

Trans–Canada Trail Run – Lake Cowichan to Holt Creek – Starting and Parking points

30 – 38 km runs: Park at Bear Lake Park. Drive through the town of Lake Cowichan stay on South Shore Road for approximately 6 km. Turn right on Forestry Road. Continue on Forestry Road to Bear Lake Road. Turn left on Bear Lake Road to Bear Lake Park on the right.

20 – 22 km: Park at the start of Greendale Road. There is a tiny parking area at the trail head. Plenty of spots on the road side to park.

12 km: Park at the corner of Mayo & Riverbottom. Drive west on HWY #18 to the HWY connector. Turn left off the HWY at the HWY connector to Cowichan Lake Road. Turn right on Cowichan Lake Road to Mayo Road. Turn left on Mayo to Riverbottom. There is plenty of parking.

9 – 10 km: Park on Riverbottom Road. Drive west on HWY #18 to the HWY connector. Turn left off the HWY at the HWY connector to Cowichan Lake Road. Turn right on Cowichan Lake Road to Mayo Road. Turn left on Mayo to Riverbottom. Turn left on Riverbottom to day use park entrance (about 1 km).

Run Routes

Distances are not exact, as I don't know the precise distance from Skutz to Holt Creek (they say it's 10 km)

Note: I've changed the run slightly from last year: run Upper Trans–Canada Trail for a few km, instead of the lower trail. The lower trail is uneven at the start, plus a huge dog near Skutz bothered runners in the past few years.

35 – 38 km: Left on Bear Lake to Forestry. Right on Forestry to South Shore. Left on South Shore to Greendale. Right on Greendale to right on Cowichan Lake Road, or hook onto the upper Trans–Canada Trail. Follow trail to Mayo Road (1st road on right after Stutz road). Turn right on Mayo Road run almost to the end of Mayo. Go left on the Trans–Canada Trail. Stay on trail, which crosses the Cowichan River at Mile 66 Trestle (18 km). Continue on Trans–Canada Trail to Holt Creek Trestle (28 – 30 +/- km). Follow trail to yellow gate (Rowe Road, no road sign). Veer off trail onto Rowe Road. Follow Rowe to Waters (30 – 32 km). From here there are three options:

1. **32.8 – 34.8 km** – Go left on Waters to Vaux. Left on Vaux to Gun Club.
2. **33.7 – 35.7 km** – Go right on Waters to Glenora (very next road). Go left on Glenora to Vaux. Left on Vaux back to the Gun club.
3. **35.8 km – 37.8 km** – Go right on Waters to Cavin. Left on Cavin to Marshal. Left on Marshal to Glenora. Left on Glenora to Vaux. Right on Vaux to the Gun Club

30 +/- km: Follow trail over the Holt Creek Trestle. Turn left at parking lot trail (New trail entrance to new parking area). Turns to gravel road. Turn left onto Vaux from gravel road to the Gun Club. Or, you could finish at the new parking lot before the Gun club.

20 +/- km: Start at the Corner of Greendale and Cowichan Lake Road. Go right on the Upper Trans–Canada Trail. Stay on trail to Mayo road. Right on Mayo road to Trans–Canada Trail. Left on Trans–Canada Trail. The trail crosses the Cowichan River at Mile 66 Trestle (9 km). Continue on Trans–Canada Trail to Holt Creek Trestle (19 km). Go left at next trail (off the Trans–Canada Trail). Continue on that trail to the outdoor bathroom. Turn right at the bathroom, which leads back to the Gun Club. **21.5 km – 24 km**

12 – 14 km: Start at Mayo and Riverbottom. Directly at the start of Mayo road go onto the Trans–Canada Trail. The trail crosses the Cowichan River at Mile 66 Trestle (1 – 2 km). Continue on Trans–Canada Trail to Holt Creek Trestle (10 – 11 km). Go left at next trail (off the Trans–Canada Trail). Continue on that trail to the outdoor bathroom. Turn right at the bathroom, which leads back to the Gun Club. **12 – 14 km** Walk from Holt Creek for shorter run: **10 – 12 km**

10 km: Start at day use picnic area about 1 km up from Mayo Road on Riverbottom. The trail crosses the Cowichan River at Mile 66 Trestle. Continue on Trans–Canada Trail to Holt Creek Trestle (8 – 9 km). Go left at next trail (off the Trans–Canada Trail). Continue on that trail to the outdoor bathroom. Turn right at the bathroom, which leads back to the Gun Club.