




BRITISH COLUMBIA



TRAILFORKS



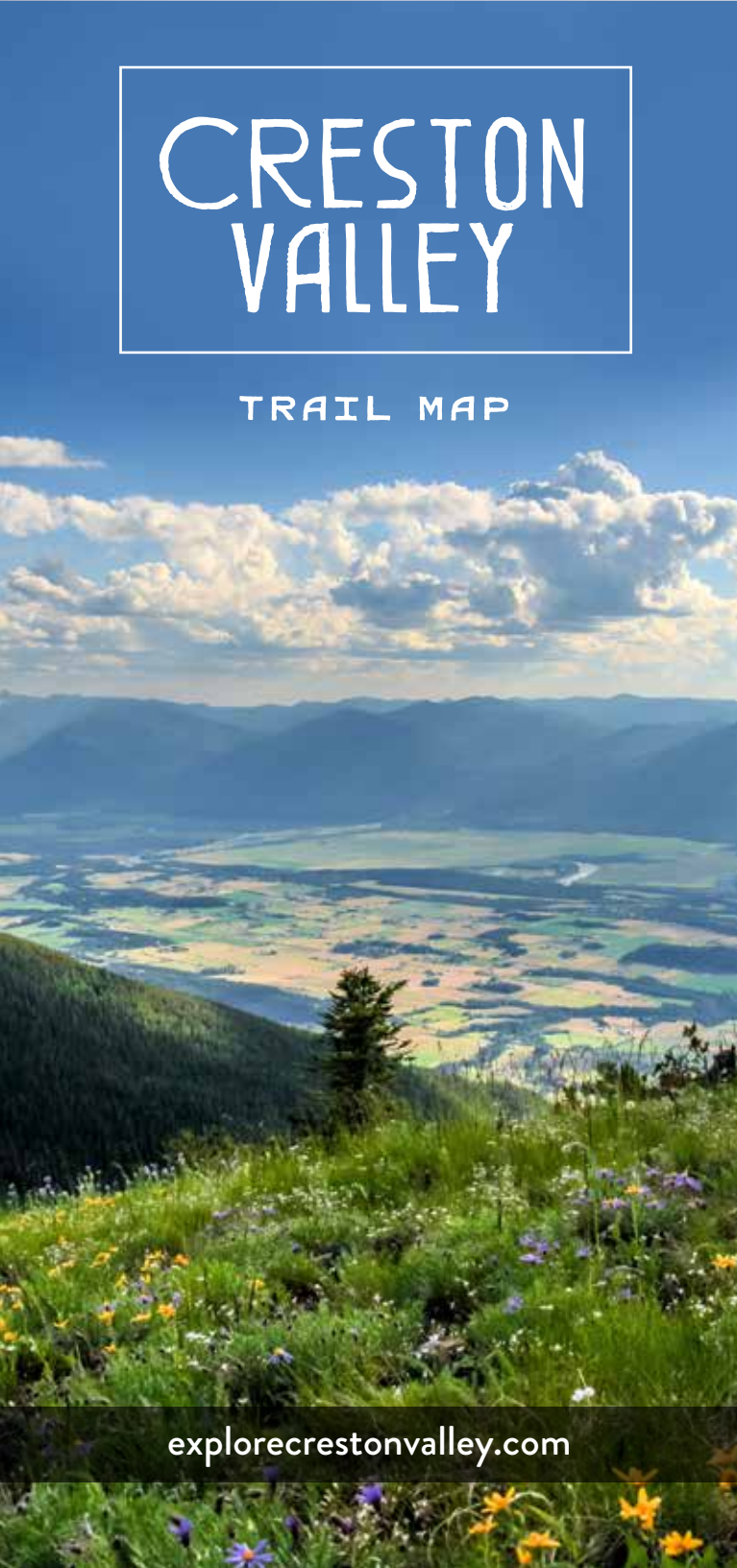
CRESTON VALLEY



# Hiking Etiquette 101

## CRESTON VALLEY

TRAIL MAP



**LOCAL EMERGENCY PHONE NUMBERS**  
All Emergencies: 911  
Creston RCMP: 250-428-9313  
Creston Valley Hospital & Health Centre:  
250-428-2286  
Report All Poachers and Polluters (RAPP): 1-877-952-7277  
Report A Wildfire Number: 1 800 663-5555 (\*5555 by Cell)



MOUNT THOMPSON

Sullivan Creek Trail



**GETTING THERE:** Head east out of Creston on Hwy 3 for 5.9kms; turn right onto Canyon-Lister Rd.; go 1.1kms, turn left onto Whimster Rd.; travel 750m, turn left onto Mt. Thompson Forestry Rd. and travel 1.7kms to Sullivan Creek trailhead sign.

**DETAILS:** The trailhead starts part way up Mount Thompson at a trailhead and juncture with Thompson Pack Trail which continues east up the mountain. Head south along the side of the mountain before crossing over Sullivan Creek and then zig zag up the wide former road, before reconnecting with Mount Thompson Forest Service Rd close to the top. This mainly shaded trail makes for a wonderful summer hike.

Thompson Pack Trail



**GETTING THERE:** Head east out of Creston on Hwy 3 for 5.9kms; turn right onto Canyon-Lister Rd.; go 1.4kms, turn left onto 51st St.; go 400m, turn left onto Vance Rd.; travel 550m to trailhead (and of Vance Rd.) This trail can also be accessed from the Sullivan Creek Trail.

**DETAILS:** Part of the Creston Community Forest's trail network on Mt Thompson, this long trail meanders along Sullivan Creek. Originally built to transport supplies to the old Thompson Forestry Lookout town, the trail takes you through beautiful cedar-hemlock forests that boast an abundant and diverse population of fungi. This mainly shaded trail provides hikers with relief from the sun, making this a wonderful summer hike. Due to its proximity to town and great single track, this trail provides excellent opportunity for hiking, horse-back riding, or trail running and is also open to mountain bikers.

Thompson Rim



**GETTING THERE:** Head east out of Creston on Hwy 3 for 5.9kms; turn right onto Canyon-Lister Rd.; go 1.1kms, turn left onto Whimster Rd.; travel 750m, turn left onto Mt. Thompson Forestry Rd. Continue for 10 kms.

**DETAILS:** This is an iconic Creston Valley hike from the top of Mount Thompson along the ridgeline of the Skimmerhorns (Purcells) to stunning eagle-eye views of the Creston Valley below. From the parking area just below Old Tower lookout/radio towers, the trail descends quickly down and along the ridge overlooking the Creston Valley. After hiking for a couple of hours the trail ends at the south peak (the true Mt. Thompson) at another tower, with an elevation of 2175m or 38m higher than the north peak. From here you can look down on the Skimmerhorn and get a totally different perspective of the bumps and cliffs along its ridgeline. Excellent for Bear Grass mid-summer.

Summer use may begin as late as July depending on the year. Note this a back-country, sub-alpine trail and access requires a high-clearance vehicle and good navigation skills.

Thompson Rotary Trail



**GETTING THERE:** Head east out of Creston on Hwy 3 for 5.9kms; turn right onto Canyon-Lister Rd.; go 1.1kms, turn left onto Whimster Rd.; travel 750m, turn left onto Mt. Thompson Forestry Rd and travel 1.7kms. Hike for about 1km on the Thompson Pack Trail to the start of the Rotary Trail. Upper trailhead is at kilometre 3.5 on Mt. Thompson Forestry Rd.

**DETAILS:** The Thompson Rotary Trail is a short, yet scenic trail developed by the Creston Rotary Club. From the parking area off of Mount Thompson FSR or off Thompson Pack Trail, this trail takes you through beautiful forests onto a benched viewpoint overlooking the Creston Valley.

Westridge Trail



**GETTING THERE:** Head east out of Creston on Hwy 3 for 5.9kms, turn right onto Canyon-Lister Rd.; go 1.1 kms, turn left on to Whimster Rd; travel 750m and then turn left onto Mt Thompson Forestry Rd; travel 1.7kms to Sullivan Creek Trailhead. Hike 4kms on the Sullivan Creek Trail to Westridge Trailhead.

**DETAILS:** This new hiking trail was built in 2019 to connect the top of Mt Thompson and the Rim Trail making it possible to hike from the valley floor to the top of Mt Thompson. You can also use the Pack Trail access off of Vance Rd. This trail provides access to an old hand gliding site. Be sure to look for mountain goats on rock cliffs.

GOAT (ARROW) MOUNTAIN

Lady Slipper



**GETTING THERE:** Head north out of Creston on Hwy 3/3A for 6.9kms; turn right onto Lakeview-Arrow Ck Rd.; go 2.3kms - turn right onto Foster Rd.; travel for 1km - road will become Goat Mtn. Forestry Rd. (gravel); travel for 6kms on Forestry Road. 4x4 vehicle recommended.

**DETAILS:** Mellow trail up Goat (Arrow) Mountain passing through mixed forest and wildflower meadows in late spring, early summer before arriving at the viewpoint looking west at the top of the trail. Enjoy an eastern viewpoint and picnic location just past this.

Billy Goat Bluffs



**GETTING THERE:** Head north out of Creston on Northwest Blvd (Hwy 3) for 2.5kms; turn right onto Helen St.; go 400m (trail on left, parking on right). Upper trailhead is at kilometre three on the Goat Mountain Forestry Rd. (as per Lady Slipper Trail directions).

**DETAILS:** This trail traverses up Goat (Arrow) Mountain to the viewpoint looking west over the Creston Valley. From the kiosk at Helen Street, trail ascends quickly, reaching a bench and first viewpoint in approximately 750m and the trail continues for 2.2km to an upper viewpoint with picnic tables. Enjoy views of Duck and Kootenay Lakes on the short side trail north of picnic tables.

SANCA CREEK - KIANUKO

Haystack Mountain



**GETTING THERE:** Head north out of Creston on Hwy 3A past Wynndel and along Kootenay Lake for 27km until Sanca Creek bridge. Approximately 300m north of the bridge, turn right on to Sanca Creek Forest Service Rd on the east side of the highway continuing to the trailhead 17.5km up a series of forest service roads. From the start of the forest service road continue east. Keep straight at 2.8km, bear left at 9.5km, straight at 9.8km (10km sign may be visible). Stay right at 14km where the road is marked for Haystack. The road turns right at 15.6km and crosses the bridge. The road gets steeper and rougher and may not be suitable for driving past here. The trailhead parking area is located at kilometre 17.6 at 1673m elevation.

**DETAILS:** This backcountry trail follows Sanca Creek to the iconic Haystack Mountain at the north-west corner of Kianuko Provincial Park. From the parking area the first half of the trail meanders along the creek. About halfway up, the trail crosses into the Provincial Park and becomes steeper before reaching Small Toe Lake. Some hikers will be happy to picnic here and return. Experienced hikers may wish to continue to the summit, traversing along the lake and meadows, and up a boulder field to the left/west ridge of the mountain and then along the ridge to the top of Haystack.

Note this is a backcountry, sub-alpine trail and access requires a high-clearance vehicle and good navigation skills.

CVWMA/WEST CRESTON

Creston Valley Wildlife Management Area Trails (CVWMA)



**GETTING THERE:** Head west on Hwy 3 for 10km, turning left on West Creston Road just before the highway heads up Kootenay Pass. Pass the Balancing Rock trailhead on the right and travel for another kilometre before turning left into the parking lot in front of the Kootenay Columbia Discovery Centre.

**DETAILS:** This internationally significant wetland habitat has easy, year-round access to kilometres of flat-top dyke trails offering amazing opportunities to view a large diversity of wildlife, and can be used for hiking, snowshoeing and cross-country skiing. Within the larger CVWMA, the most popular and easily accessible area is the Corn Creek wetlands around the Kootenay-Columbia Discovery Centre, with some boardwalk trails, two multi-level viewing towers, and five loop trails of varying lengths.

CVWMA trails may be seasonally flooded and closed to public. Users may encounter large ungulates (moose, elk) and carnivores (grizzly bears, black bears, cougars, wolves) at all times. Dogs must be kept on a leash and pet owners must pick up after their pet(s). Electric Bikes are not permitted.

Balancing Rock



**GETTING THERE:** Head west out of Creston on Hwy 3 for 10.1km, turning left on West Creston Rd; go 100m turning right into the parking lot for Balancing Rock Trail on the west side of the road, which has space for multiple vehicles.

**DETAILS:** This is a popular hiking trail behind CVWMA. From the parking area/trailhead off West Creston Rd. the trail ascends underneath the powerline. The viewpoint near the top provides views east over Creston Valley. Just a short distance from here, find the trail's namesake, a large awkwardly balanced boulder. The trail then continues on to a junction with Mount Creston and Fern Forest Trails.

Fern Forest Trail



**GETTING THERE:** Head west out of Creston on Hwy 3 for 10.1km, turning left on West Creston Rd. After 100m turn right into the parking lot for Balancing Rock Trail. Alternatively, to access the trail from the Summit Creek end, continue on Hwy 3 heading up Kootenay Pass. After approximately 300m turn right into the Summit Creek parking area.

**DETAILS:** The Fern Forest Trail traverses along a boardwalk through a fern covered bog, steep switchbacks and forest ridgelines to connect Balancing Rock Trail and Summit Creek Trails. Starting from the Summit Creek junction, the trail ascends south up to the Balancing Rock/Mount Creston trail junction. Or, start from the Balancing Rock/Mount Creston trail junction, head north and descend down to Summit Creek.

Mount Creston



**GETTING THERE:** Head west out of Creston on Hwy 3 for 10.1km, turn left on West Creston Rd, and then turn right into the parking lot for Balancing Rock Trail on the west side of the road.

**DETAILS:** Continuing past the Balancing Rock and Fern Forest trail junction, this steep "out and back" trail treks up Creston Mountain to scenic views from the west side of the valley. After arriving at the trail junction from either Balancing Rock or Fern Forest, head west along the boardwalk until it ends. From here head south-west along steep switch backs until arriving at a high scenic viewpoint looking west over the Creston wetlands. Halfway up the trail, a spur to the right heads to the seasonal waterfall.

Mt. Midgeley



**GETTING THERE:** Head west on Hwy 3 from Creston towards Kootenay Pass. Just after the Summit Creek bridge turn right on the Topaz Forest Service Road. Set your odometer at zero and head up the logging road. At kilometre 3 the road makes a left turn (Newington Road goes straight) and in a few metres you will pass a yellow control gate. Continue climbing the logging road passing two spurs (one to the left at approximately 9km and one to the right at approximately 10.5km) until you arrive at three forks. Continue straight on the middle fork. At this point, the road is no longer maintained and has water bars that require a high clearance vehicle to cross. Go approximately 1.5km and take the left, ascending fork. The trailhead is approximately another 2km and is on the left. It should be marked with flagging tape and a sign.

**DETAILS:** This backcountry trail heads up Mt. Midgeley to an old trapper's cabin with views of the Creston Valley. From the forestry landing/trail head south-west, follow flagging tape for 75m through an old clear cut to the edge of the forest where the real trail begins. After one hour, arrive at the trapper's cabin in a small marshy basin below Mt. Midgeley. Experienced hikers may wish to continue to the summit, bushwacking to the left (south side) ridge of mountain and then scrambling to the peak. July is usually the earliest to access this trail.

This sub-alpine trail requires good navigation skills. The access road is an active logging road; you may encounter logging trucks so please use caution. Access to Darkwood Conservancy Land to the west is prohibited without a permit.

To book Mt. Midgeley cabin: [www.crestonvalleytrails.ca/midgeley-cabin/](http://www.crestonvalleytrails.ca/midgeley-cabin/)

Summit Creek



**GETTING THERE:** Head west out of Creston on Hwy 3 for 11.5km. As the highway turns north and begins heading up Kootenay Pass, turn right into the Summit Creek parking area in the Creston Valley Wildlife Management Area.

**DETAILS:** Part of the Balancing Rock Trail network, this "out and back" trail gently meanders along banks of Summit Creek up the Kootenay Pass. Starting from the CVWMA northern parking area along Hwy 3, the trail follows an old road heading north to Summit Creek, then follows the creek west under the Hwy 3 bridge. Farther along, the trail connects with Fern Forest Trail at a juncture, which heads left (south) up the mountain, while the main trail continues upstream through shaded forest. The official trail ends at a logging road, but you can continue past this along the creek.

KOOTENAY PASS

Cornice Ridge



**GETTING THERE:** Head west out of Creston on Hwy 3 for 46km to Stagleap Park at the top of Kootenay Pass. Upon arrival park in the large parking lot on the north side beside the idyllic Bridal Lake.

**DETAILS:** From the top of Kootenay Pass, this popular and easily accessed trail meanders up Cornice Ridge to stunning views of the Selkirks. From the parking area a well-trodden trail heads south-east above Bridal Lake and the log warming shelter. In approximately 800m the trail takes a distinct left (west) bend, continuing on for 2.2kms along the ridge to a highpoint. This trail is also popular in winter as a track for backcountry skiing, snowshoeing and split-board touring.

Summer use may begin as late as late June depending on the year. Dogs are prohibited in the Provincial Park. If using the trail in the winter be aware that this is avalanche terrain, take necessary precautions.

Ka Papa Cedars



**GETTING THERE:** Head west out of Creston on Hwy 3 for 35km up the Kootenay Pass. Just before the Char Creek Forest Service Road turn-off, you will spot a pull out and parking area with signs for the trail. Once you park you will find a kiosk at the trailhead. Alternatively, continue on and turn left on Char Creek Forest Service Road, crossing the bridge over Summit Creek and continuing on until you see another parking area and a kiosk sign on the left.

**DETAILS:** This is an easy, loop trail that wanders through an ancient cedar grove featuring interpretive signs, wood benches, and a wash-room. This trail is good for hiking or snowshoeing.

Char Creek FSR is a snowmobile trail in winter and is not plowed. Main parking may be full in winter, use second parking lot off Char Creek FSR.

Ripple Ridge



**GETTING THERE:** Head west out of Creston on Hwy 3 for 36km to Stagleap Park. Upon arrival, park at the large parking lot on the north side of the highway beside the idyllic Bridal Lake. From there head across the highway to the decommissioned Monk Creek Forest Service Road.

**DETAILS:** This popular and easily accessed trail wanders up Ripple Ridge to western views of the Selkirks. Follow the trail 2.29km to the top of the ridge and park boundary. From here take the trail to the west of the road marked by Ripple Ridge Trail sign, following along Ripple Ridge for 600m through trees and then to opens views of the highway below. The trail becomes hard to see as it heads off across the ridge, requiring some trail-finding skills to reach the look-out area. The trail is also excellent in winter as a track for backcountry ski touring and snowshoeing.

Summer use may begin as late as late June depending on the year. Dogs are prohibited in the Provincial Park. If using the trail in the winter be aware this is avalanche terrain and take necessary precautions.

Ripple Ridge Cabin



**GETTING THERE:** Head west out of Creston on Hwy 3 for 46km to Stagleap Park. For day users, park in the large parking lot on the north side of the highway beside Bridal Lake. For those staying overnight, please use the smaller parking area on the east side of the lake closer to Creston.

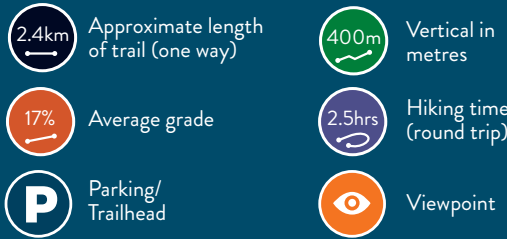
**DETAILS:** From the top of Kootenay Pass, this popular and easily accessibly trail follows an old road to Ripple Ridge and Lightning Strike backcountry cabins just outside the park boundary. Follow the trail 2.29km to the top of the ridge and park boundary. Continue along the main road/trail heading southward for 1km. As the road veers left, turn right at Ripple Cabin trailhead marker. From here it's just a short walk to Lightning Strike and Ripple cabins and great views of the Selkirks. The trail is also excellent in winter for backcountry ski touring and snowshoeing.

Cabins can be pre-booked for overnight stays at [rippleridge.ca](http://rippleridge.ca). Commercial use of the cabins is strictly prohibited.

Legend and General Information

Bring water on all hikes as there is no drinking water available on the trails, in spring and early summer bug spray is suggested, and unless otherwise noted, dogs are allowed but must be leashed. For steeper trails, it is suggested to have appropriate footwear and hiking poles may be helpful, and for exposed trails, it is recommended to wear sunscreen or sun protection.

- Trail
- Seasonal or Unmaintained Trail
- Forest Service Road (FSR) - gravel or dirt, not paved, often a 4x4 vehicle is required
- Decommissioned Road



TYPE OF USE



TRAIL DIFFICULTY

- Easy - little to no incline, compact wide surface, good for all abilities
- Moderate - some elevation, dirt, mostly uneven surface, some challenging areas, good for most abilities
- More Difficult - steeper incline, dirt and rock, uneven surface, challenging terrain, hiking experience recommended
- Very Difficult - steep sections, dirt and rock, uneven surface, very challenging terrain, hiking experience and wayfinding skills required

BEST SEASON TO USE TRAIL



Trail Organization/Manager

- Creston Community Forest (CCF) | [crestoncommunityforest.com](http://crestoncommunityforest.com)
- Creston Valley Wildlife Management Area (CVWMA) | [crestonwildlife.ca](http://crestonwildlife.ca)
- Trails for Creston Valley Society | [crestonvalleytrails.ca](http://crestonvalleytrails.ca)
- Recreation Sites and Trails BC | [sitesandtrailsbc.ca](http://sitesandtrailsbc.ca)
- BC Parks Trails | [env.gov.bc.ca/bcparks](http://env.gov.bc.ca/bcparks)

