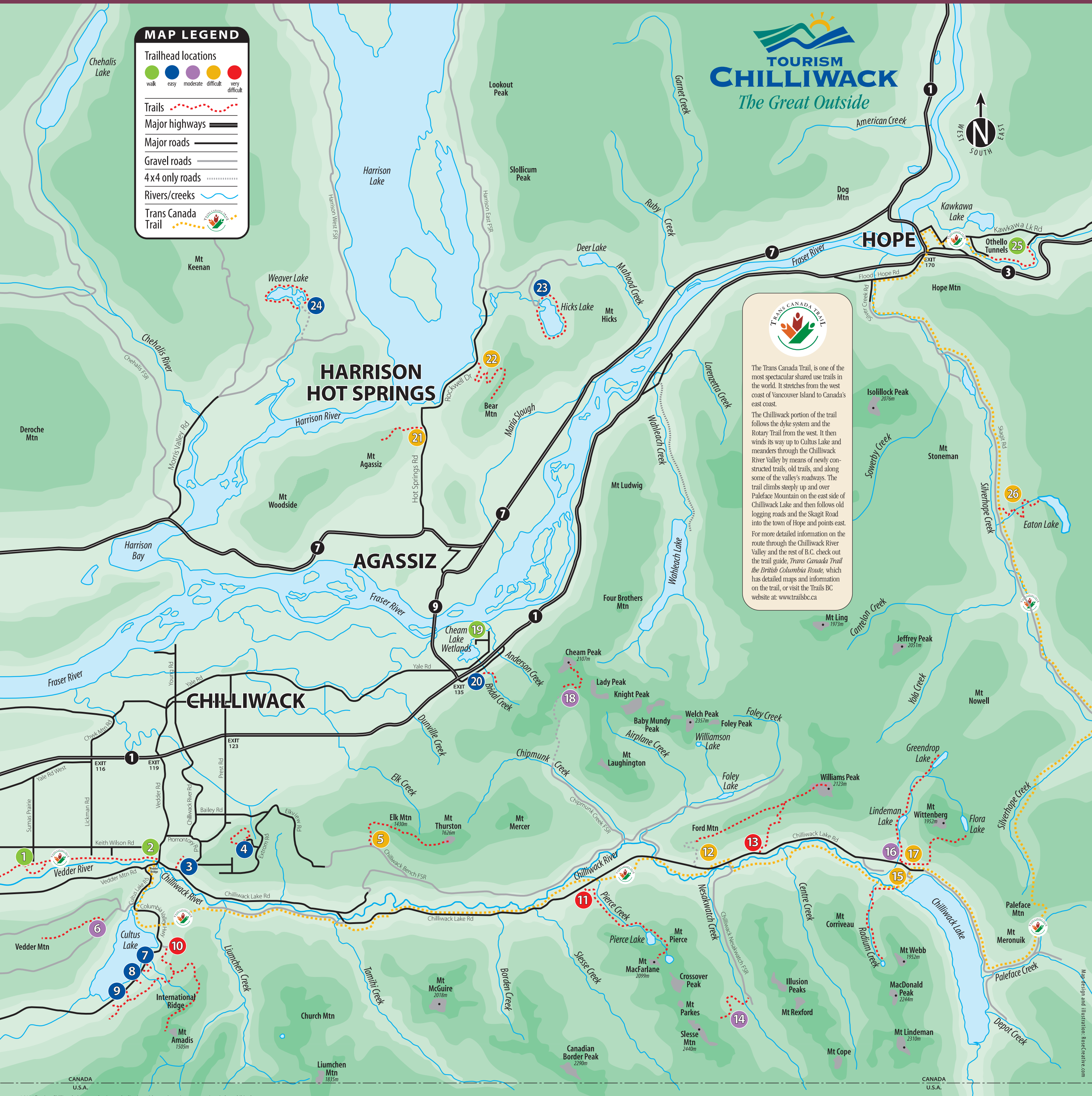


COME OUTSIDE & DISCOVER OUR MOST POPULAR WALKING & HIKING TRAILS



MAP LEGEND

Trailhead locations

- walk (green circle)
- easy (blue circle)
- moderate (purple circle)
- difficult (yellow circle)
- very difficult (red circle)

Trails (dotted lines)

Major highways (thick solid line)

Major roads (solid line)

Gravel roads (dashed line)

4x4 only roads (dotted line)

Rivers/creeks (blue wavy line)

Trans Canada Trail (yellow dotted line)



TRANS CANADA TRAIL

The Trans Canada Trail, is one of the most spectacular shared use trails in the world. It stretches from the west coast of Vancouver Island to Canada's east coast.

The Chilliwack portion of the trail follows the dyke system and the Rotary Trail from the west. It then winds its way up to Cultus Lake and meanders through the Chilliwack River Valley by means of newly constructed trails, old trails, and along some of the valley's roadways. The trail climbs steeply up and over Paleface Mountain on the east side of Chilliwack Lake and then follows old logging roads and the Skagit Road into the town of Hope and points east.

For more detailed information on the route through the Chilliwack River Valley and the rest of B.C. check out the trail guide, *Trans Canada Trail the British Columbia Route*, which has detailed maps and information on the trail, or visit the Trails BC website at: www.trailsbc.ca

For more information call toll-free: 1-800-567-9535
 Tourism Chilliwack On-Line: www.thegreatoutside.com

PLEASE NOTE: This guide is intended as an overview of some of the most popular hiking trails in the Chilliwack area. If you want to venture further into the backcountry we recommend finding detailed maps or guidebooks such as *103 Hikes in Southwestern B.C.* Hiking on these trails is at your own risk. Most hikes best June through September. Conditions of trails and access roads vary and cannot be guaranteed to be optimum. Wear and bring appropriate clothing and footwear, and be prepared for unpredictable weather changes. Carry drinking water and snacks. Minimize environmental impact by staying on trails as much as possible. For safety's sake, tell someone where you're going and when you'll be back. Cell phones work in some areas but not all. Emergency? Dial 911. *Always remember:* Do not leave any valuables in vehicles at trailheads. If you pack it in, pack it out. Take only pictures. Leave only footprints.