



# Valemount Hiking and Mountain Bike Trails 2021

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**1 Canoe Mountain**  
13 km one-way, elevation gain 1,850 m (6,100 ft)  
**NOTE:** Severely deteriorated road. ATV access 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 the Valemount Info Centre 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 turnout 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. One can continue around the trail from there, or, if time is limited, a quick walk along the dike and back is still a nice option.

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

**Trailhead Access (boardwalk):** From Valemount's entrance sign, travel east on 5th Avenue for approx. 1 km. Turn right on Ash Street. Follow Ash Street for 1.5 km to 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 of the trail. The south end parking area is at the East and West Canoe Road junction.

**Trailhead Access (north end):** Follow 5th Ave to the railway tracks. Cross the tracks and turn right. 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. There is a small parking area on the left side of the road just before the trailhead.

**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. The forested trail is 6 km in length. 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 offers incredible views of the entire valley.

**Trailhead Access:** Follow 5th Ave to the railway tracks. Cross the tracks and turn right. 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 5.5 km to the trailhead and a parking area on the right-hand side of the road. There is an alternate trailhead 0.5 km further along 5-Mile Road.

**6 Swift Creek 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. 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 of the valley. 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 gulch up to a biking trail; from there watch for markers that will indicate the direction to 5-Mile Road. Cross 5-Mile Road and follow a wooded trail that parallels 5-Mile Road. Avoid walking on 5-Mile Road as it is a dusty heavily used shuttle road for the Valemount Bike Park. Once at the parking area, turn right and follow Hillside Drive 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. Turn right and follow this road back to the Golden Years Lodge and the trailhead.

**Trailhead Access:** Follow 5th Ave, to the railway tracks. Cross the tracks and turn left onto Main Street. Follow Main Street for 1 km. Parking is available across from the Golden Years Lodge just before the bridge. The trail starts on the right immediately after the bridge.

**7 Swift Mountain Trail**  
6 km one-way, elevation gain 800 m (2,600 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. The trail starts with a steady climb on an old fireguard road which turns into a sub-alpine trail. Above 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 the Valemount Info Centre, travel north on Hwy 5 for 1 km and turn right onto Loseth Road. Follow this road for 1.5 km and turn right on a side road that crosses the railway tracks. Follow the main forestry road and watch for signs at forks. At 8 km, you will come to an open landing; a high clearance 4x4 vehicle is recommended beyond this point. Access continues up a steep fire break and through a logging cut block for approximately 3 km. At the end of the cut block look for signs indicating the parking area and trailhead.

**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](http://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 and picnic tables.

**14 Mount Trudeau Trail**  
3.2 km one-way, elevation gain 366 m (1,200 ft)

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 subalpine as this is prime grizzly bear habitat.

**Trailhead Access:** From Valemount travel south on Hwy 5 for 3.5 km. Turn right and follow this road for 1 km to a fork in the road. Take the right-hand fork and follow 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 19 km to the trailhead, which is on your left.

**Valemount Visitor Centre**

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

250-566-9893  
785 Cranberry Lake Road

**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, one 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.

**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. Rearguard Falls is the end of the 1,200 km Chinook run along the Fraser River. During salmon spawning season, stand on the boardwalk above the falls and watch salmon leap into the churning water as they struggle to reach their spawning territory above the falls.

**Trailhead Access:** Head north from Valemount on Hwy 5 for about 19 km. Merge onto Hwy 16 E (Jasper direction). After 4.5 km, watch for the parking lot on your right.

**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 inquire 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 2 km down Kinney Lake Road.

**11A Overlander Falls Trail**  
Shorter trail: 600 m one-way, elevation gain 46 m (150 ft)  
Longer trail: 4.5 km one-way, elevation gain 36 m (118 ft)

This is a gentle hike with two different routes to the falls. The longer trail follows the Fraser River and gives way to several beautiful views of the canyon below. You'll also discover the historic Hogan's Cabin along this trail.

**Trail access, longer trail:** From the Mount Robson Visitor's Centre, cross Highway 5 onto Hargreaves Road. Drive 650 m. Parking is on the right just before the bridge over the Fraser River. The trailhead is on the opposite side of the road.

**Trail access, shorter trail:** From the Mount Robson Visitor's Centre, turn left onto Highway 5 towards Jasper. Drive 1.5 km. Trailhead parking is on the right.

**8 Mount Terry Fox Trail**  
9 km one-way, elevation gain 1,740 m (5,700 ft)  
**NOTE:** No water along this trail until a small lake in the alpine. (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 around a rocky knoll from where you'll see a radio tower on the ridge above. 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.

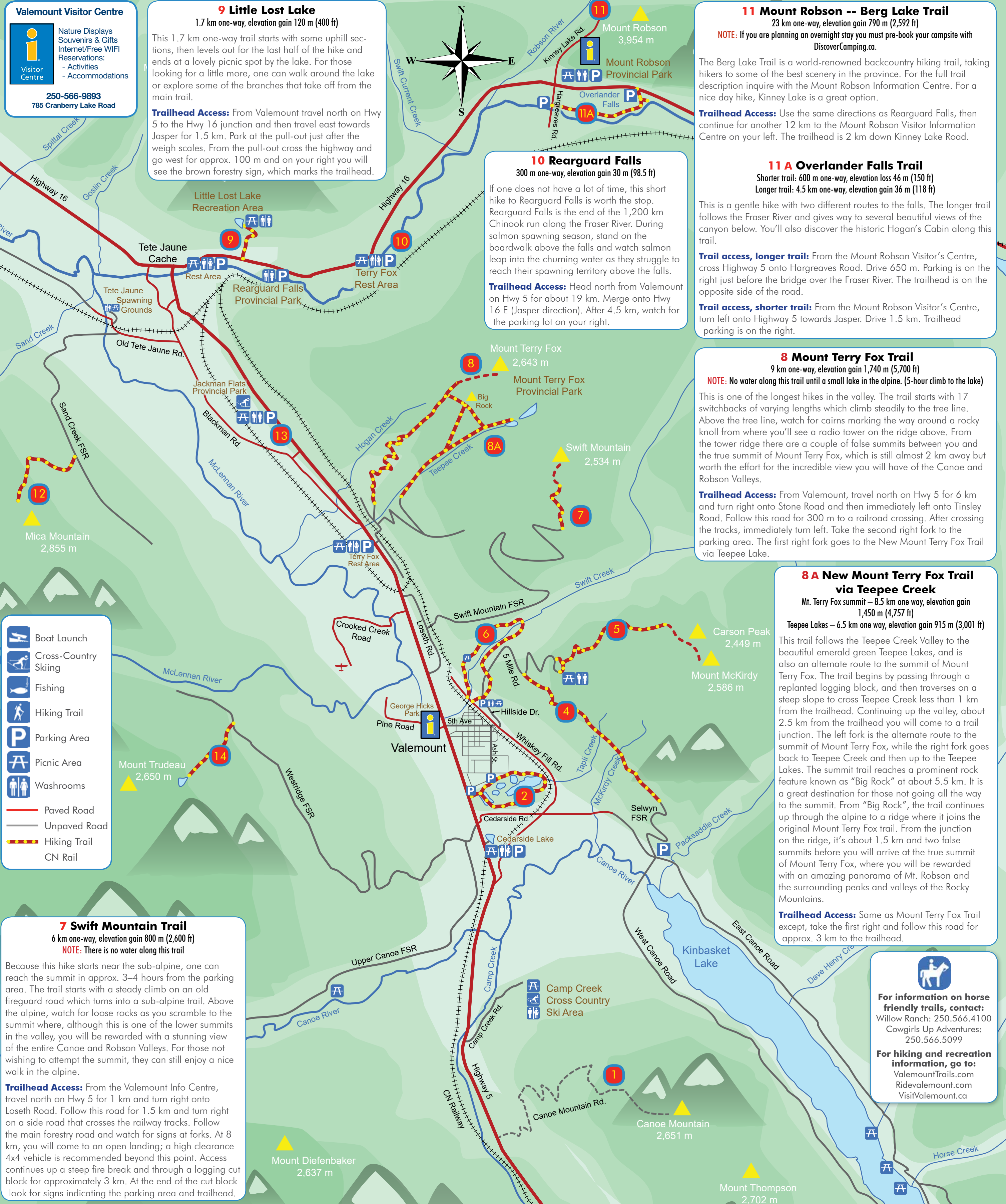
**Trailhead Access:** From Valemount, travel north on Hwy 5 for 6 km and turn right onto Stone Road and then immediately left onto Tinsley Road. Follow this road for 300 m to a railroad crossing. After crossing the tracks, immediately turn left. Take the second right fork to the parking area. The first right fork goes to the New Mount Terry Fox Trail via Teepee Lake.

**8A New Mount Terry Fox Trail via Teepee Creek**  
Mt. Terry Fox summit - 8.5 km one way, elevation gain 1,450 m (4,757 ft)  
Teepee Lakes - 6.5 km one way, elevation gain 915 m (3,001 ft)

This trail follows the Teepee Creek Valley to the beautiful emerald green Teepee Lakes, and is also an alternate route to the summit of Mount Terry Fox. The trail begins by passing through a replanted logging block, and then traverses on a steep slope to cross Teepee Creek less than 1 km from the trailhead. Continuing up the valley, about 2.5 km from the trailhead you will come to a trail junction. The left fork is the alternate route to the summit of Mount Terry Fox, while the right fork goes back to Teepee Creek and then up to the Teepee Lakes. The summit trail reaches a prominent rock feature known as "Big Rock" at about 5.5 km. It is a great destination for those not going all the way to the summit. From "Big Rock", the trail continues up through the alpine to a ridge where it joins the original Mount Terry Fox trail. From the junction on the ridge, it's about 1.5 km and two false summits before you will arrive at the true summit of Mount Terry Fox, where you will be rewarded with an amazing panorama of Mt. Robson and the surrounding peaks and valleys of the Rocky Mountains.

**Trailhead Access:** Same as Mount Terry Fox Trail except, take the first right and follow this road for approx. 3 km to the trailhead.

- Boat Launch
- Cross-Country Skiing
- Fishing
- Hiking Trail
- Parking Area
- Picnic Area
- Washrooms
- Paved Road
- Unpaved Road
- Hiking Trail
- CN Rail



**For information on horse friendly trails, contact:**  
Willow Ranch: 250.566.4100  
Cowgirls Up Adventures: 250.566.5099

**For hiking and recreation information, go to:**  
[ValemountTrails.com](http://ValemountTrails.com)  
[Ridevalemount.com](http://Ridevalemount.com)  
[VisitValemount.ca](http://VisitValemount.ca)

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.

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