

Hiking Trails in the Flatbed Valley

Just outside of the town of Tumbler Ridge is the picturesque valley of Flatbed Creek, which offers a variety of hiking trails and a chance to see some recently discovered dinosaur tracks. These trails form part of the 27-kilometer-long TR Trail, which encircles three quarters of the community of Tumbler Ridge, and there are signs along the trails to indicate this.

Directions to the Trailheads

The main starting point for the Flatbed trails is the Flatbed Falls parking area. From town, take Mackenzie Way and turn left onto Highway 29. Go 400 metres along the highway, and the parking lot is on the right. Another starting point is at the Lions campground. For this spot, take Highway 29 from town towards Chetwynd, turning right at the bottom of the hill 1.7 km from the highway's junction with Monkman Way.

Flatbed Falls (#2)

Time/Distance: 1-2 hours/2 km return
Rating: Moderate ■

This moderate walk leads through the forest to a 4 metre high waterfall on Flatbed Creek. The rock shelf that forms the falls is a favorite picnic area, and the pool below the falls provides a great swimming hole for the brave. There is a log shelter just before the falls.

Flatbed Pools Hiking Trail (#1)

Time/Distance: 2-3 hours/4 km return
Rating: Moderate ■

This trail also starts at the Flatbed Falls parking area, to the left of the large sign in the parking lot. After a 100 metre walk through the forest, it leads along the top of an open south facing slope that provides views of the valley. Then the trail goes along a sharp ridge known as the Razorback, which drops off on both sides. After the Razorback

the trail enters the woods and soon reaches Nominister Abbey, a rough cabin which was reportedly used by a fugitive from justice in the town's early years.

After 1.0 km, a fork is reached. The right hand fork leads to the Cabin Pool and two dinosaur track sites. It descends to the creek level, where the remains of a partially built cabin are found overlooking the creek. The rock slab below the picnic tables has over 170 dinosaur tracks of five different types. Across the creek and 100 metres downstream is the first trackway discovered in the area, with a line of 23 Ankylosaur tracks. Guided interpretive tours of the track sites are recommended. The rocks that host the dinosaur tracks were once part of a shallow coastal plain. Ripples marks are evident on many of the bedding surfaces.

The left hand fork at km 1.0 leads to the Overhanging Rock Pool and Top Pool, more good spots for picnicking and swimming. At 1.5 km, there is a junction – go right for the Overhanging Rock Pool, and left for the continuation of Kevin's Trail up the valley. The trail to the Overhanging Rock descends to creek level and forms a loop at its end, passing by Top Pool and connecting back up with itself.

Linking Trail

Time/Distance: 1.5 hours/3 km one way
Rating: Moderate ■

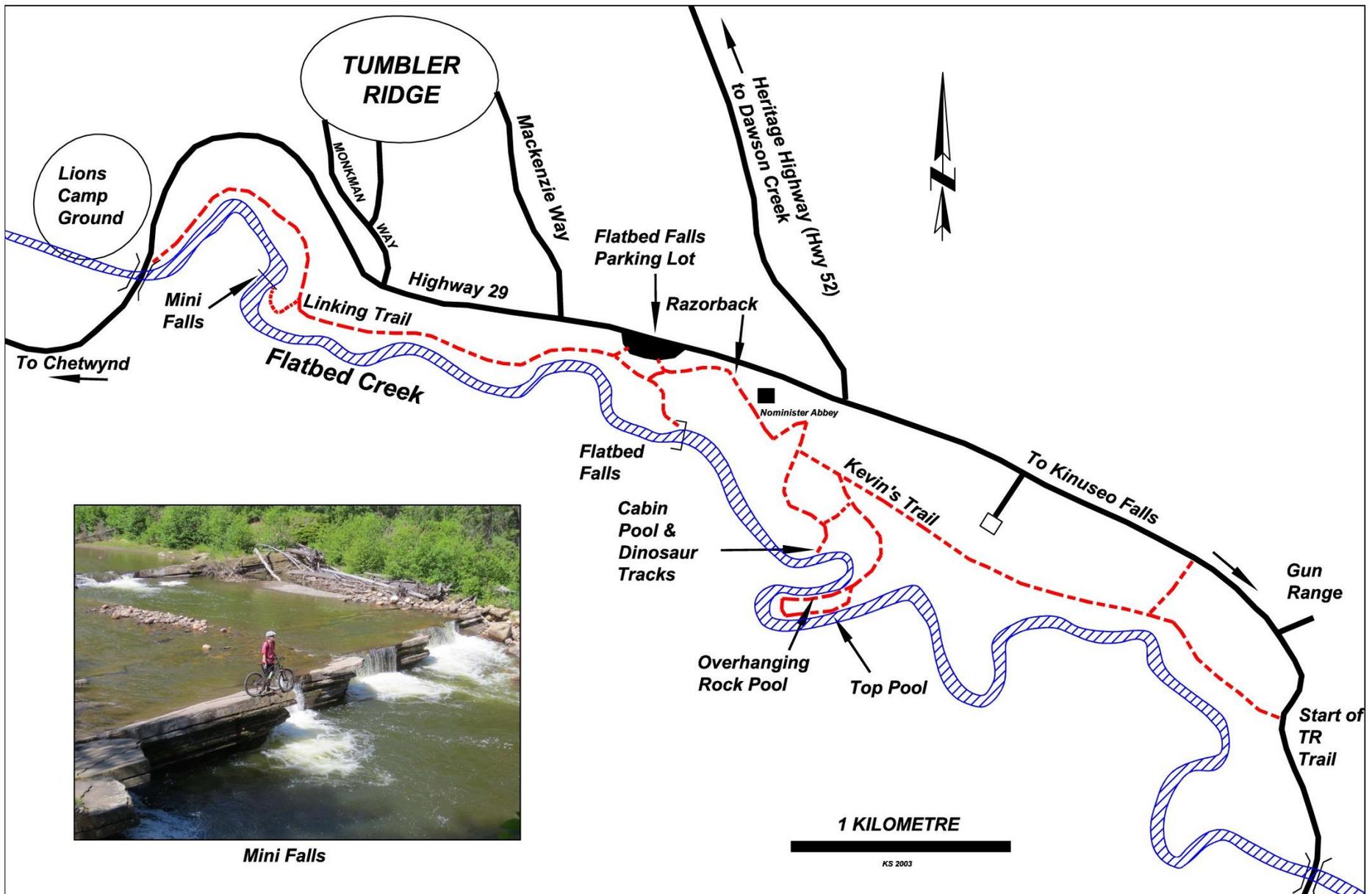
The Linking Trail heads downstream from the Flatbed Falls trail, following the edge of the escarpment along the creek. Good views of the creek valley can be found along the way. Near the end, the trail descends steeply at a staircase before passing under the highway bridge and ending at the Lions campground.

Hiking Trails in the Flatbed Valley



Rating: Moderate ■
Time: Variable





Hiking Trails in the Flatbed Valley

- These trails are in bear country; travel in groups and make noise
- Please pack out what you packed in
- Please do not remove or deface dinosaur tracks

For more Information: Wolverine Nordic and Mountain Society (250) 242-4860 or (250) 242-3984 www.wnms.ca

Tumbler Ridge Visitor Centre (250) 242-3123 www.tumbleridge.ca

Photo Credit: Carina Helm

Distributed by the District of Tumbler Ridge



Recreation Sites and Trails BC



United Nations
Educational, Scientific and
Cultural Organization



Tumbler Ridge
UNESCO
Global Geopark