

Join our Hiking Club! Age 18+

The Cowichan Lake Retreads Hiking Club members invite all people interested in fitness and the outdoors to come out and join them in enjoying the beautiful trails in the Cowichan Valley and other parts of central Vancouver Island. Hikes vary from moderate to advanced as explained on the hiking schedule. New members are always welcome! The Retreads leave at 9:30 a.m. every Wednesday (9:00 a.m. in June, July and August) from Saywell Park beside the Lake Cowichan Visitor Centre. Please come prepared with water, snacks, and lunch. Hiking boots and appropriate clothing are essential. Sorry, pets are not permitted on our hikes.

REGISTRATION & FEES

Our club hikes year-round.

The annual membership fee is \$25.00 and expires one year from the date of purchase. Membership is available through Cowichan Lake Recreation. Pick up a schedule from the Cowichan Lake Sports Arena, Tourist Information Centre or visit www.cvrld.bc.ca. To register, or inquire about membership expiry dates call 250.749.6742 ext. 0 or visit the Cowichan Lake Sports Arena.



Cowichan Lake Recreation Division
Community Services Department
Cowichan Valley Regional District
311 S Shore Rd. P.O. 777
Lake Cowichan, BC, V0R 2G0

FOR MORE INFORMATION OR TO REGISTER:
Tel: 250.749.6742 ext. 0
Visit: www.cvrld.bc.ca

Online Registration:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration at reccowichan.ca

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FALL 2020

Retreads Hiking

COWICHAN LAKE RECREATION



Date	Hike	Area		Leaders	Phone #
Wed, Oct 7 9:30 a.m.	Stoney Hill	Duncan	2B	Julia B. & Julia M.	250.737.1420 250.709.1775
Wed, Oct 14 9:30 a.m.	Stoltz Bluffs	Lake Cowichan East	3C	Judy	250.701.0570
Wed, Oct 21 9:30 a.m.	Maple Mt. Climbing/Xylem	Duncan East	3C	Dave A.	250.748.1338
Wed, Oct 28 9:30 a.m.	Marble Mt.	Lake Cowichan	3C	Jean & Kathryn	250.745.3342 250.749.6347
Wed, Nov 4 9:30 a.m.	Duncan Urban	Duncan	1A	Dave & Beth	250.715.8890
Wed, Nov 11 9:30 a.m.	Bald Mt. Upper Plateau Bald Mt. Base & Lower Plateau	Lake Cowichan	4 B 2B	Mike & Carrol Julia M. & Randall	250.710.8020 250.709.1775 250.510.9447
Thurs, Nov 12 2:00 p.m.	Quarterly Meeting	CLSA	----	----	250.749.6742 ext 0
Wed, Nov 18 9:30 a.m.	Mt. Tzouhalem NE Side	Duncan	2B	Maret	250.466.4844
Wed, Nov 25 9:30 a.m.	Mesachie Mystery	Local	2B	Willa & Cliff	250.701.5575
Wed, Dec 2 9:30 a.m.	CVT Trestle 66 to Kakalatza	Lake Cowichan East	1A	Julia M. & Judy	250.709.1775 250.701.0570
Wed, Dec 9 9:30 a.m.	Cobble Hill	Cobble Hill	3B	Maret	250.466.4844
Wed, Dec 16 9:30 a.m.	Cottonwood/ Widowmaker	Youbou West	2A	Mike & Carrol	250.710.8020
Wed, Dec 23 9:30 a.m.	Mystery	Lake Cowichan	??	??	??
Wed, Jan 1 9:30 a.m.	New Year's Day Mystery	Lake Cowichan	1A	Willa & Cliff	250.701.5575

CRFP = Cowichan River Foot Path

CLSA = Cowichan Lake Sports Arena

CVT = Cowichan Valley Trail (aka: The Great Trail, formerly called the Trans Canada Trail)



	Part 1 INCLINE ELEVATION		Part 2 TERRAIN
1	Very small hills or very little stair climbing.	A	Almost entirely on groomed trails, pavement and/or logging roads.
2	Some <u>moderate</u> hills and/or stair climbing.	B	A significant part of the route is on well- groomed logging roads with very few obstacles.
3	Some <u>significant</u> Hills and/or stair climbing.	C	A significant part of the route is on somewhat difficult terrain (rocky/ rooted paths or soft sand).
4	Lots of significant hills and/or stair climbing.	D	A significant part of the route is on difficult terrain.

Keep in mind that no rating system is perfect - all are open to interpretation. This system gives hikers a good idea of the difficulty of a hike. Our weekly hiking notes supply more details including approximate length/duration of hike which will vary according to weather conditions, number and speed of hikers, etc.

If you are new to this group or you are not yet on our email list, please call the hike leader as listed on the schedule to get details of the hike such as duration and elevation. If you wish to be added to our weekly email list, please contact Mike at patbros@ieee.org.