

How do I read the transit schedule? Below are some tips for using the Schedule:

As an example, let's assume it's Monday morning at 9:00 a.m. and you need to go from Lake Cowichan to the Cowichan Valley Regional Hospital in Duncan.

Step 1: Confirm the bus route and trip direction – we can see that Route #7, Cowichan Lake goes to the Hospital. The “To Duncan” shown to the right side of the blue box indicates these are times that the bus is heading Eastbound into Duncan. The black “Monday to Friday” box lets us know these are the weekday trip times.

Step 2: Identify the closest bus stop to your location & trip times:

Stops shown across the top are a handful of key stops (or timing points) but are not all the stops on the route. For information about stops on the route call 250-746-9899.

Then reading from top to bottom (red box) you can see the various times that the bus will be leaving the Lake Cowichan Town Centre stop on South Shore Road. After 9:00 a.m. the next trip to Duncan from this stop is 9:32 a.m.

Step 3: Confirm arrival bus stop & times:

Reading from left to right (blue box) we can see that the 9:32 a.m. trip leaving Lake Cowichan will arrive at the Wilson and Gibbins stop near the Hospital at 10:10 a.m.

Helpful Tips:

A dash -- in the schedule means that a particular trip does not use that stop. For example, the Route 7x trip departing at 8:22 a.m. does not service the Hospital stop on Wilson at Gibbins.

The red **F** means that a trip is offered on Friday only.

Afternoon and evening trips (PM) are shown in bold face text.

Questions? Please call 250-746-9899 for assistance.

7 Cowichan Lake		To Duncan						
Monday through Friday								
	SS	M	CK	MG	Y	CC	A	F
	Sumner and Saftlam	Lake Cowichan Town Centre	Cowichan Lake Rd. and Kapoor (Paldi)	Menzies and Gibbins	Wilson and Gibbins (Hospital)	Cowichan Commons	Duncan Train Station	Village Green Mall
	6:30	6:40	7:01	7:10	7:18	—	—	7:27
X	—	6:50	—	—	—	7:11	7:17	7:21
X	—	8:22	—	—	—	8:43	8:49	8:53
X	—	9:32	9:53	10:02	10:10	—	—	10:19
X	—	10:47	—	—	—	11:08	11:14	11:18
	—	12:12	12:33	12:42	12:50	—	—	12:59
X	—	1:22	—	—	—	1:43	1:49	1:53
	—	2:07	2:28	2:37	2:45	—	—	2:54
X	—	4:07	4:28	4:37	4:45	—	—	4:54
X	—	4:22	—	—	—	4:43	4:49	4:53
X	5:51	5:57	—	—	—	6:18	6:24	6:28
X	—	7:12	—	—	—	7:33	7:39	7:43
F	—	8:22	8:43	8:52	9:00	—	—	9:09
F	—	10:52	11:13	11:22	11:30	—	—	11:39
Saturday								
	—	10:12	10:33	10:42	10:50	—	—	10:59
	—	11:57	12:18	12:27	12:35	—	—	12:44
	—	3:12	3:33	3:42	3:50	—	—	3:59
	—	5:02	5:23	5:32	5:40	—	—	5:49
	—	6:52	7:13	7:22	7:30	—	—	7:39
Sunday								
	—	10:52	11:13	11:22	11:30	—	—	11:39
	—	3:12	3:33	3:42	3:50	—	—	3:59
	—	6:52	7:13	7:22	7:30	—	—	7:39
X	Express routing via Hwy. 18 versus Cowichan Lake Road.							
F	Trip operates Friday only.							