

Kitimat

Bound

NATURAL OPPORTUNITY



OFFICIAL VISITOR GUIDE
www.tourismkitimat.ca

Getting here...

Kitimat and Kitamaat Village are easily accessible by air, road and water. Both are situated a short 60 km distance down the Kitimat valley south of Terrace within the Coastal Mountain Range and on the shores of the Douglas Channel and the Pacific Ocean.

Enjoy the scenic beauty of your travel to us. By vehicle west from Prince George or east from Prince Rupert and the BC Ferries, Kitimat is accessible year round by highway. During the summer, visit via private water craft and view the spectacular fjord vistas, aquatic life and wildlife, taking the day to come north up the Channel. Or make the travel in record time by arriving by air at the Northwest Regional Airport near Terrace.

From Kitimat, continue on to Kitamaat Village along the road that follows the coastline of Minette Bay on the Channel with views of the Kitimat River estuary.

KITIMAT VALLEY INSTITUTE

- Education and Training • Employment Agency
- Occupational Testing Facility • Conference Centre

1352 Alexander Ave. Kitimat 250-639-9199 www.kves.ca

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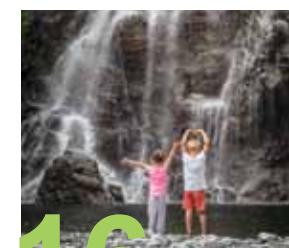
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tourism@kitimatchamber.ca
www.tourismkitimat.ca
www.kitimat.ca

An electronic copy of this document can also be viewed on the following websites:
www.tourismkitimat.ca or www.kitimat.ca
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Welcome

yowtz

Welcome from the Mayor

On behalf of our community,
I would like to welcome
you to Kitimat.



Our unique location at the head of the Douglas Channel makes us a sport fisher's paradise with access to salt and fresh water fishing within minutes of downtown. Whether you are fishing the mouth of the Kitimat River, floating in a drift boat, or choose to walk to one of the hot spots on the river bank, the excitement of pulling the big one always looms. Anywhere you go you will be afforded fresh air, beautiful views and watchful bald eagles.

Done fishing? Hike along the shores of the Douglas Channel, the banks of the Kitimat River or climb the trail to the crystal clear mountain lakes of Robinson Ridge. Remember to take your camera. Opportunity to observe wildlife, big and small, will present itself when you least expect it!

Kitimat boasts park spaces suitable for all members of your family, including a skateboard and bike park, tennis courts, outdoor wading pools and green space throughout the community. Stroll or bike the paths that wind through the different neighbourhoods, explore the many playgrounds throughout town or walk one of the four Heritage Walkway Circle Tours and experience the history of this planned community.

The adventures continue through winter. Imagine a morning of cross country skiing with the sunrise following you down trails and sledding in the afternoon to cabins on snow covered mountains. End this perfect day in the hot tub at Sam Lindsay Aquatic Centre. Kitimat has it all!

Whether you are here for a short visit or here to work in our bustling town, I hope that you take advantage of the many wonderful experiences that our community and surrounding area have to offer.

If it is an outdoor adventure you are looking for, I recommend grabbing a fishing rod and trying to catch a prized salmon from either the Kitimat River or out on the Douglas Channel. If you prefer to stick to land, then you might enjoy hiking, snowshoeing, ATVing, or snowmobiling some of our many trails into the natural beauty that surrounds Kitimat. For those looking to stay active right in town, Kitimat has 52 km of walkways to explore the community, a modern aquatic centre, two ice rinks, four curling sheets, a fitness recreation centre, outdoor volleyball court and a golf course with stunning views of coastal mountain landscapes. Kitimat's restaurant and retail sectors are growing, so if you are hungry, there are a variety of places where you can grab a great meal, and if you feel like doing a little shopping, check out our eclectic selection of merchants.

Those of us who call Kitimat home feel blessed to be living in such a beautiful part of the world and to be a part of such a vibrant community. We hope you feel the same way and thoroughly enjoy your stay in Kitimat!

Mayor Phil Germuth

Welcome from the Chief

Welcome to the Haisla Nation Territory.
We love to share the beauty of our land
and culture with visitors.



The Haisla people, the 'dwellers downriver', have lived here for thousands of years and will live here for thousands more. Of the more than 1,800 Haisla members, approximately 700 of us live in the Kitamaat Village, our main reserve and community.

We invite you to learn about the Haisla by visiting our village. The way here - a winding, 10-minute oceanside drive from Kitimat – is worth the trip in itself.

At the head of the Douglas Channel, our community offers restful views – or refreshing views (depending on the weather!) of the Pacific Ocean and the remote nature that surrounds us. Be sure to stroll along our new ocean boardwalk, next to the Haisla harbour. The boardwalk gives you a deeper view of the Douglas Channel and is especially stunning at sunrise and sunset. The boardwalk also gives you a great angle to take photos of the Village with Haisla Mountain behind it.

Take your time here. We often see seals and whales right in the harbour and you might too.

When you drive around the Village, you will see glimpses of the Haisla culture in the totem poles on display and in some of our buildings. You can see glimpses of our traditional building styles in some of our newest structures. The Haisla Community School and our newest structure, the Haisla Health Centre, were built with the past in mind.

For a bigger picture understanding the Haisla Traditional Territory, check out the artist's map of our Territory, in the Haisla Nation Council Administration Building (this is the blue building on your left when you cross the bridge into the Village). The map includes the traditional Haislakala (Haisla language) names of important places. Haisla art, cultural artifacts and other pieces of our history are also on display in the building's lobby.

We, the Haisla, are working hard to preserve, respect and follow our traditional ways. We are also carving out a future for our Nation and our people through responsible development and growth.

Learn more about the Haisla and how our Nation is growing and thriving at haisla.ca.

You can also learn some of our Haislakala language at haislakala.wordpress.com.

Hope to see you soon!

Crystal Smith, Haisla Nation Elected Chief Councilor

*Aiks gwailas
(Safe Travels/Take care/Goodbye Until we meet again)*

Relocating

Marvel of Nature and Industry

Kitimat is a world-class port and manufacturing centre and is becoming an energy hub and transportation link for the Asia-North American trade. Kitimat has always had a diverse and varied economy based on value-added manufacturing and natural resource processing.

With our history of heavy industry, we have the essential infrastructure, an experienced labour force and a comprehensive service sector in place. Our location, harbour, growth potential and industrial heritage make Kitimat a promising trade and manufacturing location.

Kitimat's ice-free, wide and deep harbour is the third largest on the west coast of Canada in terms of international trade.

Kitimat's "Garden City" offers comfortable, relaxed living in one of the most beautiful regions of Canada. With unlimited outdoor activities, a variety of indoor recreational facilities and excellent health care facilities, Kitimat is truly a marvel of nature and industry.

The planned community provides everything your family needs from pre-school to retirement. Abundant green spaces, an extensive walkway system and carefully balanced residential, commercial and industrial areas provide for separation of pedestrians and traffic.

Whether you are looking to invest, set down roots or stay for a short period of time, Kitimat offers variety in housing and apartments with rental and purchase options. Stop in at the Kitimat Chamber of Commerce and pick up a relocation package containing detailed community information from recycling to transit schedules, maps and more.



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History

Kitimat was the Place to be in North America in the 1950s...

Both for the new town plan and for the pioneer engineering of the time. The massive Kitimat Project was completed in just five years – dam, tunnel, powerhouse, Kemano townsite, transmission line, smelter and Kitimat townsite. In the post-war industrial boom worldwide, the Kitimat Project was the largest construction project for the time. Thousands came and participated in the feverish construction activity.

The BC and Canadian governments and the Aluminum Company of Canada (Alcan) promoted Kitimat around the world. With aluminum as the new metal, they were building the future. The Kitimat Project was the model of modern Canadian ingenuity – a feat that proved Canadians were able to surmount the wild Canadian landscape.

The Kitimat Project was constructed from scratch, records were set, innovation was at every turn and the result was the largest smelter in the world and the premier community to go with it. Kitimat would be a planned community – a suburban utopia so desirable to the worker that a stable work force was being decided.

The Area has had a Long, Impressive History

The Haisla of the region have occupied the land here for many centuries. Explorers, trappers, prospectors, homesteaders, adventurers and missionaries have all come through in the last 150 years, and have met with a mixture of struggle and success. Their stories combined represent a shared history that is echoed across BC and yet a unique one to the valley area. Many came during the Kitamaat Methodist Mission years, staying for a time then moving on. The valley area saw its share of families working on their homesteads, and men prospecting and trapping in numerous creeks and mountain valleys. There was also speculation on the land when the western terminus for the Grand Trunk Railway line was being decided.

Haisla History

For thousands of years the Haisla people have occupied many village sites throughout their territory.

In 1918, an influenza pandemic dramatically reduced the Haisla population and wiped out the Wolf and Frog clans. The Haisla community recovered and continues to evolve. Today, there are about 1800 Haisla, half of which live in Kitamaat Village.

Though clan distinctions and connections remain today, Haisla culture combines traditional heritage with Canadian culture. The Na'Na'Kila Institute was established in 1998 to help protect and encourage development of Haisla culture, including language.

Na'Na'Kila helped bring about the repatriation of a Haisla totem pole that had been removed in 1929 and was missing for more than 60 years. It was discovered in the Museum of Ethnography in Stockholm in 1991 and after years of negotiation, it was returned to Kitamaat on July 1, 2006. In exchange for its safe return, the Haisla carved a replica pole to gift to the museum in Stockholm.

The Haisla, meaning “dwellers downriver”, have occupied lands for over 9000 years...

Today, the Haisla people are centered on Kitamaat Village. Kitamaat Village sits at the head of the Douglas Channel in British Columbia. The balance of the Haisla live elsewhere in the region or in Greater Vancouver.

Today's Haisla Nation is an amalgamation of two historic bands – the Kitamaat of the Douglas and Devastation Channels and the Kitlope of the upper Princess Royal Channel and Gardner Canal. Neighbouring nations include the Heiltsuk and Wuikinuxv bands of the Coast Tsimshian peoples.

Living and working on the water has always been important to the Haisla and that remains so today. The Haisla people have lived off the land and water resources of the Douglas Channel and traditional territory for thousands of years. Protection of those resources for future generations is a strong commitment by every Haisla member.

Haisla territory resources have sustained the Haisla for generations, providing food, shelter and livelihood. They have worked hard to harvest food, build villages and develop the resources they need to survive. The land is connected to their past, culture and future.

The Haisla social system is based on matrilineal clans. Eight clans (Eagle, Beaver, Crow, Killer Whale, Wolf, Frog, Raven, and Salmon) make up the community, each clan with its own chief, resources area and winter village.

Most Haisla continue to carry on the tradition of hunting, berry picking, gathering and fishing. Every spring, Haisla family groups still travel to the Kemano River for oolichan fishing. At this time, the village is full of the rich smell of the fish smoking. After a long, hard North Coast winter, oolichan are the first fish returning to spawn in local rivers. The Haisla use oolichan for almost everything, from food to medicine. Haisla people learned to boil oolichan and make it into a pure white grease, becoming experts at producing a quality product well known up and down BC's coast. Haisla people still trade this valuable commodity with neighbouring villages.

Arts



Kitimat is home to many artists, adding that extra touch of creativity to the town. Kitimat artists, working in watercolour, acrylic and pastel, offer wonderful views of the Northwest region through their unique artistic styles.

Haisla master carver Sammy Robinson of Kitamaat Village has created beauty in wood and silver of Haisla clan symbols and stories. Sammy has an international clientele and it's well worth a visit to his shop.

The Kitimat Concert Association hosts its season of popular performances from September to June. The local amateur theatre group, On Cue Players, presents plays in the fall and spring. Kitimat has a strong performing arts interest for youth in speech arts, music and dance. Performances take place at Mount Elizabeth Theatre, The "MET", an intimate 512 seat performance facility.

Kitimat boasts its share of artistic endeavours - from public art exhibitions at the Museum, to private galleries of Haisla First Nation carving at Kitamaat Village and visual arts in some of Kitimat's retail space. Given the beauty of the landscape, Kitimat has many active photographers.

Visual Arts - The Kitimat Museum offers rotating exhibits of local and regional visual artists that change monthly. The Kitimat museum offers different workshops and programs for all ages. For more information check out www.kitimatmuseum.ca

Live Music - Check out the local pubs such as Wee Geordies Pub and PF Bistro for live music.

Comedy Nights - At the Hirsch Creek Golf & Winter Club.

Authors - Immerse yourself in local stories at the Kitimat Public Library. Writers often do readings and meet and greets at the Kitimat Public Library. They also hold writing groups and book clubs.

Local Radio - Listen in on our local radio stations at CFNR Network 92.1, 97.7 EZ Rock and 103.1 Pure Country.

Summer Night Markets - Happening in Kitimat every second Wednesday in July and August. Come out and enjoy local food, farm goods, crafts, baking and small business vendors.

Recreation

Kitimat has exceptional fitness and recreation centres



Rosemary Brady

Kitimat Fitness Gym Inc.

Locally owned and operated since 2013, KFG offers a wide variety of services to optimize your workout.

107 Nechako Centre | 250-632-7737
www.kitimatfitnessgym.com

Pace Yourself

Pace Yourself is a unique ladies fitness gym offering 24 hour keyless access in a friendly and safe atmosphere

334 City Centre | 250-639-0532
www.paceyourselwellness.ca

Sam Lindsay Aquatic Centre

The District of Kitimat owns and operates Sam Lindsay Aquatic Centre; a community swimming and leisure pool complex attached to Tamitik Arena.

Located downtown, the Sam Lindsay Aquatic Centre offers residents and visitors one of the best swimming experiences in Northern British Columbia.

Aquatic Features

- 25 m six lane pool
- shallow tank
- sauna: 50-person
- hot tub
- water park toys
- lazy river
- water slide
- kiddies pool
- leisure pool
- two squash courts
- racquetball court
- strength training room

Sam Lindsay Aquatic Centre
396 City Centre | 250-632-8955
recreation@kitimat.ca | www.kitimat.ca

Kitimat Ice Rink & Tamitik Arena

Kitimat boasts two ice rinks! The Kitimat Ice Rink offers a 26 m x 58 m ice surface and hosts public skating and seasonal shinny programs. Tamitik Arena is a 27 m x 61 m ice surface with a large seating capacity for ice hockey tournaments in season and indoor soccer, roller hockey, lacrosse, or special events in off-ice season. Skates are available for rent.

Tamitik Arena or Kitimat Ice Rink
391-400 City Centre | 250-632-8955
recreation@kitimat.ca | www.kitimat.ca

Riverlodge Recreation Centre

Riverlodge is the place to keep in shape or maintain your exercise routine. Try out the gym, enjoy a game of tennis, hit a few softballs, or practise your rock climbing on the indoor rock wall. The recreation centre offers an ever changing wide range of special interest programs.

Riverlodge Recreation Centre
654 Columbia Avenue West | 250-632-8970
recreation@kitimat.ca | www.kitimat.ca

Parks

Coghlins Park

Located on Haisla Boulevard, this scenic lookout provides spectacular views of the Douglas Channel from the manicured gardens of Coghlins and Kemano Parks. Gazing down the channel you may catch a glimpse of large ships coming in to the industrial docks or one of the many smaller recreational boats dotting the water. To the east you will see the calm waters of Minette Bay and the islands and coastal mountains provide a breathtaking backdrop to the view.

Heritage Park

Heritage Park is located outside the Kitimat Chamber of Commerce and Visitor Centre. Heritage Park is home to a variety of flags from all over the world representing many of the different multicultural groups who reside in Kitimat. Visitors will also find benches, picnic tables, an information kiosk, covered gazebo and our Spirit Bear decorated with First Nations artwork. An amphitheatre to host arts and cultural events was built in 2020, sponsored by the District of Kitimat, DCH Industries and Northern Development Initiative Trust. It's a perfect area for an afternoon picnic or rest stop.

Centennial Park

Centennial Park was built in 1971 to commemorate the 100th anniversary of British Columbia's entry into Confederation. The Park boasts beautiful flower gardens, picnic tables, benches, a cenotaph war memorial, water fountain and totem pole. The totem pole depicts the story of Hunclee Qualaas or Waamis and the founding of Kitimat. The top figure is Waamis and below him are the legendary monsters that inhabited the Kitimat Valley. The park is a great place to enjoy a picnic or a leisurely stroll around the beautiful gardens. Centennial Park is located in City Centre across from Upper City Centre Mall.

Giant Spruce Park

Sitka Spruce commonly grow up to 70 m tall and 2 m across when mature. Giant Spruce Park is located on the shores of the Kitimat River flood plain. The remains of a previously registered "largest living Sitka Spruce in BC" can be found in the park. The tree measures 11.2 m in circumference (36.7 ft) and once stood 50.32 m tall (165 ft). As you walk the trail of this park you will notice the forest floor is thick with moss, ferns and blueberry bushes.

Adventure Parks

Kitimat offers a wide range of park facilities including a challenging skate, bike and board park. Accessible equipment is available at a number of these parks while others include wide open green spaces. The community is uniquely connected with a series of paths through green spaces to eliminate excessive crossing of major streets.

During summer months access is available to wading pools operated by the District of Kitimat.

For more information and park locations visit www.tourismkitimat.ca or www.kitimat.ca.

Dog Park

Let Fido exercise and play off-leash in a controlled environment under your supervision. The fenced dog park allows owners and their dogs to spend time together and offers your dog(s) a space to play and companionship with others. The dog park offers agility obstacles and fresh water for dogs. Located on Kuldo Boulevard. Please clean up after your dog - bags and garbage containers are provided at the park. Other off-leash areas include Dike Road and Forest Avenue.

Lion's Park

Lions Park is a popular destination for families looking for outdoor fun in the sun. The park boasts a well-equipped playground, picnic tables and beatiful manicured gardens.

Located near the entrance of the Tamitik Recreation Complex, Lions Park is the perfect place to have a picnic after a swim or a day of shopping!



Jill Barrowman

See & Do

Soak up some culture at the Kitimat Museum & Archives, visit our local mall, enjoy a delicious meal at one of our restaurants or take the perfect picture with our giant snowflake; just some of the many places to go in Kitimat.

A trip to Kitimat wouldn't be complete without seeing these featured attractions.

Moore Creek Falls

Located just across from Rio Tinto's BC Works main office building, Moore Creek Falls is a photographer's delight. As you climb the rugged stairs carved into the hillside, the sound of snowmelt water rushing over the rocks leaves you anticipating what's ahead.

Rainy Day

1. Visit our local Library.
2. Discover our history at the Museum.
3. Enjoy a tour of the Fish Hatchery.
4. Feel revitalized and refreshed at a local spa.
5. Up your rain gear at one of the local fishing or clothing stores and try out one of our hiking trails.
6. Dine at a local restaurant.
7. Rock out! Friday nights at the Bistro with a live band.
8. Take in the local culture at one of our coffee shops.
9. Drop-In Yoga: Koi Yoga Studio offers daily yoga classes for all levels and experiences.
10. Get really wet at the Aquatic Centre.

Hospital Beach

This ocean-side beach (the original site of Kitimat's first hospital) is located just past Rio Tinto's BC Works smelter. It is a popular gathering spot for visitors and locals during the summer months. At low tide, you can explore and may find seashells and other small sea creatures.

Kitimat Fish Hatchery

The Kitimat Hatchery is operated by the Federal Department of Fisheries and Oceans Canada. The species mix includes chinook salmon, chum salmon, coho salmon, steelhead and cutthroat trout. The hatchery is wheelchair accessible and open Monday to Friday during the summer.

Please call ahead for availability of tours 250-639-9888.

Family Fun

Playground Groups

Riverlodge Recreation Centre offers free playground groups during July to mid August from 9:00 - 12:00 and 1:00 - 3:00 at The Pentecostal Church and Kildala School.

654 Columbia Avenue West | 250-632-8970
recreation@kitimat.ca | www.kitimat.ca

Riverlodge Summer Programs

Riverlodge Recreation Centre offers summer programs for kids throughout July and August ranging from day programs to month long programs.

654 Columbia Avenue West | 250-632-8970
recreation@kitimat.ca | www.kitimat.ca

Wading Pools

Two wading pools are located in Kitimat; Heron Park and Chilko Park. They are open throughout July and August Tuesday - Sunday, if the weather permits.

Sam Lindsay Aquatic Centre
396 City Centre | 250-632-8955
recreation@kitimat.ca | www.kitimat.ca

Kitimat Library

Summer reading clubs and summer activities happen throughout July and August, please call the Library to confirm dates. A library card is required to borrow any books or movies.

940 Wakashan Avenue | 250-632-8985
ask@kitimatlibrary.ca | www.kitimatlibrary.ca

Kitimat Museum

The Kitimat Museum & Archives has served Kitimat since its opening in 1969 as a place for community and natural history as well as an exhibition centre for visual arts.

Summer of Adventure - six weeks of summer programming for ages 3 to 9 run by the Museum's summer students.

293 City Centre | 250-632-8950
www.kitimatmuseum.ca

Aquatic Centre

Enjoy a swim with the family or keep active at Sam Lindsay Aquatic Centre. Features include; public swims, length swims, private rentals, swim lessons. Many special events are also held at the pool each year. For more information, please see page 13.

396 City Centre | 250-632-8955
recreation@kitimat.ca | www.kitimat.ca

Visit
KITIMAT MUSEUM & ARCHIVES
Community History - Natural History
Visual Arts - Gift Shop
Open year round
293 City Centre Kitimat BC
Ph: 250-632-8950
www.kitimatmuseum.ca

Ruth Mills

Events

Visit www.kitimatcalendar.ca to see what's happening in Kitimat year-round

February

Rail Jam and Winter Fest
Guns & Hoses Charity Ice Hockey Game

April

Spring Craft and Business Fair
Kitamaat Open Basketball Tournament

June

Canada Day Concert
Kitimat Show & Shine Car Show
Kitimat Hill Climb
Run Walk Festival

July

Canada Day Celebrations
Man's Best Friend Motorcycle Show n' Shine
Kitimat Night Market

August

North West Photo Fest
Kitimat Night Market

September

Kitimat Fish Derby

October

Halloween Howl

November

Fall Craft Fair
Love Kitimat Trade Show
Light Up Kitimat

December

Artisan Christmas Market
Family New Years Eve

Fun Facts

The Douglas Channel is one of the widest and deepest waterways on the west coast, with the narrowest section being 1.48 km wide and a distance of 140 km to open ocean.

While Kitamaat is the Tsimshian word for "People of the Snow", the Haisla name for Kitamaat Village is "Tsee-Motsa", meaning Snag Beach.

Kitimat came close to setting a record for the highest snowfall over a 24-hour period in February 2015 with 109 cm of snow.

Former Kitimat residents Bill Riley, Mark Fitzpatrick and Rod Pellew went on to play in the NHL.

Fred Marsh invented the Marsh Pegs, a hockey net anchoring system used by the NHL since 1991. Fred worked in Kitimat's ice arenas for over 20 years.

Kitimat has a large open mine worth millions, namely the Sandhill.

Alcan's Kitimat-Kemano project was the largest private construction project in North America in the 1950s. Kitimat made history for the second time in October 2018 - LNG Canada's project is the largest private investment in the history of Canada.


LUXURY
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1.855.632.7600
150 City Centre Mall
info@hotelmstar.com



Light Up Kitimat, Paula Keech Photography

Shop & Eat

City Centre Mall

City Centre Mall is one of Kitimat's meeting, shopping and public spaces. It provides services from independent retail outlets, banks and restaurants to professional and municipal offices.

Mountainview Square

Visit Mountainview Square in Kitimat's downtown core for freshly baked goods, groceries, pet store, office supplies, gifts and more. The Square also includes restaurants, beauty salon, optical and medical offices.

Service Centre

Service Centre is the place to find your auto, marine, building and industrial supplies. There are also a few restaurants located in the area.

Nechako Centre

Nechako Centre boasts a tattoo studio, convenience store, barber, beauty salon, dentist offices, laundromat, pub, pizza take-out and gym.

Love Kitimat

Many of the unique independent shops of Kitimat are featured on www.lovekitimat.com and located throughout the community.

For a listing of shops and restaurants in Kitimat, please visit www.tourismkitimat.ca.



Ruth Mills

saveonfoods online shopping

same day
pick up



fast.easy.fresh.

535 Mountainview Square | SaveOnFoods.com
Minimum order \$40 excluding applicable taxes and fees.



CITY CENTRE MALL

shop I eat I stay



www.citycentremall.ca

250-632-2433 | 276 City Centre

Stay

Kitimat has a number of welcoming and comfortable places to stay.

From a stay in the heart of downtown, to a stay at the edge of the forest; near the ocean or river, the choice is yours. Perhaps you would like the company by sleeping at a number of bed and breakfast establishments. Whether you are staying for the fishing, visiting friends, on business, or exploring the town and surroundings, we have the accommodation for you.

ACCOMMODATIONS		Number of Rooms	Restaurant	Smoking Rooms	Kitchen Suites	Wheelchair Accessible	Pets Welcome	Meeting Facilities	Internet
Chalet Motel 852 Tsimshian Blvd. P - 250-632-4615 E - thealpchalet@telus.net	48	•					•	•	•
Kitimat Cosy Cottage Rental 111 Partridge St. P - 778-818-0146 E - scammish@telus.net	2			•					•
Kitimat Lodge 656 Dadook St. P - 250-632-6677 E - kitimatlodge@telus.net www.kitimatlodge.com	18			•	•	•	•	•	•
Marriott Fairfield Inn & Suites www.marriott.com Opening Summer 2020	119								
Microtel Inn & Suites by Wyndham 633 Dadook St. P - 778-631-0044 E - gm@microtelkitimat.com www.microtelcanada.com	87		•	•	•	•	•	•	•
Minette Bay Lodge 2255 Kitamaat Village Rd. P - 250-632-2907 E - info@minettebaylodge.com www.minettebaylodge.com	10								•
MStar Hotel Kitimat 150 City Centre Mall P - 250-632-7600 1-855-632-7600 E - info@HotelMstar.com www.hotelmstar.com	42			•	•				•
Nature's Edge Bed & Breakfast 48 Anderson St. P - 250-632-9760 E - darcy.d@telus.net www.facebook.com/NaturesEdgeBedBreakfast	2				•		•		•
Sleepin Inn B&B 4 Wohler St. P - 250-632-6422 E - sleepkitimat@gmail.com	1			•					•
Teri's B&B 4 Oolican Ave. P - 250-632-1371	1			•					•
Tookus Inn Floating Lodge P - 250-632-1469 E - tookus-inn@telus.net	6			•					



Minette BAY LODGE KITIMAT, BC

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Feather beds, open fires and traditional fare will guarantee a memorable stay.

Fully licensed - Corporate rates available

Weekend house parties, group and corporate dinners.

250-632-2907

info@minettebaylodge.com

2255 Kitamaat Village Road

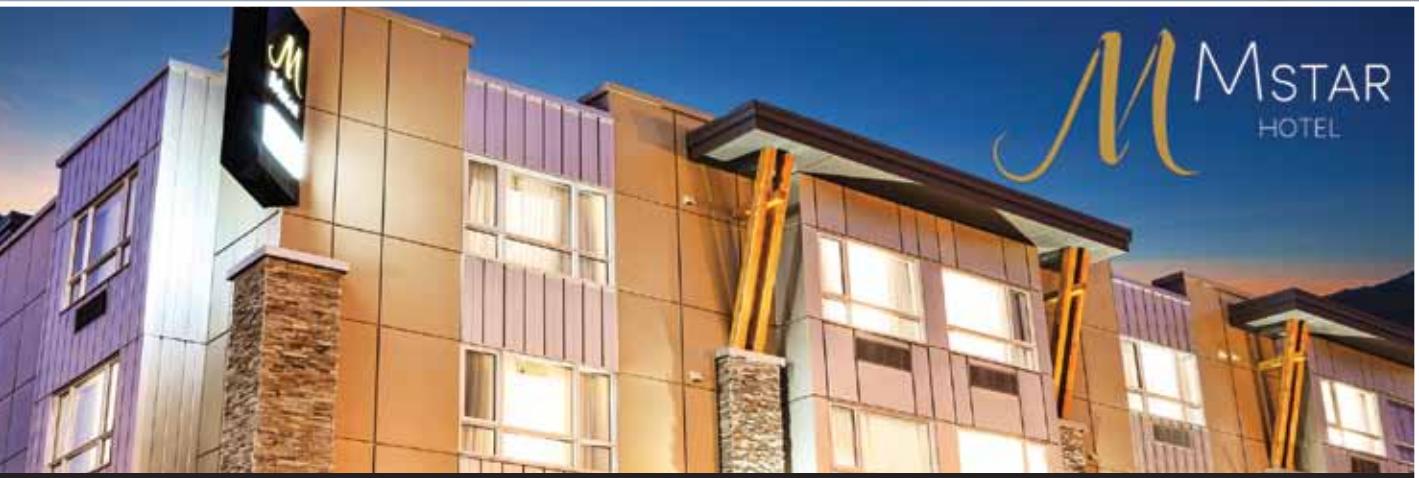
www.minettebaylodge.com











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1.855.632.7600 150 City Centre Mall Kitimat, BC info@hotelmstar.com

Camp

Kitimat has various privately owned campgrounds as well as two municipal campgrounds.

For municipal campground reservations visit www.kitimat.ca/campingreservations or call 250-632-8955.

Radley Park and Hirsch Creek Park both have covered shelters, which are suitable for use by organizations, family and neighbourhood groups. There is no charge to use the covered shelter, however it does need to be booked through either:

Tamitik Jubilee Sports Complex - 250-632-8955
Riverlodge Recreation Centre - 250-632-8970

Radley Park

A camper's mecca in the heart of a great fishing location, Radley Park is a 38-unit facility situated on the western bank of the Kitimat River. Only minutes from downtown Kitimat, Radley Park is the ideal summer getaway. Regular park season is from May 15 to September 15 (weather dependent).

Radley Park has picnic tables as well as a shelter with a barbecue area and tables. The District of Kitimat is part-way through a park improvement plan which focuses on enhancing visitor stay and comfort at Radley Park.

Hirsch Creek Park

Located at the entrance to Kitimat on Highway 37, this scenic park offers a family picnic area for those who would like to "get away" but still be close to town. Hirsch Creek Park features numerous picnic sites along the riverbank, a sheltered barbecue area, dry toilets and 8 campsites.

Park attendants bring firewood in the morning and evening. A beautiful spot for fishing and hiking, Hirsch Creek Park is perfect for the whole family. A stroll through the old growth forest is a relaxing and renewing experience.

CAMPING		Number of Sites	Tenting	Water	Power	Washrooms	Showers	Firewood	Boat Launch	Sani Dump	Reservations
Hirsch Creek Park Highway 37 South P - 250-632-8955 www.kitimat.ca/campingreservations	8	•				•		•			
Kitimat Lodge 656 Dadook St. P - 250-632-6677 E - kitimatlodge@telus.net www.kitimatlodge.com <small>See our ad on page 25</small>	6		•	•						•	
Kitimat Trailer Park 584 Columbia Ave. P - 778-631-0044 Weekly and Monthly rates available	17	•	•	•						•	
MK Bay Marina Limited Partnership 4935 Kitamaat Village Rd. P - 250-632-6401 E - admin@mkbay.ca www.mkbaymarina.ca	31	•	•	•	•	•	•		•	•	
Radley Park On the Kitimat River - Follow Haisla Blvd. P - 250-632-8955 www.kitimat.ca/campingreservations	41	•	•	•	•	•	•	•	•	•	•



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Helicopter Fishing
Hotsprings Tours



250-632-6677 | 250-639-4277

656 Dadook Ave Kitimat, BC

www.kitimatlodge.com

Fishing

Freshwater Fishing

There are many ways to fish the Kitimat River; fish the mouth of the river in a jet boat, fish the length of the river in a drift boat, drive to a hot spot on the river bank or hike in to a secluded spot.

Discover the finest steelhead, salmon and trout fishing in British Columbia! The Kitimat River has its own natural beauty with plenty of fish stocks 12 months of the year. We are fortunate to have the Kitimat River Fish Hatchery enhancing our chinook, coho, chum, steelhead and cutthroat populations on the Kitimat River. Join in on the incredible action this season and you will discover why this is where you will love to fish!

Whether you are interested in fishing for an hour, a day or a week, Kitimat offers world class salmon sport fishing adventures. Rivers in the Northwest have their own personalities and fishing the Kitimat River has a quiet serenity that is an experience in itself. Except for the welcome excitement of "Fish On!" the tranquility of fishing the Kitimat is a refreshing change of pace after a busy day.

In the end, a great day of fishing is not only just about the catch. Yes, it's great to have fish to take home, but spending a day on the water with family and friends can be one of the most rewarding experiences in an angler's life.

While enjoying your fishing experience, please help conserve salmon for future generations by limiting your catch and not catching your limit

Freshwater	May	Jun	Jul	Aug	Sep	Oct
Chinook	●	●	●	●		
Chum		●	●	●	●	
Coho				●	●	●
Pink			●			
Steelhead	●					
Trout	●	●	●	●	●	●

● Available ● Peak Season

Talon Gillis



Come join others from around the globe enjoying some of the world's best fly fishing for trophy salmon and steelhead in the pristine Kitimat wilderness.

You can fish the easily accessible Kitimat River, or for the more adventurous, the many remote fly-in areas that provide spectacular scenery, tranquility and great fishing.

Fly fishing is a refreshing escape from the daily rigors of everyday life. There's nothing better than the push and pull of a fly line and the sight of catching a fish with a perfectly placed fly.

BRADLEY'S BAIT & TACKLE

Home of Kitimat's Original Hand Tied Marabou Barbless Salmon Jigs

The advertisement features a collage of images including the storefront, interior displays of fishing gear, a person holding a large fish, and close-up shots of fishing lures and a fish skeleton. The text highlights the store's specialty in hand-tied marabou barbless salmon jigs.

- Fishing Rods & Reels
- Clothing
- Licensing
- Camping Supplies
- Bait, Dry Ice, Coolers
- Ammunition Sales
- Weigh Scale
- Giftware
- Fish Freezing Services
- Souvenirs

I FEAR NO FISH

250-632-COHO (2646)
205 Lower City Centre Mall
www.bradleysbait.ca

You can experience the ultimate fishing opportunities while drifting the Kitimat River

Local guides have evolved several techniques and lures exclusively manufactured for fishing the Kitimat River. Drift down the hatchery enhanced river and fish for steelhead, chinook, coho, chum and pink salmon as well as trout. Skill levels of anglers from beginner to professional will be challenged. Conventional tackle, hot shooting techniques or fly fishing can be used for all species in the Kitimat River.

Well equipped charters and guides are available in Kitimat.

CHARTERS & GUIDES

	Freshwater Fishing	Saltwater Fishing	Back Country Tours	Licensed	Wildlife Viewing	Hot Spring Tours	Accommodations	Group Tours	Equipment Provided	Transportation
Blue Heron Charters P - 250-639-9359 M - 250-639-5101 E - jojse@telus.net www.blueheroncharters.com	•		•	•	•			•	•	
Captain Jim's Adventures P - 250-812-3235 E - info@captainjimsadventures.com www.captainjimsadventures.com	•		•	•				•	•	•
Kitimat Adventures P - 250-639-4277 E - tjhittel@telus.net www.kitimatadventures.com	•	•	•	•	•	•	•	•	•	•
Kingfish Westcoast Adventures Ltd. P - 250-639-4555 E - info@fishinginkitimat.com www.fishinginkitimat.com	•	•	•	•	•	•	•	•	•	•
Nautical West Sport Fishing P - 250-632-4547 E - reservations@nauticalwest.com www.nauticalwest.com	•	•	•	•	•	•	•	•	•	•
North Pacific Transport & Eco-Tours P - 250-639-1000 E - marcyoung@citywest.ca	•	•	•	•	•	•		•	•	•
Ocean Breeze Charters P - 250-632-4507 E - savila@live.ca	•		•	•	•	•	•	•	•	•
Reliable Guide and Charter M - 250-632-1275 E - wakita@telus.net www.kitimatfishingguideandcharters.com	•	•	•	•	•	•	•	•	•	•
Tookus-Inn Lodging & Charters P - 250-632-2345 M - 250-632-1469 E - tookus-inn@telus.net www.tookusinn.com	•	•	•	•	•	•	•	•	•	•



The Kitimat River is a fast-flowing dangerous stream. Log jams and fallen trees are common. Water levels often change drastically in only hours. New hazards can appear overnight. Plan ahead and scout the river before you put your drift boat in. Always wear your life jacket.

Follow "Kitimat River Updates" Facebook Page. This group was created to share updates and information about conditions on the Kitimat River.

Department of Fisheries & Oceans
www.pac.dfo-mpo.gc.ca

Marine Safety
www.tc.gc.ca/marinesafety

Conservation Officer Service
250-638-6530

Reliable Guide and Charters

www.reliableguideandcharters.com

Driftboat Charters
Jetboat Charters
Kitimat Saltwater Charters
Prince Rupert Saltwater Charters
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(4 hours)



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Freezer Services



380 City Centre | 250-632-1275 | wakita@telus.net



Ocean

**There are many rivers and lakes
that flow through a majestic
coastal mountain range and
into the Douglas Channel with
its abundance of sea life**

Try your luck at catching massive halibut, chinook, chum, cod, coho, pinks or snapper to accompany your feast of fresh Dungeness crab and prawns.

The opportunities are endless here, depending upon the species you seek at the time of year you visit us.

The north coast of British Columbia is well known for its incredible sport fishing. Kitimat, located at the head of the Douglas Channel, one of BC's longest inland fjords, provides access to unbelievable salt water fishing adventures.

The 90 km stretch of ocean to the Inside Passage has many feeder creeks and rivers, including the Kitimat River, which produce migrating salmon. These well protected waters offer exceptional fishing for chinook and coho salmon as well as some of the largest halibut found on the BC coast.

Whether you launch your own boat at MK Bay Marina or book a charter with one of our well equipped guides, you

will experience majestic mountains, a variety of wildlife and an abundance of fishing opportunities.

As you experience the salt spray and ocean wind, be on the lookout for sea lions, eagles, orcas, humpback whales and dolphins at play. On occasion you may observe Kermode bears exploring the shores of the Douglas Channel, bald eagles as they pick a salmon from the salt water or dolphins swimming alongside your boat.

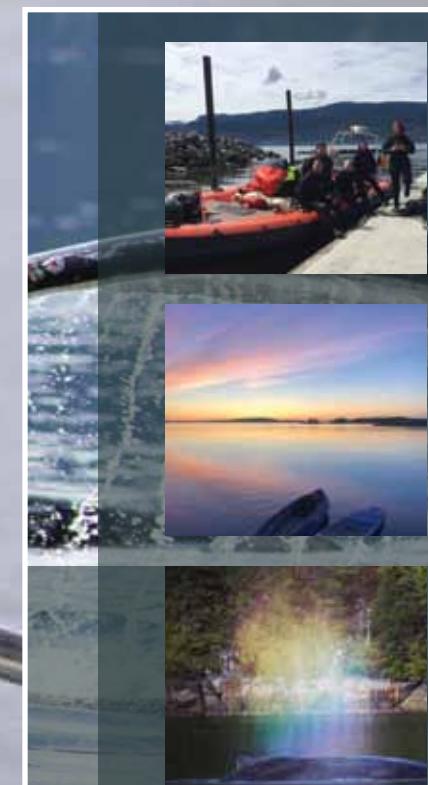
When the challenges of catching that trophy fish have you exhausted, relax in the sulphur free, natural hot springs of Bishop Bay, Shearwater or Weewanie.

Saltwater	May	Jun	Jul	Aug	Sep	Oct
Chinook	●	●	●	●		
Chum	●	●	●	●	●	
Cod	●	●	●	●	●	●
Coho			●	●	●	
Crab	●	●	●	●	●	●
Halibut	●	●	●	●	●	●
Pink			●	●	●	
Snapper	●	●	●	●	●	●

○ Available

● Peak Season





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250-639-1000 | marcyoung@citywest.ca | www.facebook.com/pg/North-Pacific-Transport-Eco



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250-632-7722
741 ENTERPRISE AVENUE

MK Bay Marina

MK Bay Marina Limited Partnership is a full service community based marina, located on the east side of the Douglas Channel at the entrance to Kitamaat Village and on traditional Haisla First Nation territory.

The marina is focused on servicing mariners who enjoy the ocean in this beautiful area. Amenities include Wi-Fi, laundry and shower facilities, long term and short term moorage, camping sites and boat launch. The store offers a wide variety of tackle and boating supplies.

Have your fish cleaned and vacuum packed for your travels at the fish processing plant, which will open early summer 2020.

Find out more about the marina at www.mkbaymarina.ca.

Kingfish Westcoast ADVENTURE TOURS LTD.

www.fishinginkitimat.com



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- Hot Spring Tours
- Wildlife Viewing
- Marine Tours
- Transportation Available
- Certified Chef



info@fishinginkitimat.com

921 Kuldo Blvd. Kitimat, BC V8C 1W1 Canada

T 250-639-4555 M 250-639-6431 Toll Free 1-877-781-4555

Wir sprechen Deutsch



Kayaking

To fully experience the beauty and majesty of British Columbia's inland coast, plan a kayaking trip on the Douglas Channel

Offering incredible scenery, wildlife viewing opportunities and an awe-inspiring serenity, your trip to Kitimat to kayak the channel will be a rewarding one.

Though its awe-inspiring views await, the Douglas Channel is not for the ill-prepared kayaker. Few landing opportunities exist where the channel is at its widest and roughest. All kayakers need to plan their routes carefully, equip themselves with the required safety gear and register a float plan with someone on land before departure. Though a multi-day trip on the channel is one you will remember for a lifetime, make sure the memories are good ones!

For those who would like to get a taste of kayaking, equipment rentals are available and reasonably priced.

North Pacific Transport & Eco-Tours

6 rigid kayaks, 2 person inflatable kayak, 4 stand-up paddle boards available.

250-639-1000 | marcyoung@citywest.ca

Kitimat Visitor Centre

6 single Tahe Marine kayaks available, double kayaks are available upon request. Paddle kayak shirt, dry bag, waterproof flashlight, PFD with whistle, paddle float, bilge pump and vehicle roof rack included.

2109 Forest Avenue | 250-632-6294
tourism@kitimatchamber.ca | www.tourismkitimat.ca

Hike

Kitimat has 11 recognized hiking trails within the municipality and an additional 6 hikes located just a short drive from the townsite. More information and directions to the trails can be obtained from the Kitimat Visitor Centre.

Kitimat walkways reflect the community's historical and cultural beginnings. Kitimat is a planned community with a great interpretive sign walkway system. Locals and visitors walk many of the loops for exercise or to sightsee. Each sign has a wealth of historical information and images specific to each area. Detailed information is located on one of the four Circle Tour kiosks found in each neighbourhood or at the Kitimat Visitor Centre.

Please use caution when encountering wildlife and keep a respectful distance so the animals do not feel threatened and always let them know you are in the area by making noise. For more information on "Bear Aware", visit <https://wildsafebc.com>

Advanced Trails

Moderate Trails

Easy Trails

Clague Mountain Trail takes approximately 6 to 7 hours return to the summit. Alternatively you can hike to the Kitimat Snowmobile & Hikers Club cabin, which is 4 to 5 hours return. Once you've walked through the forest you will enter some beautiful sub-alpine meadows and beautiful views of Kitimat and the Douglas Channel.

Mount Elizabeth is a challenging 5 km trail to the summit and is only recommended for experienced hikers. The lookout is located in sub-alpine and takes approximately 2 to 2.5 hours to hike up to, but provides a great view of Kitimat. You can continue to Little Elizabeth, which is another 2 hours hiking from the lookout, whilst the summit is another 1 to 1.5 hours additional hiking from Little Elizabeth. This last half of the hike is a very difficult trail of loose rocks and can be covered by patches of snow.

Robinson Lake Trail is 3.8 km one way and climbs to a small coastal lake. The trail winds through coastal old growth forest and along the edges of small marshes and streams. There is a picnic table at the lake. This hike makes for a nice family day trip and may even include a swim on a hot day.

Robinson Ridge Trail is 3 km one way, provided you have 4WD to get to the trailhead, otherwise the walk to the trailhead will be a bit longer, depending on where you park your vehicle. A variety of terrain exists including open marshes as well as timbered areas, with some steep pitches before arriving at the Kitimat Snowmobile & Hikers Club cabin located next to a small sub-alpine lake.

Coho Flats Trail is 2 km one way and is well blazed and easy to follow; meandering down to the Kitimat River. The rock outcrop at the end of the trail is an excellent place to fish.

Fisherman's Trail is 3.5 km one way. The first half of the trail crosses over rugged rock terrain with a number of short up and down pitches in order to navigate around a rock bluff and the river. As a result, this trail is not recommended for children under 6 years of age. The trail terminates where it joins Coho Flats Trail and provides an alternative exit for those not wanting to return the same way.

Hirsch Creek Canyon Trail is 4 km one way – you can either walk the longer route through the forest that grows alongside Hirsch Creek, or you can walk the short 400 m one way shortcut to the canyon viewpoint. Stay well back from the edge of the canyon viewpoint and maintain constant supervision of young children as well as your dogs.

Hirsch Creek Park Trail is a 1.5 km loop and an excellent place for a picnic and to view a coastal old growth forest and exceptionally large trees. The trail is flat, easy to follow and perfect for the whole family.

Hirsch Creek South Trail is 2 km one way. The trail follows the south side of Hirsch Creek and if you only have an hour or so to get away from it all, try this one.

Hirsch Creek North Trail is 1.5 km one way and follows the old road/ATV trail up the north side of the creek and becomes a true trail for the remaining 500 m to the logging bridge. This is a great place to run the dog or get a quick walk in before heading out of town.

Joe's Trail is 3.5 km one way and runs down the east bank of the Kitimat River to the end of the Lower Dike Road. The trail incorporates fishing trails and more recently ATV trails, which provide access to the river, but also makes a nice walk.

North Cove Trail is a 1 km one way and descends approximately 100 m vertical distance to the beach. It is an easy walk down, however a little more difficult coming back. The trail ends on the shore of the Douglas Channel where you will find a picnic table and fire pit. A second, short trail will take you to the Mid Cove area where you will enjoy additional views. This trail is overgrown but easy to follow and, providing you take your time, should be an enjoyable experience for all ages.

Pine Creek Trail has two loops, namely the upper and lower loop. Each loop is 1 km and great for all ages. There are interpretative signs at certain points along the upper loop explaining salmon habitat and the vegetation. Dogs need to be on a leash using these two trails as the trails are on private property.

Smith Street Trail is a short 400 m one way. The trail primarily consists of a short, but steep descent to the floodplain.



Chris Wang
PHOTOGRAPHY

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Chris Wang Photography

- www.chriswang.com
- chriswangphoto@gmail.com
- facebook.com/cwangphotography
- (250) 639-1653



Golf

Hirsch Creek Golf & Winter Club is surrounded by some of the most stunning mountain scenery in the province

The Hirsch Creek Golf & Winter Club is home to an extremely challenging, superbly designed 18 hole, par 72, championship golf course.

The golf course is comprised of and recognized for its competitive and diverse design and presents a memorable round for both beginner and experienced golfers. The beautiful front 9, designed by Les Furber, winds its way through the wilderness to create outstanding views from tee boxes and fairways. The back 9 is an established layout that allowed nature to form a more traditional golf experience.

The facility offers professional knowledge and expertise, practice greens, driving range and rentals (golf equipment, motorized and pull carts).

The breath-taking views from the restaurant and lounge are amongst some of the most scenic views in Northern BC. The club has a 130 seat licensed clubhouse and deck, along with a private meeting / dining room that can accommodate up to 35 people. The raised sundeck at the front of the clubhouse is the perfect place to relax over a drink or a meal and soak in the sunshine after a round of golf.

When the thermometer dips, try your hand on the four sheet curling rink, which has long been a regional favorite where players of all ages and skill levels enjoy the varied programs and schedules. "Public Drop In" sessions give new curlers the chance to try out the sport and develop skills. These sessions are also an opportunity for league players to perfect their skills, families to try curling together and young people to "try something new." www.hirschcreekclub.com



 **Hirsch Creek**
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2000 Kingfisher Ave
Bar & Grill 250-632-4242 | Pro Shop 250-632-4653
www.hirschcreekclub.com | Facebook.com/hirschcreekclub

Jill Barrowman

Two Wheel Adventures

Rent a Mountain Bike

Put a new spin on exploring Kitimat and save the cost of transporting your own bike. Explore Kitimat's network of forestry roads to see where they lead you whilst enjoying the fresh air in your lungs. The Kitimat Visitor Centre has two adult, unisex Norco Fluid 4 HT mid-fat mountain bikes you can rent for the day. The larger, low-pressure tires create a smoother ride along the gravel or snow covered forest service roads.

The bikes are rented on a first come, first serve basis. In order to rent the bikes, each rider will need to sign a waiver, provide photo ID as well as credit card details. Helmets must be worn as your safety is important (or we can loan the adjustable helmets if you don't have your own). Please bring your own water bottle and comfortable cycling clothing that you don't mind getting dirty!

Onion Lake Fat Bike Trail

The Snow Valley Nordic Ski Club has introduced a fat bike and snowshoe trail at Onion Lake.

The new 4.7 km one-directional trail will be solely for fat bikes with winter tires and snowshoers. The trail starts beside the club's electrical shed down to Onion Lake and returns parallel to the highway, with five exit loops to shorten the adventure.

Snow Valley Nordic Ski Club

www.snowvalleynordics.com | Facebook - Onion Lake Ski Trails

Horizon Moto Tours

If you are the adventurous type who enjoys a fistful of throttle where life in the wind heightens the senses and expands the spirit of every freedom seeking soul, then put on your favourite biker anthem and enjoy Northwest BC. Horizon Moto Tours is Kitimat owned and operated by a family of adventure riders, racers and riding instructors who enjoy sharing their passion with others. They offer motorcycle enthusiasts a true back country experience with low traffic routes, spectacular views, winding roads and comfortable accommodations. You have the option of joining them on a tour or renting one of their adventure motorcycles, as well as gear, and exploring the area yourself.

For motorcycling routes in northern BC be sure to check out www.route16.ca.

1-250-639-4274 | info@horizonmototours.com

www.horizonmototours.com



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Mario Pinto

Winter Fun!

Those who enjoy snowshoeing and backcountry skiing will also appreciate the scenic snow covered mountains around Kitimat

Snowshoeing is a great winter activity for the whole family and is one of the easiest and least expensive ways to exercise or get out and enjoy the snow. If you enjoy hiking, then you will love exploring the marked trails in winter too and possibly spot some wildlife along the way. The snowshoe trails are dependent on the amount of snow, but have been marked on the Kitimat hiking map. There's a route for everyone, from novice to more experienced.

Snowshoes can be rented at
Riverlodge Recreation Centre
654 Columbia Avenue West | 250-632-8970
recreation@kitimat.ca | www.kitimat.ca

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Cross Country Skiing

An easy and fun way to increase the heart rate while appreciating the beauty of the scenery around you. The Snow Valley Nordic Ski Club is a volunteer organization operating the Onion Lake Ski Trails half way between Kitimat and Terrace. Situated in the middle of the beautiful Kitimat Valley, they have 35 km of trails groomed for classic and skate skiing, of which 5 km are lit for night skiing. Dogs are welcome on the 6.5 km Doggie Trail. The trails are built to suit a variety of skill levels and still provide easy access to small lakes and spectacular views of the valley. The vistas of the Kitimat Range Coast Mountains that surrounds the tails makes this an awe-inspiring experience.

A comfortable warming hut, parking and toilets are available next to the stadium free of charge for season pass holders and day users. Day users can purchase day passes from the ticket booth located at the trail head and season passes can be purchased by contacting the club. The rental shop is open on weekends. Lessons for young children are held on Saturdays from January to March and adult lessons by arrangement, often on Saturdays too. The Club's coaches and instructors are fully certified.

The club hosts an Open race and a Marathon every year along with a Women's Ski Fest and Family Day events.

Snow Valley Nordic Ski Club
www.snowvalleynordics.com | Facebook - Onion Lake Ski Trails

Snowmobiling

Every sledder needs to put Kitimat on their bucket list! The area is known for its legendary snowfall. Kitimat, which is only 128 m above sea level, has a high snowfall record. Winter activities can present unique hazards. Please take precautions and be aware of avalanche areas.

There are two scenic trails to choose from, namely Clague Mountain and Robinson Ridge. Both these trails have an emergency cabin and we encourage you to become a Kitimat Snowmobile and Hikers Club member to receive information and access to these cabins.

Kitimat Snowmobile and Hiker's Club
www.facebook.com/KitimatSnow

Memberships can be purchased at

Phil's Mobile
717 Commercial Avenue | 250-632-2055

Kitimat Visitor Centre
2109 Forest Avenue | 250-632-6294
tourism@kitimatchamber.ca | www.tourismkitimat.ca

Riverlodge Recreation Centre
654 Columbia Avenue West | 250-632-8970
recreation@kitimat.ca | www.kitimat.ca

Please check the Canadian Avalanche Association bulletin for regional details: www.avalanche.ca



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OWNER
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250-632-2576 | 194 City Centre, Kitimat | www.nofrills.ca

Meet our neighbours...

Terrace

Terrace is located 60 km north of Kitimat and is situated at the junction of Highway 37 to Kitimat and Highway 16 between Prince Rupert and Smithers. Drive the Shames Mountain ski hill road for a view you will never forget, or in winter, enjoy skiing in waist-deep powder. Visit the Farmer's Market which is held every Saturday morning from May to October. Terrace has much to offer the outdoor enthusiast, from mountain biking trails, to hiking, golfing, paddling, kite or wind surfing, the list is endless. www.visitterrace.com



Prince Rupert

Just over 200 km to the north-west of Kitimat, lies the picturesque port town of Prince Rupert. One of the deepest natural harbours in North America, it's a bustling hub for industrial activities and the perfect place for large ships to anchor en route across the Pacific. Cow Bay is the beautiful tourism spot where one can buy souvenirs or savour fresh seafood in one of the many restaurants. Book a boat ride to the Khutzeymateen Grizzly Sanctuary, just north of Prince Rupert. The drive between Terrace and Prince Rupert is probably one of the nicest in the world - with the Skeena River flowing alongside the road, to the lush mountains scattered with waterfalls. Take a tour of the North Pacific Cannery Museum in Port Edward, just 30 km outside Prince Rupert and learn how the multicultural workforce canned fish until the early 20th century. www.visitprincerupert.com

Nass Valley

Just over 100 km north of Terrace on Highway 113, the volcanic landscape of Nisga'a Memorial Lava Bed Provincial Park. The Park is a result of a volcanic eruption over 250 years ago – Canada's most recent volcanic eruption. The self-drive tour is well signposted and explains features and stories about the history of the area and the resulting outcome from the lava flow. The short trail to the Aiyansh Hot Springs (Hlgu Isgwit) is renovated with ramps, which makes it easier to access the hot springs. Stop in at the Nisga'a Museum to view the collection of bentwood boxes, carved masks and other works of art. www.nisgaatourism.com

Hazeltons and Stewart-Cassiar

With scenic mountains, wilderness recreation, trophy salmon fishing and a First Nations culture, the Hazeltons have much to offer. West of New Hazelton, take the Stewart-Cassiar Highway 37 and head north to Stewart, on the United States border. Be sure to take your passport as Hyder, Alaska, is just minutes directly west of Stewart, BC. Visit Salmon Glacier, the world's largest road-accessible glacier, and the Cambria Ice Fields, both of which provide some breathtaking scenery. www.stewartcassiarhighway.com

Feel the stillness around you. Hear the gentle breeze flowing through endless forest leaves and over mountain peaks. See valley glaciers returning to rushing rivers. Discover your Wild in Northwest British Columbia. www.visitnorthwestbc.ca

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