

VANCOUVER ISLAND TRAIL



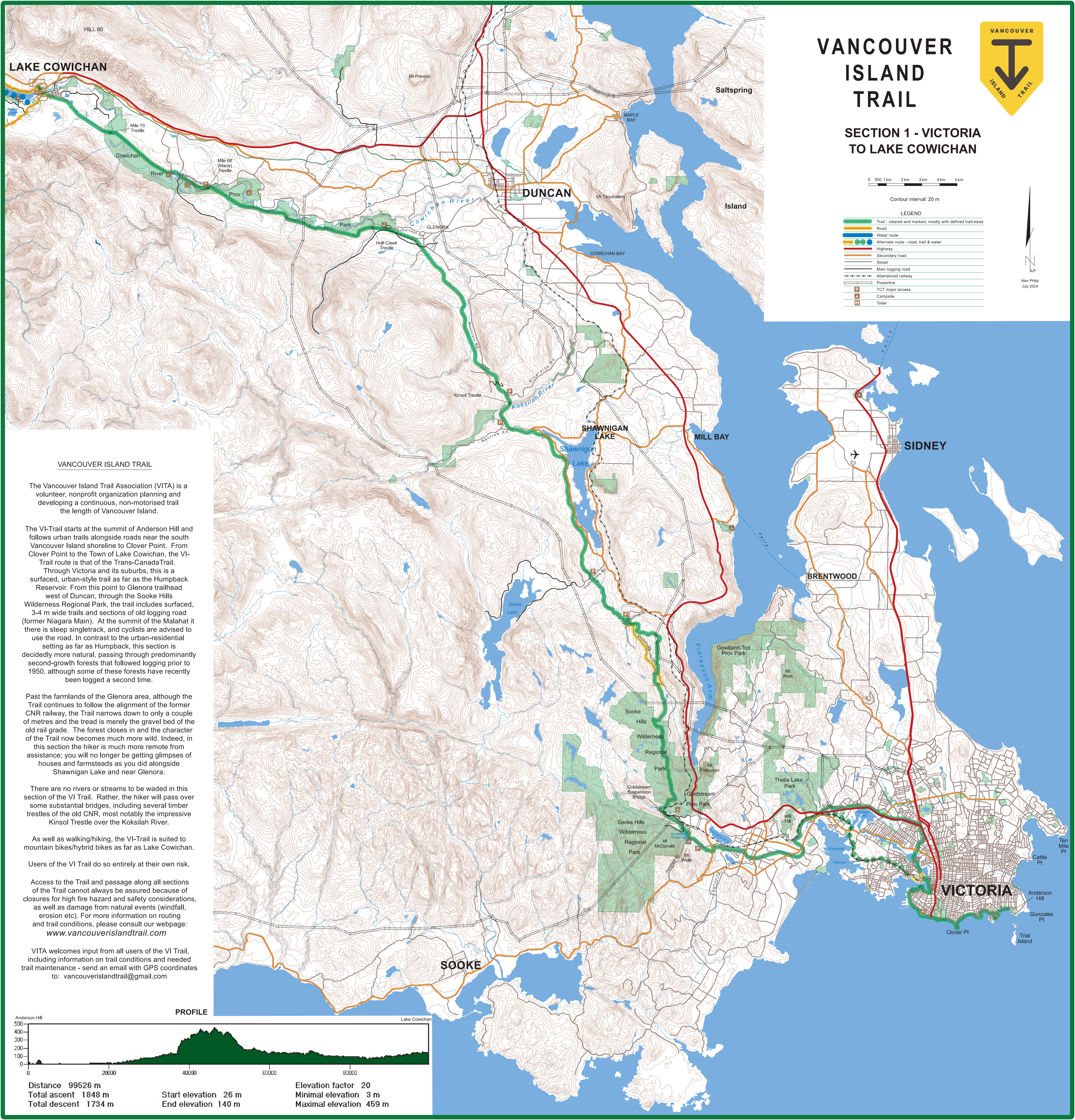
SECTION 1 - VICTORIA TO LAKE COWICHAN

0 500 1km 2km 3km 4km 5km

Contour interval: 20 m

LEGEND	
	Trail - cleared and marked, mostly with defined trail-tread
	Road
	Water route
	Alternate route - road, trail & water
	Highway
	Secondary road
	Street
	Main logging road
	Abandoned railway
	Powerline
	TCT major access
	Campsite
	Toilet

Alan Phillips
July 2024



VANCOUVER ISLAND TRAIL

The Vancouver Island Trail Association (VITA) is a volunteer, nonprofit organization planning and developing a continuous, non-motorised trail the length of Vancouver Island.

The VI-Trail starts at the summit of Anderson Hill and follows urban trails alongside roads near the south Vancouver Island shoreline to Clover Point. From Clover Point to the Town of Lake Cowichan, the VI-Trail route is that of the Trans-Canada Trail. Through Victoria and its suburbs, this is a surfaced, urban-style trail as far as the Humpback Reservoir. From this point to Glenora trailhead west of Duncan, through the Sooke Hills Wilderness Regional Park, the trail includes surfaced, 3-4 m wide trails and sections of old logging road (former Niagara Main). At the summit of the Malahat it there is steep singletrack, and cyclists are advised to use the road. In contrast to the urban-residential setting as far as Humpback, this section is decidedly more natural, passing through predominantly second-growth forests that followed logging prior to 1950, although some of these forests have recently been logged a second time.

Past the farmlands of the Glenora area, although the Trail continues to follow the alignment of the former CNR railway, the Trail narrows down to only a couple of metres and the tread is merely the gravel bed of the old rail grade. The forest closes in and the character of the Trail now becomes much more wild. Indeed, in this section the hiker is much more remote from assistance; you will no longer be getting glimpses of houses and farmsteads as you did alongside Shawnigan Lake and near Glenora.

There are no rivers or streams to be waded in this section of the VI Trail. Rather, the hiker will pass over some substantial bridges, including several timber trestles of the old CNR, most notably the impressive Kinsol Trestle over the Koksilah River.

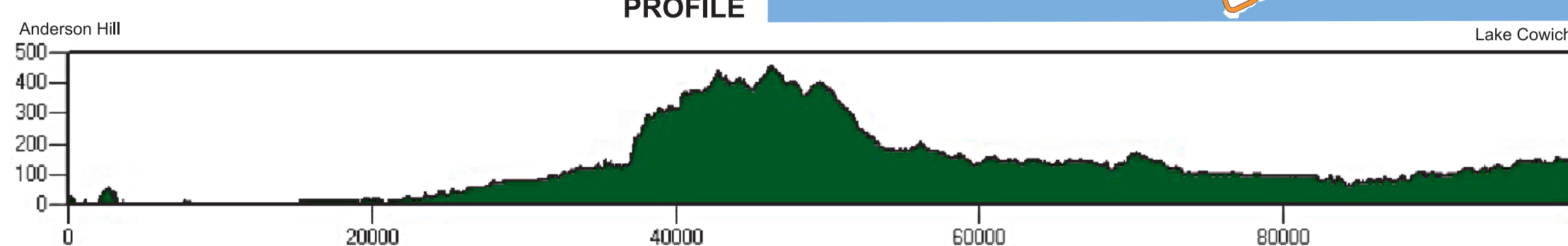
As well as walking/hiking, the VI-Trail is suited to mountain bikes/hybrid bikes as far as Lake Cowichan.

Users of the VI Trail do so entirely at their own risk.

Access to the Trail and passage along all sections of the Trail cannot always be assured because of closures for high fire hazard and safety considerations, as well as damage from natural events (windfall, erosion etc). For more information on routing and trail conditions, please consult our webpage: www.vancouverislandtrail.com

VITA welcomes input from all users of the VI Trail, including information on trail conditions and needed trail maintenance - send an email with GPS coordinates to: vancouverislandtrail@gmail.com

PROFILE



Distance 99526 m	Elevation factor 20
Total ascent 1848 m	Minimal elevation 3 m
Total descent 1734 m	Maximal elevation 459 m
Start elevation 26 m	
End elevation 140 m	