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**Tournament: March 8th to 11th, 2017**

**Coach’s Registration Booklet**

**All Registrations Must Be Submitted**

**by 3:00 pm**

**Tues. Feb. 28th, 2017**





**Duncan Christian School Chemainus Secondary**

**(host school) (secondary location)**

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**2017 BC Basketball Girls ‘A’**

**Provincial Championship Clothing & Registration form**

495 Beech Avenue Duncan B.C. V9L 3J8

ph: [(250) 746-3654](tel:%28250%29%20746-3654) (ext. 2120)

For provincial website go to [**http://www.bcgirlsabball.ca/**](http://www.bcgirlsabball.ca/)

School name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact person: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tournament colour for t-shirts and hoodies are BLACK or WHITE with the above logo on center chest.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **64000BLACK**  Gildan Softstyle – 100% cotton preshrunk – unisex | S | M | L | XL | 2XL | Total # of  t-shirts ordered  x $20/shirt | Total cost  of  t-shirts |
| # of t-shirts |  |  |  |  |  | @$20/each | $ |
|  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **64000WHITE**  Gildan Softstyle – 100% cotton preshrunk – unisex | S | M | L | XL | 2XL | Total # of  t-shirts ordered  x $20/shirt | Total cost  of  t-shirts |
| # of t-shirts |  |  |  |  |  | @$20/each | $ |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 18500**BLACK**  Heavy Weight  50%Cotton  50% Polyester  preshrunk-unisex |  |  |  |  |  |  | S | M | L | XL | 2XL | 3XL | Total # of  hoodies  ordered x $40/  hoodie | Total cost  of  Hoodies |
| # of Hoodies |  |  |  |  |  |  |  |  |  |  |  |  | @$40/each | $ |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WHITE**  Heavy Weight  50%Cotton  50% Polyester  18500preshrunk-unisex |  |  |  |  |  | S | M | L | XL | 2XL | Total # of  hoodies  ordered x $40/  hoodie | Total cost  of  Hoodies |
| # of Hoodies |  |  |  |  |  |  |  |  |  |  | @$40/each | $ |

Tournament Fee: $400

Banquet tickets:   \_\_\_\_\_ x $25 = $\_\_\_\_\_\_

Team picture (8x10): $12 each x \_\_\_\_  = $ \_\_\_\_\_\_

Attitude Pictures (8x20): $25 each x \_\_­\_\_\_ = $\_\_­\_\_\_\_

                                                          T-shirt costs:     $ \_\_\_\_\_\_

                                                         Hoodies costs:   $ \_\_\_\_\_\_

Total amount:    $\_\_\_\_\_\_\_

**Please print this form out and fill it in and then scan it back to** [**inseine2@gmail.com**](mailto:inseine2@gmail.com) **Thanks!**

**Team Roster Information**

**(For the Tournament Program)**

Team Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Zone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Jersey Number | Name | Position | Grade | Height  (ft, inches) |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| 6. |  |  |  |  |  |
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| 9. |  |  |  |  |  |
| 10. |  |  |  |  |  |
| 11. |  |  |  |  |  |
| 12. |  |  |  |  |  |
| 13. |  |  |  |  |  |
| 14. |  |  |  |  |  |
| 15. |  |  |  |  |  |

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Asst Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Team Picture***



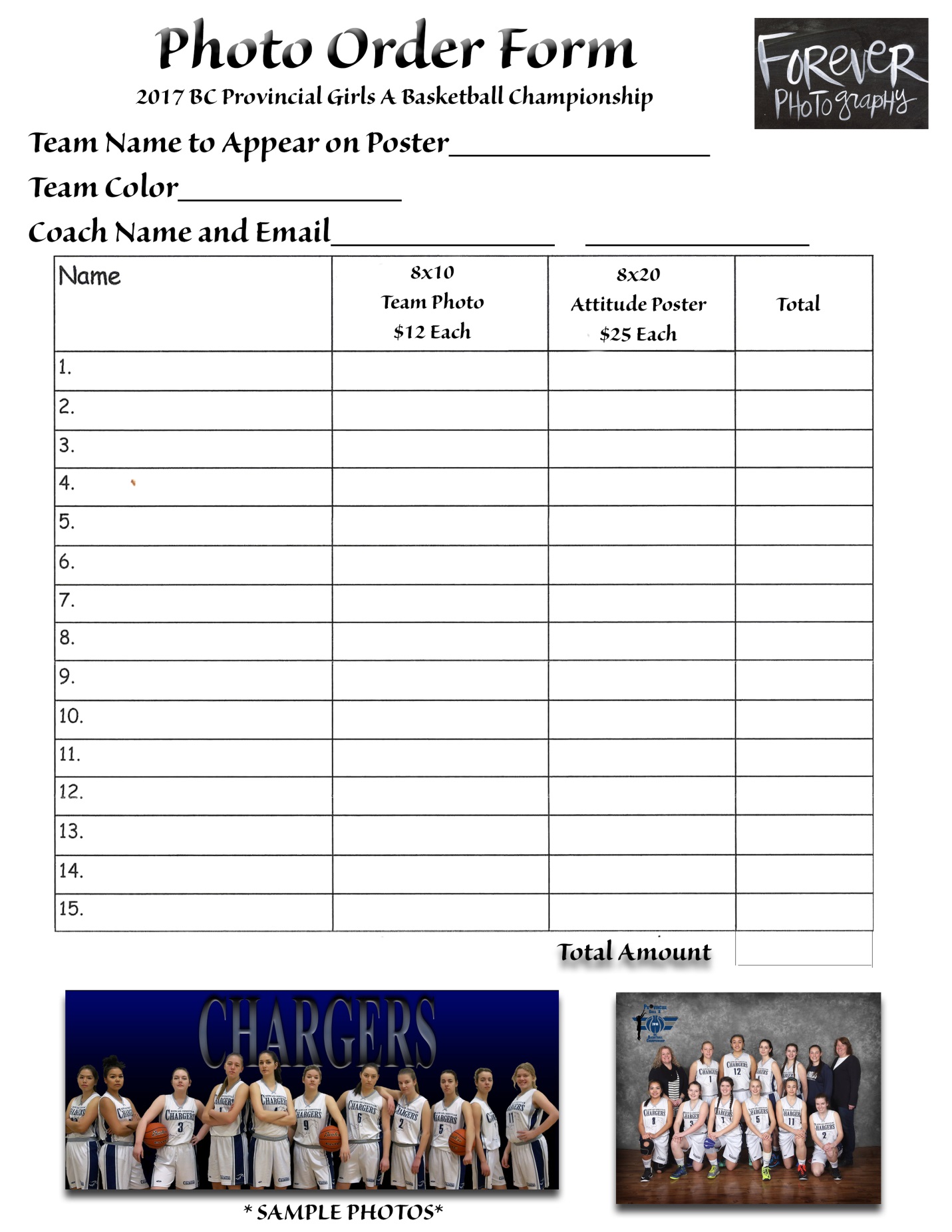
***Please email your team photo, roster, and your athletic logo***

[***inseine2@gmail.com***](mailto:inseine2@gmail.com)

***by 3:00 pm Tues. Feb. 28th at the latest.***

We must have your team picture emailed to us for the tournament programs and other related purposes. Make it about a 700kb digital image 6” x 4” and try to have your players’ numbers showing.

***This year teams do not need to provide a gift for the banquet. As well, we are not selling tournament passes. Entry into the tournament is free.***

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* **Please print this form out and fill it in and then scan it back to** [**inseine2@gmail.com**](mailto:inseine2@gmail.com) **Thanks!**

**Venue Information**

Duncan Christian School Chemainus Secondary School

495 Beech Ave., 9947 Daniel St

Duncan, BC Chemainus, BC

250-746-3654 250-246-4711

http://www.duncanchristianschool.ca/ http://chss.sd79.bc.ca/

**All games will be happening at Duncan Christian School and Chemainus Secondary School. See the tournament website for maps to each location.**

**PLEASE NOTE: Team Registration will take place on the evening of Tuesday March 7th between 6:00 and 8:00 pm at Duncan Christian School. Teams will sign in and receive their ordered merchandise and other important information.**

**Team photos(including Attitude Poster photos – if pre-ordered):**

ALL TEAM PHOTOS will be TAKEN RIGHT AFTER THE OPENING CEREMONIES.

***\*  We will start with the teams that play in the first game after the Opening Ceremonies and then take all of the others right after that.***

\*  Please make sure your team is available in **FULL UNIFORM**. It would be best for teams to have their full uniform on for the Opening Ceremonies, in order to make the Team picture taking as efficient as possible.

Thank you very much for your help with this!

**Tournament Coordinator Contact**

**Tom Veenstra can be reached on-site for any tournament details, questions or concerns via phone or text at the following number: 250- 510-7311**

**Provincials Media and Updates**

**Provincial Girls A Basketball Website =**[**http://www.bcgirlsabball.ca/**](http://www.bcgirlsabball.ca/)

[**https://www.facebook.com/bcagirlsbasketball**](https://www.facebook.com/bcagirlsbasketball)

[**https://twitter.com/Provincials**](https://twitter.com/Provincials)

**School website -**[**www.duncanchristianschool.ca**](http://www.duncanchristianschool.ca/)

**Live Streaming will occur at both locations this year. The link can be through the Provincial website**

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[**http://www.bcgirlsabball.ca/**](http://www.bcgirlsabball.ca/)

**Accommodations**

[**http://www.bcgirlsabball.ca/accommodations**](http://www.bcgirlsabball.ca/accommodations)

**Coaches Meeting**

***Friday, March 10, 2017***

***Coaches Breakfast Meeting (FREE - up to 2 coaches/team)***

***8:00 am – @ Ramada (Silver Bridge Inn)***

**Schedule:**

**8:00 a.m. – breakfast**

* **Plated Breakfast that will include: scrambled eggs, bacon, multigrain toast, golden hash browns, Freshly brewed coffee and a Steeped Tea Station**

**8:15 a.m. – meeting will start**



**2017 Girls “A” Basketball Provincial Timeline**



**Tuesday, March 7th**

Open Gym Times

* 30 minute slots, starting on the hour and the half hour
* these will be booked on a first come, first served basis
* you may book a slot through email ([inseine2@gmail.com](mailto:inseine2@gmail.com) )
* available times:

Duncan Christian 3:00 – 9:00 pm

Chemainus Secondary 3:00 – 7:00 pm

Registration

* email package ahead of time to [inseine2@gmail.com](mailto:inseine2@gmail.com)
* check in will occur at Duncan Christian School from 6:00 – 8:00 pm
* you will pick up: clothing orders, banquet tickets ($25 each), and other information we have for you
* you will drop off: tournament fee ($400), payment for clothing and photos and banquet tickets
* this year teams do not need to bring a prize for the banquet

**Wednesday,March 8th**

**Team photos:**

ALL TEAM PHOTOS will be TAKEN RIGHT AFTER THE OPENING CEREMONIES.

***\*  We will start with the teams that play in the first game after the Opening Ceremonies and then take ALL Team and Attitude photos right after that.***

\*  Please make sure your team is available in **FULL UNIFORM**. It would be best for teams to have their full uniform on for the Opening Ceremonies, in order to make the Team picture taking as efficient as possible.

Thank you very much for your help with this!

Games

* games played at both venues will be broadcasted on SportsCanadatv. See link on the provincial website.
* teams are guaranteed a 10 minute warm up. There may be more time if the preceeding game finishes early.
* when the game is finished, teams need to line up across from each other at center
* Player of the Game will be awarded to each team as chosen by the Game Director
* Game results will be posted on the website and on the tournament draw posted at both Duncan Christian and Chemainus Secondary. Coaches are responsible for reading the draw and knowing when they play next.

Opening Ceremonies

* this will be at 1:00 pm at Duncan Christian School. Please be at the school by 12:45 pm.
* all teams are required to be there
* We strongly suggest wear their team uniforms under their warm-ups or just their team uniforms as Team Photos and Attitude Poster photos will take place right after Opening Ceremonies.
* teams will meet in the gym foyer and be coordinated by our volunteers.
* they will be marshaled into the gym by ranking and line up in their designated spot.

**Thursday, March 9th**

Banquet

* the theme is Black and White!
* tickets are available for players and coaching staff. Unfortunately there is not enough room for parents, siblings etc.
* Location: RAMADA (Silver Bridge Inn), Duncan 140 Trans-Canada Hwy, Duncan, BC V9L 3P7
* tables will be designated for teams. Sit only in your spot as we have calculated how many on each team and how many at each table.
* MENU: Buns and butter, Caesar salad, Pesto Pasta salad, Lemon Herb Chicken, Vegetarian Lasagna, Roasted Potatoes, Assorted Desserts, Coffee, Tea and Punch served with dinner.

**Friday, March 10th**

Coaches Meeting

* PLATED breakfast **will include: Plated Breakfast that will include: scrambled eggs, bacon, multigrain toast, golden hash browns, Freshly brewed coffee and a Steeped Tea Station**
* It starts 8:00 am in the banquet room at the Silver Bridge Inn, Duncan
* meeting to begin at 8:15 am sharp
* games start later this day due to the meeting

***Opportunity to take in a 7:30 or 8 pm game 2017 Women’s Basketball National Championship 2017 at UVic***

***Here is the ticketing information for Provincial Girls A Basketball group for Nationals.***

 Cheer on YOUR UVic Vikes as they go for gold at the U-Sports Women’s Basketball National Championships. As a participant in the BC Girls ‘A’ basketball tournament, you get 50% off your ticket for the Friday, March 10th games of the tournament. These games will be played at UVic’s CARSA building. Single game tickets will be available for purchase March 1st  Please use the promo code -**Aprovincials** online at [www.govikesgo.com](http://www.govikesgo.com/) to receive your 50% discount or tickets can be purchased from the Membership Services counter. Ticket limit per locator is 20.  For tournament stories, videos, and more at [www.shootscore.ca](http://www.shootscore.ca/)

***Saturday, March 11th***

Closing Ceremonies

* this will begin immediately after the 5:00 pm final championship game. We recommend that teams stay in the gym to watch this final game and be ready

to proceed after it is done. (around 6:30 pm)

* the concession will be providing a hot meal that afternoon for teams that

are waiting for the closing ceremonies

* all teams are required to be there
* teams may wear what they would like. We strongly suggest wearing clothing

that identifies your team, such as a jersey or a warm up shirt or

jacket/hoody.

* teams will meet in the gym foyer and be coordinated by our volunteers.
* they will be marshaled into the gym by their ranking as a result of the

tournament.

* team photos and trophies will be handed out
* the All Star team and MVP’s that have been determined by the committee

will be named

Contacts

**Name Title Cell Phone Email**

|  |  |  |  |
| --- | --- | --- | --- |
| Tom Veenstra | Tournament Director | 250-510-7311 | inseine2@gmail.com |
| Henrietta Groenendijk | Tournament Coordinator – Duncan Christian | 250-210-1395 | Please send ALL emails to Tom |
| Jennie Hittinger | Tournament Coordinator – Chemainus Secondary | 250-701-5302 | Please send ALL emails to Tom |
| Michelle King | Game Director - Chemainus | 250-802-8762 | Please send ALL emails to Tom |

**Provincial Girls A Basketball 2017 Schedule**

***Wednesday, March 8, 2017***

|  |  |  |
| --- | --- | --- |
| **TIME** | **Duncan Christian** | **Chemainus Secondary** |
| **9:00 am** | Gm. 1 | Gm. 2 |
| **11:00 am** | Gm. 3 |  |
|  |  |  |
| **1:00 pm** | OPENING CEREMONIES |  |
|  |  |  |
| **2:30 pm** | Gm. 5  (home team) |  |
| **4:30 pm** | Gm. 6 |  |
| **6:30 pm** | Gm. 7 | Gm. 4 |
| **8:30 pm** | Gm. 8 |  |

***Thursday, March 9, 2017***

|  |  |  |
| --- | --- | --- |
| **TIME** | **Duncan Christian** | **Chemainus Secondary** |
| **9:00 am** | Gm. 9 | Gm. 10 |
| **11:00 am** | Gm. 11 | Gm. 12 |
| **1:00 pm** | Gm. 13 | Gm. 14 |
| **3:00 pm** | Gm. 15 | Gm. 16 |

***BANQUET @ Ramada (Silver Bridge Inn)***

�      **Time:**  **6:30 pm** and Dinner at 7:00 pm

***Friday, March 10, 2017***

***Coaches Breakfast Meeting (FREE - up to 2 coaches/team)***

***8:00 am � @ Ramada (Silver Bridge Inn)***

|  |  |  |
| --- | --- | --- |
| **TIME** | **Duncan Christian** | **Chemainus Secondary** |
| **11:00 am** | Gm. 17 | Gm. 18 |
| **1:00 pm** | Gm. 19 | Gm. 20 |
| **3:00 pm** | Gm. 23 | Gm. 21 |
| **5:00 pm** | Gm. 24 | Gm. 22 |
|  |  |  |

***Opportunity to take in a 7:30 or 8 pm game 2017 Women’s Basketball National Championship 2017 at UVic – Please see ticket info located above.***

***Saturday, March 11, 2017***

|  |  |  |
| --- | --- | --- |
| **TIME** | **Duncan Christian** | **Chemainus Secondary** |
| **8:30 am** | Gm. 27     9th/10th | Gm. 25    13th/14th |
| **10:30 am** | Gm. 29     7th/8th | Gm. 26   15th/16th |
| **12:30 pm** | Gm. 30     5th/6th | Gm. 28   11th/12th |
| **HALF HOUR BREAK** |  |  |
| **3:00 pm** | Gm. 31     3rd/4th |  |
| **5:00 pm** | Gm. 32     1st/2nd |  |

**Coaches Checklist**

**Please submit the following by 3:00 pm on Tues. Feb. 28**

1. Team Photo by standards listed earlier in this document
2. Team Roster by standards listed above
3. Team Clothing and Tournament Expenses Form (includes banquet fees, tournament registration fee, total clothing and photo fees
4. Scanned copy of Completed Team Photo and Team Attitude form
5. Your school’s athletic logo

***A Memo to the Provincial Coaches from the Officials***

Game time is not the time for officials to be giving a rules clinic to players and coaches. If rules questions come up prior to or after games, coaches should be communicating with tournament organizers or one of the head officiating assignors / evaluators, and not the officials themselves.

During the game, officials will attempt to communicate with coaches / players in a polite manner during clock stoppages. Communication should not be occurring while the clock is running, as this distracts officials from doing their job, which is officiating and observing the basketball game. If questions are asked in a respectful manner during an appropriate time, short answers should be given if the official is in a close proximity.

However, a technical foul should be expected / given in the following situations, and a warning may or may not be given, depending upon the severity of the situation:

* Disregarding warnings given by officials.
* Disrespectfully touching the officials, the commissioner, the table officials or the team bench personnel
* Disrespectfully communicating with the officials, the commissioner, the table officials or the opponents. (IE: Yelling across the floor)
* Using language or gestures likely to offend or incite the spectators.
* Baiting an opponent or obstructing his vision by waving his hands near his eyes.
* Excessive swinging of elbows.
* Delaying the game by deliberately touching the ball after it passes through the basket or by preventing a throw-in from being taken promptly.
* Falling down to fake a foul.





**21 THINGS TO DO IN THE COWICHAN VALLEY (winter)**

1. **Visit the Cowichan Regional Visitor Centre**- Drop in to say hello to our friendly and knowledgeable staff. We’ll share up to date information on local community events, dining, attractions and accommodation. Our wide selection of tourist information covers all regions of British Columbia. We are located at 2896 Drinkwater Rd (adjacent to the BC Forest Discovery Centre).

2. **Visit the Cowichan Valley Museum** – Located in downtown Duncan by the railway station this unique, interactive museum features a recreated pioneer store, hospital wing and a special look into the history behind the famous Cowichan Sweater. A must for history buffs.

3. **Visit the Local Art Galleries** – Spend a day with a friend or just go by yourself and peruse the numerous galleries and studios found in the Cowichan Valley. You can choose to visit the artists’ home studios or the downtown Duncan ones. There’s sure to be something appealing for every art lover! Studio tour maps available at the Cowichan Regional Visitor Centre

4. **Take a Totem Tour** – The self-guided tours take visitors through downtown Duncan to view the famous totems using a map available at the Visitor Centre. Follow the yellow footprints painted on the sidewalks. The visitor center also sells a newly updated totem tour guide book.

5. **Walk the Trans-Canada Trail – Visit the Kinsol Trestle** -Enjoy the outdoors and hike the local area via the Trans-Canada Trail. Following the old “Galloping Goose Rail Line”, with eight historic trestle crossings, including the newly restored 90-year-old Kinsol Trestle, Cowichans 122 km trail section will delight nature and history enthusiasts alike.

6**. Hike the Cowichan River Footpath** – Start at either the Fish or Game Club in Glenora or at Skutz Falls. This rugged and magnificent 20 km hike is accessible to all. For more information, contact the Visitor Centre.

7. **Enjoy the Outdoors** – Explore the Cowichan Valley and experience spectacular views of our area after a hike up Mt. Tzhouhalem, Mt. Prevost, Maple or Cobble Hill Mountain. Visit the Visitor Centre for maps of local hiking trails. You can also golf all year round on most local golf courses.

8. **Visit the Cowichan Aquatic Centre -** with 2 large indoor pools, fitness centre, sauna and steam room.The center has great daily fitness programs and is open all year round.

9. **View** **the World’s Largest Hockey Stick** – Located on the east side of the Island Savings Community Centre on James Street, this world famous, 205-foot attraction was on display at the 1986 Expo in Vancouver. Make sure to bring your camera! World’s Largest Hockey Stick Souvenirs available at the Cowichan Regional Visitor Centre

10. **Take an Agricultural Tour** – Visit one of the many farms that make our valley unique, including lavender, tea, cranberry, Water Buffalo and organic produce. Many of these local products can be found at our Saturday Farmer’s Market!

11. **Attend the Chemainus Theatre** – Want to see quality professional theatre in a quaint small town setting? Then look no further than the Chemainus theatre, a majestic building housing as well as the theatre itself, and elegant (and delicious) dining room, and a gallery/gift shop. For more information and reservations, call 1-800-565-7738 or (250) 246-9820.

12. **Enjoy Local Seafood** – Treat yourself to fresh seafood from one of the local fish markets or check the government wharf at Cowichan Bay and buy fresh shrimp, prawns or crab right off the boat. Don’t feel like cooking? Perhaps you would like to try one of the succulent seafood restaurants overlooking the water. Nibble on smoked salmon while enjoying the sights of Cowichan Bay from the wharf.

13. **Get up close with birds of prey, at Pacific Northwest Raptors** – View the incredible flight skills of the raptors that live at Pacific Northwest Raptors. Watch an eagle as he soars overhead, witness a red-tailed hawk make the catch as he shows off his hunting skills, and feel the thrill of a falcon rushing past you in pursuit of his lunch!

14. **Cowichan Bay with the Maritime Museum** has many quaint stores. Take in the captivating history and view artifacts of maritime activity in Cowichan Bay. This village is the slow food capital of our island with great fish restaurants. You can admire the house boats and fishing boats on your walks by the wharf. Watch out for the seals!

15. **Shop in Downtown Duncan** – Picture yourself in a quaint old town with unique, one-of-a-kind shops lining the narrow streets, local restaurants and bakeries serve fresh and delicious food catering to every palette, and yellow painted footprints dot the sidewalks, guiding you through Duncan’s renowned totem tour.

16. **Saturday Farmer’s Market** - Duncan’s market is home to more than 100 vendors…and growing! Spilling over City Square, Craig & Ingram Streets, enjoy local crafts, fresh produce, arts, food sampling, garden items, wine tasting and entertainment from 9am-2pm.

17. **Enjoy** **a Theatrical Performance at the Cowichan Theatre** – Ranging from High school plays and musicals to professionals from afar, you are sure to find a play to see. For more information contact the Centre Theatre box office at 748-7529.

18**. View Old Churches** – The Cowichan Valley is home to some beautiful religious architecture. A pleasant drive through the countryside will take you to several including Cowichan Station, St Ann’s on Tzouhalem Rd, and St Peter’s.

19. **Somenos Marsh** – Catch some tranquil moments viewing inhabitants of the Somenos Marsh. This wildlife sanctuary, which lies east of the Trans Canada Highway, offers a quiet refuge for a variety of birds and animals.

20. **Whippletree Junction Artists’ Market-** Come and visit these old heritage buildings from the past, which now have quaint stores and artist galleries.

21. **Take a Winery Tour** – Sample some of the Cowichan Valley’s award winning wines and ciders while traveling through the picturesque farmland of the valley. Enjoy wine tastings, tours, galleries, gift shops and restaurants. For local winery locations and hours contact the Visitor Centre. Guided Wine tours available

~After all this you may be too tired to leave, so consider spending a night…or two… or three with us.~

From provincial campgrounds to quaint B&B’s and luxury hotels, we’ll find the right accommodation to suit your needs!

**This information has been put together by the staff and volunteers of the**

**Cowichan Regional Visitor Centre Phone 250 746 4636** [**visitorinfo@duncancc.bc.ca**](mailto:visitorinfo@duncancc.bc.ca)

**September 2015**

**Favorite Hikes in Cowichan Valley**

**Please be aware that many of these trails are also enjoyed by mountain bikers & equestrians**

**1. Maple Mountain**   
Maple Mountain is located 5 km north east of **Duncan**. The trail is 5 km one way, elevation gain is 310m. Suitable for day hikes all year. North of Duncan turn east onto Herd Rd then left onto Osborne Bay Rd (to Crofton). Follow this to park entrance. Trail begins in the trees to the north of the parking area. Further North on Osborne Bay Rd there is access via Chilco Rd to two trails within proximity of Sansum Narrows & Saltspring Island and leading into Maple Bay. At the cross roads, the trail on the left follows closer to the ocean.

**2. Mount Prevost**

Mount Prevost is a mountainous landmark towering over the city of **Duncan** easily identified by the two humps sitting on its peak. Travelling north on Hwy #1 through the city of Duncan, turn west onto Hwy #18 and continue traveling for 1.4 kilometres until you reach Somenos Rd. Turn North, drive 2 km to Mt. Prevost Rd. The Mt. Prevost Main Rd is sometimes closed to vehicular traffic due to active logging or fire hazard. When open, there are two parking areas near the peak - one on the east side is relatively close to the monument while the one towards the south is used by the hang-gliders to access their jumping-off point. Some of the activities enjoyed on Mt. Prevost include mountain biking, hiking, hang gliding and sightseeing.  
**3. Mt Tzouhalem**   
Suitable all year hike. From Hwy #1 **Duncan** turn east onto Trunk Rd. At the traffic circle follow signage to Maple Bay Rd. Follow Maple Bay Rd 3 kilometres, turn right onto Kingsview Rd and follow it up to Chippewa Rd (note Tzouhalem parking sign) to the Mt Tzouhalem Ecological Reserve. Turn right onto Chippewa and follow it to Kaspa Rd. Turn left onto Kaspa and follow it past yellow gate to the parking area. This is where the trail starts. To access the wildflower area and kiosk follow the trail leading off the west side of the parking area. The trail begins to climb gently to kiosk. Dogs are permitted on leash. Please do not disturb the plants.

A short hike concluding with a steeper trail section will bring you to a wonderful view of the Cowichan Valley.

**4. Kinsol Trestle**

The Kinsol Trestle is one of the tallest free standing timber rail trestle structures in the world. Offering breathtaking views of the Koksilah river and access to hiking trails. The re-constructed trestle opened July 2011 linking the Cowichan Valley Portion of the Trans Canada Trail. Amenities include ample parking on both sides as well as picnic tables, benches and toilets. Accessible to wheelchairs and strollers.

**Directions to North End of Kinsol Trestle**: From Hwy #1 **south of Duncan** turn west onto Koksilah Rd. After crossing the single lane Koksilah River Bridge, take a left on Riverside Rd. Follow this road (paved/gravel) for 8.5 km. Parking available. It is a five-minute walk to the north end of the Trestle.

**Directions to South End of Kinsol Trestle**: From Hwy #1, take one of the roads to the Village of Shawnigan Lake. Once there, follow Renfrew Rd westbound. Turn right onto Glen Eagles Rd, then right onto Shelby Rd. Parking area on the left. Follow the level, well-marked trail about 1.5km to the Kinsol Trestle.

**5. Cowichan River Footpath**   
This trail stretching from **Glenora Trailhead Park** west to **Skutz Falls** is 20 km one way. Backpack or Day Hike suitable all year.

Access: **Glenora Trailhead Park**, From Hwy #1 (Duncan), turn west onto Trunk R. Left onto Allenby Rd, over the bridge and right onto Indian Rd. Right onto Glenora Rd. Right onto Vaux Rd (turns into Robertson Rd) for approx 6km. The staging area is located on the left near Cowichan River Provincial Park.

**Skutz Falls trailhead**: North of Duncan travel west on Hwy #18 18.7 km until you come to the turnoff to Skutz Falls. Turn left, follow the gravel road about 3 km to the falls. Access the trail on the far side of the river across the truck bridge. The best loop hikes are from this trailhead. This requires transportation at both ends if doing full trail. There are also a variety of walks that can be taken from each trailhead.

**6. The Cowichan Valley Trail**

This portion of the Trans Canada Trail travels north from south Shawnigan Lake, over the Kinsol Trestle and west to **Lake Cowichan** then continues back to **Duncan** and Northboundalong the Hwy #18. It is 122 km long and connects to the Trans Canada trail. Other access points:

**a)** From the city of Duncan head north on Canada Ave travel west on Sherman Rd to Lane Rd where there is a trailhead. The trail continues towards Lake Cowichan. There are other access points west along Sherman Rd.

**b)** Lake Cowichan Staging Area: From Hwy #1, turn west onto Hwy #18, follow into Town of Lake Cowichan (Hwy becomes South Shore Rd), left on King George, right on Wellington, Look for trail info on right & trailhead kiosk on left.   
**c)** Sooke Lake Rd Staging Area: From Hwy #1, turn onto S. Shawnigan Lake Rd, left onto Sooke Lake Rd. The Staging Area is located on the right, approximately two minutes down the road by car.   
**d)** Glenora Trailhead Park:  From Hwy #1, turn west onto Trunk R, left onto Allenby Rd (becomes Indian Rd, right onto Glenora Rd, right onto Vaux Rd (becomes Robertson Rd).

**7. Somenos Dike Trail**

Accessible from various locations. Access the north end of the trail at the Somenos Marsh Outdoor Classroom

(off Hwy #1 north of Beverly St). The trail heads south then east following Beverly St turns south at Lakes Rd connecting with Al Wilson Grove Rotary Park (accessed off McKinstry Rd). Parking available at both trail ends.

**8. Chemainus Lake Trailhead:**

From Hwy #1 (Chemainus) turn West onto River Rd, follow the road about 2 minutes, the parking lot will be on your right. **Access restrictions:** Dawn to dusk. This lovely, 3km loop is a pleasant stop off when driving up or down island. The trail circumnavigates Chemainus Lake with views across the lake to Mt Brenton.

**9. Cobble Hill Mountain**

Cobble Hill Mountain Regional Recreation Area is a popular destination for hiking, horseback riding, and mountain biking. The recreation area is made up of old logging roads, as well as signed trails. The entry point to Cobble Hill Mountain is through Quarry Nature Park. Amenities include picnic area, washrooms & parking.

**Access:** West off Hwy #1 onto Shawnigan Lake-Cobble Hill Rd, turn onto Empress Ave into Quarry Nature Park.

**10. Mesachie Mountain**   
Follow signs from Town of **Lake Cowichan** to Mesachie Lake Village, about 6 km (4 miles). Turn right onto Forestry Rd. Go through village, turn right and park on the flat. Continue along Forestry Rd, cross bridge. The trail to Mesachie Mountain is to the right, past the barrier and following the wire fence; then NE through second-growth timber. Follow this until you come to a T junction, turn right onto the mountain trail. The upper part is one mossy hill. It is about one hour’s stroll from the barrier to the top, the view is excellent.

**11. Holland Creek Trail**

The forested loop of Holland Creek Trail runs for 6.4km/4mi from the craggy heights above **Ladysmith** on a south easterly course to an estuary at the ocean's edge. Park at access points and tackle all or part of the Holland Creek Trail. For a pleasant hour-long walk park at Methuen St and 6th Ave, hike the “upper loop” trail that takes in a waterfall, a pair of colliery dams (built in the early 1900s for the coal mining industry) and the Rotary Look-Out Trail (which leads to a scenic view picnic area). The parking lot on Mackie Rd off Malone Rd also offers easy access to the trail for those wanting a short walk to the scenic waterfall.

**Heart Lake**

Hike along Holland Creek behind **Ladysmith** then up a very steep but short section to Heart Lake. The trail is 6.4 km from the head of the Holland Creek Trail bridge. Those wanting a longer hike can continue on to Stocking Lake for a 9.3 km hike. The trail includes three levels: difficult, moderate and mild

**Access**: From Hwy 1 (Ladysmith), travel west up Roberts St., turn left onto 6th Ave.-parking will be on the right.

**Created by the staff & volunteers of the Cowichan Regional Visitor Centre**

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