

Valemount Visitor's Guide

Summer 2020



Winter 2020/21



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- JUNE**
Valemountain Days
June 12–14, 2020

Valemount Farmer’s Market
June 18–September 24, 2020
every Thursday

Dunster Ice Cream Social
July 4, 2020

JULY
Canada Day Celebrations
July 1, 2020

Canoe Mountain Rodeo
July 11–12, 2020

Canada Parks Day
July 19, 2020

AUGUST
North West Mud Racing
August 1–2, 2020

Robson Valley Music Festival
August 14–16, 2020

The Blueberry Tea
August TBA, 2020

SEPTEMBER
Valemount Marina Fishing Derby
September 5–6, 2020

Mount Robson Marathon Run
September 12, 2020

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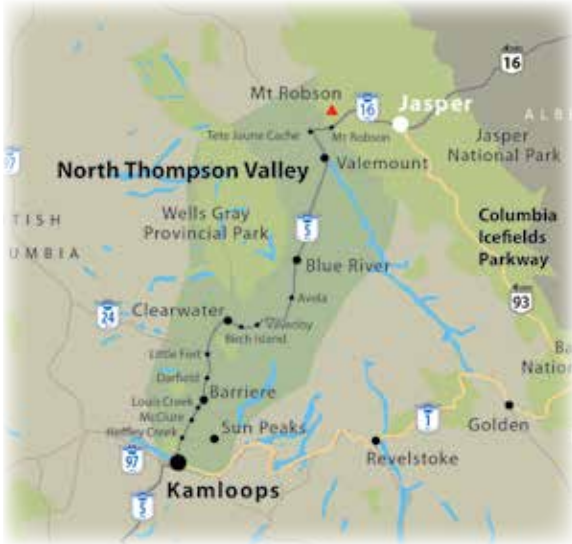
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Valemount—a friendly stop on Yellowhead Highway 5—offers a surprising variety of hotels and restaurants in a typical rural mountain community setting. Valemount is surrounded by the Rocky, the Cariboo and Monashee Mountains.

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—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 29 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, back-country skiing, dog-sled-ding and alpine skiing and snowboarding there is. Crystal Ridge is, the only snowmobile assisted ski/snowboard facility in the world.

Valemount Visitor Information Centre

Make the Valemount Visitor Information Centre your first stop for great local and provincial information. Our friendly staff will provide you with great local and provincial information. We offer a range of services including local adventure activity bookings and accommodation bookings throughout British Columbia.

Browse through our Valemount souvenirs as well as arts and crafts from local artisans. A computer with internet access as well as free WiFi is available for visitors’ use.

Visitors will find a variety of displays about the local wildlife—Black Bear, Grizzly Bear, Timber Wolf, Owls, Red Hawks and the Swift Creek Chinook Salmon Run. Come and witness the spectacular Chinook salmon spawning in Swift Creek in August; it is an amazing experience, and only a two-minute walk from the centre.

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 Information Centre is open year-round.

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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 Whitewater 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.

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.

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 Information 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.

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 7 days a week, 11:00 am–8:00 pm; closed statutory holidays. For more information call 250.566.4740.





Kinbasket Lake

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 Information 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 Information 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 Information Centre.

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.

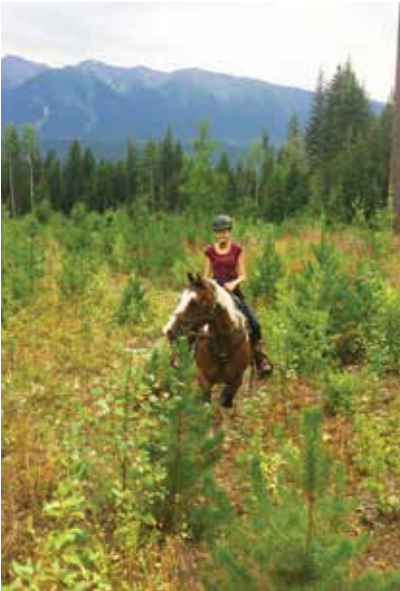
The 9-hole facility is easy to play for beginners, but also offers a challenge to golfers with low handicaps. There is also a driving range and an RV park. If you didn't bring your own equipment, you can rent whatever you need at the club house. With spectacular views in every direction, this course 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 ValemountPinesgolfv.ca. In the off season refer to website.



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.
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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Hiking Trails

The Big Foot Trail

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

This is a short 0.6-km trail which starts just behind the Valemount Visitor Information 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 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: From the Valemount Visitor Information 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 is the beginning of the Swift Creek Loop (see directions above).

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 Mount 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.

TRAILHEAD ACCESS: From the Valemount Visitor Information Centre travel east on 5th Avenue to the railway tracks, cross the tracks and turn right. 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 trailhead and a parking area, on the left-hand side of the road.

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: Travel north on Hwy 5 to the Hwy 16, then 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.



Trail Rides Gift Store - Coffee Shop Open every day from 7 AM to 9 PM

There’s no better way to experience the Canadian Mountain than on horseback!

We offer a variety of rides, anything from half our half an hour Family loop to our full day Adventure ride. Even when not riding there’s enough to do on the ranch! Play our “ranch games”, enjoy an Italian Espresso, browse around in our gift store or just enjoy the view of the horses

We’re located on Cranberry Lake Road, just 3 minutes west of highway 5 and the Village of Valemount. Leave the highway at the Shell station and the Rocky Inn, Cranberry Lake Road is the road left of the Rocky Inn, keep following this road (about 2 km) until you see the ranch on your right.



www.willowranchvalemount.com
info@willowranchvalemount.com

www.facebook.com/willowranchvalemount
www.instagram.com/willowranchvalemount

+1 250 566 4100 Whatsapp: +1 250 566 3796
1905 Cranberry Lake Road, Valemount, BC



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 Caribos, 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 snakeroot, 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.

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.

Cranberry Marsh Trail

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.

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

From the Valemount Visitor Information 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.

Boardwalk

From the Valemount Visitor Information 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.



Salmon Viewing—George Hicks Park

Salmon Viewing

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.

Check with the Valemount Visitor Information 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 chasing 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

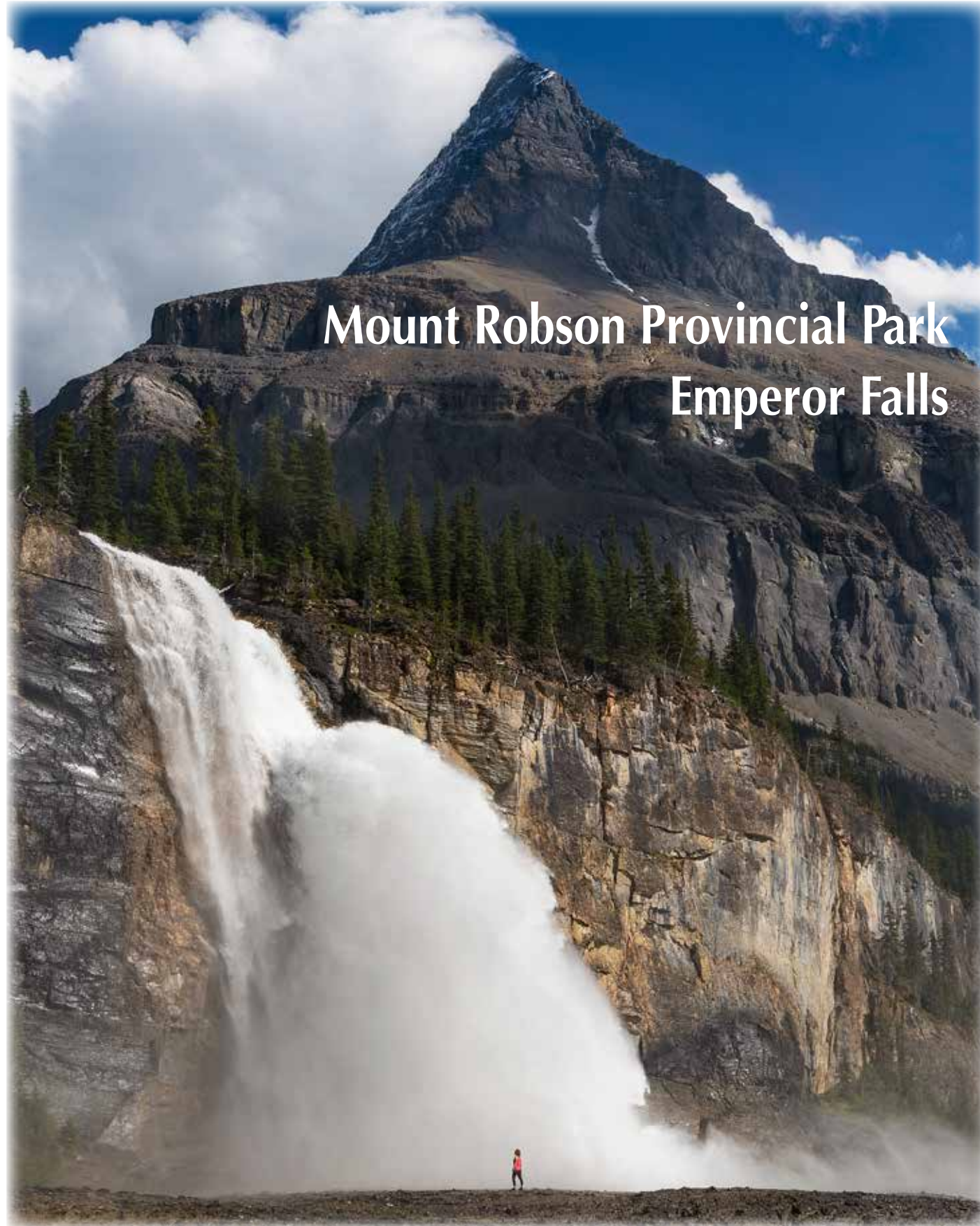
The alevin will spend approximately 90 days under the soil and emerge as fry in the evenings during February of the following year. These are very tiny fish that will congregate in the slow back waters in the stream and begin feeding on tiny bits of food. As this stream is very cold, there is little 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.

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.



Mount Robson Provincial Park Emperor Falls



Mount Robson Provincial Park

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. New in 2019 an expansion of

The Robson Rivers campsite now includes 21 powered sites.

The Visitor Centre at Mount Robson, located at the west end of the park is a treasure chest of opportunity and information as well as offering souvenirs, books and more. There is WiFi 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 has

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 2020 season are open and the trail is 100% reservable between June 1 and September 29, 2020.

To avoid disappointment and get your preferred dates, visit

[DiscoverCamping.ca](https://discovercamping.ca) and book ahead.

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](https://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](https://env.gov.bc.ca).



a souvenir store and there is a wonderful restaurant to fuel up on your travels. Take a moment to enjoy the views as well as meet other visitors from all over the world.

The Visitor Information Counsellors can



Backcountry Cabins

Backcountry Cabins

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

Headwaters Outfitting

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.

Hermit Thrush Cabin

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.

Hiking Map

For more details on other hiking opportunities in the area, please ask for the Valemount Area Map at the Valemount Visitor Information 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.



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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.

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.

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.





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Where to Shop



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.

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.



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 Information 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 Information 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.



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RESTAURANTS

Let the warmth of the log building envelope you and the delicious fragrance of wild salmon tantalize your taste buds at The Caribou Grill. Relax in the rustic comfort of a log restaurant after a day spent snowshoeing. We can serve you your ideal meal cooked under the stars and roasted over an open fire. Should you prefer, we have quaint, family-owned restaurants to calm those hunger pangs.

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.

PUBS & LOUNGES

Grab a flight of beer in the tasting room at Three Ranges Brewing, and debate your favourite choice with your closest friends.

We're a casual group here, so no need to dress up. You'll find gourmet — sometimes in the most unexpected places — in the Robson Valley. Our chefs have come from all over the world, drawn here by our spectacular scenery and quiet hospitality. Experience the local colour while enjoying a drink at one of the watering holes and enjoy a delicious pub meal.

COFFEE SHOPS

We have an authentic Swiss Bakery serving Schnitzel and Spätzle, many artisan breads from Sourdough loaves to Alpen loaves. The Swiss Bakery also server special desserts such as Chocolate Croissants and Lemon Poppy Seed Loafs. Not many people know but they serve up a very satisfying sandwich that can be paired with their homemade soup of the day.

The Gathering Tree is the perfect place to meet locals, have great home made soups and sandwiches, coffees and desserts.

TAKE OUT

Get take-out and enjoy a picnic in one of our beautiful parks, or grab a quick meal at a fast food establishment. Grab a lunch box to go before heading into the hills for an epic day of sledding. Grab a heaping plate of poutine from the Funky Goat mobile food truck and eat your meal alfresco, awed by the mountains that surround the village.

Dig into freshly made local goods at The Valemount Farmer's Market. Pick up a pie, or a jar of homemade jam.

Valemount has something to suit almost every mood and every taste.



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Where to Eat	Telephone	Breakfast	Lunch	Dinner	Licensed	Delivery	Kid's Menu	Seasonal
Airirang Restaurant	250.566.4477	•	•	•				
A & W	250.566.4104	•	•	•			•	
Cafe Mount Robson	250.566.4332	•	•					•
Caribou Grill	250.566.8244			•	•		•	
Cranberry Lounge	866.777.1120			•	•		•	
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	•	•					

Information is subject to change



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Hotels and Motels

Hotels and Motels
After a long day on the road, or a day exploring the Robson Valley, relax at one of our hotels & motels
Lay your head down in Valemount. Choose from branded hotels & motels, as well as locally-owned and operated establishments. When what you need is a good meal coupled with a quiet room,

we’ve got you covered. Relax and unwind in your very own in-room Jacuzzi.
When you come with the family, let the kids splash in the pools and zip down the water slide. Valemount may be a small village; however, we are big on hospitality. After a busy day exploring the valley, we know you’ll have a good sleep here.

Hotels and Motels	Telephone	# of Rooms	Pool/Hot Tub	Family Room	Full (F) Continental (C) 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	77	•		F	•		•	•	•	\$\$\$	\$\$
Canadas Best Value Inn	250.566.8222	67	•	•	C	•	•	•	•		\$\$	\$-\$\$
Chalet Continental	250.566.9787	39	•	•	C	•	•	•	•	•	\$\$\$	\$-\$\$
Comfort Inn & Suites Valemount	800.424.6423	65	•	•	C	•	•	•	•	•	\$\$\$	\$\$\$
Rocky Inn	250.566.4477	30		•		•	•	•	•	•	\$\$	\$
Super 8 Valemount	250.566.9171	48	•	•	C	•	•	•	•	•	\$\$\$	\$\$
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

Hotels and Motels



Alpine Inn

60 Rooms

Alpine Inn is nestled in the valley between the Rocky, Monashee and Cariboo Mountains. Enjoy one of the 60 rooms and view the spectacular and majestic Rockies from your suite.

Phone: 250.566.4471

alpineinnvalemount.com



Best Western PLUS Valemount

77 Rooms

Rocky Mountain adventure and exploring the great outdoors await you at the Valemount Best Western Plus Inn and Suites. Nestled amidst a wilderness paradise our amenities include an indoor pool with waterslide and Hot Tub; Tours Welcome; Accessible Room with roll in shower; on call massage therapist, Banquet Facilities; offsite catering; Family friendly Summit Grill Restaurant and Cranberry Lounge on premises.

Phone: 866.777.1120

bestwesternvalemount.com



Canada's Best Value Inn

67 Rooms

Canada's Best Value Inn Valemount Hotel offers the most value for your money when staying for business, pleasure, or just passing through. We offer clean spacious rooms, a guest laundry facility, an indoor heated pool and jacuzzi, and free WiFi throughout the property.

Phone: 250.566.8222

cbvivalemount.com



Chalet Continental

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chaletcontinental.com



Comfort Inn Valemount

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choicehotels.com

Hotels and Motels



Rocky Inn

30 Rooms

BBQ facilities are provided for guest use at this Valemount motel. Free WiFi is offered in all areas. George Hicks Regional Park is just 2 minutes' walk away. Guests of Inn Rocky Valemount can enjoy the picnic areas and campfire pits that are located on site. Mountain views are offered from this property.

Phone: 250.566.4477

bookings.com



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wyndhamhotels.com



Valemount Hotel

14 Rooms

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Valemount Vacation Inn

72 Rooms

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Yellowhead Motel

18 Rooms

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yellowheadmotel.com



Bed and Breakfasts

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	A/F	•	•	•		•	•			\$\$	\$
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	•	•	•			•			\$\$	\$\$
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	780.454.4442	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	A/F	•	•							\$\$\$	\$\$\$

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A/F= Additional Fee

Prices are based on double occupancy

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Cabins and Lodges	Telephone	# of Lodge Rooms	Pool/Hot Tub	Family Room	Continental Break-fast	Fridge	Cabins	Kitchenettes/ Kitchen	WiFi	Wheelchair Acces	Pet Friendly	Summer Rates	Winter Rates
Cougar Mountain Cabin Rentals	250.566.9119				A/F	•	3	•	•			\$-\$\$\$	\$-\$\$\$
Dave Henry Backcountry Lodge	250.566.4718						2	•				\$-\$\$\$	\$-\$\$\$
Dream Catcher Inn B&B	250.566.4226	6				•	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	4				•	2	•	•		•	\$\$-\$\$\$	Summer Only
Summit River Lodge Cabins	250.566.9933					•	2	•	•		•	\$-\$\$	\$-\$\$
Swift Creek Resort	250.566.1366					•	3	•	•		•	\$	\$
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					•	14	•	•	•		\$\$\$	\$\$\$
Willow Burl Cabins	250.566.4898					•	5	•	•			\$	\$
Willow Ranch Cabins	250.566.4100					•	4	•	•		•	\$	\$

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

A/F Additional Fee

Prices are based on double occupancy

Prices and information are subject to change



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	•	•	•	•				\$\$\$	\$\$\$
Glacier Inn	587.919.7573	14	•	•	•	•	•		•	\$\$\$	\$\$\$
Glacier Peaks Vacation Rental	250.566.3004	10	•	•	•	•	•			\$\$\$	\$\$\$
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	•	•	•	•	•			\$\$\$	\$\$\$

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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 Information 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.



Yellowhead Campground

Bordering salmon spawning Swift Creek



Walk to town
Tenting
Groups
Pull thru sites

Fire pits
Flush toilets
Laundry
Picnic pavllion

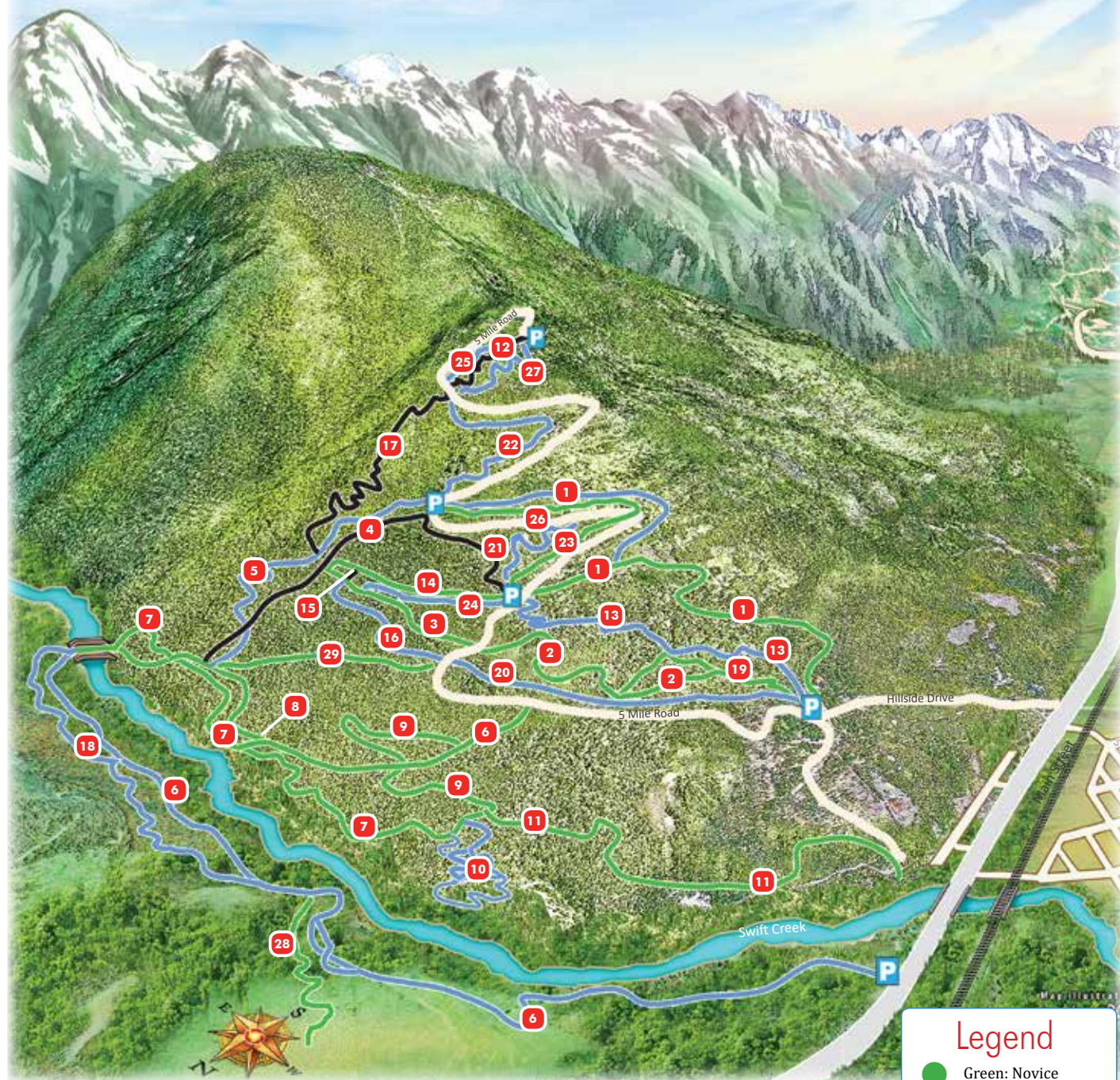
FREE hot showers,
Wireless internet
Sani dump
Playground

ph: 250-566-0078 cell: 250-566-1111
WWW.YELLOWHEADCAMPGROUND.COM

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	\$30–\$48	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

Valemount Mountain Bike Park



Disclaimer

See Disclaimer on Valemount Mountain Bike Park Map.

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.

Legend

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

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 Tinfoil 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 bumpy 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.

Valemount Mountain 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; there are, however, 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 2020; so please check for updates on Facebook facebook.com/ridevalemount and visit our website at RideValemount.com for more information.

We have a bit of something for everyone and we guarantee that once you ridevalmeount you will wonder why you hadn't visited sooner.

■ 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.

■ 26. Inner Peace

A true mountain bike trail totaling 1.6 km of all mountain goodness. Inner Peace consists of short punchy ups and techy downs. This trail uses the same access point as the lower section of the Trapline trail and makes use of the space between the current Trapline and Coaster trails. Finishing at the Bacon staging area.

■ 27. The Craig

Providing a blue option from the top of our trails system, The Craig is a 1.7 km long hybrid trail showcasing machine and hand building techniques to create a truly amazing experience. The trail is named after our fallen friend Everett Craig. Everett was a true supporter of the trail system and encouraged others to do the same whenever possible. You will find a special feature on this trail that is just as unique as he was. A significant amount of rock was brought into the site to create something truly unique to our trail system. The trail terminates at the Turducken staging area.

● 28. Retroversion

Just under 1 km, this climbing trail takes off the current Subversion trail just before the main gully. It was created to allow riders to access the Northern Traverse and lookout without having to use the Swift Mountain FSR. The trail terminates at the "picnic table" or current lookout on the Northern Traverse and is a great option to get into the trail system.

● 29. Tin Connector

A 1.2 km two-way connector that provides riders with additional options to mix and match trails and riding opportunities within the trail system.

Bike Park Memberships

Love our trails as much as we do? Please consider supporting the trails by purchasing an 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.
- Be RAD!

Visit Vardabp-bcsf.silkstart.com or scan to the QR Code to show your support now!

Valemount Winter 2020/21

