

BRITISH COLUMBIA

A walking guide

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A guide to walking in North America's wild and beautiful British Columbia, Canada. From the Canadian Rockies to the Pacific, British Columbia has 637 provincial parks, six national parks, wide regions of protected land and age-old forests. The routes are a mix of longer mountain trails in true wilderness and shorter walks. Some trails open year-round, but mainly from May/June until October, as snow can be severe in the Rockies. Each trail clearly shows best time. The guide covers routes of all grades, length and difficulty.

The area boasts remote wilderness, mountains, endless beaches and wildlife - but don't get too close to the bears!

Key marketing points

- 31 half to full-day walks
- five-day circuit of Mont Lozère

About the author

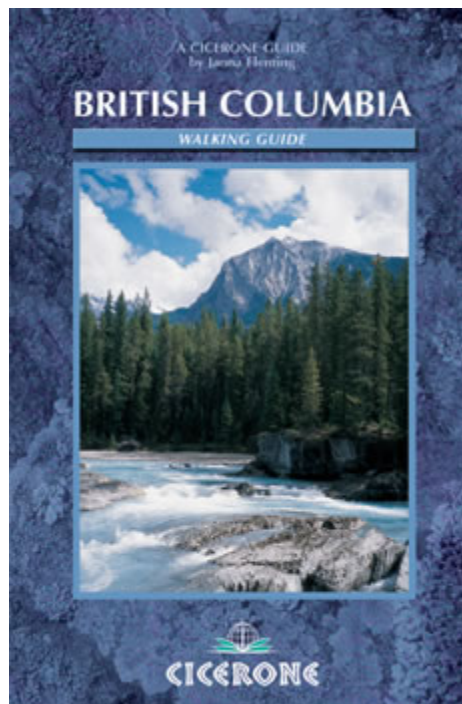
Janna Wilson lives in British Columbia with her husband and their two young children. She has spent the past few years nurturing a passion for the beauty of her new surroundings: remote islands of rainforest, giant ancient cedars, windswept beaches, and vibrant culture. With two small kids in tow, she now roams at a slower pace savouring their excitement and curiosity about each place they discover and can't wait to paddle, cycle and hike throughout the world with them.

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