan Valley Trail** for a scenic 26km ride out to **Lake Cowichan**. Enjoy lunch with a pint of local Cowichan craft beer at **Jakes at the Lake** restaurant before catching the 7 back to Duncan to return your bike.

26km - 1h 33min