

Take a Hike - or Ride a Bike

Westbridge to Rock Creek Section of the Trans Canada Trail

This 15 kilometre section of the KVR Rail Trail bisects the Kettle River Recreation Area half way between Westbridge and Rock Creek. The trail surface has sandy sections with loose rocks and some single track. The section leading upriver to the Recreation Area from Rock Creek is generally well-shaded providing quiet river sounds and a tranquil retreat from the busy world. In 2015, the Rock Creek Fire burnt the valley.

It is an amazing experience to witness the ways in which the natural world is capable of healing itself and regenerating. Keep an eye out for Mule Deer and the Lewis Woodpecker, who both thrive in post-wild-fire environments.

Parking at the Rec Area, Rock Creek and Westbridge.

During your trail adventures, look out for the Rock Creek Farmers' Market each Saturday from May until September (9am-1pm) at the Rags, Relics and Rutabagas grounds. Fancy a little history? Stop by the Rock Creek Riverside Centre to learn about gold panning history in the area and browse local art. Take a refreshing dip and recharge at the Kettle River Provincial Recreation Area. And don't forget to stop by the Rock Creek Trading Post for some fantastic coffee, lunch or ice cream!



Watch this space each week throughout the summer as we take you on an adventure through the back country of the Boundary!

Take a pic – Send it in to:

Publisher@grandforksgazette.ca

or tag [@boundarycountry](https://www.instagram.com/boundarycountry) on Instagram

and use [#captureboundarycountry](https://www.instagram.com/captureboundarycountry) (include name of trail, or site)

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Anywhere is "within walking distance"

Healthy Forests, Healthy Communities