TRAIL HERITAGE

Rails are an important part of the heritage of the Bella Coola Valley, beginning with the “grease” trail routes used by First Nations peoples to carry eulachon grease and other products between the Coast and the Interior. One of these trails led Alexander Mackenzie to the Pacific in 1793, and through the 1800’s, these routes served gold seekers and settlers. Hunters and trappers cut trails into the side valleys, where loggers followed in the early 1900s, leaving logging roads, some of which have been regenerated as hiking trails of today.

A mountaineering boom was triggered in 1937 with the first ascent of Mt. Stupendous by the famed husband/wife team of Don and Phyl Mundy. This boom began to fade in the early 1950’s when other prominent peaks, including Mt. Saugstad, were first ascended.

Surprisingly, few Valley residents have been attracted by the mountaineering possibilities. However, while no established trails lead to the mountain peaks which require expertise in technical climbing, there are countless opportunities for mountaineers - experienced and inexperienced alike.

The mix of ancient and more recently established trails described in this Guide offers a wide variety of experiences and sights, from strolling through lush old-growth river-bottom forests to spectacular alpine adventures of easy to moderate difficulty.

LEGEND TO TRAIL MAPS

- Trail
- Non-maintained route
- Mountain Bike Trail
- ATV trail
- Forest Road
- Paved Road
- Deactivated or closed road
- Forest
- Meadows/brush tracts or cleared fields
- Rock, exposed soil & alpine
- Rivers & lakes
- Creeks
- 20 m contour interval

Cover photo: View west, out North Bentinck Arm from M.Gurr Lake Lookout Trail. Photo Courtesy of Benjamin Westerik
MORE RIGOUROUS VENTURING: TWEEDSMUIR PROVINCIAL PARK

The gem in the crown of the Bella Coola Valley park scene is Tweedsmuir Provincial Park, straddling the eastern end of the Valley. This park encompasses 981,000 hectares (2.4 million acres) of wilderness: gorgeous meadows, hidden lakes, fast-flowing rivers, and high glaciated mountains.

Extensive hiking trails are located in the colourful, volcanic Rainbow Range, the area of Hunlen Falls (one of Canada’s highest waterfalls), and in the Highway 20 corridor in the Valley.

A popular trail leads the hiker for a couple of hours from the Valley floor over a section of the famous Nuxalk-Carrier Grease Trail/Alexander Mackenzie Heritage Trail from which Mackenzie named the spectacular mountain directly ahead “Stupendous” as it loomed into his view on his transcontinental trek in 1793.

Park visitors can also take a flight-seeing trip over the Rainbow Range and Hunlen Falls or paddle a canoe along Turner Lake. Visit www.env.gov.bc.ca/bcparks/explore/parkpgs/tweedsmu.html.

NOTE: Only well-equipped, expert backpackers or those on a guided excursion should attempt to experience the park’s back-country wonders.

For maps of the Park’s less demanding trails, see pp. 15–16.

EMERGENCY CONTACTS:
Forest Fire – *5555 or 1-800-663-5555 • Police – 1 (250) 799-5363
Ambulance – 1-800-461-9911 • Conservation Officer – 1-877-952-7277
Visitors to the Bella Coola Valley can expect to see a bear anywhere. Most often in spring, feeding on the first green shoots on the Valley floor, and again, starting in late July and well into the fall, feeding on wild, Pacific salmon returning to spawn in the creeks and rivers.

While seeing a bear can be one of the most memorable experiences of a wilderness vacation, it is critical that we behave in a considerate, predictable manner that respects the bear’s “personal space”, and that of all wildlife, in their habitat.

Help us keep bears wild & the Valley litter-free. Please use bear proof garbage receptacles/recycle bins where provided.

WILDLIFE COEXISTENCE

BEST PRACTICES

Roadside Bear Sightings
• Please ensure safe, courteous driving in accordance with B.C. Motor Vehicle Act.
• NEVER approach the bear with your vehicle.
• If you stop for a photo opportunity, remain in your vehicle & be respectful of noise/voice levels.
• Be respectful of private property boundaries. When in doubt, please stay out.

Hiking & Camping
• ALWAYS keep campsites, picnic & eating areas clean.
• NEVER leave back packs or food unattended.
• NEVER leave garbage or food scraps behind.
• NEVER FEED WILDLIFE. It is illegal (B.C. Wildlife Act).
• Obey ‘Bear Warning’ trail signs.
• Avoid surprises when hiking by making noise. Where possible, it is best to remain in the open where bears can see people and choose to avoid them if they wish.
• If you encounter a bear or cougar, don’t panic or run. Speak softly as you back away slowly, facing the animal, giving space in a non-threatening manner.
• Carry bear spray and learn how best to use it.
• Avoid animal & fish carcasses and/or injured animals.
• Avoid scented deodorants and foods with strong odours.
• Because dogs may attract bears or cougars, always keep your dog on a leash, or leave them at home.

River Fishing
Bears have right of way on the river. Avoid food conditioning bears by ensuring offal/roe are discarded in deep, fast waters. If playing fish land it immediately, or cut line. Store all caught fish in a secure manner.

WILDLIFE RESPECT & CONSIDERATION

Many bears, particularly in the upper Valley and on the Atnarko River are tolerant of people, and show little concern when humans are near. Do not see this as an opportunity. Closing the gap on any animal is an aggressive behaviour. Where ever possible show grace and give space by slowly backing away. Each encounter is unique and we advise consulting other publications that focus on bear and cougar behaviour (e.g. ‘Bears Without Fear’ – Kevin Van Tighem).

Report injured animals or troublesome human behaviour including vehicle licence number to the Conservation Officer Service, Phone: 1-877-952-7277.

Special note regarding Cougar (mountain lion) Encounters
Cougar can be very curious; always assessing a situation in an encounter. If you have eye contact with a cat keep it that way—NEVER turn your back and run.

Maintain eye contact and slowly back away. Keep pet(s) on leash and bring small children close to adult(s). If the cougar advances, then you display aggressive behaviour—stand tall, yell in repetitive short bursts, and if possible throw rocks or sticks while slowly backing away. Use bear spray if necessary.

Be sure: Check with your accommodator or Visitor Information Booth (1-250-799-5202) for trail condition and accessibility.
Damaging, or removing any natural resource or property in Tweedsmuir Provincial Park is illegal.
The Bella Coola Valley has some real hidden gems when it comes to mountain bike exploration.

**Note:** Please avoid riding on any vegetation and always stay on the trail. When descending any multi-use trails, it is proper etiquette to watch for others and to announce yourself; especially around corners. All traffic on any trails takes right-of-way before mountain bikers.

## CAPOOSE SUMMER TRAIL

### Difficulty: difficult

One of the most rewarding rides the Capoose Summer trail. This is an adventure of epic proportions and should only be attempted by seasoned mountain bikers with the proper bikes, clothing, equipment and skill. Capoose Trail can either be a partially ridden 1-3 hour fun downhill ride or a full day adventure. In its entirety, start early and plan for a full day. Pack plenty of liquids and spare warm clothing, even in the summer.

The Trail is well packed and well marked. After about 30 minutes there is view point after view point of stunning valley views both East and West. Later, you’ll arrive in the sub alpine and be surrounded by rocky ridges and peaks. By following a northern bearing, you’ll be able to ride with ease. In the upper Alpine, the trail is marked sparsely by rock piles. If you decide to continue to the very top of the ridge, (elevation 6800’) the trail will connect to the rainbow range trails, and the Grease/Mackenzie trails. The best part of this trail is the unforgettable ride down, but take your time. Disc brake rotors can get hot, so should you stop, avoid leaning your bike on dry ground or against dry vegetation. The hike/bike up will take approx. 4-6 hours. The ride down can be completed in as little as 45 minutes. Please pack out all garbage. Also, once in the alpine, avoid having any exposed skin as the flies can be thick during the summer months.

## SCHOOL HOUSE LOOP TRAIL

### Difficulty: easy

The centrally located Schoolhouse Loop trail is a fun ride that’s great for beginners, but has sections that even experienced bikers will appreciate. This 1.7 kilometer trail connects with the Hagensborg Loop trail and takes about one to two hours. School House Bike Trail is the valley’s first, in a series of new trails that is specifically built for mountain bike riding. This trail is easily accessible; just off Hwy 20 in Hagensborg. See page 13 & 14 for details.

## LOST LAKE MTB

### Difficulty: easy

Those seeking a short 2-3 hour ride (from Saloompt Rd) with lots of technical features can try the Lost Lake trail. The Forestry road is a pleasant ride to the trail head. The trail can be ridden up approx 60% of its entirety. The remainder will be hike/bike. Lost Lake REC site offers unsurpassed views of the valley in east and west directions. The ride down has some very tight squeezes, and plenty of rocks and boulders that will challenge even the most skilled riders. This trail was one of my favourites because it hardly ever gets used and offers plenty of skills training for other technical rides in the valley. The ride back from the trail to Saloompt Rd is a lot of fun as well, as it is mostly downhill.

### MAP CREDITS:

These maps were reproduced with the help and acknowledgement of the Bella Coola Resource Society, Community Forest Company, and Bella Coola Trails Alliance (bellacoolatrails.ca).

Trail maps are applicable to the Avenza App which can download PDF map files on phone GPS and does not need Cell phone connection; it works off the phone GPS system. PDF maps can be accessed and downloaded on the bellacoola.ca Hiking & Trails page.
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“CLEAN, SAFE, RELIABLE”

BUSINESS AND TOURISM RENTALS
1. GREY JAY / BLUE JAY NORTH BENTINCK LOOKOUT

**Distance:** 2 km (one way) to lookout  
**Elevation change:** 80 m  
**Difficulty:** Easy to moderate

4X4 Access Only: Clayton FSR requires four-wheel drive. For the latest road conditions, check bellacoolatrials.ca or stop in the Visitors Centre.

**Description:** This trail and boardwalk wind through alpine forest along Grey Jay Lake and then wanders through open meadows and wetlands to end at a viewpoint overlooking North and South Bentinck Arms. It offers a nice stroll and on return there is the option for a refreshing swim in Blue Jay Lake. Views of the Coast Mountains are spectacular, although somewhat limited compared...
to the ridge above M Gurr Lake. Alpine flowers are abundant in the summer. Blue Jay Lake is much warmer than M Gurr Lake and surprisingly, contains trout. There is a rustic campsite in this picturesque spot.

**How to get there:** Take the Clayton Falls Forest Service Road as described to access the M Gurr Lake Trail. Continue up and over the pass then another 3.6 km downhill to Blue Jay Lake, where parking is available at the rustic campsites. The trailhead for the Grey Jay Lake/ North Bentinck Lookout trail is between the first two camping sites above Blue Jay Lake.

## 2. M GURR LAKE

<table>
<thead>
<tr>
<th>Distance</th>
<th>1 km to lake, additional 1.7 km to ridge top viewpoint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elevation change</td>
<td>60 m to lake, 215 m to viewpoint</td>
</tr>
<tr>
<td>Difficulty</td>
<td>Easy to moderate to lake, moderate to viewpoint</td>
</tr>
</tbody>
</table>

**Description (4X4 Access Only):** This trail winds through stunted sub-alpine forest to a crystal clear, emerald jewel alpine lake. You may want to go for a quick swim, although the neighbouring pond east of the lake is warmer. Wildflowers are abundant and provide a colourful bloom in July and August.

Beyond the lake the trail is not as distinct, but still easy to follow. Once on the rocky part of the ridge, pick your own way to the highest point. The viewpoint above the lake provides awesome views of the Coast Mountain peaks rimming North and South Bentinck Arms, Burke Channel and the upper Clayton Falls Valley. Top portion of the trail is in the alpine so trail is not very well defined.

**How to get there:** To access the trail, drive west beyond the government wharf onto the North Bentinck Forest Service Road. At 1.5 km, take the Clayton Falls Forest Road to the left. Although there are a number of steep sections along this road, the steepest is the first 200 m. Drive slowly and steadily to minimize road disturbance on the hills. This road has numerous water bars or cross ditches for water maintenance. A high clearance 4 X 4 vehicle is recommended. The trailhead is about 17 km from the start of Clayton Falls Forest Road. Park adjacent to the massive boulder, just below the last switchback. The trailhead is just ahead on the opposite side of the switchback across the ditch. Before leaving, make sure to continue 200 m up the road beyond the M Gurr Lake Trailhead to the summit pass—a great place to take in the great panoramic view. Even if you choose not to hike, the drive alone is spectacular!
**Distance:** 200 m to falls, 300 m loop in the park.
**Elevation change:** 4 m
**Difficulty:** Easy

**Description:** With a great shoreline picnic site and a viewing platform of the falls cascading through a canyon of cliffs scoured smooth by water and glacial action, the Clayton Falls Recreation Site is one of the most popular spots in the valley. Depending on the season or the current weather, the falls can be a full apron or narrow streamlets flowing through ancient grooves. Pink and Chum salmon spawn at the bottom of the falls between late July and September. Look for them attempting to jump up the falls. Salmon also use the spawning grounds created by B.C. Hydro below the outflow from the generating station. The park has picnic tables and outhouses. At low tide there is even a small stretch of sandy beach. Watch the boats coming and going and maybe even a kiteboarder, sailboarder, yacht, or ferry. Note the old cannery across North Bentinck Arm. Seals hang out at the mouth of the creek and from the bridge over the creek you can sometimes see seals chasing down salmon at high tide. No overnight camping.

**How to get there:** From the public wharf, follow the gravel road 1.8 km west and downhill either turning right to the parking area at the Clayton Falls Recreation Park sign or parking to the left just past the BC Hydro generating station. Beware of industrial traffic on the road. The falls trail is along the fence on the upper side of the generating station. The park trail is on the lower side of the road.

**Caution:** Stay away from the falls and cliffs in the canyon!! Do not attempt to swim near the falls or in the canyon as the base of the falls has a deadly undertow where many people have drowned.
4A. SNOOKA TRAIL SYSTEM – EAST TRAIL

Distance: 5.4 km  
Elevation change: 50 m  
Difficulty: Easy to moderate

Description: This trail undulates through second growth forest along the fire-break road from the forest fire of 2009 and was developed for mountain biking but provides a pleasant shaded walk on a hot day.

The East loop takes off from the south loop and heads east on private land. It follows the base of the mountain and exits onto the farm road along the field edge, ending at Hwy 20. Please respect the property owner by practicing courteous trail etiquette.

How to get there: Turn onto the Snooka Forest Service Road, approximately 8 km east of Bella Coola (75m west of Eagle Lodge) on Hwy 20. Follow the forest service road for 0.5 km to the parking area. A signboard has a map of the area trails.
4B. SNOOKA TRAIL SYSTEM – SOUTH LOOP

**Distance:** 1.7 km  
**Elevation change:** 50 m  
**Difficulty:** Easy to moderate

**Description:** A pleasant shaded walk on a hot day, this trail provides more vegetation variety than the East Trail as it starts in second growth forest then meanders to an old growth cedar stand. It crosses Snooka creek at a ford and then loops back to the parking area. Cross the creek ford only in safe and comfortable conditions.  
**How to get there:** The access is the same as the East trail.

4C. SNOOKA TRAIL SYSTEM – WEST TRAIL

**Distance:** 3.8 km  
**Elevation gain:** 500 m  
**Difficulty:** Moderate

**Description:** The west trail features scenic views of Bella Coola and the Four Mile residential area, historic Talheo Cannery and North Bentinck Arm. The viewpoint also looks down on Thorsen Creek and the site of the petroglyphs. The lower trail is an old road but cattle and horses use this area and the trail is therefore only for hiking.  
**How to get there:** The access point is the same as East Loop.
5. SNOUTLI CREEK REGIONAL PARK

Distance: various lengths from 200 m to 2 km
Elevation change: 5 m
Difficulty: Easy

Description: This trail system provides an interesting walk as it offers a variety of natural sights and historic features. The first trail branches off to the left to an ancient grove with culturally modified cedar trees. This area requires respect not only for the forest but also for the First Nations people that used this area for acquiring bark and lumber from these sacred and special ‘trees of life’. Look for the distinct scars left after planks were cut and split away from the living tree. This grove also features huge cottonwood, Sitka spruce and Douglas maple. Back on the main trail, carry on past the cottonwood grove through second growth to the rodeo grounds, hike through the cottonwood grove, or loop back along the beaver pond to the road and the parking area. A variety of water fowl can be seen at the pond and beaver gnawing signs are visible on shoreline trees. These trails are for hiking or biking.

How to get there: Turn north onto Walker Park Road, 10.5 km east of Bella Coola on Hwy 20. Drive straight on the gravel road at 300m. Follow this road around the loop to the beaver pond, then continue around to the small pullout near the end of the loop. This is the beginning of a series of trails. Small signs guide you around the park.

Caution: This area is frequented by bears so use caution.
6. SCHOOLHOUSE MOUNTAIN FALLS – EAST & WEST FALLS

Distance: East Falls – 1.5 km, West Falls – 2 km  
Elevation Gain: East 300 m, West 330 m  
Difficulty: East – moderate to difficult, West – moderate

Description: These trails offer a moderately strenuous uphill effort to the tall, cascading falls. The first part of the trail goes through a unique and interesting forest swamp ecosystem and the trail is elevated on a pleasant 250 m long boardwalk. The west falls trail veers right and the east falls trail goes to the left. The trails are identifiable by ribbon and use. At the end of both trails are great views of the Hagensborg area, lower Bella Coola Valley, the massive granite faces on the opposite side of the valley, including Saloomt Peak and Saloompt River valley opposite right, Mill Creek opposite left and Four Mile Ridge above the airport. The east trail is somewhat steeper and cruder but the falls are more impressive than the west falls. You can edge out at the bottom of the falls. This is a great finish if you don’t want to carry on and scale the steep rock near the top of the falls. Bike trail is in figure 8 route.

(Schoolhouse Mountain Falls continued on next page)
The West Falls trail is a mixed difficulty trail with easy sections and a steeper climb at the end. The falls at the end of the trail is a series of small cascades.

**How to get there:** Park at the Sir Alexander Mackenzie School parking lot located in Hagensborg (16.5 km from Bella Coola on Hwy 20). Walk between the school buildings, then to the south side of the sports field. The trail starts at the edge of the forest near the center of the field at the boardwalk.
7. HAGENSBORG LOOP TRAIL AND MOUNTAIN BIKE TRAIL

Distance: About 6.5 km  
Elevation change: About 200 m  
Difficulty: Moderate

Description: This trail begins by following the Schoolhouse Mountain Falls trail to the west falls. At the point where the west falls trail heads up hill the loop trail veers westward slightly downhill to a ford crossing of the creek. If the water is too high this crossing may be difficult and you may need to return the way you came. Beyond the creek, the trail follows an old logging road. The mixed deciduous and coniferous forest here is second growth. The trail exits on the quarry road 44m north of the steel gate. (Coming from Highway 20 the trail enters the forest on the left 44m before the gate). The quarry road carries on to the pit used to quarry granite for highway and river diking material. Once at the quarry road you can walk about 500m north to the highway and the bridge across Nooklikonic Creek. Stop here for a fabulous view of Mount Saugstad to the south or during late July and early August stop here to watch the Chum or Dog salmon spawning. The rest of the loop is along the highway back to the school. Walk well off the road, facing traffic. Bike trail is in figure 8 route.

How to get there: Follow the same instructions for the Schoolhouse Mountain Falls trails.
8. SALOOMPT FOREST TRAIL

Distance: Various from 300 m to 1 km  
Elevation gain: flat  
Difficulty: Easy

Description: This is an interpretive trail with unique forest features and valley bottom ecosystems. There are three different trails within this park. Each has its own special features. There is an ancient forest stand with massive Douglas-fir, cedar and spruce intermingled with hemlock, cottonwood, alder and maple. There are eagle nests, bear scratch trees, fast growing second growth forest, an old homestead site, springboard logging stumps and lots of lush temperate rainforest undergrowth. A side channel of the Bella Coola River flows along the south side of the park. Once back out to the road, walk to the bridge over the Saloompt River. This is a great place to swim in July or see salmon spawning during Aug. and Sept. This is a wheelchair friendly trail with benches and a handicap outhouse. Bike trail is in figure 8 route.

How to get there: Turn north on Saloompt Road, 19.5 km east of Bella Coola on Hwy 20. Follow this road, which crosses the Bella Coola River, for 2.6 km. Veer left, at the ‘Y’, down the Saloompt River Road. The trail parking area is 1.4 km from the ‘Y’.

Caution: This area is frequented by bears during spawning season.
9. LOST LAKE TRAIL

**Distance:** 2 km one way

**Elevation gain:** 180 m

**Difficulty:** Moderate

**Description:** This trail winds uphill through old growth forest to a small lake and great view spots looking over the valley and mountains to the south. The trail begins in second growth forest but quickly climbs up a rocky slope into a peaceful moss carpeted old growth Douglas-fir forest. Lost Lake is quite small, but the views from the trail end are rewarding. The two lookouts here offer a great picture of the glaciated u-shaped valleys of the lower Bella Coola and Nusatsum Rivers. The first lookout is to the right of the lake and the second one is beyond the lake on a trail that leads slightly downhill. At the first lookout you can easily identify Hagensborg and the airport. Look a little closer and you may even see the Augsburg Church. At the second lookout, the view to the south is the Nusatsum valley with its regenerated logging areas and the road to Odegaard Falls. In the foreground, Nusatsum Mountain is on the left and Schoolhouse Mountain on the right. Looking out over the Bella Coola River to the east, you can see the edge of Tweedsmuir Provincial Park beyond the small community of Firvale.

There is no drinking water on the trail so you’ll want to bring water with you.

**How to get there:** Access from Hwy 20 is the same as for the Saloompt Forest Trail, except at the ‘Y’ junction on Saloompt Road, keep right. This road turns to gravel at 1.3 km, the start of the Saloompt Forest Service Road. At the next main intersection (another 1.0 km) continue right, up the hill for 0.5 km., then right again at the top of the hill. Follow this road for about 3 km. to the parking area and the trailhead near the base of Saloompt Peak.
10. ODEGAARD FALLS – NUSATSUM RIVER TRAIL AND FALLS VIEWPOINT TRAIL

**Distance:** 200 m River trail, 2 km Falls viewpoint trail  
**Elevation change:** River trail – 20 m, Falls viewpoint 100 m  
**Difficulty:** Easy to moderate

**Description (4X4 Access Only):** The Odegaard Falls area in the Nusatsum valley is a must see attraction as it is in the heart of the Coast Mountain wilderness with its spectacular peaks and glaciers. The falls are very impressive, especially in early summer when it swells with snow melt. The trail to the falls passes through an old mossy forest of Western hemlock, Sitka spruce and Amabilis fir. You get the first view of the falls from the foot bridge crossing the Nusatsum River. There is a great viewpoint at the base of the falls that have a vertical drop of ~175 metres.

**How to get there:** Follow Highway 20 east from the Saloompt Road for 3.3 km to the Nusatsum River bridge, which crosses at the short but dramatic vertical canyon (23.3 km east of Bella Coola). The Nusatsum Forest Service Road on the west side of the bridge is the road to the falls. Follow this road for about 24.6 km as it criss-crosses the Nusatsum River a number of times and steadily climbs into the Coast Mountains. This brings you to the roadside lookout and the trailhead for the short walk down to the river. Drive 0.5 km more to the other side of the next bridge to get to the parking area at the trailhead for the falls trail. The Nusatsum Forest Service Road has a few steep sections, some rough areas and brushy spots. A 4 X 4 is recommended. A two-wheel drive can be driven but drive slowly and steadily up the hills to minimize road disturbance.

The Nusatsum River trail is a short hike downhill from the roadside lookout. It ends at the confluence of Nusatsum River from the falls and a no-name river from the summit pass further up the valley to the right. Further up the road, the Odegaard Falls viewpoint trail begins along a steep narrow canyon of the no-name river as it cascades to meet Nusatsum River further down stream. From the foot bridge over Nusatsum River it is a 500m uphill walk to the viewpoint near the base of the falls.
10. ODEGAARD FALLS AND NUTSATSUM RIVER TRAIL
11. HAMMER LAKE AND APE LAKE TRAIL

Distance: 2.9 km from Odegaard Falls Viewpoint trail head, 4 km to Hammer Lake and additional 2 km to the lookout.

Elevation gain: 130 m from Odegaard Falls trailhead, 300 m to Hammer Lake, 500 m from Hammer Lake to the lookout.

Difficulty: Hammer, Moderate / Ape Lake, Difficult

Description (4X4 Access Only): This trail route leads into the heart of the Coast Mountain wilderness through dense high elevation forest to more open sub-alpine parkland and then onto lushly flowered alpine meadows that lead to imposing jagged peaks. The trail starts off through a subalpine forest of Engelmann spruce, Mountain hemlock and Subalpine fir where huckleberries are plentiful in season. The trail can be quite wet at certain times of the year and during prolonged wet weather. There is a large section of boardwalk closer to the lakes where the trail opens up into subalpine meadows. The views of the surrounding mountains are impressive. Pearl Peak with its glacier plastered on the side can be seen beyond the meadows and lakes.
An alpine viewpoint is the final destination with amazing views of Iroquois Ridge and its glacier ice fall over the Noeick River. South-east is the route to Ape Lake and the peaks of the Monarch Icefield, including the looming pyramid of Mt. Jacobsen. Beyond the viewpoint the route to Ape Lake requires a map and compass and should only be attempted by experienced, well prepared hikers. There is no flagged trail yet.

How to get there: Start at the Odegaard Falls viewpoint trail parking lot, then drive an additional 2.9 km. There are a couple of slide areas that are sometimes impassable due to snow and debris. If this is the case, you can park and walk to the Hammer Lakes trailhead. On your way, keep an eye out for mountain goats grazing on the slopes on the opposite side of the valley. Look for a sign marking the start of the trail above the road just before a bridge. Follow the easily discernable trail and boardwalks to the meadows where the lakes can be seen a few hundred meters below the trail. You can leave the main trail and take a swampy walk down to the lakes.

To get to the alpine viewpoint the trail stays left of the lakes and climbs through forest into an alpine bowl filled with wildflowers. Take note where the trail leaves the forest as it may be difficult to find on your return. Continue south diagonally across and up the bowl towards the small notch along the ridge line. The viewpoint is located in the prominent boulder field.
12. PURGATORY LOOKOUT / NOEICK RIVER FOREST SERVICE ROAD

**Distance:** 7.8 km one way from Odegaard Falls Viewpoint trail head parking lot  
**Elevation gain:** 320 m  
**Difficulty:** Easy terrain, long distance.

**Description (4X4 Access Only):** This spectacular route, ideal for mountain bikes, winds among meadows, ponds, talus boulder slopes and snow avalanche brush tracts. Originally part of a road down to South Bentinck Arm, it can still be driven in a 4X4 to the lookout, depending on the level of debris from the previous winter’s avalanches and roadside brush encroachment. The lookout provides a fabulous view of the Noeick River valley, Styx Mountain and Purgatory Glacier directly across the valley. It is possible to continue walking down the old forest service road for more views, but the road is brushing in quickly. Before heading down to the river, just remember it’s a long way back up to your vehicle. The valley was washed out a few times by a jokulhlaup (a glacial phenomenon) where the rising waters of Ape Lake broke through the receding Fyles Glacier ice dam, dumping a wall of water down the valley, wiping out forests and roads all the way down.

**How to get there:** Access to the trailhead is the same as to the Hammer Lakes/Ape Lake Trail. Then continue to follow the road approximately 5 km to the lookout. The road may be drivable to the lookout, but not beyond.

---

**Rainforest Accommodation**

1 KM. TO AIRPORT  
PARKING FOR 3  
TOURS BY ARRANGEMENT

**Guest Suite with Deck:**  
Self-contained on second floor  
Private entrance  
Private bathroom & shower  
Double bed and Kitchenette

**Second Floor Guest House:**  
Private dwelling with tub and shower  
Double bed plus a hide-a-bed  
Laundry facilities and Kitchen

1683 Hwy. 20, Hagensborg  
inge.dunsworth@gmail.com  
250-982-2595
13. MEDBY ROCK LOOKOUT

**Distance:** 2 km  
**Elevation gain:** 500 m  
**Difficulty:** Moderate / Difficult

**Description:** This trail leads to the site of an old forest fire lookout so you can bet the view is panoramic. The trail starts along the main logging road for about 300 m then veers left onto a branch road. Follow this for another 300 m to the top of the hill and across the flats. Then turn right as a smaller road eventually turns into a trail near a small creek. The trail climbs steadily from here through second growth forest. Eventually the trail enters an old growth forest with some large Douglas-fir. The trail veers left, then switches back and forth up to a cliff, along its base and then out onto the old forest fire lookout site. Only the concrete footings remain as the building burnt down many years ago. There is much to see from this spot named after a local painter, Carl Medby, who painted from here in the 30’s. There are excellent views of the lower Bella Coola valley looking west towards Hagensborg and Bella Coola, north into the Saloompt River valley and south into the Nusatsum River valley.

**How to get there:** Cross the bridge over the Nusatsum River about 3.3 km east of Saloompt Rd on Hwy 20 (22.8 km from Bella Coola). Drive 100 m past the hairpin corner to a large parking area on the west side of the highway. The trailhead is the East Nusatsum Forest Service Road on the other side of the highway. A sign marks the start.
14. CAPOOSE SUMMER TRAIL – LOWER LOOKOUT

**Distance:** 1 km  
**Elevation gain:** 300 m  
**Difficulty:** Moderate / Difficult

**Description:** The trail is part of the ancient network of ‘grease’ trails that climb onto the plateau above the valley and make their way into Tweedsmuir Park and join the Alexander Mackenzie / Heritage Grease Trail. This is a steep steady climb that passes through a number of different ecosystems (second growth, fire scarred old growth and higher up, subalpine and alpine). For a short hike of about one-half to one hour one way, you can get to a spectacular viewpoint looking east to Firvale and south to Glacier and Cacoohtin Creeks. Defiance Mountain is due south with its glacier shouldering the steep north face. Nusatsum Mountain is on the west. At the start of an old burn, the trail is overgrown and may be difficult to discern.

There is no drinking water on the trail until the alpine area. The trail is maintained to the lookout only. Beyond that there is blowdown.

**How to get there:** The trailhead is about 37.1 km east of Bella Coola at the end of the long straight stretch that parallels the Bella Coola River. This area is known locally as Canoe Crossing (where a ferry system used canoes). The trail takes off on the north side of Highway 20 across from power pole #507. If you drive to Assanany Creek you have gone too far. There is a parking pullout on the south side of the highway at #507.

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**Bella Coola Valley Inn**

The Bella Coola Valley Inn is a 3 1/2 Star rated hotel located in the coastal community of Bella Coola, close to the ferry dock on the town site, near services, shopping, and historical and cultural attractions, surrounded by pristine mountains.

- 20 rooms with queen size beds & complimentary Internet Access
- Licensed Restaurant - Japanese, Korean and Western menu
- Pub • Art Gallery • Banquet/Meeting Room • Rental Car
- Fishing and Wildlife Viewing Tours Available

Call Toll Free 1-888-799-5316 or visit www.bellacoolavalleyinn.com
side of Highway 20, but don’t block access to the river at the boat launch. A sign marks the start of the trail.

15. BURNT BRIDGE LOOP Trail – VALLEY VIEW LOOKOUT, TWEEDSMUIR PROVINCIAL PARK

**Distance:** 5 km  
**Elevation change:** 200 m  
**Difficulty:** Moderate

**Description:** Segments of this trail are part of the ancient grease trail network and it was likely used by Sir Alexander Mackenzie on his historic expedition across Canada by Land in 1793. The trail straddles the Tweedsmuir Park boundary and while the viewpoint is in the park it overlooks the beautiful Bella Coola Valley outside of the park. It is only a short 10-15 minute walk from the parking lot to the viewpoint. The trail then continues along Burnt Bridge Creek to a small suspension bridge, looping back down to the parking area. Watch for great views of Stupendous Mountain. This trail can be completed in 1-2 hours.

**How to get there:** The trail starts from the Mackenzie Heritage Trailhead Parking lot at the west boundary of Tweedsmuir Provincial Park, about 50km east of Bella Coola on Hwy 20.
16. KETTLE POND TRAIL, TWEEDSMUIR PROVINCIAL PARK

**Distance:** ~ 2 km  
**Elevation change:** 80 m  
**Difficulty:** Easy

**Description:** This is an interesting walk that begins along a medial glacial moraine consisting of ‘till’ and giant boulders which were left behind between two lobes of a glacier that retreated at the end of the ice age. The trail then meanders downhill to a unique glacial depression called a “kettle” pond. There are ancient Douglas-firs, orchids and water lilies to look for. The large boulder at the parking lot is an erratic left behind by the glacier. It split in the late 1990s. If it’s cloudy down valley it just may be sunny up here.

**How to get there:** The trailhead begins across the road from the Big Rock/Kettle Pond Day Use Area area in Tweedsmuir Provincial Park about 64km east of Bella Coola just a few kilometers past Stuie.
17. TWEEDSMUIR TRAIL – LOWER LOOKOUT, TWEEDSMUIR PROVINCIAL PARK

**Distance:** ~ 2 km  
**Elevation gain:** 330 m  
**Difficulty:** Moderate / Difficult

**Description:** This section of trail is part of a larger network of trails in Tweedsmuir Provincial Park. The trail beyond the lower lookout is not maintained and travel beyond is not recommended. The lower section, however, is a nice walk through a dominantly pine and Douglas-fir forest to a couple of vantage points above the Atnarko River Valley floor and Mosher Creek’s steep sidewalls. Look across the valley and check out the old slide. These large boulders tumbled down some time ago and now are beginning to establish a forest. Look further up valley to see the route to Hunlen Falls, Lonesome Lake and the Turner Lake Chain.

There is no drinking water on the trail until the alpine area.

**How to get there:** This trail starts across from the wide highway shoulder on the west side of Mosher Creek about 70km east of Bella Coola.
**ACCOMMODATIONS & CAMPGROUNDS**

**Barney’s Lakeside Resort**  
Puntzi Lake  
Phone: (250)481-1100  
www.barneyslakesideresort.com  
See Visitor Guide p.29

**Bella Coola Grizzly Tours Resort**  
Hagensborg  
Phone: 1-888-982-0098  
www.bcgrizzlytours.com  
info@bcgrizzlytours.com  
See Visitor Guide p. 13

**Bella Coola Valley Inn**  
441 Mackenzie Street Bella Coola  
Phone: 1-888-799-5316  
www.bellacoolavalleyinn.com  
Email: valleyinn@outlook.com  
See Trail Guide p.24

**Bella Vista Ranch Cabin**  
Hwy 20 Bella Coola  
Phone: (250)799-0019  
Email: rainforestconsult@gmail.com

**Bella Vista Ranch Cabin**  
Hwy 20 Bella Coola  
Phone: (250)799-0019  
Email: rainforestconsult@gmail.com

**Cumbrian Inn**  
Bella Coola  
Phone: (250)799-5731  
cumbrianinn.com  
Email: cumbrianinn@gmail.com  
See Trail Guide p.10

**Eagle’s Nest Resort**  
Anahim Lake  
Phone: (250)797-3732  
www.eaglesnest-resort.com  
Email: info@eaglesnest-resort.com  
See Trail Guide p.26

**Gnomes Home RV Park & Campground**  
Hagensborg  
Phone: (236) 589-0660  
Email: gnomehomesrvpark@gmail.com

**John’s Perch**  
Upper Saloompt Road, Hagensborg  
Phone: (250) 957-8448  
bellacoolacabin@live.ca

**Great Bear Chalet**  
Tweedsmuir Provincial Park  
Phone: (506) 629-9871  
www.greatbearchalet.com  
greatbearchalet@xplornet.com  
See Visitor Guide p. 20

**Homathko River Inn & Ranch**  
Tatlyoko Lake (Southwest Chilcotin)  
Phone: (250) 476-1131  
www.homathkoriver.com  
circle.x.ranch@hotmail.com  
See Trail Guide p. 25

**John’s Perch**  
Upper Saloompt Road, Hagensborg  
Phone: (250) 957-8448  
bellacoolacabin@live.ca

**Kinikinik Accommodations**  
Redstone (Highway 20, East Chilcotin)  
Phone: (250) 594-6000  
www.pasturetoplate.ca  
Email: kinikinik@pasturetoplate.ca  
See Visitor Guide p.30

**Nuk Tessli Lodge**  
Klenna Kleene  
Phone: (778)766-3487  
www.nuktessli.com  
Email: nuktessli@gmail.com

**Nuk Tessli Lodge**  
Klenna Kleene  
Phone: (778)766-3487  
www.nuktessli.com  
Email: nuktessli@gmail.com

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**DIRECTORY LISTINGS**

**BCVT/Michael Wigle**

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Nusatsum River Guest House & Cabins
Hagensborg
Phone: (250) 982-2348
www.bellacoolacabin.com
Email: bellacoolavalley@mac.com
See Trail Guide p.20

Rainforest Accommodation
1683 Highway 20, Hagensborg
Phone: (250) 982-2595
Email: inge.dunsworth@gmail.com
See Trail Guide p.22

Retreat Wilderness Inn
Nimpo Lake
Phone: (250)742-3332
www.retreatewayinn.com
Email: retreatwilderness@gmail.com

Rip Rap Campsite & Cabins
1854 Highway 20, Hagensborg
Phone: (250) 982-2752
Email: amberriprap@gmail.com
See Trail Guide p.21

Snooka Guest House
Hagensborg
Phone: (250)799-0005
Email: daylonmccauley@gmail.com

Suntree Guest Cottages
3825 Hammer Road, Hagensborg
Phone: 1-877-982-2424
www.suntree.ca
Email: info@suntree.ca
See Trail Guide p.23

Tallheo Cannery Guest House
Bella Coola • Phone: 1-604-992-1424
www.bellacoolacannery.com
info@bellacoolacannery.com
See Visitor Guide p.7

Terra Nostra Guest Ranch
PH:(250)476-1273
19647 Hwy 20, Kleena Kleene BC
See Trail Guide Page 19

Tweedsmuir Park Lodge
Stuie (Atnarko River)
Phone:1-877-982-2407
www.tweedsmuirparklodge.com
info@tweedsmuirparklodge.com
See Visitor Guide p.25

Whiskey Cove Bed & Breakfast
Denny Island
Phone: (250) 957-4234
Email: info@whiskeycovebedandbreakfast.com
www.whiskeycovebedandbreakfast.com

Woodlands Fish’n Resort
Puntzi Lake (East Chilcotin)
Phone: (250) 230-5099
(250) 800-0400
www.woodlandsfishingresort.com
info@woodlandsfishingresort.com
See Trail Guide Page 27

LAND & MARINE TOURS
Bella Coola/Atnarko Guide Service
2304 Saloompt Road, Hagensborg
Phone: (250) 982-2470
cohoslayer3@hotmail.com
See Visitor Guide p.24

Bella Coola Grizzly Tours/Marine & Bus Tours
1953 Highway 20, Hagensborg
Phone: 1-888-982-0098
www.bcgrizzlytours.com
info@bcgrizzlytours.com
See Visitor Guide p.8

Bella Coola Heli Sports
Tweedsmuir
Phone: (604)932-3000
www.bellacoolahelisports.com
See Visitor Guide p.25

Chilcotin Coast Experience
Chilcotincoastexperience.com
Bella Coola - Chilcotin - Riske Creek
See Trail Guide p.18

Copper Sun Journeys/ Rafting Tours
442 Mackenzie Street Bella Coola
Phone (250) 267-6430
www.coppersunridge.ca
Email: info@coppersunridge.ca
See Visitor Guide p.22

Flood Tide Tackle
Denny Island (Outer Coast)
Phone: (250) 957-2642
daveneros@outlook.com

Gnoses Sailing Adventures
Bella Coola Harbour
Email: svgnoses@gmail.com

Great Bear Adventures
Tweedsmuir Provincial Park
Phone: (604) 629-9871
www.greatbearchalet.com
greatbearchalet@xplornet.com
See Visitor Guide p.20

Great Bear Sailing Adventures
Bella Coola Harbour
Phone: (250) 957-8645
www.greatbearsailingadventures.com
Email: greatbearsailingadventures@gmail.com
See Visitor Guide p.8

Inner Coast Inlet Tours
Bella Coola • Phone: 1-604-992-1424
www.innercoastinlettours.com
info@bellacoolacannery.com
See Visitor Guide p.11

Kynoch Adventures
1896 Highway 20, Hagensborg
Phone: (250) 982-2298
1-866-982-2298
www.bcmountainlodge.com
Email: info@kynochadventuretours.com
See Visitor Guide p.17

Tweedsmuir Park Lodge Tours
Stuie (Atnarko River)
Phone:1-877-982-2407
www.tweedsmuirparklodge.com

West Coast Helicopters
Hagensborg
Phone: (250)982-2181
www.westcoasthelicopters.com
Email: bellacoolareception@wcheli.com

Yoho Adventures
W Chilcotin
Phone: (250)302-9719
www.yohoadventures.com
Email: info@yohoadventures.com

BC Ferries
Phone: (888)223-3779
bcferries.com
See Visitor Guide p.6

Belco Service Station
440 Mackenzie St Bella Coola
Email: ronrichards120@gmail.com
Phone:(250)799-5314

Bella Coola Airport
(250) 982-2225
1685 Airport Road
Hagensborg, BC V0T 1H0

Bella Coola Harbour Authority
Bella Coola Harbour
Phone: (250) 799-5633
bellacoolaharbour@gmail.com
See Visitor Guide, p. 4

Bella Coola Storage
Hagensborg
Phone: (250) 982-0014
bellacoolastorage@gmail.com
www.bellacoolastorage.com

Bella Coola Trails Alliance
Bella Coola
www.bellacoolatrails.ca

Bella Coola Valley Transit System
Bella Coola
Phone: (250)799-0079
www.bctransit.com
Bella Coola Vehicle Rentals
Bella Coola & Anahim Lake Airports
Phone: (250) 982-2146
www.bellacoolavehiclerentals.com
CoolaWheels@netbistro.com
See Trail Guide p. 6

Central Coast Regional District
www.ccrd-bc.ca
Phone:(250) 799-5291
626 Cliff St / Box 186
Bella Coola, BC V0T 1C0

Department of Oceans & Fisheries Area 5B
Regs, limits, openings & closures.
www.pac.dfo-mpo.gc.ca
Phone:(250) 799-5345

Fawn Gunderson Realty
Bella Coola
Phone: (250) 982-2314
Email: fawn@landquest.com

Pacific Coastal
www.pacificcoastal.com
Phone: 800.663.2872
Local: 604.273.8666

Snootli Creek Hatchery
Call for Tours: 250-982-2214

Williams Lake & District Credit Union
Bella Coola
Phone: (250) 799-5328
www.wldcu.com
See Visitor Guide p.12

SHOPPING
Copper Sun Gallery
Bella Coola
Phone (250) 267-6430
www.coppersungallery.ca
Email: info@coppersungallery.ca
See Trail Guide p.15

Creekside Studio Gallery
2259 Highway 20, Hagensborg
Phone: (250) 982-2735
Email: creekside.studio.gallery@gmail.com

FROOD/GROCERIES/RESTAURANTS
Bella Coola Consumers Co-op
Bella Coola
Phone: (250) 799-5325
bellacoolacoop@gmail.com

Bella Coola Valley Inn
441 Mackenzie St, Bella Coola
Phone: 1-888-799-5316
www.bellacoolavalleyinn.com
Email: valleyinn@outlook.com
See Trail Guide p.24

Bella Coola Valley Seafoods
2876 Saloompt Road, Hagensborg
Phone: (250) 982-2713
See Trail Guide p.9

Brockton Bistro
Hagensborg
Phone: (250) 982-2298
See Visitor Guide p.23

Cafe Bella
Bella Coola
Phone: (250) 799-5587
www.eaglelodgebc.com
See Visitor Guide p.19

Crystal Room
Anahim Lake
Phone: (250) 742-3707
www.eaglesnest-resort.com
See Trail Guide p.26

Hagensborg Shop Easy
Hagensborg
Phone: (250) 982-2637
hagemerx@xplornet.com
See Trail Guide p.29

Hoore’s Organic Garden Centre & Nursery
Bella Coola
Phone: (250) 799-5975
mooresorganic@gmail.com

Mountain Valley Organics
1926 Hwy 20, Hagensborg
Phone: (250) 982-2205
Email: mountainvo@hotmail.com

OTHER ATTRACTIONS
Bella Coola Museum
Bella Coola
Phone:(250)799-5767

Bella Coola Music Festival
www.bellacoolamusic.org
info@bellacoolamusic.org
See Visitor Guide p.4

Norwegian Heritage House Society
Hagensborg
Phone: (250) 982-2270

Nuxalk Radio 91. FM
3 - 498 Mackenzie St. Bella Coola
nuxalkradio.com

EMERGENCY
Police
(250) 799-5363

Ambulance
800 461-9911

Fire
(250) 799-5321

Conservation Officer
PH: 877-952-7277