

Glenora loop and Cowichan Valley Trail connector

This short ride connects the Glenora Staging Area on the Trans Canada Trail to downtown Duncan with its shops and restaurants. Along the way it passes a small store, cafes, and turnoffs to several wineries. It is a pleasant ride through rolling countryside although there are no bicycle lanes and the roads are sometimes busy. If you're on the Trans Canada Trail and you need provisions, this is the turn to take. There is a 7.9 km loop between Glenora and Duncan and a single connector between Glenora and the Trans Canada Trail. Below is the recommended direction for the loop – coming up Indian Road from Duncan is an almost continuous and not very interesting climb; going down is fun.

DUNCAN - GLENORA VIA MILLER AND GLENORA ROAD

- 0.0 km West end of the "white bridge" (which is actually silver) across the Cowichan River at the Allenby Road exit from Duncan. There are three roads, both the right and centre roads go to Glenora, and both begin with steep hills. This route takes the middle road, Miller Road, which begins with a steep hill.
- 1.3 km **Spur.** Straight ahead to TLC's Keating Farm. It is not open to the public, but they often have tours, teas, and other events.
- 2.0 km Sh-hwuykwselu (Busy Place Creek) and Cowichan Tribes's Quw'utsun Smuneem Elementary School, The lower section of this creek has been rehabilitated by the streamkeepers group at Koksilah Elementary School.
- 3.6 km Alderlea Farm CafeSunflower Inn Bed and Breakfast
- 3.8 km Sunflower Inn Bed and Breakfast
- 4.4 km 4-way stop. Here you will find the Glenora Store and Glenora Corners Cafe. Left on Marshall Road to Godfrey Brownell Winery and Vigneti Zanatta Winery. Straight ahead on Glenora Road to the Echo Valley Winery.

GLENORA – DUNCAN VIA INDIAN ROAD

- 0.0 km Glenora Store at 4-way stopsign.
- 3.5 km Cross "White Bridge" and continue to downtown Duncan. See the Duncan access map.

GLENORA TO TRANS CANADA TRAIL AKA COWICHAN VALLEY TRAIL

- 0.0 km (3.8 km) Glenora Store. Straight ahead on Glenora Road
- 0.8 km (3.0 km) Bear right on Vaux Road which becomes Robertson Road
- 2.6 km (1.2 km) Jeffries Road. Right to Cowichan River Lodge.
- 3.3 km (0.5 km) Fork. Staging Area to the left, Holt Creek trail straight ahead. Either way will get to the Trans Canada Trail. The Staging Area has washrooms, water, and a picnic table.
- 3.8 km (0.0 km) Trans Canada Trail.