

# Top 10 Family Hikes

## British Columbia Parks



### Kokanee Glacier Park – Kootenay Region

- *Gibson Lake Trailhead Loop Trail*: An easy 2.5 km, one hour return hike. Trail access is from Hwy 3A, 19 km north of Nelson. There are great views of surrounding peaks and old mine workings.
- [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/kokanee\\_gl/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/kokanee_gl/)

### Strathcona Park, Forbidden Plateau - Vancouver Island Region

- *Paradise Meadows Loop Trail*: An easy walk of 4.2 km with a suggested hiking time of 1.5 hours. The walk goes through sub-alpine meadows on a disabled access boardwalk; in season, the meadows are lushly carpeted with lupines, heathers, paintbrush, monkey-flowers and violets.
- <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/strath/index.html>

### Cypress Park – Lower Mainland Region

- *Yew Lake Trail*: A barrier-free 2 km loop with a suggested hiking time of 1 hour. This self-guided interpretive trail provides access to an additional short loop through a fascinating old-growth forest stand. <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/cypress/>

### Manning Park – Okanagan Region

- *Paintbrush Trail*: This fairly easy loop trail is 1.5 km with suggested hiking time of 35 minutes. The trail introduces visitors to the fascinating world of the sub-alpine. In late spring the yellow and white 'spring' flowers such as Avalanche Lilies, Western Anemones and Western Spring Beauty are abundant. The second bloom, which is what most people see, is from mid July to mid August.
- <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/ecmanning/>

### Crooked River Park – Northern Region

- *Square Lake*: This trails is an excellent spot for nature viewing. The lodgepole pine forests, lakes and wetlands of the park provide excellent habitat for a number of mammals and birds. River otters, beavers, muskrats, squirrels and chipmunks are the most common residents. Lynx, red fox, coyote and black bear may also be seen. Many birds frequent the park including bald eagles, ospreys, tanagers and chickadees.
- [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/crooked\\_rv/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/crooked_rv/)

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### Lac la Hache Park – Cariboo Region

- *Wagon Road Self-Guided Nature Trail:* The trail is 2 km in length and leads visitors on a voyage of discovery -- from the ingenious eating habits of red crossbills to the Gold Rush history of the area.
- <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/laclahache/>

### Top of the World Park – Kootenay Region

- *Fish Lake Trail* (via the parking area): A very easy 6.7 km hike with a suggested hiking time of 1.5 - 2 hours. The trail passes through cool, dense forest, along a riverside, past slide areas to Sayles meadow. There are flowers blooming at different times in summer and a variety of fungi and mushrooms. Another feature of this trail is Crazy River and Crazy Creek both bubble out of the ground.
- [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/top\\_world/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/top_world/)

### Wells Gray – Thompson Region

- *Easy, short trails to Mahood, Canim and Deception Falls:* Sightseers looking for some of Wells Gray's typically photogenic waterfalls can find satisfaction at Canim, Mahood and Deception Falls, each less than a 30 minute walk from the main roadway.
- [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/wells\\_gry/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/wells_gry/)

### Golden Ears Park – Lower Mainland Region

- *Lower Falls Trail:* An easy 2.7 km walk with a suggested time of 1 hour. This very popular trail follows along Gold Creek to the 10-metre high Lower Falls. A beach area halfway to the falls is a good spot to picnic or sunbathe. Hike starts at Gold Creek parking lot.
- [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/golden\\_ears/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/golden_ears/)

### MacMillan Park - Vancouver Island Region

- *Loop Trails:* Trails will lead through the mighty stands of this old-growth coastal forest. On the south side, there are some the largest Douglas firs – one measuring more than 9 meters in circumference. There is a raised viewing platform offering a unique perspective of the surroundings. On the north side, there are ancient groves of Western red cedar.
- <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/macmillan/>

For more help or to request pictures  
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