

Warm your heart in  
**COWICHAN**



YOUR INVITATION  
*to visit Cowichan*

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# BIG STYLE.



# BIG ART.



Cedar Man Walking Out of the Log  
By: Gwe-la-y-gwe-la-gya-les (Richard Hunt)

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Learn more at [tourismcowichan.com](https://tourismcowichan.com)



Cover Image: Maple Bay Marina

## Warm Your Heart in Cowichan

*Just 45 minutes from BC's capital city lies a region centred around a different pace of life—creative, overflowing with vibrant delicious produce, with a deep reverence for the natural environment that runs through it. The Cowichan region sits on the unceded territories of the Quw'utsun, Malahat, Ts'uubaa-asatx, Halalt, Penelakut, Stz'uminus, Lyackson, Pauquachin, Ditidaht and Pacheedaht Peoples. Our name stems from Quw'utsun which is rooted in the Hul'q'umi'num word shquw'utsun meaning "to warm one's back in the sun". Here, in communities brimming with authentic culture and deep connection, you'll find the sun has seeped into people's very beings; we welcome you with warm hearts.*

Arriving here is like going analogue—quite literally, in some of our more remote places. It's where fast lives slow down and take in the stories of what it means to be a human living between forest and coast. In a region of diverse characters, grassroots businesses, and family farms, it's worth taking the side roads; take a chance on discovering something different. You'll find your ground like our farmers have, whether it's your feet on the well-trodden trails or your fingers in the rich loam of the earth. If you get lost, you'll find a stranger quickly becomes a friend, sending you on your way with a smile.

A product is not just a product but the light bulb moment, the grit, the passion, and often the family behind it—all told through a storefront, a chance meeting, a studio tour, or a meal. It is to intimately know everything that went into that creation, experience, ingredient, or glass of wine. We hold a heartfelt appreciation for the simple pleasures our communities offer, but simpler doesn't mean boring. In fact, you might find there are too many things to do on your visit, so we look forward to welcoming you back time and time again.







## *Travel like a local.* **Be a respectful visitor.**

*Hospitality is our way of life. We love to welcome new people to our region, share stories, and be their guides. As more folks step foot in our communities, we are passionate about being all the more mindful in treading lightly—taking notes from the nature that surrounds us.*

We find some of our favourite stories stem from travelling differently—while our cars can help us get to those far-flung places quicker, we love a Sunday bike ride through the farms with newfound friends, or the chance to wander the network of trails that takes us from one community to the next. When on the road, or the trail, we keep an eye out for the wildlife that also calls this region home. Often, we're in awe when we spot something, but we are always mindful to give it space and never try to feed it. Many of our ecosystems are delicate too, so we leave it as we found it—taking only memories—and stay on the path to avoid erosion and protect wild flora. Consider omitting the exact location of sensitive areas from social media; inspiring others to seek out new places themselves.

You're sure to meet some characters, and we love the different perspectives such a diverse region brings. We encourage visitors to learn about cultural sensitivities before their arrival. Be open to meeting our locals, and be courteous of others whether you're driving, on a trail, or keeping noise low in populated areas (especially into the night).

Most of our visitors love to support local businesses and stock up on our many unique products once they've arrived. There are lots of low-waste options for packaging (and we encourage bringing reusables with you), but when we do have some rubbish, we make sure to take it all home with us. Please, do the same and keep our forests pristine, our waters clear.



## REMEMBER TO

- 🏠 Honour traditional territories
- 👉 Travel mindfully, choose active transportation and watch your speed
- 🌿 Support local businesses
- 🦋 Respect wildlife and don't feed any animals
- 👣 Tread lightly and leave no trace
- 🗑️ Create a zero-waste kit and remove all garbage
- ☀️ Use social media consciously





📍 STOCKING CREEK FALLS



📍 CHEMAINUS MURALS

## DON'T MISS

*Sealegs Kayaking Adventures • Yellow Point Farms •  
Mary Fox Pottery Studio & Gallery • Old Town Bakery  
• Chemainus Theatre Festival • Sawmill Taphouse &  
Grill • Stocking Creek Falls (Stocking Creek Park) •  
Crofton Boardwalk*



📍 LADYSMITH



📍 CROFTON



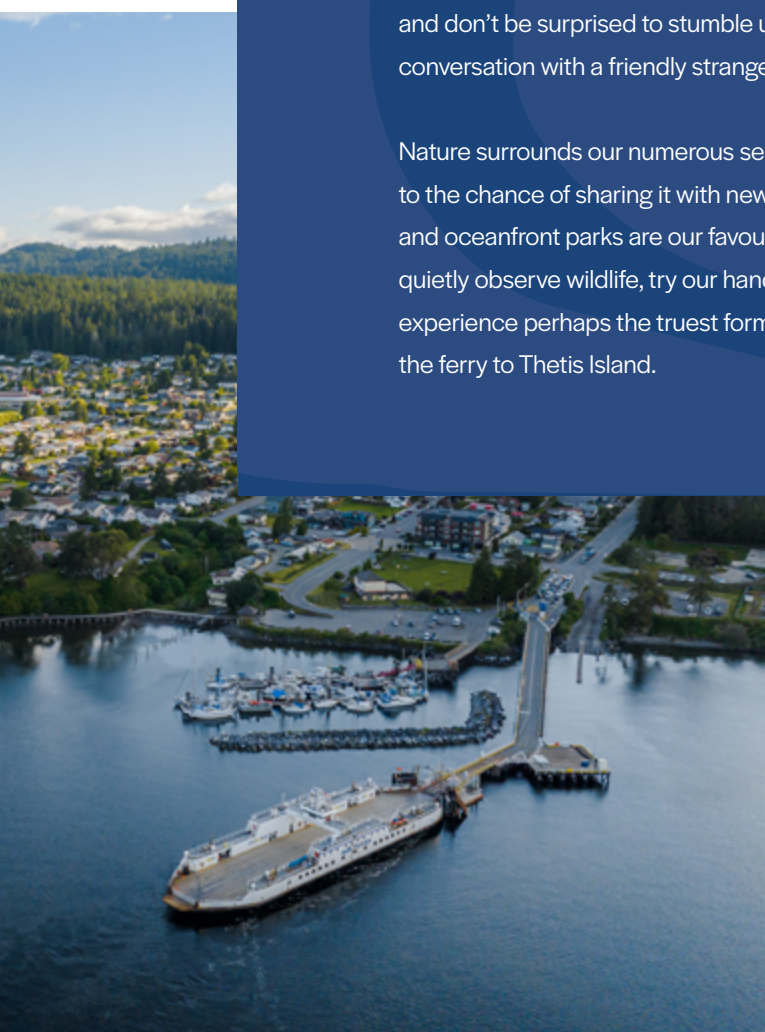
## *Immerse in art and nature* in North Cowichan

*The communities of Ladysmith, Chemainus, Saltair, Crofton, Thetis Island, Oyster Bay, and Yellow Point await.*

*Arriving in our region from the North is like taking a deep breath as you dip away from the hustle and bustle of Nanaimo and the highway. Our senses fire up as the city melts into idyllic coastal communities, views across the water to the Gulf Islands, winding roads, and open farmland meeting forest; the smell of salt and open sky.*

Curiosities, history, and stories await on side roads. Our locals bring them to life through independent businesses, maintaining historic architecture for all to enjoy, and sharing tales with those eager to listen. In the warm months, the streets of Ladysmith and Chemainus are alive with music, art, and theatre. This same energy of artistry can be found year-round through studio tours, rare bookstores, antiques, boutiques, and the extensive collection of permanent murals found on Chemainus' streets. Take a pew in a cozy cafe to enjoy the area's bakers on those rainier days, and don't be surprised to stumble upon an open mic night or to start up a conversation with a friendly stranger.

Nature surrounds our numerous seaside villages and we look forward to the chance of sharing it with new friends. The many waterfalls, lakes, and oceanfront parks are our favourite spaces to while away a slow day, quietly observe wildlife, try our hand at fishing, or get out on the water. To experience perhaps the truest form of island time and few people, take the ferry to Thetis Island.



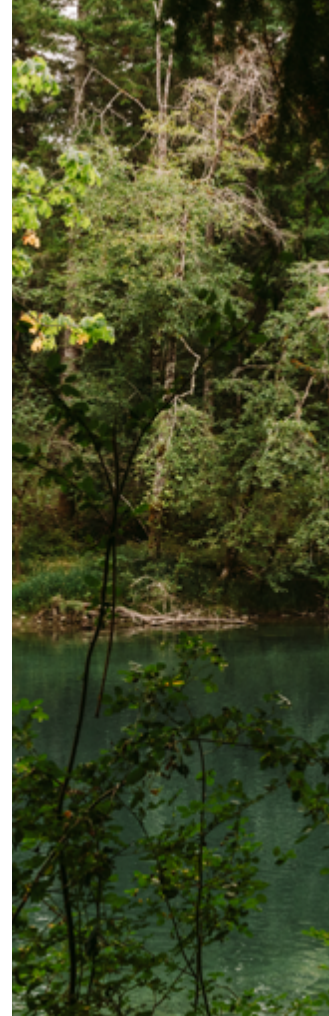


## *Fall in love with lakeside life*

*Visit us in Lake Cowichan, Youbou, Honeymoon Bay, and Nitinaht*

*For those curious to discover the deep calm found in a slow adventure,* the Cowichan Lake region is a generous host. Often missed by those commuting along the island coastal highway from north to south, the area is part of the Pacific Marine Circle Route (PMCR); a 263km fully paved scenic route that covers old-growth forest, steep hills, winding roads, and beaches. Outside of the PMCR, some roads west of the lake are unpaved—suitable tires and some caution is necessary for visitors.

But before you get that far, to the gravel logging road west of Youbou that takes you into the natural and cultural heart of the Dididaht First Nation and to the rugged beauty of the west coast, you'll find plenty of people enjoying the full life living close to the land and bodies of water brings. Cowichan River Provincial Park is where our journey starts when heading west from Duncan. The perfect spot for some fly fishing, with rainbow and cutthroat trout available for much of the year. When we're done standing in the river, we like to walk along it—seeking out waterfalls or the series of trestle bridges. The lake and its surrounds are also where we spend many of our camping trips, whether we're looking for the solace of cooling lake swims and a read, or the fun of tubing down the river.



### DON'T MISS

*Vancouver Island Fly Fishing • The Tube Shack • Youbou Bar & Grill •  
Kaatza Adventures • Ed's Coffeehouse • Gordon Bay Provincial Park  
• Pristine Paddleboard Adventures • Jake's at the Lake*



📍 TUBING ON THE COWICHAN RIVER



📍 COWICHAN LAKE

*The area particularly comes alive in the summer. Even in what might feel like the middle of nowhere, you'll encounter a community of people that loves to gather with locals and visitors alike. A sentiment that is particularly evident in the realm of music. Laketown Ranch in Lake Cowichan plays host to three major festivals that draw crowds of thousands: Laketown Shakedown, Sunfest Country Music Festival, and the Cowichan Valley Bluegrass Festival.*

If music isn't your thing, there are still plenty of ways to fully experience country life—from staying at rustic fishing lodges and enjoying local produce at our family-run eateries, to shopping at our seasonal outdoor markets and taking a walk through our forest trails.



📍 COWICHAN RIVER LODGE



## *Taste the bounty of soil and sea in Central Cowichan*

*Experience our communities of Duncan, Maple Bay,  
Genoa Bay, and Cowichan Bay*

*Our Central Cowichan region is steeped in a rich history deeply rooted in the earth. It's where our beautiful wineries are found (with many in South Cowichan, too), as well as our abundance of farms—whether you want to set foot on-site for the day or seek out their incredible produce at farmers' markets and farm stands. The land is fertile, the weather warm, and the farms brimming with harvests from spring through to fall; sometimes even beyond if we're lucky.*

As with many of our rural communities, the pace is unhurried here, so much so that Cowichan Bay was North America's first Cittaslow designated community—an acknowledgment that by slowing down, our quality of life improves. At the Raptors Centre in Duncan, the intricate relationship between handler and bird observed at flying demonstrations creates a sense of wonderment in spectators.

Driving through the area on the highway is to miss the diversity of activities, businesses, and buildings to be found in this region. The City of Duncan is our largest community—hosting our biggest year-round farmers' market, as well as one of the world's most sizeable outdoor totem collections. Turn off the highway and take in the old town to the west, or dip down to the Bays (Maple, Genoa, Cowichan) for quiet, unique coastal communities.

## DON'T MISS

*Cowichan Bay Spa • Ocean Ecoventures • True Grain  
Organic Bakery • Stoney Hill Regional Park • Genoa  
Bay Cafe • Cowichan Station Creamery • Duncan  
Garage Bakery & Cafe • Westholme Tea Farm*



📍 DOWNTOWN DUNCAN



*Match the pace and pay attention—there are plenty of tasty morsels from local bakers, chefs, and growers to uncover, as well as expressions of craftsmanship carefully curated in stores and open studios. As is our way, our people are always looking for ways to bridge the gap between daily life and visitors; a warm pride translated through the generosity of sharing wares.*

Central Cowichan is also filled with trails to take in sweeping vistas, mountain tops, and green pastures. Pack a picnic, and get some perspective by heading up Maple Mountain or Pi'paam (Mount Tzouhalem), whether by bike or on foot. Unhindered access to the coast also lays the table for incredible seafood, swimming, and boating, while wildlife often makes an appearance in our estuary and rivers. There are few things we like better than allowing this area's culture of living close to land and sea to guide us through an unplanned day.



📍 COWICHAN BAY MARITIME CENTRE



📍 THE RAPTORS

# Take in expansive spaces in South Cowichan

*Appreciate the views of Cobble Hill, Shaʼwnigan Lake, Mill Bay, and Malahat*

*When driving up from Victoria, the communities spread across South Cowichan provide the first taste of the Cowichan region—and there is plenty to taste. Historical farm buildings, heritage orchards waiting to be made into pies and cider, and harvest celebrations are the norm.*

Despite appreciating all our rich agricultural heritage, we're not stuck in the past. All our green space and open sky have fostered blue-sky thinking. The spark of innovation is bright with plenty of independent businesses and experimental approaches to food and libations.

There are some incredible ways to take in our expansive spaces—the sky's (quite literally) the limit. The Malahat Skywalk takes in the forest, Finlayson Arm and beyond

from its viewing platform 32 metres (105 feet) above sea level and TreeWalk, while the historic Kinsol Trestle sits at 44 metres (144 feet) high; one of the tallest timber rail trestles in the world. The experience of walking on either is sure to spark some adrenaline, but really, we're drawn to these places for the chance to stand tall with the trees, breathe deeply, and appreciate nature with unobstructed 360-degree views.

From sky high to sea level, you'll find that besides our gratitude for rich growing conditions, water is a way of life, and pleasure, here. The warm months are overflowing with time spent at pristine swimming holes, lakeside trails, and waterfront restaurants, as well as kayaking, canoeing, and boating. If you want to get out on the water or are coming over from Victoria, you can also take the picturesque BC Ferries route from Brentwood Bay to Mill Bay through the Saanich Inlet.



## DON'T MISS

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*Pizzeria Prima Strada • Union 22 • Kinsol Trestle •  
Sweet Meadows Market • The Lakehouse at Shawnigan  
Shawnigan House Coffee + Chocolate • Bamberton  
Provincial Park • Blue Dog Kayaking*

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# Lake Cowichan

VANCOUVER ISLAND'S BEST KEPT SECRET



Come work and play in our backyard and enjoy small town life right on the lake.



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



📍 HARBOUR AIR SEAPLANES

*Locals and visitors alike often say that the slower pace of the island is palpable the moment you arrive. An instant pull to put down the phone and connect more deeply with those you're travelling with, the world passing by the window.*

There are three main ways people arrive in our region: car, ferry, or plane. The ferry or a floatplane is the first taste of novelty for many of us, a mode of transport not often taken.

If you're coming from the South, Victoria is likely your entry point to our island. You can fly into Victoria International Airport (YYJ) or if the ferry is more your thing, BC Ferries has routes from Vancouver. Ferry reservations are always recommended during peak season (with saver fares available at certain times), especially when travelling with a personal vehicle. Our US visitors can also get the Clipper passenger ferry from Seattle or the Black Ball Ferry vehicle and passenger ferry from Port Angeles. Once you've arrived in the Victoria area you can take a bus or rent a

car—travel via the Malahat Highway or on the Brentwood Bay to Mill Bay ferry.

When travelling from the North, Nanaimo tends to be the other main point of arrival to

Vancouver Island. It has many similar options to arrival in the South. You can fly into the Nanaimo Airport (YCD) from all over Canada or through connecting flights from international destinations. BC Ferries arrives at both Departure Bay and Duke Point. If you don't have a car with you, Hullo Ferry is a new passenger-only ferry that goes right from Vancouver's downtown harbour to downtown Nanaimo; service is around seven

times a day and takes 70 minutes.

From both directions, Highway 1 is easy to navigate. We thoroughly recommend dipping on and off it as you drive through Cowichan, regardless of whether you have a destination in mind, to uncover all that awaits down one of our winding rural roads.

## *All the ways to come visit us*



**MALAHAT**  
SKYWALK



## Malahat Skywalk

SPONSORED CONTENT

*There are few better ways to fully understand the size and diversity of our region's ecosystems than with a 360-degree unobstructed vista encompassing ocean, forest, rolling fields, and mountains. This is exactly what the viewing tower at the Malahat Skywalk provides. A chance to immerse in our unique coastal forest as you traverse the TreeWalk, slowing down to stop and smell our take on roses: eye-catching Arbutus trees with their red papery bark and white flowers.*

Engage fully in the vastness of the Vancouver Island landscape as you arrive at the viewpoint at the top of the Spiral Tower which sits at 250 metres above sea level. Cast your eye out over the Finlayson Arm and Saanich Peninsula, and all the way out to Mount Baker; a unique chance to see both Canada and the US in one glance. Take a long pause at the top, there's no rush, and allow awe to find you while keeping an eye out for birds and other wildlife.

Once rested, there's the chance to add a little jolt of adrenaline and the laughter that so often accompanies it to your trip: step out onto the suspended Adventure Net or take the 20-metre spiral slide back to the bottom where further opportunities for joyful memories await. Year-round event programming can be discovered through the Malahat Skywalk's website, adding additional fun for the whole family no matter the season you visit. Even on the mistiest of days, the forest thrives—bringing deep focus to what's right in front of you; a calming groundedness and reverence for your surroundings. A visit to the Malahat Skywalk is a unique day out (far beyond simply driving the Malahat drive) that will undoubtedly make its mark on your memory bank.

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**malahatskywalk.com**  
**901 Trans-Canada Hwy, Malahat**

ONE OF BRITISH COLUMBIA'S PRETTIEST LITTLE TOWNS

# Locals Love Ladysmith!

COME VISIT & FIND OUT WHY!



There is so much to love about Ladysmith!



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[tourismladysmith.ca](http://tourismladysmith.ca)  
VISIT US AT THE VISITOR CENTRE - 33 ROBERTS ST. LADYSMITH  
 /tourismladysmith

TOURISM  
**Ladysmith**  
A VIEW TO SEA 

## *Embrace nature's rhythms* on outdoor adventures

*We find there are few better ways to feel grounded again than* engaging in the breadth of natural spaces found throughout our region. A day spent biking or hiking through our trail system warms our hearts - quite literally - as we deepen our breath, embrace an endorphin kick, and increase our blood flow. The richness of the forest welcomes us through all seasons—lush ferns in summer, rushing waterfalls in spring, and mushroom hunting in fall—a space for mental and physical sanctuary.

For those of us who are avid bikers, the 180 km trail system is the focus of our downtime, our playtime. It's the closest we feel to flying, finding a flow state that narrows our focus to the curves, hills, and gradients of more than 170 trails. We love to share our trails with newcomers and are always amazed by the pro bikers our black and double black diamond trails at Mount Prevost draw from all over.

For those of us drawn more to a slow Sunday cycle, taking in trestles, fields, and open sky, the Cowichan Valley Trail is an easy but spectacular way to uncover the region. The passionate birdwatchers and wildlife enthusiasts among us delight in the flurry of bird and fauna sightings



that permeate our waterfront pathways, the Cowichan River Footpath, and our numerous ecological reserves. There's no doubt our landscapes also elevate our rounds of vacation golf. Beautiful backdrops—from ocean and mountains to lakes and forests—surround the holes at the six courses found across our region.

To gain some perspective on life, and on our region, there is a myriad of parks, loops, and mountains (our highest sits at 1,543 metres (5,062 feet)), that we like to head out to on any given day with a locally-sourced picnic in hand. Cultural monuments, immense old-growth forests, wildflowers, and other awe-worthy discoveries wait to be uncovered among these trails. We've even been known to spot orcas cruising through the Satellite Channel from Maple Mountain. Here, you never know what will be around the corner or on the path less trodden (although, please do stay on the path!).

From short scenic wanders to daylong excursions, come and embrace nature's rhythms.



We are so appreciative of the access two societies in our region have created for locals and visitors alike: **The Cowichan Lake Trail Blazers** and **the Cowichan Trail Stewardship Society** are responsible for nurturing and maintaining our network of bike and hike trails while keeping consideration of wildlife and environmental stewardship at the forefront of development. Consider donating to support the volunteers working hard to maintain our local trails.

[cowichantrails.ca](http://cowichantrails.ca)  
[cowichanlaketrailblazers.com](http://cowichanlaketrailblazers.com)

# *Experience water as a way of life* through coastal activities

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Between our lakes, rivers, the Pacific Ocean and the Salish Sea, water has been deeply intertwined with human life in the Cowichan region for thousands of years.

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📍 COWICHAN BAY KAYAKING  
AND ADVENTURE CENTRE

*It is where we find sustenance, not just in the bounty gathered for food, but for our physical and mental well-being too. Many of the businesses that take us out onto the water are guided by our ocean-friendly principles—reducing plastic use, viewing wildlife responsibly, and donating to organizations working to protect our coastlines, among other initiatives.*

We can often be found walking the waterfront boardwalks or on the shoreline reading, picnicking, and beachcombing. On other days you'll spot us floating on all kinds of vessels: SUPs, kayaks, and inflatables for tubing on the heritage-designated Cowichan River. At Nitinaht Lake, world-class kiteboarding draws enthusiasts to harness the power of the wind across the water. Historic ships, sailboats, and fishing charters are all ready to take us further out in intimate groups—mariners enthusiastic about sharing their passion for life at sea and the delight of catching the first fish. For those hoping to encounter whales, dolphins, and other marine wildlife - from a respectful distance - whale-watching tours are available out of Cowichan Bay. Our seafaring history can be uncovered at the Cowichan Bay Maritime Centre, while the annual Wooden Boat Festival celebrates the craft of boatbuilding (and the best chowder in our community).

There are surprises too to be found beneath the waves. Many of our visitors are unaware we have scuba diving sites hidden below the surface. One of the biggest draws is BC's first artificial reef just off the coast of Chemainus, along with a number of shipwrecks and eelgrass beds that also draw snorkelers and freedivers.

The best way to experience our coastal culture is to get out on, or in, the water yourself. No matter whether you've grown up with your feet in the sand, or this is your first time engaging with large bodies of water, we guarantee our community will be eager to help you find the right fit.



The Cowichan coastline and its many surrounding islets, harbours, and secluded bays offer a boaters paradise. Tie up and refresh at one of our many well-equipped marinas.



## The Tube Shack

SPONSORED CONTENT

*To spend time around the Cowichan River is to cast your eye over pristine waters, wild rose-strewn banks, a myriad of wildlife and forested trails. There are few better ways to experience its wonders than from the water itself, and tubing down the river with the whole family is one of the most fun ways to do just that come summer. It's a unique way of traversing our waters you're unlikely to forget.*

The Tube Shack at Lake Cowichan rents out standard tubes and, for the more adventurous, swift tubes, backed by expert advice and consideration for the natural landscape they operate in. Your trip starts out meandering down the river for about an hour, taking in the sights, before picking up a little over the narrows. It's a relaxed float that is safe for the entire family (the ability to swim is mandatory to access rentals), taking between two and a half

to three hours overall. Ideal for moments of laughter and distraction-free bonding with loved ones, and the chance to slowly immerse in the little details of the passing landscape.

This slow immersion reflects The Tube Shack's commitments to the river ecosystem—putting its health at the forefront of business with regular river clean-ups and the provision of river-safe sunscreen for all visitors. A day spent this way is very affordable, with options for family, group, and season passes, and easily accessible. The Tube Shack provides a shuttle bus that runs every 10 minutes, so you don't have to think too far ahead. As is the way of Cowichan, let the flow of the land and water guide your day (although bookings can be made to avoid disappointment).

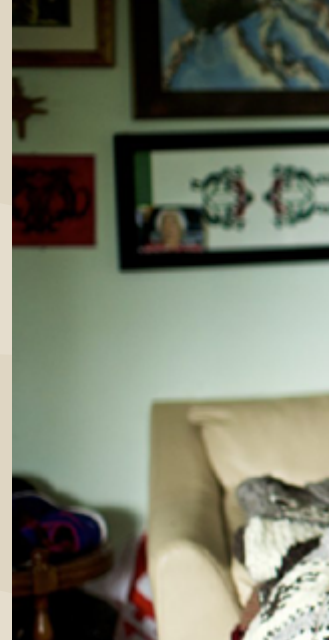
**cowichanriver.com**

**109 South Shore Road, Lake Cowichan**





📍 HERB RICE | COAST SALISH JOURNEY



## Connect with the living history of our Indigenous cultures

*Cowichan Tribes have been the custodians of this area since time immemorial while archaeological findings date back 4,500 years. They are part of a larger First Nations group called the Coast Salish People, with more than 5,000 members, Cowichan Tribes is the largest First Nations Band in British Columbia. Many of the words settlers used to name parts of our region, including Cowichan, stem from the Indigenous Hul'q'umi'num language and its dialects that are spoken here.*

Originally what is called The Cowichan Tribes were seven distinct villages each of which were their own familial/political identity encompassing the whole of the Cowichan Region: Xinupsum (Khenipsen), Qwum'yiqu'n' (Comiekan), Lhumhlumuluts' (Clemclemaluts), Kwa'mutsun (Quamichan), S'amunu (Somena), Xwulqw'selu (Koksilah) and Tl'ulpalus (Kilpalus). As you drive around the region you will still see some of the Long Houses from these villages. These Long Houses are still very active as cultural (and religious) centers.

Much of the Cowichan Tribes' history and culture is passed through oral storytelling, filled with legends, mythical ancestors, and cultural lessons, while craft traditions can be seen in totems (particularly in Duncan), carvings, and studios that encompass jewellery, knitting, painting, and weaving practices.

Their living history is all around us, their origin story intertwined with our landscape. Their unique ancestral myth tells that Syalutsa fell to the earth near Koksilah Ridge and was soon followed by his younger brother



📍 HERB RICE | COAST SALISH JOURNEY



9 DORA WILSON (THULAMYE), COWICHAN KNITTER

Stutsun, who landed atop Swuqus, or Mount Prevost. As our guests, we welcome you to visit these natural spaces and respectfully keep in mind the cultural stories that are deeply woven among them.

This intentional connectedness to place extended to Cowichan Tribes' hunting and spearfishing traditions, which are still practiced today alongside the use of modern equipment. They have always had a deep understanding and respect of the interconnectedness of all things, harvesting only what is needed for the year — thus, ensuring abundance for future generations. Historically, they would travel across the region, as well as to the Fraser River and Gulf Islands, to gather food and trade, before coming home to the traditional village sites. These ancient sites can still be visited, their history felt, but thanks to their guiding philosophy of treading lightly little evidence of the homes built from wooden planks bound together by leather straps still exist.

As settlers and visitors, it is important to acknowledge the detrimental impact of the arrival of the hwunitum (white people). Negotiations for a treaty that spoke to the Cowichan Tribes' right to the title of the land were ignored by governing settlers. Promised payment by first Premier, James Douglas, for the land used in the railroad, has still never been paid.

A process is now being worked on by present-day members of the First Nations of the Hul'qumi'num Treaty Group with representatives of the governments of Canada and of British Columbia.



DON'T MISS

*Ladysmith Museum • Chemainus Valley Museum • Crofton Old School Museum • Cowichan Valley Museum • Shawnigan Lake Museum • Hand of Man Museum • Heritage Museum (Mill Bay) • Kaatza Station Museum • Cowichan Bay Maritime Centre*



## Ground yourself in our heritage stories

*We have found that experiencing the history of the land you are walking on fosters a true grounding in a place; a deeper understanding that provides context to the present. Here in the Cowichan region, there is our human history, encompassing First Nations to European settlement, and then there is the natural history of our region. Even as locals, we have much to learn and we welcome visitors to learn with us through the living history experienced in vivid storytelling and our spread of intriguing museums.*

Cowichan Tribes have lived in this area since time immemorial. Their history can be felt across the landscape, their artisan crafts can be uncovered through self-guided mural and totem tours. In 1862, 100 of the first European settlers lay down roots. Settlers brought livestock that led to agricultural and crafting traditions—from dairy and beef to quilting and knitting. Much of this heritage continues to be at the core of our communities' lives today. Aside from agriculture, forestry practices and copper mining were at the heart of Cowichan's industry; made more accessible by the introduction of the railway.

There are museums that offer a more traditional approach to historical exploration—providing timelines, stories, and artifacts from thousands of years ago to the present day. Then we have more specialized museums, focused on a particular segment of our heritage, and the history to be found all around us with heritage buildings existing in plain sight, fossils, cultural artifacts, and the storytelling of our people. The 100-acre open-air BC Forest Discovery Centre and its locomotive rides showcase remnants of our forestry and locomotive history, alongside the chance to immerse in modern-day's innovative forest management.

When taking a wander, many of our museums catch your eye on the main streets, but there are also those well worth seeking out in more surprising places. Talks uncovering the breadth of our heritage often pop up at museums and as part of summer festivals. Our history is waiting to be felt, our traditions passed down through generations.

Clockwise: 📍 COWICHAN BAY MARITIME CENTRE 📍 BC FOREST DISCOVERY CENTRE 📍 "SEA AND SKY" TOTEM CARVED BY HAROLD ALFRED (DOWNTOWN DUNCAN) 📍 KATZAA STATION MUSEUM 📍 CHEMAINUS MURALS 📍 ARTHUR VICKERS GALLERY



# *Light up your inner artist* and meet ours at open studios and galleries

*Between the expanse and slow pace, our region* has become somewhat of an artistic retreat—a place to play with creative ideas without distraction; a deep breath of self-discovery. There's abundant inspiration to be found in the landscape and our long history of culture and art. As is our way, local artists fling open their doors to welcome guests into their studios, to peek at their process and ask questions, while galleries and stores carefully curate a selection of local goods that showcase the breadth of craftsmanship that exists here.

All kinds of mediums are waiting to be experienced—from painting, carving, and glass blowing, to metalwork, sculpture, pottery, and textiles. Our galleries are one thing, hosting original singular works and vibrant group shows, but seeing a creative in their space is something not all are privy to; we're grateful to be granted access.

An entire day can be spent wandering from studio to studio—learning about techniques and processes; connecting to colours and textures. Our artist groups and societies co-create annual tour weekends in the spring and fall, while many artists host year-round open studios (appointments usually booked via their contact information). The holiday season also sees a number of creatives come together to host a locally curated festive shopping experience—the annual Country Christmas Tour of studios in Cedar and Yellow Point.

A handcrafted work is a tangible piece of our region to take home with you. A talking point or visual prompt to resurface the time you spent with us. If the spark of a call to a creative pursuit strikes while here, we have a number of studios and classes waiting to foster your yearning for a creative life.



📍 MARY FOX POTTERY



📍 MILLER + CO WOOD STUDIO AND POTTERY



📍 HAYES GLASS DESIGN



📍 ARTHUR VICKERS GALLERY



## DON'T MISS

*Ladysmith Gallery • Cowichan Public Art Gallery • Visions  
Art Tour Society • Cedar & Yellowpoint Artisan Tour •  
Aquamaris Art Gallery • Arthur Vickers Gallery • Imagine  
That! Artisans' Designs • Cowichan Artisans*





## Wild Coast Perfumery

SPONSORED CONTENT

*To step into Wild Coast Perfumery in Cowichan Bay* is to be reminded of the alchemy, the intention, and the craftsmanship that first went into formulating perfumes. Owner Laurie Arbuthnot handcrafts her scents, with each batch taking 6 to 8 weeks to finish.

One of the first perfumeries to publish all their ingredients, Wild Coast Perfumery puts transparency, and the health of the planet and people, at the forefront of fragrance. Their perfumes are truly natural: free from synthetics, petrochemicals, artificial fragrance oils, dyes, parabens, or phthalates. There are no animal products in them; the perfumes are entirely plant-based.

Nature is their muse and their make-up. Almost all of them incorporate at least one local wild plant—harvested seasonally, and gently (taking only small amounts and leaving plenty behind)—added to a recipe of around thirty all-natural ingredients each.

The ingredients sing stories of the scents that encompass Cowichan and the West Coast. To wear them on your skin is to evoke memories of the time you spent with us. Aptly titled eau de parfums range from Carmanah (reminiscent of ancient cedar groves) to Cowichan Rose (evocative of the wild roses that coat the banks of the Cowichan River) and Stoker (scents of maple syrup and bitter orange pay homage to early local environmentalists, the Stokers).

The store is a mix of artisan studio and apothecary. A place to try as many scents as you like with no pressure to purchase. In fact, walking away to experience the scent as it slowly reacts to your unique body chemistry is actively encouraged; perfumes need time to shift and evolve on your skin. You might just be surprised by your final choice as preconceived ideas of your smells based on the synthetic version of a scent are usurped by the genuine article.

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**wildcoastperfumes.com**  
**1721 Cowichan Bay Road, Cowichan Bay**

## Support exceptional craftsmanship and meet our friendly makers

*Beyond the studios and galleries perhaps the best way to get close to our artisans is to visit our independent stores. We have a long history of craftsmanship and supporting local makers. It's a testament to the creatives that call this region home that so many of these stores continue to bloom, and we are grateful to the equally enthusiastic visitors who take their time in choosing unique pieces to take home and cherish as a reminder of their time here. Our homes celebrate this culture of creativity—from the soft furnishings and art on our walls to the ingredients in our pantries and the food that we eat. The chance to unearth something treasured exists in our communities from north to south.*

Tactile traditions thrive, from perfume and metalsmith jewellers to milliners and textiles. Then there are the culinary goods—local meats and cheeses, craft beverages, delectable chocolate shops and freshly ground coffee; all made through slow and intentional processes.





*Additional joy is found in the chance to meet our makers. It is often a delightful surprise to discover that the hands that lovingly made your chosen goods are the same hands that greet you as you step into a store. We love the chance to hear from our makers directly—taking a story of craftsmanship home with us makes our shopping experience all the more memorable.*

Warm welcomes await in historical brick shopfronts, quirky boutiques, and vibrant general stores stocking a variety of our local goods all in one place; the spaces themselves portray the love and passion for the products. Many of our guests come to our region specifically for our artisans and the connection found in this distinctively Cowichan experience.

#### DON'T MISS

*By the Bay Lavender • Beachology • Crowfoot Collective  
Cure Artisan Meat & Cheese • Blend Gathered Goods  
Chocolate Pearl • Saltspring Soapworks • Swordfern  
Boutique • Left Coast Fashions*





## *Share in the diversity of our communities at year-round festivities*

*The events that take place throughout the year in Cowichan are a true celebration of the culture and quirkiness you'll find within our region. From gastronomy and wine to music, theatre, history, and art, we look forward to vibrant annual occasions or the spontaneity of attending a one-off event.*

Every year, the fields of Laketown Ranch in Lake Cowichan fill up with folks eager to dance the day away at Laketown Shakedown, the Cowichan Valley Bluegrass Festival, and Western Canada's largest country music festival: Sunfest. Meanwhile, the Islands Folk Festival takes place at the historic Providence Farm and downtown Duncan hosts 39 Days of July with every kind of musical performance from gospel singers to jazz musicians awaiting keen listeners.

Theatre thrives at the renowned Chemainus Theatre Festival, while performers also tread the boards for the open-air Cowichan Valley Shakespeare Festival and at our various performing art centres year-round. Other artistic happenings, from outdoor murals in Chemainus and boat making in Cowichan Bay to the Arts on the Avenue Festival in Ladysmith, textiles event Current Threads, and the island's largest art

show, Cowichan Valley Fine Arts Show, showcase the breadth of creative pursuits in our region, while also drawing artists from neighbouring communities.

Our exceptional local produce is celebrated through harvest festivals, including the annual Cider Harvest Festival. The Cowichan Exhibition Fall Fair takes place every September too—a 155-year-old annual event that encompasses our farming heritage across livestock and produce shows, logger sports, and entertainment. Meanwhile, the Cowichan Craft Beer and Food Festival gives our burgeoning craft beer scene the attention it deserves, while our wineries come together every year for the Cowichan Valley Wine Festival.

We make sure to keep the warmth of our community celebrations going throughout the darker months too—a literal light in the darkness is found at the Trail of Lights and Ladysmith's Festival of Lights, accompanied by parades and fireworks. Gather with us across the year to immerse in the talent and festivities of our region. Our events are a wonderful way to enjoy many of our distinguishing quirks in one place while connecting with joyful locals looking to share our community spirit.

# Annual *Cowichan Events*

## SPRING

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### **Cowichan Valley Fine Arts Show**

COWICHAN COMMUNITY CENTRE, DUNCAN

The largest art show on Vancouver Island, featuring work by emerging and renowned artists including paintings, sculptures, and mixed media pieces.

### **Belgian Waffle Ride**

The Belgian Waffle Ride was created in homage to the great one-day cycling classics of Europe with their cobblestone sectors - long, hard, multi-terrain races that test the best of the best.

## SUMMER

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### **Cowichan Valley Bluegrass Festival**

LAKETOWN RANCH, YOUNG

Live performances, music workshops, acoustic jam sessions and a night of square dancing – the Cowichan Valley Bluegrass Festival is a family-friendly festival showcasing the best bluegrass and old-time music.

### **39 Days of July**

DOWNTOWN DUNCAN

This unique festival offers 39 days of free live music played on intimate stages in beautiful downtown Duncan.

### **Laketown Shakedown**

LAKETOWN RANCH, YOUNG

Celebrate the Canada Day long weekend with incredible musicians in a serene setting. Laketown Shakedown is a three-day music festival set on the expansive Laketown Ranch.

### **BC Bike Race**

A multi-day mountain bike stage race exploring numerous regions of Vancouver Island. Experience an epic week of riding to truly taste what BC mountain biking is all about. The camaraderie, beers & friendship make it a complete package.

### **Islands Folk Festival**

PROVIDENCE FARM, DUNCAN

A three-day music festival hosted at the historic Providence Farm. This family-friendly festival features local and international musicians performing a diverse range of musical styles and genres.

### **Cowichan Bay Wooden Boat Festival**

COWICHAN BAY MARITIME CENTRE

The perfect seaside weekend event for nautical enthusiasts and maritime lovers alike! A family friendly event that features a chowder contest, fishing derby, boat races, and much more.

### **Cowichan Valley Wine Festival**

Experience summer in the vineyards, taste award-winning wines, and meet the winemakers just as special as the wine they produce. All on a self-guided tour of the world-class terroir called Cowichan.

### **Sunfest Country Music Festival**

LAKETOWN RANCH, YOUNG

Sunfest is a country music lovers' paradise! Hosted at Laketown Ranch, this all-star lineup is the perfect way to celebrate the BC Day Long Weekend.

### **Cowichan Craft Beer and Food Festival**

CHEMAINUS

Celebrate the true craft beer producers of our region and beyond! Taste craft beer from dozens of BC breweries with everything from IPA's to seasonal limited releases, while enjoying live music and artisan food from talented local chefs.

## Ladysmith Show 'n Shine

DOWNTOWN LADYSMITH

First Avenue is lined with treasured classic cars, motorcycles, and hot rods. Car lovers will enjoy meeting the owners while walking through Ladysmith's historic downtown.

## Cobble Hill Fair

COBBLE HILL HALL, COBBLE HILL

An old-fashioned country fair for kids of all ages that celebrates the rural heritage and character of the South Cowichan region.

## Beverly Corners Show & Shine

COWICHAN SPORTSPLEX, DUNCAN

Automobile and hot rod enthusiasts love the Beverly Corners Show & Shine. Unique vehicles will bring nostalgic memories as viewers walk the rows of cars on display.

## Arts on the Avenue Festival

DOWNTOWN LADYSMITH

Wander along First Avenue in downtown Ladysmith to enjoy dozens of artist displays, live music, and interactive kids' art stations. This festival art market is an art collector's dream!

## FALL

### Cowichan Exhibition

COWICHAN EXHIBITION PARK, DUNCAN

Celebrate the region's farming heritage at this 155-year-old annual fall fair featuring agricultural exhibits, livestock shows, carnival rides, and live entertainment.

### Cider Harvest Festival

MERRIDALE CIDERY & DISTILLERY, COBBLE HILL

Bringing together BC's top land-based cideries, the Cider Harvest Festival is a celebration of true craft cider. Experience unique farm-crafted ciders and meet the makers in this annual tasting adventure.

## WildWings Nature and Arts Festival

A series of events that bring attention to the significant natural ecosystems of the Cowichan region. Celebrate the interconnectedness of nature, art, culture, and community.

## Island Distillers Festival

MERRIDALE CIDERY & DISTILLERY, COBBLE HILL

Discover true craft spirits & cocktails produced on Vancouver Island. Taste the passion, ingenuity and creativity of some of the Island's most dedicated craft distillers.

## WINTER

### Ladysmith Festival of Lights

DOWNTOWN LADYSMITH

Enjoy the magical light display in downtown Ladysmith! Festivities include the tree lighting, parade, visits with Santa, and a breathtaking fireworks display. One of the Island's most attended and spectacular holiday events.

### Deck the Hall Christmas Craft Market

COWICHAN EXHIBITION PARK, DUNCAN

The market welcomes over 100 artisans from all across Vancouver Island. Enjoy shopping local and listening to live musicians to embrace the holiday spirit.



**Scan the QR Code for a full list of Cowichan events!**

## *Uncover honest food and take a seat at our table*

*The moments we gather around a table* have long been some of our most memorable—where conversation opens up, gratitude over a tasty morsel is shared, and a quick meal turns into a three-hour affair. Our region is home to a wealth of places that put food on the table, but more than that, foster a connection between those eating and our chefs, growers, and producers.

Over 700 farms alongside seafood suppliers in Cowichan allow us to pay homage to the incredible bounty to be found in loam and sea. Each bite tells the story of the soil, the salt—growing conditions that are unique to the area; an abundance of people trusting in the rich earth to grow bountiful produce that then makes its way into restaurants. It's easy to eat a 100-mile-style meal here (often far fewer miles in fact), and there is almost always someone at the table willing to explain where each bite came from.

Our fare celebrates the seasonal produce here—from an ever-changing smorgasbord of the freshest seafood in our coastal communities to seasonal produce and wild-harvested ingredients like mushrooms and berries. We are big bakers too—jumping at the chance to offer a cozy accompaniment

to morning coffee or a fresh-out-the-oven mouthwatering loaf for your picnic lunch.

There is so much choice regarding where we enjoy a meal, too. A chance to take our time in each step of the culinary journey, and enjoy an intentional meal. We have eateries suspended over the water or on the very farm ingredients are sourced; talk about knowing where your food comes from. History is soaked up between courses in our heritage buildings and we feel like we're in Europe perched at one of our vineyard patios with sweeping vistas.

As with much of our community, our restaurateurs balance tradition and innovation. Heirloom produce and heritage varieties weave their way into cutting-edge kitchens, unique flavour combinations await our opinion, and the region continues to draw internationally-trained award-winning chefs from Michelin-star restaurants making a home here. Events throughout the year open up further education and experiences for the senses that we never forget, and we enjoy taking the culinary immersion one step further by joining a cooking class or signing up for a fall foraging trip. We invite you to gather around our tables to experience authentic food from real people. Expect handmade, homemade, slow food—grown and cooked from the heart—with a few surprises, and plenty of stories, thrown in.



# *Experience the stories* **imbued in every sip**

*Few things accompany a delicious meal better than a paired wine, and better still is when it all comes from the same region.*

Our friends are often surprised to learn we are the home of one of the largest wine regions in BC, while others come here specifically for that reason. We also have the longest history of winemaking with grapes on the island, with our first commercial winery opening in Duncan in 1992 (although fun fact: wine was made as early as the 1920s with loganberries and blueberries in Victoria!), but some of our homesteads (that are growing grapes) date back to the 1800s.

We have to thank our ancient ecosystems filled with volcanic activity, shifting seabeds, and glaciers for the best climate and soil for this.

Today, our region seldom freezes—granting us an extra-long growing season not possible in other winemaking regions in Canada. Many of our growers are inspired by the grapes and practices of Europe and are able to grow in this way due to the climate too—from Spanish Tempranillo and French Pinot Gris to lesser-known varieties now making their marks like German Bacchus and Ortega.

To make the most of the terroir here, many of our wineries are seeking new winemaking standards, while others have been spray-free for over 60 years. The thread of innovation, too, has long been present—from





those first vineyards, including an experimental vineyard with more than 150 grape varieties in 1986, to embracing locally-grown flavours like lavender to create unique blends.

Beyond the glass itself, it's the experience around the sip—whether we're after sparkling holiday lights and mulled wine or fresh veggies and a crisp white on a patio, many of our vineyards are open beyond just the summer season. Then there's the setting—from heritage buildings to chateau-style estates with some not only offering tastings and tours, but restaurants, accommodation, and wedding or event spaces too.

The time, energy, and love our proprietors put into growing every grape is evident—finding deep satisfaction in observing new visitors take their very first taste of a Cowichan wine during intimate tours. As the doors are enthusiastically thrown open to welcome guests onto their soil, we're just as likely to discover an intriguing nugget about the area's winemaking history, or the family behind the vineyard, as we are to discover a new favourite tippie. Join a tour, hear from our proprietors, wander among the rows, commit a taste to memory (and take home a bottle for a delicious prompt later), and tie it to cherished moments with friends and family.





## Merridale Cider & Distillery

SPONSORED CONTENT

*To walk among the orchards of Merridale Cider & Distillery* is to exist between the Cowichan region's rich agricultural heritage and pioneers paving the way for innovation in the cider industry. A rebellious streak, rooted in simply remaining curious, thrums beneath the soil here. One that, in many ways, is the cause for the opening and success of the Cider and Distillery. Owners Janet and Rick first took the leap to buy the farm while on a beach in Mexico, before eventually creating an entirely different (award-winning) cider rooted in European traditions. Their adventures in the libation industry have expanded from cider to spirits—all guided by sustainable principles and 100% BC-grown ingredients.

A warm enthusiasm welcomes you—the pleasure found in living close to the land is evident during tours and stories told at tastings. Janet and Rick reject the status quo of commercialization, knowing there is deep value to be unearthed in doing things differently and

putting the health of their family, the land, and the wider community first; business is deeply personal.

No chemicals are used during production and their cider apples are organic too. The chosen varieties, rich in tannins and acids, create a complex full-bodied drink while several seasonal flavours bloom each year as a testament to the team's exploratory nature and the joy found in venturing outside the box.

Merridale fosters a sense of belonging—accessibility, inclusivity, and community matter. Fellow cider and spirit makers are invited to two festivals annually, and the Christmas walk is a complimentary gift to the community.

Every season is an invitation to make cherished memories: Savor food and drink in the Eatery, experience the magic of an orchard yurt, personalize a red wagon picnic, unwind to live music every weekend, and take a little Merridale home after visiting the farmhouse store.

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[merridale.ca](https://merridale.ca)  
1230 Merridale Road, Cobble Hill

# Wineries, Cideries, Breweries and Distilleries of Cowichan



- |                            |                                    |
|----------------------------|------------------------------------|
| 1 Bayview Brewing Co.      | 14 Goldstream Distillery           |
| 2 Riot Brewing Co.         | 15 Affinity Ciderhouse             |
| 3 Valley Cider Company     | 16 Blue Grouse Estate Winery       |
| 4 Averill Creek Vineyard   | 17 Rocky Creek Winery              |
| 5 Deol Estate Winery       | 18 Venturi-Schulze Vineyards       |
| 6 Emandare Vineyard        | 19 Divino Estate Winery            |
| 7 Alderlea Vineyards       | 20 Cherry Point Estate Wines       |
| 8 Ampersand Distilling Co. | 21 Cobble Hill Winery              |
| 9 Zanatta Winery           | 22 Enrico Winery                   |
| 10 Craig Street Brew Pub   | 23 Merridale Cidery and Distillery |
| 11 Stillhead Distillery    | 24 Unsworth Vineyards              |
| 12 Red Arrow Brewing Co.   |                                    |
| 13 Small Block Brewing     |                                    |

Scan the QR Code to  
view an online directory



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# *Fill your cup with* **community and craft brews**

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📍 MERRIDALE CIDERY & DISTILLERY



📍 BAYVIEW BREWING CO.



📍 SMALL BLOCK BREWING CO.

*After such success in winemaking, it's no surprise* that other libation-making practices have sprung up across Cowichan. Another opportunity to draw people closer to the history, the people, and the process behind something we delight in enjoying with friends; the passion that goes into each glass.

We have a history of flourishing apple orchards that goes back to the 1980s, and what better way to celebrate that history than by opening a cidery? Our first, Merridale, opened in 1990, catching the attention, and hearts, of folks far beyond our local communities, and our cidermaking has since blossomed into two more cideries both with their own unique story to tell. We make the most of enjoying a true orchard-to-glass experience in the summer, whether at the cideries themselves—often accompanied by live music—or at the annual Cider Harvest Festival.

Our breweries are another excuse to strike up a conversation with local proprietors, and the craft beer scene is burgeoning—primarily in the North

and Central Cowichan communities. Our first brewery opened in 2015 with four more opening since. Beyond the brewing itself, there are often a few community-focused events taking place in their spaces, and we love that we can bring our pup onto some of the patios for a sunny Sunday with friends.

Rounding out our libation offerings are a handful of family-founded award-winning distilling companies that champion slow processes and local ingredients—from using BC wheat and our farms' organic produce to hand-harvesting wild berries. Gin, Whiskey, Vodka, and Brandy are all on offer but unlikely like we've tasted before. In November, the annual Island Distillers Festival brings local and island-wide distillers together for exclusive tastings, launches, and festivities for spirit enthusiasts to enjoy.

We invite you to join a tasting and tour to really get to the heart of the techniques (and people) behind each bottle.



📍 STILLHEAD DISTILLERY



📍 RIOT BREWING CO.





## Excellent Frameworks

### *Home of the EJ Hughes Gallery*

SPONSORED CONTENT

*When seeking a showcase of our region's artistic talent, Excellent Frameworks—part custom framing and art consultation studio, part gallery of original Canadian artwork—should be on your itinerary.*

As is the case with many of the studios in our communities, part of the joy in visiting Excellent Frameworks is the knowledge, stories, and warmth that comes from proprietor, Suzan Kostiuck. An artist herself and owner since 2015, Kostiuck has championed the artistic community of Cowichan ever since she moved here. First, through the local arts council, where she helped organize over 200 shows and events and found herself quickly immersed in the creative community of our region. Then, through her purchase of Excellent Frameworks (which had already existed for 42 years), where she was excited to also foster the bug for custom framing she'd caught in Victoria.

A member of the Acho Dene Koe band in Fort Liard, Northwest Territories, Kostiuck went to university for formal training in the arts industry, but felt gaps in traditional cultural knowledge as she was raised off-reserve. These gaps have been filled through internships, workshops, online training, and a six month mentorship through the First Peoples' Cultural Council, shifting the lens through which she curates and guiding her in new creative practices of her own.

At Excellent Frameworks, Kostiuck carries the work of around 20 island artists across a whole range of mediums from jewellery and pottery to printmaking and sculpture. Here too is the home of the EJ Hughes Gallery which showcases the renowned artist's paintings of the beauty of the Cowichan landscape, and provides expert reproductions as prints, art cards, calendars and more in collaboration with the EJ Hughes Estate.

[excellentframeworks.ca](http://excellentframeworks.ca)  
115 Kenneth Street, Duncan



## *Unearth the truest form* **of farm-to-table**

*There's a reason our region is so rich in culinary experiences: our 700-and-counting farms. Our warm climate creates ideal conditions for a wide array of produce, while our growing style is focused on weaving nature into our farming practices, multi-generational family-run farms, and bringing our guests closer to the land. Many farms are dedicated to organic and sustainable methods—eager to share their passion and the sense of community that is as deeply rooted as the things we grow.*

Our farming history goes back to the 1800s, resulting in plenty of heritage breeds, traditional fibre-based crafts, heirloom plants, and historical buildings for us to discover. Our farmers don't shy away from innovation either—experimentation is woven into the fabric of our communities, and our unique growing region cultivates some surprises like a kiwi farm and Canada's only commercial tea farm: Westholme Tea Company.





There is a warm pride to be encountered here that reflects the countless hours spent nurturing the land—celebrated in the sharing of our farms' harvests through supplying a local restaurant, showing up at the farmers' market, or hosting guests on-site for farm-to-table feasting. For the freshest of the fresh, one of our favourite ways to spend a Cowichan day is taking the meandering rural roads to stock up at one of the many farms stands—from the plumpest tomatoes and berries that cover our hands in juice in summer to pumpkins and crisp Brussels sprouts in the fall.

Beyond the incredible produce on offer, there are families focused on replacing the mass flower market with stunning seasonal blooms, animal-centric offerings like our llama farm, and then a whole host of artisanal ingredients cultivated from explorations into the far reaches of our climate's potential—from honey to lavender. Small, organic dairy farms and free-range meat farms offer up delectable additions for homemade charcuterie platters, too.

Stop by our farm stands, ask questions as you walk the fields on a tour, and meet the fluffiest of farm animals at the petting farm. You could spend a whole trip (and then another) unearthing our farms alone.



Scan the QR Code for a  
directory of local farms





📍 TWO COVES RESORT



📍 OCEANFRONT SUITES  
AT COWICHAN BAY

## *Gather in the warm embrace of home comforts and rural life*

*To be welcomed into another's life, another's home, is perhaps the most heartfelt form of hospitality; a feeling of deep connection and gratitude when we are invited in. It seems intuitive then that this is largely our community's approach to having guests stay throughout Cowichan. Our region's warm welcome extends wholeheartedly to where we lay our heads at night. Working farms and literal homes have been thrown open to guests over the years to bring them closer to the fabric of our community members' lives.*

There is just about every kind of accommodation you can imagine, and then some you likely haven't even considered, on offer—from winery and farm stays and oceanfront lodgings to yurts and a 77-acre eco-forest. It's a blend of our heritage and the joy we find in trying something different. A chance to create an experience more so than simply a place to stay. One that can be intriguing or luxurious, while remaining rooted in our simple and honest approach to life.

Our beautiful rural properties are the perfect example of country hospitality—a place to discover home comforts and heritage buildings. We encourage you to travel slowly. Wake up to the sound of the forest, or the livestock, the smell of coffee, a home-away-from-home without the city sounds; usher in your own approach to tranquility. Camping offers a chance to fully immerse in nature, or go with the flow with country retreats and B&Bs that grant visitors the chance to experience Cowichan like a local with personal recommendations to be noted down.

Gain a different perspective from our proprietors, who cherish the natural surroundings we dwell within, and the views—from waterfront accommodation around our marinas to hosts perched at the top of the Malahat.



Scan the QR Code for a directory  
of Cowichan accommodations

📍 GROW WILD RETREATS



📍 HI POINT GUEST RANCH



## Mill Bay Marina and Bridgemans Bistro

SPONSORED CONTENT

*Locals and visitors alike gather around their shared passion for life on the water at the Mill Bay Marina.*

With its central location and plenty of people already drawn to the amenities and moorage it provides, the marina knew it wanted to expand its offerings to foster a deeper connection to our coastal communities, their unique businesses, and the myriad of awe-inspiring wildlife to be found out on the water. A series of adventures have become the epitome of this intention.

A partnership between Mill Bay Marine Group Adventure Co. and the historic 80' tall ship, Providence (the oldest working vessel in BC waters) allows you to slowly sail through our region accompanied by stories of its maritime heritage. Charter a one-of-a-kind 3 hour cruise or day tour to soak up the sea air, drift through the Gulf Islands, and perhaps embark on a short hike (rounded off with a refreshing swim) with Providence's captain, Simon, and his experienced crew.



Mill Bay Marina has also found a way to celebrate local producers. Charters, and some ticketed trips, take you to quiet islands further afield for a memorable immersion in island life and the culinary journeys and libations they hold. Wine tours, sunset cruises, and winter fishing charters await.

If heading out on the water isn't entirely your thing, the Marina has thought of that too. E-bike rentals allow enthusiastic folk to take in the sea views from a different perspective; a relaxed and accessible way to cover distances of our coastline.

After the day's activities, settle in for sunset at Bridgemans Bistro. The perfect place to relive the day to the backdrop of Saanich Inlet and Mount Baker with locally sourced fare and fresh seafood straight from the boat. Whether you come for a full meal or a drink at the bar to watch the game, they have a variety of local beers on tap and a selection of the Cowichan Valley's best wines guaranteed to please any palette.

[millbaymarina.ca](http://millbaymarina.ca) | [bridgemans.ca](http://bridgemans.ca) | [adventureco.ca](http://adventureco.ca)  
740 Handy Road, Mill Bay



# *Business* Directory

# Accommodations

## Beehive RV Park & Campground

📍 780 Kilmalu Road, Mill Bay  
☎ (250) 743-2074  
🌐 beehivecampground.com

## Best Western Plus Chemainus Inn

📍 9573 Chemainus Road, Chemainus  
☎ (250) 246-4181  
🌐 bestwestern.com

## Best Western Cowichan Valley Inn

📍 6457 Norcross Road, Duncan  
☎ (250) 748-2722  
🌐 bestwestern.com

## By the Bay Lavender Villa

📍 3758 Panorama Crescent, Chemainus  
☎ (778) 233-2730  
🌐 bythebaybnb.com

## Cedar Springs Ranch

📍 230 Trans-Canada Highway, Malahat  
☎ (250) 478-3332  
🌐 cedarspringsranch.com

## Chemainus River Campground

📍 8682 Trans-Canada Highway, Chemainus  
☎ (250) 246-9357  
🌐 chemainusrivercampground.com

## Country Maples RV Resort

📍 9010 Trans-Canada Highway, Chemainus  
☎ (250) 246-2078  
🌐 holidaytrailsresorts.com

## Cowichan River Lodge

📍 7461 Hudgrove Road, Lake Cowichan  
☎ (778) 902-8147  
🌐 thecowichanriverlodge.com

## Farm Table Inn

📍 6755 Cowichan Lake Road, Lake Cowichan  
☎ (250) 932-3205  
🌐 farmtableinn.ca

## Fuller Lake Motel

📍 9300 Smiley Road, Chemainus  
☎ (250) 246-3282  
🌐 fullerlakemotelchemainus.ca

## Greendale Riverside Cabins

📍 8012 Greendale Road, Lake Cowichan  
☎ (250) 749-6570  
🌐 greendalecabins.ca

## Hi Point Guest Ranch

📍 3590 Cavin Road, Duncan  
☎ (250) 248-7773  
🌐 hipointguestranch.com

## Hillcrest Farm Bed & Breakfast

📍 3915 Cobble Hill Road, Cobble Hill  
☎ (250) 743-3843  
🌐 hillcrestfarm.ca

## Holiday House Motel

📍 540 Esplanade Avenue, Ladysmith  
☎ (250) 618-5830  
🌐 ladysmithholidayhouse.com

## Hummingbird Gardens B&B

📍 3847 Fearn Way, Ladysmith  
☎ (778) 269-4866  
🌐 hummingbirdgardensbnb.ca

## Jacquie Gordon's Bed & Breakfast

📍 2231 Quamichan Park Place, Duncan  
☎ (250) 746-7736  
🌐 jacquiegordon.com

## Kiwi Cove Lodge

📍 5130 Brenton Page Road, Ladysmith  
☎ 1 (866) 303-5494  
🌐 kiwicovelodge.com

## Lake Cowichan Lodge

📍 201 Cowichan Lake Road, Lake Cowichan  
☎ (250) 749-6717  
🌐 lakecowichanlodge.com

## Laketown Ranch

📍 648-8811 Youbou Road, Lake Cowichan  
☎ (250) 715-1600  
🌐 laketownranch.com

## Lakeview Park Campsite

📍 8815 Lakeview Park Road, Lake Cowichan  
☎ (250) 737-3459  
🌐 town.lakecowichan.bc.ca

## Lavender View

📍 Ingot Drive, Cobble Hill  
✉ lavenderview@shaw.ca  
🌐 lavenderview.ca

## Microtel Inn & Suites by Wyndham Oyster Bay

📍 12570 Trans-Canada Highway, Ladysmith  
☎ (250) 912-9000  
🌐 wyndhamhotels.com

## Moon Water Lodge

📍 265 Trans-Canada Highway, Malahat  
☎ (778) 432-3123  
🌐 moonwaterlodge.com

## Mosaic Campsites

📍 Vancouver Island  
☎ (250) 716-3700  
🌐 mosaiccampsites.com

## Oceanfront Suites at Cowichan Bay

📍 1681 Cowichan Bay Road, Cowichan Bay  
☎ (250) 715-1000  
🌐 oceanfrontcowichanbay.com

## Osborne Bay Resort

📍 1450 Charlotte Street, Crofton  
☎ (250) 246-4787  
🌐 osbornebayresort.com

## OUR Ecovillage

📍 1565 Baldy Mountain Road, Shawnigan Lake  
☎ (250) 743-3067  
🌐 ourecovillage.org

## Raven Point Inn & Marina

📍 4760 Brenton Page Road, Ladysmith  
☎ 1 (888) 757-2836  
🌐 ravenpoint.ca

## Riverside Inn

📍 56 North Shore Drive, Lake Cowichan  
☎ (250) 749-6373  
🌐 riversideinnlakecowichan.com

## Shirley's Cozy Nest B&B

📍 2502 Fawn Road, Mill Bay  
☎ (250) 743-8286  
🌐 shirleyscozynest.com

## Super 8 by Wyndham Duncan

📍 5325 Trans-Canada Highway, Duncan  
☎ (250) 748-0661  
🌐 wyndhamhotels.com/super-8

## The Cottage and Castle

📍 9909 Maple Street, Chemainus  
☎ (250) 246-2141  
🌐 thecottageandcastle.com

## The Cranky Bitch Bike Hostel

📍 3150 Douglas Street, Chemainus  
☎ (250) 709-9254  
🌐 thecrankybitchbikehostel.com

## Arts, Culture and Heritage

### The Homestead at Wildwood Ecoforest

📍 2929 Crane Road, Ladysmith  
✉ stay@ecoforestry.ca  
🌐 ecoforestry.ca

### The Mermaid Cottage

📍 1783 Cowichan Bay Road, Cowichan Bay  
☎ (604) 612-2255  
🌐 mermaidinthebay.ca

### Thetis Island Marina and Resort

📍 46 Harbour Road, Thetis Island  
☎ (250) 246-3464  
🌐 thetisland.com

### Thunderbird Motor Inn

📍 5849 York Road, Duncan  
☎ (250) 748-8192  
🌐 thunderbirdholiday.com

### Tractor Shed Guest House

📍 6798 Norcross Road, Duncan  
☎ (250) 597-4075  
🌐 emandarevineyard.com/guest-house

### Trails End Beach House

📍 4744 Brenton Page Road, Ladysmith  
☎ (250) 667-2233  
🌐 trailsend.ca

### Two Coves Resort

📍 3415 Laguna Vista Road, Ladysmith  
☎ (250) 245-4014  
🌐 twocovesresort.com

### VI Camping

📍 Vancouver Island  
✉ info@vicamping.com  
🌐 vicamping.com

### Villa Eyrie Resort

📍 600 Ebedora Lane, Malahat  
☎ (250) 856-0188  
🌐 villaeyrie.com

### Wessex Inn Motel

📍 1846 Cowichan Bay Road, Cowichan Bay  
☎ (250) 748-4214  
🌐 wessexinn.com

### Nitinaht Lake Campground

📍 Nitinaht Lake  
☎ (250) 745-3999  
🌐 nitinahtcampground.com

### Xanadu Estate

📍 3570 Telegraph Road, Cobble Hill  
☎ (250) 532-2100  
🌐 xanaduestate.ca

### Yellow Point Lodge

📍 3700 Yellow Point Road, Ladysmith  
☎ (250) 245-7422  
🌐 yellowpointlodge.com

### Yurts at Merridale Cidery & Distillery

📍 1230 Merridale Road, Cobble Hill  
☎ (250) 743-4293  
🌐 merridale.ca

### Chemainus Theatre Festival

📍 9737 Chemainus Road, Chemainus  
☎ (250) 246-9820  
🌐 chemainustheatre.ca

### Cowichan Performing Arts Centre

📍 2687 James Street, Duncan  
☎ (250) 746-2722  
🌐 cowichanpac.ca

### Ladysmith Little Theatre

📍 4985 Christie Road, Ladysmith  
☎ (250) 924-0658  
🌐 ladysmiththeatre.com

### Aquamaris Art Gallery

📍 202-330 Duncan Street, Duncan  
☎ (250) 597-2798  
🌐 aquamarisartgallery.com

### Arthur Vickers Gallery

📍 1719 Cowichan Bay Road, Cowichan Bay  
☎ (250) 748-7650  
🌐 facebook.com/arthurvickers

### Cedar & Yellowpoint Artisan Association

📍 Cowichan  
✉ info@cyartisans.com  
🌐 cyartisans.com

### Cowichan Artisans

📍 Cowichan  
☎ See website for each studio contact  
🌐 cowichanartisans.com

### Cowichan Public Art Gallery

📍 126 Ingram Street, Duncan  
☎ (250) 737-5229  
🌐 cowichangallery.ca

### Cowichan Valley Arts Council

📍 2687 James Street, Duncan  
☎ (250) 746-1633  
🌐 cowichanvalleyartscouncil.ca

### Excellent Frameworks/EJ Hughes Gallery

📍 115 Kenneth Street, Duncan  
☎ (250) 746-7112  
🌐 excellentframeworks.ca

### Imagine That!

📍 251 Craig Street, Duncan  
☎ (250) 748-6776  
🌐 imaginethatartisans.com

### Jane Wolters Pottery

📍 9002 Chemainus Road, Chemainus  
☎ (250) 246-3853  
🌐 janewolters.com

### Judy Hill Gallery

📍 22 Station Street, Duncan  
☎ (250) 746-6663  
🌐 judyhillgallery.net

### Ladysmith Gallery

📍 32 High Street, Ladysmith  
☎ (604) 880-4291  
🌐 ladysmitharts.ca

### Mary Fox Pottery Studio & Gallery

📍 321 3rd Avenue, Ladysmith  
☎ (250) 245-3778  
🌐 maryfoxpottery.ca

### Miller & Co. Wood Studio and Pottery

📍 4540 Koksilah Road, Duncan  
☎ (250) 661-3586  
🌐 millerandcowood.com

### The Mud Room Clayworks

📍 1725 Cowichan Bay Road, Cowichan Bay  
☎ (250) 710-7329  
🌐 cowbaymudroom.com

### Visions Art Tour Society

📍 Cowichan  
☎ (250) 743-3862  
🌐 visionsarttour.ca

### Chemainus Valley Museum

📍 101-9799 Waterwheel Crescent, Chemainus  
☎ (250) 246-2445  
🌐 chemainusvalleymuseum.ca

## Activities and Attractions



📍 COWICHAN BAY SPA

### Cowichan Bay Maritime Centre

📍 1761 Cowichan Bay Road, Cowichan Bay  
☎ (250) 746-4955  
🌐 classicboats.org

### Cowichan Valley Museum & Archives

📍 130 Canada Avenue, Duncan  
☎ (250) 746-6612  
🌐 cvmuseum.ca

### Hand of Man Museum

📍 6759 Considine Avenue, Duncan  
☎ 1 (888) 826-1011  
🌐 handofmanmuseum.com

### Heritage Museum

📍 2851 Church Way, Mill Bay  
☎ (250) 733-0955  
🌐 heritagemuseummillbay.com

### Kaatza Station Museum

📍 125-B South Shore Road, Lake Cowichan  
☎ (250) 749-6142  
🌐 kaatzastationmuseum.ca

### Ladysmith Museum

📍 721 1st Avenue, Ladysmith  
☎ (250) 245-0423  
🌐 ladysmithhistoricalsociety.ca

### Shawnigan Lake Museum

📍 1775 Shawnigan Lake-Mill Bay Road  
☎ (250) 743-8675  
🌐 shawniganlakemuseum.com

### BC Forest Discovery Centre

📍 2892 Drinkwater Road, Duncan  
☎ (250) 715-1113  
🌐 bcforestdiscoverycentre.com

### Chances Cowichan

📍 436 Cowichan Way, Duncan  
☎ (250) 746-6300  
🌐 chancescowichan.ca

### Cowichan Bay Spa

📍 1681 Cowichan Bay Road, Cowichan Bay  
☎ (250) 597-0668  
🌐 cowichanbayspa.com

### Duncan Lanes Bowling Centre

📍 2701 James Street, Duncan  
☎ (250) 746-5421  
🌐 duncanlanes.com

### Malahat Skywalk

📍 901 Trans-Canada Highway, Malahat  
☎ 1 (833) 625-2428  
🌐 malahatskywalk.com

### Matisse Day Spa

📍 241 Craig Street, Duncan  
☎ (250) 715-1126  
🌐 matissedayspa.com

### Pacific Northwest Raptors

📍 1877 Herd Road, Duncan  
☎ (250) 746-0372  
🌐 the-raptors.com

### The Fort Game Cafe

📍 250 Jubilee Street, Duncan  
☎ (250) 709-7882  
🌐 thefortduncan.com

### The Hangout Climbing Centre

📍 2-1065 Canada Avenue, Duncan  
☎ (250) 701-6660  
🌐 climbangout.com

### Tuscan Spa at the Villa Eyrie

📍 600 Ebedora Lane, Malahat  
☎ (250) 856-0188  
🌐 villaeyrie.com



📍 MOUNT BRENTON GOLF CLUB

## Outdoor Adventures

### Alpine Stables

📍 3700 Holland Avenue, Cobble Hill  
☎ (250) 812-6115  
🌐 alpinestable.com

### Broomstick Bicycles

📍 3623 Gibbins Road, Duncan  
☎ (250) 709-5495  
🌐 broomstickbikes.ca

### Citrus Cycles

📍 9778 Willow Street, Chemainus  
☎ (250) 245-0402  
🌐 citruscycles.ca

### Cowichan Estuary Nature Centre

📍 1845 Cowichan Bay Road, Cowichan Bay  
☎ (250) 597-2288  
🌐 cowichanestuary.ca

### Cycle Therapy Bicycles

📍 360 Duncan Street, Duncan  
☎ (250) 597-0097  
🌐 cycletherapy.ca

### Derailed Adventures

📍 Victoria  
☎ (250) 986-9304  
🌐 derailedadventures.com

### Nolan Riding

📍 Vancouver Island  
✉ info@nolanriding.com  
🌐 nolanriding.com

### Ride MTB

📍 Cowichan  
☎ (604) 815-9718  
🌐 ridemtb.ca

### The Cycling Co.

📍 Cowichan  
☎ (250) 508-8449  
🌐 thecyclingco.com

### Arbutus Ridge Golf Club

📍 3515 Telegraph Road, Cobble Hill  
☎ (250) 743-5000  
🌐 arbutusridge.com

### Cowichan Golf Club

📍 4955 Trans-Canada Highway, Duncan  
☎ (250) 746-5333  
🌐 cowichangolfclub.ca

## On the Water

### Duncan Meadows Golf Course

📍 6507 North Road, Duncan  
☎ (250) 746-8993  
🌐 duncanmeadows.com

### Ladysmith Golf Club

📍 380 Davis Road, Ladysmith  
☎ (250) 245-7313  
🌐 ladysmithgolfclub.ca

### March Meadows Golf Club

📍 10298 South Shore Road, Honeymoon Bay  
☎ (250) 749-6241  
🌐 marchmeadowsgolf.com

### Mount Brenton Golf Club

📍 2816 Henry Road, Chemainus  
☎ (250) 246-9322  
🌐 mountbrentongolf.com

### Blue Dog Kayaking

📍 740 Handy Road, Mill Bay  
☎ (250) 710-7693  
🌐 bluedogkayaking.com

### Coastal Bliss Adventures

📍 4865 Bench Road, Cowichan Bay  
☎ 1 (800) 896-9525  
🌐 coastalbliss.ca

### Cowichan Bay Kayaking

📍 4865 Bench Road, Cowichan Bay  
☎ (250) 597-3031  
🌐 cowichanbaykayaking.com

### Elevation Kiteboarding

📍 Nitinaht Lake  
☎ (604) 848-5197  
🌐 elevationkiteboarding.com

### iGuideBC Fishing Co.

📍 Shawnigan Lake  
☎ (250) 508-1079  
🌐 steelheadfishingvancouverisland.com

### Kaatza Adventures

📍 8570 North Shore Road, Lake Cowichan  
☎ (250) 932-4903  
🌐 kaatzaadventures.com

### Ladysmith Community Marina

📍 611 Oyster Bay Drive, Ladysmith  
☎ (250) 245-1146  
🌐 lmsmarina.ca

### Ladysmith Marina

📍 901 Gladden Road, Ladysmith  
☎ (250) 245-4521  
🌐 ladysmithmarina.com

### Maple Bay Marina

📍 6145 Genoa Bay Road, Duncan  
☎ (250) 746-8482  
🌐 maplebaymarina.com

### Mill Bay Marina

📍 740 Handy Road, Mill Bay  
☎ (250) 743-4303  
🌐 millbaymarina.ca

### Ocean Ecoventures Whale Watching

📍 1721 Cowichan Bay Road, Cowichan Bay  
☎ (250) 748-3800  
🌐 oceanecoventures.com

### Pristine Paddleboard Adventures

📍 7370 Walton Road, Honeymoon Bay  
☎ (250) 815-5099  
🌐 pristinepaddleboard.com

### River Quest Charters

📍 5650 West Riverbottom Road, Duncan  
☎ (250) 748-4776  
🌐 riverquest.ca

### Saltair Ocean Adventures

📍 901 Gladden Road, Ladysmith  
☎ (604) 346-9114  
🌐 saltairoceanadventures.com

### Sealegs Kayaking Adventures

📍 200 Transfer Beach Road, Ladysmith  
☎ (250) 245-4096  
🌐 sealegskayaking.com

### The Tube Shack

📍 109 South Shore Road, Lake Cowichan  
☎ (250) 510-7433  
🌐 cowichanriver.com

### Vancouver Island Fly Fishing

📍 Lake Cowichan  
☎ (250) 221-0644  
🌐 vifyfishing.com

### Wilderness Kayaking Co.

📍 6683 Beaumont Avenue, Duncan  
☎ (250) 746-0151  
🌐 wilderness-kayaking.com

# Shopping

## Bayside Goods

📍 150-2720 Mill Bay Road, Mill Bay  
☎ (250) 449-8778  
🌐 baysidegoods.com

## Beachology

📍 1721 Cowichan Bay Road, Cowichan Bay  
☎ (250) 709-9152  
🌐 beachology.ca

## Beyond the Usual

📍 9770 Willow Street, Chemainus  
☎ (250) 324-1551  
🌐 beyondtheusual.ca

## Blend Gathered Goods Vintage & New

📍 161 Kenneth Street, Duncan  
☎ (250) 888-8156  
🌐 facebook.com/blendcreativevintageandstudio

## By the Bay Lavender Store

📍 9772 Willow Street, Chemainus  
☎ (778) 233-2730  
🌐 bythebaybnb.com

## Cardino's Shoes

📍 165 Craig Street, Duncan  
☎ (250) 746-4333  
🌐 shopcardinoshoes.com

## Chocolate Pearl

📍 133 Craig Street, Duncan  
☎ (778) 422-2462  
🌐 chocolate-pearl.ca

## Cowichan Cycles

📍 2692 James Street, Duncan  
☎ (250) 748-2453  
🌐 cowichancycles.com

## Crowfoot Collective

📍 3541 Cobble Hill Road, Cobble Hill  
✉ info@crowfootcollective.com  
🌐 crowfootcollective.com

## Cure Artisan Meat and Cheese

📍 1400 Cowichan Bay Road, Cobble Hill  
☎ (250) 929-2873  
🌐 facebook.com/cureartisanmeatandcheese

## Dot's Shoe Store

📍 42 South Shore Road, Lake Cowichan  
☎ (250) 749-3721  
🌐 facebook.com/dotsshoestore

## Dragonfly Dreaming Organics

📍 3616 Garland Avenue, Cobble Hill  
☎ (250) 743-8036  
🌐 dragonflydreaming.com

## Fabrications

📍 125 Kenneth Street, Duncan  
☎ (250) 746-4751  
🌐 foreverfab.com

## Heritage Pawnbrokers

📍 430 Whistler Street, Duncan  
☎ (250) 746-9810  
🌐 heritagepawnbrokers.com

## Impeccable Jewellery

📍 211 Craig Street, Duncan  
☎ (250) 748-7709  
🌐 impeccablejewellery.com

## Juniper & Sage Decor

📍 2-740 1st Avenue, Ladysmith  
☎ (250) 245-2248  
🌐 juniperandsagedecor.ca

## Khaya Home Decor

📍 107 Kenneth Street, Duncan  
☎ (250) 746-6640  
🌐 khayahomedecor.com

## Left Coast Fashions

📍 432 1st Avenue, Ladysmith  
☎ (250) 924-3380  
🌐 facebook.com/leftcoastfashions

## Little Bird

📍 163 Station Street, Duncan  
☎ (250) 748-6861  
🌐 littlebirdonline.ca

## Neck of the Woods General Store

📍 28 Roberts Street, Ladysmith  
☎ (250) 924-1282  
🌐 neckofthewoodsgs.com

## Organic Fair

📍 1490 Fisher Road, Cobble Hill  
☎ (250) 733-2035  
🌐 organicfair.com

## Patryka Designs

📍 315-2720 Mill Bay Road, Mill Bay  
☎ (250) 743-3531  
🌐 patrykadesignsonline.com

## Plentifill Refillery

📍 163 Kenneth Street, Duncan  
☎ (250) 737-3313  
🌐 plentifill.ca

## reFRESH Cowichan Marketplace

📍 360 Duncan Street, Duncan  
☎ (250) 748-8506  
🌐 refreshcowichan.ca

## Saltspring Soapworks

📍 269 Craig Street, Duncan  
☎ (250) 746-5454  
🌐 saltspringsoapworks.com



📍 UNION 22

## Transportation



### Shawnigan Vintage Barn

📍 1755 Baden Powell Road, Shawnigan Lake  
☎ (250) 510-7400  
🌐 shawniganvintagebarn.ca

### Swordfern Boutique

📍 89A South Shore Road, Lake Cowichan  
☎ (250) 932-2220  
🌐 swordfernboutique.com

### The Garment District

📍 147 Craig Street, Duncan  
☎ (250) 597-1415  
🌐 thegarmentdistrict.ca

### The Lake Mercantile

📍 89B South Shore Road, Lake Cowichan  
☎ (250) 932-1310  
🌐 thelakemercantile.business.site

### The Olive Station

📍 7-225 Canada Avenue, Duncan  
☎ (250) 597-8808  
🌐 theolivestation.com

### The Red Balloon Toy Shop

📍 158 Craig Street, Duncan  
☎ (250) 748-5545  
🌐 theredballoon.ca

### The Worldly Gourmet Kitchen Store

📍 522 1st Avenue, Ladysmith  
☎ (250) 245-7307  
🌐 worldlygourmet.ca

### Union 22

📍 3556 Garland Avenue, Cobble Hill  
☎ (778) 356-2223  
🌐 facebook.com/union22shop

### Violet Wild Cannabis Co.

📍 1-9750 Chemainus Road, Chemainus  
☎ (250) 324-1048  
🌐 violetwild.ca

### Volume One Bookstore

📍 149 Kenneth Street, Duncan  
☎ (250) 748-1533  
🌐 volumeone.ca

### Wall Street Clothing

📍 151 Craig Street, Duncan  
☎ (250) 746-8832  
🌐 wallstreetclothing.com

### White Space Living

📍 431 1st Avenue, Ladysmith  
☎ (250) 924-1022  
🌐 white-space-living.square.site

### Wild Coast Perfumery

📍 1721 Cowichan Bay Road, Cowichan Bay  
☎ (250) 701-2791  
🌐 wildcoastperfumes.com

### Wishes Gifts & Books

📍 125 Station Street, Duncan  
☎ (250) 748-9411  
🌐 wishes-spirit.ca

### Canadian Craft Tours

📍 Cowichan  
☎ 1 (800) 601-9483  
🌐 canadiancrafttours.ca

### Encore Limousine Service

📍 Cowichan  
☎ (250) 710-3927  
🌐 encorelimo.ca

### Island Time Tours

📍 Victoria  
☎ (250) 477-3322  
🌐 islandtimetours.com

### L.A. Limousines

📍 Victoria  
☎ (250) 391-9000  
🌐 lalimo.ca

### Tesla Tours

📍 Victoria  
☎ 1 (877) 789-8752  
🌐 alsettours.com

### Twofiveo Tour Company

📍 Cowichan  
☎ (250) 900-1914  
🌐 twofiveotourco.com

### Vancouver Island Expeditions

📍 Vancouver Island  
☎ (250) 739-9659  
🌐 vancouverislandexpeditions.com

### Warmland Tours

📍 Cowichan  
☎ (250) 732-9225  
🌐 warmlandtours.ca

## Wineries, Breweries, Cideries and Distilleries



ROCKY CREEK WINERY

### Alderlea Vineyards

📍 1751 Stamps Road, Duncan  
☎ (250) 746-7122  
🌐 alderlea.ca

### Averill Creek Vineyard

📍 6552 North Road, Duncan  
☎ (250) 709-9986  
🌐 averillcreek.ca

### Blue Grouse Estate Winery

📍 2182 Lakeside Road, Duncan  
☎ (250) 743-3834  
🌐 bluegrouse.ca

### Cherry Point Estate Wines

📍 840 Cherry Point Road, Cobble Hill  
☎ (250) 743-1272  
🌐 cherrypointestatewines.com

### Cobble Hill Winery

📍 3500 Telegraph Road, Cobble Hill  
☎ (250) 743-4100  
🌐 cobblehillwinery.ca

### Deol Estate Winery

📍 6645 Somenos Road, Duncan  
☎ (250) 746-3967  
🌐 deolestatewinery.com

### Divino Estate Winery

📍 1500 Freeman Road, Cobble Hill  
☎ (250) 743-2311  
🌐 divinowine.ca

### Emandare Vineyard

📍 6798 Norcross Road, Duncan  
☎ (250) 597-4075  
🌐 emandarevineyard.com

### Enrico Winery

📍 3280 Telegraph Road, Mill Bay  
☎ (250) 733-2356  
🌐 enricowinery.com

### Rocky Creek Winery

📍 1854 Myhrest Road, Cowichan Bay  
☎ (250) 748-5622  
🌐 rockycreekwinery.ca

### Unsworth Vineyards

📍 1-2915 Cameron Taggart Road, Mill Bay  
☎ (250) 929-2292  
🌐 unsworthvineyards.com

### Venturi-Schulze Vineyards

📍 4235 Vineyard Road, Cobble Hill  
☎ (250) 743-5630  
🌐 venturischulze.com

### Zanatta Winery

📍 5039 Marshall Road, Duncan  
☎ (250) 748-2338  
🌐 zanatta.ca

### Bayview Brewing Company

📍 204 Dogwood Drive, Ladysmith  
☎ (250) 912-0166  
🌐 facebook.com/bayviewbrewingcompany

### Craig Street Brew Pub

📍 25 Craig Street, Duncan  
☎ (250) 737-2377  
🌐 csbrewery.ca

### Red Arrow Brewing Company

📍 5255 Chaster Road, Duncan  
☎ (250) 597-0037  
🌐 redarrowbeer.ca

### Riot Brewing Co.

📍 101A-3055 Oak Street, Chemainus  
☎ (250) 324-7468  
🌐 riotbrewing.com

### Small Block Brewery

📍 203-5301 Chaster Road, Duncan  
☎ (250) 597-0045  
🌐 smallblockbrewery.com

### Affinity Ciderhouse

📍 4147 Riverside Road, Duncan  
☎ (778) 455-4577  
🌐 affinitycider.com

### Merridale Cidery & Distillery

📍 1230 Merridale Road, Cobble Hill  
☎ (250) 743-4293  
🌐 merridale.ca

### Valley Cider Company

📍 7661 Mays Road, Duncan  
☎ (250) 510-1018  
🌐 valleycider.com

### Ampersand Distilling Company

📍 4077 Lanchester Road, Duncan  
☎ (250) 999-1109  
🌐 ampersanddistilling.com

### Goldstream Distillery

📍 4A-4715 Trans-Canada Highway, Duncan  
☎ (250) 213-8476  
🌐 goldstreamdistillery.com

### Stillhead Distillery

📍 105-5301 Chaster Road, Duncan  
☎ (250) 748-6874  
🌐 stillhead.ca

## Farms and Farmstands



Scan the QR code for a directory of Cowichan's local farms and farmstands.

## Restaurants, Cafes and Bakeries



Scan the QR code for a directory of Cowichan's amazing restaurants, cafes and bakeries.

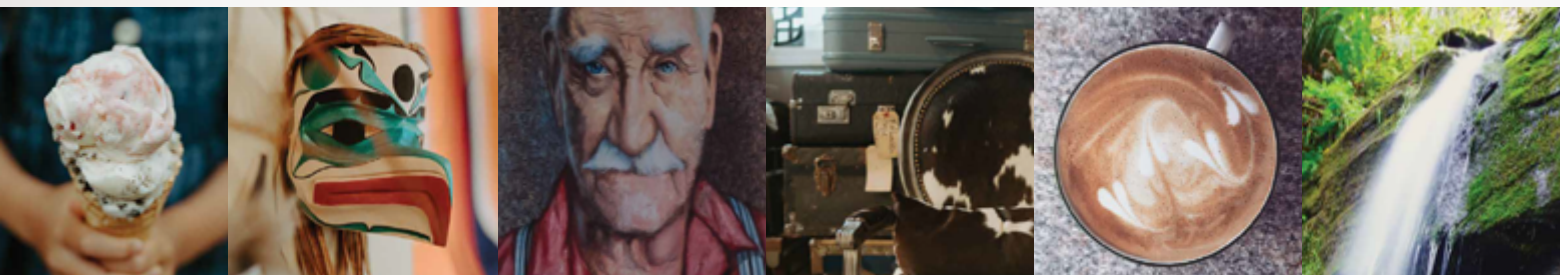


Chemainus

# THE COWICHAN COAST

*need we say more...*

QUIET FORESTS, COASTAL SEASCAPES, BOUTIQUE SHOPS, LIVE THEATRE, HISTORY,  
WORLD FAMOUS MURALS, INSTA-WORTHY FOOD, AND A TOWN YOU MAY NEVER WANT TO LEAVE



Chemainus is an exceptional town in the heart of Cowichan. We have everything from artisan restaurants and cafes, to outdoor markets, gourmet ice cream, boutiques, antique shops, museum, and live professional theatre.

Plus dozens of giant outdoor murals & sculptures, winding fresh air trails, beachcombing, boating, dive sites, hiking, leisure activities, art displays, and so much more. The B&B's are quaint and our Hotel is absolute heaven.


*contact our visitor center* 9799 WATERWHEEL CRES. | 1-250-737-3368 | [VISITORCENTRE@CHEMAINUS.BC.CA](mailto:VISITORCENTRE@CHEMAINUS.BC.CA)

[VISITCHEMAINUS.CA](http://VISITCHEMAINUS.CA)

 CHEMAINUS BUSINESS  
IMPROVEMENT ASSOCIATION

 Chemainus • District  
CHAMBER OF  
COMMERCE

 DESTINATION  
BRITISH COLUMBIA™



We respectfully acknowledge that we live, work and play on the unceded and traditional territory of the Quw'utsun, Malahat, Ts'uubaa-asatx, Halalt, Penelakut, Stz'uminus, Lyackson, Pauquachin, Ditidaht and Pacheedaht Peoples.

[tourismcowichan.com](https://tourismcowichan.com)