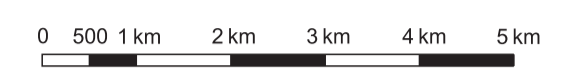
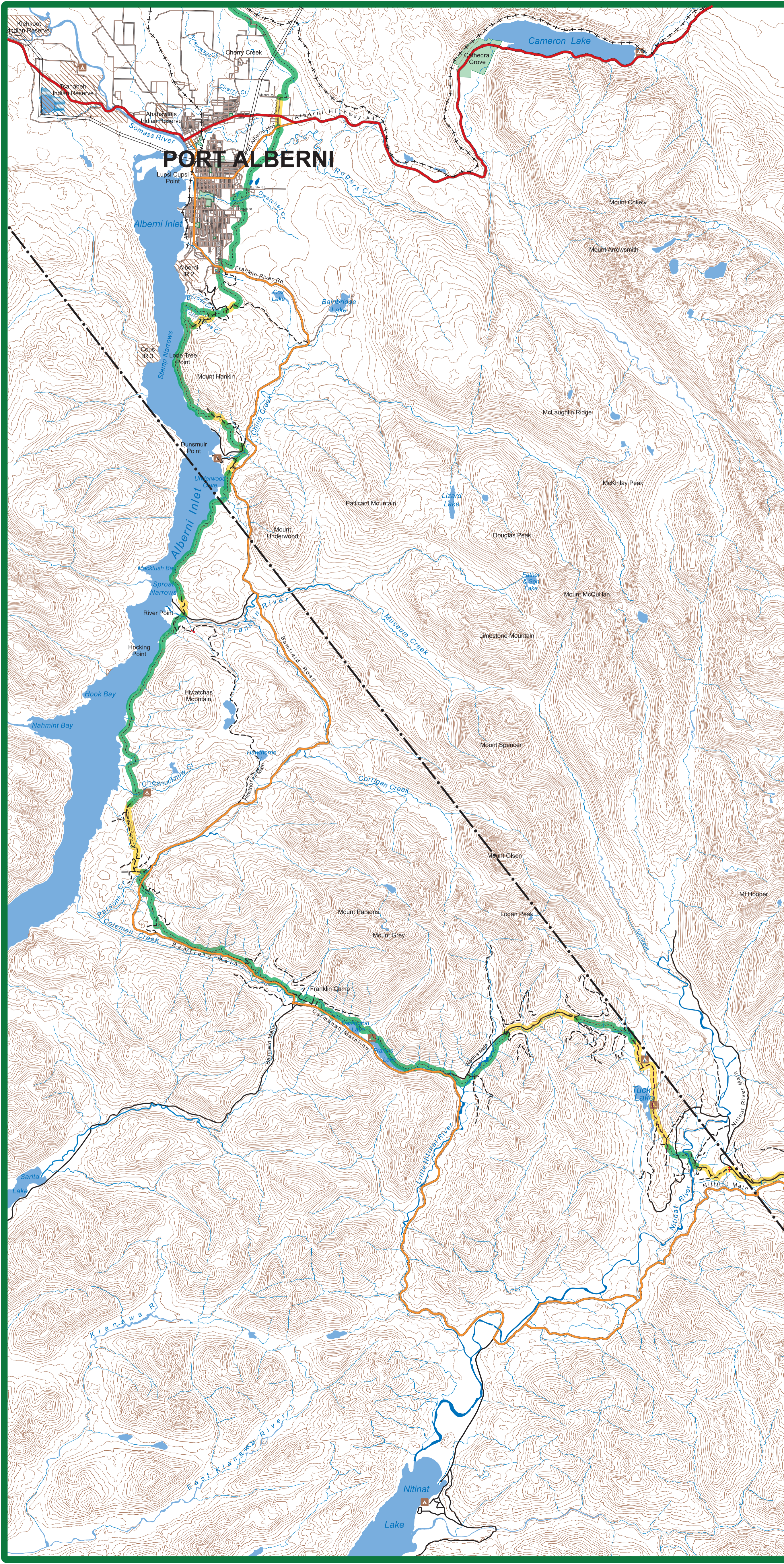


VANCOUVER ISLAND TRAIL

SECTION 2 - LAKE COWICHAN TO PORT ALBERNI



Contour interval: 40 m

LEGEND

- Trail - cleared and marked, mostly with defined trail-tread
- Road or Rail-grade - generally inactive, often grown-in
- Route - little or no clearing, few or no markers; some gps track only
- Alternate route - road & water
- Highway
- Secondary road
- Street
- Main logging road
- Minor logging road
- Abandoned railway
- Campsite
- E & N boundary

Alan Philip
Aug 2024

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

The Lake Cowichan to Port Alberni section passes largely through managed forests, apart from one small community, rural properties and cabins on Cowichan Lake. From Ed's Coffee House on the main street of Lake Cowichan leave town via the pedestrian bridge over the Cowichan River at Ohtaki Park, which leads onto North Shore Road. Follow that to Meades Creek Road. Adjacent trails should be taken through Spring Beach Rec Site with its impressive Douglas-fir forest. Turn left onto Youbou Road towards the village of Youbou, taking advantage of quieter side roads and trails (Creekside Drive, Miracle Way and Swordfern Way). Past Youbou follow North Shore Main logging road to the west end of Cowichan Lake. Several campsites are available along the way at Pine Point, Maple Grove and Little Shaw. Heather campsite is just south of the VI Trail at the west end of the lake, and Kissinger Campsite is just to the west on Kissinger Lake. Just west of Kissinger Lake an old grade gets you off the logging road across to Nitinat River Main which you follow for about 2 km to the start of the Tuck Lake Trail.

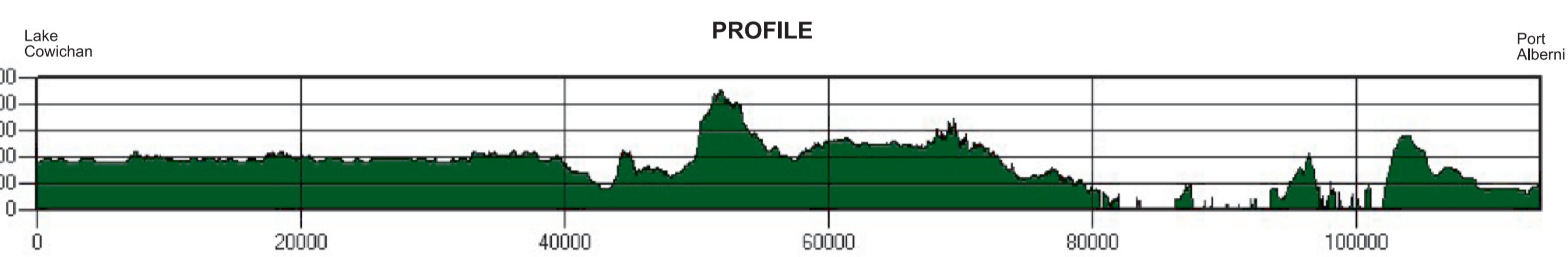
From Nitinat River Main to Port Alberni the route follows the Tuck Lake Trail, the Runners Trail and the Alberni Inlet Trail. These trails are comprised of a mix of single-track trail, trail on old, abandoned railway grades, and short sections of logging road (mostly inactive). The trails are cleared about a metre wide and marked with fluorescent orange 3-inch square trail markers. Most of this section is quite remote and hikers and other users need to be self-sufficient. Hikers must wade two substantial rivers, the Nitinat and the Franklin.

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.ca

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



Distance 114055 m
Total ascent 4089 m
Total descent 4178 m

Start elevation 180 m
End elevation 91 m

Elevation factor 20
Minimal elevation 3 m
Maximal elevation 454 m

