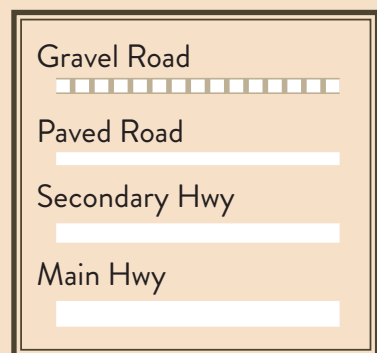
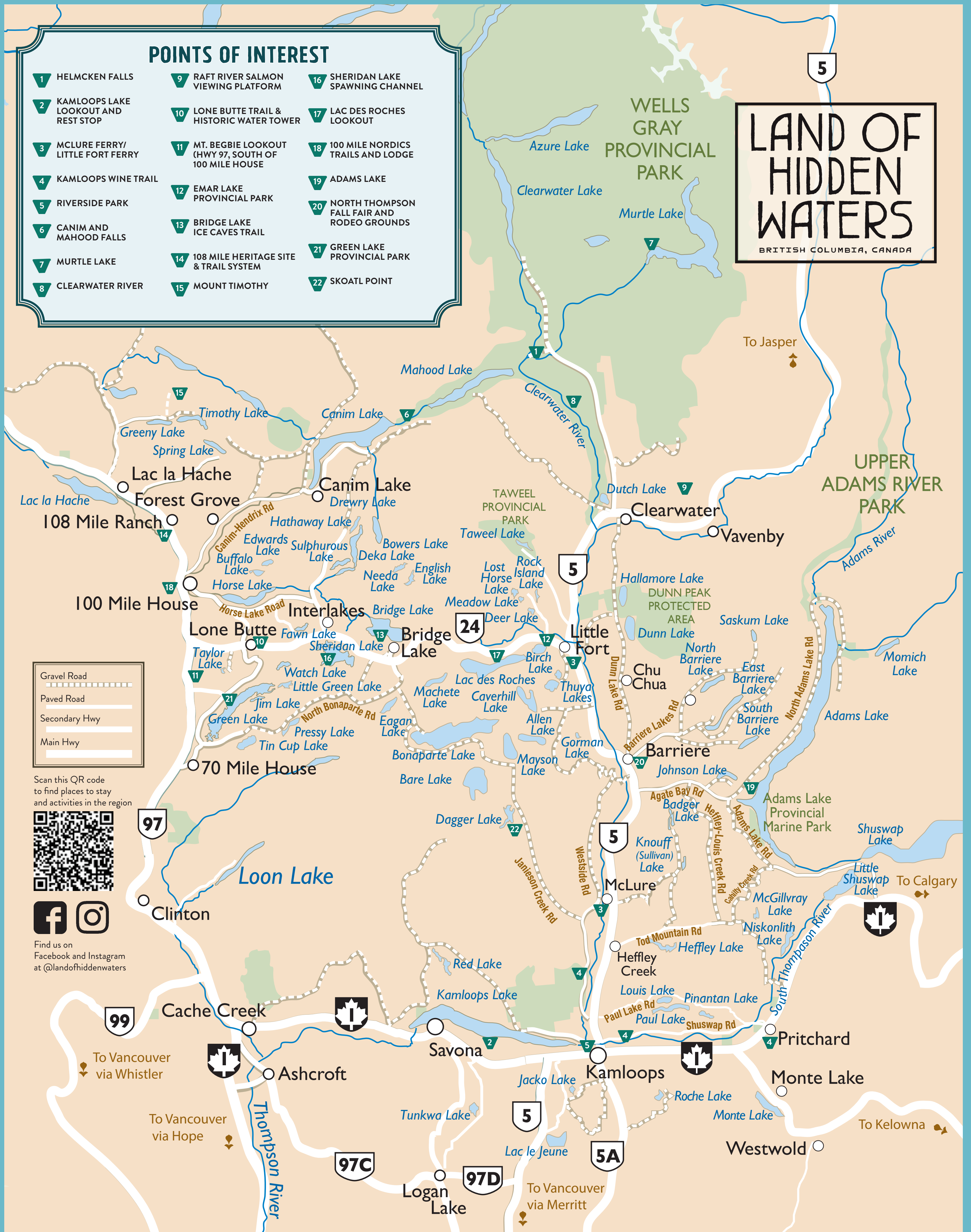


POINTS OF INTEREST

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|---------------------------------------|---|---|
| 1 HELMCKEN FALLS | 9 RAFT RIVER SALMON VIEWING PLATFORM | 16 SHERIDAN LAKE SPAWNING CHANNEL |
| 2 KAMLOOPS LAKE LOOKOUT AND REST STOP | 10 LONE BUTTE TRAIL & HISTORIC WATER TOWER | 17 LAC DES ROCHES LOOKOUT |
| 3 MCLURE FERRY/ LITTLE FORT FERRY | 11 MT. BEGBIE LOOKOUT (HWY 97, SOUTH OF 100 MILE HOUSE) | 18 100 MILE NORDICS TRAILS AND LODGE |
| 4 KAMLOOPS WINE TRAIL | 12 EMAR LAKE PROVINCIAL PARK | 19 ADAMS LAKE |
| 5 RIVERSIDE PARK | 13 BRIDGE LAKE ICE CAVES TRAIL | 20 NORTH THOMPSON FALL FAIR AND RODEO GROUNDS |
| 6 CANIM AND MAHOOD FALLS | 14 108 MILE HERITAGE SITE & TRAIL SYSTEM | 21 GREEN LAKE PROVINCIAL PARK |
| 7 MURTLE LAKE | 15 MOUNT TIMOTHY | 22 SKOATL POINT |
| 8 CLEARWATER RIVER | | |

LAND OF HIDDEN WATERS

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Fly-fishing from a boat at Fawn Lake Resort
Destination BC/Blake Jorgenson



Helmcken Falls
Jonny Bierman



Paddleboarding on Canim Lake
Chris Wheeler



Harper Mountain Ski and Snowboard
Dylan Sherrard



Kamloops Music in the Park
BC Ale Trail

POINTS OF INTEREST

- Helmcken Falls** is a 141 m waterfall on the Murtle River within Wells Gray Provincial Park. The protection of Helmcken Falls was one of the reasons for the creation of Wells Gray Provincial Park in 1939. It is Canada's 4th highest waterfall and can be seen year-round.
- Kamloops Lake Lookout and Rest Stop** located along Highway 1 about 30km west of Kamloops, is one of the most scenic viewpoints in our region. Stop, stretch your legs and enjoy the sweeping vistas of Kamloops Lake and the desert-like landscape that surrounds it.
- Experience a cable operated ferry across the picturesque North Thompson River from either McLure or Little Fort. **The McLure Ferry** connects Kamloops and Barriere along the Westsyde Road as well over a short ride to McLure itself and Hwy 5 north or south from there. **The Little Fort Ferry** connects Hwy 5 over to Dunn Lake and north to Clearwater and south to Barriere.
- Kamloops Wine Trail**-Nestled deep in the river valley on the banks of the North and South Thompson Rivers is one of British Columbia's newest wine regions - the Thompson Valley. Drop in at one of the 3 unique local wineries - Harpers Trail Winery, Monte Creek Winery or Privato Vineyard & Winery.
- Located downtown Kamloops on the South Thompson River, **Riverside Park** holds the top spot for city park. Featuring beach access, playground, water park, and free live music every night in July & August.
- Canim and Mahood Falls** - This set of waterfalls are two of 41 named falls in 'Canada's Waterfall Park' Wells Gray Provincial Park. The scenic falls cascade over 200,000 year old lava flows and are easily accessible.
- World-famous as being North America's largest paddle only lake, this lava-dammed lake is set within the protected **Murtle Lake Nature Conservancy** in Wells Gray Park.
- One of the most protected watersheds on the planet, the **Clearwater River** offers stunning opportunities for recreation including world-class whitewater rafting. Over 97% of the river is protected within Wells Gray Park and offers everything from gentle floats to the biggest commercially run rapids in BC.
- Raft River Salmon Viewing Platform** - Witness one of nature's most spectacular feats as Sockeye Salmon return to their spawning grounds between August and October. The arrival of vibrant-red salmon marks the end of a three-year, 4,000-kilometre journey that takes them from their spawning grounds in Wells Gray, to Alaska and back. The viewing platform is just outside Clearwater. Each year the return of the sockeye salmon is celebrated through the First Fish Ceremony; a traditional Simpcw First Nation ceremony to give thanks to the creator for the returning salmon.
- Lone Butte Trail & Historic Water Tower** - In the early 1900s Lone Butte was known as the railroad centre for the area. The water tower with a capacity of 40,000 gallons was completed in 1920. There was a good supply of water for the steam engines and it also gave the early pioneers a year long source of drinking water. Water Tower Park is open from May to October. The town was named for the butte, which overlooks the area. Visitors are welcome to climb the butte, and the view is fantastic.
- Mt. Begbie Lookout** - The lookout station sits at an elevation of 1276 metres and towers over the entire valley. The two-story wooden lookout has a wrap-around deck providing 360-degree views of lakes, mountains and trees. Wells Gray Park in the east and the Marble Mountain Range in the west.
- Emar Lake Provincial Park** - A chain of large and small lakes, potholes and wetlands in a forested setting in the upper Emar Creek watershed, offering small, user-maintained, wilderness campsites, and a circular canoe route with short portages.
- Bridge Lake Ice Caves Trail** - Caves and crevices that are sheltered from sun and wind. Melting snow seeps through the rock crevices into the caves where it refreezes, creating almost a year-round supply of ice. Totem poles created by Canim Lake Band artist Jerome Boyce and fitness stations border the trails.
- 108 Mile Ranch became swept up in the Cariboo Gold Rush in the late 1850s and was aptly named for being the 108th mile on the Cariboo Wagon Road where the 108 Mile Hotel operated from 1875 to 1885. Visitors interested in gold rush history can visit the **108 Mile Heritage Site** - a collection of buildings dating from the mid-1800s to the mid-twentieth century, including a huge log barn that was built in 1908 to house 200 Clydesdales. **Hiking Trail & XC Single Track Trail** network across from the historic site. Historic site & museum open May - September.
- Mt. Timothy** is a family-oriented ski hill, located in the heart of British Columbia's Cariboo range. Affordable skiing, amazing snow, no line-ups and diverse terrain make Mt Timothy the perfect mountain for your family.
- Sheridan Lake Spawning Channel** - Follow the signs off Highway 24 at Sheridan Lake West Road
- Lac Des Roche Lookout** - Lookout pullout on Highway 24, located above Lac des Roches, Camp R/V rent a boat or a cabin at any one of the 4 resorts on the Lake.
- 100 Mile Nordics Trails and Lodge** - Located on the 99 Mile Ski Hill, turn off Hwy 97 2km south of 100 Mile House. 45kms of well-marked cross-country ski trails, night skiing and snowshoe trails, equipment rentals at the lodge.
- 63 km long pristine **Adams Lake** has numerous Provincial Camp sites and Recreation sites up and down the Lake. Visit Momich Lakes Provincial Park and see Cayene Creek Falls or launch your boat at Agate Bay boat launch and cruise over to the Spilman Beach Site Marine Provincial Park. A fabulous lake for all boat sizes and water sports, touring and fishing.
- North Thompson Fall Fair and Rodeo Grounds Giddy Up!!** Year round there are many exciting Agricultural Events held at the North Thompson Fair Grounds and Agra Centre in Barriere. The most noted of the Events is the Fall Fair and Rodeo held Labor Day weekend every year come out and enjoy our hometown spirit and ranching heritage.
- Green Lake Provincial Park** 347 hectares provides a total of 121 campsites at three locations; Emerald Bay, Sunset View and Little Arrowhead. Emerald Bay and Sunset View campgrounds are nestled amongst the trees whereas Arrowhead consists of waterfront camping in a fairly open area. The lake has a low flushing rate and together with the chemical composition of the warm shallow waters, creates the greenish hue giving the lake its name. Great for swimming.
- Skoatl Point** (5,000 ft) is a dark, barren volcanic cone rising above the **Bonaparte Plateau**, in a remote forested area. Access is via the Jamieson Creek Road, and Windy Lake road, with the trailhead 1.5 km past the **Windy Lake Rec Site**. it is the only maintained trail (10 km out and back) in **Bonaparte Provincial Park**.



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