

# British Columbia



BC Time Zone

Most of British Columbia, including its largest city **Vancouver**, uses **Pacific Standard Time (PST)** during **standard time** and **Pacific Daylight Time (PDT)** during **Daylight Saving Time (DST)**.

Capital: Victoria - BC Population: 5.6 million

Provincial Hiking Organization - [Federation of Mountain Clubs of British Columbia](#)

BC Directors - **Pat Harrison, Roy Howard**



British Columbia is Canada's westernmost province. It is defined by its Pacific coastline and many mountain ranges. Natural areas abound, which offer an abundance of hiking opportunities. Below are some of the more prominent trails, many of which are part of the National Hiking Trail (NHT)

## List of Trails

Alexander Mackenzie Heritage Trail/Nuxal-Carrier Grease Trail - West Coast Trail - Vancouver Island Trail - Log Train Trail - Beaufort Range Trail - Sunshine Coast Trail - Suncoaster Trail - Sea to Sky Trail - Alexander Mackenzie Heritage Trail/ Nuxalk-Carrier Grease Trail - Collins Telegraph Trail - 1861 Goldrush Pack Trail - Goat River Historic Trail -

## ALEXANDER MACKENZIE HERITAGE TRAIL / NUXALK-CARRIER GREASE TRAIL (NHT)

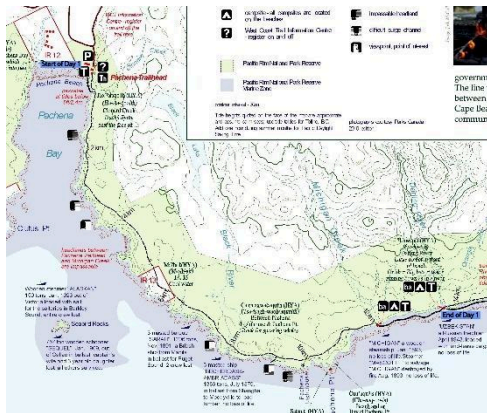


The Alexander Mackenzie Heritage Trail / Nuxalk-Carrier Grease Trail is a 420 km trail that runs from the Fraser River to Bella Coola on the west coast of British Columbia. Of the many grease trails connecting the coast to the interior, it is the most notable and is often referred to as the Grease Trail. The trail was originally used by the Nuxalk and Carrier First Nations for communication, transport, and trade. First Nations people used the trail to trade for eulachon grease from the Pacific coast.

Contact:

<https://www.bcadventure.com/adventure/explore/cariboo/trails/almack.htm>

## WEST COAST TRAIL



The demanding 75km journey traverses Vancouver Island's rugged coastline, taking in windswept sandy beaches, gnarled old-growth forest, slippery boulder fields, surge channels and tidal pools.

Most thru-hikers spend 6 to 8 days on the West Coast Trail (WCT), camping at designated beach campgrounds along the way. Hikers can also enter at a midpoint location and enjoy a shorter 3-5 day adventure on the trail.

Contact: [www.reservation.parks canada.gc.ca](http://www.reservation.parks canada.gc.ca)

## VANCOUVER ISLAND TRAIL (VIT, NHT)



The VIT is the longest trail route on Vancouver Island at nearly 800 km. It is a living trail that changes over time based on weather, water levels and human activities, a continuous non-motorized trail that passes through the traditional territories of many Indigenous Peoples from the Songhees in the south to the Tlatlasikwala in the north.

Contact: <https://vancouverislandtrail.ca/about-us/>

## **LOG TRAIN TRAIL (VIT, NHT)**

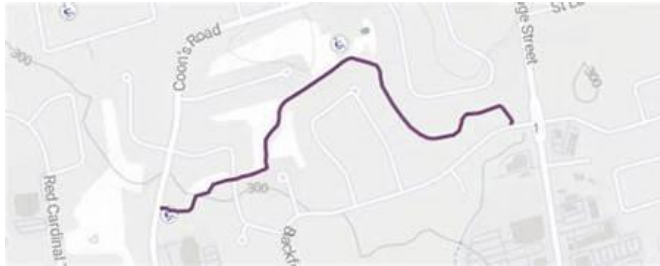


This trail is a historic rail bed originally developed in the early 1900's as part of the Bainbridge Mill rail logging operation. The main section of the trail stretches for 25 km along the foot of the Beaufort Range.

Contact: <https://www.acrd.bc.ca/log-train-trail>

## **BEAUFORT RANGE TRAIL (VIT, NHT)**

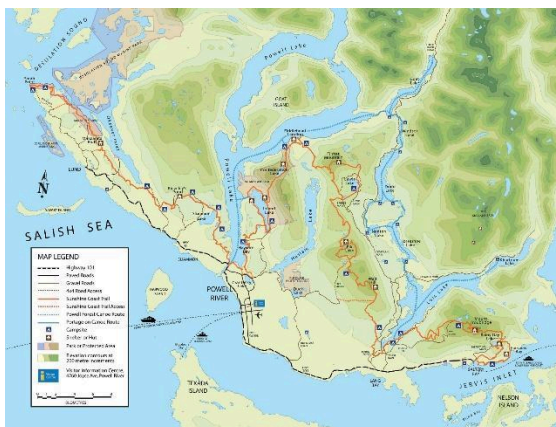




The Beaufort Range is a collection of peaks located on the eastern side of Vancouver Island that stretches from Home Lake to Comox Lake. The range has 16 named peaks and a trail that connects eight of them for incredible adventure. The tallest of the range and a highlight of the trail is Mount Joan, which stands at 1556 metres tall.

Contact: <https://vancouverislandtrail.ca/the-trail/about-the-vit/>

## SUNSHINE COAST TRAIL (NHT)



This trail is an incredible 180 km long hut-to-hut hiking route in southwest British Columbia. The trail weaves along and away from the coast, and includes lakes, waterfalls, and old growth tree groves along the way.

Contact: <https://sunshinecoasttrail.com/>

### **SUNCOASTER TRAIL (NHT)**



Phase 1 of the Suncoaster Trail has been finished. It connects Earl's Cove to Halfmoon Bay. It is designed to accommodate hikers, bicyclists, and horseback riders.

Contact: <https://www.scrd.ca/suncoaster-trail/>

### **SEA-TO-SKY TRAIL (NHT)**



The Sea-to-Sky Trail is a 100 km trail between Squamish and Pemberton. It connects the Pacific Ocean with the towering Coast Mountains farther north. Along the route are turquoise lakes and many points of interest.

Contact:

<https://www.slrld.bc.ca/services/recreation-culture/parks-trails/sea-sky-trail>

## **COLLINS-TELEGRAPH TRAIL (NHT)**

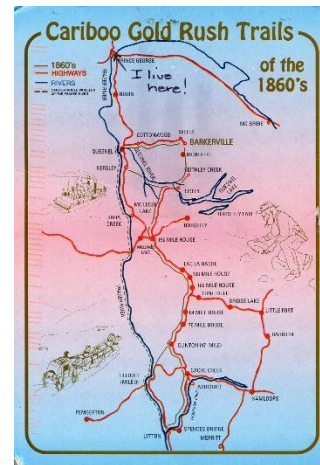


The Telegraph Trail is that portion of the Collins Overland Telegraph Trail and its successor the Yukon Telegraph Trail that is located in the Cariboo Regional District. It is approximately 275 kilometers long, extending from 70 Mile House in the south to the border with the Bulkley-Nechako Regional District northwest of Quesnel.

Contact: <https://www.cariboord.ca/en/recreation-and-leisure/telegraph-trail.aspx>

## **1861 GOLDRUSH PACK TRAIL (NHT)**

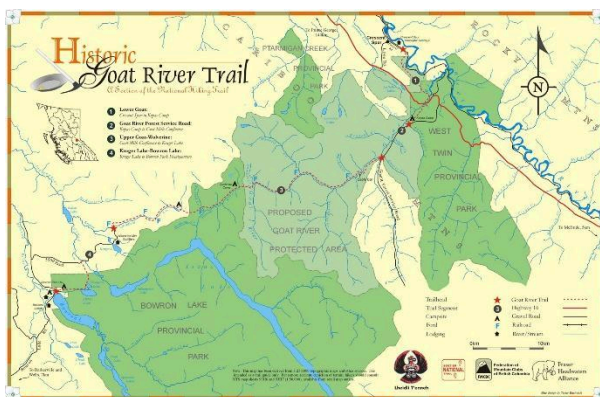




By 1860, there gold discoveries in the middle basin of the Quesnel River around Keithley Creek and Quesnel Forks. Exploration of the region intensified as news of the discovers got out. Because of the distances and time involved in communications and the remoteness of the areas, the goldrush did not begin in earnest until 1862 after the discovery of gold at Williams Lake in 1861

Contact: <https://friendsofbarkerville.ca/Trails/1861goldrushpack.html>

## GOAT RIVER HISTORIC TRAIL (NHT)



The 95 km Goat River hiking trail follows a historic gold mining route between Barkerville and the upper Fraser River. The trail extends in the east-west direction along the Goat River and forms a section of the National Hiking Trail of Canada.

Contact: [roy@fraserheadwaters.org](mailto:roy@fraserheadwaters.org)