

Warm your heart in
COWICHAN



YOUR INVITATION
to visit Cowichan

SMALL TOWN. BIG APPEAL.

Cozy Coffee Shops
Delectable Dining
Superb Shopping
Fantastic Finds
Sublime Strolling
Captivating Culture
Year-Round Saturday Market
Exciting Entertainment
Downtown Duncan.



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Learn more at tourismcowichan.com



Cover Image: Lake Cowichan

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.



📍 MOUNT TZOUHALEM

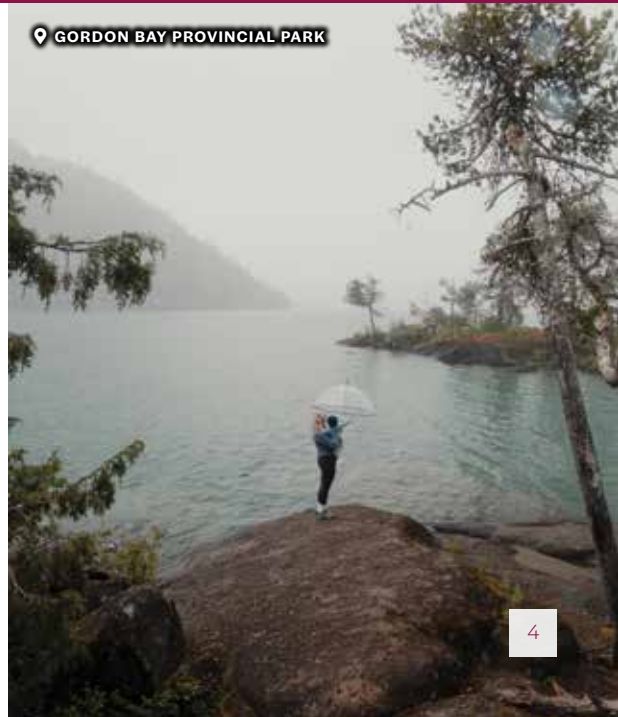


📍 YELLOW POINT

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

📍 GORDON BAY PROVINCIAL PARK





📍 STOCKING CREEK FALLS



📍 CHEMAINUS MURALS

DON'T MISS

- *Sealegs Kayaking Adventures* • *Yellow Point Farms*
- *Transfer Beach Park* • *Old Town Bakery*
- *Cheminus Theatre Festival* • *Cheminus Murals*
- *Stocking Creek Falls* • *Crofton Boardwalk*



📍 LADYSMITH



📍 CROFTON BOARDWALK



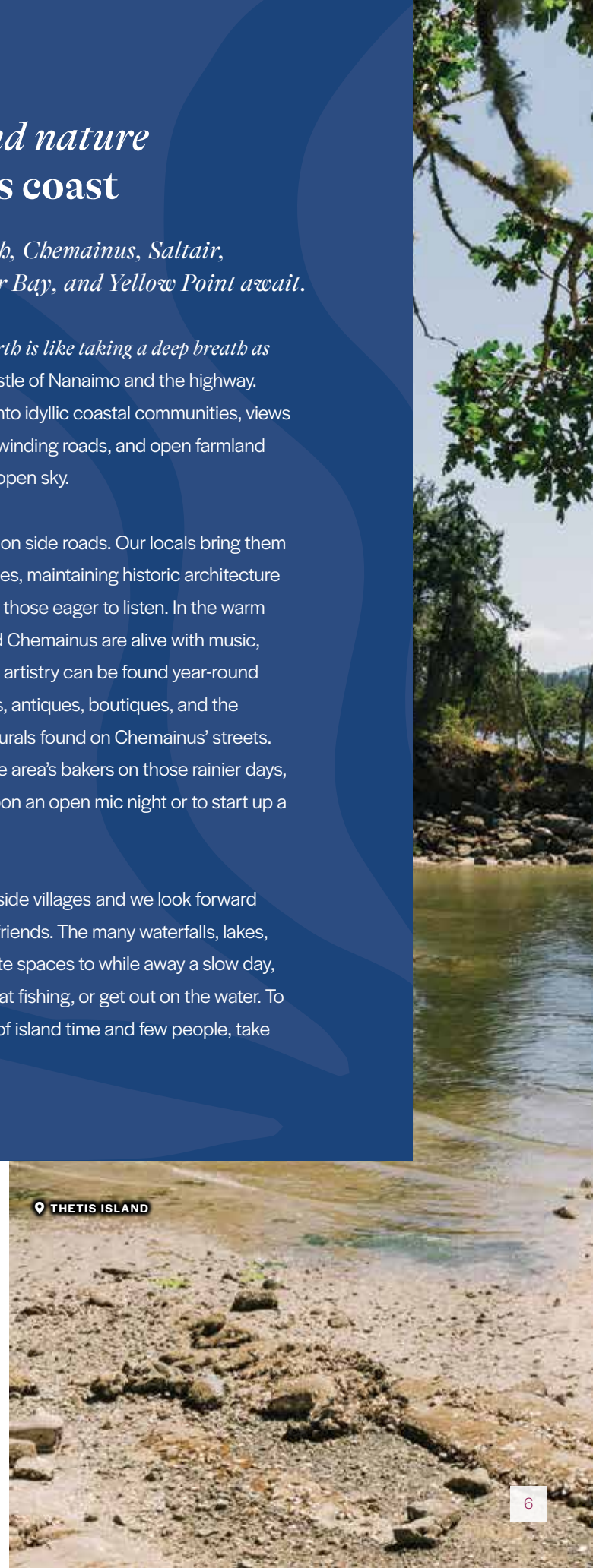
Immerse in art and nature along Cowichan's coast

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.



📍 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; a 263km fully paved scenic route that covers old-growth forest, steep hills, winding roads, and beaches. Venturing off the circle route, some roads west of the lake are unpaved—suitable tires and some caution is necessary for visitors. The gravel logging road west of Youbou takes you to Nitinaht Lake, the natural and cultural heart of Ditidaht First Nation, and to the rugged beauty of the west coast.

In the down-to-earth communities surrounding Cowichan Lake, you'll find plenty of people enjoying the full life that 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 • Jakes at the Lake*



📍 TUBING ON THE COWICHAN RIVER



📍 LAKE COWICHAN

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 major festivals that draw crowds of thousands: 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 experiencing the thrill of mountain biking, 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 a collection of 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 pole 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

- Duncan Farmers' Market • Duncan Totem Tour*
- Ocean Ecoventures Whale Watching*
- True Grain Organic Bakery • Mount Tzouhalem*
- Alderlea Farm & Cafe • Genoa Bay Cafe*



ALDERLEA FARM & CAFE



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 Pí'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 a 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, Shawnigan Lake, Mill Bay, and Malahat

When driving north 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

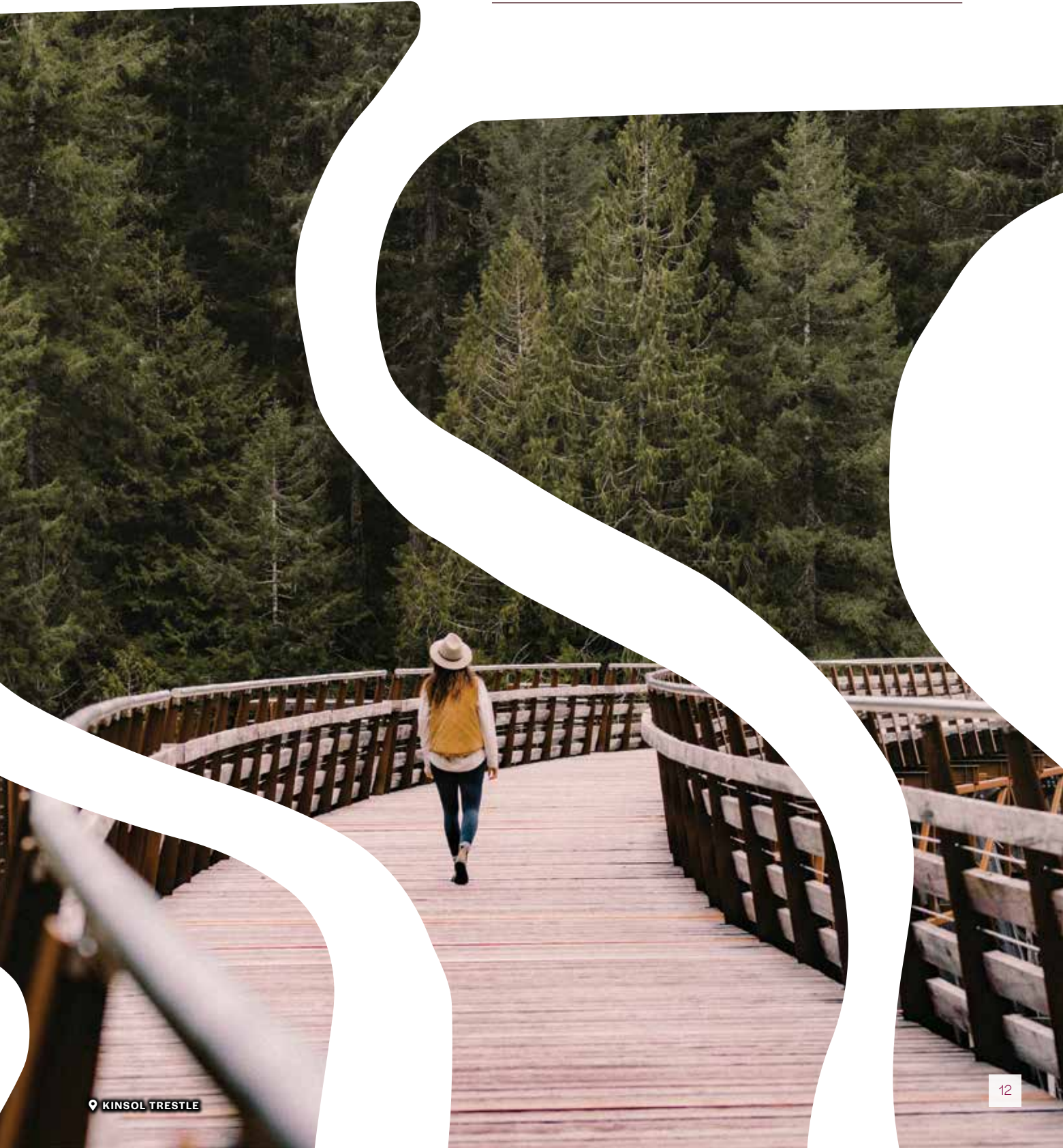
from its viewing platform 32 metres (105 feet) above sea level and TreeWalk, while the historic Kinsol Trestle sits at 44 metres (144 feet) high; one of the tallest free-standing timber rail trestles in the world. The experience of walking on either is sure to spark some adrenaline, but really, we're 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

Malabat Skywalk • Kinsol Trestle • NYÜBU Nordic Spa
• The Lakehouse at Shawnigan • Sweet Meadows Market
• Setri Nordic Spa • Bridgemans Bistro
• Bamberton Provincial Park



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



📍 CROFTON

All the ways to come visit us

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—modes of transportation 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 the Lower Mainland (Tsawwassen to Swartz Bay). Ferry reservations are always recommended during peak season from May to September, 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. 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 (from Horseshoe Bay) and Duke Point (from Tsawwassen). If you don't have a car with you, Hullo Ferries 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.



Many people prefer to fly right to our back door by floatplane. It's a short hop, but the scenery alone is worth the fare. Flights are available from various carriers to Nanaimo, Victoria, and Maple Bay.



Temperance Hotel



Interior Images: Dasha Armstrong Photography

Temperance Hotel

After a day wandering Ladysmith's beautiful historic streets, it seems only fitting to stay in a similarly storied hotel. The newly restored, award-winning Temperance Hotel is perfectly placed to enjoy all the delights of Ladysmith's downtown: step right out onto First Avenue or watch parades and public art events from the windows of your room.

As is the way in the Cowichan region, owners Stefan and Denise have put their heart into breathing life—and luxury—back into this eye-catching landmark from the 1900s. The result of a meticulous 3.5 year renovation, guests will love the little details that make each of the 5 must-see executive suites unique.

There's the painstakingly salvaged wood that makes walls and floors into works of art, with bathroom tiles, photographs, murals, and antique furniture that pay homage to history. The addition of modern amenities elevates your stay with the comforts of a premier hospitality destination. Suites that can accommodate anywhere from 2-5 guests invite you to relax at this home away from home and "Stay in one; fall in love with them all."

Stefan and Denise are eager to share the labour of love that is this one-of-a-kind Boutique Heritage Hotel. Since opening in spring 2024, guests have made the journey from all over the world to experience the care they've put into preserving the Temperance Hotel.

"What a gem! We just wanted to add another 5 star review to the growing stack here for the Temperance! This little hotel is so sweet and perfectly updated by Denise and Stefan. You'll immediately feel and enjoy all the care, attention and love they put into this recent renovation.

Everything feels new, it's super clean and it's equipped with all that you'll need. And just step outside your door and all of downtown Ladysmith is right there in front of you. Don't even hesitate. Just book it!" — **Brent**

32 High Street, Ladysmith
(778) 268-2216
temperancehotel.ca

EXPLORE HISTORY, NATURE, AND COASTAL CHARM IN ONE UNFORGETTABLE TOWN.



LEARN MORE
tourismladysmith.ca
33 ROBERTS ST. LADYSMITH BC
250-245-2112

Tourism Ladysmith [tourismladysmith](https://www.instagram.com/tourismladysmith)

Sign work created by Stz'uminus artist John Marston

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 salmon spawning 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 (part of the Trans Canada 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
cowichanlaketrailblazers.com

Experience water as a way of life through coastal activities

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.



📍 LAKE COWICHAN | KAATZA ADVENTURES

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 in Cowichan Bay 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.

Scan the QR code for a directory of Cowichan's marinas.





Pacific Northwest Raptors

Throughout human history, raptors (also known as birds of prey) have captured people's eyes and imagination—their ability to hover, or seemingly camouflage in foliage, the sudden swoop and speed of a dive, the flash of a speckled wing. And yet, their numbers are declining at an alarming rate: nearly 30% are considered threatened or critically endangered globally.

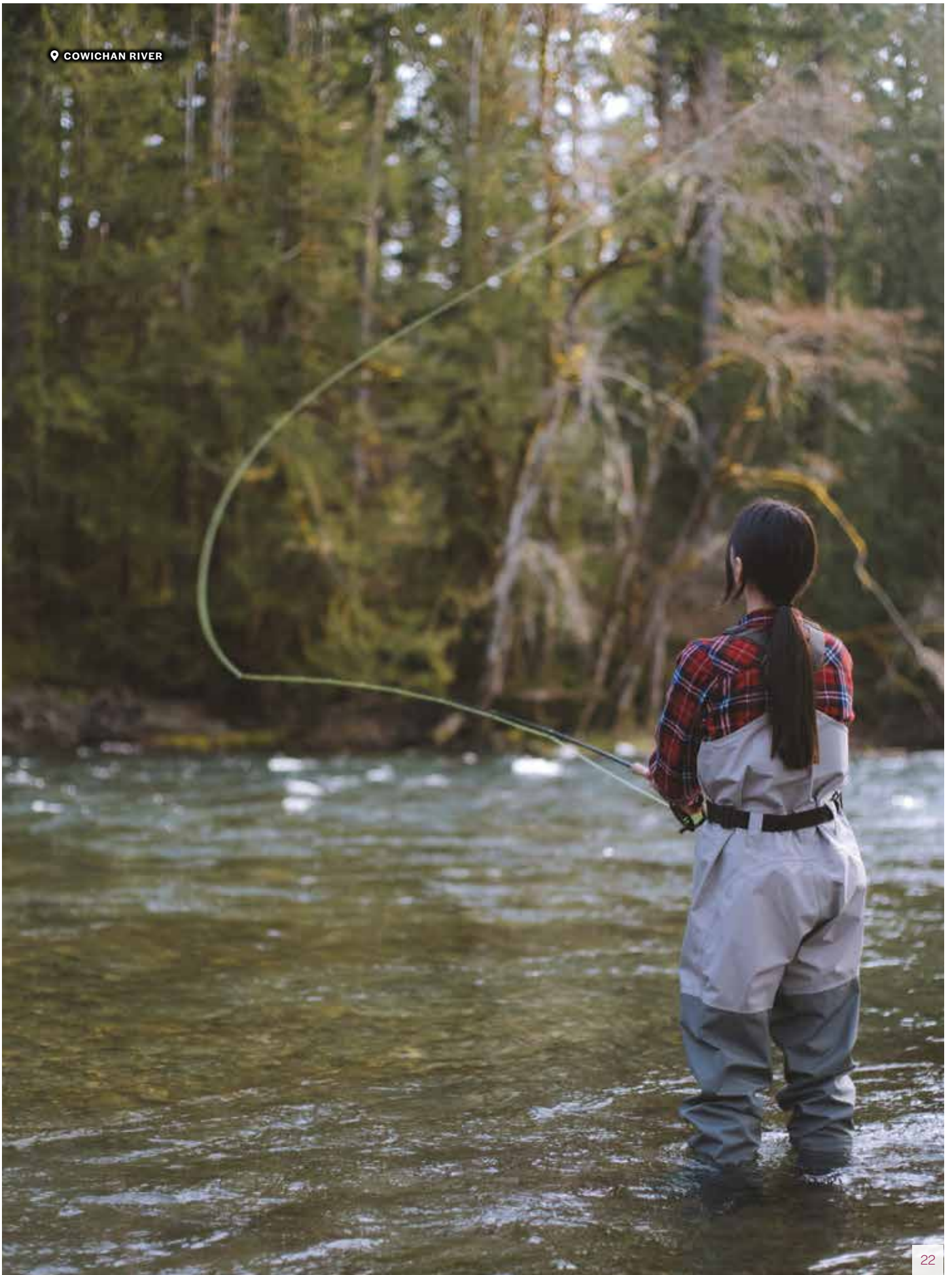
The Raptors in Duncan is a public centre where there is hope for these spectacular birds; a space the whole family is invited to get up close and connect with them. Captivating free-flying demonstrations are combined with moments of education about these birds' larger role in our ecosystems, what they eat, their behaviours, their biology.

If your enthralment with the wild beauty of these birds entices you closer, there are incredible opportunities to do exactly that under the guidance and care of expert handlers. Diverse hands-on experiences that range from one hour to a full day, like having a hawk land on your

gloved hand during a forest walk, having the time to engage with a wider variety of raptor species, assisting in feeding, and marveling at the majestic Bald Eagle during an unforgettable encounter.

Like most Cowichan businesses, stewardship of place and its non-human inhabitants play a central role at The Raptors. Allow yourself to be guided toward a sense of personal responsibility from a place of inspiration and awe. There are very few places to have such an immersive and safe experience with such an array of raptors; an extraordinary day out.

1877 Herd Road, North Cowichan
(250) 746-0372
the-raptors.com





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' (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





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'qum'num Treaty Group with representatives of the governments of Canada and of British Columbia.



Cowichan is home to ten distinct First Nations, each with rich cultural traditions and heritage. Scan the QR code to learn more.



DON'T MISS

*Ladysmith Museum • Chemainus Valley Museum • BC Forest
Discovery Centre • Cowichan Valley Museum • Shawnigan Lake
Museum • Hand of Man Museum • Mill Bay Heritage Museum
• 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, while many artists host year-round open studios. The Cowichan Artisans, a group of 16 professional artists, offer two open-studio tours in April and October. 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 • Cowichan Valley Arts Council • Cedar & Yellow Point Artisan Tour • Aquamaris Art Gallery • Rainforest Arts • Imagine That! Artisans' Designs • Cowichan Artisans



**ARTS COUNCIL OF
LADYSMITH AND DISTRICT**
7-32 High Street, Ladysmith
(604) 880-4291
ladysmitharts.ca



**CHEMAINUS VALLEY
CULTURAL ARTS SOCIETY**
9781 Willow Street, Chemainus
(250) 246-4861
cvcas.ca



**COWICHAN LAKE ARTS AND
CULTURE SOCIETY**
10375 Youbou Road, Youbou
(250) 710-9254
cowichanlakeartsandculture.org



**COWICHAN VALLEY
ARTS COUNCIL**
Cowichan Community Centre
2687 James Street, North Cowichan
(250) 746-1633
cowichanvalleyartscouncil.ca



COWICHAN SOUTH ARTS GUILD
hello@cowichansouthartsguild.com
cowichansouthartsguild.com

Cowichan Arts Councils

Cowichan is full of artists, writers, and makers drawn by a slower pace that carves out time to experiment in different mediums. With so much creative expression, several hubs exist to support and celebrate these art forms—visit them on an arts adventure from north to south.

Begin with the **Arts Council of Ladysmith and District**, where the Ladysmith Gallery hosts a rotation of two exhibitions a month; there's always something new to discover. The onsite boutique is also a fantastic place to find a unique smaller work for your home. Experience vibrant creativity at the annual Arts on the Avenue Festival in August, a full day family-friendly festival celebrating local arts and community spirit.

Your next stop is Chemainus, renowned for its many public murals. Here, the **Chemainus Valley Cultural Arts Society** enlivens the community with a feast of live music and outdoor performances in Waterwheel Park each summer. The Society's Rainforest Arts Gallery is also a center point for visual arts exhibits, open mic sessions, and an annual writers forum.

Near Duncan, the **Cowichan Valley Arts Council** is home to the largest exhibitions of local art on Vancouver Island. Enjoy their Main Gallery with up to 100 original, locally created, beautiful artworks. Or step into the Annex Gallery for a more intimate experience. There is something for every price point and taste.

Next, take a turn inland to appreciate artworks showcased by the **Cowichan Lake Arts and Culture Society** at their vibrant Arts Centre. Take a peek at their website before arrival to find engaging workshops, art exhibitions and community events for all ages; fulfilling their dedication to fostering creativity and connection.

End your adventure in South Cowichan with the **Cowichan South Arts Guild**. They co-host The Art of Storytelling Festival in early spring with the Shawnigan Lake Museum. Join Whimsy, the community arts caravan, at the hands-on, family art tent at Cobble Hill's Music in the Park all through summer.



COWICHAN
PERFORMING
ARTS CENTRE



Cowichan Performing Arts Centre

Since 1978, the Cowichan Performing Arts Centre (CPAC) has been a place for locals and visitors alike to engage in the vibrant cultural tapestry of the Cowichan region. A 700+ seat proscenium arch community theatre that invites patrons, performers, and artists to meet and connect over their mutual love of music, theatre, comedy, dance, and film. A place to delight in a vast array of outstanding programming, to feel the passion of performance, and engage in dynamic expressions of the arts, whether you're a cultural tourist already or a curious newcomer.

The CPAC warmly welcomes tens of thousands of visitors and performers each year—not only focused on providing the highest quality performing arts to the Cowichan Region, as a function of the Arts & Culture Division of the Cowichan Valley Regional District, but also to purposefully connect to the regional, national, and international performance community by hosting everyone from local organizations to touring internationally renowned artists on Vancouver Island's largest stage.

The culmination of the season is the CPAC's annual, award-winning Presenting Series—a showcase of 20-25 national and international shows selected for their artistic merit and excellence.

Always seeking to further serve the local artistic community, beyond the creative expression found on the stage, the CPAC creates opportunities to connect and exhibit by providing its lobby as a free art gallery to feature rotating exhibitions of local artists throughout the season. So no matter when you're visiting, it's well worthwhile to stop in.

2687 James Street, North Cowichan
Box Office: (250) 746-2722
cowichanpac.ca

A person is seen from behind, swinging on a rope swing that hangs from a large tree on the left. They are wearing a red jacket and a grey cap. The swing is positioned over a rocky outcrop. In the background, there is a large lake with several small islands, surrounded by forested hills and mountains under a blue sky with some clouds. The image is framed by abstract shapes: orange and red at the top, a dark green shape at the bottom containing the text, and blue and purple shapes at the bottom left and bottom right.

COWICHAN

Map

COWICHAN

Located on Southern Vancouver Island, Cowichan and its surrounding communities are midway between Victoria to the south and Nanaimo to the north. Getting to the middle of it all is less than an hour's scenic drive from either city.

Visitor Services:

Cowichan Regional Visitor Centre

2896 Drinkwater Road
1 (888) 303-3337 | (250) 746-4636
visitorinfo@duncancc.bc.ca
OPEN YEAR ROUND

Chemainus Visitor Centre

Waterwheel Park, 102-9799 Waterwheel Cres.
(250) 737-3368
visitorcentre@chemainus.bc.ca
OPEN YEAR ROUND

Cowichan Lake Visitor Centre

125 South Shore Road
(250) 932-1108
info@lakecowichan.ca
OPEN SEASONALLY (MAY-SEPTEMBER)

Ladysmith Visitor Centre

33 Roberts Street
(250) 245-2112
info@ladysmithcofc.com
OPEN YEAR ROUND

Mill Bay Visitor Info Booth

2720 Mill Bay Rd (Mill Bay Shopping Centre)
OPEN SEASONALLY (LIMITED HOURS)



Distance in Kilometres to Central Cowichan

From Vancouver	132	From Seattle	232
From Victoria	60	From Calgary	1,100
From Tofino	256	From Edmonton	1,290
From Nanaimo	50	From Toronto	4,260



Nanaimo

Ladysmith

Chemainus

Lake Cowichan

Duncan

Victoria

Cowichan offers a wide range of activities throughout the year due to its mild climate and diverse landscapes. Here are some top things to do based on each season:

Spring:

- **Explore Garden Blooms:** Visit a local farm to see flowers in bloom and pick up a bouquet from a roadside stand.
- **Wine Tasting:** Spring is a great time to explore the local wineries and vineyards as they come to life with new growth.
- **Hiking and Biking:** Enjoy the moderate temperatures by exploring the various hiking and biking trails in the area, such as the Kinsol Trestle Trail, Mount Tzouhalem, Stoney Hill Regional Park, and more!
- **Whale Watching:** Take a whale-watching tour to see the transient killer whales and the migrating gray whales as they pass through the area.

Summer:

- **Water Activities:** Enjoy kayaking, paddleboarding, tubing and swimming in the lakes, ocean and rivers around the region.
- **Farmers' Markets:** Explore the local farmers' markets for fresh produce, crafts, and artisanal products.
- **Music and Festivals:** Attend local music festivals and outdoor concerts that often take place during the summer months.
- **Golfing:** Play a round of golf at one of the picturesque golf courses in the region.
- **Visit Beaches:** Spend time at local beaches like Transfer Beach Park or Bamberton Beach for sunbathing and picnicking.

Fall:

- **Harvest Season:** Indulge in the season of the harvest at many of the regions' markets. Get everything you need and more to stock up for fall from our local farmers and producers.
- **Fall Foliage:** Enjoy the vibrant fall colors by taking leisurely drives through the countryside or hiking in the nearby forests.
- **Culinary Tours:** Embark on a culinary tour to savor the local flavors, including farm-to-table dining experiences.
- **Wildlife Viewing:** Fall is a great time for bird watching and spotting wildlife in the S'amunu/Somenos Conservation Area.

Winter:

- **Indoor Activities:** Explore local art galleries, museums, and boutiques on rainy days.
- **Theatres:** Take in a live show at one of our region's performing arts theatres.
- **Spa Retreats:** Rest and unwind by treating yourself to a relaxing day at the spa.
- **Holiday Events:** Experience festive holiday events and markets during the Christmas season.

Remember that these activities can vary from year to year and may depend on specific events, weather conditions, and personal interests. Always check local event listings and seasonal information to make the most of your visit to Cowichan.

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, bakeries 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 • Beyond the Usual • Cure Artisan Meat & Cheese • Promise Valley Farm • Chocolate Pearl • Saltspring Soapworks • Swordfern Boutique • Left Coast Fashions • Westholme Tea Company • Wild Coast Perfumery





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 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 the Arts on the Avenue Festival in Ladysmith, to summertime music in the park events, 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 in August, 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 — the largest winter celebration on Vancouver Island. 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 Events

SPRING

Cowichan Valley Fine Arts Show

COWICHAN COMMUNITY CENTRE

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

Burnt Bridge Classic Gravel Fondo

Part of a race series that features 4 epic events on Vancouver Island, taking participants to the most challenging and epic gravel routes with distance options for people of all ages and abilities.

SUMMER

Cowichan Crusher Gravel Fondo

LAKE COWICHAN

Spotlights the breathtaking scenery, river valleys and gravel trails that makes the Cowichan Lake area one of the best in BC for gravel riding.

Cowichan Valley Bluegrass Festival

LAKETOWN RANCH, YOUNG

Live performances, music workshops, acoustic jam sessions and square dancing – enjoy 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.

BC Bike Race

An epic multi-day mountain bike stage race exploring numerous regions of Vancouver Island. The camaraderie, beers and friendship make it a complete package.

Islands Folk Festival

PROVIDENCE FARM, NORTH COWICHAN

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

Taste true 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.

Chemainus Wednesday Market

WATERWHEEL PARK, CHEMAINUS

Running every week from late May to mid-September, discover handmade crafts and local goods. Be sure to also visit the Giant Street Market in early July!

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.

Ladysmith Show 'n Shine

DOWNTOWN LADYSMITH

First Avenue is lined with treasured classic cars, motorcycles, and hot rods. Car lovers will enjoy walking through the 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

Automobile and hot rod enthusiasts love the Beverly Corners Show & Shine. Enjoy nostalgic memories while viewing classic 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!

Music in the Park

Enjoy the ambiance of live outdoor performances from professional musicians, held weekly every summer across Cowichan at Waterwheel Park (Chemainus), Commons Park (Cobble Hill) and Transfer Beach Amphitheatre (Ladysmith).

FALL

Cowichan Exhibition

COWICHAN EXHIBITION PARK

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

Fall Makers Market

MILLER + CO FARM, DUNCAN

Experience the perfect autumn day featuring a fantastic selection of artisan vendors, yard games, and specialty pumpkins.

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.

Craft Spirit Festival

MERRIDALE CIDERY & DISTILLERY, COBBLE HILL

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

WINTER

Ladysmith Festival of Lights

DOWNTOWN LADYSMITH

A magical display where downtown Ladysmith is ignited with the life of thousands of twinkling Christmas lights! One of the Island's most attended and spectacular holiday events.

Deck the Hall Christmas Craft Market

COWICHAN EXHIBITION PARK

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.



THE LAKEHOUSE AT SHAWNIGAN



GENOA BAY CAFE



YBOUBOU BAR AND GRILL

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 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.




Blue Grouse


Blue Grouse Estate Winery

Wine lovers seeking a delicious taste of the Cowichan region's unique terroir, will want to spend a day at Blue Grouse Estate Winery in the heart of the Cowichan Valley. One of Vancouver Island's oldest vineyards, it has been thoughtfully elevated to an award-winning standard. Every sip celebrates the cool coastal climate and varieties that thrive here, while putting purposeful stewardship and sustainability at the forefront of winemaking.

Best enjoyed in the beautiful tasting room with its breathtaking backdrop of panoramic vineyard views, each glass of estate-grown Pinot Gris, Ortega, and Pinot Noir is imbued with story. The tasting room is a space you'll want to take your time in, drawn in by warm hospitality. A light-filled space that is fresh and airy in the summer, and seamlessly transitions to a cozy gathering spot in winter (particularly by the fire) thanks to its clever design.

Events held in the tasting room cultivate connection to place and people. Beyond the depth of knowledge that comes with the classic guided tasting or a grape-

to-glass tour, there are additional group bookings on offer that highlight seasonal, local food pairings and special releases; every visit is another chance for a new experience.

Get to the root of our wine-growing region by connecting with those close to the vines; those who put the future of the land at the heart of viticulture through stewardship practices that elevate each wine at this family-owned vineyard. With ingenuity and commitments like the 10-acre on-site Nature Reserve, there's more here than meets the eye.

Blue Grouse is more than just a winery—it's a destination. Whether you're exploring Vancouver Island's wine scene or simply seeking a scenic moment in our valley, the estate's tranquil setting and exceptional wines make it an unforgettable stop.

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

Wineries, Cideries, Breweries and Distilleries of Cowichan



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

Scan the QR Code to
view an online directory



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



📍 MERRIDALE CIDERY & DISTILLERY



📍 BAYVIEW BREWING CO.



📍 CRAIG STREET BREW PUB

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 Craft Spirit 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



📍 VALLEY CIDER COMPANY



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 first commercial tea farm: Westholme Tea Company.





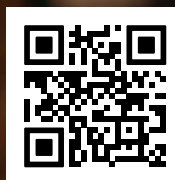
There is a warm pride to be encountered here that reflects the countless hours spent nurturing the land—celebrated in the sharing of our farms' harvests through supplying a local restaurant, showing up at the farmers' market, or hosting guests on-site for farm-to-table feasting. For the freshest of the 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.



📍 PROMISE VALLEY FARM & CREAMERY



Scan the QR Code for a
directory of local farms



📍 DEERHOLME FARM



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.



📍 GROW WILD RETREATS



Scan the QR Code for a directory
of Cowichan accommodations



📍 THE HOMESTEAD AT WILDWOOD ECOFOREST



Cowichan Green Community

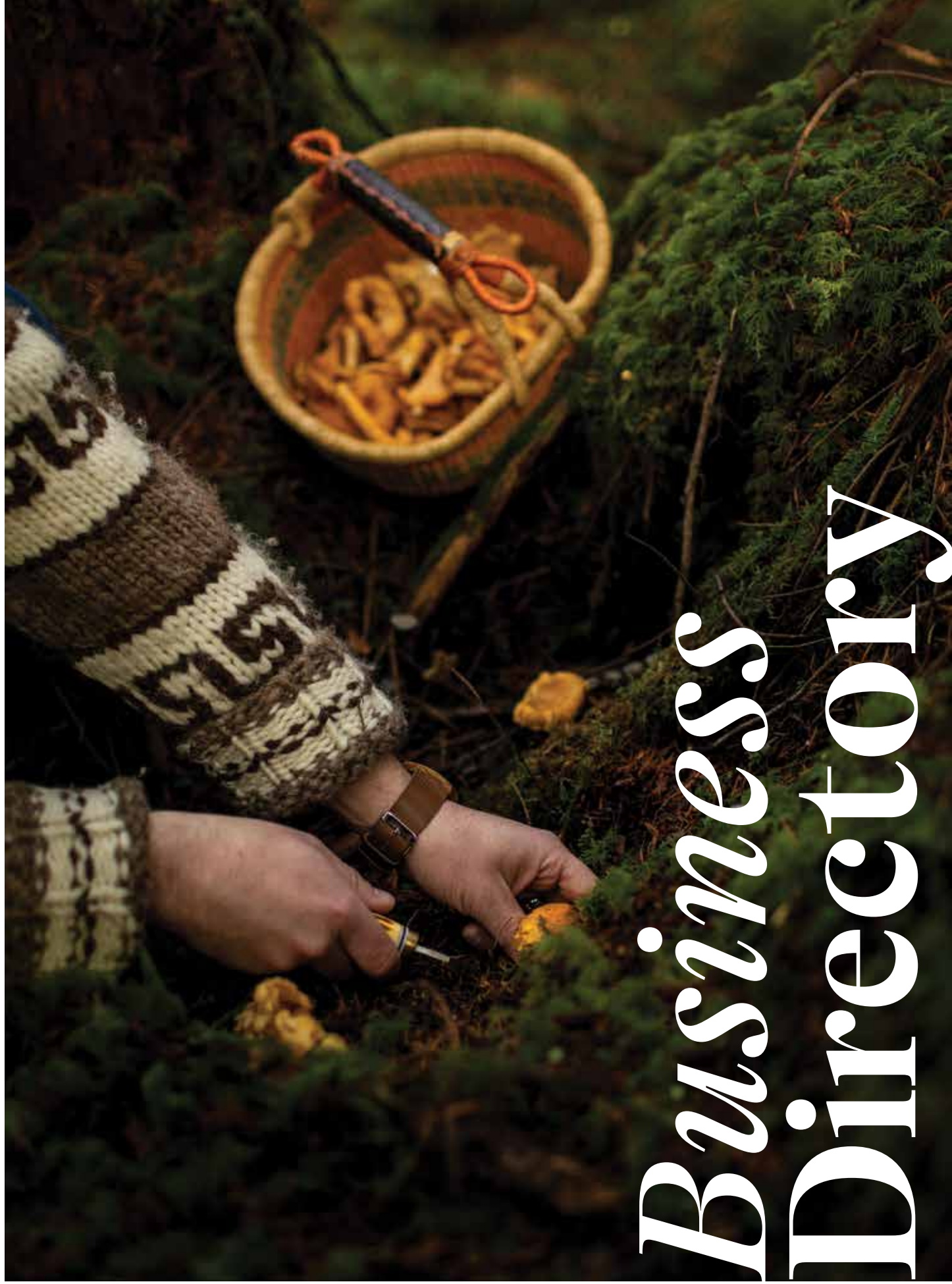
Cowichan Green Community (CGC) is the heart of food, community, and resilience in the Cowichan Region. As a dynamic non-profit and community hub, CGC connects people with a thriving local food system—empowering them to engage, contribute, and strengthen it. Through the Cowichan Farm and Food Hub, visitors can experience the region's exceptional growing climate, gain access to fresh, locally produced food, and meet the passionate growers behind it.

For food lovers eager to explore Cowichan's rich food culture, the Cowichan Farm and Food Hub is a 3.5-acre oasis along the tranquil Somenos Creek in North Cowichan. Here, you can connect with an enthusiastic farm team, ask questions, and take home seasonal nursery stock, fresh produce, value-added products, and locally grown seeds—all inspired by the region's agricultural abundance.

Beyond the farm, CGC cultivates community through signature events including the annual **Duncan Seedy Sunday (March 22, 2026)** and **Farm Fest (September 6-7, 2025)**, a two-day celebration featuring a local food community feast as well as hands-on workshops in gardening and farming. To help you navigate the region's vibrant food scene, CGC also produces the annual Cowichan-Grown Farm, Food, and Drink Map—a must-have guide to Cowichan's incredible local food and farm experiences.

Join CGC in being part of a movement that nourishes people, strengthens communities, and celebrates the bounty of the Cowichan Region.

Duncan, BC
(250) 748-8506
cowichangreencommunity.org



Business Directory

Accommodations

HOTELS | MOTELS | LODGES

Best Western Plus Chemainus Inn

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

Best Western Cowichan Valley Inn

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

Fuller Lake Motel

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

Holiday House Motel

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

Manana Resort & Marina

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

Oceanfront Suites at Cowichan Bay

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

Riverside Inn

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

Super 8 by Wyndham Duncan

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

Thetis Island Marina and Resort

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

Thunderbird Motor Inn

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

Temperance Hotel

📍 32 High Street, Ladysmith
☎ (778) 268-2216
🌐 temperancehotel.ca

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

Yellow Point Lodge

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

BED & BREAKFASTS

By the Bay Lavender Villa

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

The Cottage and Castle

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

Dream Weaver Bed & Breakfast

📍 1682 Botwood Lane, Cowichan Bay
☎ (250) 748-7688
🌐 dreamweaverbedandbreakfast.com

Hillcrest Farm Bed & Breakfast

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

Hummingbird Gardens B&B

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

Jacque Gordon's Bed & Breakfast

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

Kilmarnock Glen Bed and Breakfast

📍 6585 McLean Road, Lake Cowichan
☎ (250) 634-4837
🌐 airbnb.ca/h/loghouseincowichan

Shirley's Cozy Nest B&B

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

Shawnigan Lake Bed and Breakfast

📍 1911 Renfrew Road, Shawnigan Lake
☎ (250) 743-6819
🌐 shawniganlakebedandbreakfast.ca

UNIQUE STAYS

Alderlea Farm

📍 3390 Glenora Road, Duncan
☎ (250) 597-3438
🌐 alderleafarm.com/farmstays

Alegria Vacation Suite

📍 3031 Cliffs Road, North Cowichan
☎ (250) 748-9047
🌐 alegriasuite.com

Cowichan Riverside Cottage & Suites

📍 7960 Greendale Road, Lake Cowichan
☎ (604) 838-2736
🌐 cowichanriversidecottage.com

Cowichan River Lodge

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

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

Keating Farm

📍 5250 Miller Road, Duncan
☎ (250) 797-6179
🌐 keatingfarm.ca

Lavender View

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

Maple Bay Seaside Suite

📍 6718 Beaumont Avenue, North Cowichan
☎ (778) 318-7374

OUR Ecovillage

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

Quails Nest Guest Accommodation

📍 4052 Platt Road, Ladysmith
☎ (778) 240-5915
🌐 quailnest.ca

Riverside by Cowichan Lake Cottages

📍 71 South Shore Road, Lake Cowichan
☎ (778) 840-7924
🌐 cowichanlakecottages.com

Rosebank Oceanfront Cottages

📍 2631 Mill Bay Road, Mill Bay
☎ (250) 743-5541
🌐 rosebankcottages.ca

The Homestead at Wildwood Ecoforest

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

The Lakehouse at Lake Cowichan

📍 Lake Cowichan, BC
☎ (778) 356-4303
🌐 mbmg.ca/accommodations

The Mermaid Cottage

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

The Wayward Inn

📍 9923 Willow Street, Chemainus
☎ (604) 657-2779
🌐 thewaywardinn.com

Tractor Shed Guest House

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

Two Coves Resort

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

Xanadu Estate

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

Yurts at Merridale Cidery & Distillery

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

CAMPING

Bamberton Provincial Park

📍 13 Bamberton Road, Mill Bay
🌐 bcparks.ca/bamberton-park

Base Camp Adventure Rentals

📍 Cowichan
☎ (250) 262-8738
🌐 basecampadv.com

Beehive RV Park & Campground

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

Chemainus River Campground

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

Cedar Springs Ranch

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

Cowichan River Provincial Park

📍 Lake Cowichan
🌐 bcparks.ca/cowichan-river-park

Country Maples RV Resort

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

FarOut Wilderness

📍 Vancouver Island
☎ (778) 887-0396
🌐 faroutwilderness.com

Gordon Bay Provincial Park

📍 7370 Walton Road, Honeymoon Bay
🌐 bcparks.ca/gordon-bay-park

Lakeview Park Campsite

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

Mosaic Campsites

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

Nitinaht Lake Campground & Cabins

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

Osborne Bay Resort

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

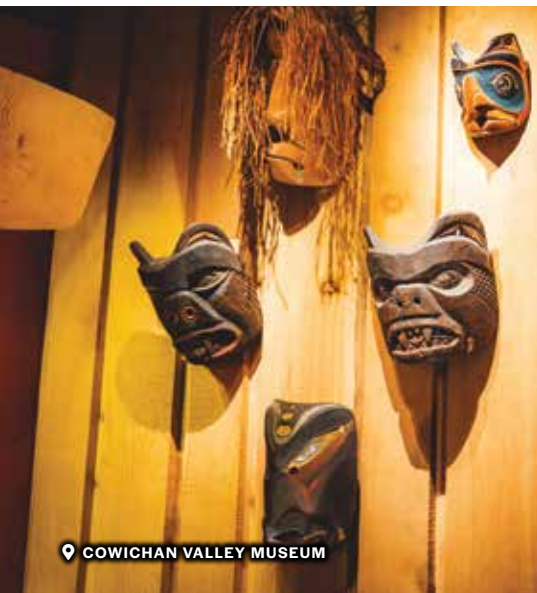
Rondalyn Resort

📍 1350 Timberlands Road, Ladysmith
☎ (250) 245-3227
🌐 parkbridge.com/en/resort

VI Camping

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

Arts, Culture and Heritage



📍 COWICHAN VALLEY MUSEUM

MUSEUMS

BC Forest Discovery Centre

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

Chemainus Valley Museum

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

Cowichan Bay Maritime Centre

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

Cowichan Estuary Nature Centre

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

Cowichan Valley Museum & Archives

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

Hand of Man Museum

📍 6759 Considine Avenue, North Cowichan
☎ 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

ARTS & CULTURE

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
☎ See website for each studio contact
🌐 cyartisans.com

Chemainus Classical Concerts

📍 2858 Mill Street, Chemainus
✉ chemainusclassical@gmail.com
🌐 chemainusclassicalconcerts.ca

Chemainus Festival of Murals Society

📍 Chemainus
✉ info@muraltown.com
🌐 muraltown.com

Chemainus Theatre Festival

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

Chemainus Valley Cultural Arts Society

📍 Chemainus
✉ admin@cvcas.ca
🌐 cvcas.ca

Cowichan Artisans

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

Cowichan Lake Arts & Culture Society

📍 Lake Cowichan
✉ admin@cowichanlakeartsandculture.org
🌐 cowichanlakeartsandculture.org

Cowichan Performing Arts Centre

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

Cowichan Public Art Gallery

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

Cowichan South Arts Guild

📍 Shawnigan Lake
✉ hello@cowichansouthartsguild.com
🌐 cowichansouthartsguild.com

Cowichan Valley Arts Council

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

Duncan Showroom

📍 133 Station Street, Duncan
☎ (250) 748-7246
🌐 showroomproductions.ca

Excellent Frameworks/EJ Hughes Gallery

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

Hayes Glass Designs

📍 3845 Cobble Hill Road, Cobble Hill
☎ (250) 701-2343
🌐 hayesglassdesigns.ca

HUB Film Club

📍 2375 Koksilah Road, Duncan
☎ (250) 746-1794
🌐 cowichanstation.org/the-hub-film-club

Imagine That!

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

Activities and Attractions

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

Ladysmith Little Theatre

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

Mary Fox Pottery Studio & Gallery

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

Mercury Players Society

📍 Duncan
✉ mail@mercuryplayers.org
🌐 mercuryplayers.org

Miller & Co. Wood Studio and Pottery

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

Rainforest Arts

📍 9781 Willow Street, Chemainus
☎ (250) 246-4861
🌐 rainforestarts.ca

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

Wilson & Co Gallery & Studio

📍 411A 1st Avenue, Ladysmith
☎ (250) 924-1840
🌐 wilsonandcogallery.com

A Home for Hooves Farm Sanctuary

📍 4275 Howie Road, Duncan
☎ (604) 512-8362
🌐 homeforhooves.org

Chances Cowichan

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

Cowichan Aquatic Centre

📍 2653 James Street, North Cowichan
☎ (250) 746-7665
🌐 northcowichan.ca/recreation-parks/recreation-facilities

Duncan Cinemas

📍 404 Duncan Street, Duncan
🌐 duncancinemas.com

Duncan Lanes Bowling Centre

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

Malahat Skywalk

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

Pacific Northwest Raptors

📍 1877 Herd Road, North Cowichan
☎ (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
🌐 climbhangout.com

HEALTH AND WELLNESS

Grow Wild Retreats

📍 Rebecca Road, Shawnigan Lake
☎ (250) 709-5107
🌐 growwildretreats.com

NYÜBU

📍 2795 Meadowview Road, Shawnigan Lake
☎ (250) 884-0455
🌐 nyubu.com

Ohm Zome

📍 5464 Cowichan Lake Road, Duncan
☎ (250) 710-8915
🌐 ohmzome.com

Setri Nordic Spa

📍 940 Jedson Road, Cobble Hill
☎ (250) 580-0715
🌐 setrinordicspa.ca

Tuscan Spa at the Villa Eyrie

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

MALAHAT SKYWALK



Outdoor Adventures

Alpine Stables

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

Arbutus Ridge Golf Club

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

Citrus Cycles

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

Cowichan Cycles

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

Cowichan Golf Club

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

Cycle Therapy Bicycles

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

Duncan Meadows Golf Course

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

Experience Cycling

📍 482 Trans-Canada Highway, Duncan
 ☎ (250) 746-4041
 🌐 experiencecycling.ca

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

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

Tours & Transportation

Alset Tours

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

Canadian Craft Tours

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

Freedom Adventure Bus

📍 Victoria
 ☎ (250) 508-1808
 🌐 freedomadventurebus.com

Gulf Island Seaplanes

📍 6145 Genoa Bay Road, North Cowichan
 ☎ 1 (800) 665-2359
 🌐 gulfislandseaplanes.com

Island Time Tours

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

📍 MOUNT BRENTON GOLF COURSE



📍 NOLAN RIDING



On the Water

AdventureCo Destinations

📍 740 Handy Road, Mill Bay
📞 1 (833) 822-9376
🌐 adventureco.ca

Blue Dog Kayaking

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

Cowichan Bay Kayaking

📍 1765 Cowichan Bay 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

Kenzie's Fishing Adventures

📍 Lake Cowichan
📞 (250) 701-3670
🌐 kenzies.com

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

Riverquest Charters

📍 5650 West Riverbottom Road, Duncan
📞 (250) 510-7450
🌐 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

Shawnigan Surf & Board Co

📍 2346 Shawnigan Lake Rd, Shawnigan Lake
📞 (672) 974-7873
🌐 shawnigansurfsup.com

The Tube Shack

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

Traditional Oar & Sail

📍 6145 Genoa Bay Road, North Cowichan
📞 (250) 510-4680
🌐 traditionalboats.ca

Vancouver Island Fly Fishing

📍 Lake Cowichan
📞 (250) 221-0644
🌐 vifflyfishing.com

Wilderness Kayaking Co.

📍 6683 Beaumont Avenue, North Cowichan
📞 (250) 746-0151
🌐 wilderness-kayaking.com

MARINAS

Cowichan Bay Marina

📍 1721 Cowichan Bay Road, Cowichan Bay
📞 (250) 701-9033
🌐 cowichanbaymarina.com

Cowichan Lake Marina

📍 415 Point Ideal Drive, Lake Cowichan
📞 (250) 749-3530
🌐 cowichanlakemarina.ca

Genoa Bay Marina

📍 5000 Genoa Bay Road, North Cowichan
📞 1 (800) 572-6481
🌐 genoabaymarina.com

Kaatza Marina

📍 8570 North Shore Road, Lake Cowichan
📞 (250) 715-7408
🌐 kaatzamarina.ca

Ladysmith Marina

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

Maple Bay Marina

📍 6145 Genoa Bay Road, North Cowichan
📞 (250) 746-8482
🌐 maplebaymarina.com

Mill Bay Marina

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

Oyster Bay Marina

📍 611 Oyster Bay Drive, Ladysmith
📞 (778) 787-1801
🌐 oysterbaymarina.ca



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
🌐 bythebaylavender.com

Cardino's Shoes

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

Christmas in Chemainus

📍 9739 Willow Street, Chemainus
☎ (250) 324-8880
🌐 facebook.com/ChristmasInChemainus/

Cowichan Station Creamery

📍 4354 Howie Road, Duncan
☎ (250) 710-1667
🌐 cowichancream.ca

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

Duncan Farmers' Market

📍 200 Craig Street, Duncan
✉ info@duncanfarmersmarket.ca
🌐 duncanfarmersmarket.ca

Fabrications

📍 107 2nd Street, Duncan
☎ (250) 746-4751
🌐 foreverfab.com

Garden Made

📍 92 South Shore Road, Lake Cowichan
☎ (250) 415-9047
🌐 gardenmade.ca

Heritage Pawnbrokers

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

Honeymoon Bay Farmers' Market

📍 10052 South Shore Road, Honeymoon Bay
🌐 honeymoonbaymarket.com

Impeccable Jewellery

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

Juniper & Sage Decor

📍 2740 1st Avenue, Ladysmith
☎ (250) 245-2248
🌐 juniperandsagedecor.ca

Khaya Home Decor

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

Ladybug's Mew in Yellow Point

📍 13095 Prospect Drive, Ladysmith
☎ (250) 714-2199
🌐 facebook.com/ladybugsmewinyellowpoint

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

Opposites Attract and Friends

📍 9752 Willow Street, Chemainus
☎ (250) 268-7058

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

Pots and Paraphernalia

📍 863 Canada Avenue, Duncan
☎ (250) 748-4614
🌐 potsandparaphernalia.ca

Promise Valley Farm & Creamery

📍 7088 Richards Trail, North Cowichan
☎ (250) 746-7579
🌐 promisevalleyfarm.ca

Saltspring Soapworks

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

Shawnigan Vintage Barn

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

Sweet Meadows Market

📍 2957 Church Way, Mill Bay
☎ (250) 929-0040
🌐 sweetmeadows.ca

Swordfern Boutique

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

The Garment District

📍 147 Craig Street, Duncan
☎ (250) 597-1415



📍 YELLOW POINT FARMS

The Lake Mercantile

📍 89B South Shore Road, Lake Cowichan
☎ (250) 932-1310

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

Volume One Bookstore

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

Westholme Tea Company

📍 8350 Richards Trail, North Cowichan
☎ (250) 748-3811
🌐 westholmetea.com

Willow & Orchid Boutique

📍 101 Station Street, Duncan
☎ (250) 748-9868
🌐 willowandorchid.com

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

Yellow Point Cranberries

📍 4532 Yellow Point Road, Ladysmith
☎ (250) 740-0964
🌐 yellowpointcranberries.com

Yellow Point Farms

📍 4756 Yellow Point Road, Ladysmith
☎ (250) 619-9155
🌐 yellowpointfarms.com



📍 WILD COAST PERFUMERY

Wineries, Breweries, Cideries and Distilleries



Alderlea Vineyards

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

Ampersand Distilling Company

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

Averill Creek Vineyard

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

Bayview Brewing Company

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

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

Craig Street Brew Pub

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

Deadhead Brew Co.

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

Deol Estate Winery

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

Divino Estate Winery

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

Emandare Vineyard

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

Enrico Winery

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

Holocene Distilling Project

📍 1134 Chapman Road, Cobble Hill
☎ (250) 889-8648
🌐 holocenedistillingproject.com

Merridale Cidery & Distillery

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

Red Arrow Brewing Company

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

Stillhead Distillery

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

TellTale Winery

📍 3897 Cobble Hill Road, Cobble Hill
✉ telltalewinery@gmail.com
🌐 telltalewinery.ca

Unsworth Vineyards

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

Valley Cider Company

📍 7661 Mays Road, North Cowichan
☎ (250) 510-1018
🌐 valleycider.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

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

FIND YOURSELF

on the Cowichan Coast

Chemainus is a truly exceptional coastal town. We have everything from artisan restaurants and cafes, to outdoor markets, gourmet ice cream, boutiques, antique shops, art displays, and live professional theatre.

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

contact our visitor centre 9799 WATERWHEEL CRES. | 1-250-737-3368 | VISITORCENTRE@CHEMAINUS.BC.CA




VISITCHEMAINUS.CA

CBA CHEMAINUS BUSINESS
IMPROVEMENT ASSOCIATION

Chemainus • District
CHAMBER OF
COMMERCE

BC DESTINATION
BRITISH COLUMBIA™



Cowichan is home to the unceded and traditional territories
of the Quw'utsun, Malahat, Ts'uubaa-asatx, Halalt, Penelakut, Stz'uminus,
Lyackson, Pauquachin, Ditidaht & Pacheedaht Peoples who have stewarded
these lands since time immemorial.

tourismcowichan.com