



VisitValemount.ca



**SPRING & SUMMER**

📍 f TourismValemount #ValemountOnTheTrail

# WELCOME TO VALEMOUNT

Surrounded by majestic mountains this vibrant village welcomes you to experience all our seasons! Valemount is situated in a corridor leading to seemingly unlimited outdoor recreation and local cultural experiences. Explore the diverse trail networks, discover natural gems, and quiet serene locations where you can relax and enjoy scenic views year-round. Those who enjoy the adrenaline rush of white-water rafting, sledding and downhill biking will find many reasons to keep coming back. Prefer the gentler activities like hiking, paddling, and fishing? We have that too.

Visit Valemount, explore our seasons, our culture and our wild side. Experience for yourself why Valemount is the middle of everywhere.



The Welcome to Valemount Experience Guide is a publication of the Tourism Valemount Society. No part of this publication may be reproduced without consent from Tourism Valemount. The print guide along with the official destination website [www.visitvalemount.ca](http://www.visitvalemount.ca) provides guests with information for planning their year-round visits to Valemount, BC and area. To order more copies of the guide please contact us at [marketing@visitvalemount.ca](mailto:marketing@visitvalemount.ca) or call 250-566-3335.

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**It's my pleasure to welcome you to Valemount, a small yet vibrant community nestled in the beautiful mountains of British Columbia.**

Here, you'll find stunning natural beauty, world-class outdoor recreation opportunities, and a warm and welcoming community that values sustainability and a healthy lifestyle. Whether you're here to ski, hike, fish, or simply relax and enjoy the scenery, we're thrilled to have you here in Valemount. Thank you for choosing to spend time with us, and we hope you have a wonderful stay.

– Owen Torgerson, Mayor



**I would like to extend a warm welcome to the Canoe Valley. Outdoor adventure, great people and stunning scenery await you.**

We invite you to stay, eat and play with us, sharing the beauty that we call home. We gratefully acknowledge that we share the traditional territory of the Secwépemc peoples and traditional use area of many indigenous peoples. Please take the opportunity to learn about the indigenous histories that have shaped this land since time immemorial and enjoy your stay!

– Dannielle Alan, RDFFG, Canoe Robson Valley



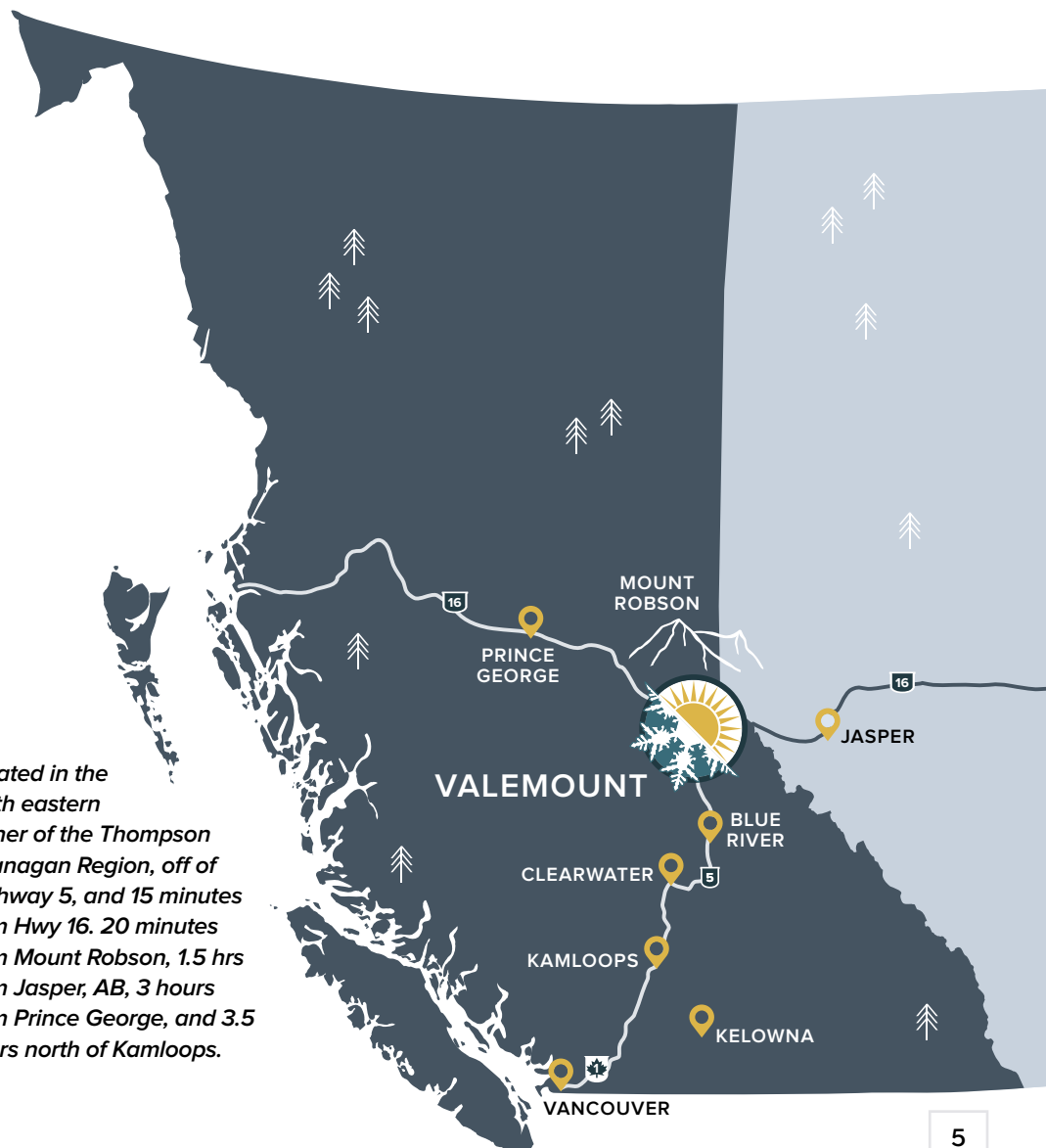
# How to Get Here

Take the scenic route - Coming from the east follow Hwy 16 along the majestic Rocky Mountains to Hwy 5 with views of the Monashees, and Cariboo Ranges. Discover old growth cedar forests and new saplings. Be sure to visit the iconic Mount Robson. Take in the journey's end for the large Chinook Salmon, or come back in the spring for the annual release of salmon fry into Swift Creek. Be a part of the renewal and celebration as the small fish head out to the waters of the Fraser, and return back years later to complete their circle of life.

From the North follow Hwy 16 taking time to stop at the Ancient Forest to connect with nature. Explore Tete Jaune Cache near the junctions of Hwy 16 and Hwy 5. See the brilliant blue/green hues of the Fraser River. Book a white water rafting trip and see the land from an exhilarating vantage point.

From the South follow Hwy 5 from the sagebrush dotted rolling hills following the Thompson River north to the Monashee and Premier mountain ranges, and lush forests of the Rocky Mountains.

*Located in the north eastern corner of the Thompson Okanagan Region, off of Highway 5, and 15 minutes from Hwy 16. 20 minutes from Mount Robson, 1.5 hrs from Jasper, AB, 3 hours from Prince George, and 3.5 hours north of Kamloops.*



# ENJOY OUR EVENTS





Photography by Melanie Boonstra

# Valemount Schedule of Events

Join in on the fun and action at a community event! Learn about the Chinook Salmon, listen to talented entertainers, browse the Farmers' Market for handmade creations and locally grown produce. Take in a theater production featuring regional actors, or bring the family to enjoy the activities at Valemountain Days. Go for a dog sled ride, sip a warm beverage and enjoy the festive activities at Winter Fest.

Check out the events at the Valemount Bike Park that take place twice a year at [www.ridevalemount.com](http://www.ridevalemount.com). There is always something to see and do in Valemount, BC!

## FEBRUARY

**Winter Fest**– Family Day weekend

## MAY

**Chinook Send Off**– participate in sending a little salmon off on its journey ocean bound

## JUNE

**Valemountain Days**– Second weekend of June

**Valemount Farmer's Market**– Thursdays 4pm to 7pm June to September

## JULY

**Canada Day Celebrations**  
**Canada Parks Day**

## AUGUST

**North West Mud Racing**– First weekend of August

**Chinook Salmon Viewing**– mid August to mid September. George Hicks Regional Park, Swift Creek and Rearguard Falls

**Robson Valley Music Festival**  
**Terry Fox Trek**

## SEPTEMBER

**Valemount Marina Fishing Derby**  
**Kokanee Salmon**– Camp Creek

## OCTOBER

**Halloween**– Fireworks and Bonfire by Valemount Fire Department

## NOVEMBER

**Craft Markets**  
**Remembrance Day**– Valemount Legion, Main Street

## DECEMBER

**Light up & Late Night Shopping**  
**Ice Skating Exhibition**  
**Curling Bonspiel**

## LIVE MUSIC VENUES

**Scooter's Pizza**  
**Valemount Legion**  
**Valemount Community Theatre**

Check out [www.visitvalemount.ca](http://www.visitvalemount.ca) for updated information on the events, and activities occurring annually.

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# TOP 10 ACTIVITIES







# Top 10 Spring/Summer/Fall

- 1 BIKE PARK**— Experience world-class biking in Valemount’s scenic and exhilarating bike park.
- 2 HIKE**— With numerous hikes to choose from ranging from gentle sandy trails to high alpine mountain top excursions you will easily find one to suit your hiking level. Pick up a hiking map at the Valemount Visitor Center and plan your hiking adventures.
- 3 SALMON SPAWNING VIEWING**— Catch the rare sight of Chinook salmon migrating back to the Robson Valley to spawn.
- 4 BIRDWATCHING/WILDLIFE VIEWING**— Visit the R.W. Starratt Wildlife Sanctuary at Cranberry Marsh for the opportunity to see several different species of birds, amphibians, and perhaps catch a glimpse of a muskrat.
- 5 WHITEWATER RAFTING/GENTLE FLOAT**— The teal coloured waters of the Fraser River are the perfect place to enjoy a scenic gentle float, or for the more adventurous types, to experience whitewater rafting.
- 6 MOUNT ROBSON**— Visit Mt Robson Provincial Park, home to the tallest mountain in the Canadian Rocky Mountains. Accessible year-round with limited amenities outside of summer.
- 7 GOLF**— Catch a round of golf at one of the most scenic mountain courses.
- 8 VALEMOUNTAIN DAYS**— For a truly “Valemount” experience, partake in the family-friendly activities of Valemountain Days on the second weekend of June.
- 9 ART & CULTURE**— Tour the town while admiring Valemount’s Art Walk, visit the local art gallery, or travel back in time at the museum.
- 10 CULINARY SCENE**— Hit the town and enjoy the various locally owned establishments for a tantalizing culinary experience.

*For updates on events: [www.visitvalemount.ca](http://www.visitvalemount.ca)*

*— Content provided by Wildly\_Ruby*

# SPRING ITINERARIES





Photo credits: wildy\_ruby

# Spring

## 1-DAY

### Day 1:

With the warmer days of Spring, comes the annual glacial melt. Visit any of the nearby waterfalls to see them in their most glorious, roaring state.

## 3-DAY

### Day 2:

The RW Starratt Wildlife Area (also known as Cranberry Marsh) has a 6km loop trail that will give you ample opportunities to see the various birds and wildlife of the area. Two viewing towers (not accessible friendly) take you high above the marsh for an all-encompassing view.

### Day 3:

Embrace your Wild West tendencies and book a guided horseback ride. 1 hour, 2 hour, and multi day options available.

## 5-DAY

### Day 4:

The cross-country mountain bike network on Swift Mountain tends to get the early Spring sun, and as a result, is one of the first areas to melt in the Spring. Get a good start to your bike fitness by pedaling one of the many various bike trails.

### Day 5:

After all of that hard work, take care of yourself with a massage & facial. Locally created skin-care products are available for purchase, so you can be reminded of the mountains year round.



Photo credits: Jullian Kenchenten

# Summer

## 1-DAY

### Day 1:

A.M. : Get your java on at the local **coffee roasters**, or one of the locally owned **cafés**.

P.M. : Take the edge off the summer heat by renting a paddleboard and driving down to enjoy the expansive views of **Kinbasket Lake**. BC recreation sites available, first come first served.

## 3-DAY

### Day 2:

A.M. : Bring the whole family to the **Valemount Bike Park**, a local treasure, for some gravity assisted laps, or a cross country loop. Bike rentals available in town.

P.M. : Keep the adrenaline pumping with a **white water raft trip** down the beautiful Fraser River or if calm is more your style, book a gentle **scenic float**.

### Day 3:

Take the day off to meander the town. Visit the local **museum**, **art gallery**, and tantalize your taste buds at the many locally owned/operated **restaurants**. Wrap up your day on the sunny patio of Valemount's very own **microbrewery**.

## 5-DAY

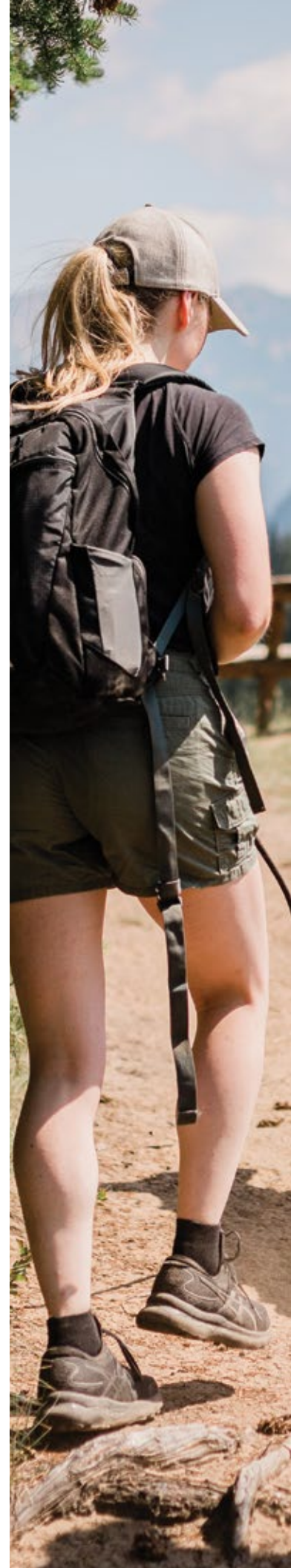
### Day 4:

Choose from one of Valemount's many different **hikes**, including the famous **Mount Robson**, the tallest mountain in the Canadian Rockies; or **Terry Fox Mountain**, equipped with its own monument. Alternatively, hike-in or book a **heli-drop** to one of the Valley's many beautiful backcountry **cabins**.

### Day 5:

After waking up in paradise, slowly meander your way down the mountain and back to civilization, wandering past **alpine lakes** and **fields of flowers**. Savour every breath of fresh air and the quiet of the wild.

– *Itinerary content provided by wildy\_ruby*



# SUMMER ITINERARIES



# EXPLORE BY WATER



## Kinbasket Lake

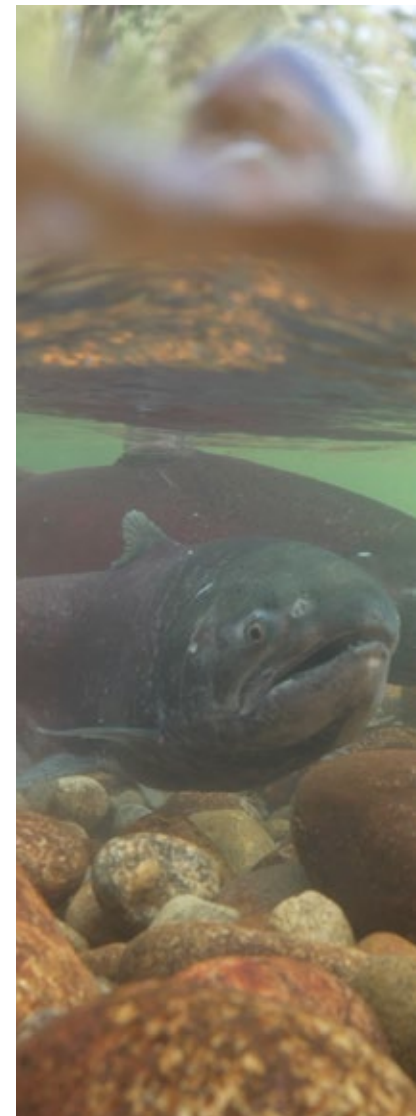


*Located just minutes from the community of Valemount*

➤ **HOW TO GET THERE** – From Valemount, proceed south on Yellowhead Highway 5 for 3km, then turn east onto Cedarside Road towards Kinbasket Lake. Continue onto Canoe East Forest Service Road/Canoe River Forest Rd for 21km and then turn right onto the 400m site access road to the Canoe Reach Marina. Caution: may be industrial traffic.

**VISITORS TAKE NOTE** – Kinbasket is actually a large hydroelectric reservoir that was created from the building of the Mica Dam. It extends from Valemount to the Golden area, and water levels can dramatically rise and fall from season to season. The waters greatly recede during the winter and then rise in the late spring reaching its highest levels in late summer.

Designated campgrounds are found at (18Km) Yellowjacket, (19.5km) Griffin Sawmill, (20.5km) Horse Creek, and (21km) The Canoe Reach Marina. Check out the camping section of the guide for more details on these beautiful recreation camping sites.



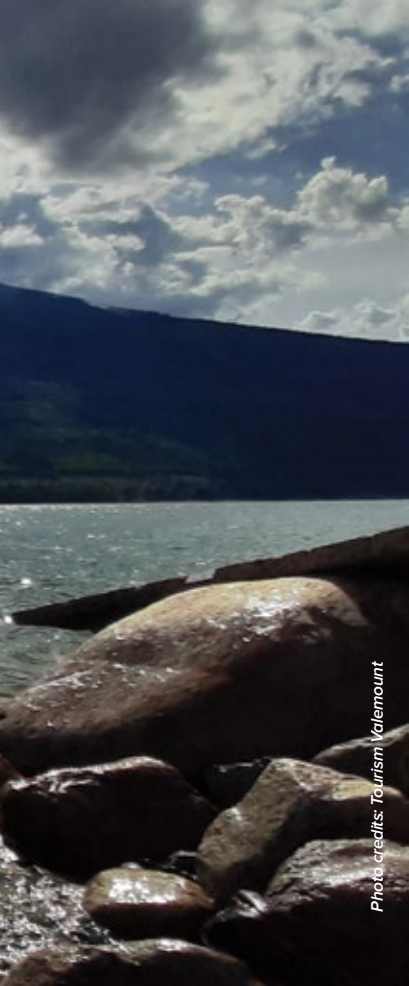


Photo credits: Tourism Valemount

Enjoy boating from approximately mid-June to later into the autumn months. (This timing may fluctuate from year to year based on water levels.) Relax and unwind on the lake. Cast your cares away as you try for your next trophy catch.

Check out the **Canoe Reach Marina** – Valemount Marina Association 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).

A beautiful place to set launch your vessel for a day of exploring the beauty of the Monashee Mountains and tranquil lake setting. Paddle along the shore line in a kayak or canoe, or rent a stand-up paddle board and venture out on to the water. Take in the incredible views of the snow-capped mountains, flora and fauna and maybe catch a glimpse of wildlife as they come down to the shore for a refreshing drink or dip. Watch eagles as they soar overhead looking for a fish to catch.

**GO FISHING** – With many streams, lakes, and rivers in and around Valemount, BC there are many opportunities to cast a line and try your luck at landing a bull trout, rocky mountain white fish, rainbow trout, burbot or kokanee. Know before you go and check out [www.gofishbc.com](http://www.gofishbc.com) for current rules and regulations to preplan your fishing adventure. Licenses are available for purchase online, at Service BC, or the Valemount Visitor Center.



**Putting the ale in Valemount since 2013.**  
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**1160 - 5th Ave Valemount 250-566-0024**  
[facebook.com/threerangesbrewingcompany](https://facebook.com/threerangesbrewingcompany) [www.threeranges.com](http://www.threeranges.com)

Photo credits: Leon Lorenz Canadian Wildlife Productions

# River Rafting Tours

Are you seeking a tranquil and soothing river float, or the heart pounding, wild, rushing white water rafting adventure of a lifetime? You can find your dream rafting vacation package here! Take in the sounds and sights of the majestic Fraser River. This is close to where the river forms, and it is a brilliant turquoise color, and so clear. In late summer enjoy spotting the salmon as they return to spawn. Maybe even catch a glimpse of a bear grazing along the shore and an eagle soaring up above. Stunning views of the Canadian Rockies await you. Let the mountains and the river move you!

## Mount Robson White Water Rafting

➤ **HOW TO GET THERE:** Mount Robson White Water Rafting is located at 16895 Farnsworth Road just east of the junction of Hwy 16 and Hwy 5 heading towards Mount Robson.

250-566-4879 | 1-888-566-7238  
www.mountrobsonwhitewater.com

## Stellar Descents White Water Rafting

➤ **HOW TO GET THERE:** Stellar Descents is located at 11974 Essen Rd, Tete Jaune, BC just west of the junction of Hwy 16 and Hwy 5 near the beautiful Robson Valley.

250-566-0040  
www.stellardescents.ca



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# EXPLORE BY WATER



# SALMON VIEWING



## Rearguard Falls



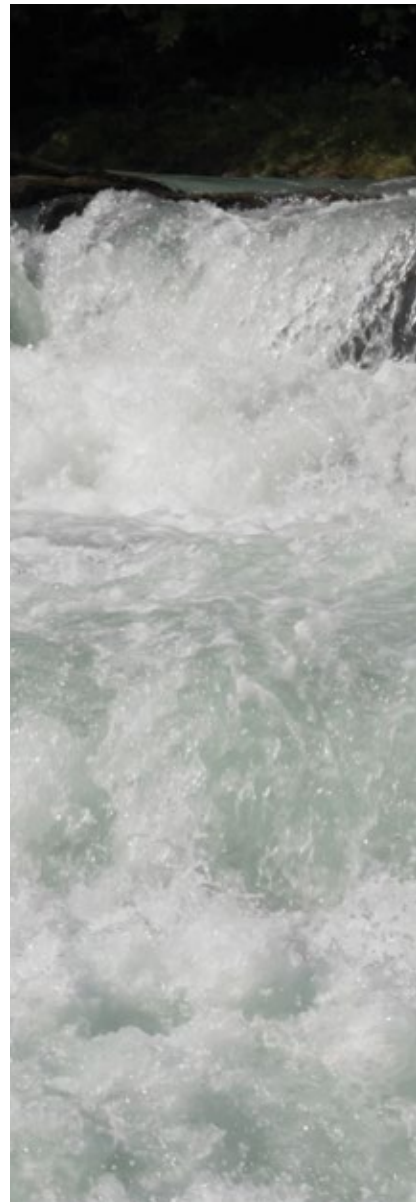
**AMENITIES** – fish viewing, accessible

➤ **HOW TO GET THERE** – Located on Highway 16 towards Mount Robson, and the Alberta Border. Approximately 18 minutes from Valemount BC.

This provincial park features beautiful waterfalls that are formed as the mighty Fraser River flows over the ledge to the bottom. The river flows east, emerging into the Rocky Mountain Trench near the community of Tete Jaune, where it continues meandering through most of British Columbia towards the Pacific Ocean. The Chinook Salmon follow this path back to the waters where they were hatched to begin again the life cycle.

Rearguard Falls can be seen by taking a short hike along a path with flights of stairs that have metal handrails down to a viewing deck. In autumn, (August to September) you may see returning Chinook salmon trying to leap over the falls to reach the gravel above to lay their eggs in. For the salmon that do manage to make it to the base of the falls, this leap will mark the end of their long 1300 km journey.

Many species of birds can also be viewed along the trail.





# George Hicks Regional Park



**AMENITIES** –fish viewing and washrooms, wheel chair accessible

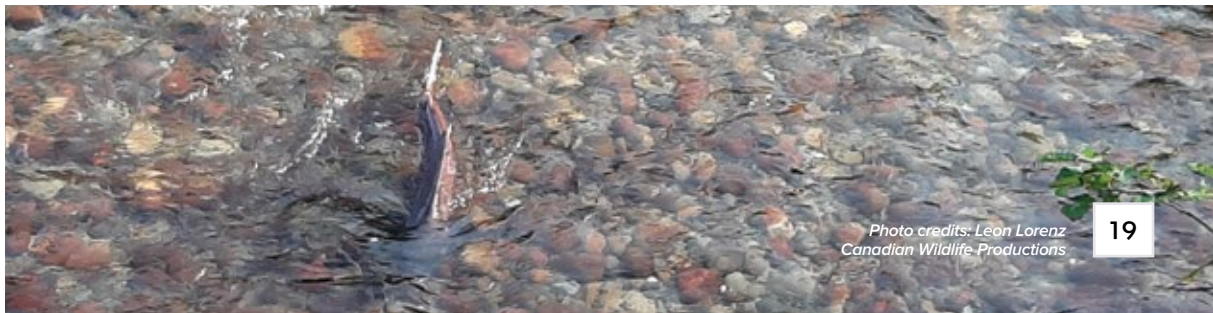
> **HOW TO GET THERE** – Located just steps away from the Valemount Visitor Center off of Hwy 5 this regional park has interpretive signage, an accessible bridge and a platform with vantage points for viewing the Chinook Salmon run. The Chinook are the largest and strongest of the Pacific salmon species. They swim over 1,300 km up the Fraser River to return to Swift Creek to spawn from August to September. They can range in size from 6 kg (14 pounds) to 25 kg (55 pounds) Here you can see the females dig nests or (redds) in the creek bed to lay their eggs and the males once chosen fertilize them.

Unfortunately, numbers of returning Chinook have dwindled down over the years due to various natural disasters and wildfires. Through the good work of the Simpcw Nation Fishery and partners such as the Spruce City Wildlife association a release of 20,000 Chinook fry is done annually in May at Swift Creek. This event is open to the public, and participants are given an opportunity to name and release a salmon into the creek.

When near creeks and rivers it is vital to the salmon population that one observes from a distance and respectfully.

- Stay out of the creeks and rivers.
- Do not interfere with the fish or cause them to swim away from their nest. They have come along way and as they no longer are eating at this point, they need their energy to be able to complete their life cycle of laying and fertilizing their eggs.
- Keep children out of the water.
- Please do not throw rocks or other items at the fish.
- Pack in pack out when out exploring the trails, and back country. Let's all work together to keep the water channels clean and safe for future generations.
- Share the story of the salmon.
- Learn more by visiting the interpretive signs at the park, and the information center which is open year round.

*Check the events calendar at [www.visitvalemount.ca](http://www.visitvalemount.ca) for upcoming salmon talks.*



Discover intriguing tales of life lived in the valley, and see the displays that reveal the ingenuity of families who once called this area home. View artifacts from early settlers and beautiful hand-crafted items from those who were here since time immemorial. Hear the spoken language of the Simpcw people, and learn about their culture and teachings.

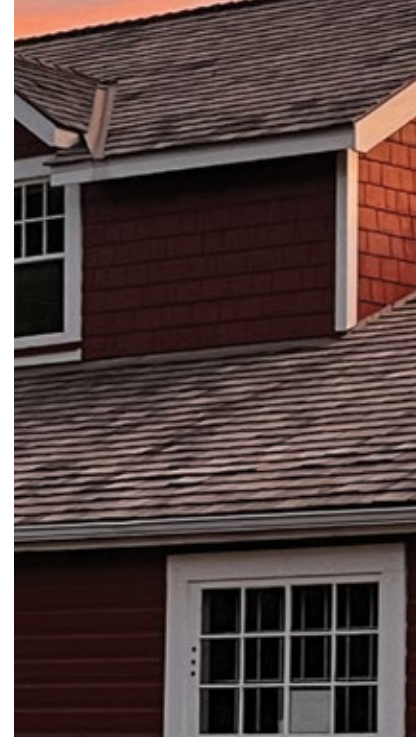
Follow the rails back in time to the days of the Swift Creek Train Station, which now houses the Valemount Museum.

## Valemount Museum

➤ **LOCATION**– 1090 Main Street, behind the Valemount Public Library  
**Open May to September**

Travel back in time through the stories, images and writings of the elders and pioneers of the region that are highlighted in this building that was once the Swift Creek Station. The original building was built in 1914 and was relocated in 1927 to the side of the railway tracks on what is now Main Street. Here, it served as the Valemount Station until 1981. Explore the museum and discover the story of how the station was moved once more, and restored to become what it is today. Visitors to the museum can also find information about the Japanese internment camps, and learn about lifestyles of the people who were here many years ago.

Explore the Railroad Room, which has a model train display, and the restored cabooses which is sure to appeal to train enthusiasts! Be sure to check out annex and the forest service lookout tower. While visiting the museum ask about the Historic Hikes Geocache guide compiled by the Valemount Historic Society.



**ARTS | CULTURE | HERITAGE**  
10 DESTINATION POINTS TO CHOOSE FROM



**northern  
routes**  
CULTURAL EXPERIENCE

# EXPLORE OUR HISTORY & CULTURE

Photo credits: Tourism Valemount - Museum



Photos by: Happy/Heather

## War Heroes Museum

➤ **LOCATION**– Royal Canadian Legion Branch #266, Main Street.

On 21 November 1950, tragedy struck at 10:35 when a troop train carrying members of the 2nd Regiment Royal Canadian Horse Artillery bound for Fort Lewis, Washington collided head on with the eastbound “Continental,” the Vancouver to Montreal passenger train.

View the monument given in dedication to the community members who bravely came to the aid of those who were injured that is on display on the grounds of the Legion and War Heroes Museum.

The War Heroes Museum is home to a collection of pictures, uniforms, medals and stories from members of the Legion and their families. Discover displays recording some of the history of the Boer War, the First and Second World War, the Korean War and from recent Peace Keepers missions.

The Legion hosts events throughout the year including Remembrance Day ceremonies, pancake breakfasts, live music and social events. Follow along on their social media page for upcoming events.

## Geocaching & Historical Hikes

Come to Valemount for a fun and informative geocaching adventure! Pick up a copy of the geocaching guide at the Valemount Museum or at the Valemount Visitor Center and enjoy a unique and historic geocaching series that will have you exploring, seeking and finding caches around the region while learning more about the local history. This is a fun, family activity and the geocaching app from [www.geocaching.com](http://www.geocaching.com) can be downloaded for free onto your mobile device. On this app you will discover these geocaches plus any others that local hiders have created for your enjoyment! Geocache your way around the community and discover tales of local pioneers, settlers and heroes.



Photo credits: Tourism Valemount - Museum

# EXPLORE OUR PARKS



## Cedarside Regional Park



**AMENITIES** – pit house, trails, picnic tables. Garbage/recycling, washrooms

➤ **HOW TO GET THERE** – From Valemount, travel south on Hwy 5 for 3km. There is a sign on the left-hand side.

Cranberry Lake is the heart of this lovely little spot. Folks come to enjoy a swim, relax on the sandy beach or paddle around the lake. Tadpoles can be seen in the early summer months, and waterfowl come to nest in the reeds of the shoreline. Relax and unwind at this tucked away nook and take in the view of McKirdy Mountain. Listen to the sounds of nature, and perhaps catch a view of the setting sun and night sky into the evening.

In the winter, the park offers trails to ski or snowshoe and a hill that is popular for tobogganing. Facilities include a large parking area, toilets, picnic tables, fire pits and easy access to a large sandy beach. Leave no trace, and be sure to pack in and pack out.

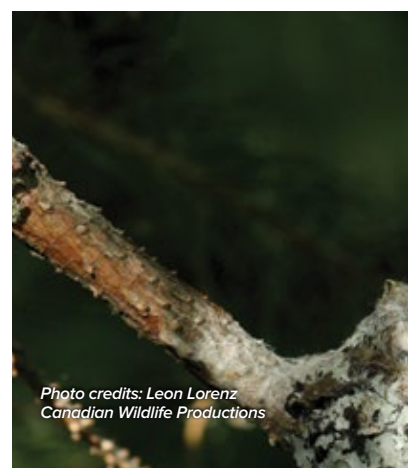


Photo credits: Leon Lorenz  
Canadian Wildlife Productions



Photo credits: Tourism Valemount



Photo credits: Julian Kenchenten



# Cranberry Marsh

## THE STARRATT WILDLIFE SANCTUARY



- > **HOW TO GET THERE** – 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.
- > **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.

Another must see on your visit to Valemount BC! Located on the south end of the community this gem is tucked in off the highway. Many birds come to nest in the willows, cranberry, cattails, button snakeroot, and grasses found around the wetlands. Two viewing towers give panoramic views of the three mountain ranges—the Cariboo, the Monashee and the Rocky Mountain Ranges, and the marsh. This is also a great place to view wildlife such as bear, moose, deer, muskrat, beaver and a variety of other smaller mammals. Dragon flies are plentiful in the warmer months and can be seen zipping about catching insects.

## Cranberry Marsh Trail

Take a stroll around the 6-km trail that is on flat terrain and goes around the marsh. There are two lookout towers located along the trail. Trail heads can be found near the front parking lot of the Best Western Hotel, another off of Ash Street and a third off of McKirdy Road. This one is known as the “boat launch” and has a launch area for those who would like to explore by kayak or canoe. Do keep your distance from nesting birds!

## Jackman Flats Provincial Park



**AMENITIES** – pit house, trails, picnic tables. Garbage/recycling cans

- > **HOW TO GET THERE** – From Valemount travel north on Hwy 5 for 13 km. Turn left into the parking area where you will find a sign displaying the various trail options and picnic tables.

A special thanks to local volunteers and to BC Parks, as marked trails provide wonderful hiking excursions around the park. A great place to bird watch, see wildlife and enjoy a unique landscape. The trails are composed of sand and have gentle hikes with great views. In summer, dogs are allowed on the trails on leash only. In the winter months, bring your cross-country skis and enjoy the unique, rolling terrain.

- The lichens found here are fragile. Stay on designated trails. Leave no trace and pack in and pack out.
- Be sure to check out the interpretive signs for more information on this unique park.

*Remember, to collect or damage any natural object in a provincial park is illegal. Tread lightly and enjoy one of BC Parks most unique landscapes.*



## CAMPING SITES AT MOUNT ROBSON

### **Kinney Lake Campground**

*June to September*

Backcountry style camping

### **Lucerne Campground**

*May to September*

Reservable front country sites: 15

Vehicle-accessible sites: 36

Walk-in sites: 2

### **Other Mount Robson backcountry (Mount Fitzwilliam and Moose River Trail)**

*Wilderness camping – year round*

### **Robson Meadows Campground**

*Open May to September*

Reservable front country sites: 60

Vehicle-accessible sites: 125

### **Robson River Campground**

*Open May to September*

Reservable front country sites: 38

Vehicle-accessible sites: 40

RV-accessible sites: 38

Pull-through sites: 2

Sites with electrical hook-ups: 22

*For more information: visit <https://bcparks.ca/mount-robson-park> <https://bcparks.ca/reservations>*





Photo credits: Melanie Boonstra

# Mount Robson



*Also known as Yexyexésceen, or striped rock by the Secwépemc people.*

**AMENITIES** – Visitor Centre, Restaurant, Gift shop, WIFI. Trail rider, accessible trails

Activities within the park include camping, hiking, biking, fishing, swimming, caving, canoeing, climbing, and horseback riding.

Mount Robson Provincial Park has been welcoming visitors since 1913, and is the second oldest BC Provincial Park.

➤ **HOW TO GET THERE** – Located just under 30 minutes from Valemount, BC along the Yellowhead Highway 5, Mount Robson is on the must-see visitor checklist. The most prominent, and highest peak in the Canadian Rocky Mountain Range, this much-loved Canadian icon is a proud member of the United Nations Education, Scientific and Cultural Organization (UNESCO).

The Visitor Centre at Mount Robson, is open from May to October and is located at the west end of the park. Here you can register for camping or to hike the world-famous Berg Lake Trail. Due to an atmospheric river this beloved trail has been under restoration. For updates on the progress visit the BC Parks website.

This is home for a variety of wild creatures, and a wide range of vegetation can be found here. There are many opportunities for viewing animals from a safe distance, and capturing inspiring imagery at this scenic park. Be on the lookout for Mountain goats climbing up on the high cliffs, bears feasting on wild berries, moose grazing in the wetlands, and smaller woodland creatures scampering among the tall cedars.

**\*Do not approach wildlife.**

*Plan your adventure to the park. Be prepared for changes in weather, and be aware of wildlife in the area.*



Photo credits: Kelly Funk

# EXPLORE OUR ADVENTURES



## Golfing

### Valemount Pines Golf Course & RV Park

➤ **LOCATION** – 1110 N Highway 5, Valemount BC  
250-566-4550 | Open May to October 8 AM To 6 PM - 7 Days A Week

Swing your cares away on this 9-hole course that has two tee boxes at each one. Play an 18 hole game while enjoying the mountain views. The Valemount Pines Golf Course is family-oriented and offers exceptional golf, friendly service and reasonable prices. The course features beautiful views, sparkling sand, and forested areas.

This is an enjoyable course for beginners and also offers a challenge to golfers with low handicaps. Check out the driving range for extra practice. For those who want to stay and play, there is an onsite RV camp ground available. The clubhouse has a full retail golf shop offering clothing, shoes, golf balls, and other accessories. After a round or two of golf, enjoy a meal and beverage on the patio as the clubhouse features a full menu and bar.

## Helicopter Tours

**Yellowhead Helicopters – Robson Helimagix**  
1-877-454-4700 | [www.robsonhelimagix.com](http://www.robsonhelimagix.com)

Book a flight and have a unique view of the iconic Mount Robson. With tours such as Majestic Mt. Robson, Premier Glacier and Valley Buzz, you will see spectacular sights as you soar high above the alpine, glacier fed lakes and snowcapped mountain peaks. Take an inspiring scenic helicopter tour of the Valley of a Thousand Falls, Emperor Falls, Berg Lake and Kinney Lake.

**CMH Summer Adventures**  
1-877-762-7104 | [www.cmhsummer.com](http://www.cmhsummer.com)

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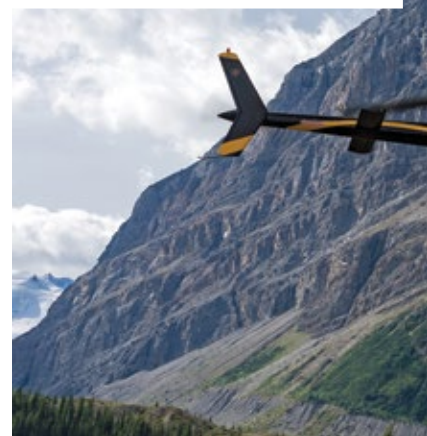




Photo credits: Julian Kenchenten



Photo credits: Tourism Valemount



Photo credits: Kelly Funk

# ATV Excursions

Enjoy incredible scenic views on an ATV experience. Discover beautiful waterfalls, panoramic views, meadows of wildflowers and mountain peaks as you ride responsibly. Enjoy the ride and forego the mud and tire spinning. Be safe, responsible and help protect this beautiful environment by staying on existing roads and trails. Preplan your ATV adventure! Go to [www.ridevalemount.com](http://www.ridevalemount.com) for links to Google Earth files, GPS downloads and detailed information regarding sustainable ATV riding in the Valemount area.

For more information on renting an ATV contact Alpine Country Rentals at 250-566-9774 or visit [www.alpinecountryrentals.com](http://www.alpinecountryrentals.com).

Highlight! Check out the summit of Canoe Mountain. Nestled in the Monashee Mountain range, this peak is 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.

# Horseback Riding

Listen to the sounds of birds singing as you meander along the trail on your steed that leads you on a guided tour. Take a riding lesson and improve your riding skills and comfort level. Enjoy scenic trails, crisp mountain air and hear the soothing sounds of nature as you ride. Experience the thrill of riding horseback in this picturesque mountain valley. Prepare to come and join the ride by prebooking your horse-riding experience.

## Cowgirl Up Adventures

For more information on trail rides, pack trips, riding lessons and wall tent camping call Cowgirl Up Adventures 250-566-5099 or visit [www.cowgirlupadventures.com](http://www.cowgirlupadventures.com)

## Willow Ranch Sanctuary

For more information on horse riding lessons contact Willow Ranch at 250-566-1814 or visit [www.willowranchsanctuary.com](http://www.willowranchsanctuary.com)

## Falling Star Ranch Academy

> LOCATION – 5551 Fraser Road, Dunster, BC, V0J 1J0  
250-968-6801 | [info@fallingstarranch.ca](mailto:info@fallingstarranch.ca) | [www.fallingstarranch.ca](http://www.fallingstarranch.ca)  
Horse whispering demos, year-round, rain or shine.

**Cowgirl Up ADVENTURES**

1 & 2 HOUR AND DAY RIDES • OVERNIGHT PACK TRIPS AVAILABLE

(250) 566-5099 • [info@cowgirlupadventures.com](mailto:info@cowgirlupadventures.com)  
[www.cowgirlupadventures.com](http://www.cowgirlupadventures.com)

Photo credits: Julian Kenchenten



Photo credits: Julian Kenchenten

# Top Ten Easier Hikes

For more information on these and other trails go to [www.valemountrails.com](http://www.valemountrails.com). Hiking maps are available at the Valemount Visitor Center and at [visitvalemount.ca/plan/guides](http://visitvalemount.ca/plan/guides)

## JACKMAN FLATS (LEASHED DOGS ONLY)

**Distance/Elevation:** Multiple interlocking trails, 1.5km - 6km loops. Undulating terrain with minimal elevation gain.

**Trail description:** A relaxing environment comprising sand dunes, a flowy well-defined trail, and fragile lichen ecosystems (dogs must remain on leash and on the trail).

**Trailhead coordinates:** 52.931196°, -119.372379°

## CRANBERRY MARSH (LEASHED DOGS ONLY)

**Distance/Elevation:** 5.5km loop. Mostly flat.

**Trail description:** This trail skirts around Cranberry Marsh, a wildlife sanctuary and important wetland. A boardwalk has been built on the north side.

**Trailhead coordinates:** 3 main access points: (Ash St. cul-de-sac) 52.819133°, -119.258308°; (Parking lot near Best Western) 52.815450°, -119.270077°; (Boat launch) 52.820472°, -119.241927°.

## SWIFT CREEK LOOKOUT (DOGS OK)

**Distance/Elevation:** 3.6km return, elevation approx. 37m.

**Trail description:** Trail follows Swift Creek before ascending steeply to a viewpoint.

**Trailhead coordinates:** 52.838632°, -119.267895°

## SWIFT CREEK LOOKOUT ALTERNATIVE ROUTE

**Distance/Elevation:** approx. 4 km return, 37m elevation

**Trail description:** The trail follows the Swift Creek

Lookout trail until partway up the hill, then joins the Subversion trail until it reaches a logged area with views of the Premier Range. Retrace your steps, or do a loop via “Ditch the Scene” and “Velodrome” to reach the lookout, and descend via the #6 trail.

**Trailhead coordinates:** 52.838632°, -119.267895°

## HAWAII, BC (DOGS OK)

**Distance/Elevation:** 1.2km return distance, 100m elevation to the main ridge viewpoint

**Trail description:** The route ascends through a slide area, meandering through thickets of slide alder before emerging onto a rocky look-out with views of glacier-fed waterfalls and Kinbasket Lake. Watch out for: stinging nettle, bears, slippery wet rocks & drop-offs near the base of the falls

**Trailhead coordinates:** 52.687851, -119.066831 (Insert into Google Maps or GPS). The trailhead is about 20 feet prior to the 15 km marker on the West Canoe Forest Service Road. Active logging road. Proceed with caution. High clearance vehicle recommended.

## ZEN GARDEN (DOGS OK)

**Distance/Elevation:** Zen Garden is a 0.3km trail that zig-zags between two other access trails on the northside of 5-Mile. Access is possible via the Truck Yeah bike trail and an old road that’s now used as a connector. (Follow the signs for Zen Garden once you reach the Old Truck at the trail junction).

**Trail description:** Also a mountain bike trail, Zen Garden is a tribute to the marvel of flowing mountain streams and Japanese gardens.

**Trailhead coordinates:** Begin at the entrance to Truck Yeah along 5-Mile road.

## LITTLE LOST LAKE (DOGS OK)

**Distance/Elevation:** 3.4km return to the lake, 4.5k return for the lake loop (120-160m elevation gain)

**Trail description:** The lake is beautiful, with mountain views in the distance. Watch for leaping fish, frogs, ducks and geese.

**Trailhead coordinates:** 52.978960°, -119.397232° (park at the pull-out and be careful crossing the highway!)



### KINNEY LAKE (LEASHED DOGS OK)

**Distance/Elevation:** 10km return, 131m elevation

**Trail description:** Wide, hard-packed trail for the most part that follows the Robson River.

**Trailhead coordinates:** 53.050849°, -119.214408°

### REARGUARD FALLS (LEASHED DOGS OK)

**Distance/Elevation:** 400m return, elevation 30m

**Trail description:** hard packed wide trail, occasional soggy spots, a few steeper sections. Viewing platform has an accessible ramp.

**Trailhead coordinates:** Access from Hwy 16 east of Tete Jaune - watch for signage.

### OVERLANDER FALLS (LEASHED DOGS OK)

**Distance/Elevation:** 600m, 5km

**Trail description:** 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.

**Trailhead coordinates:** (1st parking) 53.031226°, -119.208004°; (2nd parking) 53.028177°, -119.230594°

– Content provided by Laura Keli

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# EXPLORE OUR WILDSIDE



Here are some tips for staying safe while enjoying the natural beauty of British Columbia:

**BE AWARE OF YOUR SURROUNDINGS:** When hiking or camping, be aware of your surroundings and keep an eye out for wildlife. Make noise as you move through the wilderness to alert animals to your presence.

**CARRY BEAR SPRAY:** Bear spray is a non-lethal deterrent that can be used to stop an aggressive bear from attacking.

**STORE FOOD PROPERLY:** When camping, store food in a bear-proof container or hang it from a tree at least 100 meters from your sleeping area.

**KEEP A SAFE DISTANCE:** Never approach wildlife, and always give them plenty of space. Keep at least 100 meters away from bears and 30 meters away from other large animals.

**TRAVEL IN GROUPS:** When possible, travel in a group. This will make you less vulnerable to animal attacks and will increase your chances of being heard by wildlife.

**FOLLOW PARK REGULATIONS:** Follow all park regulations and posted signs.

**EDUCATE YOURSELF:** Learn about the wildlife in the area you will be visiting and educate yourself about their behavior and habitat.





Photography by Melanie Boonstra



Photo credits: Leon Lorenz  
Canadian Wildlife Productions



Photo credits: Leon Lorenz  
Canadian Wildlife Productions

British Columbia is known for its diverse wildlife, and you can often spot different types of animals while driving on highways, when out on the trails, and exploring the backcountry.

**1 MOOSE**– These large, majestic animals are found in many areas of British Columbia, and they are often seen near water sources such as rivers and lakes.

**2 BLACK BEARS**– Black bears are common throughout the province, and they can often be seen foraging for food along the side of the road.

**3 GRIZZLY BEARS**– These large bears are less common than black bears, but they can be found in the mountain ranges and have been spotted along forest service roads, and local trails.

**4 DEER**– Both mule deer and white-tailed deer can be found in British Columbia, and they are often seen grazing along the side of the road.

**5 COYOTES**– These adaptable animals are found throughout the region, and they can often be seen hunting in fields and meadows.

**6 WOLVES**– While less common than coyotes, wolves can also be seen in some areas around the community.

**7 MOUNTAIN GOATS**– These sure-footed animals are found in the mountains of the region, and they can sometimes be seen on steep slopes near the highway.

**9 FOX**– Although they can be shy and have a more nocturnal nature they can be seen during the day along roadsides and some trails.

**10 CARIBOU**– The mountain caribou are protected and when out adventuring in the back country follow the guidelines and keep out of closed areas. If you see caribou while riding keep a minimum of at least one kilometer away. Do not approach, chase or bother them. For more information on closed area boundaries go to: <https://www2.gov.bc.ca/gov/content/sports-culture/recreation/motor-vehicle-prohibitions/snowmobiling-in-bc/snowmobile-closures>

Allan and Chappell Creek are two of Valemount's main winter riding areas and they are surrounded by wildlife restrictions.

Report all wildlife conflicts to the BC Conservation Officer Service RAPP line at 1-877-952-7277

# BED & BREAKFASTS

Photography by Melanie Boonstra

**Settle in and rest up for your next day's adventure.** Valemount is nestled at the heart of three majestic mountain ranges. Beautiful mountain views can be seen from many of the rooms in the local accommodations. Stay in Valemount and be just minutes from golf, horseback riding, hiking, mountain biking, sledding, cross country skiing, ski touring, snowshoeing, cuisine experiences, the Cranberry Marsh, and Mount Robson which is just 20 minutes away!

**Stay awhile, take in the culture, explore the outdoors and discover our vibrant village vibe!**

## B & S Stone Haven Inn B&B



> **LOCATION**– 3235 Sawyer Road  
250-566-1174 | jamieanddale@hotmail.com

B & S Stone Haven Inn is a house of its own that sleeps up to 15 people. 3 ensuite bedrooms, a large kitchen and living room, and heated garage make up this unique bed and breakfast.

## Bearberry Meadows Guest House



> **LOCATION**– 12190 Crown Road Tete Jaune Cache  
250-566-9987

Comfortable suites within a log house on an acreage in a peaceful setting, with views of the Rocky and Cariboo Mountains. Two self-contained suites (kitchenettes), beautifully furnished, with queen size or double bed and separate entrance for your privacy. Garden with sitting area and

BBQ. Self-catered or served breakfasts are optional. 15 minutes to Valemount, and 10 minutes to Mount Robson.

## Mountain Gypsy



> **LOCATION**– 1096 Juniper Street | 780-446-3066

Mountain Gypsy is a lovely bed and breakfast situated on a hill with spectacular views of the surrounding mountains and it is an easy walk to main street.



## RUSTIC LIVING OFF THE GRID

Self contained cabin in the mountains, accessible by truck, SUV or 4 wheel drive

[www.airbnb.ca/rooms/16646496](http://www.airbnb.ca/rooms/16646496)



## Rose Cottage B&B



> **LOCATION**– 1900 Cranberry Place | 780-454-4442

Rose Cottage Bed and Breakfast has a quiet, family atmosphere, conveniently situated on the side of Hwy #5 in Valemount. It is at a central point between Vancouver, Jasper, Prince George and Edmonton. Stop for a break from the driving, take in the surrounding mountain views and restore your spirit.

1 downstairs room with a king bed & ensuite bathroom for those who prefer not to climb stairs. Upstairs, a family room (king 2 singles) and a 3rd room with queen & single bed. *\*Pets must stay in room*

## Tucked Inn



> **LOCATION**– 975 Bevan Crescent | 250-566-4659

Tucked Inn is the perfect space to unwind for those in search of an intimate getaways, adventure seekers or family escapes. Tucked Inn delivers complete privacy from the upstairs suite with a separate entrance, one ensuite bathroom off a bedroom plus another bathroom with full access, a fully equipped kitchen and living area.

## Pioneer Lake Cabin B&B



> **LOCATION**– 6780 Blackman Road

Rustic living. Off grid. Self-contained cabin in the mountains, accessible by truck, SUV, 4 wheel drive. Contact [airbnb.ca](http://airbnb.ca) for booking

# CABINS & LODGES

## Blue Sky Valemount Cabin



> **LOCATION**– 1230 -18th Avenue | 780-849-1085

Blue Sky Valemount Cabin is a private 5-bedroom, ranch style, conveniently located in the heart of Valemount. Guests will be comfortable with 3 full bathrooms. With a cozy fireplace and a large deck, Blue Sky Cabin feels like home away from home. The kitchen is designed for cooking and entertaining, with a big island and open floor plan. Ample parking for multiple vehicles and trailers, and drying room for your outdoor gear. Secure bike storage coming at the end of March, NO extras fees.

## Canadian Log Home Guest House



> **LOCATION**– 1940 Cranberry Place | 780-621-7171

Two-story furnished log home with 3 bedrooms, 2 full bathrooms & 1 half bathroom. Spacious country kitchen & dining area. Relaxing living room with cozy wood burning stove.

## Cougar Mountain Lodge



> **LOCATION**– 4540 North Highway 5 | 250-566-9119

Cougar Mountain Lodge is a luxurious log home with Rocky Mountain views to the back and the Cariboo Mountains to the front. After a long day of outdoor adventure, you will sleep well on the custom-built log beds! The lodge is loaded with amenities available on premise for your use while you're there. Breakfast is included in the price.

The front patio, back patio, fire pit with picnic tables, trampoline and kids' playground (must sign waiver) and lots of access to walking paths.

Accessible	Dryers/Racks for Boots
Bath	Kitchen/Kitchenette
Private Bath	Laundry
Ensuite Bath	Pet Friendly
Showers	Bike Friendly
Fridge	Swimming Pool or Hot Tub
Full Breakfast	RV Parking
Continental Breakfast	WIFI
Fire Pit	Available Winter & Summer
BBQ	

## Heavens Edge Mountain Lodge



> **LOCATION**–13655 Glacier Road, Tete Jaune Cache  
250-566-8254

Heavens Edge Mountain Lodge offers a unique, private retreat in the heart of the super natural Canadian Rocky Mountains. We are just 10 minutes from Mount Robson, the highest mountain in the Canadian Rockies. Their log lodge houses two high-end executive suites which guarantee you a comfortable stay, whatever the season. RV parking.

## Mica Mountain Lodge & Cabins



> **LOCATION**– 15658 Old Tete Jaune Cache Road  
250-566-9816

Enjoy our cozy log cabins with all the comforts of home. Nestled in the heart of the Rocky Mountains

and Cariboo Mountains, you will find our cozy and clean log cabins. The cabins are very generously spaced from each other to ensure the greatest privacy, like nowhere else in the area! Relax in our unspoiled wilderness away from all the busy places!

## Mount Robson Lodge



> **LOCATION**– 16875 Fransworth Road  
888-566-4821 | mountrobsonlodge.com

Mount Robson Lodge provides comfortable, affordable cabin accommodations close to Mount Robson Park, overlooking the Fraser River. The lodge is ideally located for those exploring the park. Situated on Yellowhead Highway 16, just 5 km west of Mount Robson Provincial Park, the lodge has log cabins in full view of Mt. Robson; which stands tall at 3,954 meters (12,972 ft) and is the highest peak in the Canadian Rockies.

Each cabin has two queen beds, one in a separate bedroom and one in the main living area, a bathroom with bathtub/shower combination and a small kitchenette with table and chairs.

Open Mid-May through Late September. Minimum 3 night stay.



## Blue Sky Valemount Cabin



[www.blueskyvalemountcabin.ca](http://www.blueskyvalemountcabin.ca)



# Mount Robson Mountain River Lodge



> **LOCATION**– 13990 Swift Current River Road, Mount Robson | 250-566-9899

Experience the unspoiled Canadian wilderness in a traditional style Bed & Breakfast or in one of two private self-catering cabins. Rooms in the Main Lodge are in a traditional Bed & Breakfast setting. They are located on the second floor, and offer the comfort and convenience of private bathrooms, hairdryers, complimentary coffee and tea, 1 queen or 2 single beds. Two of the rooms also feature balconies. You will enjoy a wonderful breakfast prepared fresh each morning.

# Summit River Lodge & Campground



> **LOCATION**– 19345 Hwy 5, Albreda | 250-566-9933  
summitriverlodge@hotmail.com

Panoramic view of Canoe Mountain Valley, the Albreda Glacier and Camp Creek. 5 rooms in a unique log-home. 24 RV and tent sites along Camp Creek, some with power and water; sani-station and free hot showers. Two log cabins along camp creek with views of the Albreda glacier.

# Teepee Meadows



> **LOCATION**– 545 Jack Adams Road | 250-566-1555

Teepee Meadows offers private cabins with full kitchens, bathrooms, and wifi on a peaceful hobby farm. Enjoy spectacular views of the Caribou Mountains from your own BBQ-equipped porch. Very child and family friendly with lots of indoor and outdoor toys and animals. The owners have large, friendly dogs, miniature horses, a donkey, ducks, turkeys, chickens, cats, and a llama outside (never in the cabin). If you or your children are scared of animals this is not a suitable place to stay.



Photo credits: Kelly Funk

# Terracanna Resort



> **LOCATION**– 12155 Hwy 16  
250-968-4304 | 1-866-968-4304 | terracanna.com

Feel at home in the rustic style of our fully outfitted log cabins overlooking the Mighty Fraser River. Relax and let time wash away in the beauty of this remote wilderness location offering spectacular views of the Canadian Rocky Mountains.

# TimberWolf Mountain Lodge



Create your own wilderness experience. Join us at our lodge in the mountains. This Adult Only lodge is nestled within the Cariboo and Rocky Mountains of B.C. Our guests will enjoy a comfortable and relaxing stay in a 1200 sq. ft. executive suite with 2 bedrooms, comfortable queen size beds, a private bathroom, a large private deck as well as a private entrance.

# Twin Peaks Resort



> **LOCATION**– 60 Jack Adams Road  
250-566-9160 | 1-877-566-9160 | twinpeaksresort.ca  
frontdesk@twinpeaksresort.ca

Surrounded by beautiful forests and the awesome peaks of the Rocky, the Cariboo, and the Monashee Mountains, Twin Peaks Resort is the perfect place and retreat to relax and enjoy nature.

# Willow Burl Cabins



> **LOCATION**– Highway #5  
250-566-4898 | www.willowburlcabins.ca

Willow Burl Cabins is situated on 48 acres of treed land at the foot of Canoe Mountain in the Robson valley.

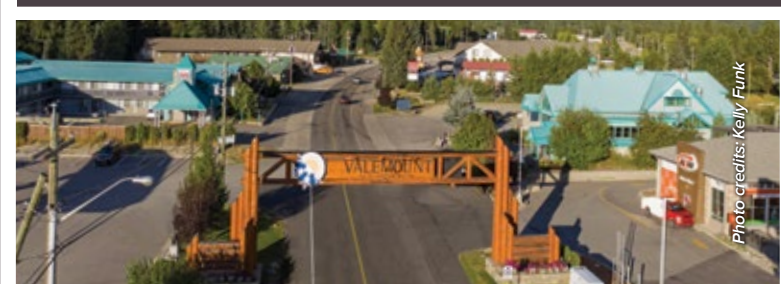


Photo credits: Kelly Funk

# HOTELS & MOTELS



Photo credits: Best Western

## Alpine Inn



> **LOCATION**– 1470 5 Avenue  
250-566-4471 | [www.hotelinvailemount.com](http://www.hotelinvailemount.com)

Alpine Inn is owned and operated by a local family. They welcome you to stay and relax in one of their cozy rooms. Alpine Inn is located just off of Hwy 5 on 5th Avenue. In the winter months, unwind in the hot tub after a day of enjoying beautiful natural surroundings. Barbecue facilities are onsite, and even your pet is welcome to stay and relax with you here. Walking distance to scenic George Hicks Park and the Visitor Center, or follow the Big Foot Trail to the downtown core.

## Best Western Plus Valemount Inn & Suites



> **LOCATION**– 1950 BC-5  
866-777-1120 | [www.bestwesternvailemount.com](http://www.bestwesternvailemount.com)

Serenity begins here. Spacious rooms, beautiful views, and a scenic trail just meters away. The trail leads to a natural gem, Cranberry Marsh. Once settled, take in the Cranberry Lounge and enjoy the crackling

warmth of the fireplace. Soak after your day's journey or adventures in the hot tub. The young and young at heart will enjoy the refreshing indoor pool and water slide. Discover the spa, and gift boutique with items created by local artisans. Pet friendly rooms available. Amenities also include a bike washing area, storage, and boot drying racks for sledding gear.

Enjoy a delicious meal in the family friendly Summit Grill where locally sourced items are also served. Enjoy the complimentary coffee bar in the lobby, and delicious full breakfast at the restaurant that is included with your night's stay.

## Canada's Best Value Inn



> **LOCATION**– 1501 Swift Creek Road  
250-566-8222 | [www.cbvivailemount.com](http://www.cbvivailemount.com)

Centrally located off Southern Yellowhead Highway 5, Canada's Best Value Inn Valemount Hotel offers great value, clean spacious rooms. Walking distance to the downtown core, walking trails and to salmon viewing in the autumn months. Take advantage of our extremely comfortable beds and relax while saving money year-round with our "Kids Stay Free" policy (11 and under in parent's room).

# Chalet Continental



> LOCATION— 1450 5 Avenue | 250-566-7799

Get cozy at the Chalet Continental featuring newly renovated rooms. Located off of Hwy 5 and close to the village core, this hotel offers value and a convenient location with perks such as an in-room refrigerator, microwave, coffee maker, and mountain views. Fully equipped kitchens, jacuzzi tubs and 2-bedroom suites available. Upstairs rooms feature private balconies with a beautiful view of the snow-capped peaks of the Caribou Mountains.

# Comfort Inn Valemount



> LOCATION— 885 Cranberry Lake Road  
250-566-6850 | www.choicehotels.com

Friendly staff, welcoming rooms and amenities you can count on, for a start. After all, behind every great



Photo credits: Emerald Earth Organic Spa

day is a great night. Whether you're staying for leisure or business travel, alone or with the family, our 100% smoke-free Comfort Inn® hotels will give you everything you need to make your trip a success. Enjoy the indoor golf & Multi-Sports Game Room! Accessible rooms with roll in shower available.

# Rocky Inn



> LOCATION— 935 Cranberry Lake Road  
250-566-4477 | rockyinnvalemount@gmail.com

Mountain views, campfire pits, and BBQ facilities are provided for guest use at this Valemount motel. George Hicks Regional Park is just a couple of minutes away featuring a salmon viewing area.



Dinner + Takeout



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Open daily 4-9 pm

# Super 8 Valemount



> LOCATION– 1465 5 Avenue | 250-566-9171 | [www.wyndhamhotels.com](http://www.wyndhamhotels.com) (Valemount Super 8)

Enjoy a mountain getaway in the heart of the Canadian Rockies at our Super 8 Valemount hotel. Conveniently located off Trans-Canada Highway 5, our Valemount hotel offers easy access to outdoor excitement in a relaxing small-town setting, minutes from several area parks.

# Yellowhead Motel



> LOCATION– 1475 - 5th Avenue  
250.566.4411 | [www.yellowheadmotel.com](http://www.yellowheadmotel.com)

This vintage chalet style motel features 18 large ground floor units with 2-bedroom family units available, in-room coffee, air-conditioning and fridges in every unit. The motel is all NON-Smoking. The Yellowhead Motel “Where People Send Their Friends”



## Chalet Continental

Free Continental Breakfast

Free Wireless Internet

Spacious rooms with A/C

Private Balconies

Large Indoor Hot Tub & Sauna

Barbecue Yard

Ph: 250.566.9787 • FX: 250.566.9785

Toll Free: 1.877.566.7799

[www.chaletcontinental.com](http://www.chaletcontinental.com)

1450 5th Avenue, Valemount, BC

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Mountain  
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250-566-1086 (Mobile)

250-645-5055 (office)

1717 Central Street W.

Prince George, BC V2N 1P6

# VACATION RENTALS



Photo credits: wildly\_ruby

## Glacier Peaks Rental



> **LOCATION**– 1365 9 Avenue | 250-566-3034

A great place for couples & families (with kids) featuring a large fenced backyard with playground, fire pit, a large 14' x 35' deck and spectacular mountain views.

## Skyline House Vacation Rental



> **LOCATION**– 1455 6th Avenue | 250-566-1649

The Ultimate in Family and Group Accommodation. Entire private home conveniently located steps away from the center of Valemount. Enjoy the inviting interior of our fully equipped open kitchen and living room, or relax on the spacious back deck. Shoot some pool or darts in your very own game room! Make trails...create memories.

## Whisper Creek Cabin Rentals



> **LOCATION**– 1170 Canoeview Place  
250-566-8483 | [www.whispercreekcabinrental.com](http://www.whispercreekcabinrental.com)

Whether you are looking for a peaceful get-a-way or a holiday filled with adventure, you can experience it all in Valemount. Conveniently located near the Cranberry Marsh with breathtaking views.



Photo credits: James Cattaneo

# CAMPING



**Camp Blackman RV Park**  
*Indigenous family owned business  
located in the Rocky Mountain Trench.*

Private, secluded, and forested RV sites with fresh clean water, power, and sanitation dumps. Ten 30amp and five 50amp sites available year round.

6390 Blackman Road, Valemount BC  
info@campblackmanrvpark.com • 780-521-3711  
www.campblackmanrvpark.com



Photo credits: wildly\_ruby

## PLEASE CAMP RESPONSIBLY



RESPECT  
WILDLIFE



PLAN AHEAD  
BE PREPARED



TAKE ONLY  
PHOTOS



CONTROL  
YOUR PETS



RESPECT  
OTHERS



PRACTICE  
FIRE SAFETY



STORE FOOD  
SAFELY



RESPECT STAFF  
AND SIGNS



DON'T  
LITTER

take the pledge at [camperscode.com](http://camperscode.com)





Imagine camping out under the stars, surrounded by majestic mountain ranges and listening to the soothing sounds of a river, creek or waves of the lake. Hear the call of the loon, and the splash made from a trout leaping or salmon making its way upstream. These are the moments that create lasting memories. Marshmallows roasting over an open fire (when a fire ban is not in place – please Know Before You Go!) and dinner sizzling on a grill, mixed with the sounds of birds singing, and children playing. Book your camping adventure, come stay awhile to relax and replenish your body, mind and soul. *Thank you for camping in designated camping sites, and packing in your items and packing them out. Tread lightly and leave no trace.*

## Camp Blackman RV Park



- > **LOCATION**– Blackman Road, Fraser-Fort George  
250-566-9074 | 250-566-9074 | 780-521-3711  
tpc11@telus.net

Camp Blackman RV Park Campground is an indigenous family-owned business located in the Rocky Mountain Trench.

## Canoe River Campground



- > **LOCATION**– BC-5 Hwy  
250-566-4709 | 250-566-9112  
reservations.canoeriver@gmail.com  
www.canoerivercampground.com

Nestled at the foot of the majestic Canoe Mountain, our campground boasts one hundred and fourteen spacious sites with hookups, separate tenting area, playground, and heated washrooms with showers. 114 sites.

## iRVins Rv Park



- > **LOCATION**– 360 Loseth Road | 250-566-4781  
irvins@telus.net | www.irvinsrvpark.com

Space for pet walking, information and booking for many local services to let you do more than look at the mountains. Closed Oct 30 for the season. Sani Dump and Water Refill available for a fee.

## Swift Creek Resort & Campground



- > **LOCATION**– 60 BC-5 Hwy  
250.566.1366 | swiftcreekresort@outlook.com  
www.swiftcreekresort.com

Located just north of town right along Swift creek, our campground is nestled back in the trees and serenity of nature. Each campground is fully enclosed by trees. Cabins include one bedroom, a full bathroom, a living/dining room and a fully equipped kitchen.

## Tete Jaune Lodge Campground



- > **LOCATION**– 11957 L'Heureaux Rd Tete Jaune Cache  
250-566-9815 | 1-866-566-9815  
www.tetejaunelodge.com

Tete Jaune Lodge is set upon a beautiful 11 acres on the banks of the mighty Fraser River nestled between the Cariboo and the Rocky Mountains in the amazing Robson Valley.

## Valemount Pines RV Park



- > **LOCATION**– 1110 N Highway 5  
250-566-4550 | valemountpines@gmail.com  
www.valemountpinesgolfrv.ca

Stay on this beautiful 200 acre view property just 1 km north of Valemount. Enjoy the 9 hole par 72 golf course, golf learning centre, walking paths, salmon streams and licensed food services, all conveniently located in one place! One RV lot, 10 camp/tent spots available for camping.

## Yellowhead Campground



- > **LOCATION**– BC-5Hwy  
250-566-0078 | www.yellowheadcampground.com  
camping@yellowheadcampground.com

Beautiful campground close to Valemount bordering Swift Creek, where the Chinook salmon spawn Service sites with power and water, tent sites and all sites have picnic tables and fire pits. Washrooms and free hot showers, sani-dump and laundry facilities centrally located. Small store located at office.





# EATS, TREATS & SIPS

**Come enjoy a Valemount culinary adventure.** Take the time to relax and enjoy one of the cozy gathering places with inviting décor, delicious bites, sips and entrées. For those on the go there are fast food, and premade options to grab as you head out for you day's adventure. With a diverse range of cafés, bistros, bakeries, and restaurants there is something for everyone.

## 4th Ave Eats

- **LOCATION**– 1330 - 4th Avenue  
Small scale catering featuring delicious to go gourmet lunches.

To order: [amyg@4thaveeatscateringco.com](mailto:amyg@4thaveeatscateringco.com)  
[www.4thaveeatscateringco.com](http://www.4thaveeatscateringco.com)  
Facebook @ 4th Ave Eats Catering Co.

## Abernathy's Restaurant

- **LOCATION**– 3205 McLennan Road  
250-566-9199 | [www.mclennancartruckstop.com](http://www.mclennancartruckstop.com)  
Delicious home style cooking! Open for breakfast and lunch  
6:00am – 1:30pm, 7 days a week

## A&W

- **LOCATION**– 1495 5th Avenue  
250-566-4104 | [web.aw.ca](http://web.aw.ca)  
6:30am – 10:00pm, 7 days a week

## Caribou Grill

- **LOCATION**– 1002 5th Avenue | 250-566-8244  
[caribougrill@gmail.com](mailto:caribougrill@gmail.com) | [www.caribougrill.com](http://www.caribougrill.com)  
A fine dining experience in a beautiful log building setting.  
4:30pm – 9:00pm, Thursday – Monday  
Closed Oct 1 – Nov 30. Closed Dec 24 & 25.  
No Reservations.

## Dduk Bae Kie

- **LOCATION**– 1233 5th Avenue  
250-566-1780 | [www.facebook.com/DdukBaeKie](http://www.facebook.com/DdukBaeKie)  
Experience tasty Korean and Japanese cuisine.  
4:00pm – 8:00pm, Monday – Saturday



## Funky Goat Eatery

- **LOCATION** – 1170 5th Avenue  
250-566-3125 | [www.facebook.com/people/The-Funky-Goat/100054485469080/](http://www.facebook.com/people/The-Funky-Goat/100054485469080/)

This is not an ordinary food truck! Delicious burgers, salads and other take-out cuisine conveniently located beside Three Ranges Brewery!  
3:00pm – 9:00pm, Thursday – Monday  
Outdoor seating. Cash only. Seasonal.

## The Gathering Tree

- **LOCATION** – 1150 5th Avenue | 250-566-0154  
[thegatheringtreevalemount@gmail.com](mailto:thegatheringtreevalemount@gmail.com)

Enjoy a made for you beverage! Tantalizing salads, wraps and goodies!  
7:00am – 3:00pm, Tuesday – Sunday.  
(Dates and times subject to change)

## Glacier Fire Pizzeria

- **LOCATION** – 1163 5 Avenue  
250-566-9090 | [www.glacierfirepizzeria.ca](http://www.glacierfirepizzeria.ca)

An Authentic Neapolitan Pizza experience nestled in Valemount, BC! Featuring unique combinations sure to please a hungry crowd!  
4:00pm – 9:30pm, Monday – Saturday  
11:00am – 3:00pm, Sunday

## Lucky House Restaurant

- **LOCATION** – 1500 7th Avenue | 250-566-2345  
[www.luckyhouserestauranttogo.com](http://www.luckyhouserestauranttogo.com)

Authentic Cantonese cuisine & western food.  
Lunch and dinner menus available. Friday dinner Smorgasbord from 5:00pm – 8:00pm.  
Open 7 days a week from 11:00am – 10:00pm.

## Moose Neighbourhood Pub

- **LOCATION** – 1485 5th Ave  
250-566-2337 | [www.themoosepubvalemount.com](http://www.themoosepubvalemount.com)  
Moose Pub Where both locals and tourists come to relax and socialize whether it be after a hard day's work, a long journey, playing a round of golf, or enjoying a day of snowmobiling. Featuring a delicious variety of appetizers, beef burgers, and steaks!  
Tuesday – Saturday 4:30pm to close.

## Scooters Pizza

- **LOCATION** – 1200 Main Street  
250-566-0181 | [scooterspizzavalemount@gmail.com](mailto:scooterspizzavalemount@gmail.com)  
[www.scooterspizzavalemount.com](http://www.scooterspizzavalemount.com)

Relax, and enjoy the vibrant ambiance! Serving pizza, smoked meats, pastas, ribs, appetizers and desserts. Be sure to follow their social media channels for upcoming live entertainment and karaoke nights!  
4:00pm – 9:00pm, 7 days a week



**SCOOTER'S PIZZA**

Instagram: [scooters.pizza](https://www.instagram.com/scooters.pizza)  
Facebook: [scooterspizza](https://www.facebook.com/scooterspizza)

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250-566-0181  
1200 Main St, Valemount  
[scooterspizzavalemount.com](http://scooterspizzavalemount.com)

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- Toys
- Cards
- Newspaper
- Puzzles



## Subway Valemount

- **LOCATION**– 805 Cranberry Lake Road  
250-566-4050  
5:00am – 8:30pm, 7 days a week

## Summit Grill

- **LOCATION**– 1950 Hwy 5, South | 250-566-0086  
bestwesternvalemount.com/restaurant  
A thoughtfully curated menu features an array of starters, salads, handhelds, entrées, and irresistible desserts. Located on the first-floor end of the hallway in the Best Western Plus Valemount. Exterior entrance from the highway-side parking area.  
Tuesday – Saturday 5:00pm – 9:00pm

## Valemount Bakery

- **LOCATION**– 1020 Main Street  
250-566-4035 | valemountswissbakery.com  
Enjoy Cranberry Millet Loaf, Fig Walnut Bread, Black Olive Loaves or a Paradise Bread with raisins, sunflower seeds, flax and sesame seed and pumpkin. Their fresh baked breads are made with many top-quality Organic flours.  
Summer: 10am – 4pm, Friday, Saturday, Sunday  
Winter: 10am – 4pm, Wednesday, Thursday, Friday

## Three Ranges Brewing

- **LOCATION**– 1160 5th Avenue  
250-566-0024 | www.threeranges.com  
Enjoy the extended patio, or on a rainy day take cover in the large outdoor tent. Relax, and enjoy locally brewed craft beer inspired by the incredible scenic mountain views.  
3:00pm – 8:00pm, Wednesday – Sunday

## Tim Hortons

- **LOCATION**– 1506 Swift Creek Road  
250-566-4116 | www.timhortons.ca  
5:00am – 6:30pm, 7 days a week

## Vale Coffee

- **LOCATION**– 940 Main Street | info@valecoffee.ca  
Fresh locally roasted and brewed coffee and fresh baked pastries. Online deliveries.  
11:30am – 2:00pm, Thursday  
7:00am – 2:00pm, Friday – Sunday



Valemount's Place to Dine  
250-566-8244

CARIBOU  
GRILL

OPEN  
4:30 PM  
DAILY

1002 - 5th Avenue, Valemount  
www.caribougrill.com

The advertisement features a log cabin with a green roof and a sign that reads "CARIBOU GRILL". The sign also features a caribou head logo. The text "Valemount's Place to Dine" and the phone number "250-566-8244" are at the top. The text "OPEN 4:30 PM DAILY" is in the middle. The address "1002 - 5th Avenue, Valemount" and the website "www.caribougrill.com" are at the bottom.

## Vacation Inn Dine & Lounge

> **LOCATION** – 1495 6th Avenue, on Karas Drive  
250-566-4880  
Family friendly, fully licensed restaurant.  
4:30pm – 9:30pm, Thursday – Monday

## Valemount Heights Pizza (ESSO)

> **LOCATION** – 1503 Swift Creek Road  
250-566-4056  
11:00am – 9:45pm, 7 days a week

## Valemount Legion Branch 266

> **LOCATION** – 970 Main Street | 250-566-4343  
www.legion.ca  
Check Facebook for menu. Open most Sundays  
for breakfast.  
5:30pm – 8:00pm Friday, 8:30am – 11:30am Sunday



Photos by Happy Heather

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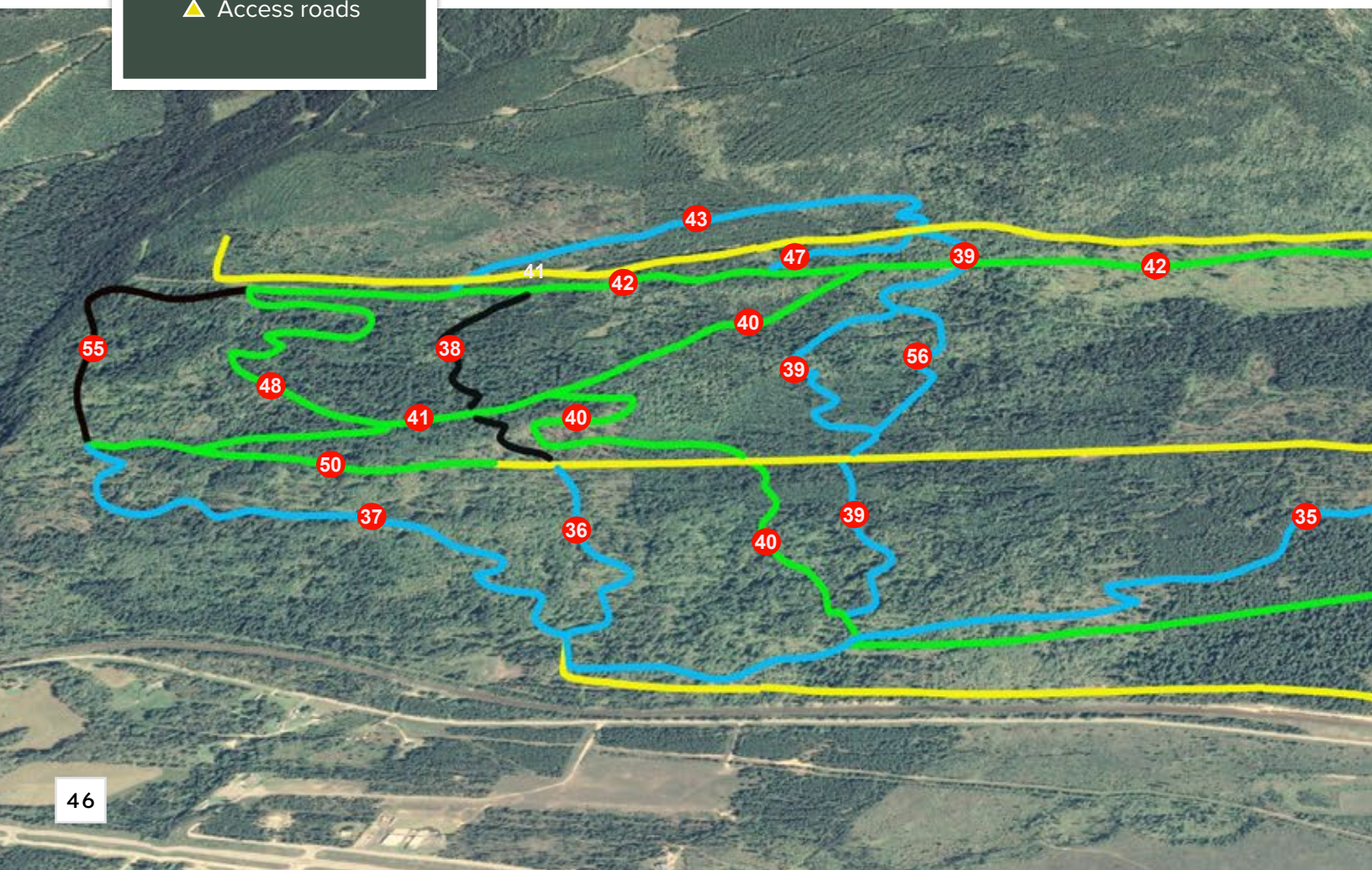
# EXPLORE OUR BIKE PARK



PhotosbyHappyHeather

## LEGEND

- Novice
- Intermediate
- ◆ Advanced
- ▲ Access roads



Valemount is home to some of the best mountain bike trails in BC and is quickly becoming the favorite destination of many riders.

The trails are the pride and joy of many in the Valemount community. As cliché as it sounds, the trail system has a bit of something for everyone. Our notoriety began due to our abundance of downhill flow style options, although over the last few years we have added some exceptional cross country and all mountain options, as well as some more technical alternatives.

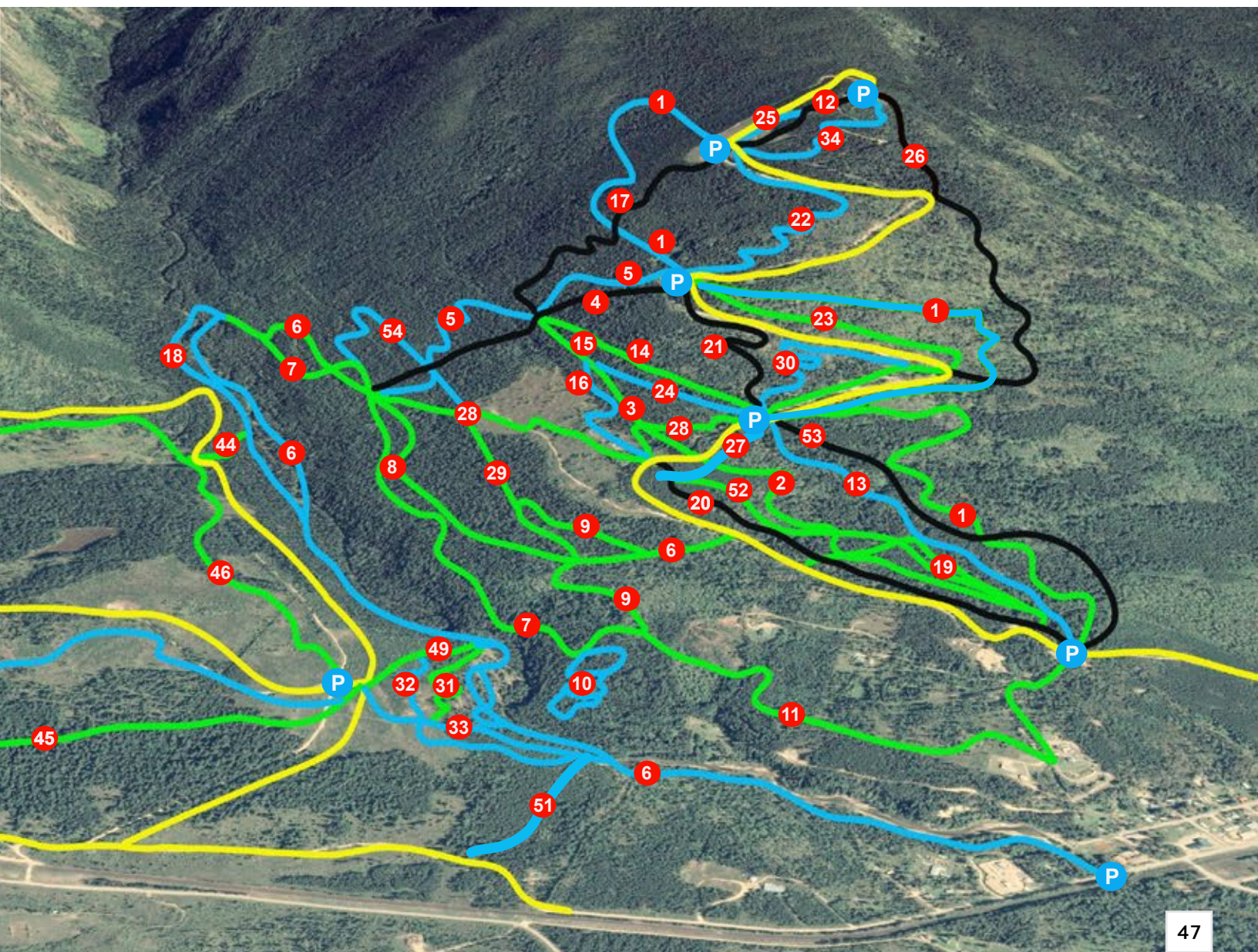
If you haven't visited our trail system yet, you are missing out on something special! For up-to-date information on the trails check out [www.ridevalemount.ca](http://www.ridevalemount.ca)

### 1. CBT's Munday Grind ■

A beautifully machine-made climbing trail with 9 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 at the 3km mark as well as an exit at the Tinfoil Hat trailhead at 6km or stay in for the full push to the Turducken staging area.

### 2. Inversion ●

A hand-made cross-country trail that is suitable for 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.



### 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 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 tabletops, and easy to be ridden over. Any drops or harder lines have ride-arounds to avoid the obstacle completely.

### 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. Inorout ●

This trail is used to enter or exit the Southern Traverse or the Tech Zone. It can also be considered a great beginner downhill when mixed with the upper section of Truck Yeah and finished with the Ale Trail.

### 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.

### 11. Ale Trail ●

Accessed off 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 ◆

After last summers rebuild, High Roller is 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 unique options and over 20 jumps to get the arms pumping.

### 13. Bacon by NDI ■

Designed to be the ultimate integration of all the various bicycle handling skills, the idea 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.

### 14. Connect the Dots ●

A simple and easy pedal friendly 1-km trail that gets users from the DH trails over to the Bacon, Womp Rat and Downflow entrances.

### 15. Devil's Gulch ◆

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

### 16. Stump Town ■

Likely our most popular trail. Stumptown is a 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.

### 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.

### 18. Northern Traverse ■

This is a continuation of the Southern Traverse. Continue north off the Southern Traverse and find yourself on a beautiful, new school rolling cross-country trail. Can also be traveled north to south via access off Main Street, just north of the Swift Creek bridge.



Please help support the ongoing maintenance and development at the Valemount Bike Park

**Become a member**

[www.ridevalemount.com/mountain-biking](http://www.ridevalemount.com/mountain-biking)





PhotosbyHappyHeather

## 19. Provincial Down ●

A hand-made beginner downhill trail, suitable for all levels of riders. Access is mid way down the Bacon 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 ■

An amazing and flowy quasi-downhill option. This is a bumpy new school trail consists of ladder drops, wall rides and the namesake “Whale Tail” feature. This is one of the most popular trails in the entire network. All features have ride arounds and can be easily avoided.

## 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 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 High Roller 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. Firebreak ◆

Firebreak is an advanced downhill trail with an “old school” feeling. Aimed as close to fall line as deemed sustainable, your brakes will certainly be hating you after you drop into this trail. Steep, technical, and puckering are three words to express Firebreak.

## 27. Downflow ■

Downflow is short but oh so sweet. Originally envisioned as a simple connector trail to link up the Bacon staging area with the Moby Dick trailhead, this short section of trail turned into something much more.

## 28. Truck Yeah ●

Named after an old international truck bed found during the

initial layout, Truck Yeah is a two-way mountain bike trail offering some amazing connectivity within the trail system. Comprised of two segments, the opportunities are abundant as the route runs from the Bacon staging area down to the Southern Traverse/Tinfoil Hat junction with a quick pitstop at the Moby Dick/Stumptown junction along the way. Used as a gentle downhill or an easy climb to link up some of your favourite trails, Truck Yeah is a smooth flowy ride that is sure to please.

## 29. Spur Six ●

Older pre-existing double track. It's all about the options available. Use this section to access mid Truck Yeah when entering from the bottom up or as a green downhill connector to access Inorout/Ale Trail when riding down Truck Yeah. A simple little spur used to increase access or connectivity.

## 30. Inner Piece ■

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 finishes at the Bacon staging area.

## 31. Retro-version ●

Just under 1 km, this climbing trail takes off the current Subversion trail just before the main gully. It allow riders to access the Northern Traverse and lookout without having to use the Swift Mtn FSR.

## 32. Velodrome ■

A fast and flowy downhill option utilizing a small gully in the middle of an old cut block. A great option for those finishing up on the Northern Traverse or new Swift Mtn Trails and looking to head back to the valley bottom.

## 33. Sub-version ■

One of the original trails within the Bike Park. Subversion is a crucial access point to the north side of our trail system. Old school feeling, hand built singletrack.

## 34. The Craig ■

Providing a blue option from the top of our trails system, The Craig is a 1.7 km-long trail built with a hybrid of 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.

## 35. State of Grace ■

This 3.1 km long dual direction pedal trail offers a more traditional trail tread. Access via from the Swift FSR on the south end or via the Green Mile on the north end of the network. This is an enjoyable trail with moderate climbs and some flowy descents.

### 36. Catalina Wine Mixer ■

At just under 1 km long, this trail is a mix of hand and machine building designed to have a more traditional DH trail feel. Mixed with New Maserati, you have one epic downhill run.

### 37. Confused and Lonely ■

Located at the far north end of the trail system, Confused and Lonely is a dual direction, 2 km trail with a bit more of a traditional trail tread. It offers an enjoyable and sometimes punchy climb into the upper trails or a great decent down from the top.

### 38. New Maserati ◆

A hybrid of hand and machine building, this trail is designed to have a more “old school” downhill trail feel to it. A great option for a gravity oriented early out from Plaid Shirt

### 39. Hit the Brakes ■

At approximately 3km, this “early out” option allows riders a downhill experience after pedaling from either direction on Plaid Shirt. This is a hybrid-meaning a mix of machine and hand building techniques.

### 40. Rosie Cheeks ●

Feeling the burn from the climb? Or want to get your climb on? A 3.8km long dual direction trail. Used as an early out downhill trail from Plaid Shirt or a climb in from the lower network.

### 41. Connection ●

A short connector trail linking Rosie Cheeks, New Maserati and Miserable and Magical. It's all about options.

### 42. Plaid Shirt ●

This 3.5 km dual direction pedal trail that offers amazing views of the Westridge and Premier Mountain range. Pedal your way through ever changing forests while feeling like you are away from everything. This trail provides a few options to shorten up the ride via “Hit the Brakes” or “Connection” or get the full experience by completing the entire loop. No matter which end you start from, the north or south, you will begin with a good climb and end with a flowy decent.

### 43. Top Shelf ■

A hybrid of hand and machine building techniques, this tech trail is a mix of punchy climbs, quick downs and beautiful views of the valley. Best run from the south to the north unless you are an ebike master.

### 44. Disconnect ●

A short connector trail connecting the pre-existing bike park trails over to the newest trails at the base of Swift Mtn.

### 45. Green Mile ●

A 1.8 km long dual direction trail flowing its way through the forest. The Green Mile is a great option for beginner riders. If entering from the south, you can make a short loop out of it by utilizing the Lower Blue South to return to the trailhead or go for a long pedal adventure by hitting up Confused and Lonely or Rosie Cheeks on the north end.

### 46. Casually Cool ●

A 1.4 km dual direction pedal trail winding its way through old and new cut blocks. This is a great option to mix up your ride on the Northern Traverse or to enter or exit the cross-country trail network.

### 47. To the Top ■

A short out from Plaid Shirt to the south end, and main access point of the Top Shelf trail.

### 48. Miserable and Magical ●

Used for a “miserable” (its actually pretty easy and fun) climb while accessed from the lower north side or a “magical” decent after climbing your way up Plaid Shirt, M&M winds its way through a brand-new cut block offering unobstructed views of the Westridge and Premier Mountain range.



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### 49. Ditch The Scene ●

A 400 m dual direction connector trail used for access to and from the Northern Traverse and Swift Mtn FSR. Also provides access to the Velodrome DH trailhead.

### 50. Rock n Roll ●

Used as an access or exit point, Rock N Roll is a 1 km flowy piece of trail that will leave you smiling as you begin for finish your pedal adventure.

### 51. Conversion ■

An old-school single-track access trail from the far end of Main St.

### 52. Tyrannosaurus Rock (T-Rock) ●

Named by a local grade 5 student, T-Rock is a true green downhill trail designed for the newest of mountain bike riders. It flows gently down the mountain for nearly two kilometers before terminating at the main staging area. No surprises await, just relax, and enjoy the flow!

### 53. Womp Rat ◆

Beginning at the Bacon staging area, Womp Rat is 2km of tech,

flow and features. Designed to have a more traditional feel, with a rougher trail surface, the rider will still find the odd bit of flow here and there which creates one amazing ride. There are a few mandatory drop features and one amazing balance feature that will be sure to test your skills.

### 54. Zen Garden ■

Dreamt up from a couple passionate locals, the Zen Garden will take you to a very special place. A trail winding through an interior cedar forest as it tightly snakes its way downhill crossing over a meandering creek nine times. Hike or Bike, this trail will make you feel good.

### 55. Shake It Off ◆

Located at the far north end of Plaid Shirt, no matter how you get there, this trail will reward you with an epic 1km downhill experience. Highlighted by several gully features, this is one trail that must be on your list.

### 56. Hits Different ■

The goal here was to bring a bit of flow over to the Swift network. At just over one kilometer with a mix of flow and tech, this trail has something for everyone.

– Content provided by VARDA



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