Watch history in the making at Valley trestle

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The summer heat is finally here -- in a big way.

After much grumbling about our late spring and cool, wet weather through June, we concede that this week it's definitely been time to dip your feet in the water, get out the sunscreen, and whip up a smoothie.

No doubt you're looking for a few things to do outdoors. If you're not as adventurous as the inspirational Chemainus WWII veteran Gordon Hughes, so jumping out of a plane isn't in your immediate future, there are still plenty of things you can try here in Cowichan.

From our beautiful beaches to numerous forest trails, we boast some of the finest outdoor recreation on the Island. But we'd like to take this opportunity to urge you to take a look at the Kinsol Trestle.

We wager there are many here in the Valley who have heard about the trestle for years, but never quite gotten around to seeing it for themselves.

Now is an historic opportunity.

Not only do you have the chance to view the awe-inspiring, majestic span, but you can actually witness history in the making.

For the coming months, visitors to the trestle will be able to watch the rehabilitation of the structure.

It's been a shame that in recent years it's been impossible to cross the bridge.

Fires and decay of the wooden support beams have conspired to make the structure unsafe for passage. Large signs warn visitors not to try to climb on trestle.

All that is about to change.

By next year, people will once again be able, even encouraged, to take a walk along the length of the bridge that once supported trains across the river.

We think it will be even more special to take that stroll if you've taken a look at where it's come from first. And there's nothing quite like standing at the edge and seeing the trestle for yourself.

Until you do, you might be inclined to ask, "Why are they spending so much money on a restoration. Wouldn't a replica have been just as good?"

We guarantee you won't think that anymore once you've seen the vista laid out before you, sunlight and shadow playing over the huge wooden beams.

Even partly in ruins, it's still a sight that will make you catch your breath and utter "wow!"

If you have kids and want to get them interested in local history, this is certainly one way to do it.

The impact is there for all ages, a monument seemingly made by giants.

So head on out with your camera (if you don't, you'll wish you had), and take in one of the Valley's most spectacular pieces of history.

We think you'll want to return again and again, and take everyone you know with you, so they can experience it too.