



## It's So Easy in Lighthouse Country!

Take a step away from the beach and walk, run or ride the north and south loops of the Lighthouse Country Regional Trail (LCRT). The level grade and connection to a network of community woodlot trails and Crown forest make it easy for everyone to get out and get active while enjoying the beauty of our rare Coastal Douglas-fir forest. Of special note are the major upgrades made to the LCRT South Loop in 2010-2012 that produced 2.5 km of trail suitable for people who use wheelchairs or have impaired vision. Try it out!

The LCRT is part of a region-wide trail system in the making that eventually will connect all communities and major parks. North and south loops of the LCRT will be connected when Nile Creek is bridged, and Qualicum Bay and Bowser will be fully linked when Thames Creek is bridged. One fine day, trail will run south all the way to Qualicum Beach, north to Rosewall Creek Provincial Park and west to Horne Lake.

Work on the LCRT began in the late 1990s when stalwart Lighthouse trail volunteers helped blaze almost 5 km of route along undeveloped road allowance. Their pioneering spirit lives on as they work with the Wilson Family on developing trail in the community woodlot.

### Using the Trail ...

The LCRT is open to walkers, runners, cyclists and equestrians, with the exception of the 2 km of accessible trail in the South Loop which is closed to equestrians. No ATVs or dirt bikes are permitted on Regional Trail. Wheelchair users: watch for notices confirming accessibility conditions. Please obey all posted signage, keep dogs under control and pick up their feces, and use caution when crossing the E&N railway and woodlot connector road. Enjoy your visit.



### Questions or comments?

This trail is regularly inspected by the Regional District of Nanaimo (RDN). Should you have any concerns or see damage please call **250.248.3252**. For general information go to [www.rdn.bc.ca](http://www.rdn.bc.ca).

*Walking, rolling, running, biking, horseback riding*