

Parks & Trails Guide

Welcome!

The CVRD manages community parks within each of the nine Electoral Areas as well as regional parks located throughout the region including the Cowichan Valley Trail, part of the Trans Canada Trail. Each of the four member municipalities also provide local parks and trails. Park visitors are reminded to take responsibility for their own safety when out on an adventure by being prepared.

The CVRD Parks & Trails Guide highlights parks and trails across the region and provides a map with information for the majority of parks the CVRD manages. If planning an event, booking a picnic shelter, or for further information on CVRD parks, please visit the CVRD website.

www.cvrld.ca/parks

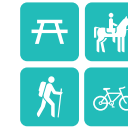
Icon Legend

- Hiking/walking trails
- Picnic area
- Picnic shelter
- Outhouse/Portable toilet
- Washroom
- Beach
- Parking area
- Off-leash dog park
- Bicycling
- Swim area
- Equestrian
- Equestrian corral
- Playground
- Fitness circuit
- Baseball field
- Tennis court
- Sport court
- Amphitheatre
- Boat launch
- Trailer parking
- Public transit
- Pickleball



COWICHAN VALLEY REGIONAL TRAIL

The Cowichan Valley Trail (CVT) is a spectacular multi-use trail that is an integral part of the Trans Canada Trail route on Southern Vancouver Island. The majority of the gravel trail is wide and flat, with some sections running along the roadways. The trail provides for easy cycling and walking. Refer to the CVT brochure for more information.



STONEY HILL REGIONAL PARK

8350 Stoney Hill Road, North Cowichan

Stoney Hill Regional Park offers spectacular views of Salt Spring Island and Sansum Narrows with a looped hiking trail of approximately 3.2 km. There is a parking lot/trailhead, which holds up to 25 vehicles.



BRIGHT ANGEL SUB-REGIONAL PARK

2643 Riverfield Road, Cowichan Station

Located in Cowichan Station, Bright Angel Park features forested trails and a popular suspension bridge over the Koksilah River. Group picnic shelters can be booked through the CVRD website.



SANDY POOL REGIONAL PARK

4950 W Riverbottom Road, Sahtlam

Sandy Pool Regional Park is well-known for its sandy beach and great swimming in the Cowichan River. This park has over a kilometre of walking trails that lead through the forest with interpretive signage. The park is a destination for tubing and is a popular swimming spot.



HECATE PARK

1865 Cowichan Bay Road, Cowichan Bay

Located in beautiful Cowichan Bay, Hecate Park is the jewel of the Bay. The park is located beside the Cowichan Bay Boat Launch, the Cowichan Estuary Nature Centre and the Cowichan Bay Marine Gateway.



COWICHAN BAY BOAT LAUNCH

1865 Cowichan Bay Road, Cowichan Bay

The Cowichan Bay Boat Launch is the only public boat launch located between Mill Bay and North Cowichan. The boat launch is situated beside Hecate Park, and provides boat trailer parking and a washroom building. An easy walking trail follows the waterfront.



COBBLE HILL MOUNTAIN REGIONAL RECREATION AREA

3500 Empress Avenue, Cobble Hill

Cobble Hill Mountain Regional Recreation Area is a popular destination for hiking, horseback riding and mountain biking. The Recreation Area offers 25 km of signed trails ranging in difficulty. Main access to Cobble Hill Mountain Regional Recreation Area is through Quarry Nature Park.



QUARRY NATURE PARK

3500 Empress Avenue, Cobble Hill

Quarry Nature Park is a highly popular spot in Cobble Hill that is home to both the South Cowichan Off-Leash Dog Park and Cleasby Bike Park. The trails within this park connect to the trails within Cobble Hill Mountain Regional Recreation Area.



OLD MILL PARK

2500 Recreation Road, Shawnigan Lake

Old Mill Park is a waterfront park located on Shawnigan Lake. The park has an extensive industrial history and is a popular recreation place for families and nature enthusiasts.



MILL BAY NATURE PARK

695 Hollings Road, Mill Bay

Mill Bay Nature Park features walking trails, a viewing platform, picnic sites, and opportunities for beach walks and nature viewing.



CENTRAL PARK

10022 Park Avenue, Honeymoon Bay

Central Park, located in the community of Honeymoon Bay, is adjacent to the Honeymoon Bay Community Hall and extends to the waterfront of Cowichan Lake.



YELLOW POINT PARK

4151 Yellow Point Road, North Oyster

The park offers loop trails and connections to Barney Road. The main trail is moderate in difficulty and is approximately 4 km in length. The Yellow Point Bog Ecological Reserve to the north is open to the public.



OSBORNE BAY REGIONAL PARK

Smith Road, Crofton

Osborne Bay Regional Park is home to calm waters, pebble beaches, and ample fishing. The park is representative of the marine coastal landscape and provides access to the oceanfront in the community of Crofton. Off-leash dogs are welcome here year round.



GLENORA TRAILS HEAD PARK

4284 Robertson Road, Glenora

The Glenora Trails Head Park is an important eastern gateway to the Cowichan River Provincial Park, the central portion of the Cowichan Valley Trail (part of the Trans Canada Trail), the Cowichan River Footpath and Glenora Riverside Park. Group picnic shelters can be booked through the CVRD website.



SALT AIR CENTENNIAL PARK

3850 South Oyster School Road, Saltair

This expansive multi-sport community park in Saltair provides an array of amenities, including ball fields, tennis courts, a sports court, pickleball courts, a picnic shelter, and a playground.



ARBUTUS PARK

10700 Alder Crescent, Youbou

Visitors enjoy the shady Arbutus trees, beach and lake access at Arbutus Park in Youbou. Swimming lessons at the park are offered through Cowichan Lake Recreation. Lifeguards are on duty during summer months.



Contact Information

Cowichan Valley Regional District
175 Ingram Street, Duncan, BC V9L 1N8
250.746.2660 | parks@cvrld.bc.ca
www.cvrld.ca

Town of Ladysmith
410 Esplanade, PO Box 220, Ladysmith, BC V9G 1A2
250.245.6400 | www.ladysmith.ca

Municipality of North Cowichan
7030 Trans Canada Highway, PO Box 278, Duncan, BC V9L 3X4 | 250.746.3100 | www.northcowichan.ca

City of Duncan
200 Craig Street, PO Box 820, Duncan, BC V9L 3Y2
250.746.6126 | www.duncan.ca

Town of Lake Cowichan
39 South Shore Road, PO Box 860, Lake Cowichan, BC V0R 2G0 | 250.749.6681
www.lakecowichan.ca

BC Parks
www.bcparks.ca

CVRD After Hours Park Issues (Non-Emergency)
1.855.781.9524

Cover photo: Bald Mountain Park in Electoral Area I Youbou/Meade Creek



North Oyster/ Saltair/ Ladysmith											
PARK #	PARK NAME	LOCATION	PLAY-GROUND	PICNIC AREA	SPORT COURT	SPORTS FIELD	WATER/ BEACH ACCESS	TRAILS	BOAT LAUNCH	NEAR TRANSIT	TOILET FACILITY
1	BLUE HERON PARK	Yellow Point Rd.		✓			✓				✓
2	DIANA, PRINCESS OF WALES PARK	Olsen Rd.						✓			
3	HEART LAKE/STOCKING LAKE LOOP TRAIL	Mackie Rd.						✓			
4	HOLLAND CREEK TRAIL	Mackie Rd.					✓	✓			
5	SALT AIR CENTENNIAL PARK	S. Oyster School Rd.	✓	✓	✓	✓	✓	✓			✓
6	STOCKING CREEK PARK	Thicke Rd.		✓				✓			✓
7	TRANSFER BEACH PARK	Transfer Beach Blvd.	✓	✓			✓	✓		✓	✓
8	YELLOW POINT PARK	Yellow Point Rd.		✓				✓			✓

Cowichan Lake/ Youbou/ Honeymoon Bay/ Mesachie Lake											
PARK #	PARK NAME	LOCATION	PLAY-GROUND	PICNIC AREA	SPORT COURT	SPORTS FIELD	WATER/ BEACH ACCESS	TRAILS	BOAT LAUNCH	NEAR TRANSIT	TOILET FACILITY
9	ARBUTUS PARK	Alder Crescent	✓	✓			✓			✓	✓
10	BALD MOUNTAIN PARK	Marble Bay Rd.						✓			
11	BEAR LAKE PARK	Forestry Rd.		✓			✓		✓	✓	✓
12	CENTRAL PARK	Park Ave.	✓	✓	✓	✓	✓	✓		✓	✓
13	CHEMAINUS RIVER REGIONAL PARK	Hillcrest Rd.					✓				
14	COWICHAN RIVER PROVINCIAL PARK	Riverbottom Rd.		✓			✓	✓		✓	✓
15	FOREST WORKERS MEMORIAL PARK	South Shore Rd.								✓	
16	GORDON BAY PROVINCIAL PARK	Honeymoon Bay	✓	✓			✓	✓	✓	✓	✓
17	LAKE COWICHAN CENTRAL PARK	South Shore Rd.		✓						✓	✓
18	LILY BEACH PARK	Beach Dr.					✓	✓		✓	✓
19	LITTLE BEACH PARK	Greendale Rd.					✓			✓	✓
20	MARBLE BAY PARK	Marble Bay Rd.						✓		✓	✓
21	MAYO LAKE PARK	Mayo Lake Rd.		✓			✓	✓	✓	✓	✓
22	MESACHIE LAKE PARK	South Shore Rd.	✓	✓	✓	✓				✓	✓
23	MILE 77 PARK	Creekside Dr.		✓			✓			✓	✓
24	OHTAKI PARK	South Shore Rd.								✓	✓
25	PRICE PARK	Miracle Way					✓	✓		✓	✓
26	SANDY POOL REGIONAL PARK	West Riverbottom Rd.		✓			✓	✓		✓	✓
27	SAYWELL PARK	South Shore Rd.		✓			✓			✓	✓
28	STOKER PARK	Marble Bay Rd.	✓	✓			✓			✓	✓
29	YOUBOU LITTLE LEAGUE PARK	Bremner Rd.	✓	✓		✓				✓	✓

North Cowichan/ Duncan/ Cowichan Station/ Glenora											
PARK #	PARK NAME	LOCATION	PLAY-GROUND	PICNIC AREA	SPORT COURT	SPORTS FIELD	WATER/ BEACH ACCESS	TRAILS	BOAT LAUNCH	NEAR TRANSIT	TOILET FACILITY
30	ART MANN PARK	Indian Rd.	✓	✓			✓		✓	✓	✓
31	ASKEW CREEK PARK	Oak St.						✓			
32	BRIGHT ANGEL SUB-REGIONAL PARK	Riverfield Rd.	✓	✓		✓	✓	✓			✓
33	CENTENNIAL PARK	First St.	✓	✓	✓		✓			✓	✓
34	CHEMAINUS LAKE PARK	River Rd.		✓			✓		✓	✓	✓
35	CURRIE PARK	Creighton Rd.	✓	✓			✓		✓	✓	✓
36	GLENORA TRAILS HEAD PARK	Robertson Rd.	✓	✓			✓	✓		✓	✓
37	JACK FLEETWOOD MEMORIAL PARK	Koksilah Rd.		✓			✓				
38	MAPLEWOOD PARK	Hykawy Rd.	✓	✓	✓		✓			✓	
39	OSBORNE BAY REGIONAL PARK	Smith Rd.		✓			✓	✓			
40	ROTARY/MCADAM PARK	McKinstry Rd.		✓	✓		✓				
41	STONE HILL REGIONAL PARK	Stoney Hill Rd.					✓	✓			✓

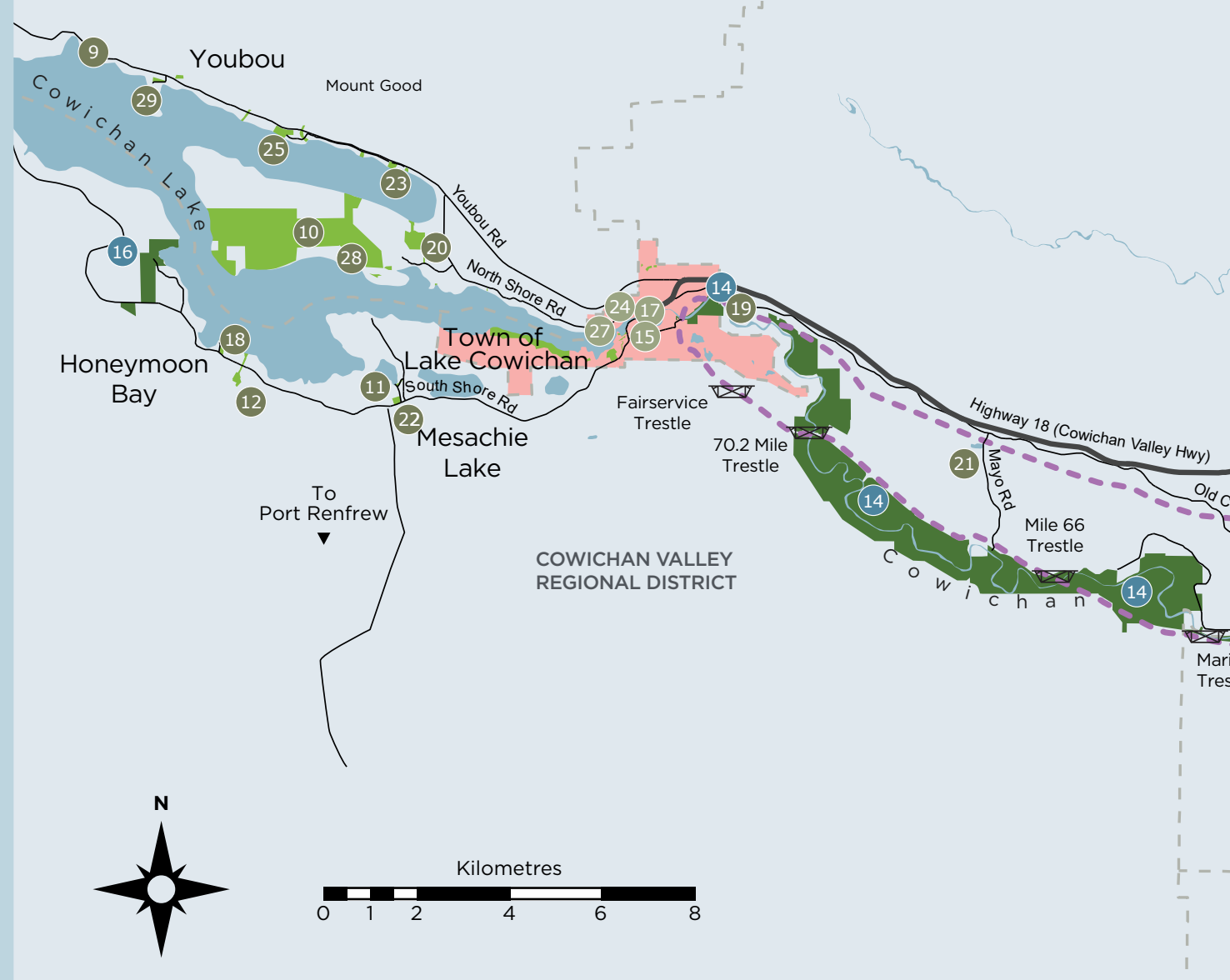
Cowichan Bay/ Cobble Hill/ Mill Bay/ Shawnigan Lake											
PARK #	PARK NAME	LOCATION	PLAY-GROUND	PICNIC AREA	SPORT COURT	SPORTS FIELD	WATER/ BEACH ACCESS	TRAILS	BOAT LAUNCH	NEAR TRANSIT	TOILET FACILITY
42	BAMBERTON PROVINCIAL PARK	Mill Bay Rd.		✓			✓	✓			✓
43	BOATSWAIN PARK	Aros Rd.	✓	✓	✓						✓
44	BRIARWOOD PARK	Briarwood Drive	✓	✓			✓				
45	CEES AND MIEP HOF MEMORIAL PARK	Kingscote Rd.					✓	✓			
46	CHERRY POINT NATURE PARK	Garnett Rd.		✓			✓				✓
47	COBBLE HILL MT. REC. AREA	Empress Rd.						✓		✓	✓
48	COVERDALE WATSON PARK	Wilmot Rd.	✓	✓	✓						✓
49	COWICHAN BAY BOAT LAUNCH	Cowichan Bay Rd.					✓		✓	✓	
50	DELOUME PARK	McClaren Rd.		✓	✓			✓			
51	DOUGAN PARK / ELSIE MILES PARK	E. Shawnigan Lake Rd.	✓	✓			✓			✓	✓
52	FARNSWORTH PARK	Farnsworth Rd.	✓	✓	✓						✓
53	GALLAND ROAD PARK	Galland Rd.	✓	✓							
54	GALLIERS ROAD PARK	Galliers Rd.	✓	✓				✓		✓	✓
55	GIBSONS PARK	Wilmot Ave.	✓	✓				✓			✓
56	GRANFIELD WAY	Aros Rd.						✓			
57	HAMMOND WAY TRAIL	Aros Rd.						✓			
58	HECATE PARK	Cowichan Bay Rd.		✓						✓	✓
59	HOLLINGS CREEK PARK	Lilimac Rd.					✓			✓	
60	HUCKLEBERRY PARK	Huckleberry Rd.	✓	✓	✓						✓
61	KINGBURNE PARK	Gray Lane					✓	✓			

Table Legend

- # CVRD Community Park
- # Municipal Park
- # CVRD Regional/Sub-Regional Park
- # CVRD Recreation Area
- # Provincial Park

Map Legend

- City/Town
- Municipality
- - - Electoral Area/Municipal Boundary
- Minor Road
- Major Road
- - - Cowichan Valley Trail / Trans Canada Trail
- ⚓ Trestle
- CVRD / Municipal Park
- Provincial Park
- Regional Recreation Area



Cowichan Bay/ Cobble Hill/ Mill Bay/ Shawnigan Lake											
PARK #	PARK NAME	LOCATION	PLAY-GROUND	PICNIC AREA	SPORT COURT	SPORTS FIELD	WATER/ BEACH ACCESS	TRAILS	BOAT LAUNCH	NEAR TRANSIT	TOILET FACILITY
62	KOKSILAH PROVINCIAL PARK	Renfrew Rd.		✓			✓	✓			✓
63	MANLEY CREEK PARK	Ratcliff Rd.		✓			✓				
64	MAPLE GROVE PARK	Cowichan Bay Rd.		✓						✓	
65	MASONS BEACH PARK	Renfrew Rd.		✓						✓	✓
66	MELROSE PARK	Melrose Crescent	✓	✓							
67	MEMORIAL PARK	Fisher Rd.								✓	
68	MILL BAY BOAT LAUNCH	Handy Rd.							✓		
69	MILL BAY COMMUNITY WHARF	Keir Rd.					✓				
70	MILL BAY NATURE PARK	Hollings Rd.						✓			✓
71	OLD BALDY MOUNTAIN PARK	Strathcona Hgts. Rd.						✓			
72	OLD MILL PARK	Recreation Rd.	✓	✓			✓	✓		✓	✓
73	QUARRY NATURE PARK	Empress Rd.								✓	✓
74	RECREATION ROAD BOAT LAUNCH	Recreation Rd.					✓		✓		
75	SHAWNIGAN HILLS ATHLETIC PARK	Hurley Rd.	✓	✓	✓	✓		✓		✓	✓
76	SHAWNIGAN WHARF PARK	Thrush Rd.		✓	✓			✓	✓	✓	✓
77	SILVERMINE PARK	Glen Eagles Rd.								✓	
78	SPECTACLE LAKE REGIONAL PARK	Whitaker Rd.		✓	✓		✓	✓			
79	TOM BANNISTER PARK	Hurtin Rd.	✓		✓					✓	✓
80	WEST SHAWNIGAN LAKE PARK	West Shawnigan Lake Rd.		✓	✓		✓	✓		✓	✓
81	WILLIAM RIVERS PARK	Shawnigan Lake Rd.		✓			✓			✓	
82	WILLIAM SHEARING PARK	William Shearing Rd.	✓	✓				✓			

