



Coquihalla Summit to Victoria

2003 Bicycle Camping Tour - 607 km

"Trans Canada Trail"

2003 Aug 2 - 12 Saturday thru Tuesday
11 Days

Tour Co-Ordinator: P. LaGrandeur Calgary, AB
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Peter LaGrandeur
bicycle tour nut

Welcome to our latest bicycling revisit to the lower mainland and Vancouver Island of B.C., preceded in past years by the *Gulf & San Juan Islands* tour of 1989, the *Sea to Sky & Sunshine Coast* tour of 1994, the *Goldrush Circuit* of 1998, and the *Rail, Cattle, and Fruit Baron's* tour (mostly KVR) of 1999. Yes, we've been busy!

This segment of the Trans Canada Trail, starting at the Coquihalla Lakes summit, is a continuation from the Kettle Valley rail bed through to Victoria.

This year's event will be on both gravel and paved surfaces so a mountain or hybrid bike with "cross" tires will be ideal.

This will be a self supported trip with all required gear and clothing carried by participants on their bikes on in trailers. It will be necessary to carry food for the occasional

meal in the wilderness. The rest of the time, there will be opportunities to stop at restaurants and groceries along the way.

Cars will be left in Hope for the tour's duration. We can return to Hope from Victoria via PCL/Greyhound bus.

For our accommodation, we will be staying at campgrounds whenever available. Participants desiring other arrangements may book their own lodgings. In urban areas where camping is not at hand, alternate arrangements at hostels and dorms have been suggested. See the 'Accommodations' section of this document.

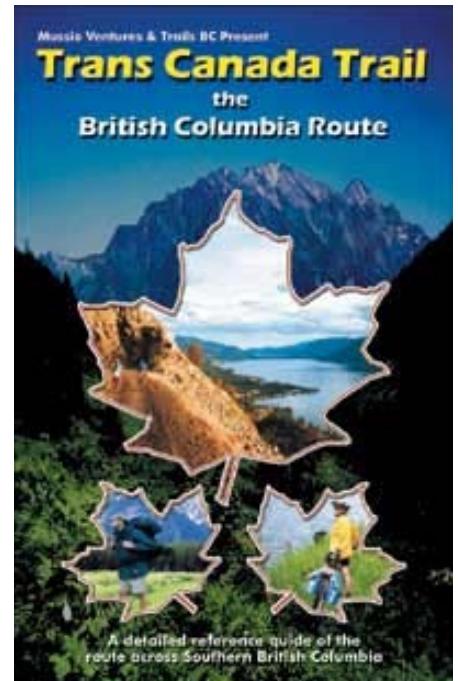
Stay tuned for trips in the immediate future between Kootenay Summit and Christina Lake. Also on the dandy railbed from Nelson to the same junction south of Salmo. Hurrah! Lots of trail riding to come!

Daily Distances

- 1: 49km
- 2: 31km
- 3: 52km
- 4: 72km
- 5: 82km
- 6: 23km
- 7: 61km
- 8: 59km
- 9: 62km
- 10: 70km
- 11: 46km

This trip is designed using the new guide book, **"Trans Canada Trail - The British Columbia Route"**, a joint effort between the BC Trails group and publisher Mussio Ventures, ISBN 1-894556-15-1.

Buy this at your favourite book seller, approx. \$15.



"BC Trails guide book" from Mussio Ventures (2001).
 For more info, and for updates:
<http://www.backroadmapbooks.com/newTCT.htm>
 For this trip, refer to pages 24-64, 75-153.



Risk Acknowledgement & Acceptance of Self Responsibility

"Coquihalla Summit to Victoria" Bicycle Tour 2003

This trip is conducted on the understanding it is a 'Common Adventure' where each participant conducts him/herself independently, makes his/her own judgements about safety and well being, takes full responsibility for his/her own actions, and contributes whatever he/she can towards the success of the trip.

There is no leader or professional guide of any type for this tour. This tour package serves only to provide ideas for initiating and running the trip. The route, itinerary and all other aspects of this trip are only suggested and, as responsible tourists, each participant is expected to re-search everything prior to the trip to whatever extent he/she feels is necessary to determine that all is safe and suitable. The information presented in this document is not guaranteed to be complete, true, or accurate.

Safety is always each person's OWN responsibility AT ALL TIMES.
No one else is responsible for you.

Each participant is expected to possess any skills, equipment, fitness, common sense, etiquette, knowledge of applicable legislations, etc., to enjoyably and safely be involved in this activity. Each participant is the sole and final judge about his/her capability to safely proceed with this tour.

All participants recognize financial loss, physical injuries and death to be real possibilities facing anyone in the sport of bicycling and related activities and agree to assume all risks and consequences. Participants should arrange whatever property and accident insurance they deem necessary before commencing this trip.

Any person who does not feel confident or self reliant about their abilities or who does not agree with this philosophy should not participate on this tour.

Maps

The BC Trails / Mussio book should have all the route finding information that most trail users would need, however those interested in supplementing this book with topographic maps may want to have the following:

- 1:50 000

92H6	Hope
92H3	Skagit River *
92H4	Chilliwack*
92G1	Mission
92G2	New Westminster
92G3	Lulu Island
92G6	North Vancouver
92G4	Nanaimo
92B13	Duncan
92B12	Shawnigan Lake
92B5	Sooke
92B6	Victoria
92B11	Sidney

- 1:250 000

92H	Hope
92G	Vancouver
92B	Victoria

- Chilliwack Forest District map* 604-702-5706
contact: Len Leroux, Recreation Officer
len.leroux@gems9.gov.bc.ca
<http://www.for.gov.bc.ca/dck/>
- South Island Forest District map*250-751-7022
contact: Randy Aitken, Recreation Officer
randy.aitken@gems3.gov.bc.ca
<http://www.for.gov.bc.ca/dsi/>
- Hello BC British Columbia road map 800-663-6000
<http://www.hellobc.com>

* denotes maps that participants may feel to be more essential for critical route finding.

Trail Etiquette

1. Always **leave gates as you find them** i.e. if it was open when you arrived, LEAVE IT OPEN.
2. **NEVER intrude on private or leased land beside the trail** unless you have a real emergency.
3. We may meet horses on some sections of the route, especially between Hope and Chilliwack Lake. Even the best trained horses are easily spooked by bicycles. That's just the way it is and so we have to live with it. The Trans Canada Trail is a multi-user facility and we have to co-exist harmoniously. "Give and take" is required. Cyclists, therefore, have to adjust their behaviour while near equines. **When horses come within one hundred metres, be sure to stop riding and move well off the trail until the beasts pass.**

Cycle Travel Tips

1. Experienced cyclists learn to travel light. Bring only what you need, and be sure it is of the ultra-light variety and good quality.
2. Bring clothes for hot climate or cool wet weather. Layering is the key.
3. You cannot depend on the fly of your tent to keep you dry, especially with successive nights of rain and the likelihood of packing it wet every morning. You always want a dry tent - ALL THE TIME. This is important. This is the way to survive. The only way to always have a dry tent is to have a large cover that goes over it, and extends well beyond its edges. This cover should not touch the fly. In our situation, where we have to travel light, the best solution is to have a very light weight nylon sheet, or even a light weight plastic drop sheet from a paint or hardware store. You will need cords/strings to fasten it down to nearby branches, ground pegs, etc.. If you use a nylon sheet, sew in a hem around the edges and put in grommets for fastening the strings to. **Remember:** Do not let the cover sheet rest ON the tent, or its fly, as condensation will surely soak your fly and tent.



When setting up your tent in the rain, ALWAYS put up the cover sheet first and then set up the tent under it. Vice versa, when breaking camp, take down the tent and pack it in its waterproof bag, and then take down the cover sheet.

The other key thing to remember, is to never pitch a tent in a low spot where water can pool and soak everything inside, even in tents with a supposedly watertight "bathtub" floor. Find a high spot that drains in all directions.

Don't forget a ground sheet to go under your tent, but remember: NEVER let it extend beyond the edges of your tent. If it does, water can run under your tent on top of the ground sheet. Trim the sheet so it comes no closer than 50mm to the edge.

4. **We Travel in Bear Country.** Take appropriate cautions. Don't bring smelly foods. Keep a clean camp. Carry bear repellent, bear bangers, etc., and keep them close at hand.
<http://wlapwww.gov.bc.ca/car/enforce/wldsafety/blkbear.html>

Itinerary

Day 0, Fri., Aug. 1: Arrive at Hope, B.C.

We stay at Coquihalla campground. If late, pay in morning. It is roughly ??? km. to Hope from Calgary centre. We will be staying in Hope for Friday AND Saturday nights.

Since the guide book from BC Trails and Mussio Ventures documents our TCT route so well, it will be our resource for bicycling this route. See the front cover of this participant guide for information on acquiring it. The sections of the route referred to in this participant guide are taken directly from the BCT/Mussio publication.

Day 1, Sat., Aug. 2:

Coquihalla summit to Hope - 48.7km

61-62: *Coquihalla Summit Trail* - 26.3km

60-61: *Jessica Trail* - 8.2km

In August it will be possible to do the whole trip without having to ride the highway at all, as long as riders are prepared to ford the Coquihalla River. Past Jessica, follow the trail under the highway, instead of taking the utility road as the sign advises. 2.5km on, as we approach the river, look for a trail on the left side that takes us up the river a short way to where the river is the shallowest.

When fording through moving water, keep the bike on the downstream side.

59-60: *Othello Canyon Trail* - 14.2km

Whether participants stay at the Coquihalla Campsite, or other lodgings, or just arriving, muster by 9AM at the entrance to the Coquihalla Campsite. It is located in Hope on Kawkawa Road at the south side of the Coquihalla river.

Participants will organize a shuttle to get themselves and bikes to/from Coquihalla summit. We will not need to drive as far as the toll plaza and pay a toll. Three km before the plaza is Exit #221, Falls Lake. We park there in the parking lot. From there it is a fast 3 km **downhill north** on the edge of the highway to the toll booths. Just past the toll booths there is a road that goes downhill on the right. Take it to the bottom and we are on the rail grade. Turn right and you are ready to go through the summit and then on down to Hope.

2003 July 13, Sunday was the official opening of the KVR section from the Coquihalla summit to Hope. It is owned by the Terasen Pipeline company (<http://www.terasen.com>) of Calgary, Alberta which has opened it for use to the Trans Canada Trail. The Manager of Public and Community Affairs at Terasen is Mr. Philippe Reicher 403-

514-6450. To find out if there are any upcoming closures of the route, contact Mr. Robin Alexander, Pipeline Maintenance Supervisor, in Hope, at 604-869-5993.

Day 2: Sun., Aug. 3:

Hope to Silverhope Creek/FSR Xing - 30.7km

If the weather is good, and we have time, we will climb as high as we can go today towards Paleface Pass.

59-58: *Hope Heritage Trail* - 7.5km

58-57: *Silver Lake Trail* - 6.2km

57-56: *Silver Skagit Trail* - 12.5km

56-55: *Silverhope-Hicks Trail* - 4.5km

(take "Future Route")

Day 3: Mon., Aug. 4:

Silverhope Creek to Thurston Meadows BC

Forest Service Recreation Site - 52km

Be prepared for a 610m/2000'm climb over Paleface pass today.

55-54: *Upper Silverhope Trail* - 9km

54-53: *Paleface Pass Trail* - 7km

53-52: *Chilliwack Lake Forest Svc. Road* - 11km

52-51: *Center Creek Trail* - 7km

("Temporary Route" now closed. Bridge is in on "Future Route")

51-50: *Nesakwatch Valley Trail* - 8km

50-49: *Larson Bench Trail* - 7km

49-48: *Sleese Trail* - 3km

(do not take Centennial Trail)

Day 4: Tues., Aug. 5:

Thurston Meadows to Mission -71.2km

48-47: *Thurston Trail* - 3km

47-46: *Tamihi Trail* - 7km

(take forestry road instead of Tamihi trail)

46-45: *Liumchen Forest Service Road* - 9km

45-44: *Cultus Trail* - 3.5km

44-43: *Cultus Connector* - 2km

43-42: *Rotary Vedder River Trail* - 10km

42-41: *Sumas-Vedder Trail* - 4.5km

41-37: closed

41-40: *Sumas River Trail* - 7.7km

40-39: *interim connector* - 4.5km

39-38: *Clayburn Creek Trail* - 2.6km

38-37: *Clayburn Trail* - 10.4km

37-36: *Matsqui Trail* - 7km

Day 5: Wed., Aug. 6:

Mission to Simon Fraser University (Burnaby Mountain Campus) - 81.9km

37-36: *Matsqui Trail* - 6km

36-35: *interim trail - Abbotsford* - 10.8km

35-34: *interim trail - Langley* - 3.9km

34-33: *River Trail* - 6.6km

33-32: *Ft. Langley Heritage Trail* - 2.3km

The ferry across the Fraser River to Albion goes whenever there are passengers and the cost is free. It travels in daylight hours and the crossing time is ten

minutes.

" http://www.translink.bc.ca/Service_Info_and_Fares/Albion_Ferry.asp "

- 32-31: *Albion Trail* - 5.3km
- 31-30: *Haney Heritage Trail* - 7.1km
- 30-29: *Maple Ridge Dike Trail* - 2.1km
- 29-28: *Pitt Meadows Dike Trail* - 9.5km
- 28-27: *North POCO Trail* - 11km
- 27-26: *Coquitlam River Trail* - 2.9km
- 26-25: *Town Centre Trail* - 2.4km
- 25-24: *Guildford Way Trail* - 2km
- 24-23: *Moody Center Trail* - 0.9km
- 23-22: *Shoreline Trail* - 2.1km
- 22-21: *Inlet Trail* - 3km
- 21-20: *Burnaby Park Trail* - 4km

Day 6: Thurs., Aug. 7:

SFU/BMC to Vancouver DT - 22.3km

- 21-20: *Burnaby Park Trail* - 2.5km
- 20-19: *Hastings Trail* - 2km
- 19-18: *Scenic Park Trail* - 2.2km
- 18-17: *Burnaby Heights Trail* - 1.5km
- 17-16: *Chinatown/Portside Trail* - 8.8km
- 16-15: *South False Creek Trail* - 4.3km
- 15-14: *West Side Trail* - 1km

Day 7: Fri., Aug. 8:

Vancouver to Nanaimo - 60.8km

- 15-14: *West Side Trail* - 2.6km
- 14-13: *Stanley Park Trail* - 8.2km
- 13-12: *Coal Harbour Trail* - 2.4km
- 12-11: *Seabus crossing - Burrard Inlet* - 3km

Bicycles are allowed on SeaBus at no extra charge at the attendants' discretion.

The basic schedule is from six in the morning to midnight, every fifteen to thirty minutes. The cost is \$3 per person (weekdays) and the bike is free.

" http://www.translink.bc.ca/Service_Info_and_Fares/SeaBus.asp "

- 11-10: *Waterfront Trail* - 1.3km
- 10-9: *Mosquito Creek Trail* - 2.5km
- 9-8: *Edgemont Trail* - 2.2km
- 8-1: *alternate bicycle trail* - 22km

Modify what is in the book under the alternate bike route and take Taylor Way down to the sea walk and follow that west to 31 Street. Then get back unto Mathers.

Ferry cost to travel from Horseshoe Bay to Nanaimo is \$10 per person and \$2.50 per bike.

Departure times are: 06:30, 08:30, 09:30, 10:30, 12:30, 13:30, 15:00, 17:00, 18:00, 19:00, 21:00

- 22-21: *Nanaimo Waterfront Trail* - 3km
- 21-20: *Bowen Park Route* - 5.5km
- 20-19: *South Nanaimo Trail* - 4.1km
(do not take the Abyss Trail)
- 19-17: *White Rapids Interim Route* - (total 14km)
Parkway Trail - first 4km

Day 8: Sat., Aug. 9:

Nanaimo to Duncan - 58.6km

- 19-17: *White Rapids Interim Route* - (total 14km)
(remainder - 10km)
Extension Road
White Rapids Road
Nanaimo River Road
Trans Canada Highway
- 17-16: *Cassidy Route* - 6.3km
- 16-15: *Ladysmith Route* - 8.9km
- 15-14: *Chemanius Route* - 8.5km
- 14-13: *Crofton Route* - 11.3km
- 13-12: *North Duncan Route* - 13.6km

Day 9: Sun., Aug. 10:

Duncan to Kinsol Trestle - 61.2km

- 12-11: *Proposed Paldi Trail* - 10.5km
- 11-10: *Cowichan Valley Trail* - 16.7km
- 10-9: *Cowichan River Railgrade Trail* - 24km
- 9-8: *Kinsol Trail* - 10km

Day 10: Mon., Aug. 11:

Kinsol Trestle to Sooke - 69.4km

(allow for an extra 12km, if need be)

- 8-7: *West Shawinigan Lake Route* - 12.5km
- 7-6: *Shawinigan Lake Road Route* - 7.7km
- 6-5: *Malahat Route* - 14km
- 5-4: *Langford Route* - 1.2km
- Galloping Goose: *Luxton to Sooke potholes* - 28km
- Sooke River Road back to Sooke* - 6km

Day 11: Tues., Aug. 12:

Sooke to Victoria - 45.4km

- Galloping Goose: *Sooke to Luxton* - 22km
- 4-3: *Galloping Goose Trail* - 17.6km
- 3-2: *West Gorge Trail* - 1.3km
- 2-1: *Beacon Hill Trail* - 4.5km

Accommodation

Prices are not "set in stone".

Day 0 & 1

Coquihalla Campground
on Kakawa Road on south bank
of Coquihalla River

Hope, B.C.
(604) 869-7119 "Cindy"
\$12/night/tent

Reservation made. We will probably be in sites 116 & 117. Participant will pay own fees on arrival. Showers, flush toilets, firewood. Parking available for group for \$3 per automobile per day.

Day 2 primitive camp - checkpoint #55
just north of Silver Skagit Road
at junction of Silverhope Creek Forest
Service Road & future route
\$0

No facilities. No showers. Be aware that, if the weather is good, the trail is easy to ride, and the day is young, we will continue on westward towards Paleface Pass and camp somewhere beside Silverhope Creek. Stay in a group today, so that we camp together and also for bear security.

Day 3 Thurston Meadows BC Forestry
Recreation Site (private operator)
beside Chilliwack River
(604) 824-0779 "Joanne"
\$10/night/tent

First come, first serve. No showers. Wood \$10 extra. Attendant 24/7. Outhouses.

Day 4 Mission Raceway
on north bank of Fraser River
west side of Mission bridge
Mission, B.C.
(604) 826-6315 "Rick"
\$0 (probably)

Reservation made. Showers, grassy area.

Day 5 Simon Fraser University -
Burnaby Mountain Campus
student residence (7:30-24:00)
Burnaby, B.C.
(604) 291-4503 "Ashley"
\$20/single room no GST (no linen)
(max. two persons per room)

Make your own reservation ASAP. Single rooms w/ linen also available (\$29.90 no GST). Also 4 bed-room townhouse w/linen \$149.50 incl. GST.

Day 6 Vancouver downtown hostel
do a search on the 'net and come up

with a list; pick one, too many to list
Book now or we can decide this at Hope.

Day 7 Living Forest Oceanside Camp/RV Park
6 Maki Road, Nanaimo, B.C.
(250) 755-1755 "Patrick"
\$9/tent

Reservations made. Showers, laundry, tables, fire pits, shelter in group area. Cyclists never turned away.

Day 8 Duncan RV Park
west side of Trans Canada Highway
& south of Cowichan River
Duncan, B.C.
(250) 748-8511 "Wolfgang"
\$13/tent

Reservations made. We will be placed in grassy area. Coin showers, laundromat, tables.

Day 9 Kinsol Valley Camping
just north of Kinsol trestle
over Koksiloh River
SW of Duncan
& NW of Shawnigan Lake, B.C.
(250) 746-7916 tel. "Cathy"
(250) 812-7996 cel.
\$15/night/person

Reservations made. Running water, "hose" shower, grassy area for tents, tables, firepits, outhouses.
* If KVC is not open, we will either camp in the gorge, or at the Provincial Park just to the west.

Day 10 Sooke River Flats Camping
2259 Phillip Road
Sooke, BC
1/2 km north of Hwy. 14
on west side of Sooke River
(250) 642-7076 "Julie"
\$13/tent

Reservations made. Showers, grassy area for tents, tables, firepits, flush toilets.

Day 11 HI Victoria Hostel - 516 Yates Street
(888) 883-0099 \$20 members - dorm

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Ocean Island Back Packers Inn
791 Pandora Avenue
(888) 888-4180 \$20-21 dorm

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Turtle Refuge - 1608 Quadra Street
(250) 386-4471 \$12 dorm
Book now or we can decide this at Hope.

Meals

Day 0

Supper: Groceries and restaurants available in Hope.

Day 1

Breakfast: Groceries and restaurants available in Hope.

Lunch: **Bring your day lunch with you on your bike.**

Supper: Groceries and restaurants available in Hope.

Day 2

Breakfast: Groceries and restaurants available in Hope.

Lunch: **Have lunch with you on your bike.**

Supper: **Have dinner with you on your bike.**

Day 3

Breakfast: **Have breakfast with you on your bike.**

Lunch: **Have lunch with you on your bike.**

Supper: **Have dinner with you on your bike.**

Day 4

Breakfast: **Have breakfast with you on your bike.**

Lunch: Groceries and restaurants available along the way.

Supper: Groceries and restaurants available in Mission.

Day 5

Breakfast: Groceries and restaurants available in Mission.

Lunch: Groceries and restaurants available along the way.

Supper: Groceries and restaurants available in Burnaby.

Day 6

Breakfast: Groceries and restaurants available in Burnaby.

Lunch: Groceries and restaurants available along the way.

Supper: Groceries and restaurants available in Vancouver.

Day 7

Breakfast: Groceries and restaurants available in Vancouver.

Lunch: Groceries and restaurants available along the way.

Supper: Groceries and restaurants available in Nanaimo.

Day 8

Breakfast: Groceries and restaurants available along the way.

Lunch: Groceries and restaurants available along the way.

Supper: Groceries and restaurants available in Duncan.

Day 9

Breakfast: Groceries and restaurants available in Duncan.

Lunch: Groceries and restaurants available in Cowichan Lake.

Supper: **Have dinner with you on your bike.**

Day 10

Breakfast: **Have brekky with you on your bike.**

Lunch: Groceries and restaurants available along the way.

Supper: Groceries and restaurants available in Sooke.

Day 11

Breakfast: Groceries and restaurants available in Sooke.

Lunch: Groceries and restaurants available along the way.

Supper: Groceries and restaurants available in Victoria.

Links

- Cycling BC's Trans Canada Trail:
<http://www.bctrail.bc.ca/>
- Trails Society of British Columbia:
<http://www.trailsbc.ca/>
- Trans Canada Trail
<http://www.tctrail.ca/>
- Galloping Goose Trail
<http://www.gallopinggoosetrail.com/>
- Mussio Ventures TCT Book
<http://www.backroadmapbooks.com/newTCT.htm>
- Chilliwack Lake Provincial Park
<http://wlapwww.gov.bc.ca/bcparks/explore/parkpgs/chilliwa.htm>
- Albion Ferry
http://www.translink.bc.ca/Service_Info_and_Fares/Albion_Ferry.asp
- Vancouver Seabus
http://www.translink.bc.ca/Service_Info_and_Fares/SeaBus.asp
- BC Ferries
<http://www.bcferrries.ca/>
- Victoria Capital Regional District (CRD) Parks
<http://www.crd.bc.ca/parks/>

Returning to Hope

Putting the bike into the Greyhound system at Victoria and sending it on to Hope is probably not a good idea, due to delays in freight handling through Vancouver. It may take your bike up to a day and a half to get to Hope. You have a number of options:

1. Put your bike into Pacific Coach Lines / Greyhound freight in Victoria through to Hope and hope it gets to Hope not too long after you.
2. Put your bike into Greyhound freight in Victoria through as far as Vancouver. Get it out there when you arrive and reship it to Hope when you go on to Hope.
3. Ride your bike to Vancouver via the bike trail to Swartz Bay and the ferry to Tsawwassen, then ride into Vancouver. Box your bike there and have it with you when you proceed to Hope.
4. Ride your bike to Vancouver via the bike trail to Swartz Bay and the ferry to Tsawwassen, then on all the way to Hope, on whatever route you like.

Bus Info (passengers and bikes):
(call the day before departure to confirm info.)

Victoria to Vancouver (Pacific Coach Lines):
<http://www.pacificcoach.com/>
700 Douglas St., Victoria (behind Empress Hotel)
PCL Passenger Info (800) 661-1725
Greyhound Package Express (250) 727-0033
\$31.00/ person includes ferry fee and taxes
\$12/bicycle box, if desired, but box not needed
\$10.70 to ship bike - probably goes on same bus
schedule hourly 6AM - 6PM, 8PM
3.5 hours travel time; show up 1/2 hour early

Vancouver to Hope (Greyhound):
<http://www.greyhound.ca>
Pacific Central Stn., 1150 Station St., Vancouver
Greyhound Passenger Info (800) 661-8747
Greyhound Courier Express (604) 681-3526
\$20.81/person incl. taxes
bike must be in box or "airline-style" plastic bag
\$12/bicycle box, if desired, but box not needed
\$10.70 to ship bike - probably goes on same bus
departs 06:45,08:00,13:45,18:00,18:45
2.5 hours travel time; show up 1/2 hour early

George Massey Tunnel

For those planning to ride on to Vancouver after the trip, be aware there are no bicycles allowed in the George Massey Tunnel.

Free shuttle service for bicycles and their riders through the George Massey Tunnel is available through Mainroad Contracting (604 574-3164). The scheduled service is available daily in August at times listed below.

SOUTHBOUND (Leaving Richmond)
0800 0900 1100 1300 1500 1700 1800 1900

NORTHBOUND (Leaving Delta)
0715 0830 0930 1130 1330 1530 1730 1830 1930

Pick-up for transport through the tunnel (northbound) is at the Delta Town and Country Inn, located at the junction of Highways 99 and 17; and (southbound) at the west side of Highway 99, opposite the Richmond Visitors Bureau, near Rice Mill Road.

See the web site at:
<http://www.th.gov.bc.ca/bchighways/massey/massey.htm>

Bicycle Travel Systems

Oh, to have a Bike Friday at times like this !! With a system like from Bike Friday, you ride your bike with its own trailer for your gear. Then when you are going on public transit, or staying in lodgings, you can fold up the bike and pack it into the trailer. Your gear that was in the trailer can go into a light weight (e.g. nylon) gear sack.
Visit: "<http://www.bikefriday.com/travel.cfm>"



Tour Highlights

This "Tour Highlights" section contributed by Dan Langford, one of the renowned authors of the acclaimed "Cycling the Kettle Valley Railroad" guidebook. Dan is currently writing a new guide book which continues the back road cyclist's tour from Hope through to Victoria. Dan may be reached at dan@planet.eon.net . Dan will be accompanying us on this tour.

HOPE MUSEUM

919 Water Avenue (at the Hope Info Centre),
Hope, Phone: (604) 869-7322
Open May through September.

Depicts the various periods of Hope's development. There are displays of native artifacts and early logging equipment as well as five historical setting that include a parlour, kitchen, school room and blacksmith shop. Admission by donation.

SKAGIT VALLEY PROVINCIAL PARK

BC Parks, Hope.

Location: 37 km southeast of Hope on Silver-Skagit Road.

Dry toilets, boat launch, fishing, trails, nature walks, horse trails, 131 Sites. The [park web page](#) has general information on recreational activities, facilities, conservation, history, etc.

CHILLIWACK LAKE

Approximately 50 minutes from Chilliwack, on Chilliwack Lake Road. Chilliwack Lake is a beautiful lake set in the Cascade Mountains. The Chilliwack River, where some of the best whitewater is available, feeds into the Chilliwack Lake. White Fish, Dollies, Rainbow Trout & Cutthroat Trout make this pristine Lake their home. There is a Provincial Park with camping and a boat launch. 146 campsites, day use picnic area and playground. A number of trails are located within the vicinity of the park.

CULTUS LAKE

The Cultus Lake Parks Board, 3405 Columbia Valley Hwy, Cultus Lake, Phone: (604) 858-5253

The area offers something for everyone in the family: camping in both government and private sites, swimming, boating, wind surfing, water skiing, waterside, horse-back riding, hiking, go-carts, mini-cars, mini-golf and golf. Check out the new and improved Cultus Lake Water Park near the entrance of the park. You will find kiddies fountains, wading pools as well as a giant turtle and frog, and slides or soak in their relaxing whirlpools. Picnic and volleyball areas are also available.

CLAYBURN VILLAGE STORE & TEA SHOP

Abbotsford, Phone (604) 853-4020.

Open: Tuesday through Saturday: 9 am to 5 pm,
Sunday: 12am to 5 pm, Closed: Mondays, Mid January to mid February and first three weeks of September

A fine example of the adaptive reuse of a heritage building, lovingly restored. Enjoy the tea and scones, or perhaps a sandwich or cheese plate, in this still operating general store. The selection of English candy is one of the best in the Valley.

Matsqui Village

Just to the west of Highway 11 and slightly south of the Fraser River lies this little town in the middle of Matsqui Prairie.

Walk along the main street, enjoy a lunch in the Matsqui Diner (an old fashioned cafe), shop at the extensive Howard Wong Farm market or select your blueberries at Makara Farms, just down the road or head north to the Matsqui Trail Park, winding along the bank of the Fraser River, for leisurely stroll.

FORT LANGLEY

This delightful small town, with a heritage focus, is easy to walk around to enjoy the many old buildings, antique dealers' shops and, of course, the Fort itself. There are several excellent restaurants for a snack or a meal, many with sidewalk tables. Gift shops, galleries, fashion stores and artist's studios abound. Be certain to walk up to the top of the observation tower near the bridge for an outstanding view of the river. Population: 2,700. Fort Langley is part of Langley Township.

Eating in Fort Langley:

ADOBE GRILL

Authentic Mexican Food & Handicrafts, #201 - 9271 Glover Road, Phone: 604-513-9934

BEDFORD HOUSE

The Casual Country Restaurant overlooking the river. 9272 Glover Road, Phone: 604-888-2333

EDWARDS ON GLOVER

An intimate dining experience in the historic town.
9145 Glover Road, Phone 604-882 5023

50S CAFE

Open - 6:30 am til 10:00 pm daily for Breakfast,
Lunch and Dinner, 9178 Glover Road, Phone: 604-
882-5057

FORT PUB

Breakfast, Lunch & Dinner, 9273 Glover Road,
Phone: 604-888-6166, Fax: 604-888-2837, online
menu, floor plan, map and reservation form.

JIMS PIZZA

Delivery or take out, 9152 Glover Road, Phone:
604-888-4880

LAMPLITER GALLERY CAFE

Open 7 days a week for lunch and dinner. 9213
Glover Road, Phone: 604-888-6464

TOKYO GARDEN

Japanese Sushi Cafe, Phone: 604-888-3141,
23343 Mavis Avenue

WENDEL'S BOOKSTORE & CAFE

Wendel's is a combination of a Fresh Food Cafe
and a Full Service Bookstore. 103 -9233 Glover
Road, Phone 604-513-2238

LANGLEY CENTENNIAL MUSEUM

Langley Township, 9135 King Street, Fort Langley,
V1M 2S2, Phone: (604) 888-3922, Email:

information@langleymuseum.org

Hours: Monday - Saturday, 10:00 am - 4:45 pm,
Sunday: 1:00 pm - 4:45 pm, Closed Mondays from
Thanksgiving weekend to mid April.

The Langley Centennial Museum and National
Exhibition Centre in the village of Fort Langley
have extensive collections of First Nations
artifacts and settlers' belongings, as well as
changing exhibits of art, science and history.
Coast Salish native culture, the Hudson's Bay
Company and settlement history relevant to the
establishment of Langley are featured. The
temporary gallery features between eight and ten
changing exhibits annually. Archives. Gift Shop.
School Programmes. www.langleymuseum.org.

CN STATION MUSEUM

Fort Langley. Corner of Mavis Street and Glover
Road. c/o Box 889, Fort Langley, BC, V1N 2S3,
Phone: 604-888-8135.

This 1913 CN Station was relocated, after being
declared a Langley Heritage Building, to the corner
of Mavis and Glover in Fort Langley and
refurbished from 1983 - 1985. Built and designed
by the Great Northern Rail Road, it was bought by
the Canadian National Railway in 1918.

Today it houses the Fort Langley Artists Group

Gallery in the baggage room and has a small
museum in the ticket office and waiting room.
Outside the station, on a special track, sits the
1900s velocipede belonging to the BC Agricultural
Museum. There is also a 1920s Caboose with
original furnishings and with a well equipped
working model RR. See the 1920s Caboose.

BRITISH COLUMBIA FARM MACHINERY AND AGRICULTURAL MUSEUM

Langley Township, 9131 King St., Fort Langley,
Phone: (604) 888-2273.

Open: April to October.

The British Columbia Farm Machinery and
Agricultural Museum features a working Red Stone
Sawmill and the first crop duster in the province,
a vintage Tiger Moth airplane. The collection
includes Gas and Steam Tractors, Implements,
Reapers, and Threshers, also an archival and
reference library.

FORT LANGLEY NATIONAL HISTORIC SITE

Langley Township, 23433 Mavis Street, Fort
Langley, Phone General information: (604) 513-
4777, School and group bookings: (604) 513-
4775, Email: Fort.Langley@pc.gc.ca

Open: March through October, Every day from 10
am to 5 pm

November through February, Monday to Friday, 10
am to 5 pm by appointment only for groups of ten
adults or more. Closed weekends, and for
Christmas break December 24 to January 3.

Fort Langley offers visitors a taste of Canadian
history, circa 1850. Built in 1839, Fort Langley was
part of the Hudson's Bay Company's network of fur
trading posts across what is now Western
Canada. Costumed interpreters help to you enjoy
life, using stories, re enactments and
demonstrations, as it was at a trading post in the
1850s. The fort has one original building, the
Storehouse, and five reconstructed buildings.
Washrooms are available in the Visitor Center, and
in the fort in the Operations Building. There is a
selection of activities for children of all ages
including gold panning, carrying fur bales as the
voyageurs did, and crayon rubbings.

ALBION FERRY

Connecting Fort Langley (north end of Glover
Road) and Maple Ridge (on River Road near 240
Street), shuttles vehicles and walk-on passengers
seven days a week from 5 a.m. to 1:30 a.m.
Wonderful views of the Fraser River, boats,
commercial fishing and boating related sheds and
yards on the river banks.

During the day time, two 24-vehicle ferries travel

back and forth about every 15 minutes. Allow yourself at least an extra 45 minutes if traveling during rush hour. There's no charge for this short river cruise.

From Fort Langley, park near the west side of the wharf entrance and walk on, its a short walk (10 minutes) from the ferry to Bruce's Country Market for a bowl of salmon chowder and country shopping. From Albion, park near the ferry marshalling yard and walk on, its about a 12 minute walk to Fort Langley, where shopping for antiques, museums and restaurants abound. For more information, about the Albion Ferry call (604) 660-8770.

KANAKA CREEK REGIONAL PARK

Maple Ridge, Follow the Dewdney Trunk to 252 Street, turn south, follow 252 then 251 into the Park. Walk past the ball diamonds. The park follows Kanaka Creek for 12 kilometers. Protecting one of the most distinctive, attractive, and undisturbed streams in the western Lower Mainland, the Park has access points at various locations, with a network of trails running its length. The focal point of the park is Kanaka or Cliff Falls, a spectacular water canyon popular as a picnic spot. The trail crosses the creek at several points allowing various views of the falls. Washrooms, Cycling, Hiking, Walking, Campfire pits. Information at GVRD Regional Parks, East Area Office, phone: 604-530-4983. The Bell-Irving Fish Hatchery is also located in the park.

FRASER RIVER HERITAGE WALK

Maple Ridge, 22520-116th Ave. Information on this walk is available from the Maple Ridge Museum, Phone: (604) 463-5311, Email: mrmuseum@axion.net.

Follow a paved footpath from the Maple Ridge Museum to historic Haney House and on to Port Haney Wharf. The historic buildings of Port Haney, St. Andrew's Heritage Church, the Masonic Hall, the 1911 Bank of Montreal, and a 1930 Japanese kindergarten, identified by plaques and interpretive material, help bring history alive on this walk through the past.

MAPLE RIDGE MUSEUM

Maple Ridge, 22520-116th Ave, Phone: (604) 463-5311, Email: mrmuseum@axion.net. Open: 1:00 p.m. to 4:00 p.m. on Wednesdays and Sundays. The Maple Ridge Museum was opened in August of 1984 in the Haney Brick & Tile Company Manager's home which had been constructed in 1907. This historic setting overlooks the Fraser River and the CPR main line near the original waterfront heart of Port Haney.

Displays reflect the local history and geography of Maple Ridge, beginning with the stone tools and cedar baskets of the Katzie and Whonnock Indians. Pioneer artifacts show some of the occupations of our early settlers such as logging, farming, fishing, and brick making. Household articles, period clothing, and handicrafts are another feature of the museum, along with Finnish and Japanese items from the varied ethnic groups that settled in Maple Ridge.

Also houses the Maple Ridge Community Archives which include several thousand photographs and primary documents relating to local people, organizations, and businesses, which are available to the public for study. Canadian Pacific Rail Diorama: The Dewdney-Alouette Railway Society is constructing a display on the lower floor of the Museum showing the CPR lines along the Fraser River from Ruskin to Hammond in the 1920 era.

HANEY HOUSE

Maple Ridge, 11612-224th Street, Phone: (604) 463-1377. Open: 1:00 p.m. to 4:00 p.m. on Wednesdays and Sundays.

An historic site built in 1878 for Thomas and Anne Haney, this home remained the residence of Haney descendants until 1979 when it was willed to the Municipality by Thomas Haney's daughter, Elizabeth Hawley. In 1979, the house was restored for the display of the many furnishings and artifacts of three generations of the Haney family. Guided group and school tours can be arranged. Admission by donation. Haney House and the Maple Ridge Historical Society on the District of Maple Ridge's web site.

MEMORIAL PEACE PARK

Maple Ridge, downtown, in Haney Place, at 119th Avenue and 224th Street. Ridge Meadows Parks and Leisure Information: 604-467-7346.

The park features open green space, walk ways, benches, the cenotaph and a band stand. Set in the midst of Municipal government offices, Haney Place Mall, "The Beast" Clock Tower, the Leisure Centre (swimming pools, gymnasium, etc), the Library and the Greg Moore Youth Centre. Ridge Meadows Parks and Leisure Services' Memorial Peace Park page. Related links: Community of Maple Ridge, The Beast, Haney Place Mall.

(more to come)