



Valemount Hiking and Mountain Bike Trails



1 Canoe Mountain
13 km one-way, elevation gain 1,850 m (6,100 ft)
NOTE: The road has deteriorated and should be accessed by ATVs and 4x4 Side-by-Side ATVs only

Canoe Mountain is unique because it has an ATV road right to the top. This is the most popular way of accessing the mountain as it's a bit of a long haul to hike. Once at the end of the road system, short hikes can be done to see wildflowers, emerald green alpine lakes and wildlife. Whichever way you choose to get yourselves up there, the 360-degree panoramic view is hard to beat.

Trailhead Access: Travel south from Valemount on Hwy 5 for almost 15 km, and turn left into a small parking area at the base of the mountain. Start watching at 14.5 km for the turnoff as it is on a curve and can be easily missed.

2 Cranberry Marsh Loop
6 km loop, elevation gain minimal
NOTE: Marsh water is unsafe for drinking (even if filtered)

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 Valemount 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 Valemount's entrance sign travel down 5th Avenue for approx. 1 km to Ash Street and turn right, follow this street for 1.5 km to the cul-de-sac at the end of the road where there is a small parking area. The trail to the boardwalk is on the left.

4 Selwyn Traverse Trail
11 km one-way, elevation gain 150 m (500 ft)

The trail traverses a very nice bench land with several small creek crossings and some lovely mixed forests. Most people like to make this a one-way hike from the north end—as the elevation gain is considerably less from this direction. This means you will need two vehicles to allow for spotting one at the south end so you will have a means of fetching the vehicle you left at the 5-Mile Trailhead. The south end parking area is at the East and West Canoe Road junction on the left.

Trailhead Access (north end): Travel down 5th Avenue to the railway tracks, after crossing the tracks turn right and then take the first left 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 2.3 km to the trailhead and a small parking area on the left side of the road.

5 McKirdy Meadows Trail
6 km one-way, elevation gain 550 m (1,800 ft)

For those looking to get into the alpine, McKirdy Meadows is a great choice. In the summer of 2017 new switchbacks were constructed to avoid the trail's steep sections; this added 2 km to the trail to the alpine for a total length of almost 6 km. Once you reach the sub-alpine, watch for a sign which directs you to the meadows. The more adventurous with some mountaineering experience can continue beyond the meadows to the summit; this is not a technical climb but it definitely involves some bouldering on the final approach. If the summit is beyond ones capabilities, the sub peak (which is marked with a large rock cairn and is locally known as Carson's Peak) is another great destination that also offers incredible views of the entire valley.

Trailhead Access (top of 5-Mile Road): Travel down 5th Ave to the railway tracks, after crossing the tracks turn right and then take the first left 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 6 km to the trailhead and a parking area which are on the left-hand side of the road.

Lower Trailhead Access: Same access as original trailhead but just after the 5-km mark start watching for the lower trailhead (which is marked with a yellow and black hiker symbol) on your left. You will then see a small parking area to your right.

6 Swift Creek Viewpoint/Loop
9-km loop, elevation gain 200 m (650 ft)

This 9-km loop is well marked by "You are here" signage at all points where the biking trails intersect with the hiking trail. You will see the first sign at the trailhead which is immediately after the Swift Creek Bridge on the right. The trail starts by following the Swift Creek for 1 km then steadily gains elevation for 0.8 km to the viewpoint where you can enjoy great views in all directions. From there continue through a mixed forest for another 2.5 km to the suspension bridge; once over the bridge you will find yourself in an enchanted 300-year-old cedar forest. The trail then follows a mossy gully up to a biking trail; from there watch for markers that will indicate the direction to 5-Mile Road. Directly across 5-Mile Road, you will see the map which directs you to the off-road section. Avoid 5-Mile Road because it is a heavily used and dusty shuttle road for the Valemount Bike Park. Once at the parking area, turn right and follow the road for a short distance to another off-road section of the trail, which takes you to the Village water treatment plant. From there take the trail marked by the "Public Access" sign to Juniper Street, then turn right and follow the road back to the Golden Years Lodge and the trailhead.

Trailhead Access: Travel down 5th Ave to the railway tracks; after crossing the tracks, 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.

8 Mount Terry Fox Trail
9 km one-way, elevation gain 1,740 m (5,700 ft)
NOTE: There is no water along this trail until a small lake in the alpine (approx. 5-hour climb to the lake)

This is one of the longest hikes in the valley. The trail starts with 17 switchbacks of varying lengths which climb steadily to the tree line. Above the tree line, watch for cairns marking the way over a rocky knoll from where you'll see the radio tower on the ridge above. Once on the tower ridge, you will have a great view of Mount Robson. The long flat topped ridge across the alpine basin towards Mount Robson is the site of a monument commemorating Terry Fox. From the tower ridge there are a couple of false summits between you and the true summit of Mount Terry Fox, which is still almost 2 km away but worth the effort for the incredible view you will have of the Canoe and Robson Valleys.

Trailhead Access: From Valemount travel north on Hwy 5 for 6 km to the Terry Fox rest area on your left (this is not the trailhead). There you'll see a beautiful hand-painted sign that gives you a good idea of the trail details from a bird's eye view. To access the trailhead from the rest area, head back towards Valemount (south) on Hwy 5 and almost immediately turn left onto Stone Road and then left again onto Tinsley Road. Follow this road for 400 m to the railroad tracks, after crossing the tracks turn left and take the second right fork which brings you to the parking area.

9 Little Lost Lake
1.7 km one-way, elevation gain 120 m (400 ft)

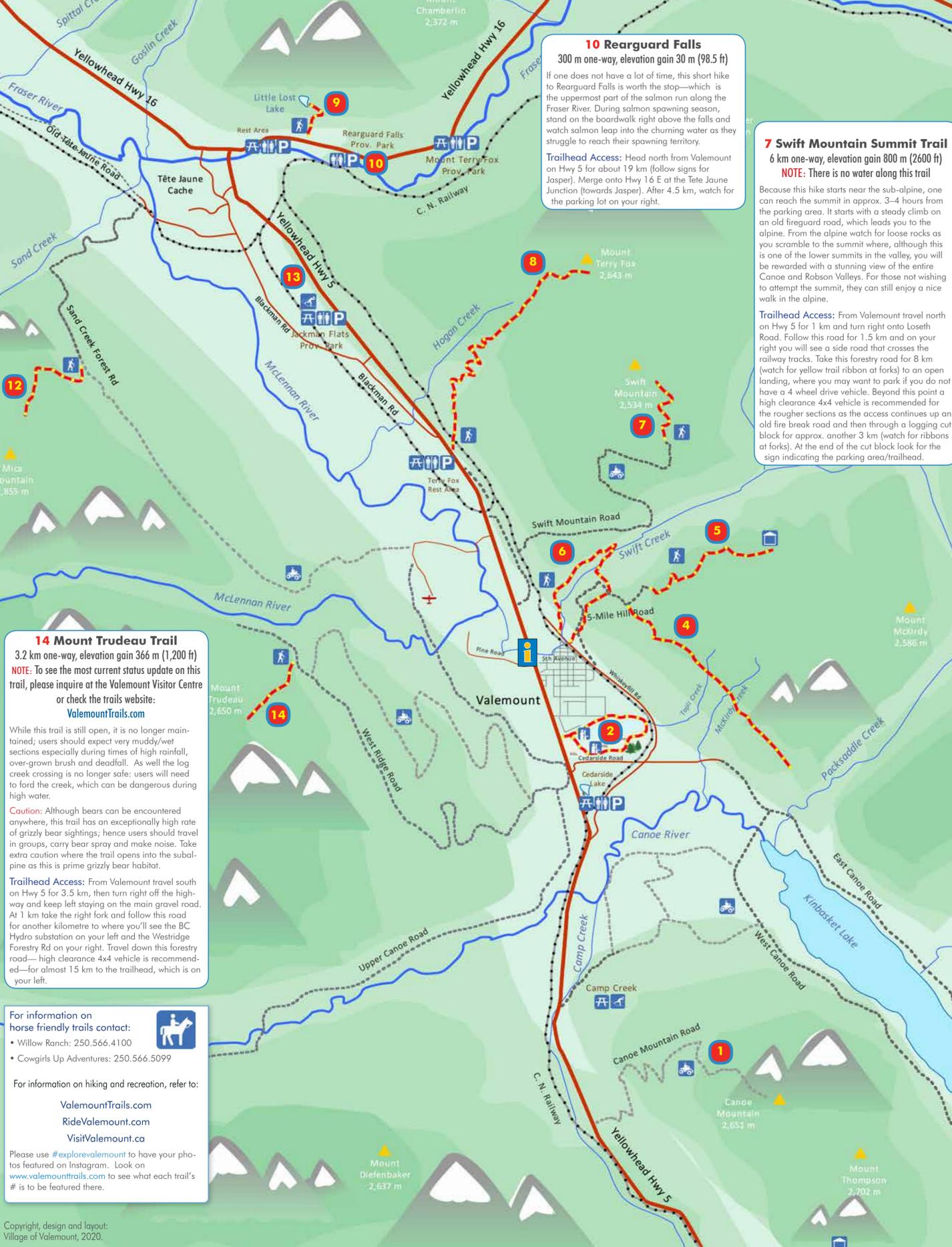
This 1.7 km one-way trail starts with some uphill sections, then levels out for the last half of the hike and ends at a lovely picnic spot by the lake. For those looking for a little more, they can walk around the lake or explore some of the branches that take off from the main trail.

Trailhead Access: From Valemount travel north on Hwy 5 to the Hwy 16 junction and then 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 approx. 100 m and on your right you will see the brown forestry sign, which marks the trailhead.

Valemount Visitor Centre

Nature Displays
Souvenirs & Gifts
Internet/Free WIFI
Reservations:
- Activities
- Accommodations

250-566-9893
785 Cranberry Lake Road



14 Mount Trudeau Trail
3.2 km one-way, elevation gain 366 m (1,200 ft)
NOTE: To see the most current status update on this trail, please inquire at the Valemount Visitor Centre or check the trails website: ValemountTrails.com

While this trail is still open, it is no longer maintained; users should expect very muddy/wet sections especially during times of high rainfall, over-grown brush and deadfall. As well the log creek crossing is no longer safe: users will need to ford the creek, which can be dangerous during high water.

Caution: Although bears can be encountered anywhere, this trail has an exceptionally high rate of grizzly bear sightings; hence users should travel in groups, carry bear spray and make noise. Take extra caution where the trail opens into the sub-alpine as this is prime grizzly bear habitat.

Trailhead Access: From Valemount travel south on Hwy 5 for 3.5 km, then turn right off the highway and keep left staying on the main gravel road. At 1 km take the right fork and follow this road for another kilometre to where you'll see the BC Hydro substation on your left and the Westridge Forestry Rd on your right. Travel down this forestry road—high clearance 4x4 vehicle is recommended—for almost 15 km to the trailhead, which is on your left.

For information on horse friendly trails contact:

- Willow Ranch: 250.566.4100
- Cowgirls Up Adventures: 250.566.5099

For information on hiking and recreation, refer to:

ValemountTrails.com
RideValemount.com
VisiValemount.ca

Please use #explorevalemount to have your photos featured on Instagram. Look on www.valemounttrails.com to see what each trail's # is to be featured there.

12 Mica Mine Trail
4.5 km one-way, elevation gain 850 m (2,800 ft)

The trail begins by following an old grown in skid road for approx. 2 km, and then branches off to your left. It is a steady climb to the tree line, and then a traverse across an east facing slope brings you to the old mine site. You can still see some of the beautiful opalescent mica flakes on the trail just before the mine. If one still has some energy after getting to the mine, the hike up to the ridge above is well worth the effort for its great view of the Premier Range to the west.

Trailhead Access: From Valemount travel north on Hwy 5 for about 7.5 km and then turn left onto Blackman Road, and follow it for almost 10 km to Old Tete Jaune Road. Turn left and travel for 2 km to Sand Creek Forestry Road on your left. Drive along this forestry road for 8 km to where you will see an open parking area on the left. The trailhead sign is on the right hand side of the road.

13 Jackman Flats
1.4 km–6.2 km loops, rolling terrain
NOTE: There is no water along this trail

This area offers gentle hikes with great views of the surrounding mountains, and is popular for cross-country skiing in the winter. The park has a unique ecosystem with rare plant communities and shifting sand dune structures. A park map can be found at BcParks.ca and at the trailhead.

Trailhead Access: From Valemount travel north on Hwy 5 for 13 km. Turn left into the parking area where you'll find a sign displaying the various trail options.

10 Rearguard Falls
300 m one-way, elevation gain 30 m (98.5 ft)

If one does not have a lot of time, this short hike to Rearguard Falls is worth the stop—which is the uppermost part of the salmon run along the Fraser River. During salmon spawning season, stand on the boardwalk right above the falls and watch salmon leap into the churning water as they struggle to reach their spawning territory.

Trailhead Access: Head north from Valemount on Hwy 5 for about 19 km (follow signs for Jasper). Merge onto Hwy 16 E at the Tete Jaune Junction (towards Jasper). After 4.5 km, watch for the parking lot on your right.

7 Swift Mountain Summit Trail
6 km one-way, elevation gain 800 m (2600 ft)
NOTE: There is no water along this trail

Because this hike starts near the sub-alpine, one can reach the summit in approx. 3–4 hours from the parking area. It starts with a steady climb on an old fireguard road, which leads you to the alpine. From the alpine watch for loose rocks as you scramble to the summit where, although this is one of the lower summits in the valley, you will be rewarded with a stunning view of the entire Canoe and Robson Valleys. For those not wishing to attempt the summit, they can still enjoy a nice walk in the alpine.

Trailhead Access: From Valemount travel north on Hwy 5 for 1 km and turn right onto Loseth Road. Follow this road for 1.5 km and on your right you will see a side road that crosses the railway tracks. Take this forestry road for 8 km (watch for yellow trail ribbon at forks) to an open landing, where you may want to park if you do not have a 4 wheel drive vehicle. Beyond this point a high clearance 4x4 vehicle is recommended for the rougher sections as the access continues up an old fire break road and then through a logging cut block for approx. another 3 km (watch for ribbons at forks). At the end of the cut block look for the sign indicating the parking area/trailhead.

11 Mount Robson Berg Lake Trail
23 km one-way, elevation gain 790 m (2,592 ft)
NOTE: If you are planning an overnight stay you must pre-book your campsite with DiscoverCamping.ca.

The Berg Lake Trail is a world-renowned backcountry hiking trail, taking hikers to some of the best scenery in the province. For the full trail description enquire with the Mount Robson Information Centre. For a nice day hike Kinney Lake is a great option.

Trailhead Access: Use the same directions as Rearguard Falls, then continue for another 12 km to the Mount Robson Visitor Information Centre on your left; the trailhead is another 2 km down Kinney Lake Road.

ATV Trails
Backcountry Hut
Boat Launch
Cross-Country Skiing
Fishing
Hiking Trail
Parking Area
Picnic Area
Viewing Towers
Washrooms

— Paved Secondary Road
- - - Unpaved Road
- - - - Hiking Trail
- - - - - ATV Trail

This map is a collaborative effort of Tourism Valemount, the Village of Valemount, Friends of Valemount, and the Valemount Area Recreation Development Association. No group or association mentioned here, nor the Village of Valemount shall be held liable for injuries or other damages that may be sustained by the use of this map. Printed in 2020.

This map is for general reference only and is not intended for navigational purposes.

Cover Photography: Kelly Funk Photography

Copyright, design and layout: Village of Valemount, 2020.