

INDEX

See also Accommodations and Restaurant indexes, below.

GENERAL INDEX

Abbott, Mount, 225

Abbott Ridge, 225

Abbott Ridge Trail, Glacier
National Park, 222–225

Acadia Beach, 56

Access America, 257

Accommodations. *See also*

Accommodations Index

best mountain lodges, 4–5
Canadian Rockies and the
Kootenays hikes,
251–252

Cariboo Country, 188–189
green-friendly, 15

Okanagan Valley hikes,
216–217

toll-free numbers and
websites, 262

Vancouver and the Sun-
shine Coast, 72–75

Vancouver Island, 120–122
Whistler area, 149–150

Admiralty Trail, 54

Adventure Ranch, 144

Agate Beach, 187

Agnes, Mount, 172, 175

Ahluwalia Bench, 113

Air Canada, 28

Air Canada Jazz, 191

Air travel, 9–10

Canadian Rockies and the
Kootenays, 219–220

Cariboo Country, Chilcotin,
Coast, and Northern BC,
153

green-friendly, 15

Haida Gwaii, 185

Okanagan Valley, 191

toll-free numbers and
websites, 260–261

Vancouver and Sunshine
Coast, 28

Vancouver Island, 79

Whistler, 126

AKAL Airport, 79

Alder Grove Trail, 68

**Alexander Mackenzie Heri-
tage Trail (Nuxalk–Carrier
Grease Trail), 167, 168**

Alpha Pool, 180

Alpine Club of Canada, 252

**American Automobile Asso-
ciation (AAA), 14, 254**

**American Camp (San Juan
Island), 98–102**

Amphitrite Lighthouse, 113

Angel Staircase Falls, 232

**Annual Discovery
Package, 13**

Antler Creek, 175

Apex Lookout, 201

Arbutus Trail, 38

Area codes, 254

Asking Rock, 147

**Association of Canadian
Mountain Guides, 19**

Atlin Provincial Park, 180

Atlin Quest, 180

ATM networks/cash

points, 254

Australia

consulate of, 255

customs regulations, 8

passports, 258

visas, 260

**Automobile organizations,
254**

Automobile travel, 10–11

Canadian Rockies and
the Kootenays, 220

Cariboo Country, Chilcotin,
Coast, and Northern BC,
153

Okanagan Valley, 192

trail head safety and park-
ing precautions, 18–19

Vancouver and Sunshine
Coast, 28

Whistler area, 125

Avalanche paths, 234, 237

Avalanches, 224

Baby Bedwell Lake, 119

Backcountry Tours, 144

Baden-Powell Trail, 44, 48

Baker, Mount, 60, 214

Balancing Rock, 132, 134

Bald eagles

Meares Island, 116

Vancouver Island, 81

Bald Mountain, 175

Bandanas, 10

Banff, 248

Bare Buns Run, 56

**Barely Legal Motorsports,
144**

**Barkerville, gold rush and,
174**

**Barkerville to Summit Rock &
Groundhog Lake, 172–175**

Barkley Sound, 113

Barred Owl Path, 38

Bate Point, 110

BC Ferries, 30

BC Orchard Industry

Museum, (Kelowna), 192

**Beach Access A (West Coast
Trail), 94**

**Beach Access B (West Coast
Trail), 94**

Bear Point, 97

Bears, 17–18, 88, 130

Beaver Dam, 159

Beaver Point, 97

Bedwell Lake, 120

**Bedwell Trail, Strathcona Pro-
vincial Park, 117–120**

Bella Coola Air, 153

Bella Coola Valley, 168

**Bella Coola Visitor Informa-
tion Booth's, 154**

Belle Vue Farm, 100

**Bergeron Cliffs & Falls,
176–178**

Beta Pool, 180

Big Beach, 113

**Big Cedar Trail, Meares
Island, 114–117**

Biking, San Juan Island, 98
Biking and mountain biking, Whistler, 144
Bird-watching. *See also* Bald eagles
 Cal-Cheak to Brandywine Falls, 130
 Iona Beach Regional Park, 60
 Lost Lake Nature Trail, 140
 Newcastle Island Provincial Marine Park, 110
 Smuggler Cove Provincial Park, 64

Blackcomb Creek, 138, 140
Blackcomb Mountain, 144
Black Mountain, 40
Black River, 88
Black Sage Road, 210
Black Top & Checker Cabs (Vancouver), 28
Black Tusk, 143
Black Tusk Lake, 141
Blueberry Meadows, 130
Blue Bird Cabs (Vancouver Island), 79
Bonshaker Ridge, 170, 172
Bonilla Point, 92
Bonney Glacier, 225
Botanical Beach, 105, 106
Botanical Beach Trail, 105, 108
Botany Bay, 106, 108
Bowen Island, 37, 42, 67–69
Bowen Island Sea Kayaking, 68
Bowen Lookout, 40, 42
Bowen Memorial Garden, 68
Bowman, Mount, 156–158
Brandywine Falls, 129–131
Breakers Deli (Tofino), 113
British Columbia Mountaineering Club, 44
British Columbia Visitor Centre (Osoyoos), 192
Brockton Point, 49
Brockton Point Oval (Stanley Park), 32
Broken Group Islands, 113
Brown Lake, 61
Bruhwieler Surf (Tofino), 116
Buccaneer Bay, 66
Buckley Lake, 180
Bugaboo Glacier Provincial Park, 225–227
Bugaboo Spires, 225–227
Bungee jumping, 144
Burgess Shale, 230
Burnt Bridge Creek, 167, 170
Burrard Inlet, 32, 33, 38, 55

Burrowing Owl Estate Winery, 210
Bus travel, 11–12
 Canadian Rockies and the Kootenays, 220
 Cariboo Country, Chilcotin, Coast, and Northern BC, 153
 Okanagan Valley, 192
 Stanley Park (Vancouver), 32
 Vancouver and Sunshine Coast, 28, 30
 Vancouver Island, 79
 Whistler area, 125, 128

Buttle Lake, 117

Cable cars, 90, 91, 93
Cal-Cheak recreation area, 129–131
Cal-Cheak Suspension Bridge, 130
Callaghan Creek, 129
Camp Capilano, 36
Camper Bay, 93
Camper Creek Cable Car, 93
Camping. *See also* Accommodations Index
 best campgrounds, 5–6
Canadian Automobile Association (CAA), 14, 254
Canadian Mountain Holidays, 252
Canadian Rockies and the Kootenays hikes, 219–253
 Abbott Ridge Trail, Glacier National Park, 222–225
 accommodations, 251–252
 Bugaboo Spires, 225–227
 Emerald Lake, 228–230
 getting around, 220
 getting there, 219–220
 Iceline, Celeste Lake, and Twin Falls, 230–233
 Kindersley Pass, 234–236
 Kokanee Lakes, 239–242
 Lake of the Hanging Glacier, 242–245
 Lake O'Hara Circuit, 245–248
 Mount Robson Provincial Park & Kinney Lake, 237–239
 orientation, 220
 restaurants, 252–253
 Stanley Glacier, 248–251
 visitor information, 220

Canine Cove, 140
CanmedNet, 256
Canoeing, Meares Island, 114

Cape Fife Loop, Haida Gwaii, 182–188
Capilano Lake Reservoir, 34
Capilano Pacific Trail, 36
Capilano River Regional Park, 34–36
Carbon offsetting, 15
Cariboo Country, Chilcotin, Coast, and Northern BC hikes, 152–190
 accommodations, 188–189
 Barkerville to Summit Rock & Groundhog Lake, 172–175
 Bergeron Cliffs & Falls, 176–178
 Cape Fife Loop, Haida Gwaii, 182–188
 getting around, 154
 getting there, 153–154
 Heritage River Trail, 178–181
 Junction Sheep Range, 161–164
 Mount Bowman, 156–158
 Perkins Peak, 164–166
 Rainbow Range, 170–172
 suggested itinerary, 24–26
 visitor information, 154
 Williams Lake River Valley Trail, 158–161

Cariboo Taxi (Quesnel), 154
Cariboo Waggon Road, 172, 174
Carmanah Creek, 92
Carmanah Lighthouse, 92
Carpet burweed, 97
Car rentals
 green-friendly, 15
 Haida Gwaii, 185
 toll-free numbers and websites, 261
 Vancouver Island, 79
 Whistler and Squamish, 129

Carrie Jane Gray Park, 181
Car travel, 10–11
 Canadian Rockies and the Kootenays, 220
 Cariboo Country, Chilcotin, Coast, and Northern BC, 153
 Okanagan Valley, 192
 trail head safety and parking precautions, 18–19
 Vancouver and Sunshine Coast, 28
 Whistler area, 125

Cathedral Lakes Lodge, 213, 216

- Cathedral Provincial Park, 213, 216
- Celeste Lake, 231–232
- Cellphones, 254–255
- CellularAbroad, 255
- Central Mountain Air, 10
- Centre Peak, 134
- Ceperley children's playground, 33
- Chancellor Boulevard, 54
- Cheakamus Lake, 146
- Cheakamus River, 129
- Checkmate Cabs (Kelowna), 193
- Cheewhat River, 92
- Chezacut Wilderness and Ranch Adventures, 162
- Chilcotin Plateau, 152, 165, 170, 172
- Children, families with
best hikes for, 1
documents needed by persons under 18, 7–8
- Children's Farmyard (Stanley Park), 33
- Choosing a hike, 11–14
- Chute Lake, 205
- Cleveland Dam (Capilano River Regional Park), 34
- Cleveland Trail, 52
- Climate, 9
- CN Bridge (Heritage River Trail), 181
- Coastal Revelations Nature and Heritage Tours, 19
- Coast Guard, U.S., 94
- Coho Loop Trail, 36
- Conrad Kain Hut, 226, 252
- Coopers Cabin, 175
- Coquihalla Highway., 192
- Corrie Lake, 146
- Cottonwood Island Nature Park, 181
- Cougars, 88
- Cougars (mountain lions), 18
- Credit cards, 255
emergency numbers, 257
- Cribs Creek, 92
- Crippen Regional Park, 67, 68
- Cross Country Connection, 140
- Crystal Lake, 170
- Cullite Creek, 93
- Cullite Indian Reserve, 92
- Cultural District (Kelowna), 192
- Culturally modified tree, Stein Valley, 149
- Cunningham, James, 33
- Currency, 255
- Customs regulations, 8
- Cypress Provincial Park, 40
- D**aniel, Mount, 70–72
- Dare Beach, 92
- Dare Point, 92
- Darling River, 89
- Deadman's Island, 32
- Degree of difficulty, 12
- Desert Hills Estate Winery, 210, 212
- Devil's Canyon, 175
- Devil's Staircase, 149
- Devil's Wood Pile, 214
- Dial-a-Ride service, 154
- Difficult hikes, best, 2–3
- Difficulty ratings, 12
- Dining. *See also* Restaurant
- Index**
best, 5
Canadian Rockies and the Kootenays hikes, 252–253
Cariboo Country, 189–190
green-friendly, 15
Okanagan Valley hikes, 217–218
Vancouver and the Sunshine Coast, 75–77
Vancouver Island, 122–123
Whistler and environs, 150–151
- Dinosaur Trackway Tour, 178
- Distances of hikes, 12–13
- Distinctly Kelowna Tours, 201
- Ditchline trail, 175
- Ditidaht Reserve, 91
- Documents needed, 7–8
- Dog Beach, 55
- Drinking laws, 255
- E**agle Point, 38
- East Beach Trail, 187
- East Canyon Trail, 54
- Easy Camp (Loop Camp), 149
- Easy hikes, 12
best, 1–2
- Egmont, 61
- EHIC (European Health Insurance Card), 256
- El Dorado Gold Panning & Souvenirs, 174
- Electricity, 255
- Elevation gain, 13
- Elk, 18
- Elk Mountain, 175
- Embassies and consulates, 255
- Emerald Basin, 228
- Emerald Glacier, 231
- Emerald Lake, 228–230
- Emerald Lake Lodge, 230
- Emergencies, 256
- Enderby Cliffs, 194–196
- English Bay, 55
- Entry fees, 13
- Escott Bay Resort, 162
- Estimated times of hikes, 13
- European Health Insurance Card (EHIC), 256
- Eve Cone, 180
- F**amilies with children
best hikes for, 1
documents needed by persons under 18, 7–8
- Farwell Canyon Road, 164
- Fax machines, 259
- Ferries**
Cariboo Country, Chilcotin, Coast, and Northern BC, 154
Newcastle Island, 108
Vancouver and Sunshine Coast, 30
Vancouver Island, 79
- Finlayson, Mount, 80–84, 98, 101
- Finlayson Arm Road, 81, 83
- First Peak (First Pump Peak), 49
- First Summit of Mount Daniel, 70
- Fish hatchery, Capilano River Regional Park, 34
- Fishing, Capilano River Regional Park, 34
- Flatbed Creek, 176, 178
- Flat Rocks, 88
- Float planes, Vancouver Island, 79
- Flower Spring Lake, 180
- Fort George Park, 181
- Fraser Canyon, 161, 164
- Fraser River, 178, 181
- Friday Harbor (San Juan Island), 98
- Frommer's best hiking trip, elements of a, 12
- Frommers.com, 8, 19

Galloping Goose Regional Trail Guide, 102
 Galloping Goose Trail, 102–104
 Garibaldi, Mount, 134
 Garibaldi Lake, 141, 143
 Garibaldi Provincial Park, 124
 Gasoline, 256
 Gehringer Brothers, 208
 Giant Cleft, 214
 Giant Cleft & the Rim Trail via Ladyslipper Lake, Cathedral Provincial Park, 213–216
 Giant Fir Trail, 36
 Giovando Lookout, 111
The Girl in a Wet Suit (statue), 32
 Glacial Creek, 165
 Glacier House, 222, 224
 Glacier Lake Trail Turnoff, 214, 216
 Glacier National Park, 220, 222–225
 Golden Mile Trail, 208–210
 Gold rush, Barkerville and, 174
 Gold Safari Tours, 174
 Google Maps, 14
 Gordon River, 94
 GPS coordinates, 13, 14
 reading, 16
 Graham Island, 182, 185
 Grandma's Bay, 95
 Grandma's Cove, 98, 100
 Granodiorite, 37
 Greyhound, 11, 28
 Canadian Rockies and the Kootenays, 220
 Cariboo Country, Chilcotin, Coast, and Northern BC, 153
 Okanagan Valley, 192
 to Whistler, 125
 Griffin Bay, 101
 Grind Timer card, 43
 Groundhog Lake, 175
 The Grouse Grind, 43–46
 Grouse Mountain, 43
 peak of, 44
 Guided hiking tours, 19

Haida Gwaii (Queen Charlotte Islands), 182–188
 Haida Nation, 185
 Half Note Trail, 146
 Hanging Garden Cedar, 114

Harbour Air, 79
 Harbour Air Sea-planes, 10
 Harbourview Road, 104
 Harmony Alpine Tea Hut, 146
 Hart Range, 176
 Hawkair, 10
 Haynes Ranch, 212
 Health Canada, 256
 Health concerns, 16–18
 Health insurance, 256
 Heart-rate monitors, 10
 Hell Roaring Creek Bridge, 244
 Helm Glacier, 141
 Heritage River Trail, 178–181
 Hermit Glacier, 224
 Hester Creek, 208
 Hiellen River, 182
 High Note via Half Note Trail, 143–146
 Hillside Estates Winery, 207
 Historic Hat Creek Ranch (Cache Creek), 162
 Historic hikes, best, 3
 Hole in the Wall, 91
 Holidays, 256
 Horizon Air, 28, 192
 Horsethief Creek Bridge, 244
 Hospitals and pharmacies, 256
 Hotels. *See also Accommodations Index*
 best mountain lodges, 4–5
 Canadian Rockies and the Kootenays hikes, 251–252
 Cariboo Country, 188–189
 green-friendly, 15
 Okanagan Valley hikes, 216–217
 toll-free numbers and websites, 262
 Vancouver and the Sunshine Coast, 72–75
 Vancouver Island, 120–122
 Whistler area, 149–150
 Howe Sound, 37, 132
 Howe Sound Crest Trail, 40–42
 Hudson's Bay Slough, 181
 Hutchinson Cove, 104
 Hyack Air, 79

Iceline, Celeste Lake, & Twin Falls, 230–233
 Insect repellants, 17
 Insurance, 256–257
 International Hike and Bike Trail, 210–212

International Travel Maps and Books, 14
 Iona Beach Regional Park, 58–60
 Iona Island Sandspit, 60
 Ireland
 consulate of, 255
 passports, 258
 visas, 260
 Irvine's Landing, 70
 Island Bicycles (San Juan Island), 98
 Island Marble butterflies, 101
 Itineraries, suggested, 20–26

Jack of Clubs Creek, 175
 Jackpine Point, 37
 Jakle's Lagoon, 101
 Jakle's Lagoon Trail, 98
 Jervis Inlet, 61
 Joffre Lakes, 135–138
 Juan de Fuca Marine Trail, 105–108
 Junction Sheep Range, 161–164
 Juniper Point, 37
 Kalide Creek, 92
 Kaslo Lake, 240
 Kayaking
 Bowen Island, 68
 Tofino, 114
 Kelly and King Houses (Barkerville), 174
 Kelowna, 192, 193, 201
 Kelowna Regional Transit System, 193
 Kelowna Visitor Centre, 192
 Kenmore, 79
 Kettle Valley Railway trail, 196–199
 Penticton to Naramata, 205–207
 Killarney Creek Trail, 67
 Killarney Lake, Bowen Island, 67–69
 Killarney Lake Loop, 67
 Killarney Lake Picnic Area, 68
 Killer whales, 100
 Kinaskan Lake Provincial Park, 180
 Kindersley Pass, 234–236
 Kindersley Summit, 234, 236
 Kinney Lake, south end of, 237
 Kinney Lake Campground, 239

- Klanawa River, 90
 Kluckner, Michael, 98
 Knee Knacker Run, 48
 Knowlton Falls, 237
 Knox Mountain Park Apex Trail, 199–201
 Kokanee Glacier Cabin, 240
 Kokanee Glacier Provincial Park, 239
 Kokanee Lakes, 239–242
 Kokanee Pass, 240
- The Kootenays and Canadian Rockies hikes, 219–253**
 Abbott Ridge Trail, Glacier National Park, 222–225
 accommodations, 251–252
 Bugaboo Spires, 225–227
 Emerald Lake, 228–230
 getting around, 220
 getting there, 219–220
 Iceline, Celeste Lake, & Twin Falls, 230–233
 Kindersley Pass, 234–236
 Kokanee Lakes, 239–242
 Lake of the Hanging Glacier, 242–245
 Lake O'Hara Circuit, 245–248
 Mount Robson Provincial Park & Kinney Lake, 237–239
 orientation, 220
 restaurants, 252–253
 Stanley Glacier, 248–251
 visitor information, 220
- Kwiss Cham, 72**
- L**
 Ladyslipper Lake, 213, 214
 Lake M, 172
 Lake of the Hanging Glacier, 242–245
 Lake O'Hara Circuit, 245–248
 Lakeview Cemetery, 205, 207
 Latitude, 16
 Laughing Falls, 232
 Lava Lake, 129
 Legal aid, 257
 Liard Hot Springs Provincial Park, 180
 Lighthouse Park, 36–39
 Lighthouses
 Amphitrite Lighthouse, 113
 Carmanah Lighthouse, 92
 Pachena Point lighthouse, 88
 Point Atkinson Lighthouse, 38
- Lily of the Valley Trail, 52
 Lime Kiln Point, 100
 Limojet Gold (Vancouver), 28
 Lion's Gate Bridge (Stanley Park), 33
 Little Tunnel, 205
 Little Yoho Valley trail, 232
 Llewellyn Glacier, 180
 Lodges, best, 4
 Logan Creek, 93
 Longitude, 16
 Loop Camp (Easy Camp), 149
 Lost Lagoon, 30
 Lost Lake Nature Trail, 138–140
 Lost Lake Park, 138
 Lower Joffre Creek, 136
 Lower Joffre Lake, 136
 Lower Seymour Conservation Reserve, 48
 Lumberman's Arch (Stanley Park), 32
 Lynn Canyon Park, 46–48
 Lynn Canyon suspension bridge, 46
 Lynn Creek, 48
 Lynn Headwaters Regional Park, 48
 Lytton, 128
 Lytton First Nation, 147, 149
 Lytton Visitor Centre, 128
- M**
 M, Lake, 172
 MacDonald Slough, 60
 Mackenzie, Alexander, 168
 Mad Dog Mountain, 156, 158
 Madeira Park, 70
 Mail, 258
 Mallard Lake, 111
 Maps, 13, 14
 detailed local, 14–16
 Maptown, 14
 Marion Lake, 224
 Marion Lake–Abbott Ridge trail, 222–225
 Marpole Lake, 232
 Mary Lake, 245–246
 Matier Glacier, 136, 138
 Matthew's Traverse, 146
 McCulloch Trestle, 207
 Meares Island, 114–117
 Medical insurance, 256
 MedjetAssist, 256
 Michigan (steamship), 89
 Michigan Creek, 89
 Middle Joffre Lake, 136
 Mi-La Miwala Viewpoint, 66
- Mine shaft, Newcastle Island, 111
 Minors, documents needed, 7–8
 Moderate hikes, 12
 best, 2
 Monashee Adventure Tours, 199
 Mosquitoes and ticks, 16–17
 Mount Agnes Trail Network, 175
 Mountain lions (cougars), 18
 Mount Edziza Provincial Park, 180
 Mount Finlayson Goldstream Provincial Park, 80–84
 Mount Robson Provincial Park & Kinney Lake, 237–239
 Mount Seymour Trail, 49–51
 Mount Stephen Fossil Beds, 230
 Mowdada Lake, 180
 Murray River, 176, 178
 Myra Canyon on the Kettle Valley Railway, 196–199
 Myra Canyon trestles, 198
 Mystery Lake, 49
- N**
 Naikoon Provincial Park, 182, 187
 Naramata Bench, 205, 207
 Nares Point, 111
 Natural Resources Canada, 14
 Nature House (Stanley Park), 33
 Navigation assistance, 14
 Nechako River, 178, 181
 New Barkerville, 174
 Newcastle Island Provincial Park, 108–111
 New Zealand
 consulate of, 255
 customs regulations, 8
 passports, 258
 Nine O'clock Gun (Stanley Park), 32
 Nitinat Narrows, 91
 North Gully, 134
 North North Gully, 134
 North Peak (The Chief), 134
 North Point, 62
 North Shore Mountains, 56
 Nuxalk–Carrier Grease Trail (Alexander Mackenzie Heritage Trail), 167, 168

268 **O**cean Outfitters (Tofino),
114

- Oceanwest, 113
- Octopus Lake, 170
- Oesa, Lake, 248
- Ogopogo, 204
- O'Hara, Lake, 246, 248
- Okanagan Lake, 202, 204,
205, 207
- Okanagan Mountain Park,
202
- Okanagan River, 212
- Okanagan Valley hikes,
191–218
 - accommodations, 216–217
 - Enderby Cliffs, 194–196
 - getting around, 193
 - getting there, 191–192
 - Giant Cleft & the Rim Trail
via Ladyslipper Lake,
Cathedral Provincial
Park, 213–216
 - Golden Mile Trail, 208–210
 - International Hike and Bike
Trail, 210–212
 - Kettle Valley Railway: Pen-
ticton To Naramata,
205–207
 - Knox Mountain Park Apex
Trail, 199–201
 - Myra Canyon on the Kettle
Valley Railway, 196–199
 - orientation, 192
 - restaurants, 217–218
 - Stave Pipe Trail to Pincush-
ion Mountain, 202–205
 - suggested itinerary, 21–22
- Old Dump Road, 70
- Old Ruckle Homestead, 95
- Olesen Creek, 132
- Oliver, 212
- Olympics at Whistler, 126
- 100 Mile House Visitor
Centre, 154
- 100 Mile Taxi & Charter
Services, 154
- Opabin, Lake, 246
- Orange Juice Creek, 89
- Osoyoos, 192, 212
- Osoyoos Lake, 212
- Outhouse Junction, 141

- P**achena Bay Trail Head, 88
- Pachena Point lighthouse, 88
- Pacific Coach Lines,
11, 28, 30
- Pacific Coastal Airlines,
10, 153, 185, 192

- Pacific Rim National Park, 85
- Pacific Spirit Park, 52–54, 60
- Painter's Circle (Stanley
Park), 32
- Panorama Ridge, 140–143
- Pantheon Range, 165
- Parking precautions, 18–19
- Parkinson's Creek, 106
- Pasley Islands, 68
- Passport cards, 7
- Passports, 7–8, 258
- Payzant Creek, 106
- Peak chalet, 44
- Pemberton, 128
- Pemberton and District Visi-
tor Info Centre, 128
- Pemberton Taxi, 128
- Penticton Transit System,
193
- Perimeter, 11
- Perkins Peak, 164–166
- Permits, 13
- Petrol, 256
- Pets, 13
- PG Railway and Forestry
Museum, 181
- Pharmacies, 256
- Phyl Munday Nature
House, 38
- Pickett's Lane, 98, 101
- Pig War, 98
- Pincushion Mountain,
202–205
- Pincushion Place, 205
- Pioneer Pavilion, 201
- Pioneer Trail, 54
- Pipeline Bridge, 36, 48
- Pipeline Trail, 117
- Plains of Abraham, 54
- Planet Omni, 255
- Planning your hiking
trip, 7–19
 - customs regulations, 8
 - Frommer's best hiking
trip, 12
 - getting there and
around, 9–11
 - passports, 7–8
 - visitor information, 7
 - what to bring, 10
 - when to go, 9
- Point Atkinson, 38
- Point Atkinson
Lighthouse, 38
- Point Grey Foreshore, 55–57
- Point Grey Peninsula, 52
- Poison ivy, 17
- Ponderosa Drive, 204
- Pooley Creek, 199
- Prospector's Trail, 81

- Protection Island, 108, 111
- Providence Cove, 106
- Purcell Mountains, 226
- Pyramid Lake, 213

Quesnel Visitor Centre, 154
Quiniscoe Lake, 216

- R**abbit Lane (Capilano
Park), 36
- Rafting, Whistler, 144
- Rainbow Range, 170–172
- Rainforest, 239
- Redfern–Keily Provincial
Park, 180
- Restaurants. *See also*
Restaurant Index
 - best, 5
 - Canadian Rockies and
the Kootenays hikes,
252–253
 - Cariboo Country, 189–190
 - green-friendly, 15
 - Okanagan Valley hikes,
217–218
 - Vancouver and the Sun-
shine Coast, 75–77
 - Vancouver Island, 122–123
 - Whistler and environs,
150–151
- Richfield Courthouse, 175
- Road maps, 14
- Robson, Mount, 237, 239
- Rocky Mountaineer
Vacations, 153
- Rocky Mountains, suggested
itinerary, 24–26
- Rodeos, 162
- Rogers Pass, 224
- Roland Point, 62
- Rose Spit, 182, 185–187
- Rotary Centre for the Arts,
(Kelowna), 192
- Royal Vancouver Yacht Club
(Stanley Park), 32
- Ruckle Provincial Park
(Saltspring Island),
94–98
- S**afety concerns, 16–18
 - mountain safety, 50
- St. Anslem's Church, 54
- St. Mark's Summit, 40–42
- Salish Trail, 54
- Salmon, hatchery (Capilano
River Regional Park), 34
- Sandstone Creek, 93

- Sandstone quarry, Newcastle Island, 110
- San Juan Island, 98–102
- San Juan Transit, 98
- Scenic hikes, best, 4
- Schuswap First Nation, 161
- Seasons, 9
- Sea to Sky Expeditions, 19
- Sea-to-Sky Highway, 40, 42
- Sea-to-Sky hikes. *See* Whistler and Sea-to-Sky country hikes
- Sechelt Inlet, 61
- Sechelt Nation, 66, 72
- Sechelt Visitor Info Centre, 62
- Second Beach (Stanley Park), 33
- Second Peak (Mount Seymour), 49
- Second Pump Peak (Mount Seymour), 50
- Selkirk Mountains, 222
- Seymour, Mount, 49
- Shaft Point, 111
- Shannon Falls, 132
- Shuswap River Valley, 196
- Similkameen Valley, 192
- Sinclair Creek, 236
- Siwash Rock (Stanley Park), 33
- Skiing, Whistler/Blackcomb, 144
- Sk'iwitsut, 38
- Skookumchuck Narrows Provincial Park, 61–63
- SkyTrain, 28
- Slocan Chief Cabin, 240, 242
- Smockey the Bear, 214
- Smoking, 258
- Smuggler Cove, 64
- Smuggler Cove Provincial Park, 64–66
- Snug Cove, 67
- Songbird Meadow, 37
- Sooke Potholes Provincial Park, 102
- Sooke River Road, 102
- Soule Creek, 106
- South Beach, 101
- South Jetty, 58
- South Peak, 134
- Spanish Banks, 55
- Spanish Trail, 54
- Sphinx Glacier, 143
- Squamish, 128
- Squamish Adventure Centre, 128
- Squamish Lil'wat Cultural Centre (Whistler), 135
- Stamp Mill, 208
- Stanley, Lord, statue of (Vancouver), 30
- Stanley Creek Bridge, 250
- Stanley Glacier, 248–251
- Stanley Mitchell Hut, 231
- Stanley Park Seawall (Vancouver), 30–33
- Stanley Peak, 250, 251
- Starboat Cove, 38
- Stargazing, 60
- Star ratings and icons, 12
- Stave Pipe Trail to Pincushion Mountain, 202–205
- Stawamus Chief Provincial Park—Centre and North peaks, 132–135
- Stein Valley Nlaka'pamux Heritage Park, 147–149
- Stephen, Mount, 230
- Stone Mountain Provincial Park, 180
- Strachan Meadow, 42
- Strait of Juan de Fuca, 101–102
- Strathcona Dam reservoir, 117
- Strathcona Provincial Park, 117–120
- Strenuous hikes, 12
- Stryen Creek, 147
- Stupendous Mountain, 167, 170
- Summit Peak Trail, 180
- Summit Trail, 38
- Sun exposure, 232
- The Sunshine Coast. *See* Vancouver and Sunshine Coast hikes
- Sunwolf Outdoor Centre, 144
- Surfing, Tofino, 116
- Surf Sisters (Tofino), 116
- Swanson Channel, 95, 97
- Swim Lake, 130
- T**able Mountain, 170
- Takakkaw Falls, 231
- The Tantalus Range, 124
- Taxes, 258
- Taxis
- Cariboo Country, Chilcotin, Coast, and Northern BC, 154
 - Vancouver, 28
 - Whistler area, 128
- Taylor Glacier, 119
- Taylor Meadows, 141
- Telegraph and telex services, 259
- Telegraph Creek, 180
- Telephones, 258–259
- Texada Island, 66
- Thelwood Creek, 119
- Third Beach (Stanley Park), 33
- 30-Foot Pool, 48
- Thormanby Island, 66
- Thrasher Cove, 89, 94
- Ticks, 16–17
- Time zone, 259
- Tinhorn Creek, 208, 210
- Tinhorn Creek Winery, 210
- Tipping, 259
- Tlaook Cultural Adventures, 114
- Tliell River Bridge, 187
- Tofino Bus, 11
- Tofino Sea Kayaking Company, 114
- Tofino Water Taxi, 114
- Toilets, 259
- Tom Taylor, Mount, 119
- Tomtem poles
- Newcastle Island Provincial Marine Park, 110
 - Stanley Park, 32
- Tourism British Columbia, 7
- Tourism Vancouver Info Centre, 30
- Tourism Victoria Visitor Information Centre, (Victoria), 80
- Tourist information, 7
- Canadian Rockies and the Kootenays hikes, 220
 - Cariboo Country, Chilcotin, Coast, and Northern BC, 154
 - Okanagan Valley, 192
 - Whistler area, 127–128
- Tower Beach, 56
- Tow Hill, 182, 185–187
- Tow Hill Road, 185
- Town Taxi (Williams Lake), 154
- Trail, Fruit and More Store, 207
- Trail #6, 56
- Trail head directions, 14
- Trail head GPS, 13
- Train travel, 11
- Cariboo Country, Chilcotin, Coast, and Northern BC, 153
 - Vancouver and Sunshine Coast, 28
 - Vancouver Island, 79
 - Whistler area, 125–126
- Trans-Canada Trail, 102

270 **Transportation, green-friendly, 15**
Travelx Insurance Services, lost and found, 257
Travel Guard International, 257
Travel insurance, 257
Travel Insured International, 257
TravelSafe, 257
Trepanier Creek, 202, 204
Trepanier Forest Trail, 204
Trestle Creek, 90
Trip cancellation insurance, 257
Tsowicw Creek, 89
Tsuquadra Point, 91
Tsusiatic Falls, 85, 90, 93
Tsusiatic Point, 91
Tumbler Ridge, 176, 178
Turkeys, 95
Tweedsmuir Provincial Park, 152, 167
Twin Falls, 232
Twin Falls Chalet, 231
Twin Falls Trail, 48
Tyne Point, 111

United Kingdom
consulate of, 255
customs regulations, 8
passports, 258
visas, 260

United States
consulate of, 255
customs regulations, 8
passports, 258

Upper Joffre Lake, 136, 138
Uzbekistan (wreck), 89

Valencia (wreck), 85, 90
Valencia Bluffs, 90
Valley of the Giants, 38
Valley Trail, 38
Vancouver, George, 55
Vancouver and Sunshine Coast hikes, 27-77
average daytime temperatures and total precipitation, 9
Capilano River Regional Park, 34-36
getting there, 28
The Grouse Grind, 43-46
Iona Beach Regional Park, 58-60
Killarney Lake, Bowen Island, 67-69

Lighthouse Park, 36-39
Lynn Canyon Park, 46-48
Mount Daniel, 70-72
Mount Seymour Trail, 49-51
Pacific Spirit Park, 52-54
Point Grey Foreshore, from Spanish Banks to Wreck Beach, 55-57
Skookumchuck Narrows Provincial Park, 61-63
Smuggler Cove Provincial Park, 64-66
Stanley Park, 30-33
St. Mark's Summit, Howe Sound Crest Trail, 40
visitor information, 30

Vancouver International Airport, 28
Vancouver Island hikes, 78-123
accommodations, 120-122
American Camp, San Juan Island National Historic Park, 98-102
Bedwell Trail, Strathcona Provincial Park, 117-120
Big Cedar Trail, Meares Island, 114-117
The Galloping Goose Todd Trestle—Hutchinson Cove, 102-104
Juan de Fuca Marine Trail, 105-108
Mount Finlayson Goldstream Provincial Park, 80-84
Newcastle Island Provincial Marine Park, 108-111
restaurants, 122-123
Ruckle Provincial Park (Saltspring Island), 94-98
traveling to, 79
visitor information, 80
West Coast Trail, 85-94
Wild Pacific Trail, 111-113

Vancouver Rowing Club, 30
Vancouver Taxi, 28
Vermillion Pass, 250
VIA Rail, 11, 153
VIA Rail Canada, 28
Visas, 259-260
Visitor information, 7
Canadian Rockies and the Kootenays hikes, 220
Cariboo Country, Chilcotin, Coast, and Northern BC, 154
Okanagan Valley, 192
Whistler area, 127-128

Walbran Creek, 92
Waterfront Park, (Kelowna), 192
Weather, 9
The Weather Network, 9
Weather station, Abbott Ridge, 225
Welcome Passage, 66
Wells Visitor Centre, 154
West Coast Trail, 85-94
Western Union, 259
WestJet, 28, 191
Westside Surf (Tofino), 116
Whale-watching, 88, 89, 100, 105, 113
Whistler, suggested itinerary, 20-21
Whistler Activity and Information Centre, 127
Whistler Air, 126
Whistler and Sea-to-Sky country hikes, 124-151
accommodations, 149-150
Cal-Cheak to Brandywine Falls, 129-131
getting around, 128-129
getting there, 125-126
High Note via Half Note Trail, 143-146
Joffre Lakes, 135-138
Lost Lake Nature Trail, 138-140
Panorama Ridge, 140-143
restaurants, 150-151
Stawamus Chief Provincial Park—Centre and North peaks, 132-135
Stein Valley Nlaka'pamux Heritage Park, 147-149

Whistler Bungee, 130, 144
Whistler Express, 125
Whistler Mountain Bike Park, 144
Whistler Mountaineer, 11, 125-126
Whistler Olympic Park, 126
Whistler Taxi, 128
Whistler Visitor Info Centre, 127
Whymper, Edward, 224
Whymper, Mount, 250
WildEarth Adventures, 19
Wildflowers, 101, 104, 141, 146, 175, 180, 194, 199, 201, 213, 214, 225, 226, 234, 240, 244, 250
Wild Grocery Walk (Meares Island), 114

Wildlife, 101
 best hikes for seeing, 3–4

Wildlife and wildlife encounters, 17–18

Wildlife viewing, Junction Sheep Range, 164

Wild Pacific Trail, 111–113

The William R. Bennett Bridge, 201

Williams Lake River, 159, 161

Williams Lake River Valley Trail, 158–161

Williams Lake Stampede, 162

Williams Lake Visitor Centre, 154

Wine Country Visitor Centre (Penticton), 192

Wolves, 88

Wreck Beach, 55, 56

Wreck Beach Day, 56

Wyah Indian Reserve, 91

Yamnuska Mountain Adventures, 19

Yellow Cab (Vancouver) Island, 28, 79

Yellow Cabs (Squamish), 128

Yoho Burgess Shale Foundation, 230

Yoho Glacier, 232

Yoho National Park, 220, 231

Yoho Pass, 228

Yoho River, 232

Yukness Ledges, 246

Yukness Mountain, 246

Ziptrek Ecotours, 144

Zip-trekking, 144

ACCOMMODATIONS

Abbott Villa Travelodge Kelowna, 216

Auberge du Pré B&B (Pemberton), 150

Bamfield's Trails Hotel, 120

Barkerville Campgrounds, 188

Bear Creek Provincial Park, 216

Bella Coola's Eagle Lodge, 188

Buccaneer Inn (Nanaimo), 120

Capilano RV Park (North Vancouver), 72

Cariboo Lodge Resort (Clinton), 188

Cathedral Mountain Lodge (Field), 251

Chilcotin Lodge (Riske Creek), 188

Coast Capri Hotel (Kelowna), 217

Echo Valley Ranch & Spa (Jesmond), 188

The Eco-Shed (Bowen Island), 72

Four Points by Sheraton (Prince George), 188–189

Golden Dreams Bed & Breakfast (Whistler), 149

Harbourview Retreat B&B (Vancouver), 73

Hastings House (Salt Spring Island), 120

Holiday Inn Hotel & Suites (North Vancouver), 73

Hostelling International Vancouver-Jericho Beach, 73

Hotel Eldorado (Kelowna), 217

Illecillewaet Campground, 251

A Lakeside Retreat (Egmont), 73

Lighthouse Park B&B (West Vancouver), 73

Listel Vancouver, 73

Lodge at the Old Dorm (Bowen Island), 73–74

Mountain Hound Inn (Nelson), 251–252

Mount Robson Ranch (Valemount), 251

Naramata Heritage Inn & Spa, 217

Nita Lake Lodge (Whistler), 150

Oceanside Hotel (Vancouver), 74

Overlander Hotel (Williams Lake), 189

Pan Pacific Whistler Mountainside (Whistler), 150

Port Renfrew Hotel, 120

Ramada Inn & Suites (Penticton), 217

Redstreak Campground (Radium Hot Springs), 252

River Rock Casino Resort (Richmond), 74

Rivers Edge Guest Cottages (Kleena Kleene), 189

Riverside RV Resort & Campground (Whistler), 150

Roche Harbor Resort, 120–121

Ruby Lake Resort and Rainforest Spa (Madeira Park), 74

Spinnaker's Guest House (Victoria), 121

Spirit Ridge Vineyard Resort & Spa (Osoyoos), 217

St. George Hotel (Barkerville), 174

Strathcona Park Lodge & Outdoor Education Centre, 121

Sunshine Coast Resort Hotel & Marina (Madeira Park), 74

Sunwolf Outdoor Centre (Brackendale), 150

Swans Hotel (Victoria), 121

Talisman Inn (Quesnel), 189

Terrace Beach Resort (Ucluelet), 121

Thistle-down House Bed and Breakfast (North Vancouver), 74

Totem Motel (Lytton), 150

Travellers Inn (Victoria), 121

University of British Columbia Conference Centre (Vancouver), 74

West Coast Wilderness Lodge (Egmont), 75

Wickaninnish Inn (Tofino), 121–122

RESTAURANTS

Araxi Restaurant & Bar (Whistler), 150–151

Arm's Reach Bistro (Deep Cove), 75

Baan Thai (Campbell River), 122

Bear's Paw Café (Wells), 189

Bella Coola Valley Restaurant, 189

Bouchons Bistro (Kelowna), 217

Breakers Deli (Tofino), 122

The Burrow (Squamish), 151

Cafe Brio (Victoria), 122

Capilano Heights Chinese Restaurant (North Vancouver), 75

Cedar House Restaurant (Golden), 252

- 272** Chercher La Vache Café (Field), 252–253
Chez Monique's, 92
Cilantro on the Lake (near Field), 253
Coastal Kitchen (Port Renfrew), 122
Crave Beachside (West Vancouver), 75
Crêpe Montagne (Whistler), 151
Edelweiss Restaurant (Lac La Hache), 189
El Taco (Nelson), 253
The Fish House (Vancouver), 75
The Flying Beaver Pub (Richmond), 75
Fort Alexandria Fruit Stand (Quesnel), 190
Fox & Hounds (Nanaimo), 122
Fresco (Kelowna), 218
Fuse Waterfront Grill, (Sooke), 104
The Galley Patio and Grill (Vancouver), 75–76
Garden Bay Pub & Restaurant (Garden Bay), 76
Gecko Tree (Williams Lake), 190
Green Rosette (Skookumchuck Narrows Provincial Park), 61, 62
Hawk's Nest Pub (Bamfield), 122–123
Homer's Most Excellent Take Out (Sooke), 123
Horsethief Creek Pub (Radium Hot Springs), 253
Howe Sound Brewpub (Squamish), 151
Ingrid's Village Café (Whistler), 151
Inlets (Egmont), 76
Lynn Canyon Café (Lynn Valley Park), 76
Lytton Hotel Restaurant, 151
Maloula's (Friday Harbor), 123
Mon Thong Thai Restaurant (Kelowna), 218
Moon over Naikoon, 187
Oliver Street Bar & Grill (Williams Lake), 190
Oso Negro Café (Nelson), 253
Passatempo (Osoyoos), 218
rebar Modern Food (Victoria), 123
Rock Salt (Salt Spring Island), 123
Ruby Lake Resort Restaurant (Madeira Park), 76
Salmon House on the Hill (West Vancouver), 76
Savary Island Pie Company (West Vancouver), 76–77
Sequoia Grill, 77
Shelter (Tofino), 123
The Snug Café (Bowen Island), 77
SoBo (Tofino), 123
The Stanley Park Pavilion, 77
Theo's Greek Restaurant (Penticton), 218
Trout House, 187
University Golf Club (Vancouver), 77
Villa Rosa Ristorante (Penticton), 218
Waddling Duck (Prince George), 190
Wild Wood Restaurant & Bar (Pemberton), 151
The Wolf's Cry Pub (Clinton), 190