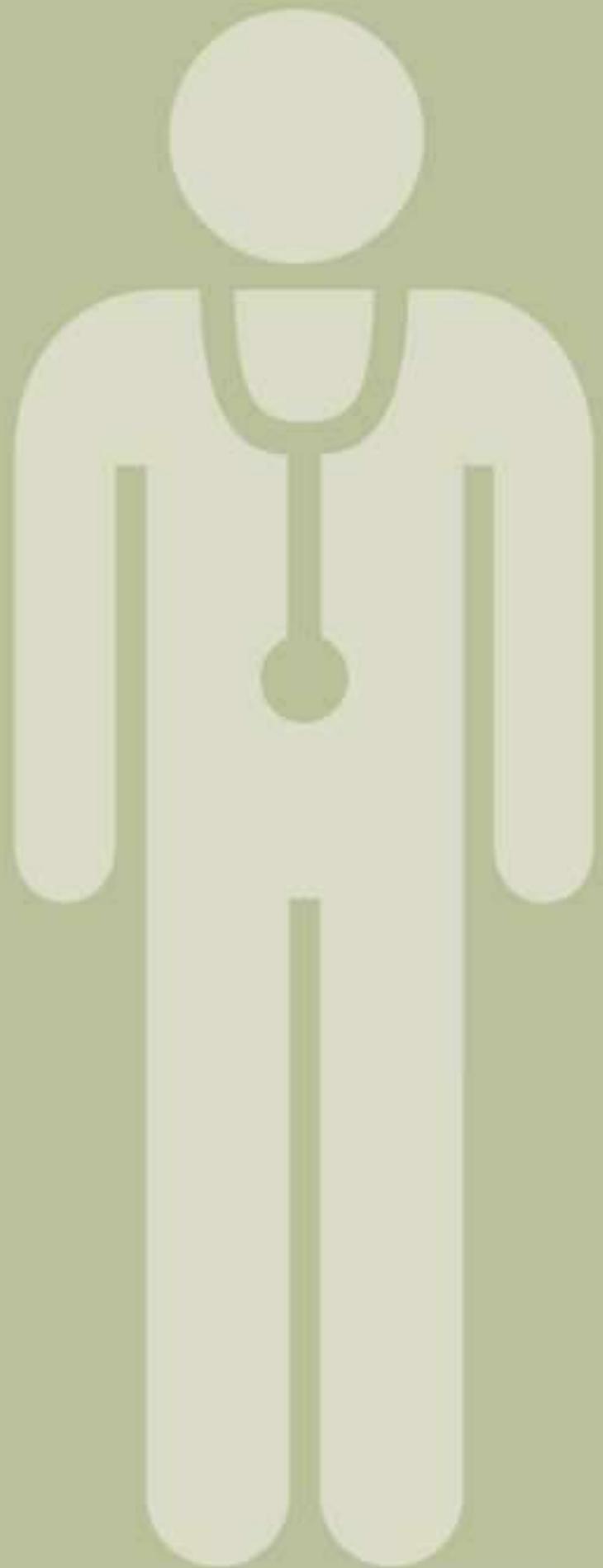


:::THRIVE:::

Love Where You Do It...



Getting around

Living on an island means that you'll need to travel to the mainland for some amenities. There are a variety of flight and ferry options available, depending on your needs.

[Vancouver Island Life: What You Need to Know Before Moving | North American Islands](#)

Transportation options

- [BC Ferries](#)
- [Hullo Ferries \(Vancouver to Nanaimo\)](#)
- [Harbour Air Seaplanes](#)
- [Helijet \(Nanaimo to Vancouver\)](#)
- [Nanaimo Airport](#)
- [Victoria Airport](#)
- [Country Cabs Duncan Ltd](#)
- [Duncan Taxi Ltd](#)
- [Cowichan Taxi \(Lake Cowichan\)](#)
- [Cowichan Valley Regional Transit System](#)
- [TransLink \(Metro Vancouver Transit\)](#)
- [Uber \(Greater Victoria & Nanaimo\)](#)

Cowichan Valley Employers

Key industries in Cowichan include health care, retail, construction, tourism, agriculture, forestry and technology. For family members who may be seeking employment, the following list identifies several of Cowichan larger employers.

- [Catalyst /Crofton Pulp Mill](#)
- [Cowichan Tribes](#)
- [Cowichan Valley Regional District \(CVRD\)](#)
- [Municipality of North Cowichan](#)
- [Island Health](#)
- [School District 79 \(Cowichan Valley\)](#)
- [Vancouver Island University \(VIU\)](#)
- [TimberWest Forest Products](#)
- [Western Forest Products](#)
- [BC Transit](#)
- [BC Public Service](#)

Be sure to check out general listing services such as [Indeed.com](#), [Workopolis.com](#) and [JobBank.gc.ca](#). Support is also available through [WorkBC](#). And learn more about Cowichan's business sector through [Economic Development Cowichan](#).



The Great Outdoors

The Cowichan Valley is a mecca for the outdoor enthusiast. From the magnificent surrounding mountains to the endless bodies of fresh and salt water, there is guaranteed to be an adventure for every interest and skill level...

Hiking & Trails

For full trail maps and route details, be sure to visit www.cowichantrails.ca/hike. Here are some favourites:

- Maple Mountain Coastal Trail
- Mount Tzouhalem Viewpoint Trail
- Stocking Creek Waterfall Trail
- Chemainus Lake Loop
- Stoney Hill Trail
- Cowichan River Footpath
- Cowichan Valley Trail (Trans Canada Trail)
- Mount Prevost
- Holland Creek & Stocking Creek

Mountain Biking

Surrounded by beautiful mountains and scenic views, the Cowichan Valley contains vast trail systems for bikers of all abilities. This biking haven is home to more than 170 trails spanning over 180 kilometres of varying difficulty.

The majority of these trails can be found on four different mountains: [Mount Prevost](#), [Mount Tzouhalem](#), [Maple Mountain](#), and [Cobble Hill](#). There is also the new Fair Service trail network to check out at Lake Cowichan.

For more information check out www.mountainbikingbc.ca and www.cowichantrails.ca/ride.



Golfing

The Cowichan Valley is the host of many local golf courses well suited for skilled golfers and beginners alike.

- [Arbutus Ridge Golf Club](#)
- [March Meadows Golf Club](#)
- [Cowichan Golf Club](#)
- [Mt. Brenton Golf Club](#)
- [Duncan Meadows Golf Club](#)
- [Ladysmith Golf Club](#)

On The Water

Enjoy a relaxing float down the Cowichan River, row, waterski, kiteboard, or windsurf on the many lakes, kayak the inlets, or sail the coastline of the Salish Sea. The joys of living on an island mean the possibilities are nearly endless!

- [Water sports & beaches](#)
- [Marinas; Cowichan Bay marinas](#)
- [Maple Bay Yacht Club](#)
- [Maple Bay Rowing Club](#)

Parks & Rec

Regional listings:

- [Cowichan Valley Regional District](#)
- [North Cowichan](#)

Guide & Schedules:

- [Recreation Program Guides](#)

Facilities:

- [Cowichan Lake Recreation](#)
- [Cowichan Community Centre](#)
- [Kerry Park Recreation Centre](#)
- [Shawnigan Lake Community Centre](#)

RecCowichan – Register [here](#) for your recreation connection throughout the Cowichan region.

Organized Sports

Cowichan offers a wide range of indoor and outdoor sporting activities – the options are nearly limitless, with activities available throughout the year.

If you're looking to connect with a sports club or organization, be sure to check out the regional listing [here](#).



Arts & Culture

The Cowichan Valley is a vibrant hub of [arts, culture and heritage](#), offering a rich tapestry of creative experiences—from Indigenous totems and traditional Coast Salish storytelling to contemporary galleries, live music, and theatrical performances.

Follow the links for information on [Theatres & Entertainment](#), [Galleries & Studios](#), and [Museums](#). Check out even more opportunities through:

- [Cowichan Artisans](#)
- [Downtown Duncan Totem Walk](#)
- [Chemainus Valley Cultural Arts Society](#)
- [Cowichan Valley Arts Council](#)
- [Ladysmith Arts Council](#)
- [Cobble Hill Events Society](#)

Festivals & Live Music

- [Osbourne Bay Pub](#)
- [Duncan Showroom](#)
- [Duncan Live Music Scene \(FB\)](#)
- [39 Days of July](#)
- [Arts on the Avenue \(Ladysmith\)](#)
- [Island Folk Festival](#)
- [Cowichan Valley Bluegrass Festival](#)
- [Sunfest Country Music Festival](#)
- [Laketown Shakedown](#)
- [Cowichan Symphony Society](#)

Local Eateries

The Cowichan Valley is famous for its diverse and highly acclaimed dining experiences; artisan restaurants, chic bistros, and farm-to-table eateries abound. Here is a small sampling of Cowichan Valley's Restaurants.

- [Bridgeman's Bistro](#)
- [Sawmill Tap House and Grill](#)
- [The Masthead Restaurant](#)
- [The Old Firehouse Wine & Cocktail Bar](#)
- [Genoa Bay Café](#)
- [Just Jakes](#)
- [Deerholme Farm](#)
- [Saison Market](#)
- [True Grain Bread](#)
- [The Old Town Bakery](#)
- [The Garage](#)
- [Ironworks Café & Creperie](#)
- [The Italian Kitchen](#)

Vineyards, Breweries & Distilleries

The warm Mediterranean-like climate of the Cowichan Valley produces some of the finest [vineyards](#) in BC with 13 different wineries, complemented by several outstanding [breweries](#) and [distilleries](#).

Check out the Tourism Cowichan site for a robust listing of local [eat and drink venues](#), including the Cowichan wine map.



Activities for kids

There are a number of activities to do with children throughout the Cowichan Valley. Communities offer a range of recreational programming plus activities such as soccer, hockey, lacrosse, rugby, field hockey, rowing, volleyball, rock climbing, archery, equestrian, curling, lawn tennis, and more!

Below is a small listing of activities. Get out and enjoy the community events.

Swimming

- Cowichan Aquatic Centre, Duncan Phone: 250-746-7665
- Crofton Outdoor Pool, Crofton Phone: 250-246-4141
- Frank Jameson Aquatic Centre, Ladysmith, Phone: 250-245-6424

Skating

- Cowichan Lake Recreation, Lake Cowichan Phone: 250-749-6742
- Kerry Park Recreation Centre, Mill Bay Phone: 250-743-5922
- Island Saving Centre, Duncan Phone: 250-748-7529
- Fuller Lake Arena, Chemainus Phone: 250-246-3811

Popular Parks

- Glenora Trailhead Park, Glenora
- Bright Angel Park, Duncan
- Art Mann Park, Duncan
- Huckleberry Park, Cobble Hill
- Deloume Park, Mill Bay
- Transfer Beach Park, Ladysmith
- Waterwheel Park, Chemainus

Popular Beaches

- Osborne Bay Beach, Crofton
- Fuller Lake, Chemainus
- Lake View Park, Lake Cowichan
- Bamberton Provincial Park, Mill Bay
- Masons Beach Park, Shawnigan Lake
- Kinsmen Beach Park, Chemainus
- Transfer Beach Park, Ladysmith

Organized Sports: Looking to connect with a sports club or organization? Check out the regional listing [here](#).



Fun Family Activities

- [Duncan Lanes Bowling](#)
- [Youbou Bowling](#)
- [Duncan Cinema](#)
- [Cowichan Capitals Hockey](#)
- [BC Forest Discovery Centre](#)
- [The Raptors](#)
- [Gigi's House Play Café](#)
- [WildPlay Element Parks](#)
- [Malahat SkyWalk](#)
- [Fruit Forest Farm](#)
- [Yellow Point Farms](#)
- [Lake Cowichan River & Lake Adventures/Tube Shack](#)
- [Kaatza Station Museum](#)

Daycare

You can source licensed childcare through local services such as [Clements Centre Society](#), [Cowichan Valley Child Care Resource & Referral \(CCRR\)](#), [Island Montessori](#), and [Children's Discovery Centre](#).

Most elementary schools offer before and after-school care through providers such as [Beehive Childcare](#), [Discovery Elementary's OSC program](#), and [Rec Cowichan](#). Many community centres, like [Cowichan Community Centre](#) and [Ladysmith Parks & Rec](#), run seasonal day camps and youth programs.

The following list offers a few of the main day care centres and resources in the region. Be sure to also check out listings on [Pathways Cowichan community service directory](#).

Cowichan Valley School District – Out of School Care Programs

Programs: Before and after school care, Pro-D Day care, and summer programs.

Phone: 250-710-1837 | Email: sfoster@sd79.bc.ca | [Website](#)

Shawnigan Lake Community Centre Childcare

Programs: Licensed childcare for children ages 3–12, offering a variety of activities including arts and crafts, gym games, and outdoor play. sd79.bc.ca

Phone: 250-743-6643 | [Website](#)

Parkside Academy Child Care Society (Duncan)

Programs: Infant, toddler, and preschool care.

Phone: 250-746-1711 | [Website](#)

Clements Centre – Child Care Resource and Referral (Duncan)

Services: Provides referrals and support to families in selecting appropriate childcare, offers resources on types of childcare available, assists with Affordable Child Care Benefit applications.

Phone: 250-746-4135 ext. 230 | [Website](#)

[Pathways Cowichan community service directory](#) – Find a Child Care Provider: A provincial tool to search for licensed childcare throughout British Columbia. [Website](#)

[Westcoast Child Care Resource Centre](#) – Child Care Search: A comprehensive search tool for finding childcare providers in the region. [Website](#)

Local Shopping

Farm & Artisan Markets

There are so many wonderful local markets and farm stands throughout the Cowichan Valley. The following provides a sampling of what's on offer:

- [Cobble Hill Farmer's Market](#)
- [Duncan Farmer's Market](#)
- [Great Greens Farm Market](#)
- [The Old Farm Market](#)
- [Valley Roots Farm Market](#)
- [Sweet Meadows Market](#)
- [Westholme Tea Farm](#)
- [Honeymoon Bay Outdoor Market](#)
- [Whippletree Junction](#)
- [Providence Farm](#)
- [Cowichan Green Community](#)
- [Cow-op.ca](#)

Commercial Centres

Duncan

Duncan Village Shopping Centre

291 Cowichan Way

Duncan Mall

380 Trunk Rd.

Central Duncan

Kenneth, Station, Duncan, Craig Streets

Beverly Corners

2763 Beverly St.

Berkey's Corner

3292 Cowichan Lake Rd.

Cowichan Commons

2980 Drinkwater Rd.

Chemainus

Chemainus Village Square

3055 Oak St.

Central Chemainus

Mill, Croft, Victoria, Willow, Oak Streets

Cowichan Bay

Cowichan Bay core

1681 – 1765 Cowichan Bay Rd.

Lake Cowichan

Central Lake Cowichan

Cowichan Lake Rd & South Shore Rd.

Ladysmith

Coronation Mall

370 Davis Rd.

Central Ladysmith

411 – 1010 First Ave.

South Cowichan

Mill Bay Shopping Centre

2720 Mill Bay Rd.

Valleyview Centre

1400 Cowichan Bay Rd, Cobble Hill

Places of Worship

Central Duncan

[St. Peter's Anglican Church](#)

5800 Church Road

[St. Edward Catholic Church](#)

2085 Maple Bay Road

[Duncan United Church](#)

246 Ingram Street

[St. Andrew's Presbyterian Church](#)

531 Herbert Street

[Cowichan Valley Church of the Nazarene](#)

3036 Sherman Road

[Bethel Baptist Church](#)

463 Ypres Street

[Duncan Seventh-day Adventist Church](#)

3441 Gibbins Road

[Calvary Chapel Duncan](#)

103-5855 York Street

[North Cowichan Alliance Church](#)

931 Trunk Road

[Duncan Christian Reformed Church](#)

930 Trunk Road

[Valley Church](#)

200 Cowichan Way

South Cowichan

[Mill Bay Baptist Fellowship](#)

2095 Dickson Road, Mill Bay

[St. Francis Xavier Catholic Church](#)

790 Kilmalu Road, Mill Bay

[Cobble Hill Christian Church](#)

3791 Cobble Hill Road, Cobble Hill

[The Anglican Church of St. John the Baptist](#)

3295 Cobble Hill Road, Cobble Hill

[Oasis City Church](#)

3540 Auchinachie Road

[New Life Community Baptist Church](#)

1839 Tzouhalem Road

[Duncan Pentecostal Church](#)

931 Trunk Rd.

[St. John's Anglican Church](#)

486 Jubilee Street

[Brae Road Gospel Chapel](#)

321 Brae Road

[City Gate Church](#)

123 Station Street

[Cowichan Grace Church](#)

5530 River Road

[Trinity Lutheran Church](#)

2704 James Street

[Cowichan Spiritualist Church of Healing & Light](#)

1843 Tzouhalem Road

[Paldi Sikh Temple](#)

23 Paldi Road

[Duncan Sikh Temple](#)

3210 Sherman Road

[Kingdom Hall of Jehovah's Witnesses](#)

1355 Ball Road, Cobble Hill

[Shawnigan Alliance Church](#)

1603 Wilmot Avenue, Shawnigan Lake

[Sylvan United Church](#)

895 Mill Bay Road, Shawnigan Lake

[Pope Kyrillos 6th Coptic Orthodox Church](#)

2765 Cameron-Taggart Road, Mill Bay

Lake Cowichan

[St. Louis de Montfort Roman Catholic Church](#)

60 Fern Street

[Lake Cowichan Christian Fellowship](#)

10 King George Street

Chemainus

[St. Michael & All Angels Anglican Church](#)

2858 Mill Street

[Chemainus United Church](#)

9814 Willow Street

[Chemainus Pentecostal](#)

9471 Chemainus Road

Ladysmith

[Oceanview Community Church](#)

381 Davis Road

[Bethel Pentecostal Church](#)

1149 4th Avenue

[St. Christopher & St. Aidan](#)

70 W Cowichan Avenue

[Sikh Temple Lake Cowichan](#)

9 Boundary Road

[Calvary Baptist Church](#)

3318 River Road

[St. Joseph's Catholic Church](#)

9735 Elm Street

[First United Church](#)

232 High Street

[St. Mary's Parish Catholic Church](#)

1135 4th Avenue

Multi-Culturalism in Cowichan

New to Canada? There are resources to help you settle into your new community.

- [Cowichan Intercultural Society \(CIS\)](#) offers essential settlement services along with free English-language instruction through various programs.
- [Intercultural Social Circles](#) (through CIS) is a Women's Support Circle providing a safe, caring and supportive atmosphere for newcomer women of different cultures.
- [Central Vancouver Island Multicultural Society \(CVIMS\)](#) in Nanaimo also serves Cowichan newcomers with LINC programming, including in-person and blended classes—with free childcare and certificates upon completion.
- [Cowichan Valley Newcomers Club](#) is a social group for adults new to the region—offers walks, book clubs, games, and community outings.
- [Volunteer Cowichan](#) can offer opportunities to make connections with the broader community while helping those in need.

HAVE YOU TRIED MEETUP?

MeetUp is an excellent resource for people of all ages to find local groups, make friends, and discover new hobbies.

To learn more, visit: www.meetup.com/cities/ca/bc/duncan.



Did you know?

As of the 2021, approximately 13.7% of the Cowichan Valley Regional District's population were first-generation immigrants, while 18.2% were second-generation Canadians, born in Canada to at least one foreign-born parent.

Between 2016 and 2021, the top countries of origin for new immigrants were the Philippines, the United States, the United Kingdom, India, Syria, China, Hong Kong, Greece, Croatia, France, Vietnam, and Nepal ([Stats Canada](#)), highlighting the community's growing diversity and multiculturalism.

Cowichan Welcomes You

The Cowichan Valley is more than a place to live—it is a place to belong. People are drawn here by the natural beauty, the slower pace, and the promise of a more balanced, meaningful life. But they stay because of the warmth of community, the opportunity to gain experience both personally and professionally, and the joy of building something lasting.

Cowichan is recognized across British Columbia for its spirit of collaboration, innovation, collegiality, and diversity. Here, work and life blend seamlessly—your colleagues become your friends, and the community becomes your extended family. There is a shared excitement about the future, grounded in respect for the past, and a deep sense of support that makes this valley feel like home. Come to Cowichan—not just to make a living, but to make a life.

