

EXPLORE & DISCOVER The Trans Canada Trail

BRITISH COLUMBIA

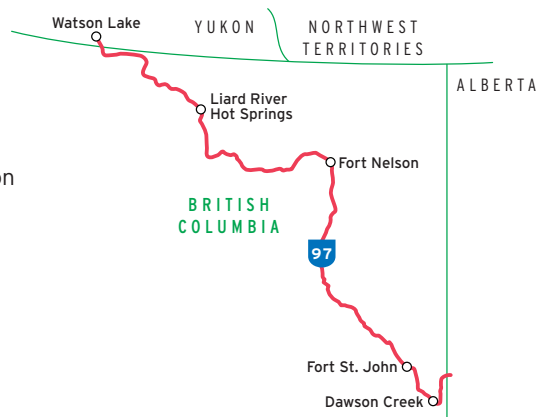


Hike in the mountains, cycle a rail trail, walk in the woods, picnic in a downtown park, discover historical towns and explore large cities ... the possibilities are endless on the Trans Canada Trail.

At 21,500 kilometres, it is the longest recreational trail in the world, joining all of Canada's oceans, provinces and territories. For a family day trip, a weekend adventure, or a summer-long tour of Canada's myriad landscapes—it's the place to go!



With two separate routes in British Columbia, the Trans Canada Trail offers countless opportunities for discovery. In the north, the Trail follows the Alaska Highway and backroads for 1,050 kilometres. In the south, the Trail runs 1,760 kilometres from the Pacific Ocean to the Rocky Mountains. Both these routes can be traveled continuously by bicycle or foot, and long stretches are accessible by horse, wheelchair, or cross-country skis.



Left:
Myra Canyon
National
Historic
Site
PHOTO
MIKE LEBLANC

The Trail's route through northern British Columbia

As in all of Canada, the Trans Canada Trail in southern B.C. combines new trails with long-established hiking paths, urban walkways, and bikeways. It incorporates dykes, logging roads, downtown streets, highways, and ferries. Well over one-third of the Trail—about 670 kilometres—is abandoned railway corridors.

Beyond the busy southwest coast the route is mainly a back-door view of small-town B.C. as it meanders across the grasslands of the Okanagan, through the mountain ranges of the Kootenays, and over the Great Continental Divide into Alberta. From the hum and glitter of Canada's third-largest city, into the wild heart of the country's most geographically diverse province, the Trans Canada Trail brings an adventuresome perspective unequalled by any other travel route.



The Trail's route through southern British Columbia



Trans Canada Trail British Columbia (Whitecap Books, 2008) is the official guidebook to the Trail in B.C., written by award-winning writer and photographer Bruce Obee. With 398 pages, 64 maps, and 185 colour photos, it provides kilometre-point detail on both B.C. routes, describing campsites, accommodations, services, access points and alternate routes. Fifty-six sidebars highlight wildlife, flora, history and side trips. Available at bookstores, outdoor shops, www.tctrail.ca and www.trailsbc.ca.



Top to bottom, left to right | Stanley Park, Vancouver | The Kinsol Trestle in Cowichan Valley | Stanley Park | The Othello Tunnels in Coquihalla Canyon Provincial Park

PHOTOS © BRUCE OBE



COAST TO COAST TO COAST

INFORMATION

Trans Canada Trail

A non-profit charity raising funds to build the Trans Canada Trail across the nation. Check the website for guidebooks, maps, trail detail, and how you can support the Trail and help build this magnificent national legacy.

43 Westminster Ave. North
Montreal QC H4X 1Y8

info@tctrail.ca
1-800-465-3636

www.tctrail.ca

Trails BC

The Trails Society of British Columbia is a non-profit charity run by volunteer trail builders developing the Trans Canada Trail, and other trails, in B.C. To become a member or for information, visit the website.

803-1018 Cambie St.
Vancouver BC V6V 6J6

trailsbc@trailsbc.ca
604-737-3188

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HIGHLIGHTED TRIPS

The official guidebook to the Trail in B.C. lists more than 100 access points. Each is a gateway to the Trans Canada Trail for day trips or multi-day excursions. Check the guidebook for directions, as well as details on difficulty, sights, communities, and more.

Day Trips

■ **Trans Canada Trail/ Cowichan Valley Trail to Kinsol Trestle**

15.2 kilometres return; hike or cycle
On Vancouver Island, a rail trail that follows the western side of Shawnigan Lake to the derelict Kinsol Trestle, one of the highest wooden trestles on Earth.

■ **Stanley Park Seawall/ False Creek Loop**

22 kilometres; hike, cycle, rollerblade, wheelchair
An exciting, traffic-free tour of downtown Vancouver on a paved oceanfront trail around Stanley Park and False Creek.

■ **Othello Tunnels**

18 kilometres return or loop; hike or cycle
From the town of Hope, roads and rail trail to a unique view of four tunnels in Coquihalla Canyon Provincial Park.

■ **Myra Canyon National Historic Site**

22 kilometres return; hike or cycle
An easy family outing to an undisputed highlight of the Trans Canada Trail, with 18 trestles, two tunnels, and unparalleled views.



Left to right | Every season is Trail season | Along the Abyss Trail, near Nanaimo | Stanley Park summer shower | Tunnels and trestles in the Myra Canyon (MIKE LEBLANC) | Bicycle not required

Overlooking Okanagan Lake
PHOTO MIKE LEBLANC



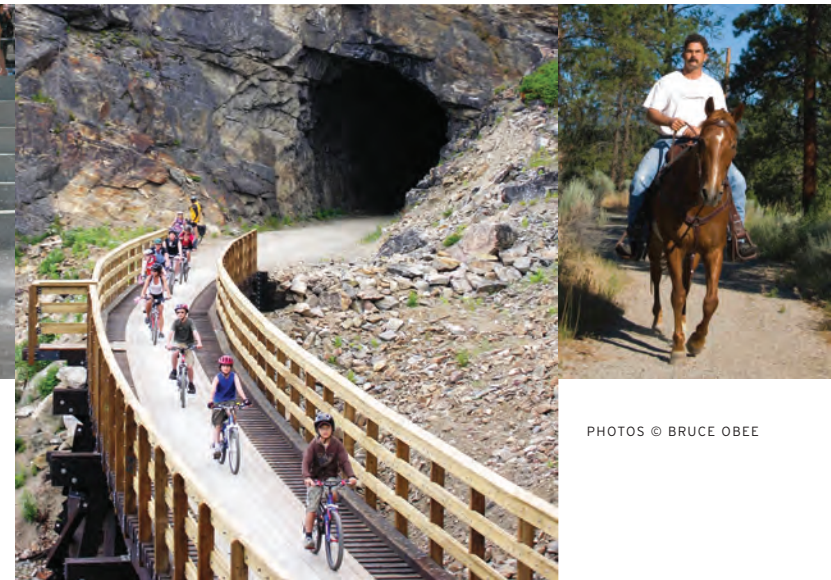
Multi-day Trips

■ **Penticton to Midway on the Trans Canada Trail/ Kettle Valley Railway**

218.9 kilometres one way; hike or cycle
B.C.'s most popular rail trail through Myra Canyon and beyond. An easy trip with well-spaced campgrounds and trailside swimming holes.

■ **Midway to Castlegar on the Trans Canada Trail/ Columbia & Western Railway**

168.4 kilometres one way; hike or cycle
A laid-back tour of the West Kootenays. A breathtaking trestle over Columbia River near Christina Lake, and panoramic views of Lower Arrow Lake.



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