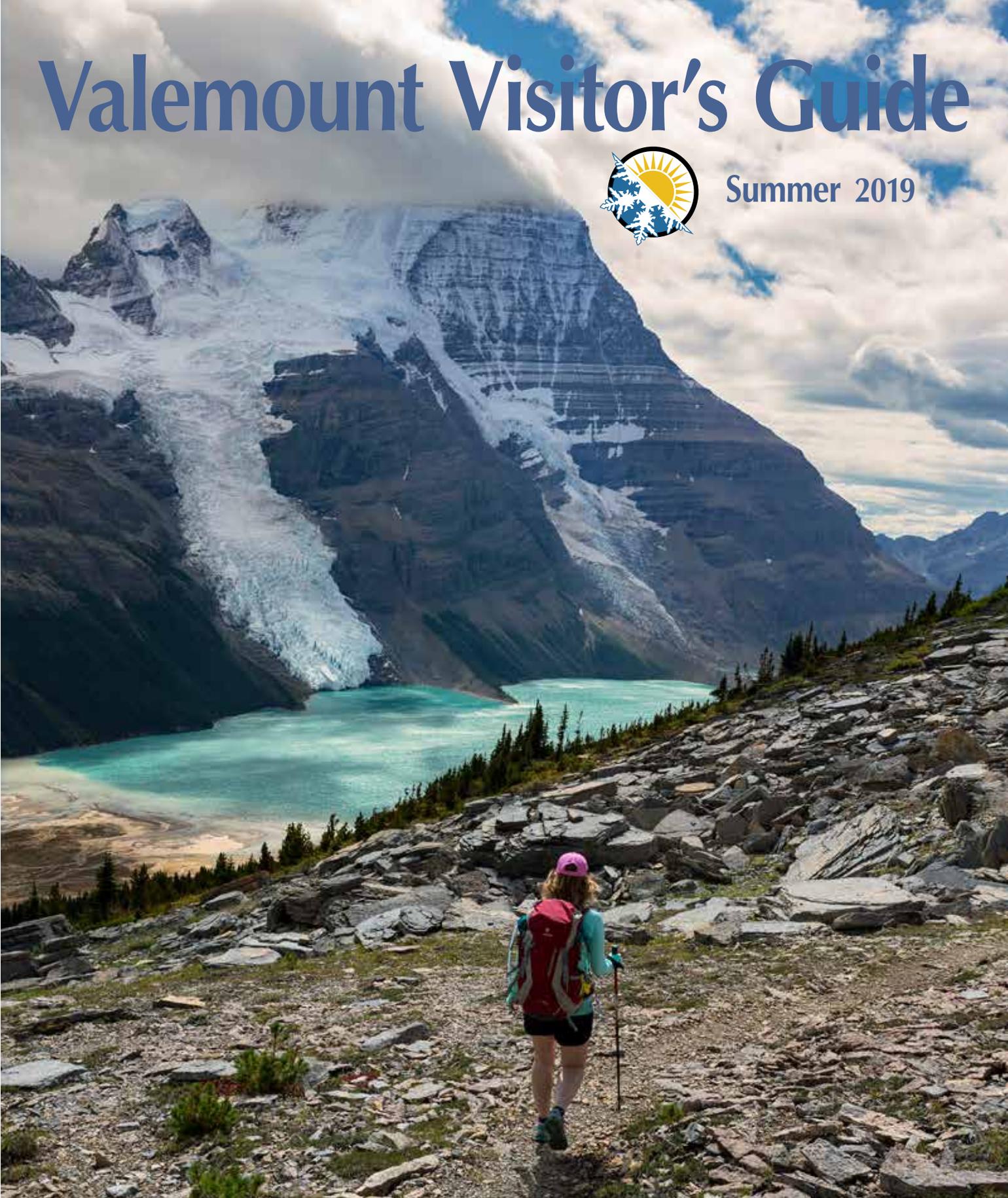


Valemount Visitor's Guide



Summer 2019



ACTIVITIES • ACCOMMODATIONS • DINING



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*Throughout the season (May 11- Oct 27) our ranch is open daily from 7 AM to 9 PM. Even when not riding, there's enough to do!
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There is no better way to experience the Canadian mountains than on horseback. We offer all sorts of trail rides, anything from a 30 minute family loop to a full day ride.

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Adventure Tours Valemount, BC



ATV



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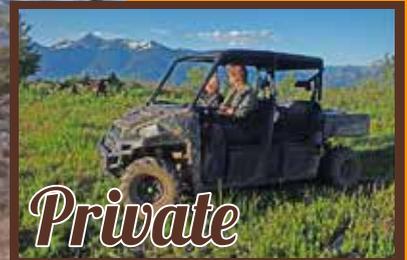
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Yearly Events

- MAY**
High School Rodeo
 May 25–26, 2019
- JUNE**
Valemountain Days
 June 7–9, 2019
- vALEmount Craft Beer Experience**
 June 14-15, 2019
- Valemount Farmer's Market**
 June 20–September 26, 2019
 every Thursday
- Dunster Ice Cream Social**
 June 29, 2019
- JULY**
Canada Day Celebrations
 July 1, 2019

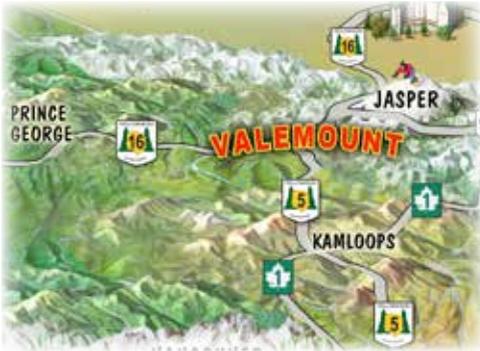
- Canoe Mountain Rodeo**
 July 13–14, 2019
- Canada Parks Day**
 July 20, 2019
- AUGUST**
North West Mud Racing
 August 3–4, 2019
- Robson Valley Music Festival**
 August 16–18, 2019
- The Blueberry Tea**
 August TBA, 2019
- SEPTEMBER**
Valemount Marina Fishing Derby
 August 31–September 1, 2019
- Mount Robson Marathon Run**
 September 7, 2019

IMPORTANT PHONE NUMBERS

- Police-Fire-Ambulance 911
 Local RCMP250.566.4466
 Valemount Health Centre250.566.9138
 Valemount Visitor Centre250.566.9893
 VARDA250.566.4817
 Village of Valemount250.566.4435
 Yellowhead Helicopters250.566.4401
 Crimestoppers800.222.8477
 Report a Poacher/Polluter877.952.7277
 Report Wildfires800.663.5555

For more information:
VisitValemount.ca/events

Copyright, design and layout: Village of Valemount, 2019.
 Cover Photo: Kelly Funk Photography, Mount Robson, Mumm Basin.



Welcome to Valemount, B.C.

Distance to:

Calgary	525 km	Jasper	120 km
Edmonton	475 km	McBride	90 km
Kamloops	320 km	Blue River	90 km
Prince George	300 km		

Valemount Visitor Centre

Make the Valemount Visitor Centre your first stop for great local and provincial information.

We offer a range of services including free WiFi, local adventure activity bookings and accommodation bookings throughout British Columbia.

Explore our fun and informative displays, and browse our selection of quality Valemount British Columbia clothing and souvenirs; many are made by local artisans! For help with planning, call us at 250.566.9893 or email us at visitorcentre@valemount.ca.

The Valemount Visitor Centre is now open year-round.

Valemount—a friendly stop on Yellowhead Highway 5—offers a surprising variety of hotels and restaurants in a typical rural mountain community setting. Valemount is surrounded by the Rocky, the Cariboo and Monashee Mountains.

Valemount is your gateway to many natural wonders. Mount Robson Provincial Park, a 20-minute drive from the Village, is home to black bears, grizzlies, moose and elk. In August, you can experience the phenomenal Chinook salmon spawning in Swift Creek at George Hicks Regional Park. Enjoy the wide-open mountain views along the dikes or boardwalk section of the Cranberry Marsh Sanctuary—1.9 km south from the Visitor Centre—observe the local and migratory wildlife. The sanctuary is a home for muskrat, moose, and deer and over 90 species of birds.

There is always an adventure around every corner and off the beaten path. Ride your ATV on Canoe Mountain, fish in Kinbasket Lake or join a whitewater rafting tour on the Fraser River. For the more adventurous check out our new Mountain Bike Park, with 25 exciting trails there is something for every skill level. Whether you prefer to hike, bike, paddle, float, or ride your ATV, you certainly will experience the beauty of Valemount's natural wonders.

In the winter, Valemount is home to the best Alpine snowmobiling, the base for the finest snowcat-skiing, backcountry skiing, dog-sledding and Alpine skiing and snowboarding there is. Crystal Ridge is, the only snowmobile assisted ski/snowboard facility in the world.

VisitValemount.ca and *Let the mountains move you.*



Photo: Kelly Funk Photography

Valemount Visitor Centre



Exciting Adventures

River Rafting Tours

If you like the thrill of bouncing along fast-moving water, a wild white-water rafting tour on the famous Fraser River may just be the perfect adventure for you. The area around Valemount offers some of the most exhilarating river rafting in British Columbia. White-water trips on the mighty, swift moving Fraser River will not only get your adrenaline going, you will also be rewarded with spectacular views, and you may even glimpse some wildlife along the shores or see spawning salmon.

If you are looking for a more relaxing way to spend the day on the river, scenic float trips are a great way to enjoy the scenery. Bring your family and friends for the adventure of a lifetime! River rafting on the Fraser River makes a great highlight to any summer vacation. For more information contact Mount Robson Whitewater Rafting at 888.566.7238

Mountrobsonwhitewater.com or Stellar Descents White-water Rafting at 866.569.0188
Stellardescents.com.

Helicopter Tours

The world-famous Mount Robson is the highest point in the Canadian Rocky Mountains and can be uniquely viewed from the air in a helicopter. From Valemount, Robson Helimagic can take visitors on a sightseeing tour of the valley and surrounding peaks. Visitors longing for more adventure, can be dropped off at Robson Pass and hike the Berg Lake Trail back to the valley floor. For more information call 877.454.4700 or visit Robsonhelimagic.com.



Photo: Boosted Imagery

Berg Lake, Robson Helimagic Drop-Off

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Mount Robson Whitewater Rafting Co.
www.mountrobsonwhitewater.com

Reservations Call 250-566-4879

The advertisement features a vibrant image of a group of people in a blue raft navigating white-water rapids. They are wearing red helmets and life jackets, and some are holding paddles. The background shows a dark, rocky riverbank. The text is bold and colorful, with 'WHITE WATER' in large yellow letters and 'Rafting' in red script. The company logo and contact information are at the bottom.

Horseback Riding

Visitors seeking the experience of riding a horse through the valley will find many opportunities to do so around Valemount.

Visitors can bring their own horse or take a guided horseback tour. Riders of all ages and experience will find horses and outfitters to suit their needs.

For more information on guided trail rides and horse whispering/liberty demos with on-site cabins call Willow Ranch 250.566.4100 or visit Willowranchvalemount.com.

For more information on trail rides and riding lessons call Cowgirl Up Adventures 250.566.5099 or visit Cowgirlupadventures.com.

Golfing

If golfing is the name of your game, Valemount allows you to enjoy the greens surrounded by majestic mountain ranges. The Valemount Pines Golf Course is a high quality, family-oriented facility that offers exceptional golf, friendly service and reasonable prices.

The 9-hole facility is easy to play for beginners, but also offers a challenge to golfers with low handicaps. There is also a driving range and an RV park. If you didn't bring your own equipment, you can rent whatever you need at the club house. With spectacular views in every direction, this course is a necessary stop for golfers travelling through our valley. Valemount Pines Golf Course is open daily from 8:00 am to 8:00 pm. For more information call 250.566.4550 or visit Valemountpinesgolfrv.ca. In the off season refer to website.

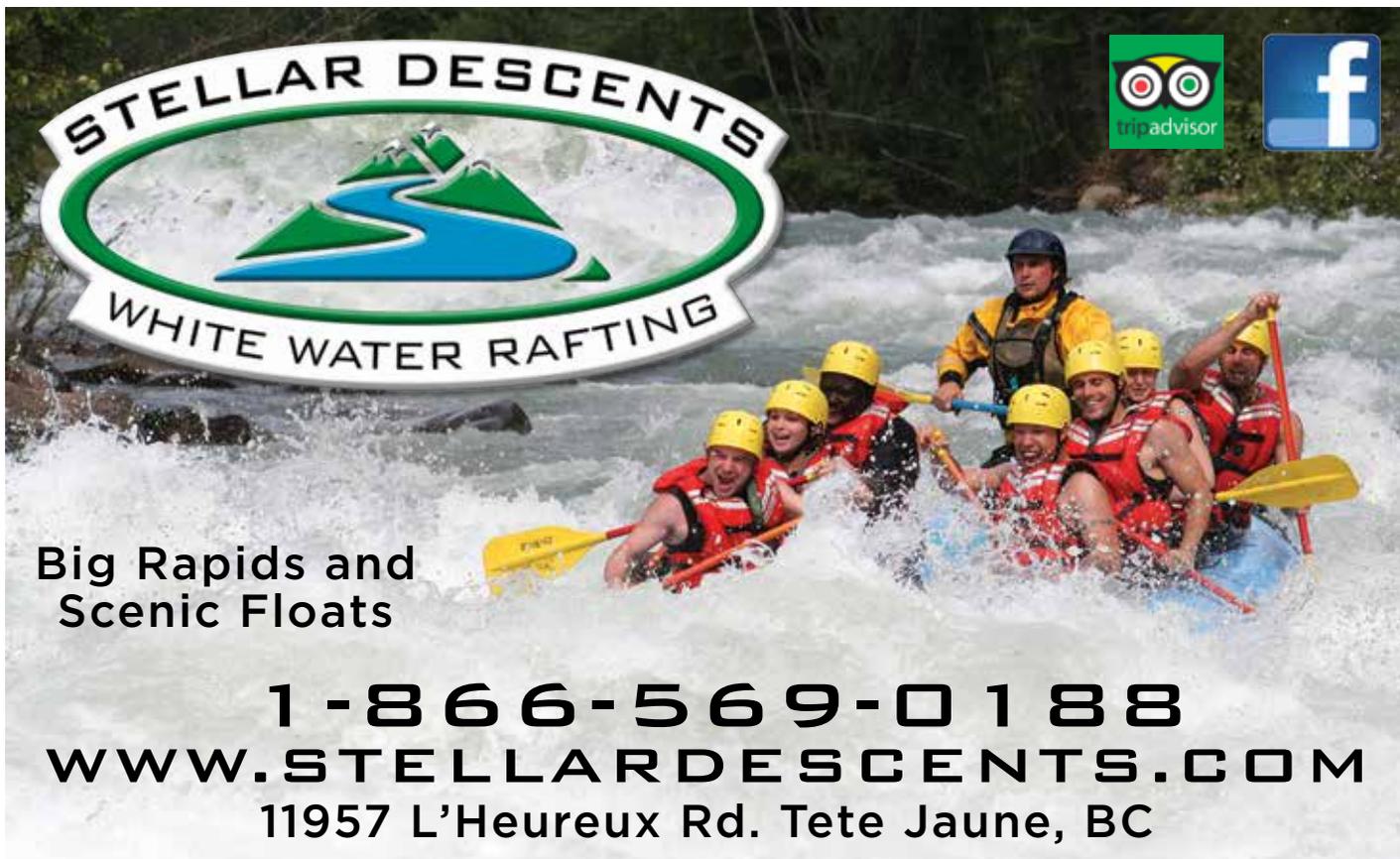
ATV Trips

Valemount offers a unique and breathtaking ATV experience. Leave the thoughts of mud and tire spinning at home and come here to enjoy the scenic backdrops and the natural beauty that our area has to offer. From waterfall filled forestry roads, to ride and fish adventures, to scenic panoramic views; Valemount has many natural wonders to offer while responsibly enjoying our valley on an ATV or motorcycle.

A must-do adventure has to be reaching the summit of Canoe Mountain where all levels of riders can reach a mountain peak of over 8,000 ft /2,400 m. This is a sustainable ride via an old road system that gets you to amazing heights and even more spectacular views. As with every ATV opportunity in Valemount, please stay on existing roads and trails.

We want to preserve our natural environment, so we highly recommend that your ATV adventure begins with a visit to the local Valemount Visitor Centre to receive great advice on where and when to go. You can also try contacting the Valemount and Area Recreation Development Association (VARDA) by phone 250.566.4817; email info@ridevalemount.com or visit the VARDA website at Ridevalemount.com for links to Google Earth files, GPS downloads and detailed information regarding sustainable ATV riding in the Valemount area.

If you don't have your own machine and are looking for a guided experience, check out Alpine Country Rentals, where you can rent a machine and book a tour. For more information call 250.566.9774 or visit Alpinecountryrentals.com. If you would like to go on an exciting guided side-by-side ATV tour into the wilderness, call Mica Mountain Lodge & Tours at 1.888.640.6422 or visit Micamountainlodge.bc.ca. Service in English and Deutsch. If you are looking for a scenic ATV adventure, Valemount has what you need.



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Photo by Mike Greere

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Boating

Located amidst amazing scenery, the Canoe Reach Marina (Lat 52.678710, Long -119.023832) near Valemount offers a boat launch, a small campground and a warming hut. Daily, weekly and seasonal boat storage and dock moorage facilities are available as well but space is limited. Kinbasket Lake is a large hydroelectric reservoir, stretching from Valemount all the way down to the Golden area, with water elevation levels that rise and fall dramatically season to season. Water levels recede during the winter and generally advance to accessible levels in late spring reaching its highest levels in late summer. To access the Kinbasket Lake area, drive approximately 3.5 km south along Highway 5 from the Valemount Visitor Centre, and watch for directional signs to the lake. Turn left onto Cedarside Road. Remain on this road, cross the train tracks and Whiskey Fill Road, and continue on. After 1.9 km the road turns to gravel. You will next come to a junction of the east and west side roads at the 5 km mark at which point becomes an active Forest Service Road. Continue straight.

While multiple access points to the lake offer picnic areas, designated campgrounds are at the 17.5, 20 and 20.7 km marks. Access descends to the Marina at 21.2 km. Headlights are encouraged at all times during road travel and if available, tune VHF radio to RR Channel 1 (150.080 MHz). While on the water, most boaters monitor VHF Marine 16 (156.800 MHz). See you there! For more information, please visit Valemountmarina.com.

Fishing

Are you dreaming of hooking a big one? Surrounded by an abundance of crystal-clear lakes, rivers, creeks and streams, Valemount is a haven for the avid fisherman. Cast your line and you could find species such as bull trout, rocky mountain white fish, rainbow trout, burbot or kokanee on the hook.

A memorable fishing experience awaits either the casual fisherman or the experienced angler. Be sure to get a fishing license and check the rules and regulations before going out on your fishing expedition. Licences are available at the Valemount Visitor Centre and Service BC in Valemount. For more information visit Fishing.gov.bc.ca.

*For more information on fishing in the Valemount area, please visit the Valemount Visitor Centre.



Photo: Kelly Funk Photography

Kinbasket Lake



Photo: Kelly Funk Photography

Kinbasket Lake, Valemount Marina



Hiking

Hiking any of the trails in the Valemount area is the simplest and most satisfying way to enjoy the scenic views. Here are some great options easily accessible from town:

The Big Foot Trail (elevation gain minimal)

This is a paved and wheelchair accessible walk (approx. 4 km) that loops around the Village of Valemount passing by several shops and restaurants along the way.

The George Hicks Trail (elevation gain minimal)

This is a short 0.6-km trail which starts just behind the Valemount Visitor Centre and swings around to Swift Creek where salmon viewing opportunities are possible during the late summer months.

Swift Creek Loop (200 m/650 ft elevation gain)

This 10-km loop starts by following Swift Creek for 1 km; the trail heads up for another 0.8 km to the viewpoint where you can enjoy great views in all directions. Continue through a mixed forest for another 2.5 km to a suspension bridge, once over the bridge you will find yourself in an enchanted 300-year-old cedar forest. The trail continues through a mossy gully which brings you to a biking trail; watch for trail markers that will indicate the direction to 5-Mile Road where you turn right and continue down for 2 km to Main Street. At Main Street turn right and follow this street for 1.2 km back to the Golden Years Lodge.

Note: Biking trails intersect at various spots along the way, watch for the #6 markers which will keep you on the main hiking trail.

Trailhead Access: From the Valemount Visitor Centre travel east on 5th Avenue to the railway tracks, then turn left onto Main Street and follow for 1 km. Parking is available on the west side of the road just before the bridge (across from the Golden Years Lodge). The trail starts immediately after the bridge on the right.

Swift Creek Viewpoint

(200 m/650 ft elevation gain)

This short hike (1.8 km one-way) gets you to a great viewpoint where you will find a picnic table to enjoy your lunch. The trail starts along Swift Creek, then veers left into the woods and works its way up to a viewpoint where you will enjoy a great view of the Premier Range, Canoe Mountain and the Village of Valemount.

Trailhead Access: The Swift Creek Viewpoint has the same trailhead access as the Swift Creek Loop (see above).

Cranberry Marsh (elevation gain minimal)

The Starratt Wildlife Sanctuary, locally known as Cranberry Marsh, offers a scenic 6-km loop with two viewing towers along the way. The main dike, which is only a couple hundred metres from the Best Western, has spectacular bird watching opportunities particularly in May and June. Another great bird viewing opportunity can be had from the north side of the marsh on the boardwalk section. This section is approximately 0.9 km long; one can continue around the trail from there or, if time is limited, just a quick walk in and back is still a nice option.

Trailhead Access (main trail): From the Valemount Visitor Centre travel south for 1.9 km to the Best Western. The parking lot for the marsh is in front of the Hotel parallel to Hwy 5. You will see a sign marking the trailhead.

Trailhead Access (boardwalk): From the Valemount Visitor Centre travel down 5th Avenue for approx. 1 km to Ash Street and turn right, follow

this street for 1.5 km to where the road ends at a small parking area. The boardwalk trail is to the left.

For the more adventurous, the following are a couple of the local favourites:

McKirdy Meadows Trail

(550 m/1,800 ft elevation gain)

For those looking to get into the alpine, the McKirdy Meadows hike is a great choice. From the trailhead it's approximately 6 km of fairly steady elevation gain to the meadows but worth the effort as you will be rewarded with some great views including Mt. Robson to the north. In 2017, switchbacks were constructed to allow for a gentler hike to the meadows. Most of the switchbacks head off to the left from the original trail, and once above the bench watch for a couple of the new switchbacks to your right. The local outdoor club YORA has a cozy cabin located by a small creek in the subalpine. For more information and/or to book this cabin please call 250.566.8244 and ask for Patricia Thöni.

Trailhead Access: From the Valemount Visitor Centre travel east on 5th Avenue to the railway tracks, cross the tracks and turn right. Your first left will get you onto Hillside Drive. Follow Hillside Drive for 1 km to a fork, take the right-hand fork and follow the forestry road (locally known as 5-Mile) for approximately 6 km to the road's end. The trailhead is marked with a sign on the east side of the parking area.

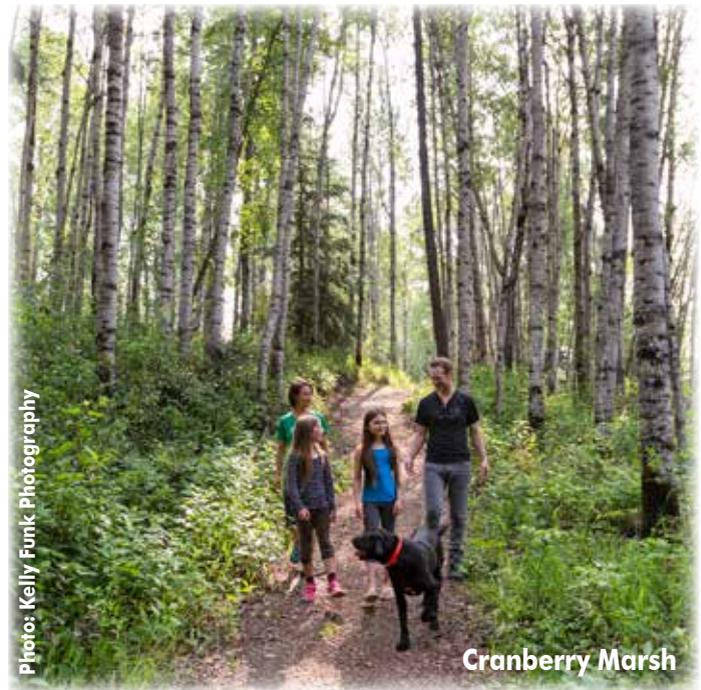


Photo: Kelly Funk Photography

Cranberry Marsh

Little Lost Lake (120 m/400 ft elevation gain)

This 1.7-km one-way trail starts with some uphill sections, then levels out for the last half of the hike and ends at a lovely picnic spot by the lake. For those looking for a little more, they can walk around the lake or explore some of the branches that take off from the main trail.

Trailhead Access: From the Valemount Visitor Centre travel north on Highway 5 to the Highway 16 junction and travel east towards Jasper for 1.5 km. Park at the pull-out just after the weigh scales. From the pull-out cross the highway and go west for approximately 100 m and on your right you will see the brown forestry sign which marks the trailhead.

Valemount Tours & Activities	Telephone	Summer	Winter	Services
Alpine Country Rentals & Tours	250.566.9774	•	•	ATV & Side-by-Side tours and rentals, JEEP tours, SNOWMOBILE tours, guide service and rentals.
Bikes & Bites	250.566.5169	•		Bike Sales, Rental & Repairs plus energy snacks, candy and bottled beverages available.
Cariboo Snowcat Skiing & Tours Ltd	250.566.9809		•	Powder skiing and snowboarding operation with site-seeing tours.
Cold Fire Creek Dogsledding	877.295.8505		•	Guided dogsledding tours.
Cowgirl Up Adventures	250.566.5099	•		Guided horseback riding and riding lessons.
Dave Henry Lodge	250.566.4718	•	•	Multi-day skiing or hiking.
Frozen Pirate Snow Service	250.566.9950		•	AST1 Avalanche Training & guided snowmobile tours.
Mica Mountain Lodge & Tours	888.440.6422	•		Mica Mountain Lodge & side by side ATV tours. Unique. Wild. Private.
Mount Robson Whitewater Rafting	888.566.7238	•		White water rafting and scenic float trips.
Robson Helimagic	877.454.4700	•	•	Berg Lake heli-drops, heli-hiking, heli-sightseeing, heli-weddings and heli-snowshoeing.
Stellar Descents Whitewater Rafting	866.569.0188	•		White water rafting and float trips.
The Valemount and Area Museum and Archives	250.566.4177	•		Discover the history of Valemount & the Robson Valley.
Valemount Pines Golf Course	250.566.4550	•		9-hole golf course with double tees.
Willow Ranch	250.566.4100	•	•	Guided summer/winter trail rides and whispering/liberty demos.

Information is subject to change

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Attractions

Cranberry Marsh

The Robert W. Starratt Wildlife Sanctuary, locally known as the Cranberry Marsh is located south of the Village of Valemount, the Wildlife Sanctuary is an ecological gem.

Situated in the Rocky Mountain Trench, Cranberry Marsh is a provincially important resting and nesting area for migratory birds and waterfowl, making it one of the finest and most unique bird watching areas in the province.

The major portion of this marsh complex was donated by the Starratt family in memory of Robert Starratt. A trail system, complete with two viewing towers, provides visitors with excellent opportunities to view a wide variety of the area's flora, fauna and mountain landscapes.

The marsh is one of the very best locations to see birds not commonly seen in other locations. The beautiful Yellow-Headed Blackbird, the elusive Sora and the graceful Northern Harrier can all be seen and heard. The trail system follows the water control dikes and transitions into a lodgepole pine dominated forest.

If you're a serious 'birder' or just enjoy wildlife viewing in a natural setting, the Cranberry Marsh can provide a memorable experience that will lift your spirit and lighten your heart.

Valemount Museum

The Valemount Museum has something for every member of the family. The original building was built in 1914 and served as the Swift Creek Station; it was then moved in 1927 and served as the Valemount Station until 1981. In 1987 the Valemount Historical Society purchased the abandoned building, moved it to its current location and started a 5-year restoration process to bring it back to life as Valemount's museum.

The museum offers exhibits throughout its three floors. There is also the recently added Ishbel Cochrane exhibit; it was created in memory of Ishbel Cochrane and features the Hargreaves brothers outfitting company and the Mount Robson ranch. The Museum also has a restored caboose and numerous artifacts from the Robson Valley's early years of the logging and agriculture sectors. Explore the Railroad Room, which has a model train running through the displays, artifacts and, yes, even through the bathroom.

One of the museum's most popular exhibits showcases the life of a trapper and some of his furs and tools. Local artist Margaret McKirdy's "Little People" is a collection of life-like sculptures of local personalities made with local clay; she is also the creator of the life-size trapper in the basement exhibit. Visitors to the museum can also find stories about the Japanese internment camps, the history of the Valemount schools, early settlers and, of course, the history of the railroad through this area.

Enjoy a walk back in time and visit the Valemount Museum at 1090 Main Street, behind the Valemount Public Library.

2019: Open May 14 – September 30. Admission (cash only) is \$8 per family (up to 2 adults and 4 children), \$3 per adult, and \$2 per child (up to 18 years of age). For more information call 250.566.4177 or visit Valemountmuseum.ca.

War Heroes Museum

Located at the Royal Canadian Legion Branch #266 in Valemount, the War Heroes Museum houses pictures, uniforms, artifacts and other collectables from members of the legion and their families. The museum

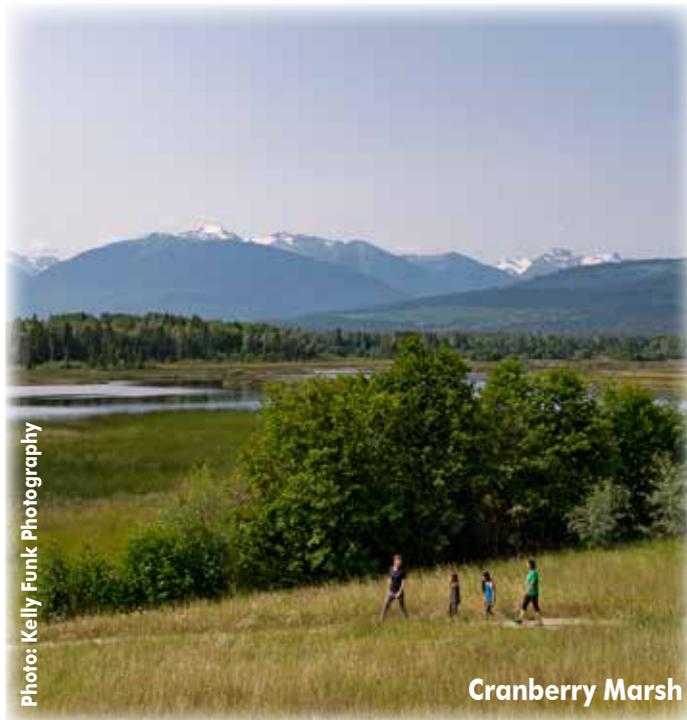


Photo: Kelly Funk Photography

Cranberry Marsh

displays the history of the Boer War, the First and Second World War, the Korean War and from Peace Keepers presently serving. The aim of the Museum is to show respect for the men and women who fought for our freedom, and to remember the consequences of war.

The Legion is located beside the Big Foot Trail; look for the open sign to be out between 6:00 pm and 8:00 pm to visit. The Museum can be viewed when the Legion is open or by calling 250.566.1044 anytime.

Salmon Viewing at George Hicks Regional Park

If you are looking for a place to relax and stretch your legs, George Hicks Regional Park is located next to the Visitor Centre just across the highway from Valemount, along Swift Creek. The park is 2.5 hectares in size and offers a small trail and a lookout platform that provides excellent salmon viewing opportunities from August to early September. The Chinook salmon come from the Pacific Ocean, up the Fraser River and then enter Swift Creek to spawn. Facilities at George Hicks Park include a large parking area, an information kiosk, picnic tables, and pit toilets. To find up to date info for salmon spawning contact the Valemount Visitor Centre.

Nature Programs

During the month of August, the interpretive programs are about the Chinook Salmon and take place at George Hicks Regional Park.

Canoe Valley Recreation Centre

Drop by the Canoe Valley Recreation Centre for badminton, volleyball, pickle ball, floor hockey or a workout at the gym. Open Monday to Friday, 6:00 AM–8:00 PM; closed weekends and statutory holidays. For more information call 250.566.4740.

Mount Robson Provincial Park

A trip to the beautiful Robson Valley would not be complete without a visit to Mount Robson Provincial Park. Created in 1913, this Canadian icon is now in its second century of providing world class recreation and conservation.

As a proud member of the United Nations Education, Scientific and



Cultural Organization (UNESCO), Mount Robson Park is part of a much bigger system of Protected Areas. The Canadian Rocky Mountains world heritage site comprises numerous National Parks and British Columbia Provincial Parks that encompass a vast area, almost 500 kilometres in length through the spine of the Canadian Rockies. Large tracts of land in Mount Robson are managed to allow natural process to take place. Natural disturbance events are a component of a healthy ecosystem but they must consider their impacts on adjacent values.

In Mount Robson Park, a system of zoning delineates what activities are appropriate in specific areas. High levels of recreational use are generally restricted to specific areas that have both high recreational values and can accommodate recreational use without impacting ecosystem values. In Mount Robson, the Highway 16 corridor provides a wide range of recreation opportunities. Day use areas and walks to scenic areas of interest abound and overnight visitors can choose from three different vehicle access campgrounds, each offering a unique camping experience.

The Valemount Visitor Centre at Mount Robson, located at the west end of the park is a treasure chest of opportunities and information as well as offering souvenirs, books and more. There is Wi-Fi available for those needing to stay in touch (ask at the desk for the access code) and an attached deck which affords a great view of Mount Robson and surrounding area. The nearby gas station also has a souvenir store and restaurant. Take a moment to enjoy the views as well as meet other visitors from all over the world.

The Visitor Information Counsellors can register you for the world famous Berg Lake Trail as well as provide information on safety, hazards, wildlife sightings and things to do.

The Berg Lake Trail is one of the best trails in the entire Rocky Mountains and if time allows is a 'must do' for those looking for a mountain experience like none other. Reservations for the 2019 season are open and the trail is 100% reservable between June 12 and September 30, 2019.

To avoid disappointment and get your preferred dates, visit Discovercamping.ca and book ahead. For visitors that don't mind snowy, early season conditions reservations prior to June 12, 2019 are available at the Mount Robson Visitor Centre on a first come first serve basis. Please note all overnight users of the Berg Lake Trail must stop at the Visitor Centre prior to departing to register and obtain their hiking permit as well as go through a mandatory orientation about the park. All sites on the Berg Lake Trail as well as a limited number of each of the three highway accessible campgrounds (Meadows, Robson Rivers and Lucerne) are available on the Discover Camping reservation system Discovercamping.ca.

The Robson Valley provides a wide range of facilities and services while maintaining that 'small town' atmosphere that visitors will be sure to remember.

Slow down, smell the flowers and enjoy Mount Robson Park and the Robson Valley. [Text submitted]

For more information visit Env.gov.bc.ca.

Backcountry Cabins

Hike to one of several backcountry cabins in our picturesque valley.

The Yellowhead Outdoor Recreation Association (YORA) was formed in the 1980's. This local volunteer group maintains the many of the backcountry cabins and trails in our valley.

The Clemina Cabin is located in the Monashee Mountains, whereas the

McKirdy Cabin is located in the Rocky Mountain Range and Camp Creek is just south of Valemount. Each cabin is equipped with cooking supplies, a wood stove, firewood, and foam mattresses to sleep 4-5 people.

For more information or to book a cabin, call Patricia Thöni at 250.566.8244.

Headwaters Outfitting has two sites composed of three cabins cradled among subalpine meadows and lakes on the boundary of Mount Robson Provincial Park. You can hike or fly into either Dave Henry Lodge or Swift Creek Cabins. The hike into Dave Henry Lodge is approximately 11 km from where a vehicle can be left. The lodge is a 2 storey log building which can accommodate up to 10 people. The sleeping area is upstairs in a large semi-divided room; one side with two double beds and the other with a long sleeping platform and another double bed. The route to Swift Creek Cabins is about a 15 km hike from Dave Henry. It is a 2 day hike to access them from trailhead. Swift Creek Cabins has two cabins – one for cooking and dining, and the other for sleeping.

This will accommodate 6 people comfortably. There are wood heaters, propane lamps and cookstoves at both sites. All guests bring their own sleeping bags. Both facilities have a wood-heated sauna. For more information or to book a cabin call 250.566.5143 or go to Davehenry.com.

The Hermit Thrush Cabin is located in the subalpine. The trail up to the cabin is 5.8 km, with an elevation gain of 853 m (2800 ft). The Cabin sleeps up to four people and they provide linens, propane stove/oven, plates/utensils, pots and pans, cooler and outhouse with toilet paper. For more information or to book a cabin call 250.566.4628 or go to Hermitthrushcabin.com.

For more details on other hiking opportunities in the area, please ask for the Valemount Area Map at the Valemount Visitor Centre. This map is also available at many businesses throughout town. For hiking in Mount Robson Park, please visit the British Columbia Valemount Visitor Centre @ Mt Robson, or go to Env.gov.bc.ca. Please use [#explorevalemount](https://www.instagram.com/explore/valemount) to have your photos featured on Instagram. Look on Valemounttrails.com to see what each trail's # is to be featured there.



Cranberry Marsh

The Starratt Wildlife Sanctuary—by the local residents known as Cranberry Marsh—is located south of Valemount. Cranberry Marsh is surrounded by three mountain ranges—the Cariboo, the Monashees and the Rockies. The climate at the marsh is generally very dry, and it is important to preserve the existing wetland conditions for the species that live there. The valley bottom in this area is covered by silica sand left from the last glacial period, which occurred approximately 12,000 years ago.

The vegetation in the immediate area around the marsh is classified as Sub-Boreal Spruce (SBS). The dominant tree species in this classification are usually Lodgepole Pine and Douglas Fir. However, numerous other trees are found around the marsh: Trembling Aspen, Black Spruce, Engelmann Spruce and Jack Pine. Closer to the water's edge there are willows, cranberry, cattails, button snake-root, and a variety of grasses.

Cranberry Marsh offers good habitat conditions to nearly 100 bird species and waterfowl. The marsh is a junction for the Columbia and Thompson-Okanagan migration corridors. Bear, moose, deer, muskrat, beaver and a variety of small mammals also use Cranberry Marsh. A small population of elk has migrated into the Robson Valley from Jasper National Park and may also be seen around the marsh. There is an abundance of aquatic insects.

Cranberry Marsh is fed by two tributary streams that flow intermittently—the Selkirk and Tapli creek. In addition, the Village's sewage treatment plant transforms outfall raw sewage into perfectly clear effluent that is discharged into the marsh. This effluent provides the marsh with nutrients that increase the plant and algae growth.

In the early 1980s, Ducks Unlimited started a rehabilitation improvement program by building control dikes, forty nesting islands, level ditches, and trails. Most water and canals are in the McKirdy and in the Bailey compartments of the marsh area.

The hiking trail around Cranberry Marsh is a beautiful 6-km walk on flat terrain through conserved wetland. The scenery varies from wide open vistas on the dikes to secluded pathways through a forest of Black Spruce and Aspen. There are two lookout towers located along the trail.

In March 2013, the Cranberry Marsh Area was designated as a Wildlife Management area. This is a conservation area that requires a special level of protection to conserve and manage habitat for regionally and nationally significant fish and wildlife species. The conservation and management of wildlife, fish and their habitats is the priority land use but other land uses may be permitted.

History

In 1871, Alfred Selwyn, a surveyor of the Canadian Pacific Railway, describes Cranberry Lake in the following way: "The lake has probably an extreme length of about two and a half or three miles, by a breadth in the west part of about one-mile. It appears to be very shallow; there are several small islands in it and over nearly the whole of it the tops of reeds or swamp grass stand above the water. The soil on the west side of the lake is either peaty or a sandy loam, and is thickly covered with a species of light feathery grass, standing about one foot high, and now quite brown and useless as fodder."

In 1898, when Fulton McKirdy first came into the valley, the trail from Golden crossed from the Canoe River at the south end of the lake then followed along the west side to join the trail from Kamloops.

Natives who rode into the valley from the area of the Athabasca River for hunting and trapping camped on the east shore of the lake. Because snowfall was light in the valley, this was one of the areas in which their

horses were able to paw for winter feed. Ducks, geese, and all manners of waterfowl were plentiful, as were caribou, bear, muskrat, mink, marten, squirrels, etc. Bog cranberries grew on the moss humps in the lake, blueberries and sand cranberries or lingonberries grew among the pines.

The importance of marshes for local and migratory bird populations was little appreciated by Canada's early settlers. The first suggestion that the lake should be drained for a hay meadow came from Albert Johnson, who surveyed the valley in 1912. The lake at that time was smaller and shallower than when Selwyn described it because of continuous beaver trapping or possibly because of dry seasons.

Mr. Johnson did appreciate one aspect of Cranberry Lake that is its position as a summit lake draining into two major rivers. He made the following suggestion: "A most instructive and exciting race might be organized by the canoe experts of the Royal Vancouver Yacht Club starting in the Pacific Ocean at the

mouth of the Columbia River near Portland, Oregon, following that river to the mouth of Canoe in the Big Bend, thence to Cranberry Lake, where two short portages would be necessary to reach the McLennan—perhaps a three-hour operation and then a downhill pull past the Tete Jaune Cache and Fort George to Steveston on the Pacific Ocean once more."

In 1914, to facilitate construction of the Canadian National Railway, Cranberry Lake was drained. The contractors used dynamite to blow a deeper outlet via the creek on the north end near what is now Ron Baer's house. In the process of deepening the channel and in the process of constructing the roadbed across the lake, they disturbed and penetrated the centuries-old layer of vegetable matter and bird manure, which sealed the lake. Consequently, the lake drained into the sandy soil beneath as much as it did into the McLennan River.



Photo: Kelly Funk Photography

Cranberry Marsh

About that time, a Mr. Porter built a small store and post office called the Cranberry Lake Post Office beside the lake on the north boundary of the property now belonging to the Vanderzwan. This store and post office served the workers and the contractors as well as the local residents until construction was completed in 1916. The post office was still in operation in November of 1917.

During the winter of 1915/16, after the lake was drained, contractors felled and hauled timbers from the homestead of Clem Dubeau, and laid them down for a base onto which to haul sand and gravel for the road bed. Mr. Dubeau's agreement with the contractors stipulated that the contractors clear the land and free it of stumps. I am sure he was quite pleased with this arrangement.

Mr. Dubeau, a man who could neither read nor write, soon had a field ready to farm on his homestead with much less effort than most settlers put into their garden. Thirty-five acres of virgin timber were felled, hauled and laid down layer upon layer with sand and gravel packed between, but all that Engelmann Spruce did not contribute its name to the fill. That honor went to a few cases of whiskey pilfered by the locals and secreted between tufts of grass and humps of moss. So much for relative value as reflected in the esteem of our forefathers.

In August of 1927, Eric Swanson filled in his homestead. Once an island in the lake, the property he chose was now bordered on the south and the east by shallow marsh. He built his house and cleared the field about it. In order to build his access road out the east side through the marsh, he felled brush to corduroy the bed, and then he hauled sand and gravel with a wheel barrow to cover the brush. Later his wife, Eva joined him, and together they trapped on their trap-line down the Canoe River.

Now only the excavation littered with a few broken canning jars, the decaying remains of outbuildings, a dump of rusted cans and bottles, and the rusted hulk and rotting tires of John Matt's truck marks Swanson's former home. The wild roses with up to ten petals instead of the usual five surround the home site and attest to beds of tea roses that once greeted visitors.

In 1950 Bob Starratt, President of Canyon Creek Sawmill moved into the valley. In 1959 he bought the property at the north end of Cranberry Lake and acquired a ninety-nine year lease on the lake as he intended to drain it and make pasture for his ranch out of the lake bed. He had the channel from the lake to McLennan dredged with a cat, but attempts at drainage failed. After his death Mrs. Starratt relinquished the lease to the Department of Conservation, and Ducks Unlimited developed the lake into a bird sanctuary. Now Cranberry Lake has no visible outlet, and although Tapli Creek and Selkirk Creek flow into it the year round, the lake remains shallow.

[The history section contains excerpts written by Margaret McKirdy and published in Starratt Wildlife Sanctuary: The Book, produced by Youth Service Canada, Valemount, in 1998.]

From November 1997 to April 1998, Youth Service Canada, Valemount, worked on the marsh. The group repaired old trails, built new ones, made and designed interpretive signs. They constructed 16 nesting boxes for cavity nesters, 10 nesting tunnels for puddle ducks, and 13 birdhouses.



Photo: Kelly Funk Photography

Cranberry Marsh

Cranberry Marsh Boardwalk

One can access the boardwalk from Ash Street and from Aspen Street. The Boardwalk was completed in December 2015.

Waterfowl common to Cranberry Marsh

- | | |
|--------------------|-------------------|
| American Wigeon | Green-winged Teal |
| Barrow's Goldeneye | Harlequin Duck |
| Blue-winged Teal | Lesser Scaup |
| Bufflehead | Mallard |
| Canada Goose | Northern Shoveler |
| Cinnamon Teal | Ring-necked Duck |
| Common Goldeneye | Ruddy Duck |
| Gadwall | Wood Duck |





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Salmon Viewing—George Hicks Park

One of the most awe-inspiring sights in Valemount is the annual Chinook Salmon run. Every August, these huge fish, which are the largest and strongest of the Pacific salmon species, swim over 1,300 km (800 miles) up the Fraser River to return to Swift Creek in Valemount to spawn. The fish range in size from 6 kg (14 pounds) to 25 kg (55 pounds). George Hicks Regional Park is one of the best viewing areas, with a bridge and a platform that give excellent vantage points for seeing this spectacular life cycle event. You can see the females digging and protecting their nests (redds) and the males jockeying for position around the females.

If you encounter wildlife anywhere please view it respectfully and do not get too close.

Salmon Viewing Season

Although the dates vary from year to year, the salmon typically arrive in Valemount in August to early September. They have spent over three months swimming against the strong spring run-off of the Fraser River. When they first arrive, they are very tired and not ready to spawn yet, and will hold in deeper holes in the creek. If you look upstream of the viewing bridge you may observe them resting.

By mid-August, the fish are usually well into the spawning process, and are very active. By the end of August, there are usually very few or no salmon left in Swift Creek, but there are other nearby viewing areas where they can be seen well into mid-September.

In August, a nature interpreter gives an informative and entertaining presentation about the life cycle of the Chinook Salmon on the viewing platform at George Hicks Park. Explore the informative Chinook Salmon display at the Valemount Visitor Centre. Check with the Valemount Visitor Centre counsellors for the Chinook Salmon Interpretive Talk schedule.

Spawning

As the eggs finish developing in the fish, the females will start to search the creek bed to find a suitable place to dig a nest or redd. They will swim back and forth across the stream until they find a place they like. This area—up to 3 square meters—will be defended from all other females that may want to spawn in the same area, and you will see the fish chas-

ing each other. The male fish will line up behind the female as the pheromone she releases indicates that she is ready to lay eggs. The spawning will take place mostly in the evenings.

The Process

As the spawning takes place, the fish will lay and fertilize close to 3,000 eggs per female. The males will run out of milt sperm before his selected mate is out of eggs. The next male in line will be able to start to fertilize eggs the next night as the first male will perish the day after he is empty of sperm.

Egg Development

The eggs are on their own for the next 2 to 3 months as they develop in this glacial water. They will hatch in November to become alevin that will wiggle down into the soils of the river bottom. The tiny life forms have a part of the egg sack attached to them as a ready food supply. By being under the soil they are protected from ice and ice movement within the stream.

Fry

The alevin will spend approximately 90 days under the soil and emerge as fry in the evenings during February of the following year. These are very tiny fish that will congregate in the slow back waters in the stream and begin feeding on tiny bits of food. As this stream is very cold, there is little insect development to provide the food necessary to grow into a fish capable of migrating to the ocean. The fry remain in the same area for the return of the next year's salmon run, and survive in the stream for a second winter by feeding on the nutrient-rich carcasses of those adult fish after they spawn and die. The fry will grow to become approximately 5 to 7 cm long, when they will begin to migrate to the mouth of the Fraser River.

Migration

It will take approximately 40 days to swim down-stream to the mouth along the BC Coastline of the Fraser River. The fish will encounter many obstacles and begin to congregate. They will undergo a transformation, called smolting, where they will get the marking of a Chinook Salmon and acclimatize to become a salt water fish.



Photo: Kelly Funk Photography

Swift Creek



Photo: Sheila Bloom

Swift Creek



Ocean Life

The fish will now swim north towards Alaska. In the rich marine environment they will grow rapidly, gaining up to a millimetre per day. They will swim the entire length of British Columbia out toward the Aleutian Islands. After approximately four to five years in the ocean, the fish will reach maturity and head back to Vancouver and the mouth of the Fraser River. This swim will be accomplished in one year.

Observe with respect

When watching the salmon please do not interfere with their need to be left alone. The fish burn energy every time they are chased off the nest area. Being too close to the water or in it will make the fish leave their nest. The energy wasted on this departure may be crucial to the spawning process for both males and females.

Enjoy the Park

While on the viewing platform, check out the tree tops in the area and you may see some of the eagles that come to feed on the salmon.

The Park also features picnic tables, so you can pick up some lunch at a local food service vendor and spend some time close to nature.

There is a short walking trail from the Valemount Visitor Centre that leads through the trees to the creek. While walking the trail, you may see deer or their tracks, small mammals such as squirrels or martin, or even a moose in the marshy area. The trail passes through a Black Spruce forest with a wide variety of plant life.

In late August to early September salmon can also be seen jumping up the Fraser from the viewing platform at Rearguard Falls Provincial Park.

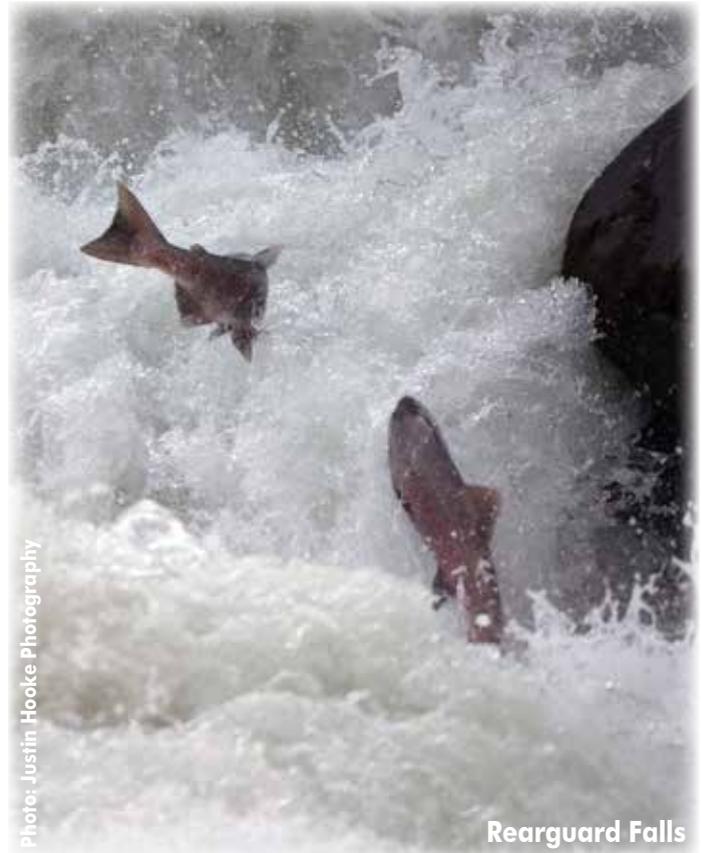


Photo: Justin Hooke Photography

Rearguard Falls

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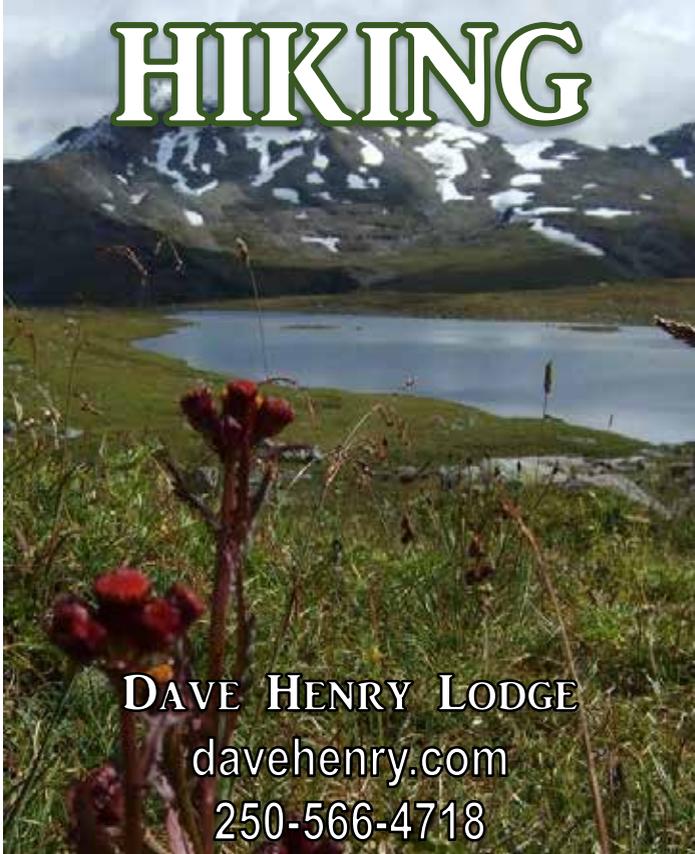
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Geocaching and Historical Hikes

Come to Valemount for your geocaching adventure! There are numerous places to explore with approximately 100 caches in and around the Valemount area. In addition, the Valemount Museum offers a unique historic hikes geocaching series allowing you to explore, search, and learn about the local history.

In 2011, the Valemount Historic Society applied for a Columbia Basin Trust grant to publish a booklet documenting 15 self-guided historical hikes.

Each hike description has GPS coordinates and a hand-drawn map of heritage locations in the Valemount area.

The booklet gives visitors a glimpse into the lives and activities—logging, outfitting, fishing and building the railroad—of people who were here a century ago. Each destination has one or more artifacts on site and this offers interesting photo opportunities in the spectacular setting of the Robson Valley.

In 2014, the Valemount Historic Society received a grant from the Columbia Kootenay Cultural Alliance (CKCA) to produce a “Geocache Edition” for the booklet with geocache coordinates for each site.



Each geocache booklet contains a stamp grid for stamps that can be found at each site. Once a hiker collects 10 stamps, they take their booklets to the Valemount Museum where, once validated, they will receive a beautiful geocoin that showcases the 100 year old Heritage Train Station Museum on one side and the partnering contributions of Tourism Valemount on the other.

The “Geocache Edition” booklet was launched in June of 2015 with a tremendously successful geocaching event that was supported by Geocaching.com through a grant from the CKCA and is now available for sale at the Valemount Museum, the Valemount Visitor Centre, and Infinity Office and Health store in Valemount.

The geocached hikes are also registered with Geocaching.com and the GPS coordinates are all available on line.

To find out more about this or any other fundraisers planned for the Valemount Museum, please contact the Museum staff at 250.566.4177 or send an email to administrator@valemountmuseum.ca.

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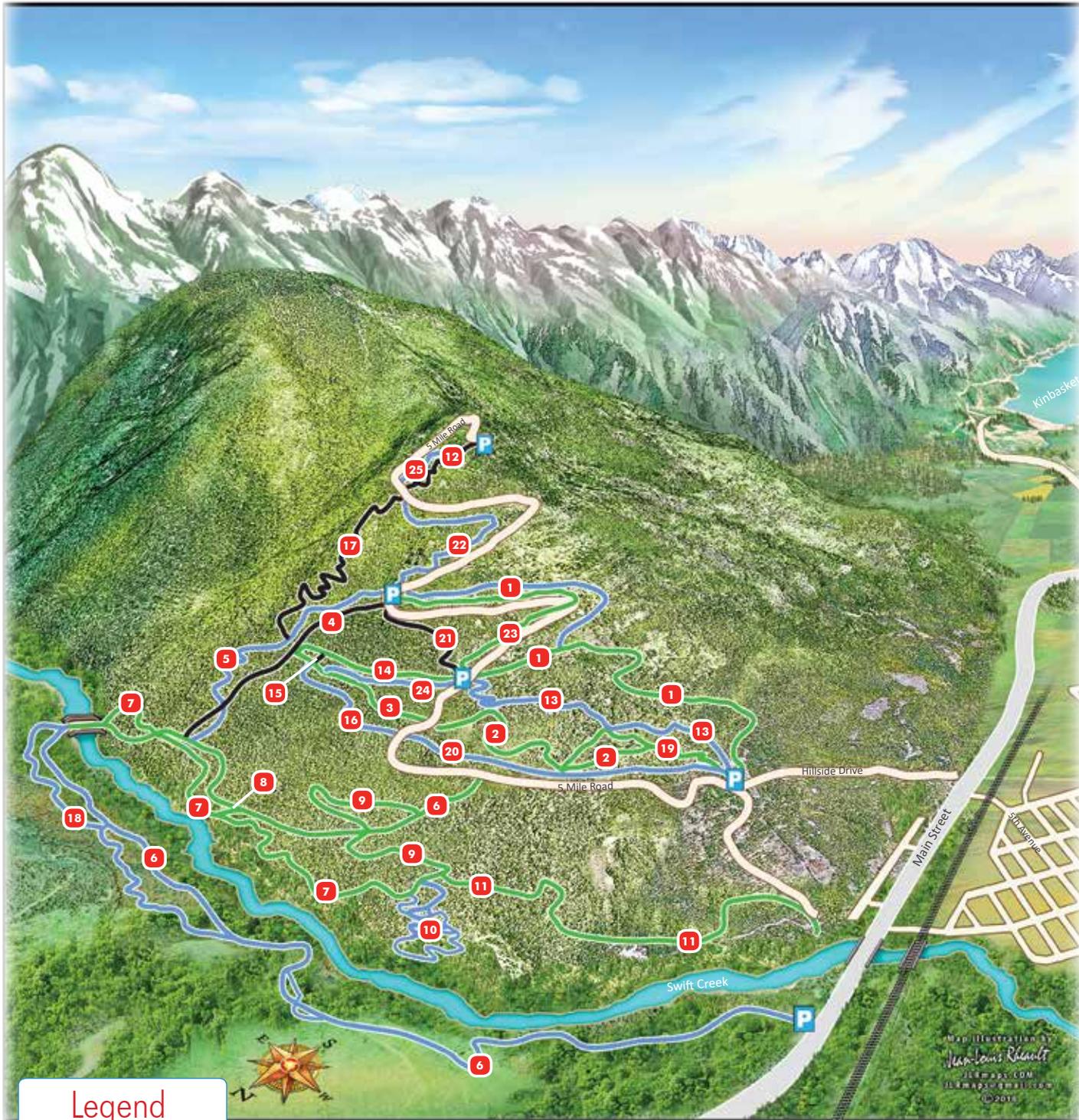


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Valemount Mountain Bike Park



Legend

- Green: Novice
- Blue: Intermediate
- ◆ Black: Advanced

Access to 5 Mile Road

Travel east on 5th Avenue. Cross the train tracks and turn right. Your first left will get you onto Hillside Drive. The main staging is located at 1 km.

Disclaimer

See Disclaimer on Valemount Mountain Bike Park Map.

■ 1. CBT's Munday Grind

A beautifully machine made climbing trail with 6 km of meandering ascent. Moderate grades with a few short and steep sections to get you grinding to the top. There is an exit to the Bacon trailhead off the main line about half way through the climb or stay in for the full push to the Tinfoil Hat staging area.

● 2. Inversion

A hand-made cross country trail that is suitable for novice-intermediate riders. For novice riders this may feel like a beginner downhill ride; for intermediate riders this may feel more like a cross country ride. This trail intersects the Provincial trail at two separate occasions and gives riders a variety of choices. This is a great ride for anyone pedalling from the town site.

● 3. Mid DH Access or Exit

A relatively easy pedal from town, this trail can be used to access the middle of the downhill trails including Tinfoil Hat, Andreas' downhill and Stump Town. This can also be used as an early exit from the downhill trails to access Inversion.

◆ 4. Andreas' Downhill

A very old school, hand-made fall line based downhill trail for advanced/expert riders. Steep and very rooty, this trail is NOT FOR BEGINNERS. This trail parallels the new Tinfoil Hat downhill with multiple intersections so you can play a bit of "choose your own adventure" and mix things up a bit if you like.

■ 5. Tinfoil Hat

An intermediate level, new school downhill mountain bike trail. All jumps are table tops, and easy to be ridden over. Any drops or harder lines have ride-arounds to avoid the obstacle completely. There is a mid-point entrance, easily accessed by pedalling from the town site; however, this trail is best enjoyed by shuttle.

■ 6. Swift Creek

This is a 10-km-long round trip ride on a hand built old school cross country trail. The finish will utilize a bit of town road to return to the 5 Mile Road and ultimately back up to the staging area. This is more designed for hiking although bikes are allowed.

● 7. Southern Traverse

A new school rolling cross country trail. Accessed via the main Swift Creek entrance at 1 km up 5 Mile Road. This section of trail measures 2.5 km. To get in and out will require the use of the other trails.

● 8. Bucket Head Connector

This is a short connector trail. It allows downhill riders to utilize some of the flow of the Southern Traverse while making their way back to the staging area.

● 9. Climb Out or Ride In

This trail is used to enter or exit the Southern Traverse or the Tech Zone. This trail will eventually be built to access much higher elevations without having to use 5 Mile Road.

■ 10. Tech Zone

This chain of 2.5 loops, situated in a small area, provides some technically challenging trails. Frequent and often dramatic changes in elevation combined with rock create a superb environment to get the legs burning. Access via the Swift Creek and Lower Climbing trail, the alignment twists and turns through the topography with numerous optional technical trail features and a combination of fast open turns and bench cut trail.

● 11. Ale Trail

Accessed off of the climb out of the Tech Zone or south end of the Southern Traverse this fast and flowy section of trails acts as another option to exit the trail system to either return to the lower staging area or to coast down to Valemount's town center.

◆ 12. High Roller

Our newest addition and likely one of the nicest jump lines in BC outside of a commercial facility. Beginning at an elevation of over 1,500 m, this feature rich line is close to 1 km long, boasting some very unique options and over 20 jumps to get the arms pumping. This line terminates at the Turducken downhill trail so it can be ridden as an individual trail or part of a longer downhill run.

■ 13. Bacon by NDI

Designed to be the ultimate integration of all the various bicycle handling skills, the idea behind our flow trail is to provide a low risk, gravity assisted trail which users of variable skill level can use to develop their skills. 2 km of berms, rollers and manageable jumps will flow you to the lower staging area and guarantee to put a smile on your face.

● 14. Connect the Dots

A simple and easy pedal friendly 1-km trail that gets users from the DH trails over to the Flow Trail entrance. Just another option for a great ride. Exit only. No uphill travel.

◆ 15. Devil's Gulch

A short rake 'n' ride that is steep and loamy. Accesses this trail just off of Connect the Dots. This short but sweet section is another option to spit you out onto the new Stump Town trail.

■ 16. Stump Town

Another flowy, quasi-downhill option filled with staggered hits and huge berms. This trail ends on the 5 Mile access road and the entrance to Moby Dick is just across the road. A great option for a top to bottom run.

◆ 17. Turducken

Begin at the end of High Roller, this downhill alignment is a feature rich 2.5-km adrenaline rush. More advanced than the Tin Foil Hat, this trail offers a more challenging descent to those looking to get a bit more technical. Tree lines, natural rock features and a flow like you have never seen are all highlights of this trail.



■ **18. Northern Traverse**

This is a continuation of the Southern Traverse, a new school rolling cross country trail. Turn right after the bridge to get on to this flowy delight. Can also be traveled north to south via access off of Main Street, just north of the Swift Creek bridge.

● **19. Provincial Down**

A hand-made beginner downhill trail, suitable for all levels of riders. This trail is accessed via an older skid road about 0.75 km up 5 Mile Road; it can also be accessed from the upper section of the Inversion Trail. For novice riders this may feel like a beginner downhill ride; for intermediate riders this may feel more like a cross country/enduro ride.

■ **20. Moby Dick**

Another amazing and flowy quasi-downhill option. This is a bery new school trail with ladder drops, wall rides and the namesake "Whale Tail" feature.

◆ **21. Coaster**

A fast and tight hand built downhill trail featuring beautiful cedar "roller coaster" type bridges and tight dropping turns. This trail terminates at the Bacon staging area.

■ **22. Stinger**

A machine built trail designed to have a hand built feel. An intermediate level trail that is different from the rest of the flowy trails in our inventory. Steeper, more natural trail surfaces with rock work and some technical features.

● **23. Trap Line**

A beginner downhill trail suitable for all levels of riders. This is a great option for those who enjoy the Munday Grind climbing trail, but want an easier option down the mountain, or for newer riders looking to develop the skills needed for some of the more advanced trails.

■ **24. Stump Connector**

A hand built trail that allows access to Stump down from the Bacon staging area.

■ **25. Lowballer**

Located part way down the Highroller trail, just before the long series of jumps start. Lowballer offers an option for those still looking for a top to bottom lap but who prefer to avoid the large jump line.

Valemount Mountain Bike Park

Ride Valemount means a lot more than just world class snowmobiling

The Valemount Area Recreation Development Association (VARDA) has worked hard over the last four years to create a world class mountain bike trail system known as the Valemount Bike Park. The trail system is located minutes from the Village of Valemount and is an easy pedal from the town core including many local accommodations such as hotels, B&Bs and Campgrounds.

The trail system specializes in new school machine-built flow and downhill style trails, although there are some exceptional pedal opportunities for those looking and we are continually growing our trail inventory. The trails can be accessed via an amazing climbing trail, personal shuttle unit or you can jump on the commercial shuttle service that is available most days of the week.

We continue building and adding to the mountain bike park through the summer of 2019; so please check for updates on Facebook at facebook.com/ridevalemount and visit our website at ridevalemount.com for more information.

We are extremely proud of our trail system and the quality shows. We have a bit of something for everyone and we guarantee that once you ridevalmeount you will wonder why you hadn't visited sooner.

Bike Park Memberships

Love our trails as much as we do? Please consider supporting the trails by purchasing and annual membership.

Pay professional trail builders/maintainers ensuring trails remain open, safe, sustainable, and FUN! Your membership dues provide direct financial support to enable the VARDA to:

- Gather the needed capital to apply for grants for new trail construction
- Purchase materials, tools, and equipment for our volunteers and trail

builders to use during trail days.

- Purchase insurance that allows the VARDA to operate the Bike Park.
- Engage proactively with Land Managers to ensure their continued support and investment in the trail network.
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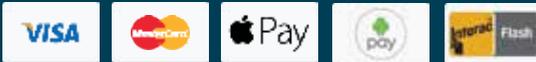
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Photo: Kelly Funk Photography

Valemount Mountain Bike Park, Stumptown Trail

Where to Shop

Shopping in Valemount is a unique small-town experience. You'll encounter genuine helpfulness and friendliness in our family-owned-and-operated shops. You'll find surprises everywhere, and be amazed at the selection and quality of products.

Necessities

Valemount has a bank, post office, grocery store, liquor store, cold beer and wine store, micro brewery, hardware store, pharmacy and health food store for all the necessities for your trip.

Automobile problems? Snowmobile or ATV problems? Stop in at one of our auto parts stores or visit one of our local mechanics.

Gifts, Souvenirs and Books

You'll find unique gifts, local books and souvenirs in a variety of stores throughout the Village. They are sometimes tucked away in unexpected places such as in a coffee shop, service station, drugstore or hair salon. Go exploring and see what treasures you will discover!

Looking for unique handmade arts and crafts made by talented local artisans? Take in the home-based shops of a local potter, a woodturner, and an artist. There is also a selection of local handicrafts at the Valemount Visitor Centre, as well as books, jewellery and a wide selection of Valemount British Columbia branded clothing and souvenirs.

Specialty Shops

Wishing you came prepared for the amazing outdoor adventure available in the area? Local stores carry a wide range of outdoor recreation clothing and equipment for all activities and seasons.

Take a walk back in time and discover a wide variety of antiques and collectables at our quaint local antique shop. Pamper yourself! Book a treatment at our local spa, or have your hair done at one of our local salons.

Farmers' Market

The Valemount Farmers' Market is held beside the Valemount Visitor Centre from June to September, Thursdays, 4:00 pm–7:00 pm.

The market boasts local vendors providing Make-it, Bake-it or Grow-it products, under the guidelines of BC Association of Farmers' Markets.

With excellent food vendors and musical entertainment, it's an event you don't want to miss!

For more information please contact the Market Coordinator valemountmarket@outlook.com.

Unique Boutique Salon & Spa

- all hair services
- massage
- men's cuts
- manicures
- pedicures
- hot shaves
- beauty products & gift retail

- waxing
- lash extensions
- lash lifts
- tinting
- cosmetic tattooing

Discover Your Unique

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[f](#) [Instagram](#)



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- Deck Truck
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- Serving Valemount, Blue River, McBride & Jasper

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250.566.4305



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Fresh instore deli
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International & organic foods
Fresh produce

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Valemount, British Columbia

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Valemount



Tele - Pharmacy

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1214 5th Ave. Valemount, BC

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9:00 - 5:30
Sunday
10:00 - 4:00

- Vitamins
- First Aid
- Skincare Products
- Cosmetics
- Travel Accessories
- Blood Pressure Machine
- Kodak Picture Kiosk




Pharmacist Approved



Where to Eat

Valemount has an amazing selection of restaurants and cafes to satisfy every taste and budget. Whether you are looking for the perfect location for a romantic dinner or for a casual spot to get together with friends for fun times, Valemount has it all.

Enjoy leisurely fine dining in a beautiful log cabin or international cuisine on a deck with mountain views in every direction. Savour a cappuccino and enjoy a healthy lunch or fresh baked sweets on an outdoor patio or deck. Enjoy a casual meal in one of our friendly, family restaurants.

Experience the local colour while enjoying a drink at one of the watering holes and enjoy a delicious pub meal. Get take-out and enjoy a picnic in one of our beautiful parks, or grab a quick meal at a fast food establishment. Menu selections are as varied as the locales. Whether you want prime rib, wild salmon, vegetarian fare, burgers, pasta, or pizza, breakfast, lunch or dinner, it's all available and delicious in Valemount.

You can find home-made soups, fresh desserts made onsite, and salads made with locally grown greens. Valemount has a selection of ethnic restaurants including Chinese, Korean, Japanese, and Middle Eastern.

Check out the dining grid to plan your Valemount dining adventure or stop in at the Valemount Visitor Centre to peruse the menus from local restaurants.



Funky Goat Eatery

	Telephone	Breakfast	Lunch	Dinner	Licensed	Delivery	Children
Arirang Restaurant	250.566.4477	•	•	•	•		
A & W	250.566.4104	•	•	•			•
Cafe Mt. Robson*	250.566.4332	•	•				
Caribou Grill	250.566.8244			•	•		•
Cranberry Lounge	866.777.1120			•	•		
Dasal Korean & Japanese Restaurant	250.566.4849	•	•	•	•	•	
Dduk Bae Kie Restaurant	250.566.1780		•	•	•		•
Diamond H Donairs	250.566.4453		•	•	•	•	•
Glacier Fire Pizzeria	250.566.9090		•	•	•	•	•
Vacation Inn Lounge and Dining	250.566.0072	•	•	•	•	•	•
Lucky House Restaurant	250.566.2345		•	•	•	•	
McLennan Car/Truck Stop Restaurant	250.566.9199	•	•	•	•		•
Riverside Café*	250.566.9805			•	•	•	
Rocky Mountain Pizza & Deli	250.566.9961	•	•	•		•	•
Scooter's Pizza	250.566.0181		•	•	•	•	•
Subway Valemount	250.566.4050	•	•	•			•
Summit Grill	866.777.1120	•		•	•		•
The Funky Goat Eatery*	250.566.3125		•	•			•
The Gathering Tree Eatery & Gift Shop	250.566.0154	•	•				•
The Moose Neighbourhood Pub	250.566.2337			•	• No Minors		
Three Ranges Brewing Company	250.566.0024		•	•	•		
Tim Hortons	250.566.4116	•	•	•			
Valemount Heights Pizza	250.566.4056		•	•			•
Valemount Swiss Bakery	250.566.4035	•	•				

*Seasonal Information is subject to change

Valemount Visitor Centre

Phone: 250.566.9893 VisitValemount.ca visitorcentre@valemount.ca

Valemount's Place to Dine
250-566-8244

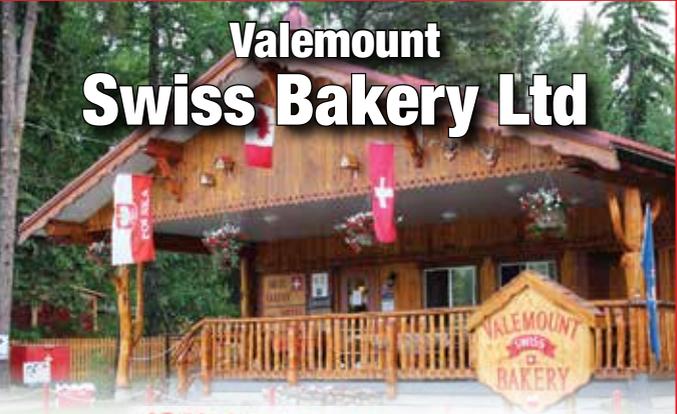


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4:30 PM
DAILY**



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alpineinnvalemount.com



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bestwesternvalemount.com



Canadas Best Value Inn

Phone: 250.566.8222 **C**
canadasbestvalueinn.com



Chalet Continental

Phone: 1.877.566.7799 **D**
chaletcontinental.com



Comfort Inn Valemount

Phone: 800.424.6423 **I**
choicehotels.com



Rocky Inn

Phone: 250.566.4477 **E**
rockyinn.com



Super 8 Valemount

Phone: 250.566.9171 **F**
super8.com



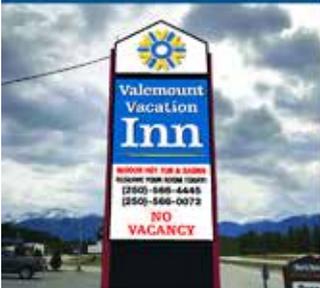
Valemount Hotel

Phone: 250.566.4363 **G**
seevirtual360.com/10963



Valemount Vacation Inn

Phone: 1.888.830.7888 **H**
valemountvacationinn.com



Whisper Creek Cabin Rental

Phone: 250.566.8483 **J**
whispercreekcabinrental.com



Yellowhead Motel

Phone: 250.566.4411 **K**
yellowheadmotel.com



Valemount Visitor Centre

Phone: 250.566.9893
visitvalemount.ca



Accommodations

When a full day of recreational activities, sightseeing and enjoying the views has left you happy, but tired, cap off your experience by taking advantage of excellent accommodations in and around Valemount.

Whether you prefer the luxury and amenities of a hotel or the sky as a roof over your head, Valemount offers it all. Choose among affordable, modern hotels and motels, cozy bed and breakfasts, quaint vacation homes, rustic lodges, and campsites in the great outdoors.

Enjoy a warm welcome from friendly hosts in this amiable community. Stay a while and relax surrounded by the unsurpassed scenery of the mountains.

Hotels and Motels	Telephone	# of Rooms	Pool/Hot Tub	Family Room	Continental Breakfast	Fridge	Kitchenettes/ Kitchen	WIFI	Wheelchair Accessible	Pet Friendly	Summer Rates	Winter Rates
Alpine Inn	250.566.4471	60		•		•	•	•	•	•	\$\$	\$-\$\$
Best Western PLUS Valemount Inn & Suites	866.777.1120	78	•			•		•	•	•	\$\$\$	\$\$
Canadas Best Value Inn	250.566.8222	67	•	•	•	•	•	•	•		\$\$	\$-\$\$
Chalet Continental	877.566.7799	37	•	•	•	•	•	•	•	•	\$\$\$	\$-\$\$
Comfort Inn & Suites Valemount	800.424.6423	65	•	•	•	•	•	•	•	•	\$\$\$	\$\$\$
Rocky Inn	250.566.4477	30		•		•	•	•	•	•	\$\$	\$
Super 8 Valemount	250.566.9171	48	•	•	•	•	•	•	•	•	\$\$\$	\$\$
Valemount Hotel	250.566.4363	14				•		•		•	\$	\$
Valemount Vacation Inn	250.566.0072	72	•	•		•	•	•	•	•	\$\$\$	\$\$
Yellowhead Motel	250.566.4411	18		•		•		•	•		\$-\$\$	\$

\$=50-99 • \$\$=100-150 • \$\$\$=Over 150

Prices are based on double occupancy

Prices and information are subject to change



Photo: Kelly Funk Photography

Valemount, Premier Range

Bed and Breakfast	Telephone	# of Rooms	Full (F) or (C) Continental Breakfast	Fridge	Private Bath	Ensuite Bath	Shared Bath	Kitchenettes	WiFi	Wheelchair Accessible	Pet Friendly	Summer	Winter
Bearberry Meadows Guest House	250.566.9987	2	C	•	•	•		•	•			\$\$	\$
Cougar Mountain Lodge	250.566.9119	4	F	•	•				•			\$\$-\$\$\$	\$\$-\$\$\$
Dream Catcher Inn B&B	250.566.4226	6	F		•	•			•			\$\$	\$\$
Jailhouse B&B	250.566.0061	3	F	•	•	•			•			\$\$	\$\$
Glacier Inn B&B	587.919.7573	2	C	•	•	•		•	•			\$\$\$	\$\$\$
Mountain Dream B&B	250.566.0033	2	F	•			•		•			\$	\$
Mountain Gypsy	780.446.3066	4	F	•	•			•	•		•	\$\$-\$\$\$	\$\$-\$\$\$
Mount Robson Mountain River Lodge	250.566.9899	4	F	•	•	•			•			\$\$	Summer Only
Rose Cottage B&B	250.566.9869	3	F	•		•			•			\$\$	\$\$
Slippery Slopes B&B	250.566.1616	3	C	•	•	•		•	•			\$\$-\$\$\$	\$\$
Solstice B&B	250.566.4052	1	F	•	•	•			•			\$\$\$	\$\$\$
Stone Haven Inn B&B	250.566.4609	3	F	•	•			•	•	•		\$-\$\$	\$-\$\$
Summit River Lodge Resort & Cabins	250.566.9933	5	C	•	•	•			•	•		\$-\$\$	\$-\$\$
TimberWolf Mountain Lodge	250.566.4722	2	F	•	•							\$\$\$	\$\$\$

\$=50-99 • \$\$=100-150 • \$\$\$=Over 150 A/F= Additional Fee

Prices are based on double occupancy

Prices and information are subject to change



Photo: Kelly Funk Photography



Cabins and Lodges	Telephone	# of Rooms	Pool/Hot Tub	Family Room	Continental Breakfast	Fridge	Cabins	Kitchenettes/ Kitchen	WiFi	Wheelchair Accessible	Pet Friendly	Summer Rates	Winter Rates
Dave Henry Backcountry Lodge	250.566.4718						2	•				\$-\$\$\$	\$-\$\$\$
Dream Catcher Inn B&B	250.566.4226					•	3	•	•			\$\$	\$\$
Heavens Edge Mountain Lodge	250.566.8254	2	•	•	•	•		•	•	•		\$-\$\$	\$-\$\$
Hermit Thrush Retreat Cabin	250.566.4628						1	•				\$\$	\$\$
Kerstin's Chalet Guesthouse	250.566.8282	2				•			•			\$\$	\$\$
Legacy Vacation Rental	250.566.8483					•	1	•	•	•		\$\$\$	\$\$\$
Mica Mountain Lodge & Cabins	888.440.6422					•	3	•	•			\$\$-\$\$\$	\$\$
Mount Robson Lodge	888.566.4821	4				•	14	•		•		\$-\$\$	Summer Only
Mount Robson Mountain River Lodge	250.566.9899					•	2	•	•		•	\$\$-\$\$\$	Summer Only
Summit River Lodge Cabins	250.566.9933					•	2	•	•		•	\$-\$\$	\$-\$\$
Swift Creek Resort	250.566.1366					•	2	•	•		•	\$\$	\$\$
Teepee Meadows Guest Cottage	250.566.9875					•	2	•	•			\$-\$\$	\$-\$\$
Terracana Resort	866.968.4304	6		•		•	19	•	•		•	\$\$\$	\$\$
Tete Jaune Lodge	866.566.9815	14				•	11		•		•	\$\$-\$\$\$	Summer Only
Twin Peaks Resort	250.566.9160	5		•		•	5	•	•			\$\$	\$\$
Whisper Creek Cabin Rentals	250.566.8483					•	11	•	•	•		\$\$\$	\$\$\$
Willow Burl Cabins	250.566.4898					•	5	•	•			\$\$	\$\$
Willow Ranch Cabins	250.566.4100					•	4	•	•		•	\$\$	\$\$

\$=50-99 • \$\$=100-150 • \$\$\$=Over 150

Prices are based on double occupancy

Prices and information are subject to change



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8 kms south of Valemount with highway access





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Vacation Inn
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- **New** Staff
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- Over 25 channels
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New relaxing ambiance with great prices!
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More than
40 flavours
of Chicken
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Vacation Rentals	Telephone	Sleeps up to	Fridge	Private Bath	Shared Bath	Kitchen	WiFi	Wheelchair Accessible	Pet Friendly	Summer Rate	Winter Rate
Backroad Basecamp	Not Available	9	•	•		•	•			\$\$\$	\$\$\$
Canadian Log Home Guest House	780.621.7171	6	•	•	•	•				\$\$\$	\$\$\$
Legacy Vacation Rental	250.566.8483	6	•		•	•	•	•	•	\$\$\$	\$\$\$
Summit River Lodge	250.566.9933	20	•	•		•	•	•	•	\$\$\$	\$\$\$
Summit River Lodge Cabins	250.566.9933	5	•	•		•	•		•	\$-\$	\$-\$
Swift Mountain Lodge	250.764.6228	8	•	•	•	•	•	•		\$\$\$	\$\$\$
Terracana Resort	866.968.4304	80	•	•		•	•		•	\$\$\$	\$
Twin Peaks Resort	250.566.9160	12	•	•	•	•				\$\$\$	\$\$\$
The Cabin	Not Available	6	•	•	•	•	•	•		\$\$\$	\$\$-\$\$\$
Whisper Creek Cabin Rental	250.566.8483	10	•	•	•	•	•	•		\$\$\$	\$\$\$
Skyline Vacation Rental	250.566.1649	10	•	•	•	•	•			\$\$\$	\$\$\$

\$=50-99 • \$\$=100-150 • \$\$\$=Over 150

Prices and information are subject to change






Shaded, private campsites (non-serviced)
**** tent & RV friendly**
Bordering salmon spawning Swift Creek
Walking distance to town
Newly renovated cabins
Large parking area
Mountain views

   **60 North Highway 5, Valemount, BC | www.swiftcreekresort.com**



Where to Camp

A meal cooked over a crackling fire, a sky filled with stars, moonlit peaks, cozy intimate accommodations; since the dawn of time people have found kinship and comfort from the embrace of the natural world. What we call camping is what our ancestors called "home" for millennia.

Perhaps that is why some of us find such solace in erecting a tent, rolling out a sleeping bag and enjoying those meals that seem to taste best when prepared over an open flame. Roughing it in Valemount is an experience you will not soon forget.

If a backcountry experience is what you are looking for, check in with the Valemount Visitor Centre at 250.566.9893.

When venturing into our pristine wilderness, please remember to pack out what you pack in and please leave our wilderness in the same condition in which you found it.



Photo: Kelly Funk Photography

Kinbasket Lake

Campgrounds and RV Parks		Telephone	Rates	RV or Tent Sites	Tent Sites Only	Group Sites	Pull-Through Sites	Power	Water	Sewer	Sani-Station	WiFi	Laundry	Showers	Playground	Pet Friendly
Canoe River Campground		250.566.9112	\$20-\$30	140	20	•	•	•	•		•	•		•	•	•
iRVins RV Park & Campground		250.566.4781	\$25-\$42	80	16		•	•	•	•	•	•	•	•		•
Kinbasket Lake Recreational Campsites		250.566.1762	\$14	55(4)	55(4)	•	•								•	•
Mount Robson Provincial Park	Robson Meadows	800.689.9025	\$28	125	125	•					•			•	•	•
	Robson River	800.689.9025	\$28-\$36	41	19		•	•			•			•		•
	Lucerne	800.689.9025	\$22	36	36											•
Robson Shadows Campground		888.566.4821	\$25	25	25	•	•							•		•
Summit River Lodge & Campground		250.566.9933	\$20-\$30	24	24	•	•	•	•	•	•	•		•	•	•
Swift Creek Resort & Campground		250.566.1366	\$20	20		•	•									•
Terracana Ranch Resort & Camping		866.968.4304	\$25-\$45	30	10	•	•	•			•	•	•	•	•	•
Tete Jaune Lodge Campground		250.566.9815	\$25-\$35	12	50	•	•	•	•		•	•	•	•	•	•
Valemount Pines Golf Course & RV Park		250.566.4550	\$16-\$27	36	10	•	•	•	•	•	•	•	•	•		•
Yellowhead Campground		250.566.0078	\$25-\$45	43	22	•	•	•	•		•	•	•	•	•	•

Prices and information are subject to change



CANOE RIVER CAMPGROUND

Family Owned & Operated

ATV trails accessible from the campground

Campground located just 5 minutes South of Valemount on Hwy 5

Book early to ensure camping spot!

Campground Adjoins Rodeo Ground

**Big 4 Rodeo July 13 -14
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- RV HOOKUPS
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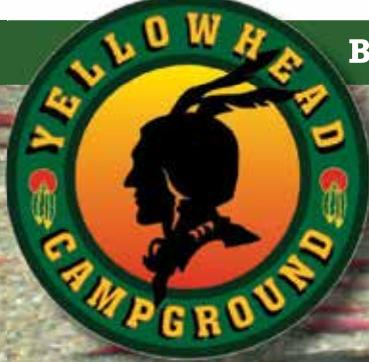
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www.mountrobsonlodge.com



Yellowhead Campground

Bordering salmon spawning Swift Creek





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- Tenting
- Groups
- Pull thru sites
- Fire pits
- Flush toilets
- Laundry
- Picnic pavillion
- FREE** hot showers,
- Wireless internet
- Sani dump
- Playground

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