

Comox Valley Community Profile



Prepared by
Comox Valley Chamber of Commerce
Updated - December 2008

www.comoxvalleychamber.com

COMMUNITY INFORMATION

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Introduction

This community profile has been produced to answer the most frequently asked questions about the Comox Valley. We hope the wealth of information offered is of use to you whether you are a business person or a potential "newcomer." Welcome to our beautiful valley!

This profile does not include any statistical information. If you are interested in a detailed statistical profile of the Valley (including demographics, real estate, major employers etc.), we encourage you to contact Invest Comox Valley (250-334-2427) or go online to their website, www.investcomoxvalley.com.

This community profile has been researched and published by the Chamber of Commerce. Written permission must be obtained from the Chamber of Commerce before any or all information is used or duplicated in any way.

The Comox Valley Chamber of Commerce is the 3rd largest chamber on Vancouver Island and boasts a membership of well over 700. The Comox Valley Chamber of Commerce has been serving the communities in the valley since 1919. The Chamber serves, connects and promotes the local business community.

Comox Valley Chamber of Commerce
2040 Cliffe Avenue
Courtenay, BC V9N 2L3
Phone: 250-334-3234 — Fax: 250-334-4908
Toll Free: 1-888-357-4471
Email: membership@comoxvalleychamber.com
Website: www.comoxvalleychamber.com



Location

The Comox Valley is situated mid-way on Vancouver Island's East Coast. It is bordered on the west by the Beaufort Mountains with its breathtaking Comox Glacier and Strathcona Park, and on the east by the Strait of Georgia, Comox Harbour, and Baynes Sound. The Valley extends south to Fanny Bay and north to the Oyster River. Within its boundaries are the municipalities of Courtenay, Comox, and Cumberland.



Climate

The region enjoys short, mild winters and warm, dry summers. Weather systems that bring heavier rainfall and storms generally pass over us enroute to the mainland. The Comox Valley is one of the few places in Canada where, in the winter months, one can ski in the morning and golf in the afternoon.

Average Temperatures

	Temperature	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
C	Daily Max.	5.2	7.3	9.1	12.5	15.9	19.7	22.5	22.1	19.7	12.9	5.4	3.4
	Daily Min.	-0.3	0.8	1.5	3.9	7.2	10.4	12.3	12.1	9.1	5.5	2.4	0.9
F	Daily Max.	41.4	45.1	48.4	54.5	60.6	67.5	72.5	71.3	67.5	55.2	41.7	38.1
	Daily Min.	31.4	33.4	34.7	39.0	44.9	50.7	54.1	53.3	48.4	41.9	36.3	33.6

Source: CFB Comox Weather Services Unit : 50 years averages

Average Precipitation /Hours of Sunshine

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Precip. - mm	179	120	100	53	32	32	21	30	38	120	180	189	1094
Precip. - inches	7.16	4.8	4.0	2.12	1.28	1.28	.84	1.2	1.52	4.8	7.2	7.56	43.76
Hours of sun	59	86	128	184	232	231	307	275	225	110	60	40	1937

Municipal Government/History

The three Municipalities and the portion of the Regional District that comprise the Comox Valley are unique and distinctive from each other. Although the people, business and infrastructure are intertwined, each jurisdiction has its own history and cultural make up.

Comox Valley Regional District (www.comoxvalleyrd.ca)

The Comox Valley Regional District (CVRD) is a partnership of four electoral areas and three municipalities providing over 60,000 residents with 87 services -- from parks to full-service sports facilities to a solid waste system that serves both the CVRD and the Strathcona Regional District.

The geography of the CVRD includes rural agricultural, vibrant urban, meandering coastline and dramatic mountains.

The CVRD covers an area of just over 1,725 square kilometres (666 square miles) and serves a population of 63,986 according to the 2007 Census.



The CVRD borders extend from Cook Creek in the south to the Oyster River in the north, west to Strathcona Park, and east to take in Denman and Hornby Islands.

The CVRD was established in February 2008, following the restructure of the Comox Strathcona Regional District into two: Comox Valley Regional District and the Strathcona Regional District. The boundaries of the Comox Strathcona Regional Hospital District (CSRHD) are the same as those two combined regional districts and have the same board of directors as the CVRD and SRD combined.

To the South of Courtenay the region covers the communities of Fanny Bay, Buckley Bay, Union Bay, and Royston. To the North it covers the communities of Black Creek, Saratoga Beach and Merville. Much of the area is rural, with some agricultural lands and many parks and forests. The surrounding mountains are the home of the Forbidden Plateau Recreation Area of Strathcona Park, and the site of BC's 2nd busiest ski hill... Mount Washington!

Town of Comox (<http://comox.ca>)

Komuckway means "plenty" in the local Native tongue and there certainly is plenty of wildlife and natural resources in the Comox Valley. European settlers adapted the name to Komoux, then finally to Comox. Comox has long been a proud Military Town, with roots going back to it's first Navel Training Base in 1876. The Town of Comox is located directly East of Courtenay, extending out onto the Comox Peninsula that creates the Comox Harbour. The Comox land area is 14.20 square km (5.48 square miles or 1420 hectares) Comox was incorporated on January 14, 1946. According to BC Stats annual population estimates, the population of Comox in 2007 was 13,139.

Both Courtenay and Comox have intertwined economies with residents using services from each area regardless of their home location. The most seaside-like community of all of the jurisdictions within the Valley, Comox has many marinas and water based businesses and attractions. The Town is home to the Canadian Armed Forces Base (CFB) Comox 19 Wing, St. Joseph's Hospital and the B.C. Ferries terminal at Little River.

City of Courtenay (www.courtenay.ca)

Courtenay was named after Rear Admiral George William Courtenay who sailed the HM Constance along the Coast of Vancouver Island over 150 years ago. Courtenay is a cosmopolitan center with excellent shopping, accommodation and restaurants.

The City of Courtenay has the second largest population of the four main regions within the Comox Valley, after the combined rural areas A, B, C & K of the Regional District. It serves as the regional center for business, recreation, and tourism. Incorporated on January 1, 1915 the City, according to 2001 Stats Canada information covered approximately 26.68 square Kilometers of land area.

Courtenay's population grew by over 45% between the 1991 and 1996 census years giving it the distinction of being one of the fastest growing communities in the Province. According to BC Stats annual population estimates, the population of Courtenay in 2007 was 23,911.

High growth, along with the four lane Inland Island Highway #19 expansion to Campbell River and access to both water and air links to Vancouver, indicate that the City of Courtenay will play a large part in the future development of the Comox Valley.

Village of Cumberland (www.cumberlandbc.net)

When coal was discovered here in the last century, the area suddenly enjoyed the popularity of a gold-rush town. Coal was a precious commodity needed to fuel the large fleet of British navy ships, which sailed the Pacific. Cumberland was formed and was soon swelling with entrepreneurial miners and get rich quick hopefuls. Chinese labour was hired and a thriving city of 10,000 people was quickly established. Over time the population declined to its present numbers. Cumberland owes its existence to the large amounts of coal discovered in those early years. Interestingly, opportunities now exist that could revive the coal mining attributes of this quaint and respected community.

Today Cumberland is considered a Historic Village, and is located approximately nine-km to the South West of Courtenay. It is the oldest of the three larger communities within the Comox Valley and celebrated its 100th anniversary in 1998. Cumberland had a population of approximately 2,762 in 2006 and covers about 29.13 Square km in land area. Today the village is home to a variety of shops and services, including a unique Museum, antiques and collectibles, live entertainment venues and a variety of restaurants. Situated against the Beaufort Mountain Range it is an excellent location to access the numerous parks and trails located just to the West. According to BC Stats annual population estimates, the population of Cumberland in 2007 was 3,018.

Community Services/Facilities

Health Care

St. Joseph's Hospital and Extended Care Unit

2137 Comox Avenue, Comox, BC

Phone: 250-339-2242

Website: www.sjghcomox.ca

Services include a Diabetes Education Centre, Emergency Department, Psychiatric Outpatient Services, and Substance Abuse Intervention Program.

Cumberland Health Centre

2696 Windermere Avenue, Cumberland, BC

Phone: 250-336-8531

Laboratory services only

Vancouver Island Health Authority – www.viha.ca

- Seniors, Home & Community Services

941A England Avenue, Courtenay BC

Phone 250-338-5453

- Comox Valley Nursing Centre

315 – 10th Street, Courtenay BC

Phone 250-250-331-8502

- Mental Health & Addiction Services

941C England Avenue, Courtenay BC

Phone 250-338-9777



Religion

Churches and other places of worship

Over thirty churches and other places of worship serve the spiritual needs of the Valley. Many of the churches sponsor a variety of social and other community service activities. The Comox Valley Ministerial Association holds interdenominational events throughout the year.

Alliance

Living Hope Christian Fellowship

Mark Isfeld School

1551 Lerwick Road, Courtenay

250-334-9777

Anglican

Church of St. John the Divine

579 5th St., Courtenay

250-334-4331

St. Peter's Church

218 Church St., Comox

250-339-2925

Bahai

1-800-433-3284

250-897-1230

Baptist

Comox Community Baptist Church

1250 Anderton Rd., Comox

250-339-0224

Courtenay Fellowship Baptist Church

2963 Lake Trail Rd., Courtenay

250-334-3432

Buddhist

Sherab Chamma Ling Tibetan Bon
Buddhist Centre
218-2270 Cliffe Ave., Courtenay
250-334-0306

Catholic

Christ the King Catholic Church
1599 Tunner Dr., Courtenay
250-334-4716

Church of Jesus Christ of Latter-Day Saints

Church of Jesus Christ of Latter-Day Saints
1901 20th St., Courtenay
250-334-2523

Congregational Christian Church

Bay Community Church
1105 Pritchard Rd., Comox
250-339-7527

Cumberland Community Church

2732 Penrith Ave., Cumberland
250-336-8801

Episcopal

Living Word Episcopal Church
4778 North Island Hwy, Courtenay
250-334-9673

Evangelical

Central Evangelical Free Church
4-478 5th St., Courtenay
250-338-7727

Northgate Foursquare Church

1640 Burgess Rd., Courtenay
250-334-2727

Gospel

Elim Gospel Church
566 5th St., Courtenay
250-334-2823

Inter-Denominational

Riverheights Community Church
2201 Robert Lang Drive, Courtenay
250-334-8424

Lutheran

Faith Lutheran Church
1688 McPhee Ave., Courtenay
250-334-2141

Shepherd of the Valley

250-339-3933

Mennonite

United Mennonite Church
2277 Enns Rd., Black Creek
250-337-5341

Mennonite Brethren

Mennonite Brethren Church
7898 N. Island Hwy., Black Creek
250-337-5423

Pentecostal

Comox Pentecostal Church
1919 Guthrie Road, Comox
250-339-4698

Living Waters Fellowship

2222 Regent Rd., Black Creek
250-337-5053

Valley United Pentecostal

1814 Fitzgerald Rd., Courtenay
250-338-7877

Presbyterian

Comox Valley Presbyterian Church
725 Aspen Rd., Comox
250-339-2882

Salvation Army

Salvation Army
1580 Fitzgerald Ave., Courtenay
250-338-8221

Seventh-Day Adventist

Seventh-Day Adventist Church
1424 Krueger, Merville
250-337-5258

Unitarian

Comox Valley Unitarian Fellowship
944 2nd St., Courtenay
250-338-4956

United Church of Canada

Comox United
250 Beach Dr., Comox
250-339-3966

Denman Island United Church

4575 Denman Rd., Denman Island
250-335-1103

St. George's United Church
505 6th St., Courtenay
250-334-4961

Unity
North Island Unity Church
Rotary Hall, Filberg Centre,
411 Anderton Avenue, Courtenay
250-897-1987

Multicultural Groups/Service Clubs

A variety of cultural groups make their home in the Comox Valley along with many service and fraternal clubs. The cultural groups include: Association Francophone, Ukrainian Cultural Society, First Nations Support Program, and the Multicultural Society. The Service clubs include Kinsmen, Kiwanis, Rotary, Soroptimist, and Lions, and the fraternal organizations include Beta Sigma Phi, Knights of Columbus, Pythian Sisters, and Shriners. A complete list may be obtained through the CV Chamber of Commerce/Visitor Centre.

Recreation/Sports

If you are looking for year -round recreation and sports, you need not look any further as the Comox Valley has just about every activity to offer the novice through to the expert. With recreation centres, school gyms, playing fields, water ways (ocean, rivers, and lakes), a ski resort, 7 golf courses, tennis courts, biking trails, walkways, two swimming pools (one indoors/one outdoors), an aquatic centre, and a skating arena you will no doubt find something of interest. For the outdoor person there are sports such as golf, football, soccer, rugby, lawn bowling, and little league ball. If adventure is your game, then you might try skiing, rock climbing, kayaking, or mountain biking. An indoor person can take advantage of basketball, squash, bowling, swimming, and volleyball.

This is only a sample of the many recreational and sports activities available. For more detail contact the Comox Valley Chamber of Commerce/Visitor Info Centre at 1-888-357-4471 or visitorinfo@comoxvalleychamber.com.

Recreation Centres

Courtenay Recreation Association

Lewis Park Complex

489 Old Island Highway
Courtenay, BC V9N 3P5

Phone: 250-338-5371

Fax: 250-338-8600

www.courtenay.ca

-facilities include squash courts, weight room, outdoor climbing wall, 2 gymnasiums, meeting rooms

Cumberland Recreation Institute

2665 Dunsmuir Avenue
Cumberland, BC V0R 1S0

Phone: 250-336-2231

<http://cumberland.ihostez.com>

- facilities include weight room, indoor climbing wall, gymnasium

Comox Recreation Commission

1855 Noel Avenue
Comox, BC V9M 2H4
Phone: 250-339-2255
Fax: 250-339-0814

<http://comoxrecreation.com>

- Facilities include gymnasium, squash courts, outdoor tennis courts, meeting rooms

Comox Valley Sports Centre

1001 Vanier Drive
Courtenay, BC V9N 5N5
Phone: 250-334-9622
Fax: 250-334-1042

www.comoxvalleyrd.ca

- Facilities include 25 metre pool, fitness area, whirlpool, sauna, meeting rooms

Black Creek Community Association

2001 Black Creek Road
Black Creek, BC V9J 1G5
Phone: 250-337-5190
Fax : 250-337-5192

- Facilities include tennis courts, basketball/hockey court, community hall, softball diamond, children's playground

Comox Valley Aquatic Centre

377 Lerwick
Courtenay, BC V9N 9G4
Phone: 250-334-2527
Fax : 250-334-2587

www.comoxvalleyrd.ca

- Facilities include 2 water slides, 25 metre pool, fitness studio, steam room, whirlpool, meeting rooms

Seniors

The Comox Valley boasts a growing seniors population and to accommodate this growth there are many services that cater to their needs. The Valley hosts several centres where seniors can meet and take advantage of social, cultural, recreational and travel activities.

Seniors housing, may it be independent, semi-dependent, or fully dependent, is widely available throughout the area. A sample of special services for seniors includes HandiDart, Lifeline, ElderCollege, Red Cross Loan Cupboard, and therapeutic gardening. For a listing of seniors services contact the Comox Valley Visitor Centre.

Seniors Care/Housing

Abbeyfield House
www.abbeyfield.ca

994 8th St.

Courtenay BC

Phone: 250-338-6311

- Affordable supportive housing for seniors (not a nursing home)

Berwick Retirement Community
www.berwickrc.com/comox.htm

1700 Comox Avenue

Comox BC

Phone: 250-339-1690

- Elegant retirement living to the Comox Valley. For seniors who value their independence, yet appreciate convenient services

Cummings Home

1926 Cummings Rd.

Courtenay BC

Phone: 250-897-0075

- Residential private professional care

Casa Loma Retirement Living

www.retirementconcepts.com/assisted/casaloma.html

4646 Headquarters Rd

Courtenay BC

Phone: 250-897-1033

- Semi-independent living

Cumberland Lodge
2696 Windermere Ave.
Cumberland BC
Phone: 250-336-8531
- Intermediate care

Cumberland Seniors Citizens Housing Society
16-2594 Penrith Ave.
Cumberland BC
Phone: 250-336-8288
- Low cost housing for seniors (independent living)

Glacier View Lodge
www.glacierviewlodge.ca
2450 Back Road
Comox BC
Phone: 250-338-1451
- Long-term care facility also offering respite placements, adult day-care and night care

Kiwanis Village
635 Pidcock Ave.
Courtenay BC
Phone: 250-338-8651
- Low cost housing and independent living

Laurel Lodge
280 2nd St.
Courtenay BC
Phone: 250-334-3083
- Intermediate care

Stevenson Place
1683 Balmoral Ave.
Comox BC
Phone: 250-339-7012
- Quality, supportive living residences

Seaview Village Seniors Housing
5648 3rd St. W (RR1, S41, C32)
Union Bay BC
Phone: 250-335-2775

St. Josephs General Hospital
www.sjghcomox.ca
2137 Comox Ave.
Comox BC
Phone: 250-339-2242
- Extended care

Seniors Activity Centres/Clubs

Comox Seniors' Centre/d'Esterre House
1801 Beaufort Avenue
Comox, BC V9M 1R9
Phone: 250-339-5133

**Evergreen Senior's Club
Florence Filberg Centre**
411 Anderton Avenue
Courtenay, BC V9N 6G6
Phone: 250-338-1000
www.courtenay.ca

Communications

Newspapers

Comox Valley Echo

407D - 5th Street
Courtenay, BC V9N 7P1
Phone: 250-334-4722
Fax: 250-334-3172
Tuesday & Friday Publication
Circulation: 19,800
www.comoxvalleyecho.com

Comox Valley Record

765 McPhee Avenue
Courtenay, BC V9N 7P1
Phone: 250-338-5811
Fax: 250-338-5568
Wednesday & Friday Publication
Circulation: Over 20,000
www.comoxvalleyrecord.com

Totem Times

19 Wing Comox (CFB Comox)
Lazo, BC V0R 2K0
Phone: 250-339-9982
Fax: 250-339-5209
Bi-Weekly (Thursday) Publication
Circulation: 2,000

Magazines

InFocus Magazine

Phone: (250) 337-2128
infocusmagazine@telus.net
Monthly Publication
www.infocusdesign.ca

The Island Word

Box 1270
Cumberland, BC V0R 1S0
Phone: 250-336-2143
Email: islandword@shaw.ca
www.islandword.com

Telephone

Telus

Residential Services
Phone: 250-310-2255
Toll Free: 888-811-2323
www.telus.com

Shaw Communications Inc.

Digital Phone Service
Phone: 1-888-472-2222
www.shaw.ca

Cable

Shaw Cable

1591 McPhee Avenue
Courtenay, BC V9N 3A6
Phone: 250-334-0888
www.shawcable.ca

Bell

1 888 SKY-DISH (759-3474)
www.bell.ca

Starchoice

1 866 STAR-WEB (7827-932)
Fax: 1-800-872-8219
www.starchoice.com

Radio

98.9 Jet FM/Vista Radio

1625A McPhee Avenue
Courtenay, BC V9N 3A6
Phone: 250-334-2421, Fax: (250) 334-1977
www.jetfm.ca

Island Radio/

97.3 FM – THE EAGLE (CKLR)
801B 29th Street
Courtenay BC
www.973theeagle.com

Internet Access Providers

Shaw Internet

1591 McPhee Ave.
Courtenay BC
Phone: 250-334-0888
www.shaw.ca

Telus Internet Services

Phone: 250-310-4638
www.mytelus.com

Uniserve.com

www.uniserve.com

*Also see **Bell** and **Starchoice** under Cable

Real Estate

Comox Valley Real Estate Offices & Services

Royal LePage in the Comox Valley

750 Comox Road
Courtenay, BC V9N 3P6
Phone: 250-334-2124
Fax : 250-334-1901
Website : www.royallepagecomoxvalley.com
Email: royallepagecv@shaw.ca
**there are also offices located in
Cumberland, Comox Centre Mall, and the
Driftwood Mall

RE/Max Ocean Pacific Realty

282 Anderton Road
Comox, BC V9M 1Y2
Phone: 250-339-2021 Fax: (250) 339-5529
Website: www.oceanpacifcrealty.com
Email: remax@oceanpacifcrealty.com

Coldwell Banker Comox Valley

1-350 17th Street
Courtenay, BC V9N 1Y4
Phone: 250-898-8790
Website: www.cbvanisland.com
Email: cbcomoxvalley@shaw.ca

BC Island Homes

"For sale by owner marketing services"
Phone: 250-338-2999
Website: www.bcislandhomes.com
Email: info@bcislandhomes.com

Coast Realty Group (Comox Valley) Ltd.

625 England Ave
Courtenay, BC V9N 2N5
Phone: 250-897-3999, 1-800-715-3999
Fax : 250-897-3933
Website : www.coastrealty.com
E-mail : coastcv@island.net
** 2nd office in Comox @ 800 Shamrock Place
Comox BC V9M 4G4 (same phone as above)

RE/Max Ocean Pacific Realty

2230 Cliffe Avenue
Courtenay BC
Phone: 250-334-9900
Website: www.oceanpacifcrealty.com
Email: remaxct@oceanpacifcrealty.com

Magic Island Realty Ltd.

3860 Shingle Spit
Hornby Island, BC V0R 1Z0
Phone: 250-335-0423

Vancouver Island Real Estate Board

6374 Metral
Nanaimo, BC V9T 2L8
Phone: 250-390-4212
Website: www.vireb.com
Email: bbenoit@vireb.com

Property Management Companies

Penny Lane Property Management Ltd.

303A – 13th Street
Courtenay, BC V9N 9G5
Phone: 250-897-1611
Website: www.pennylane.bc.ca

Coast Realty Group

625 England Ave.
Courtenay BC
Phone: 250-897-3999

Meicor Realty Management Services

917B Fitzgerald Avenue
Courtenay
Phone: 250-338-9979

Coast Pacific Property Services Ltd.

576 England Ave
Courtenay, BC V9N 2N3
Phone: 250-338-6900
Fax : 250-338-6959

Coast Country Properties

211B – 750 Comox Rd
Courtenay BC V9N 3P6
Phone: 250-897-1300
Fax: 250-897-1330

Aegis Realty Ltd.

505 Cliffe Avenue
Courtenay
Phone: 250-338-9570

Advanced Property Management

1899 Riverside Lane
Courtenay BC V9N2K8
Phone: 250-338-2472

Transportation

By Air

The Comox Valley is serviced by a civilian air terminal located at CFB Comox (Airport code YQQ). It is open 365 days a year, 24 hours a day. Fuel, crash and fire rescuers are available for both military and commercial aircraft. The runway, 10,000 feet in length, has been approved by the Department of National Defense, for the landing of 747 commercial aircraft. This has opened a large window of opportunity for tourism in the Comox Valley.

Comox Valley Airport

1250 Knight Road, PO Box 118
Comox BC V9M 4H2
1-250-897-3123
www.comoxairport.com

There are 7 daily flights to the Vancouver International Airport's South Terminal via Pacific Coastal, 5 daily flights to Vancouver via Central Mountain Air, and WestJet provides direct daily service between Calgary and Comox.

Central Mountain Air

(to/from Vancouver)
1-888-865-8585
www.flycma.com

WestJet

(to/from Calgary, Edmonton,
Mexico)
1-888-937-8538
www.westjet.com

Pacific Coastal

(to/from Vancouver)
1-800-663-2872
www.pacific-coastal.com

West Coast Air offers harbour to harbour flights between the downtown terminal just west of Canada Place (Vancouver) and the Comox Bay Marina (Comox). Two daily flights are scheduled M-F, with one flight on Sat & Sun.

www.westcoastair.com 1-888-347-2222

Courtenay Airpark Association

The Courtenay Airpark consists of a 0.6 km (1800') long paved strip suitable for all types of light aircraft. Located next to the river the Airpark can accommodate float aircraft. The park is equipped with visitor dock space, a launch ramp, and beaching gear. There is also fuel, hangers, and service maintenance for both float and wheeled aircraft. There are no landing fees, but a \$5 overnight parking fee is charged. Washrooms and telephone are available in the pilot's lounge and a restaurant is located just outside the main gate.

#1 - 110 - 20th Street, Box 3566

Courtenay, BC V9N 2G2

Phone: 250-334-8545

Website: www.courtenayairpark.com

By Land - Highways

Centrally located on the east coast of Vancouver Island, the Comox Valley is easily accessible from the north or south via Highway 19 (Inland Island Highway) or Highway 19A (the Oceanside Route). Highway 19 runs from Nanaimo to Port Hardy with 4 exits for the Comox Valley area. Take Exit #117 to access the city centers of Comox, Courtenay, and Cumberland. Highway 19A runs from Parksville to Campbell River, traveling through the scenic communities of Parksville, Qualicum Beach, Deep Bay, Fanny Bay, Union Bay and Royston (to the south of Courtenay) and Merville and Black Creek/Saratoga Beach (to the north of Courtenay).

By Land - Buses

Daily bus service offers the traveler quick and affordable transportation throughout the Island (from Victoria to Port Hardy and across to Tofino/Ucluelet) with connections to the Lower Mainland (Vancouver). The Comox Valley Transit System provides service within the Comox Valley servicing the municipalities of Courtenay, Comox, and Cumberland as well as the BC Ferries terminals at Comox (to Powell River) and Buckley Bay (to Denman Island) and the Comox Airport. Recent bus service expansion provides connecting service to Campbell River. Additionally, there are HandiDart buses serving the disabled in the area.

Comox Valley (BC) Transit
Box 2270
Courtenay, BC V9N 5N5
Phone: 250-339-5453 (CV Transit 24 hour bus info)
www.busonline.ca/regions/com/?p=2.list

Greyhound/Island Coach Lines (Vancouver Island)
#9 - 2663 Kilpatrick Avenue
Courtenay, BC V9N 8J9
Phone: 250-334-2475 / 1-800-661-8747
www.greyhound.ca

HandiDart
Phone: 250-339-5442

Islandlink Bus Services Ltd.
Phone: 1-250-954-8257
1-604-970-4990
www.islandlinkbus.com

Malaspina Coach Lines Ltd.
(between Powell River and Vancouver)
Phone: (604) 485-5030
Fax : (604) 485-2566
Toll Free : 1-877-227-8BUS
www.prwebs.com/town/bus.htm

By Land - Rail

Courtenay is the northern terminus of the E & N Railway (Via Rail) with daily roundtrips between Victoria and Courtenay. Reservations can be made by phone or online with Via Rail, or through most travel agents (a ticketing fee may apply). **Please contact ViaRail by phone or website for the most up to date schedule information.

E & N Railway (Via Rail) 1-888-842-7245

Website: www.viarail.ca

By Land - Freight

Two Valley based freight companies offer services to Island points as well as the mainland.

Comox Valley Distribution
777 - 29th Street
Courtenay, BC V9N 7Y3
Phone: 250-338-9244

Triple D Freightways
890 - 5th Street
Courtenay, BC V9N 1K9
Phone: 250-338-8616

Most Major freight companies are also well represented in the Valley.

By Sea –Vancouver Island to/from Mainland BC via BC Ferries

There is frequent ferry service to the mainland on BC Ferries from both Nanaimo (at Departure Bay and Duke Point) and Victoria (Swartz Bay). For an alternate highway route to Vancouver, take the ferry from Little River (Comox) to Powell River and travel the Sunshine Coast route via Highway #101 and BC Ferries. From Port Hardy (3.5 hours north of the Comox Valley), take BC Ferries to Prince Rupert in Northern BC and seasonally to Bella Coola in the Central Coast region of BC.

BC Ferries
Ph: 1-888-223-3779 (Reservations and Information)

Website: www.bcferrries.com

By Sea – Vancouver Island to/from Washington State

Victoria to Port Angeles via MV Coho

Phone: 250-386-2202

Fax: 250-386-2207

Website: www.northolympic.com/coho

Victoria to/from Seattle via The Victoria Clipper (passenger only)

Phone: 250-382-8100 or

Toll-Free: 1-800-888-2535

Website: www.victoriaclipper.com

Washington State Ferries (from Sidney (Victoria) to/from Anacortes (Washington State))

Phone: 250-381-1551 or (250) 656-1531

Website: www.wsdot.wa.gov/ferries/

By Sea – Boat

Comox Harbour Authority

The Comox Harbour and the Slough in downtown Courtenay provide moorage for visitors. If you are in need of using those facilities, call the Comox Valley Harbour Authority at (250) 339-6041 or go visit them online at www.comoxfishermanswharf.com.

Float Plane Dock Service

Comox Bay Marina, Comox

Contact: Brad Jenkins

Phone: 250-339-2930

Manager@comoxbaymarina.com

Education

Public Schools *(District #71 Board Office)*

Phone: 250-334-5500 Fax: 250-334-4472 <http://sd71.bc.ca>

Within the boundaries of School District #71, there are 16 elementary schools and 4 secondary schools. There are also a wide range of educational curricula and extra-curricular activities including four 'French Immersion' programs, a correspondence school, and two alternative schools.

Elementary (Grades K-7)

Airport Elementary
1475 Salmonberry, Comox
250-339-3732

Miracle Beach Elementary
8763 Paulsen, Black Creek
250-334-4628

Arden Elementary
3040 Lake Trail Rd., Courtenay
250-334-3191

Ecole Puntledge Park Elementary
401 Willemar Ave., Courtenay
250-334-4495

Aspen Park Elementary
2250 Bolt Avenue, Comox
250-890-0944

Ecole Robb Road Elementary
1909 Robb Rd., Comox
250-339-6864

Brooklyn Elementary – Brooklyn Campus
1475 Noel Ave., Comox
250-339-4866

Royston Elementary
3830 Warren, Royston
250-334-2161

Brooklyn Elementary – Cape Lazo Campus
1290 Guthrie Road, Comox
250-339-2232

Valley View Elementary
2300 Valley View Rd., Courtenay
250-897-0343

Courtenay Elementary
1540 McPhee Ave., Courtenay
250-338-5396

Queneesh Elementary
2345 Mission Road, Courtenay
250-334-4089

Cumberland Elementary
2644 Ulverston Ave., Cumberland
250-336-8521

Denman Island Elementary
1100 Northwest Rd., Denman Island
250-335-2324

Hornby Island Elementary
2100 Sollans Rd., Hornby Island
250-335-2125

Huband Park Elementary
5120 Mottishaw Rd., Courtenay
250-338-6596

Secondary (Grades 8-12)

Cumberland Junior Secondary
Box 430-2674 Windermere Avenue,
Cumberland
250-336-8511

G.P. Vanier Secondary
4830 Headquarters Rd., Courtenay
250-338-9262

Highland Secondary
750 Pritchard Rd., Comox
250-339-5525

Lake Trail Secondary
805 Willemar Avenue, Courtenay
250-334-3168

Mark R. Isfeld Secondary
1551 Lerwick Rd., Courtenay
250-334-2428

Distance Education

North Island Distance Education (NIDES)
2505 Smith Road, Courtenay
250-337-5300

Post Secondary Education

*North Island College – www.nic.bc.ca
2300 Ryan Road, Courtenay
250-334-5000*

North Island College offers approximately 800 individual courses, and approximately 70 College programs, which fall into three main categories: Academic (University transfer), Developmental & Applied Sciences, and Trades & Technology. The College also offers approximately 200 non-credit courses to the community ranging from water color painting to modular electronics. North Island College has 8 learning centres and three campuses from Bella Coola on BC's central coast to Ucluelet on Vancouver Island's west coast, with its administrative centre on the beautiful 64 acre Courtenay campus. A child care facility is now available for newborns up to age five, to serve the daycare needs of Students, Faculty, Staff and the community.

Approximately 5300 students registered for courses at the Comox Valley Campus during the 2002/03 school year. This number includes over 3500 students enrolled in credit courses and over 1700 students enrolled in the Continuing Studies program. Other programs include Cooperative Education, ElderCollege, International Education, and Training Solutions.

North Island College employs approximately 154 staff in this region, which includes faculty, support staff, and administration. Some of the faculty travels between this campus and the Campbell River campus. Its administrators travel throughout the College region.

*Excel Career College – www.excelcareercollege.com
203B-1995 Cliffe Ave., Courtenay
250-334-2452*

Excel Career College is a private post-secondary college that has been providing education to the community since 1989. Excel is registered and accredited with the Private Career Training Association of BC, and in compliance with the Private Post-Secondary Education Act. Excel is affiliated with the National Association of Career Colleges, the BC Career Colleges Association and a member of the Better Business Bureau. Excel Career College is designated by the BC Student Assistance Program. Excel offers full time college programs, corporate training, computer and business courses and private instruction.

*Sprott-Shaw Community College – www.sprottshaw.com
9-468-29th St., Courtenay
250-897-0097*

Sprott-Shaw provides small class sizes, qualified instructors, hand-on training and a friendly appropriate learning environment for adults of all ages. Curriculum includes office, healthcare, tourism, hospitality, business, administrative and international studies.

Lost Boys Learning - www.lostboys-learning.com

#3 – 145 19th St., Courtenay

250-338-8103

Visual effects training for film and television. Project-based learning in a production studio environment. Instruction led by award winning visual effects supervisor, Mark Benard.

Insurance

Automobile Licensing and Insurance

Basic Autoplan is compulsory insurance and is required before a motor vehicle can be operated on a BC Highway. Autoplan is administered by the Insurance Corporation of British Columbia (ICBC) which is a self-supporting Crown corporation. Insurance is purchased through Autoplan agents, and other optional insurance can be purchased from private brokers. New residents to BC who bring a motor vehicle into the province must purchase license plates and insurance within 30 days of the date of entry; commercial vehicles must be registered immediately. The amount you pay for your Autoplan insurance is directly related to your claim record. If relocating to BC from another province or area, documentation will be required from your insurance company indicating the period of time you have been claim free in order to receive the appropriate claims free discount.

Most used vehicles being registered in BC for the first time must pass a mechanical safety inspection at a designated BC inspection facility before they can be registered, licensed and insured. A list of inspection facilities may be obtained from the Government Agent's office or from any Autoplan broker. Once your vehicle has passed the inspection, take your vehicle with a copy of the inspection report and your current registration to an Autoplan broker to register and insure your vehicle in BC.

A valid driver's license issued from any other jurisdiction may be used for a period of three months from date of entry into BC.

New residents coming into the province on a temporary basis (such as members of the Armed Forces on assignment, out-of-province students, and tourists bringing vehicles into BC for a period of more than six months) must contact the Motor Vehicle Branch/Government Agent within 30 days of entry to determine BC requirements.

For complete details go to www.icbc.com (insurance) and www.servicebc.gov.bc.ca (licensing)

Medical Insurance

The Medical Services Plan (MSP) of BC is administered by the Ministry of Health and provides basic medical coverage to permanent residents of BC. Canadian citizens and landed immigrants who are permanent residents of BC are eligible for coverage. Temporary residents from outside Canada should contact a private insurance company.

New residents have a statutory waiting period that is the remainder of the month of arrival plus two additional months from date of applying for MSP. If one member of the family arrives first, the waiting period begins when the rest of the family arrives. For specific information on benefits and fees, contact Medical Services Plan of BC at 1-800-465-4911 or go to www.gov.bc.ca/health/

Home Insurance

Home insurance is private and can be purchased from most insurance agencies in the Comox Valley.

Utilities

BC Hydro

Phone: 1-800-224-9376 (Billing Inquiries, Moves)

Website : www.bchydro.com

Basic/Minimum charge: \$7.26 for a 2 month period, plus \$0.0605 per kWh.

Telus

Phone: (250) 310-2255 (for residential service inquiries within Alberta and BC)

Phone: 1-888-811-2323 (BC customers calling from outside BC)

www.telus.com

(Need a phone book? – drop into the Visitor Centre and pick up a copy)

Terasen Gas

Phone: 1-800-667-6064 (Billing & Moving Notices)

www.terasengas.com

2577 Mission Road, Courtenay

250-338-9997 (Customer Sales & Service)

Rate effective January 1, 2006 – Basic monthly charge \$10.50, Commodity charge per GJ \$13.230

Canada Post Corporation www.canadapost.com

Courtenay Station Main

333 Hunt Place, Courtenay

250-334-4341

Comox Postal Station A

1812 Comox Ave., Comox

250-339-4411

Cumberland Postal Station

2756 Dunsmuir Ave., Cumberland

250-336-2928

(These are the main postal stations in the Comox Valley. There are many more postal outlets providing a range of services throughout the area.)

101 Things To Do (at least!)

Bird Watching

Bird sanctuaries and viewing areas along the waterways have made bird watching a very popular activity in the Comox Valley. The largest population of Trumpeter Swans in North America makes the Valley their home during the winter. Depending on the season, weather, human activities, and the habits of the birds themselves, the bird population will vary from day to day. Two other species that warrant mention are the Bald Eagles and the Brant. More information can be obtained by purchasing a copy of Nature Viewing Sites from the CV Chamber of Commerce or the CV Naturalist Society (250-339-4754). Go to www.comoxvalleynaturalist.bc.ca for information on the Naturalist Society.

Comox Valley Farmer's Market

A visit to the Comox Valley Farmers Market is a good way to visit a variety of vendors in one location. Items include fresh produce, flowers and plants, baking, seafood, poultry and eggs, and dairy (many of these are from organic farms making their home in the Comox Valley). Grab a cappuccino, sit back, relax and listen to live local music too. The Farmer's Market is held on Saturday mornings from Easter to Thanksgiving at the Exhibition Fairgrounds in Courtenay and from Thanksgiving to Christmas indoors at the Native Sons Hall in Courtenay and on Wednesdays from June to September in Downtown Courtenay. All markets run from 9am to 12pm. Come for the freshness, stay for the fun! (There are also many farms open to the public throughout the year. The Comox Valley Grower's Guide contains listings and information on over 50 farms in the area. This helpful guide is available from the Visitor Info Centre or at the Farmer's Market.) www.comoxvalleyfarmersmarket.com

Fishing

Salt and fresh water fishing is abundant. Chinook and Coho Salmon are commonly found in the Georgia Strait region adjacent to the Valley, with ling-cod, greenling rock cod, and snapper found in the shallow waters. Check with the Department of Fisheries for limits 250-339-2031.

Golfing

A golf haven awaits the beginner or expert golfer with seven courses (four 18-hole and three 9-hole) situated throughout the Valley. The Valley's newest golf course is Crown Isle, which has been ranked as one of Canada's top courses.

Hiking/Walking

The Comox Valley offers trails suitable for all interests and fitness levels. From paved pathways along the river/estuary and roadways through heritage neighbourhoods to woodchip trails in beautiful forested regional parks www.comoxstrathcona.ca/section_parks/ to day and overnight hikes through Strathcona Provincial Park (www.bcparks.ca), there is something for everyone.

Kayaking

Get close to marine birds and wildlife with a paddle in the Courtenay estuary, or explore the historic Royston Wrecks and the unique ecosystems of Tree Island. The calm waters of Baynes Sound are perfect for beginners or those looking for a relaxed paddle, while faster moving rivers offer a more challenging excursion for experience paddlers.

Mountain Biking

The Comox Valley offers 5 distinct areas of easy to challenging trails for all levels of riders, including year-round trails near Comox Lake and along the Puntledge River (one of the largest mountain bike trail systems on Vancouver Island), in and around Cumberland, and for downhill enthusiasts, Mount Washington offers a variety of trails for beginner, intermediate and advanced riders in the summer season.

Puntledge Fish Hatchery

Two hatchery sites rearing Chum, Chinook, Coho, and Steelhead offer self-guided tour with an ever changing program. **Open** 8am - 4pm, year round.

38 Powerhouse Road, Courtenay, BC V9N 5N3 Phone: 250-703-0907

Skiing

Mt. Washington, the largest ski area on Vancouver Island, offers superb downhill skiing for the novice to expert skier, as well as cross-country skiing, snow-boarding, snow tubing, snowshoeing, lugging, and a growing alpine village. There is an abundance of condominium style accommodations to suit all your needs. Dining facilities, rentals, ski school, sports shop and locker areas available in both the Alpine Lodge and Raven (Nordic) Lodge.

For more information, contact Mount Washington Alpine Resort.

PO Box 3069, Courtenay, BC V9N 5N3

Ph: 250-338-1386, Toll Free: 1-888-231-1499, Fax 250-338-7295

E-mail: ski@mountwashington.ca

Recorded snow reports 250-338-1515

Website: www.mountwashington.ca

Museums and Historic Sites

Courtenay & District Museum & Paleontology Centre

This museum includes the Comox Valley Elasmosaur and other fossil material, Native history, exploration, agriculture, logging, and pioneer life. Inquire about going on a guided fossil digging tour. **Open** daily 10am - 4:30pm (May - August): Tuesday to Saturday 10am - 4:30pm (September - April)

207 4th Street, Courtenay, BC

Phone: 250-334-0686 www.courtenaymuseum.ca

Cumberland Museum

Located in a former coal mining community, this museum boasts a walk-through coal mine and contains displays of Chinese culture and Japanese art. **Open** 9am - 5pm daily (May - August); 9am - 5pm Monday - Saturday (Winter).

2680 Dunsmuir Avenue, Cumberland, BC

Phone: 250-336-2445 Fax: 250-336-2411

Comox Air Force Museum

Exhibits reflect the heritage, customs, and traditions of Canada's Air Force by focusing on the history of 19 Wing Comox (CFB Comox). **Open** 10am - 4pm daily.

19 Wing Comox (CFB Comox), Lazo, BC V0R 2K0

Phone: 250-339-8162

Website: www.comoxairforcemuseum.ca

Comox Archives & Museum

Specializing in marine and nautical history dating back to the days of Captain George Vancouver as he surveyed the area with the Royal Navy. **Open** 1pm to 4pm, Thursday through Saturday.

1729 Comox Avenue, Comox

Phone: 250-339-2885

Website: www.island.net/~cams

Filberg Heritage Lodge & Park

The Filberg Lodge, built in 1929, is located on nine acres of beautifully landscaped grounds, situated on the waterfront near the end of Comox Avenue in Comox. Park grounds are open from dawn to dusk year round. The Lodge is open daily through the summer (June to Labour Day) from 11am to 5pm; Weekends only from Easter to June 1st and Labour Day to Thanksgiving. The Lodge and Park is home to the annual Filberg Festival (www.filbergfestival.com), one of the largest arts and crafts festivals on Vancouver Island, each BC Day long weekend. 61 Filberg Road, Comox, BC
Phone: 250-339-2715 Website: www.filberg.com

Comox Valley Heritage Experience

The Comox Valley Heritage Experience is a group of self-tours that take visitors on a journey through the stunning landscape and intriguing history of the Comox Valley. Visitors can choose between four heritage walking tours to assist them on their heritage journey. Pick up your complimentary copy of the Comox Valley Heritage Experience at the Comox Valley or Cumberland Visitor Centres.

Arts & Culture

The central island is well known for its artistic community, boasting the highest per-capita concentration of artists in Canada. Over 550 artists and crafts-people make their home in the Valley. There are 3 community art galleries (The Comox Valley Art Gallery, Comox Valley Community Arts Council, Pearl Ellis Gallery of Fine Art) plus a large number of private galleries/studios open to the public. The performing arts are alive and well in the Comox Valley with one major performing arts centre (The Sid Williams Theatre) plus a number of smaller venues that hold smaller more intimate events/concerts. Whether you are looking for native crafts, pottery, stained glass, fine arts or woven products; whether your musical interests are jazz, country, rock or bluegrass; or whether your preference for performing arts is dance, live theatre, or perhaps an opera, you'll find it all here. With summertime comes the Comox Valley Youth Music Centre – students and faculty come from all parts of the province to participate in this month long music camp filled with concerts in a variety of musical mediums including jazz, classical, choral and musical theatre.

Events and Festivals

The following is a partial list of the many events that take place every year. For more details on these and other events throughout the year, check out www.discovercomoxvalley.com, and go to Community Events or contact the Comox Valley Visitor Centre.

Snow to Surf Relay Race – last Sunday in April

Cumberland Empire Days – Victoria Day long weekend

North Island Hot Jazz Festival – first weekend in June

Canada Day Festivities – July 1st

Vancouver Island Music Fest – first or second weekend in July

Comox Valley Youth Music Centre – month of July

Filberg Festival – BC holiday long weekend (beginning of August/end of July)

Comox Valley Exhibition/Fall Fair – last weekend of August

For more information or a listing of other attractions and events occurring throughout the year, contact the Comox Valley Visitor Centre.

2040 Cliffe Avenue

Phone: 250-334-3234

Courtenay, BC V9N 2L3

Fax: 250-334-4908

Email: visitorinfo@comoxvalleychamber.com

Toll free : 1-888-357-4471

Website: www.comoxvalleychamber.com

Alternate website: www.discovercomoxvalley.com (for a list of 101 Things to do in the Comox Valley)

Community Contact Numbers

City of Courtenay

830 Cliffe Avenue
Courtenay, BC V9N 2J7
Phone: 250-334-4441
Fax: 250-334-4241
www.courtenay.ca

Regional District of Comox Valley

600 Comox Road
Courtenay, BC V9N 3P6
Phone: 250-334-6000
Fax: 250-334-4358
Website: www.comoxstrathcona.com

Comox Valley Chamber of Commerce & Visitor Centre

2040 Cliffe Avenue
Courtenay BC V9N 2L3
Phone: 250-334-3234
Fax: 250-334-4908
Email: membership@comoxvalleychamber.com
Website: www.comoxvalleychamber.com

Service BC

2500 Cliffe Avenue
Courtenay, BC V9N 1G9
Phone: 250-897-7500
Fax: 250-338-0015
Website: www.servicebc.gov.bc.ca

Service Canada

130 19th Street
Courtenay BC V9N 8S1
Phone: 250-334-3151
Website: www.hrsdc.gc.ca

Comox Valleylinks/Volunteer Investment Program

201A 2435 Mansfield Drive
Courtenay BC
Phone: 250-334-8063
Website: www.valleylinks.net and
www.volunteer.iscn.ca

Town of Comox

1809 Beaufort Avenue
Comox, BC V9M 1R9
Phone: 250-339-2202
Fax: 250-339-7110
<http://comox.ca>

Village of Cumberland

Box 340, 2673 Dunsmuir Avenue
Cumberland BC V0R 1S0
Phone: 250-336-2291
Fax: 250-336-2321
Website: <http://cumberland.ihostez.com/>

Cumberland Chamber of Commerce & Visitor Centre

2680 Dunsmuir Avenue @ the Museum
Cumberland, BC V0R 1S0
Phone: 250-336-8313
Fax: 250-336-2455
Email: cumbcham@island.net
Website: www.cumberlandbc.org

Comox Valley Economic Development Society

102-2435 Mansfield Drive
Courtenay BC V9N 2M2
Phone: 250-334-2427
Fax: 250-334-2414
Website: www.investcomoxvalley.com

Community Futures Development Corporation

200-580 Duncan Avenue
Courtenay BC
Phone: 250-338-4417
Website: www.communityfutures-strathcona.com

MP (Federal Gov't)

John Duncan

104-576 England Avenue

Courtenay BC V9N 2N3

Phone: 250-338-9381

1-800-667-8404

Email: duncan@canadianalliance.ca

Website: www.duncanmp.com

MLA (Provincial Gov't)

Stan Hagen

Constituency Office

437 5th Street

Courtenay BC V9N 1J7

Phone: 250-703-2422 Fax: 250-703-2425

Email: stan.hagen.mla@leg.bc.ca

Website: www.stanhagenmla.bc.ca

Acknowledgments

The Comox Valley Chamber of Commerce has compiled the material gathered herein. Where practical we have made note in the text as to sources used. We wish to thank all those agencies and groups who shared their resources with us.

- 19 Wing Comox (CFB Comox)
- BC Statistics
- City of Courtenay
- Comox Valley Economic Development Society
- Excel Career College
- InFocus Design
- North Island College
- Comox Valley Regional District
- Statistics Canada
- Town of Comox
- Village of Cumberland