

# Cowichan Region Sport Tourism Guide



Ladysmith • Chemainus • Lake Cowichan • Duncan  
Cowichan Bay • Mill Bay • Shawnigan Lake

Vancouver Island, British Columbia





For 40 years, the BC Games have brought together British Columbians to this biennial celebration of sport and community. An important sport development opportunity, the BC Winter and BC Summer Games have been the starting point for many athletes who have gone on to international

success, including Olympians and Paralympians Brent Hayden (swimming), Carol Huynh (wrestling,) and Richard Peter (wheelchair basketball).

As the host for the 2018 BC Summer Games, 3,000 Cowichan area volunteers welcome thousands of athletes, coaches, officials, and spectators from July 19-22. Sport venues and facilities throughout the Cowichan region set the stage for 3,700 participants to compete in 19 sports.

The BC Games leave a lasting legacy of economic impact, experienced volunteers, enhanced partnerships and community pride.

2018 marks the 40th anniversary of the BC Games, and Cowichan is a proud host of this milestone celebrating the spirit of competition, pride, inspiration, and excellence that have been the cornerstones of the BC Games since 1978.



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# The Cowichan Region

The Cowichan Region is located midway between Victoria and Nanaimo, about an hour's drive to each, on beautiful Southern Vancouver Island.

Most of the region's population of 83,000 resides in small towns and villages and each has a unique flavour and history.

All are within a scenic 40-minute drive of centrally located Duncan and provide the services and amenities you may need to make your sporting event and your visit here a success.

The people of Cowichan share a love of culture, a focus on local and sustainable, and an appreciation for a healthy, active lifestyle.



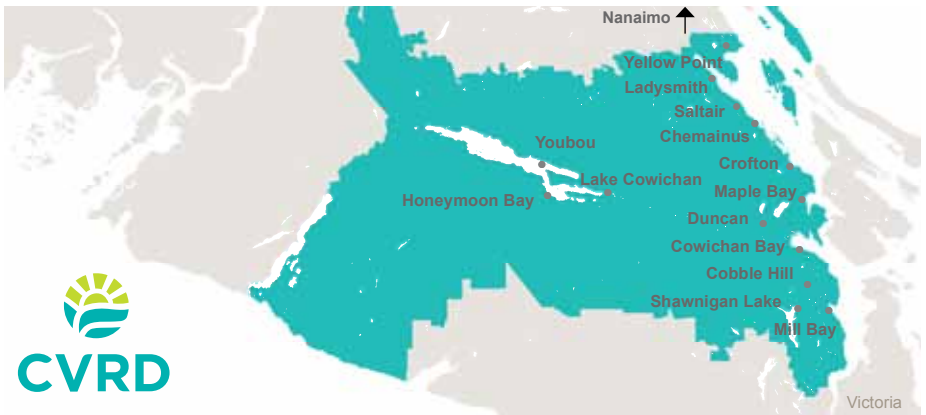


# Choose Cowichan

**For your next tournament, competition or championship event**

The Cowichan sports scene is extra-large, just like the world's biggest hockey stick and puck that adorn the Island Savings Centre in Duncan.

A successful sporting event – like a winning team – needs a magic mix of talent and support to make it happen. The Cowichan region has what it takes: proven ability at planning high-calibre events, a huge volunteer base, excellent indoor and outdoor facilities and easy access for visiting teams.



# Hosting Resume

Cowichan Valley's enthusiastic sports communities have a proud and successful history of hosting significant sporting and cultural events, among them...

- 2017 Inaugural Lake to Lake Walk and Marathon
- 2017 National Aboriginal Hockey Championships
- 2017 BC Scotties Ladies Curling Championships
- 2016 Vancouver Island Pickleball Championships
- 2013 - 2016 Jr. Girls Basketball Provincial Championships
- 2013 Female U16 Hockey BC Cup
- 2013 Provincial Wrestling Championships
- 2009 Western Canadian Masters Lacrosse Championships
- 2008 North American Indigenous Games
- 2005 BC Seniors Games

Annual events include the Brentwood International Rowing Regatta, Sun Bowl Women's Football Championships, BC Senior Field Hockey Championships, equestrian shows, and the Maple Bay and Cowichan Bay sailing regattas.

View the complete list at [www.cvrld.bc.ca/sportstourism](http://www.cvrld.bc.ca/sportstourism)

## Our Volunteers

Passion, dedication, commitment, and love of the sport. These are all qualities shared by athletes...and our corps of thousands of volunteers who regularly turn out in droves to coach, organize and support sports in the region.





Courtesy Town of Ladysmith

# Sports Facilities

The Cowichan Region is a sport enthusiast's mecca which boasts a starring lineup of more than 50 venues for competition.

Options vary from our modern sports centres to impressive facilities at the area's private schools, and numerous outdoor spaces. Playing fields are maintained to an international standard, and the local lakes and sheltered ocean locations make outstanding natural venues for rowing and other water sports.

Cowichan also boasts one of the largest exhibition parks in BC, Canada's only year round outdoor motorsport facility, and the second oldest grass tennis courts in the world.

Whether the game is played in one of our multi-diamond, state of the art facilities or on a community lot, more than 20 ball fields around the region proves Cowichan loves its baseball.

Cowichan takes its indoor ice activities seriously. Our arenas host sold out hockey games and tournaments and locals are passionate about curling.



# Sports Facilities

Fields, pitches, grounds.....whatever you call them, rugby, soccer, football, lacrosse and even cricket and ultimate frisbee have more than a dozen places to call their own in Cowichan.

Long after snow blankets the rest of the country, golfers keep active on our lush, green links. Award winning, challenging courses and expert club organizers bring back provincial and national golf championship events year after year.

The gym is where it all begins for most athletes, and Cowichan's indoor facilities are at the heart of our sports scene, hosting everything from gymnastics to box lacrosse, basketball and martial arts, to bowling, wheelchair sports and roller derby.

Top-level competitive swimming and diving meets can be hosted with ease in the aquatic centres in Ladysmith and Duncan. Before the laps begin, competitors will appreciate the gym and training areas in these modern facilities.





# Multi-Sport Centres

## Island Savings Centre

- o Regulation size arena, home to Cowichan Capitals Junior A Hockey Club
- o Five full dressing rooms and officials/referees rooms
- o Spectator capacity 1,400, including suites, plus 1,000 portable seats
- o 10,500 square foot multipurpose hall with six pickleball courts, sport court flooring, sport clock and sound system
- o Over 23,000 square feet of gymnastics and fitness facilities
- o Multiple meeting rooms and two dance and fitness studios
- o Located adjacent to the 730 seat Cowichan Performing Arts Centre

2687 James St,  
Duncan BC V9L 2X5  
250.748.7529  
[www.cvrld.bc.ca/  
IslandSavingsCentre](http://www.cvrld.bc.ca/IslandSavingsCentre)



# Multi-Sport Centres

## Cowichan Sportsplex

- o 29 acre facility
- o Three fully fenced fast and slo-pitch diamonds
- o Lacrosse box
- o Artificial surface field hockey pitch
- o 660 metre cushioned fitness path
- o 400 metre track and field facility
- o Tournament quality lighting

5847 Chesterfield Ave,  
Duncan BC V9L 3M3  
250.746.5666

[www.cowichansportsplex.com](http://www.cowichansportsplex.com)





# Multi-Sport Centres

## Cowichan Lake Sports Arena

- o NHL size arena, seating capacity 875
- o Cowichan Rocks four sheet curling rink
- o Curling lounge (classroom or presentations)
- o Eight dressing rooms
- o Multi-purpose room with sprung maple floor
- o Sound system and clock
- o Bar / catering / dorming services available
- o Adjacent to Centennial Hall, Centennial Park and Little League Ballfield

311 South Shore Rd,  
Lake Cowichan BC V0R 2G0  
250.749.6742  
[www.cvrld.bc.ca/  
CowichanLakeSportsArena](http://www.cvrld.bc.ca/CowichanLakeSportsArena)

## Cowichan Exhibition Park

- o 14,400 square foot multi-purpose hall
- o Capacity 1,400
- o Sound system
- o Two meeting rooms
- o Kitchen facilities
- o Multiple outdoor venues
- o Outdoor barns
- o Riding rings

7380 Trans Canada Hwy,  
Duncan BC V9L 6B2  
250.748.0822  
[www.cowex.ca](http://www.cowex.ca)



# Multi-Sport Centres

## Kerry Park Recreation Centre

- o Regulation size arena, home to the Junior B Kerry Park Islanders Hockey Club
- o Indoor lacrosse floor markings
- o Spectator capacity 750
- o Four sheet curling rink
- o Three full size ball diamonds
- o Multi-purpose sports field
- o Full food and beverage services

1035 Shawnigan Lake-  
Mill Bay Rd,  
Mill Bay BC V0R 2P2  
250.743.5922  
[www.cvrld.bc.ca/  
KerryParkRecreationCentre](http://www.cvrld.bc.ca/KerryParkRecreationCentre)

## Fuller Lake Arena & Park

- o Regulation size arena
- o Indoor lacrosse floor markings
- o Spectator capacity 900
- o Two meeting rooms
- o Outdoor pickleball courts
- o Sand volleyball court
- o Beach/lake access
- o Running trail
- o Concession

2876 Fuller Lake Rd,  
Chemainus BC V0R 1K5  
250.246.3811  
[www.northcowichan.ca/  
fieldsparkstrails](http://www.northcowichan.ca/fieldsparkstrails)





Courtesy/ Brentwood College

# Multi-Sport Centres

## Brentwood College

- o Six sports fields
- o Eight tennis courts
- o Boathouse
- o Rowing centre
- o Sportsplex with gymnasium, weight rooms and squash courts
- o Facilities and room and board available seasonally

2735 Mt Baker Rd,  
Mill Bay BC V0R 2P1  
250.743.5521  
[www.brentwood.bc.ca](http://www.brentwood.bc.ca)

## Shawnigan Lake School

- o Regulation sized arena
- o Spectator capacity 400
- o Dressing rooms and athletes' medical area
- o Five grass fields for soccer, rugby and field hockey
- o Scoreboard
- o Rowing centre
- o Facilities and room and board options available seasonally

1975 Renfrew Rd,  
Shawnigan Lake BC V0R 2W1  
250.743.5516  
[www.shawnigan.ca](http://www.shawnigan.ca)





# Arenas

Five full size arenas host regularly scheduled hockey games as well as local and provincial tournaments. Training and evaluation camps, including officiating schools, BC Hockey Camps and the Canucks Prospect Camp at Shawnigan Lake School, take place year round.

See Multi-Sport Centres for details on

Fuller Lake Arena

Island Savings Centre

Cowichan Lake Sports Arena

Kerry Park Recreation Centre

Shawnigan Lake School



Courtesy Cowichan Sportsplex

# Fields

## Forrest Field

- o Artificial turf soccer field
- o Fully lit
- o Change rooms
- o Covered seating

Jim Cram Drive,  
Ladysmith BC V9G 1J5  
250.245.6424  
[www.ladysmith.ca/parks-recreation-culture/sports-fields](http://www.ladysmith.ca/parks-recreation-culture/sports-fields)

## Centennial Park

- o Three ball fields
- o Soccer field
- o Bleachers and dugouts
- o Adjacent to Cowichan Lake Sports Arena

311 S. Shore Rd,  
Lake Cowichan BC V0R 2G0  
250.749.6742  
[www.cvrld.bc.ca/CentennialPark](http://www.cvrld.bc.ca/CentennialPark)

## Cowichan Sportsplex

- o See Multi-Sport Centres



# Fields

## Evans Park

- o Seven ball fields
- o Covered dugouts
- o Two soccer/multi-sport fields
- o Clubhouse with change rooms, officials' and meeting rooms
- o On site food operations
- o Washrooms

6257 Somenos Rd,  
Duncan BC V9L 4G1  
250.746.3110  
[www.northcowichan.ca/fieldsparkstrails](http://www.northcowichan.ca/fieldsparkstrails)

## Sherman Road Park

- o Full size, natural turf, lit soccer pitch
- o Full size, synthetic turf, lit pitch
- o One junior and five mini soccer pitches
- o Clubhouse with full change room, washroom, meeting room
- o Fully accessible playground and a walking trail

3272 Sherman Rd,  
Duncan BC V9L 4B4  
250.746.3110  
[www.northcowichan.ca/fieldsparkstrails](http://www.northcowichan.ca/fieldsparkstrails)



# Fields

## McAdam Park / Rotary Park

- o Two full size soccer and field lacrosse surfaces
- o One full sized football field
- o Change rooms and washrooms
- o Adjacent to tennis courts

820 Wharnccliffe Rd,  
Duncan BC V9L 2K3  
250.746.6126  
[www.duncan.ca/visitors/parks-recreation/](http://www.duncan.ca/visitors/parks-recreation/)

## Cowichan Rugby Club

- o Two lit grass surfaces
- o 3,000 square foot clubhouse with washrooms

1860 Herd Rd,  
Duncan BC V9L 5W4  
250.746.7513  
[www.cowichanrugby.ca](http://www.cowichanrugby.ca)

Multi-purpose fields are also located at  
**Kerry Park Recreation Centre**  
**Brentwood College**  
**Shawnigan Lake School**

See Multi-Sport Centres for details.



# Curling Rinks

## Duncan Curling Club

- o Five sheets of ice
- o Banquet facilities and viewing area
- o Concession

3191 Sherman Rd,  
Duncan BC V9L 3X8  
250.748.9313  
[www.duncancurling.com](http://www.duncancurling.com)

Also see Multi-Sport Centres for specifications on  
Kerry Park Curling Centre  
Cowichan Rocks Curling







# Aquatics

## Cowichan Aquatic Centre

- o 25 metre competitive pool
- o 25 metre wave pool
- o One and three metre diving boards
- o Lazy river, waterslides, sauna and steam rooms
- o Full fitness centre
- o Meeting spaces

2653 James St,  
Duncan BC V9L 2X5  
250.746.7665  
[www.northcowichan.ca/aquatics](http://www.northcowichan.ca/aquatics)

## Frank Jameson Centre

- o Four lane, 25 metre pool
- o Climbing wall, slides, rope swing
- o Fitness centre
- o Gymnasium
- o Meeting spaces

810 6th Ave,  
Ladysmith BC V9G 1N8  
250.245.6424  
[www.ladysmith.ca/parks-recreation-culture/facilities](http://www.ladysmith.ca/parks-recreation-culture/facilities)



# Golf

## Arbutus Ridge Golf Club

- o Three of the most demanding finishing holes on Vancouver Island
- o Indoor tennis courts and onsite restaurant
- o Located in the heart of Cowichan's scenic wine country

3515 Telegraph Rd,  
Cobble Hill BC V0R 1L4  
250.743.5000  
[www.golfbc.com/courses/arbutus\\_ridge](http://www.golfbc.com/courses/arbutus_ridge)

## Duncan Meadows Golf Club

- o Strong mix of parkland and links style holes, with many lakes and ponds
- o Mountain and valley views
- o A player's course that rewards forethought and patience

6507 North Rd,  
Duncan BC V9L 6K9  
250.746.8993  
[www.duncanmeadows.com](http://www.duncanmeadows.com)



# Golf

## Cowichan Golf and Country Club

- o Established in 1947
- o Offers tight fairways and fast, undulating greens on its par 70, 18 holed treed course

4955 Trans Canada Hwy,  
Duncan BC V9L 3X1  
250.746.5333  
[www.cowichangolfclub.ca](http://www.cowichangolfclub.ca)

## Mount Brenton Golf Course

- o Scenic par 71 course with tall mature firs, ponds and streams
- o Signature 18th hole
- o Offers interest and challenge to all levels of players

2816 Henry Rd,  
Chemainus BC V0R 1K0  
250.246.2588  
[www.mountbrentongolf.com](http://www.mountbrentongolf.com)

## March Meadows Golf Club

- o Picturesque par 36, 9 hole golf course lined with towering fir and cedar trees
- o A challenging yet satisfying layout that was home to LPGA Professional Dawn Coe-Jones
- o Licensed restaurant overlooking #1 tee and #9 green

10298 South Shore Rd,  
Honeymoon Bay BC V0R 1Y0  
250.749.6241  
[www.marchmeadowsgolf.com](http://www.marchmeadowsgolf.com)



# Gymnasium/Indoor Sports

## Shawnigan Lake Community Centre Gym

- |                                                                                                                                                                                                                       |                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>o ¾ size facility for racket sports, basketball, gymnastics, box lacrosse</li><li>o Sport court flooring</li><li>o 400 capacity</li><li>o Catering services available</li></ul> | <p>2804 Shawnigan Lake Rd,<br/>Shawnigan Lake BC V0R 2W0<br/>250.743.1433<br/><a href="http://www.cvrld.bc.ca/ShawniganLakeCommunityCentre">www.cvrld.bc.ca/<br/>ShawniganLakeCommunityCentre</a></p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Duncan Dynamics Gymnastics Club

- |                                                                                                                                                                                                                    |                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>o 9,500 square foot gymnastics arena</li><li>o State of the art safety and gymnastics equipment</li><li>o Competitors' changeroom/ washroom</li><li>o Viewing area</li></ul> | <p>2687 James St,<br/>Duncan BC V9L 2X5<br/>250.746.0193<br/><a href="http://www.ddgc.ca">www.ddgc.ca</a></p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|

Gymnasium and indoor sport facilities are also provided at four other major locations

Island Savings Centre

Kerry Park Recreation Centre

Fuller Lake Arena

Cowichan Exhibition Park

Please see Multi-Sport Centres for details.





# Adventure Sports and Activities

With spectacular scenery like ours, why wouldn't we compete on our local mountains, roadways and waterways? Cowichan's terrain is a destination for cycling, mountain biking and equestrian competitions, while sailing and rowing regattas, kayaking, dragon boating and kiteboarding athletes will also find plenty of locations to make a splash.

Mt Tzouhalem, Mt Prevost, Maple Mountain and Cobble Hill Mountain are just a few of the region's world class mountain cycling areas.

Please visit [www.cvrld.bc.ca/sportstourism](http://www.cvrld.bc.ca/sportstourism) for details on

- Mountain biking
- Road and trail cycling
- Whitewater and ocean kayaking
- Sailing
- Windsurfing
- Equestrian
- Motorsports







# Meet Our

Each of the towns in Cowichan has a unique flavour and history, from quaint villages to bustling town centres. In the north end, Ladysmith has Edwardian charm, Chemainus wears its artistry in the murals on almost every wall and Duncan's totem poles celebrate First Nations heritage.



Lake Cowichan



Duncan

# Communities

Cowichan Bay is a maritime heritage gem, Lake Cowichan is the place to splash down for family fun, and the rural and seaside villages of Shawnigan Lake, Mill Bay and Cobble Hill in South Cowichan add to the diverse community tapestry.



# A Year Round Playground

Our warm climate really sets Cowichan apart as a year-round sports and recreation destination. Because of our maritime Mediterranean climate zone, Cowichan experiences the mildest mean temperatures in Canada. We have less rain and more sunshine than other west coast areas.

It is no wonder the Coast Salish people called it the “Warmland.”







# Beyond the Field

## Attractions and Activities

After the final whistle blows and the locker rooms empty out, enjoy some of BC's most memorable activities.

Outdoor adventures can be as mild or rugged as you like. Hike along a river or over the Kinsol Trestle (one of the world's largest wooden trestles), or mountain bike on trails that attract the sport's top riders. Take your pick of a lake, river or ocean adventure and do some kayaking, whale-watching, tubing or fishing. Play golf or cruise our spectacular coastline year round.

Some unique attractions include maritime heritage centres, riding an authentic steam train at our forestry museum and watching a thrilling flying demonstration with eagles, hawks and owls.

Cowichan's culinary touring includes craft beer, cider and wine tasting, and visiting Canada's only tea farm.

Arts and culture are strong here, too. Frequent studio tours and music festivals include Sunfest which attracts 30,000 country music fans each year.



## Lodging and Eateries

At the end of the day, retire to nearly 30 motels and hotels, over 20 campgrounds, or hundreds of bed and breakfast rooms. Many private schools in the area offer dorm-style lodging options.

For group dinners or quick meals, the Cowichan region offers a vast menu of dining options from family favourites and popular food chains to seaside fine dining. Well known as a destination for artisanal food and drink, many of Cowichan's wineries, cideries and brewhouses offer farm to table fare.







## Getting Here

Direct flights to the Island land at nearby seaplane terminals and international airports in Victoria and Nanaimo. There are six major ferry terminals within 90 minutes. Cowichan Valley Regional Transit, several bus lines and multiple private transportation companies make it easy to get to, and around, the Cowichan region.



# Resources and Contacts

This guide provides a brief overview of our premier sports facilities and resources. We'd love to talk to you about why Cowichan is the ideal location to consider holding your next sports event.

## Check out [www.cvrld.bc.ca/sportstourism](http://www.cvrld.bc.ca/sportstourism) to

- View details, specifications and booking information on over 50 sports facilities throughout the region.
- Obtain information about hundreds of local, provincial and national sports organizations.
- Learn about our spectacular outdoor natural event locations including fresh and salt water venues, dozens of major parks, and hundreds of kilometres of trails.
- Find detailed information on how to travel to and around our communities, where to stay, and what to do while you are here.
- Promote your sports event and check out what's happening in our online calendar.
- Access support for your sport event, including event equipment and supplies.

### Cowichan Valley Regional District Sport Tourism

250.746.2500 1.800.665.3955  
[www.cvrld.bc.ca/sportstourism](http://www.cvrld.bc.ca/sportstourism)  
[sport@cvrld.bc.ca](mailto:sport@cvrld.bc.ca)

### District of North Cowichan

250.746.3100  
[www.northcowichan.ca](http://www.northcowichan.ca)

### City of Duncan

250.746.6126  
[www.duncan.ca](http://www.duncan.ca)

### Town of Lake Cowichan

250.749.6681  
[www.lakecowichan.bc.ca](http://www.lakecowichan.bc.ca)

### Town of Ladysmith

250.245.6424  
[www.ladysmith.ca](http://www.ladysmith.ca)





Our Visitor Centres are happy to provide visiting teams with detailed maps and information on accommodations, transportation and community activities. Participants' and delegates welcome packages are available.

### **Cowichan Regional Visitor Centre**

250.746.4636  
1-888.303.3337  
[www.duncancc.bc.ca](http://www.duncancc.bc.ca)

### **Chemainus & District Visitor Centre**

250.246.3944  
[www.chemainus.bc.ca](http://www.chemainus.bc.ca)

### **Ladysmith Visitor Centre**

250.245.2112  
[www.ladysmithcofc.com](http://www.ladysmithcofc.com)

### **Lake Cowichan Visitor Centre**

250.749.3244  
[www.cowichanlake.ca](http://www.cowichanlake.ca)

### **Tourism Cowichan**

[www.TourismCowichan.com](http://www.TourismCowichan.com)

## **TRANSPORTATION**

### **BC Ferries**

[www.bcferries.com](http://www.bcferries.com)  
Reservations 1.888.223.3779

### **U.S. Ferries**

Blackball Ferry Line  
[www.cohoferry.com](http://www.cohoferry.com)  
Washington State Ferry  
[www.wsdot.wa.gov/ferries](http://www.wsdot.wa.gov/ferries)

### **Cowichan Valley Regional Transit**

250.746.2500  
[www.bctransit.com/cowichan-valley/home](http://www.bctransit.com/cowichan-valley/home)

## **AIRPORTS**

### **Victoria International Airport**

[www.victoriaairport.com](http://www.victoriaairport.com)

### **Nanaimo Airport**

[www.nanaimoairport.com](http://www.nanaimoairport.com)

### **Harbour Air**

[www.harbourair.com](http://www.harbourair.com)





GAME ON!

COWICHAN  
SLOW DOWN. SAVOUR LIFE.

[TourismCowichan.com](http://TourismCowichan.com)



**Cowichan Sport Tourism**

250.746.2500

1.800.665.3955

175 Ingram St,

Duncan BC, V9L 1N8

[www.cvrld.bc.ca/sportstourism](http://www.cvrld.bc.ca/sportstourism)

[sport@cvrd.bc.ca](mailto:sport@cvrd.bc.ca)

