The Vancouver Island Trail Association (VITA) is a volunteer, nonprofit organization planning and developing a continuous, non-motorised trail the length of Vancouver Island.

The VI-Trail starts at the summit of Anderson Hill and follows urban trails alongside roads near the south Vancouver Island shores to Clover Point. From Clover Point to the Town of Lake Cowichan, the VI-Trail route is that of the Great Trail (Trans-Canada Trail). Through Victoria and its suburbs, it is a surfaced, urban-style trail as far as the Humphrey Reservoir. From this point as far as Glencoe, the trail is the west of Duncan, through the Sooke Hills. Wildwood Regional Park, the trail includes surfaced, 3- to 4-m wide trails and sections of old logging roads (former Niagara Main). In contrast to the urban/residential setting as far as Humphrey, this section is decidedly more natural, passing through predominantly second-growth forests that followed logging prior to 1950, although some of these forests have recently been logged a second time.

Past the farmlands of the Glencoe area, although the Trail continues to follow the alignment of the former CNR railway, the Trail narrows down to only a couple of metres and the heading is merely the gravel bed of the old rail grade. The forest closes in and the character of the Trail now becomes much more wild. Indeed, in this section the hiker is much more remote from assistance, you will no longer be getting glimpses of houses and farmsteads as you did alongside Shawnigan Lake and near Glencoe.

There are no rivers or streams to be crossed in this section of the VI Trail. Rather, the hiker will pass over some substantial bridges, including several timber trestles of the old CNR, most notably the impressive Kinrail Trestle over the Koosah River.

As well as walking/hiking, the VI-Trail is suited to mountain bikes/hybrid bikes as far as Lake Cowichan.

Users of the VI Trail do so entirely at their own risk.

Access to the Trail and passage along all sections of the Trail cannot always be ensured because of closures for high fire hazard and safety considerations, as well as damage from natural events (windfall, erosion etc.). For more information on route and trail conditions, please consult our webpage:

www.vi-trail.ca

VITA welcomes input from all users of the VI Trail, including information on trail conditions and needed trail maintenance - send an email to: vi-trail@waste.bc.ca