

6 Lakes & Trails



The Dock at Big Bar Guest Ranch

1 Begin your tour at 93 Mile on Cariboo Hwy 97, which runs north across the lake-studded Fraser Plateau to Prince George. You'll drive the original Gold Rush Trail following the path of fortune-seeking prospectors on the Cariboo Waggon Road. At 100 Mile House, see the only surviving stage coach of the Barnard Express and Stage Line. The area's riches also include abundant wildlife, ancient mountains, lush valleys, clear lakes and pristine rivers.

West of 100 Mile House is Moose Valley Provincial Park renowned for its wilderness viewing, hiking, bird watching and 12-lake canoe chain. Caution: this access road requires 4-wheel drive or high-clearance vehicles. Take a two-day trip along this glorious chain or paddle part of the route in a day. Heading north, Williams Lake is set amid rolling ranchland and hosts the famous four-day Williams Lake Stampede in July.

2 Long before fortune-seeking prospectors arrived in this area, the Shuswap Nation occupied the benchlands north of Williams Lake for over 5,000 years. Visit the Xats'ull



Heritage Village in Soda Creek to see ancient petroglyphs, visit a sweat lodge and get a taste of the traditional Shuswap way of life.

Up river from Soda Creek, the Quesnel Museum and Archives houses thousands of artifacts from pioneering life and one of the most significant collections of rare Chinese artifacts in North America. Journey east to see Cottonwood House Historic Site, a preserved road house on the Gold Rush Trail to Barkerville. Travel northeast on Hwy 26 to the artisan community of Wells. Events and concerts wake up this small community throughout the summer. Continue on to explore Bowron Lake Provincial Park. If you're feeling energetic, set off on a 116 km (72 mi) 6 to 10 day canoe circuit traversing beautiful lakes, rivers and streams.

3 Drive north to reach the vibrant city of Prince George. An all-season playground, Prince George has over 120 parks, and more than 1,600 nearby lakes and rivers offering endless opportunities for fishing, boating, hiking, wildlife viewing and camping.

Discovery is the theme at Exploration Place in the Fraser-Fort George Regional Museum where cultural, scientific and natural history becomes a hands-on experience. As well, check out the Prince George Native Art Gallery and visit the vintage railway collections at the Prince George Railway & Forestry Museum.

4 Take Yellowhead Hwy 16 east to the scenic community of McBride nestled in Mount Robson Valley. The exceptional scenery draws hikers, anglers and white water enthusiasts. Catch a glimpse of some of the 200 bird species recorded in the area at the Horseshoe Lake bird viewing station. Enjoy an easy walk around this thriving

at Robert W. Starratt Wildlife Sanctuary, a 600 acre (43 hectares) waterfowl habitat just minutes from town. Late summer brings the world's longest salmon migration to the spawning grounds of Swift Creek in nearby George Hicks Regional Park.

5 From Valemount head south on Hwy 5 through the North Thompson River Valley and stop in Blue River. This pristine area is surrounded by lakes, rivers and forests, where you can enjoy fishing, canoeing and camping as well as bird-watching in nearby Blue River Black Spruce Provincial Park.

Further south, Clearwater is your gateway to Wells Gray Provincial Park. Five major lakes, streams, waterfalls and rapids

indelible impression. Stay at any of the area's many mountain and fly fishing resorts, remote lodges and luxury retreats. Some cater to the entire family while others provide pampering and solitude for special getaways with spa services and gourmet dining.

Cache Creek and Historic Hat Creek Ranch is due west along Hwy 1. Tour the restored roadhouse, general store, blacksmith's shop and stroll the ranch grounds to spot the old red stagecoach. Nearby, visit the Shuswap Nation village display site to get a rare look at a circular pit house known as a "kekuli". Take a quick detour south to Ashcroft. Surrounded by rolling ranch country, tumbleweed and sagebrush, a visit to historic Ashcroft evokes



Immerse yourself on a 7 to 10 day overland journey leading to stunning lakes, rivers, and waterways, across rolling ranchland, rich valleys and pristine wilderness. Fishing, hiking, canoeing and bird watching are just some of the activities that will keep you moving. About 1,488 km (925 mi).



Helmcken Falls, Wells Gray Provincial Park

artist community or try heli-hiking, heli-skiing or snowmobiling.

Just a 45-minute drive from McBride, Mount Robson Provincial Park is named after the highest peak in the Canadian Rockies – a jagged, snowy pinnacle rising 3,954 metres (12,972 ft) above largely undisturbed wilderness. The park also houses the headwaters of the Fraser River and the massive Berg Glacier. Hike the extensive trail systems leading past lakes, glacier, waterfalls and through dense forest.

Nearby, the friendly town of Valemount reveals a valley for all seasons. Relax by canoeing the meandering streams, hiking the valley or taking a guided nature tour. Don't miss the wildlife and bird watching

converge in the park. Dip into the clear waters or hike through alpine meadows to Helmcken Falls Rim Trail, which follows the rim of one of Canada's highest waterfalls.

The area's first inhabitants were the Shuswap and Chilcotin Aboriginal peoples. Some 35 archaeological sites throughout the park uncover evidence of these ancient Aboriginal cultures. Continue on to Little Fort at the junction of Hwy 24 and Hwy 5 to enjoy some of North America's best fly fishing – on your own or with a resort guide.

6 Travel south at Little Fort and head to Kamloops, home of the annual Kamloops Cowboy Festival; the area's rivers, lakes, mountains and grasslands will leave an

memories of the old west and pioneering days. Once a strategic transportation centre, supplies from the train made their way north to the Cariboo gold fields by stagecoach and freight wagon. The Ashcroft Museum and Archives portrays the region's pioneer history as well as the history of the first inhabitants – the Nlaka'pamux, Sc'e'xmx and Okanagan peoples.

Head north on Hwy 97 to Clinton where you can enjoy a real cowboy experience at one of the town's many guest ranches. Continue north to make your return trip to 93 Mile.

Please note: This route itinerary is only a suggestion. You can begin your journey from any point along the route.