

# BEST CONTINENTAL MOTEL GUIDE

## HOPE, BC

[www.bestcontinentalmotel.com](http://www.bestcontinentalmotel.com)

### Activities

#### Hiking

##### ★ Hope-Nicola Valley Trail Loop

- Hope Nicola Valley Trail, Fraser Valley B, BC V0X 1L0
- 21 min drive to trailhead
- Difficulty: Easy
- Time: 2 hours
- Round trip: 6km
- Elevation gain: 180m

##### ★ Flood Falls

- Flood Falls, Flood Falls Trail, Hope, BC V0X 1L2
- 8 min drive to trailhead
- Difficulty: Easy
- Time: 1 hour
- Round trip: 1km
- Elevation gain: 40m

##### ★ Hope Lookout Trail – Hiking

- Hope Lookout Trail, British Columbia V0X 1L2
- 2 min drive to trailhead
- Difficulty: Intermediate
- Time: 2.5 hours
- Round trip: 4.5km
- Elevation gain: 450m

##### ★ Spirit Caves Trail

- Spirit Caves Trail, Trans-Canada Hwy, Fraser Valley B, BC V0X, Canada
- 16 min drive to trailhead
- Difficulty: Intermediate
- Time: 3.5 hours
- Round trip: 4.5km
- Elevation gain: 475m

## Fishing – From HopeBC website (www.hopebc.ca)

### ➤ Local Fishing Guides:

#### ★ BC Sport Fishing Group

- 100 Esplanade Ave, Harrison Hot Springs, BC
- 1 877-796-3345
- [www.bcsportfishinggroup.com/](http://www.bcsportfishinggroup.com/)

#### ★ STS Guiding

- Guided fishing tours in Hope and the Fraser Canyon. Trips depart from the Rupert Street Boat Launch in Hope. By appointment only.
- (604) 671-3474
- <https://www.guidebc.com/>

### ➤ Locations:

#### ★ Kawkawa Lake

- Kawkawa Lake is home to one of the most unique fisheries in the Upper Fraser Valley. Some of the fish include: Largescale Sucker, Northern Squawfish, Peamouth Chub, Prickly Sculpin, Redside Shiner, Threespine Stickleback, Lake Chub, Goldfish, Aleutian Sculpin, Crayfish, Painted Turtles. The lake is often busy with campers and swimmers during the summer, but is easily accessible. There is paved access to a boat launch, picnic sites and toilets located in the bay area on the south shoreline. There is a seasonal closure on Kawkawa Lake from Dec 1–Feb 28.

#### ★ Lightning Lakes

- Manning Provincial Park's chain of four alpine lakes is a family fishing favourite. Lightning Lakes chain offers rainbow trout fishing just off the shoreline. Fly-fishing for rainbow trout is usually good through the trout do not usually exceed 2lbs due to the cold, nutrient poor waters. No motorized boats allowed (including electric motors). Paved road access.  
W120°49.52

#### ★ Silver Lake

- While Silver Lake is not included in the park boundaries, it provides excellent trout fishing opportunities (catch and release only, single barbless hook). The lake is situated 12km/7.5m south of Hope, via Flood Hope Road and the Silver Skagit Road. Road access is gravel, lots of parking and the lake has a small boat launch (10Hp motor limit). You'll also find Chum Salmon, Coho Salmon, Dolly Varden, Kokanee, Pink Salmon, Rainbow Trout, Steelhead in Silver Lake. Coordinates: N49°18.47' W121°24.51'

#### ★ Schkam Lake aka Lake of the Woods

- Located at the side of Trans-Canada Highway 1, just 4km/2.5m north of Hope, this lake is stocked annually with rainbow trout. Guests have access to a canoe launch; non-guests may find access limited. You will find Largescale Sucker, Rainbow Trout and Steelhead in this

lake. There is a parking lot, picnic area and toilets just off of Hwy 1. Fish along the shoreline or in a floating tube.

★ Jones Lake aka Wahleach Lake

- Jones Lake is located just off Hwy 1 west of Hope. BC Hydro stocks the reservoir with Dolly Varden, rainbow, kokanee and cutthroat. Keep in mind that the road leading to the lake is a logging road and is steep gravel for the last 9km. Boats are allowed. The area has camping spots and toilets. Coordinates: N49°14.54' W121°36.22'

★ Ross Lake

- Ross Lake is stocked with rainbow and eastern brook trout. Set at the edge of the Cascade Mountains, this is a hot spot for summer fishing and winter ice fishing. Take it easy driving; the gravel, graded 80km/50m road is hard on tires. Coordinates: N48°43.54' W121°04.02'

★ Fishing Our Rivers & Creeks

- The Fraser River salmon runs draw fisherman and fish gazers from all of the lower mainland. If you drive along the Fraser River during the summer months, you will see hundreds of fisherman scattered along the banks. Spring salmon and chinook run May to December, sockeye arrive late August and steelhead run November through March. Before you fish, double check that the area is permissible. Some shores are exclusively First Nations. There are quite a few sweet spots to fish along the shoreline. If you drive along Hwy 1, you'll spot many vehicles parked on the side of the highway. That's an obvious sign of good fishing. You can find other fishing locations by asking locals. Some public access points are in Hope. There is a trail on the west side of hwy 1 at the north end of the Fraser Bridge. It's very steep downhill and a little tricky if you're carrying lots of equipment, but it's a short walk. There is another access point on Wardle St.

★ Pipeline Bar

- A highly recommended fishing spot is on Pipeline Bar. You can access the bar by boat. Fish for Steelhead, Chinook Salmon and Sockeye Salmon. Coordinates: N49°22.18' W121°30.39'

★ The Coquihalla River

- The fast moving Coquihalla River and its clear waters are great for chinook salmon, steelhead and Dolly Varden. You can easily access the river from the Coquihalla River Mouth Bar which can be located at Rotary Trails Park where Wardle Street dead ends. There is a boat launch for public use. Coordinates: N49°23.41' W121°26.23'

★ The Skagit River

- The Skagit River's clear waters are perfect for fly-fishing rainbow trout. The best spot is at the upper part of the river where it enters Ross Lake. There are access points all along the Silver-Skagit Road.

★ American Creek

- This small creek fills with rainbow trout in June and July, and Chinook salmon June through September. It crosses Trans-Canada Highway 1 approximately 8km/5m north of Hope.

★ Emory Creek

- Look for Dolly Varden in late spring and fall. Emory Creek is located off the Trans-Canada Highway 1 about 18km/11m north of Hope.

## **Mountain Biking** – from HopeBC website ([www.hopebc.ca](http://www.hopebc.ca))

### ★ Mountain Biking on Dog Mountain

- This trail climbs a short distance up the mountain through old-growth forest. Extremely well maintained and a downhill nirvana. Some features include drops, jumps, gaps and bridges. Every feature is marked with some flags so you are not surprised by them and the view from Dog Mountain is surreal. Round trip: 3km
- Trailhead: UTM WGS84 10U 0611244 e 5471785 n lat/long: N 49°23.315' W 121°28.028'
- Head north on Water St. Follow Hwy #1 north. Continue over the Fraser River Bridge. After the second bridge, turn west on Hwy #7 towards Agassiz. Travel about 500 meters to the weigh scales and park at the far end. Cross the highway to locate the trailhead as per co-ordinates above.
- Difficulty Rating: Black Diamond
- Trail Type: Singletrack
- Bike Type: DH
- Location: 63620 BC-7, Hope, BC V0X 1L0
  - 49.381575, -121.480048
- 5 min drive

### ★ Hope Bike Park (BMX)

- Hope Bike Park, 805 Kawkawa Lake Rd, Hope, BC V0X 1L4
- 4 min drive, 7 min bike ride

## **ATV/Dirt Biking** – from HopeBC website ([hopebc.ca](http://hopebc.ca))

### ★ Nickel Mine Dirt Bike & ATV Area

- If you are a motorcycle or ATV enthusiast, then Hope's BC Nickel Mine area is a must-do. This area, which has been enjoyed by riders for a few decades, is made up of decommissioned forestry service roads, hydro access roads and abandoned mining roads. This concentration of roads and forested trails has been appropriately tagged as the best family orientated, off road riding area in BC. There are also approximately 100km of long loops and trails through the forested mountainsides and valleys with key spots to rest and enjoy the fantastic scenery of British Columbia.
- Hope Nickel Mine riding area is suitable for riders at all levels. Designated family riding areas, novice learning areas and experienced rider trails ensure everyone enjoys the area safely. The camp ground and off-loading area is provided by the FVDRA and is available to members only.
- Location: Nickel Mine Rd, Hope, BC V0X 1L3
  - 49°28'36.9"N 121°25'55.1"W
- 13 min drive

## **Golfing**

### ★ Hope Golf Course

- 900 Golf Course Rd, Hope, BC V0X 1L0
- 4 min drive

## **Skatepark**

### ★ HMI Skatepark (indoor)

- 840 5th Ave, Hope, BC V0X 1L4
- 7 min walk