



Legend

-  Trails
-  Roads
-  Crossing roads

- A – Shawnigan Lake Community Centre (SLCC)
- B – Cowichan Valley Trail Head at Lane Road
- C – Lake Cowichan Road crossing
- D – Cowichan Lake Road crossing
- E – Paldi Road crossing
- F – Cowichan Lake Road crossing
- G – Mayo Road crossing
- H – Skutz Falls Road crossing
- I – King George Road
- J – Riverboat Road crossing
- K – Glenora Trails Head Park
- L – Waters Road crossing
- M – Mountain Road crossing

R – Rest stops

- 1 – 70.2 Mile Trestle
- 2 – Skutz Falls Provincial Park
- 3 – 66 Mile Trestle
- 4 – Kinsol Trestle



SHAWNIGAN LAKE ADVENTURE



presented by



100k Century Ride

Location	Direction	Kilometers	
		Section	Total
<u>100k Century Ride</u>		KM	KM
Shawnigan Lake Community Centre		0.0	
Renfrew Road / Shawnigan Lake Road	right	0.2	0.2
Thain Road (not Silvermine Rd)	left	1.4	1.6
- Thain Road turns into gravel			
Kingburne Road	left	3.5	5.1
Duran Road	right	0.2	5.3
Koksilah Forest Service Road (rough gravel)	right	0.5	5.8
Hillbank Road (paved)	right	1.2	7.0
Lakeside Road	left	1.7	8.7
- pass Sunrise Waldorf School on the left			
Koksilah Road	left	1.5	10.2
- Attention!!! Narrow bridge			
- Don't turn on Riverside Road			
Miller Road	left	5.6	15.8
Stay on Miller Road for the 100k ride		0.4	16.2
- Only 45k riders turn left on Glenora Road at 16.2k			
- Steep 13% downhill to Cowichan River Bridge			
Cowichan River Bridge	straight	1.4	17.6
Underwood Road	right	0.7	18.3
Canada Avenue	left	0.1	18.4
Sherman Road (roundabout)	left	1.6	20.0
Cowichan Valley Trail Head at Lake Road	left	1.0	21.0
Lake Cowichan on Cowichan Valley Trail		31.0	52.0
Glenora Park		26.0	78.0
Kinsol Trestle		14.0	92.0
Renfrew Road	left	2.0	94.0
Shawnigan Lake Community Centre		6.0	100.0