

GRAND CANYON OF THE FRASER 10.5 km to lower canyon. Located 135.7 km west of McBride off Hwy 16. Trailhead is on the right (north), 560 m east of Kenneth Creek. Park on hwy shoulder and look for ribbon and start of an old road heading north. There is a trail fork after 1.7 km. Stay left. After 2.1 km the trail reaches old logging road. Turn right. At 6.4 km trail enters an opening and turns right towards Kenneth creek. Look for ribbons and trail to left. Lookout over upper canyon is about 8.8 km. It is another 1.5 km to viewpoint over lower canyon. GPS trailhead: 53 55.1154N 121 45.257 581816.2E 5974966.4N 10. Elevation: 2290 ft/698 m. A scow loaded with supplies navigates the treacherous Grand Canyon, about 1912. Photo courtesy The Exploration Place P995.7.294

SUGARBOWL 6.7 km to Sugarbowl Peak. Drive 128 km west of McBride on Hwy 16 then turn left into the Sugarbowl parking lot. The trail is well travelled and marked all the way to the peak. Great views in all directions from the peak. GPS trailhead: 53 53.5532N 121 39.6758W 587980.1E 5972181.2N 10. Elevation: sugarbowl peak 6024 ft/1836 m. For details on this park (Sugarbowl-Grizzly Den), visit www.bcparks.ca

VIKING RIDGE 8 km to 2nd summit. Drive 120.8 km west of McBride on Hwy 16. Turn right into a hwy pullout. The trail head is on the south side of the hwy. There is a waterfall 150 m up the trail on a little side trail to the right. After approx. 3.5 km there is a junction where connector to the Sugarbowl trail starts on the right. Keep going through the caribou meadows. There is a camping site beside the lake which is 2.1 km from the connector junction, and a further 2.3 km from the lake to the furthest summit on the ridge. GPS trailhead: 53 52.2863N 121 34.8200W 593345.4E 5969935.6N 10. Elevation: Viking Ridge peak 6185 ft/1886 m. For details on this park (Sugarbowl-Grizzly Den), visit www.bcparks.ca

Drive 117 km west of McBride on Hwy 16 and turn left (south) on **Hungary Creek Forest Road**: **GRIZZLY DEN** 6.5 km to cabin. From Hwy. 16, go 11.7 km on Hungary Creek Rd to a junction. Take the right fork and go 0.9 km to the Grizzly Den parking lot. The trailhead is 400 m past the parking lot. The cabin has a wood stove, outhouse and a few other necessities and can sleep 10-14 people. GPS Grizzly Den parking lot: 53 46.7903N 121 29.6699W 599205.0E 5959861.8N 10 Elevation: 3636 ft/1108 m.

RAVEN LAKE 4.8 km. From Hwy. 16, go 11.7 km on Hungary Creek Rd to a junction. Take the right fork and drive straight past the Grizzly Den parking lot over a bridge a further 2.7 km to the Raven Lake Trail parking lot. There is a cabin on the edge of the lake and tent pads. Great views. GPS trailhead: 53 47.0469N 121 31.8532W 596797.5E 5960287.2N 10. Elevation: Raven lake cabin 5495 ft/1675 m. For details on this park (Sugarbowl-Grizzly Den), visit www.bcparks.ca

MORKILL FOREST SERVICE ROAD The Morkill has varieties of old-growth cedar/hemlock, spruce/fir, and deciduous forests. Mountain goat and grizzly bear may be seen on the slopes to the north beginning around 12 km. From McBride, drive approx. 50 km west on Hwy 16 and turn right at the Crescent Spur turnout. Go 7 km down a long hill, keep left at the bottom on Loos Rd. The Morkill Forest Service Road (FSR) is a right turn (north); across the railway and Fraser R.

Helloroaring Falls This trail is unmarked travelling along the north side of Helloroaring Creek. Trailhead about 19 km up the Morkill FSR. Park your vehicle on the right (east) side of the road immediately after crossing the Helloroaring bridge. Follow the Helloroaring upstream into the woods up a steep hill. The trail levels off and you arrive in an old growth hemlock forest surrounded by thick moss. In 5-10 minutes you will reach the Helloroaring Falls in an impressive canyon. Please do not step off the trail as it will kill the moss. Watch your footing on the rocks at the waterfall.

OTHER OUTDOOR ACTIVITIES
Bird Watching The Robson Valley is a bird watchers paradise! There are varied and plentiful opportunities from the valley bottom up to the alpine. More than 170 species have been identified between Mount Robson and Dome Creek. Be sure to visit the McBride Visitor Information Centre for a complete bird list.
Mountain Biking Steep climbs such as McBride Peak road, or any of the paved or gravel back roads offer almost unlimited choice.
Boating The Fraser River offers many stunning natural views of forests and mountains. Watercraft can be launched from several public locations including Penny Access Road, beside the Fraser Bridges at McBride and Dunster, and Crocydon Ferry Road. The River's character changes greatly from low to high water, and hazards include submerged logs and rapids. Non-motorized boating is allowed on La Salle Lakes. Please be aware of motorized restrictions which may apply elsewhere.

Salmon Watching In August and early September the spawning salmon make their way up the Fraser River through the Robson Valley. Nearing the end of their long journey they are an awesome sight as they prepare to spawn in the numerous tributaries of the Fraser.
Fishing (licence required) There are several stocked lakes in the valley, including La Salle, Shere, and Little Lost Lake. For information on these and other fishing opportunities in the Robson Valley, please pick up the latest regulations at a visitor centre or licence outlet.
Astronomy The night sky is dark in most of the Robson Valley and it is an ideal spot for astronomers and stargazers. When solar activity is high the northern lights put on an awesome display.
Cross Country Skiing The Yellowhead Ski Club, in cooperation with the Ministry of Tourism, Culture and the Arts, maintains, grooms, and sets track on 30 kms of trails. The area offers family oriented terrain with easy access to parking lots, cabins and outdoor toilets.

Snowshoeing Unlimited opportunities for snowshoe enthusiasts, from guided tours to back country adventures. Many summer hiking trails are great for winter snowshoeing. Easy trips to features such as waterfalls, or more ambitious treks to backcountry cabins for an overnight stay are possible.
Telemark Skiing, Touring and Snowboarding For the more experienced skiers, Kristi Glacier trail, Eagle and Ozalenka valleys are among areas world-renowned for back country skiing, which is also an ideal way to travel into them in winter. Sled-supported snowboarding is popular on Bell and Lucille Mountains.

Commercial Recreation Depending on season, businesses in the valley offer sight-seeing, white water rafting, Fraser River jet boat tours, golf, horseback riding, dog sledding, snowshoeing, bicycle rentals, snowmobiling, ATV tours, and heli-skiing, bird and bear watching, ancient forest ecotours, and Morkill Falls tours.

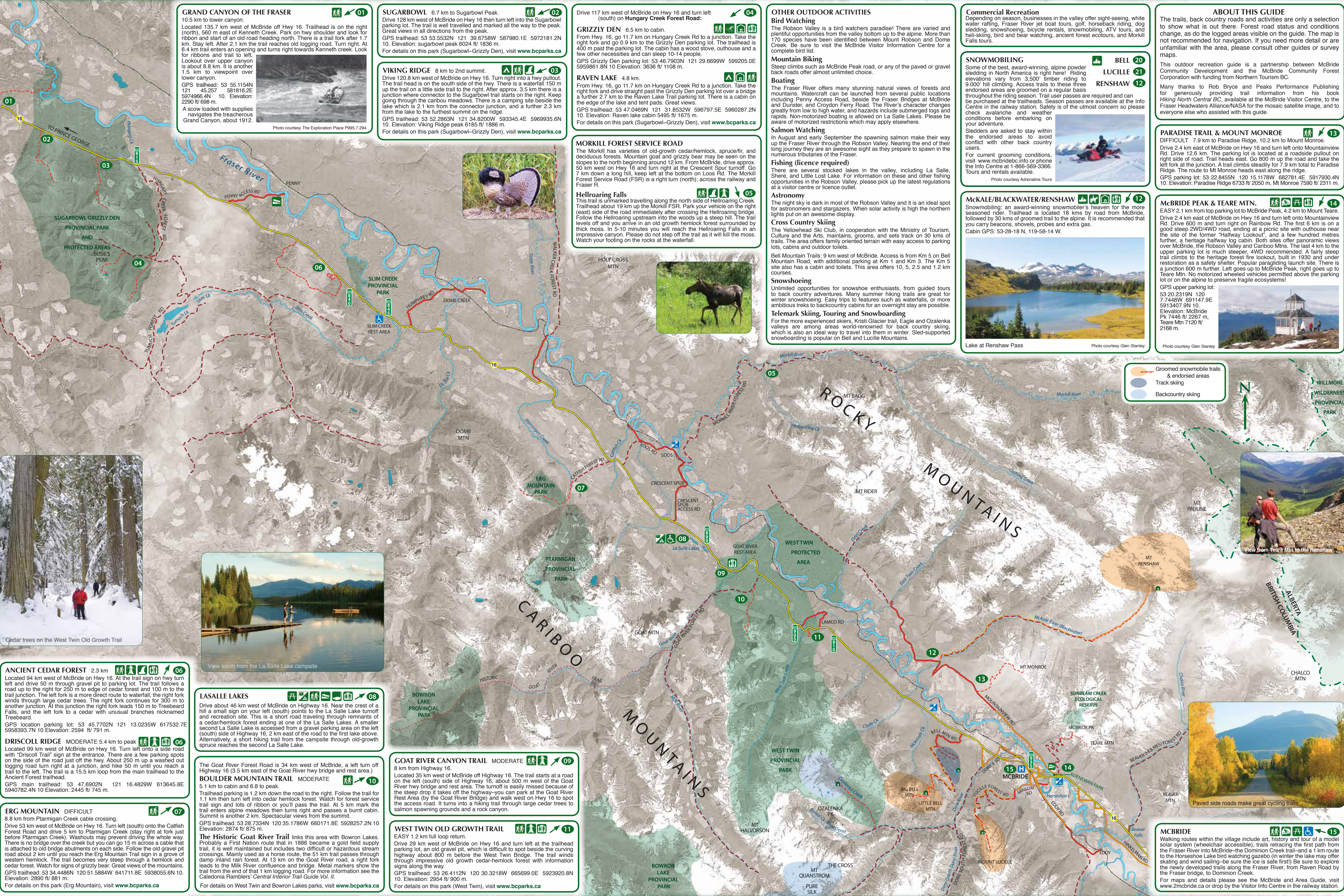
SNOWMOBILING Some of the best, award-winning, alpine powder sledding in North America is right here! Riding elevations vary from 3,500' timber riding to 9,000' hill climbing. Access trails to these three endorsed areas are groomed on a regular basis throughout the riding season. Trail user passes are required and can be purchased at the trailheads. Season passes are available at the Info Centre in the railway station. Safety is of the utmost concern so please check avalanche and weather conditions before embarking on your adventure. Sledgers are asked to stay within the endorsed areas to avoid conflict with other back country users. For current grooming conditions, visit www.mcbridebc.info or phone the Info Centre at 1-866-569-3366. Tours and rentals available. Photo courtesy Adrenaline Tours

MCKALE/BLACKWATER/RENSHAW Snowmobiling: an award-winning snowmobiler's heaven for the more seasoned rider. Trailhead is located 18 kms by road from McBride, followed by 30 kms of groomed trail to the alpine. It is recommended that you carry beacons, shovels, probes and extra gas. Cabin GPS: 53-28-18 N, 119-58-14 W. Photo courtesy Glen Stanley

ABOUT THIS GUIDE The trails, back country roads and activities are only a selection to show what is out there. Forest road status and conditions change, as do the logged areas visible on the guide. The map is not recommended for navigation. If you need more detail or are unfamiliar with the area, please consult other guides or survey maps. This outdoor recreation guide is a partnership between McBride Community Development and the McBride Community Forest Corporation with funding from Northern Tourism BC. Many thanks to Rob Bryce and Peaks Performance Publishing for generously providing trail information from his book *Hiking North Central BC*, available at the McBride Visitor Centre, to the Fraser Headwaters Alliance/NASA for the mosaic satellite image, and to everyone else who assisted with this guide.

PARADISE TRAIL & MOUNT MONROE DIFFICULT 7.9 km to Paradise Ridge, 10.2 km to Mount Monroe. Drive 2.4 km east of McBride on Hwy 16 and turn left onto Mountainview Rd. Drive 12.6 km. The parking lot is located at a roadside pullout on right side of road. Trail heads east. Go 800 m up the road and take the left fork at the junction. A trail climbs steadily for 7.9 km total to Paradise Ridge. The route to Mt Monroe heads east along the ridge. GPS parking lot: 53 22.9455N 120 15.1178W 682781.4E 5917930.4N 10. Elevation: Paradise Ridge 6733 ft/2050 m, Mt Monroe 7500 ft/2311 m. Photo courtesy Glen Stanley

MCBRIDE PEAK & TEARE MTN. EASY 2.1 km from top parking lot to McBride Peak, 4.2 km to Mount Teare. Drive 2.4 km east of McBride on Hwy 16 and turn left onto Mountainview Rd. Drive 600 m and turn right on Rainbow Rd. The first 6 km is on a good steep 2WD/4WD road, ending at a picnic site with outhouse near the site of the former "Halfway Lookout", and a few hundred metres further, a heritage half-way log cabin. Both sites offer panoramic views over McBride, the Robson Valley and Cariboo Mtns. The last 4 km to the upper parking lot is much steeper, 4WD recommended. A fairly steep trail climbs to the heritage forest fire lookout, built in 1930 and under restoration as a safety shelter. Popular paragliding launch site. There is a junction 600 m further. Left goes up to McBride Peak, right goes up to Teare Mtn. No motorized wheeled vehicles permitted above the parking lot or on the alpine to preserve fragile ecosystems! GPS upper parking lot: 53 20.2319N 120 7.7448W 691147.9E 5913407.9N 10. Elevation: McBride Pk 7446 ft/2267 m, Teare Mtn 7120 ft/2168 m. Photo courtesy Glen Stanley



ANCIENT CEDAR FOREST 2.3 km. Located 94 km west of McBride on Hwy 16. At the trail sign on hwy turn left and drive 50 m through gravel pit to parking lot. The trail follows a road up to the right for 250 m to edge of cedar forest and 100 m to the trail junction. The left fork is a more direct route to waterfall, the right fork winds through large cedar trees. The right fork continues for 300 m to another junction. At this junction the right fork leads 150 m to Treebeard Falls, and the left fork to a cedar with unusual branches nicknamed Treebeard. GPS location parking lot: 53 45.7702N 121 13.0235W 617532.7E 5958393.7N 10 Elevation: 2594 ft/791 m.

LASALLE LAKES Drive about 46 km west of McBride on Highway 16. Near the crest of a hill a small sign on your left (south) points to the La Salle Lake turnout and recreation site. This is a short road traveling through remnants of a cedar/hemlock forest ending at one of the La Salle Lakes. A smaller second La Salle Lake is accessed from a gravel parking area on the left (south) side of Highway 16, 2 km east of the road to the first lake above. Alternatively, a short hiking trail from the campsite through old-growth spruce reaches the second La Salle Lake.

DRISCOLL RIDGE MODERATE 5.4 km to peak. Located 99 km west of McBride on Hwy 16. Turn left onto a side road with "Driscoll Trail" sign at the entrance. There are a few parking spots on the side of the road just off the hwy. About 250 m up a washed out logging road turn right at a junction, and hike 50 m until you reach a trail to the left. The trail is a 1.5 km loop from the main trailhead to the Ancient Forest trailhead. GPS main trailhead: 53 47.6902N 121 16.4829W 613645.8E 5940782.4N 10 Elevation: 2445 ft/745 m.

GOAT RIVER CANYON TRAIL MODERATE 8 km from Highway 16. Located 35 km west of McBride off Highway 16. The trail starts at a road on the left (south) side of Highway 16, about 500 m west of the Goat River hwy bridge and rest area. The turnout is easily missed because of the steep drop it takes off the highway—you can park at the Goat River Rest Area (by the Goat River Bridge) and walk west on Hwy 16 to spot the access road. It turns into a hiking trail through large cedar trees to salmon spawning grounds and a rock canyon. GPS trailhead: 53 28.7334N 120 35.1786W 660171.8E 5928257.2N 10 Elevation: 2874 ft/875 m.

ERG MOUNTAIN DIFFICULT 8.8 km from Ptarmigan Creek cable crossing. Drive 53 km west of McBride on Hwy 16. Turn left (south) onto the Cattfish Forest Road and drive 5 km to Ptarmigan Creek (stay right at fork just before Ptarmigan Creek). Washouts may prevent driving the whole way. There is no bridge over the creek but you can go 15 m across a cable that is attached to old bridge abutments on each side. Follow the old gravel pit road about 2 km until you reach the Erg Mountain Trail sign in a grove of western hemlock. The trail becomes very steep through a hemlock and cedar forest. Watch for signs of grizzly bear. Great views of the mountains. GPS trailhead: 53 34.4486N 120 51.5884W 641711.8E 5938055.6N 10. Elevation: 2890 ft/881 m. For details on this park (Erg Mountain), visit www.bcparks.ca

The Historic Goat River Trail links this area with Bowron Lakes. Probably a First Nation route that in 1886 became a gold field supply trail, it is well maintained but includes two difficult or hazardous stream crossings. Mainly used as a horse route, the 51 km trail passes through damp inland rain forest. At 13 km on the Goat River road, a right fork leads to the Milk River confluence and bridge. Metal markers show the trail from the end of that 1 km logging road. For more information see the Caledonia Ramblers' *Central Interior Trail Guide Vol. II*. For details on this park (West Twin and Bowron Lakes parks, visit www.bcparks.ca

WEST TWIN OLD GROWTH TRAIL EASY 1.2 km full loop return. Drive 29 km west of McBride on Hwy 16 and turn left at the trailhead parking lot, an old gravel pit, which is difficult to spot beside the curving highway about 800 m before the West Twin Bridge. The trail winds through impressive old growth cedar-hemlock forest with information signs along the way. GPS trailhead: 53 26.4112N 120 30.3218W 665699.0E 5923920.8N 10. Elevation: 2954 ft/900 m. For details on this park (West Twin), visit www.bcparks.ca

BOWRON LAKE Drive 29 km west of McBride on Hwy 16 and turn left at the trailhead parking lot, an old gravel pit, which is difficult to spot beside the curving highway about 800 m before the West Twin Bridge. The trail winds through impressive old growth cedar-hemlock forest with information signs along the way. GPS trailhead: 53 26.4112N 120 30.3218W 665699.0E 5923920.8N 10. Elevation: 2954 ft/900 m. For details on this park (West Twin), visit www.bcparks.ca

MCBRIDE Walking routes within the village include art, history and tour of a model solar system (wheelchair accessible), trails retracing the first path from the Fraser River into McBride—the Dominion Creek trail—and a 1 km route to the Horseshoe Lake bird watching gazebo (in winter the lake may offer skating and wind sailing—be sure the ice is safe first!) Be sure to explore the newly developed trails along the Fraser River, from Raven Road by the Fraser bridge, to Dominion Creek. For maps and details please see the McBride and Area Guide, visit www.2mcbride.ca or drop by the Visitor Info Centre in the railway station.