



#### Welcome to the Comox Valley Regional District

The Comox Valley extends from Cook Creek in the south to the Oyster River in the north, west to Strathcona Park and east to include Denman and Hornby Islands. It includes farmland, forest, mountains, coastline as well as vibrant urban communities. More than 65,000 people live in the Valley. They and numerous visitors enjoy a variety of cycling conditions and opportunities. There are endless other outdoor activities including hiking and skiing at nearby Mount Washington, watersports and golf. The Comox Valley Regional District is the electoral body responsible for three rural areas. The three main urban areas are the Village of Cumberland, the Town of Courtenay and the City of Courtenay.



#### City of Courtenay

Courtenay is the commercial centre for the Comox Valley and has a thriving arts community enthusiastically supporting the Public Contemporary Art Gallery, Sid Williams Civic Theatre and North Island College. The downtown area has a village-like feel with flower filled streets and charming small shops, restaurants and cafes. Courtenay is a popular destination for those ready to enjoy the outdoors in summer or winter and is the nearest city to Strathcona Park and Mount Washington Ski Resort. There are a number of greenways, the Rotary and the Riverway multi-use trails are popular scenic routes for those looking for a slower-paced cycling experience.



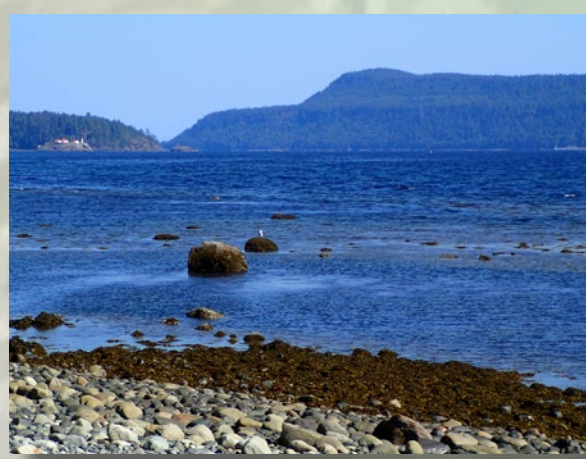
#### Village of Cumberland

Increasingly well known for its world-class mountain bike trails the historic village of Cumberland was once a coal mining town. It has many historic buildings and cemeteries remaining from the times of miners, immigrants and the frontier. Now a vibrant young community with about 3000 residents, it is known for its cycling, music and great character.



#### Denman Island

Just a 10-minute ferry ride from Buckley Bay, Denman Island has quiet roads for cycling. There are 1,100 residents many of whom are artists, farmers and academics, living a peaceful lifestyle. Fillongley Provincial Park offers camping by the beach and there are other parks with scenic walks. The village has a General Store and the Denman Craft Shop sells the work of 70 local artists. The main roads across the island are paved while some of the other roads have a gravel surface and are more suitable for mountain bikes. Some people use Denman as a "bridge" to get across to Hornby Island, a popular holiday destination.



#### Hornby Island

From Gravelly Bay, Denman Island, a 10-minute ferry ride takes you to Hornby Island, renowned for its sandy beaches, sandstone rock formations and artistic community. Approximately 1,000 people are living on this scenic island but numbers increase significantly with summer visitors. There are three private campgrounds. The two Provincial Parks offer beaches, bluffs and forest. Mountain biking routes and hiking trails have been developed in Mt Geoffrey Regional Park. Locals are used to bicycle traffic. There are some unpaved paths that offer off road routes too.



Snowbirds over Kye Bay



#### Town of Comox

This community of 13,000 people was named the "Land of Plenty" by the Kwalowla people, who first enjoyed its abundance of fish and rich soil. It remains a land of plenty with fertile land and a mild climate good for farming and for fun. Cycling, mountain biking, golf, and watersports are popular pastimes. Comox is a town known for cycling. As of 2015, Comox has created the highest number of bike lanes in the Comox Valley and its community events such as the Filberg Festival hosts bike lockups to encourage more people to ride their bikes.

#### Bicycle Rules of the Road in British Columbia

Visit [www.bikehub.ca](http://www.bikehub.ca) to learn more about cycling safety and to download the Bike Sense operators manual.



#### BICYCLE HELMETS

- An approved bicycle helmet can greatly reduce the risk of death or permanent injury in the event of an accident. Wearing a helmet is the law in BC.



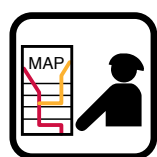
#### USE HAND SIGNALS

- Signal all turns and stops ahead of time, check over your shoulder, then make your intended move only when it is safe to do so.



#### USE LIGHTS - Be seen. Be safe. Be lit.

- Use a strong white headlight and red taillight. Wear white, bright and reflective clothing, and use bike reflectors.



#### PLAN YOUR ROUTE

- Try several routes to find one that feels the most comfortable.
- Allow extra time on an unfamiliar route.



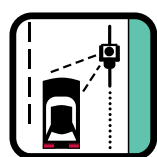
#### YEAR ROUND CYCLING

- Take extra care in slippery conditions.
- Plan for sudden weather changes and adjust your route and speed.



#### BE CAREFUL WITH CHILDREN

- There is no approved standard or regulation for child carriers.
- Everyone, including children, should wear a helmet.



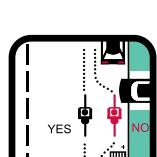
#### SCAN THE ROAD BEHIND

- Shoulder check regularly and use a mirror to monitor traffic.
- Be prepared to manoeuvre for safety.



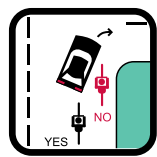
#### BE AWARE OF CAR DOORS

- Vehicle occupants may unexpectedly open doors, ensure you cycle outside of the door zone (a door width away from car)



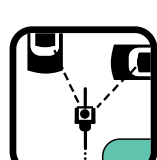
#### RIDE IN A STRAIGHT LINE

- Ride at least 1m from the curb, so you can move around hazards.
- Do not dodge between parked cars.



#### USE APPROPRIATE LANE

- Keep out of a right-turn-only lane, if you are going through. Move into a through lane early.



#### HEADS UP AT INTERSECTIONS

- Look both ways. Stop, look and listen! Pay attention. Avoid distractions.
- Make eye contact with drivers. Vehicles making turns are particularly dangerous.

#### BICYCLE LAW

Bicycles are classified as vehicles under the British Columbia Motor Vehicle Act. Cyclists have the same rights and duties as drivers of vehicles.

#### RULES OF THE ROAD

Cyclists must follow and obey the rules of the road. Cycle in a predictable manner. Always ride on the right side of the road.

#### CYCLING ON MULTI-USE PATHS

Cyclists must yield to pedestrians on multi-use paths. Reduce your speed where appropriate. When passing ring your bell, or call out (eg. *passing on your left*) and respect other users.



#### CYCLIST-HORSE ETIQUETTE

Cyclists share trails and road shoulders with equestrians. Horses are "flight animals" and can perceive a hiker or cyclist as a predator and may leap to one side or run away. For the safety of the horse, rider and the cyclists, here are some guidelines:

#### STOP - STAND - SPEAK

When approaching from the front -

- Stop and pull over to let the horse and rider pass, remain visible and speak to the rider, this will have a calming influence for the horse.
- Avoid sudden movements and loud noise that can spook the horse;

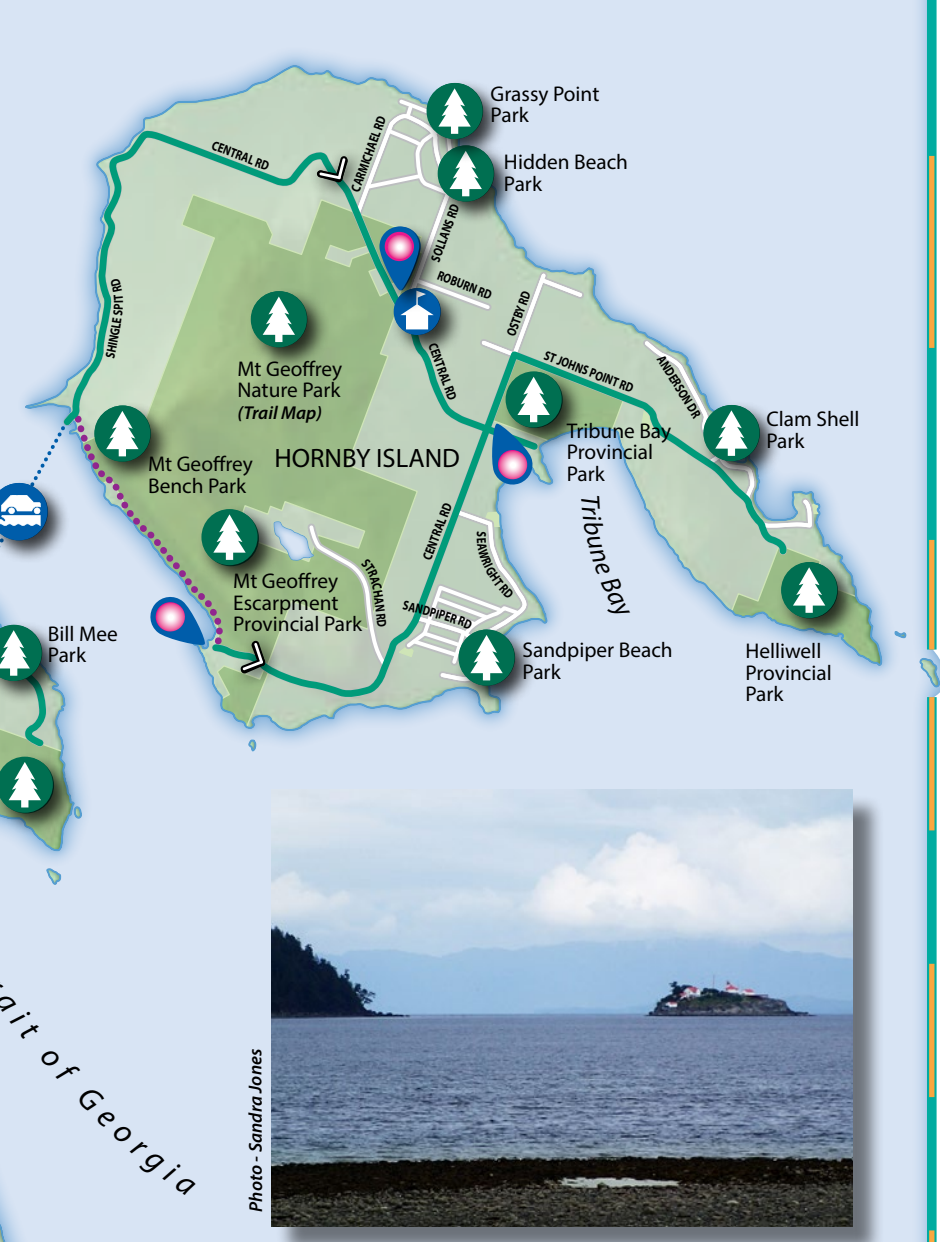
When approaching from behind -

- Never sneak up on a horse and rider, ensure they hear your voice.
- Yell out from a distance that you are there and keep talking to the rider in a normal voice as you approach;
- Always communicate with the rider and follow their direction; they may turn their horse to see you;
- When directed to pass, do so slowly;
- Give as much space and consideration as possible;
- When cycling in a group, let the rider know how many cyclists will be passing, and pass in single file.

Key		
ROUTES -		
Bike Lane/Bike Boulevard		Parks
Quieter Neighbourhood Bike Routes and Quieter Rural Roads		School - Best Routes
Multi-Use Trail - Paved		Skiing
Multi-Use Trail - Unpaved (best with off-road style bike)		Airport
Roadway - Unpaved		BC Ferries
Hwy 19A - Secondary Highway		Point of Interest
TRAFFIC VOLUME -		
Medium Traffic Cycling Routes with Shoulder		Exercise Caution
without Shoulder		Uphill
High Traffic Volume/Speed Roads with Shoulder		Steep Hill Profile Link
without Shoulder		

0 1 2 3 4 5 km  
1km = 15 MINUTES WALKING - 5 MINUTES CYCLING

This map was developed to assist in planning trips by bike throughout the Comox Valley. Users of this map are responsible for their own safety and use these routes at their own risk. Please note that the data provided is compiled from various sources; all those involved in the design and publication of this map can not guarantee its accuracy or sufficiency nor the safety of any route, path, street, road, highway or designated bike route shown on this map. Also note unpaved trail conditions vary and may have rocks, roots, ruts, hills, single track or other off road conditions. This information is provided for information and convenience purposes only. Published February 2016 - Edition 2.



# Comox Valley Cycling Map

