

**TRAIL GUIDE**  
*Nicola Valley*  
**Merritt & Nicola**

See you on the trail

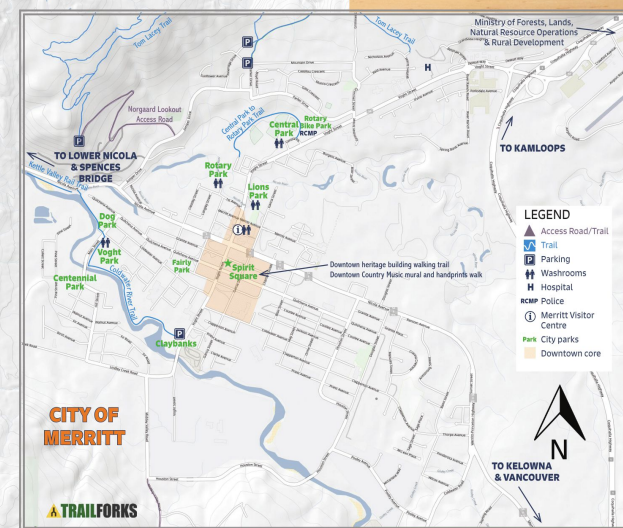
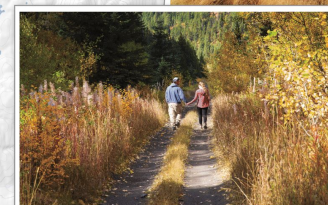
**TOURISM MERRITT**  
Nicola Valley, BC  
www.tourismmerritt.ca



2185 Voght Street, Merritt, B.C. V1K 1B8  
(250) 378-4224  
#ExploreMerritt



Trail information collected February 2019  
Cover Photo Credit: Claudia Ruppitsch



## Explore GOLD COUNTRY

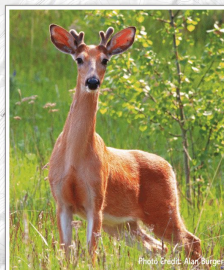
Discover our region's rich history while using GPS points to find treasure boxes cached throughout the Gold Country region. Free fun for the whole family all year long!

GeoCaching is the modern treasure hunt with a twist: combining outdoor adventure with fascinating details about each site you explore. Use a GPS or traditional treasure hunt clues to locate boxes hidden throughout the region and uncover countless riches along the way!

www.exploregoldcountry.com

Pick up your free Gold Country GeoCaching Field Guide from the

**Merritt Visitor Info Centre**  
at the Baillie House



## TRAVEL DISTANCE TO MERRITT

Vancouver ..... 270km  
Edmonton ..... 890km  
Calgary ..... 700km  
Kelowna ..... 125km  
Prince George ..... 550km



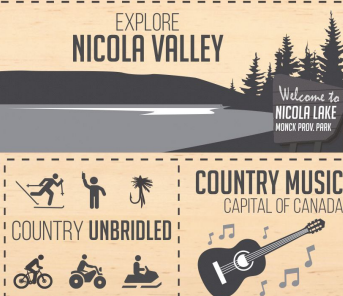
## LOCAL Insight

Need help finding info on  
**Accommodations**  
**Restaurants**  
**& Camping**

The Tourism Merritt website has business listings and visitor support. Looking to connect with a local recreation club to join on their next group walk or ride?

Contact us at

info@tourismmerritt.com  
and we will connect you to the right people



## Get Active EVENTS

Nicola Valley Ranch Rodeo  
Nicola Valley Pro Rodeo  
Merritt Little Britches Rodeo  
Merritt Country Run  
Merritt Mountain Bike Races  
Nicola Valley Fish & Game Club  
Annual Ice Fishing Derby  
Merritt Snowmobile Poker Run

Turn Me Loose in Shulus  
Run - Walk - Stroll  
Bike to Work Week  
Tri-It Triathlon  
Merritt Terry Fox Run



Merritt & Nicola Valley events visit [www.tourismmerritt.ca](http://www.tourismmerritt.ca)

## TRAIL Safety

Organizations & Volunteers work hard to maintain our extensive trail network. Do your part and follow these simple guidelines:

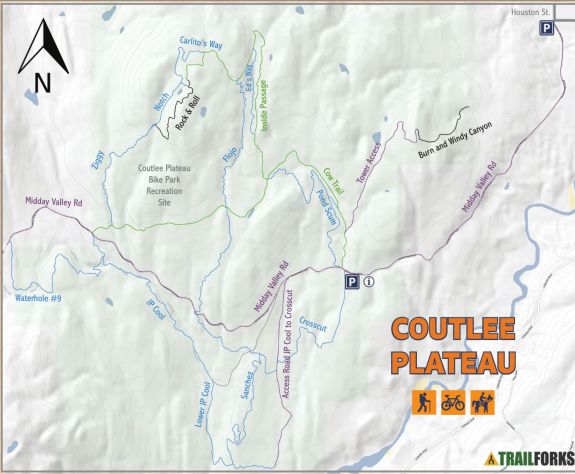
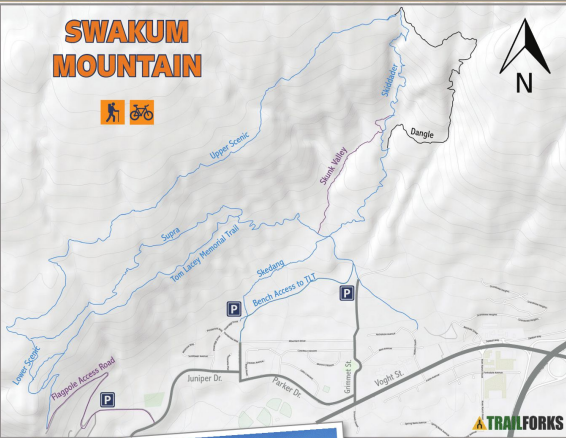
- Stay on open, established trails only.
- Plan ahead and tell a friend where you are going.
- Be aware and respectful of wildlife and cattle. Do not chase or scare the animals.
- Leave no trace.
- Respect boundaries for adjacent private property.
- Always be in control of your equipment.
- Close all farm and property gates you travel through.
- Never cut fences or remove trail markers.

## RIDE AT YOUR OWN RISK

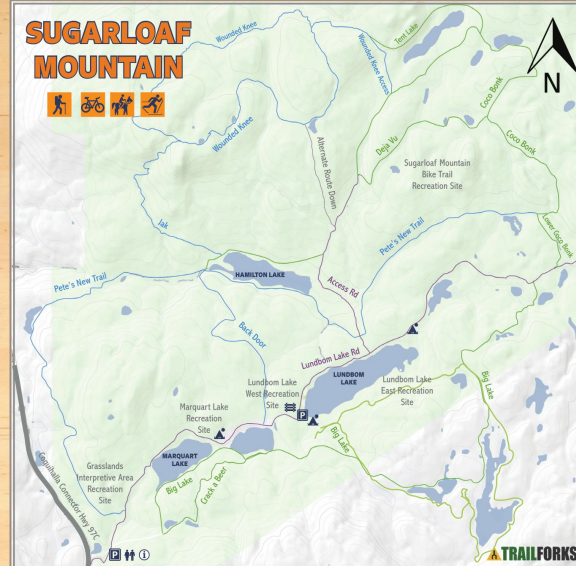
Use of City of Merritt parks and trails is at your own risk. The City of Merritt shall not be liable for any injury or damage caused while using the parks and trails. Pet owners are legally responsible for any injury caused by their animal. The condition of the trails and roads are subject to change without warning or notice. Trails and routes shown on this map are an approximate representation of the trails and routes at the time of the publication.



## SWAKUM MOUNTAIN

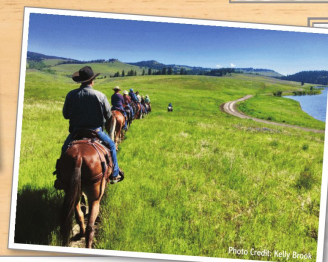
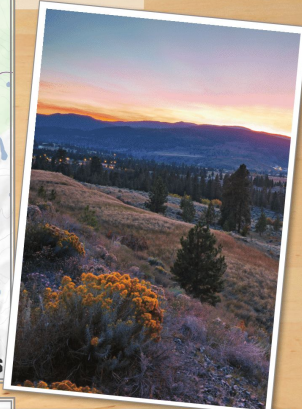


## SUGARLOAF MOUNTAIN



### LEGEND

- ▲ Access Road/Trail
- Easy Trail
- Medium Trail
- ◆ Hard Trail
- Parking
- ⛺ Washrooms
- ⛺ Camping
- ⓘ Information kiosk
- ⛶ Paddock



## OTHER SITES & TRAILS

Check out the Tourism Merritt website for other recreation trails in Merritt and the Nicola Valley



[www.tourismmerritt.ca](http://www.tourismmerritt.ca)

## Share THE TRAIL



### FAVOURITE FAMILY TRAIL

"We like the Flagpole Access Road and the Tom Lacey Trail as it is accessible for our whole family. There are always other hikers along the trail walking their pets or just out for exercise. The trail is safe enough for me to go with my young nephew and not have to worry." — Amanda

### FAVOURITE MOUNTAIN BIKING TRAIL

"The terrain of Nicola Valley is incredibly diverse. You can experience boundless grassland under big blue sky, semi-arid desert, and dense pine forests all in one day. As a mountain biker, it is virtually impossible to pick a fave route trail. Each area has trails that suit different biking disciplines and styles, from steep downhill and flowy single-track, to moderate grades through open meadows, so it really comes down to what the rider wants to experience on any particular day." — Travis

### FAVOURITE HORSEBACK RIDING TRAIL

"We have some of the greatest horse trails and mountain bike hiking trails of anywhere in BC right here in Merritt and the Nicola Valley." — Kelly

### FAVOURITE HIKING TRAIL

"Too Much Info is an excellent trail in Merritt. We find as we are coming through from Abbotsford to Kelowna, we need a place right off the highway to stretch our legs and take a break from driving. The Too Much Info Trail is conveniently located off the 97C and has a great viewpoint and bench not far up the trail." — Jeremy

### FAVOURITE ACCESSIBLE TRAIL

"Merritt offers some nice trails right in the downtown core. Starting at Central Park you can take the trail along to Rotary Park then to the downtown core. Throughout the downtown core you will see many large country music murals and heritage buildings. From the murals downtown, you can make your way down Voght Street along to the Coldwater River Trail parking lot right across from the Claybanks RV Park. The River Trail is a lovely trail which goes all the way to Voght Park. A great place for a walk and a nice way to spend the afternoon." — Robert

## TRAIL Highlights

### Kane Valley

Kane Valley is a favourite among locals in all seasons. From the hiking and camping in the summer to well maintained cross country skiing and snowshoeing in the winter. With plenty of fishing holes the Kane Valley confirms why "Locals Often Say, A Lake A Day As Long As You Stay."

### Tom Lacey Memorial Trail (Swakum Mountain)

The Tom Lacey Memorial Trail is located close to downtown Merritt and offers a place for visitors and locals alike to stretch their legs. Drive up the Flagpole Access Road to see Nicola Valley farms and the City of Merritt below. Behind the parking lot, the Tom Lacey Trail expands with many loops and viewpoints. The trail is as long as you wish to make it.