



Join our Hiking Club!

The Cowichan Lake Retreads Hiking Club invites 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. Newcomers and visitors are always welcome!

The Retreads leave at 9:30 am every Wednesday from Saywell Park beside the Lake Cowichan Visitor Centre. Please come prepared with water, snacks, and lunch. Hiking boots and appropriate clothing are essential. The club carpools to hike locations and transportation costs are shared. Sorry, pets are not permitted on our hikes.

REGISTRATION & FEES

Our club hikes year-round.

The annual membership fee is \$15.00 (valid from July 1 - June 30) and available through Cowichan Lake Recreation. Drop-in is also available for \$2.00 per hike.



Membership allows you to participate in all Retread hikes, as well as those sponsored by Cowichan Hikers in Duncan.

To register, call 250.749.6742 or visit the Cowichan Lake Sports Arena in Lake Cowichan.



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,
Tel: 250.749.6742
Visit: www.cvrld.bc.ca

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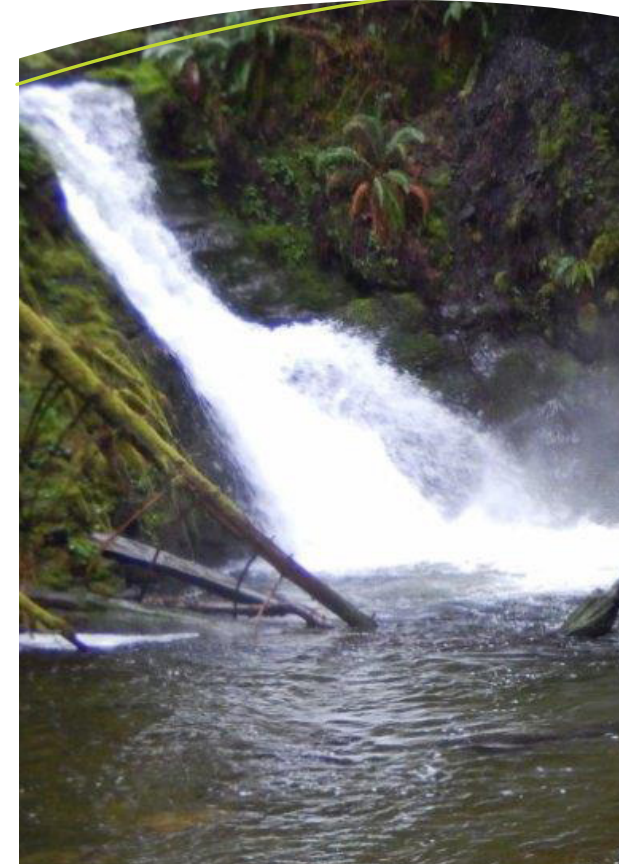
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Cowichan Lake Recreation

Retreads Hiking Club

Spring 2017



SPRING HIKING SCHEDULE | We leave on Wednesdays from Saywell Park at 9:00 a.m. starting May 3.

Date	Hike	Area	Level	Leader(s)	Phone Number
Wed, Apr 5 9:30 a.m.	Christie Falls	Ladysmith	2B	Kathryn	250.749.6347
Wed, Apr 12 9:30 a.m.	*CRFP - Glenora Section	Duncan	2B	Brian	250.597.0864
Wed, Apr 19 9:30 a.m.	Mystery Hike	TBA	TBA	Richard (Tentatively)	587.984.0222
Wed, Apr 26 9:30 a.m.	Hidden Peak Loop Mt. Prevost	Duncan	2B	Willa & Cliff	250.749.4144
Wed, May 3 9:00 a.m.	Mystery Hike	Local	TBA	Mike & Carrol	250.710.8020
Wed, May 10 9:00 a.m.	Valley Vista Trail	Local	3A	Willa & Cliff	250.749.4144
Tue, May 16 2:00 pm	Retread Quarterly Meeting	**CLSA	----	-----	250.749.6742
Wed, May 17 9:00 a.m.	Westwood Lake/ Morrell Nature Park	Nanaimo	1B	Brian	250.597.0864
Wed, May 24 9:00 a.m.	Koksilah Ancient Forest	Duncan	TBA	Sandi & Dwight Willa & Cliff	250.924.4620 250.749.4144
Wed, May 31 9:00 a.m.	The Switchbacks	Youbou	3A	Willa & Cliff	250.749.4144
Wed, Jun 7 9:00 a.m.	Marble Mt.	Local	3C	Jean A.	250.745.3342
Wed, Jun 14 9:00 a.m.	Kinsol Mt.	Duncan	3C	Brian	250.597.0864
Wed, Jun 21 9:00 a.m.	Newcastle Island	Nanaimo	1A	Sandi & Dwight	250.924.4620
Wed, Jun 28 9:00 a.m.	Maple Mt.	Crofton	3C	Mike & Carrol	250.710.8020

*CRFP = Cowichan River Footpath

**CLSA = Cowichan Lake Sports Arena

New Hike Rating System

	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 trails or logging roads with very few obstacles.
3	Some <u>significant</u> hill 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.
5	A lot of steep climbing.	E	The majority of the route is on very 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 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.

We carpool to and from our hikes with best intentions of using as few vehicles as possible. If you're able to, please come prepared to drive if needed.