

at km	T u r n	Route	then Go
0.0	x-x	START: CHEMAINUS BEST WESTERN PARKING LOT	4.6
4.6	L	CROFTON (AT STORE)	3.5
8.1	L	CHAPLIN (AFTER WELCOME SIGN)	0.2
8.3	R	YORK (AT BRASS BELL)	0.6
8.9	SO	OSBORNE BAY (AT ADELAIDE ST.)	4.6
13.5	L	HERD (AT STOP SIGN)	2.7
16.2	R	MAPLE BAY (AT STOP SIGN)	6.1
22.3	L	TZOUHALEM (AT ST. EDWARDS)	5.1
27.4	SO	COWICHAN BAY (AT TENNIS COURTS)	5.1
32.5	L	CHERRY POINT (AT 4-WAYS)	1.4
33.9	R	CHERRY POINT (AT OBVIOUS BEND)	4.6
38.5	L	TELEGRAPH* (AT T)	6.1
44.6	R	KILMALU (AT T)	0.5
45.1	L	HIGHWAY #1 (AT LIGHTS)	0.8
45.9	R	SHAWNIGAN-MILL BAY(NEXT LIGHTS)	5.3
51.2	L	SHAWNIGAN LAKE (AT 4 WAY STOP)	0.0
51.2	x-x	CONTROL #01: SHAWNIGAN VILLAGE	0.0
51.2	SO	SHAWNIGAN LAKE(CONTINUE SOUTH)	2.2
53.4	R	SHAWNIGAN LAKE (NOT UP HILL!))	0.9
54.3	R	SHAWNIGAN LAKE (AT STOP SIGN)	4.7
59.0	R	W. SHAWNIGAN	9.1
68.1	R	RENFREW (AT STOP SIGN)	4.3
72.4	L	SHAWNIGAN LAKE* (AFTER RR X)	7.2
79.6	SO	COWICHAN BAY(CROSS #1)	2.2
81.8	L	TELEGRAPH (BEFORE SCHOOL)	0.9
82.7	L	KOKSILAH* (AT T)	2.0
84.7	SO	KOKSILAH (CROSS #1)	7.4
92.1	L	MILLER* (TO SUNFLOWER INN B&B)	0.5
92.6	L	GLENORA (FIRST LEFT)	3.4
96.0	R	INDIAN (AT 4 WAY STOP)	0.0
96.0	x-x	CONTROL #02: GLENORA	0.0
96.0	L	INDIAN (CONTINUE NORTH)	3.5
99.5	SO	ALLENBY(CROSS RIVER)	0.7
100.2	L	GOVERNMENT* (AT LIGHTS - NO SIGN))	1.4
101.6	L	GIBBINS(AFTER ESSO-RND ABOUT - 2ND EXIT)	4.9
106.5	R	MENZIES(AFTER VIMY COMMUNITY HALL ON LEFT)	1.6
108.1	L	OLD LAKE COWICHAN* (AT T)	15.0
123.1	SO	OLD LAKE COWICHAN(CROSS SKUTZ FALLS RD.	5.9
129.0	L	GREENDALE (FIRST LEFT)	1.5
130.5	L	SOUTH SHORE* (AT STOP)	0.6
131.1	R	NORTH SHORE (AT RIVERSIDE INN)	3.2
134.3	L	MEADES CREEK (AT TOP OF HILL)	3.4
137.7	L	YOUBOU RD* (AT T NO SIGN)	7.5
145.2	x-x	CONTROL #03: YOUBOU (DALYS AUTO)	0.0
145.2	U	TURN BACK TOWARDS DUNCAN	0.0
145.2	SO	YOUBOU	13.3
158.5	R	NEVA RD	0.6
159.1	SO	GREENDALE RT(CROSS ROAD)	1.5
160.6	R	COWICHAN LAKE RD	22.3
182.9	L	TANSOR RD (NO SIGN)	0.8
183.7	R	HWY 18 COWICHAN VALLEY HWY	4.2
187.9	L	HWY # 1 TO NANAIMO	6.8
194.7	R	MT SICKER RT	0.6
195.3	L	WESTHOLME (BC CHEMAINUS RD)	1.7
197.0	BL	CHEMAINUS RD	4.7
201.7	x-x	FINISH: CHEMAINUS BEST WESTERN PARKING LOT	0.0