

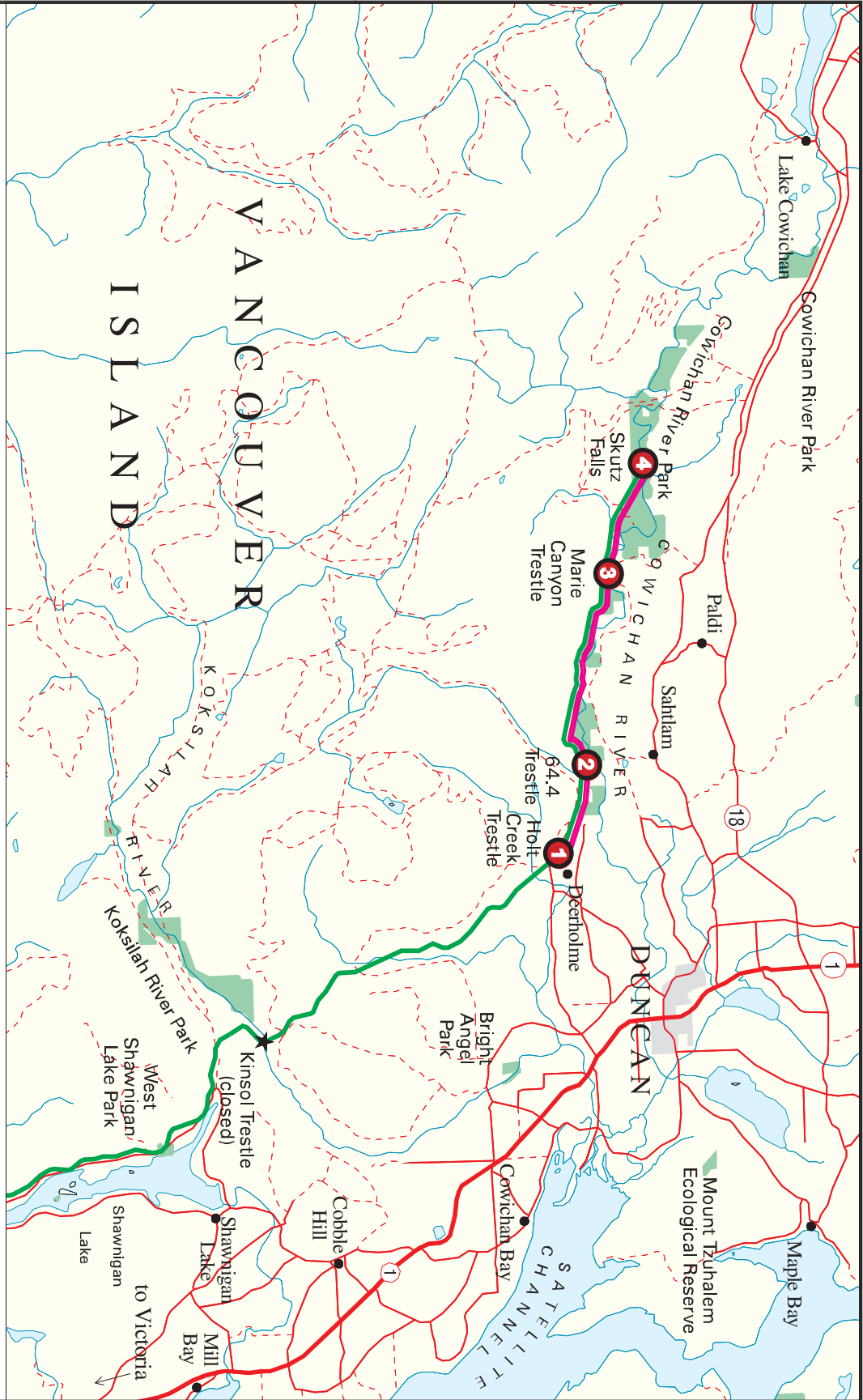


# Cycling British Columbia's Trans Canada Trail

## Cowichan Valley British Columbia's Trans Canada Trail

- Trans Canada Trail
- Day trip
- Point of interest
- Paved road
- Unpaved road
- Park
- City/Town

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### TRANS CANADA TRAIL DISCLAIMER

There are inherent personal risks and potential hazards in travelling abandoned railbeds and all other portions of British Columbia's Trans Canada Trail (and its spurs) as any portion of the Trail may be unsafe. Some of the Trail is remote and users will encounter sections (including bridges, tunnels and trestles) that may not yet be fully upgraded. The Trail can be difficult and physically challenging, accidents, injuries and deaths do occur. While the Province has made reasonable efforts to provide accurate information and to point out potential hazards, conditions may change due to weather and other factors. It is up to users of this website and the Trail to learn the necessary skills for safe biking or hiking and to exercise caution in potentially hazardous areas, particularly on bridges, trestles and in tunnels.

The information and maps provided by this website are for information purposes only. Trail users are encouraged to read the safety information contained on the Travelling BC's Trans Canada Trail Website (link to our Safety section).

Cyclists and others using this website do so entirely at their own risk and the Province disclaims any liability for death, injury or other damage that may be sustained by anyone using the Trails described on this site.

Some sections of the Trail are privately owned and by providing this website the Province is in no way encouraging users to trespass on private property. Please respect private property and exercise courtesy and common sense as you cycle or walk and explore British Columbia's Trans Canada Trail.

[www.bctrail.ca](http://www.bctrail.ca)

