

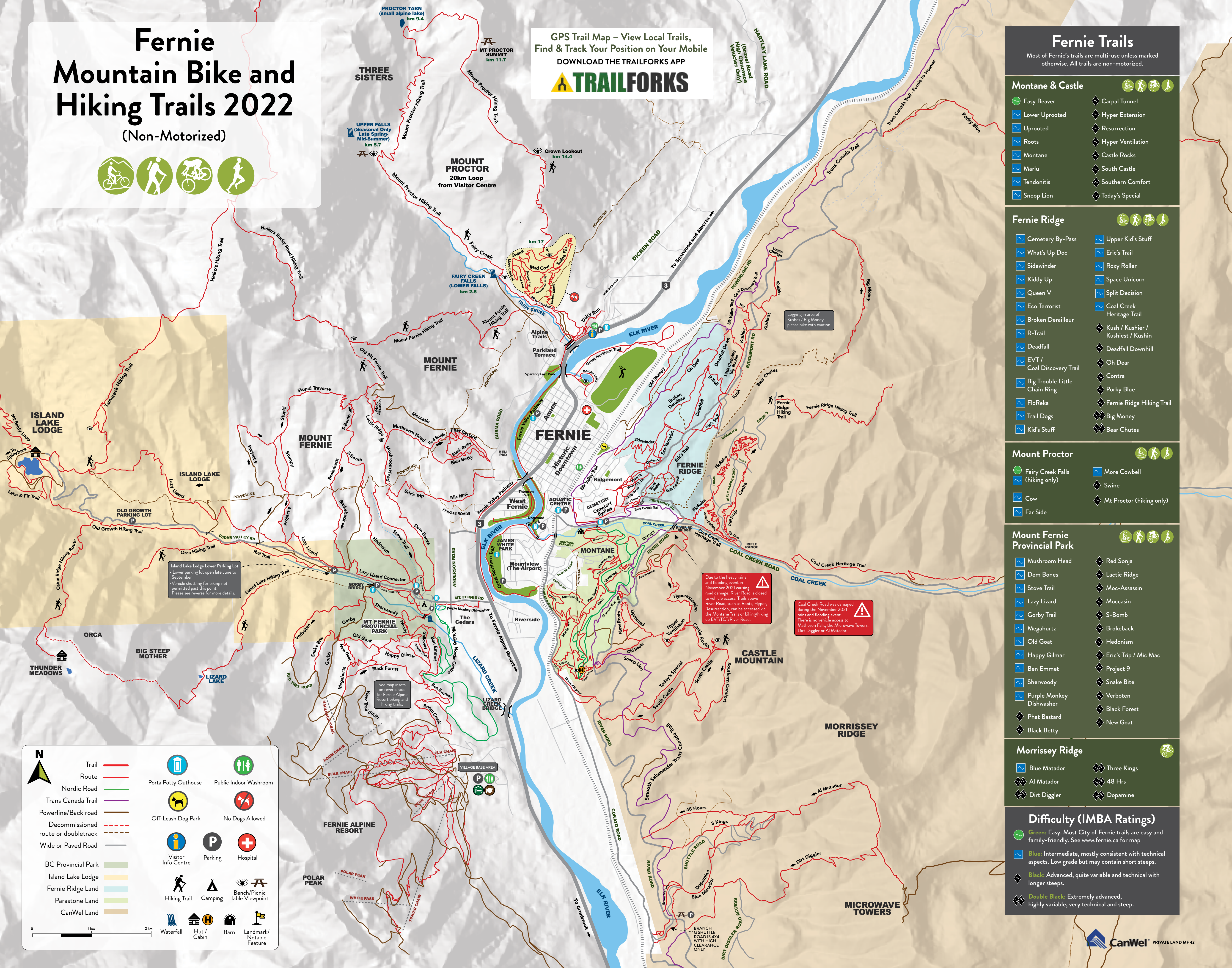
Fernie Mountain Bike and Hiking Trails 2022

(Non-Motorized)



GPS Trail Map - View Local Trails,
Find & Track Your Position on Your Mobile

DOWNLOAD THE TRAILFORKS APP



Fernie Trails

Most of Fernie's trails are multi-use unless marked otherwise. All trails are non-motorized.

Montane & Castle

- | | |
|----------------|-------------------|
| Easy Beaver | Carpal Tunnel |
| Lower Uprooted | Hyper Extension |
| Uprooted | Resurrection |
| Roots | Hyper Ventilation |
| Montane | Castle Rocks |
| Marlu | South Castle |
| Tendonitis | Southern Comfort |
| Snoop Lion | Today's Special |

Fernie Ridge

- | | |
|-------------------------------|---------------------------|
| Cemetery By-Pass | Upper Kid's Stuff |
| What's Up Doc | Eric's Trail |
| Sidewinder | Roxy Roller |
| Kiddy Up | Space Unicorn |
| Queen V | Split Decision |
| Eco Terrorist | Coal Creek Heritage Trail |
| Broken Deraileur | Kush / Kushier / Kushin |
| R-Trail | Deadfall Downhill |
| Deadfall | Oh Dear |
| EVT / Coal Discovery Trail | Contra |
| Big Trouble Little Chain Ring | Porky Blue |
| FloReka | Fernie Ridge Hiking Trail |
| Trail Dogs | Big Money |
| Kid's Stuff | Bear Chutes |

Mount Proctor

- | | |
|---------------------------------|--------------------------|
| Fairy Creek Falls (hiking only) | More Cowbell |
| Cow | Swine |
| Far Side | Mt Proctor (hiking only) |

Mount Fernie Provincial Park

- | | |
|--------------------------|-----------------------|
| Mushroom Head | Red Sonja |
| Dem Bones | Lactic Ridge |
| Stove Trail | Moc-Assassin |
| Lazy Lizard | Moccasin |
| Gorby Trail | S-Bomb |
| Megahurtz | Brokeback |
| Old Goat | Hedonism |
| Happy Gilmar | Eric's Trip / Mic Mac |
| Ben Emmet | Project 9 |
| Sherwoody | Snake Bite |
| Purple Monkey Dishwasher | Verboten |
| Phat Bastard | Black Forest |
| Black Betty | New Goat |

Morrissey Ridge

- | | |
|--------------|-------------|
| Blue Matador | Three Kings |
| Al Matador | 48 Hrs |
| Dirt Digger | Dopamine |

Difficulty (IMBA Ratings)

- Green:** Easy. Most City of Fernie trails are easy and family-friendly. See www.fernies.ca for map
- Blue:** Intermediate, mostly consistent with technical aspects. Low grade but may contain short steep.
- Black:** Advanced, quite variable and technical with longer steep.
- Double Black:** Extremely advanced, highly variable, very technical and steep.

N

Trail

Route

Nordic Road

Trans Canada Trail

Powerline/Back road

Decommissioned route or doubletrack

Wide or Paved Road

BC Provincial Park

Island Lake Lodge

Fernie Ridge Land

Parastone Land

CanWel Land

Porta Potty Outhouse

Off-Leash Dog Park

Visitor Info Centre

Hiking Trail

Waterfall

Hut / Cabin

Barn

Landmark / Notable Feature

Public Indoor Washroom

No Dogs Allowed

Parking

Hospital

Camping

Bench / Picnic Table Viewpoint

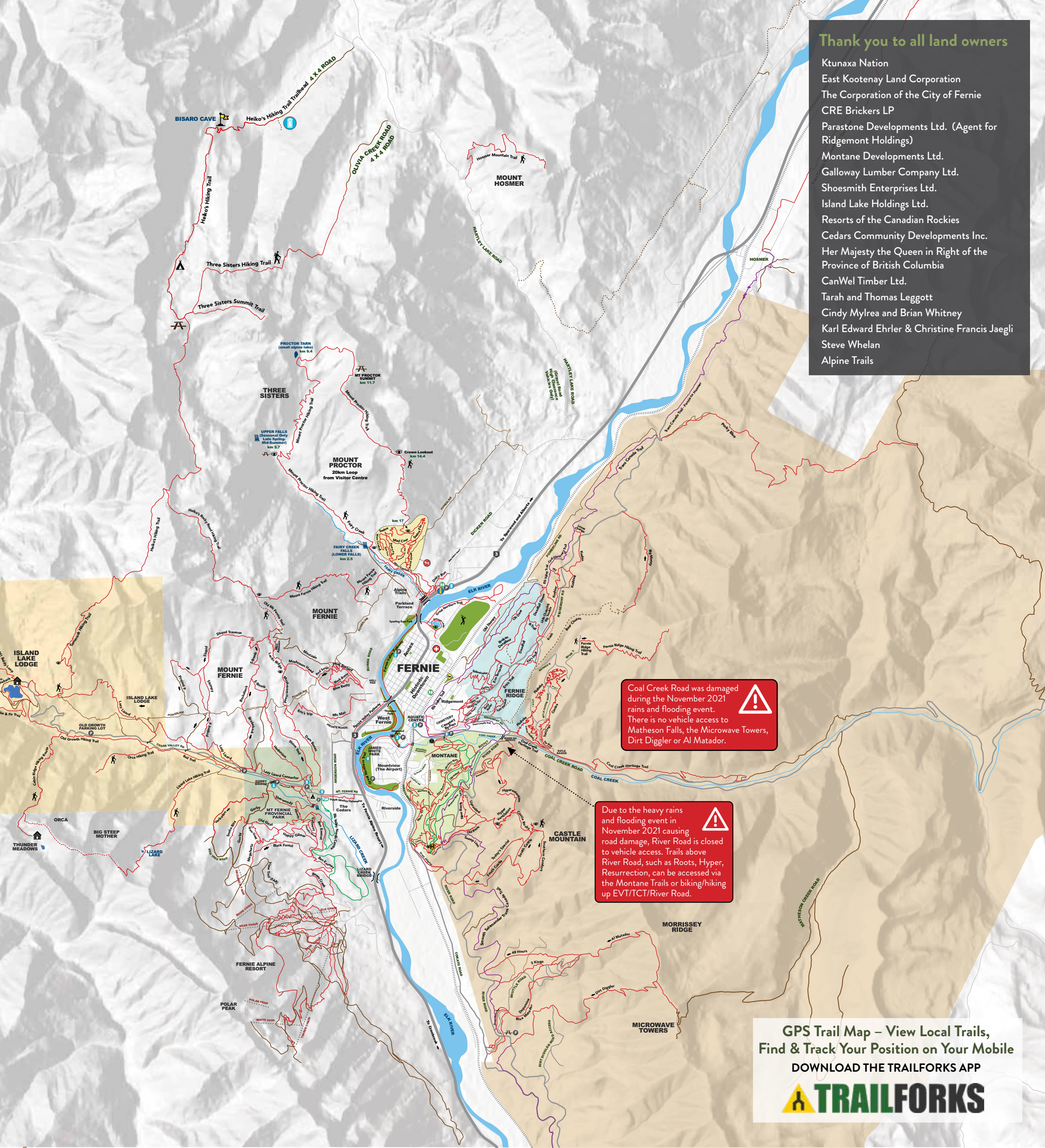
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1 km

2 km

CanWel PRIVATE LAND MF 42

Fernie Trails Overview



Best Hikes in Fernie

FAIRY CREEK FALLS
Distance: 5km return (~1-2 hrs) Elevation Gain: 120m
Difficulty: Easy / Moderate

This easier, family-friendly hike with short ups and downs starts from the Fernie Visitor Centre on Highway 3 and follows the creek to a waterfall. This trail is part of the Mount Proctor Trail. Dogs are allowed if under control and preferably leashed. For those up for the challenge, continue 2km further up the trail to a 2nd waterfall lookout with a picnic table (waterfall is seasonal, early to mid-summer). This extension is more difficult and makes the return hike to the Visitor Centre 11km return / half-day.

MOUNT PROCTOR TRAIL
Distance: 20km loop (~8-11hrs)
Elevation Gain: 1500m Difficulty: Very Difficult
A challenging, yet spectacular full day hike with an easy start and finish location - Fernie Visitor Centre. Features amazing views, a ridge walk, waterfalls, alpine meadows, a tarn (glacier formed lake) and the summit. The trail can be hiked in either direction, but the ridge section is less difficult in the counter-clockwise direction. Best done as a long day hike. This is wilderness terrain with minimal to no cell reception and abundant wildlife. Due to the cow grazing area on the lower section of the trail, no dogs are allowed.

MOUNT FERNIE TRAIL
Distance: 8km return (~3-5 hrs) Elevation Gain: 910m
Difficulty: Moderate/Difficult
This is a steep hike, but the views are worth the effort. Turnaround at the bench for an easier hike or climb further to the peak for a challenge. At the top of Mount Fernie Trail hikers can extend their hike another 8km return from top of Mount Fernie by taking Rocky Road Trail to Heiko's Trail junction and back, creating a full day option. Access the Mount Fernie Trail park (respectful of neighbours and others) at the end of Canyon Trail, a street in Alpine Trails neighbourhood. A short walk up past the gate, head right at junction, trailhead a short walk on the left.

HEIKO'S TRAIL
Distance: 20km point-to-point (~8-11hrs)
Elevation Gain: 887m Difficulty: Very Difficult
An epic hiking trail with over 20km of ups and downs through stunning alpine meadows and over rocky passes. See waterfalls, pristine forests and Bisaro Cave. Best done as a long day hike, this trail can be started or finished from either end - the Hartley Road side or the Island Lake Lodge side. Another great alternative is to access Heiko's via Mount Fernie Trail, then pick which direction to go out. This is wilderness terrain with no cell reception and abundant wildlife. "Leave no trace" wilderness camping is allowed approximately 1km north of the Three Sisters Pass (pit toilet, water and bear hang wire at that location). Adding the hike up Three Sisters is an option for those wilderness camping. Please do not have campfires in slow growing sensitive alpine areas.

MOUNT HOSMER TRAIL
Distance: 8km return (~3-5 hrs) Elevation Gain: 910m
Difficulty: Moderate/Difficult
A steep hike up to the smaller peak just below the summit, with wonderful views back to Fernie and onto the back of Mount Hosmer and the Three Sisters. The actual summit of Mount Hosmer requires significant risk and exposure to reach. Access to this trail is off of Hartley Road. This is wilderness terrain with no cell reception and abundant wildlife, please plan ahead.

ISLAND LAKE LODGE
Various hiking trails for all levels. Open to the public late June to September. Some days have restricted motorized access for private functions or non-operational days. Visit islandlakelodge.com for daily operational calendar or call 250-423-3700 for information. See area trail map to the right.

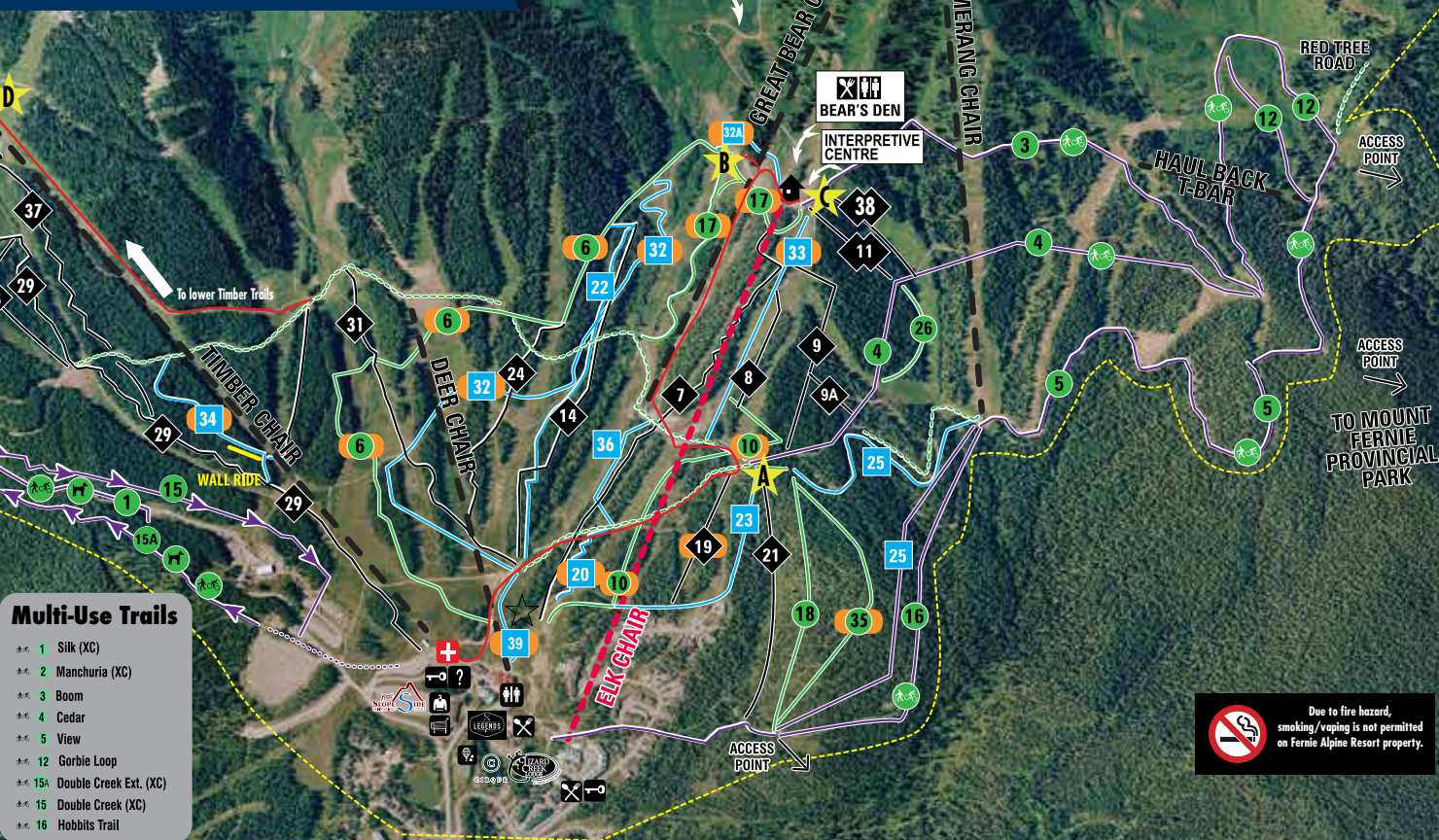
FERNIE ALPINE RESORT
Various hiking trails and tours, lift-access hiking, biking and sightseeing. Open late June to early September. Visit skifernie.com or call 250-423-4655. See area trail map to the right.

ADDITIONAL EASY HIKES
• Community Trail along Elk River
• Mount Fernie Provincial Park
• Montane & Easy Beaver Trail to Montane Hut
• Elk Valley Trail

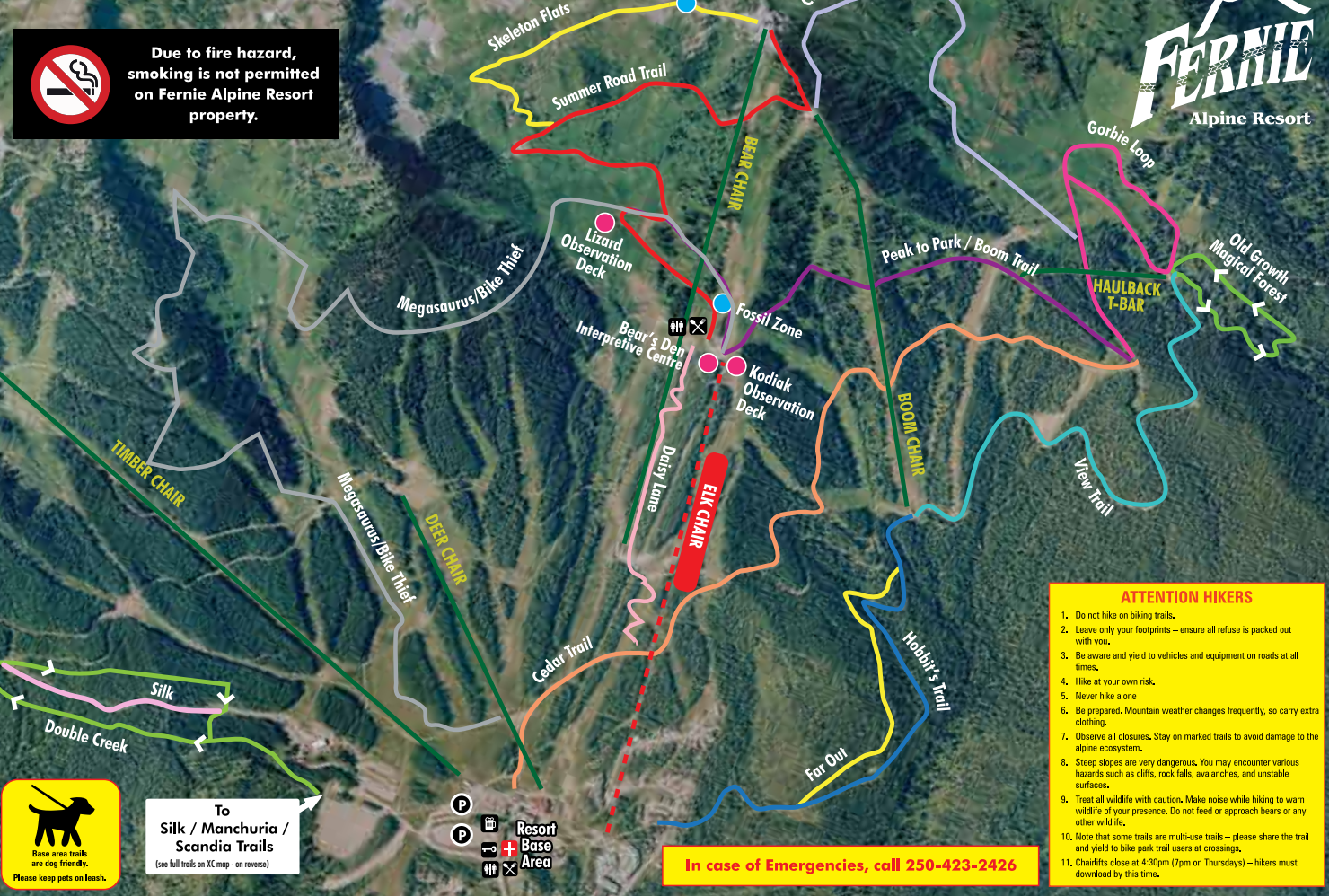
Fernie Alpine Resort

Fernie Alpine Resort offers lift access in the summer months with 37 mountain biking trails and a variety of hiking trails. Trail maps are available at Guest Services.

BIKING TRAIL MAP



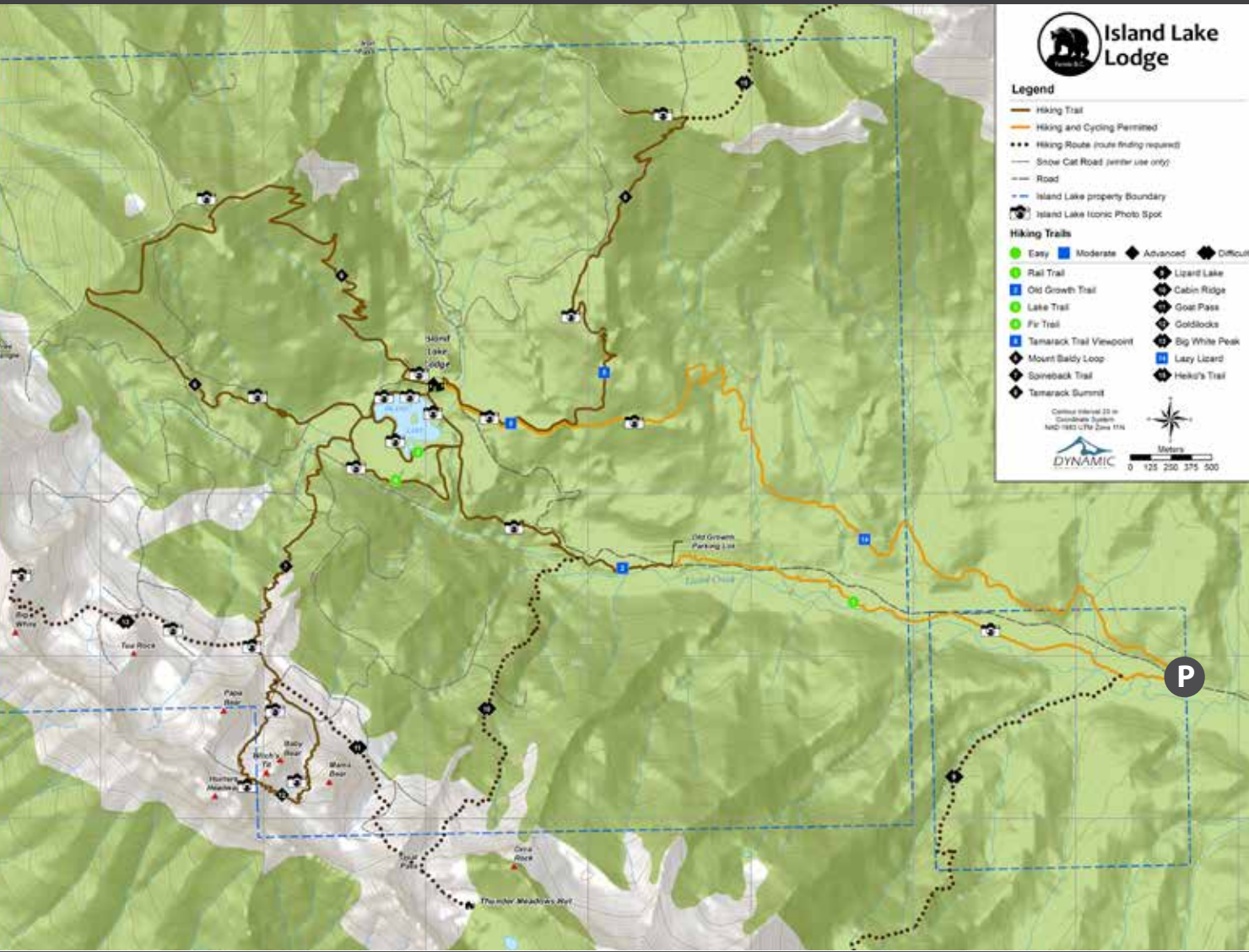
SUMMER HIKING TRAIL MAP



Island Lake Lodge



- Various hiking trails for all levels. Open to the public late June to September.
- Biking only allowed on Rail Trail and Lazy Lizard Trail. Vehicle shuttling for biking not permitted past lower parking lot.
- Some days have restricted motorized access for private functions or non-operational days.
- Visit islandlakelodge.com for daily operational calendar or call 250-423-3700 for information.



Recommended XC MTB Rides

Please consider biking to trailhead instead of driving as most trails are close to town.

FERNIE RIDGE (AKA RIDGEMONT)

For a quick yet satisfying loop, start at the Cemetery By-Pass trailhead, continue up Kiddy Up, Queen-V and hit the boardwalks on Eco-Terrorist. Head over to Deadfall and at 4-Corners hang a right on R-Trail. Cross the road to find the Kid's Stuff trailhead, take Eric's Trail, turn right on Roxy Roller, and finally Space Unicorn for some more downhill fun. This loop can be configured many different ways depending on time or ability.

MONTANE

Start at Coal Creek/Montane Trailhead - Montane Blue will take you on a great 11km single track loop. Or head out on Montane Blue to Lower Uprooted, then go straight on ForEYr, turn left up Ruby's Way to climb New Roots. When in Montane be sure to relax and enjoy the spectacular views at the hut!

SWINE FLU

Start from the Fernie Visitor Centre and follow the signs for Swine Flu. Then the fun starts! A technical ascent with challenging switchbacks leads to the top with amazing views of Fernie. Have a quick rest on the bench, lower your seat and take off on some of Fernie's best downhill. Well worth the climb!

MT FERNIE

Short on time but want a challenge? Head up Phat Bastard and down Red Sonya. Want a longer challenge continue from the top of Phat Bastard and up Mushroom Head and down its other side to continue down Dem Bones into Mt Fernie Provincial Park, ride back into town. Another great loop in the Park is to take Gorby to Old Goat, continue on Happy Gilmar and stay left to complete the loop with Sherwoody. For those that love a steep climb or grunt, Project 9 is a must-do Fernie classic. The downhill is so worth it, and a great challenge for the intermediate to expert rider.

DOWNHILL ANYONE?

For those of you who love a good DH head over to the Morrissey Ridge shuttle zone for a ride down 3 Kings, Blue Matador or 48 hrs.

Alternatively, hit the Fernie Alpine Resort Lift-Access Bike Park or if you're into flow trails definitely check out Contra and Trail Dogs.

Using Fernie's Trails

Local trail organizations work collaboratively with a multitude of stakeholders such as government, private landowners, Tourism Fernie, outdoor recreation groups and others to enhance, maintain and support Fernie's trail network for both locals and visitors. Access to most trails in Fernie is free but it takes a lot to maintain and develop them. Many trails in Fernie are on private land with permission by the landowners.

Please be respectful and appreciative of the landowners for allowing public access on their land. Only maintenance of the trail system is allowed by designated trail groups. No new trails can be constructed without written permission from the landowners.

Please support local trails by donating or coming a member of the various groups. See QR codes and websites on this map for further details.

While enjoying the trails:

- All single-track surrounding Fernie is non-motorized use only apart from Class 1 E-bikes.
- Respect wildlife, make noise and keep dogs under close control, some trails may require dogs to be on a leash.
- Respect other trail users.
- Adhere to any posted signage.
- Hike, run, ride within your limits. The further you are away from town the longer
- Before you head out be prepared (AdventureSmart.ca) and tell someone where you're going and when you'll be back. Check-in with them when you are back.
- In case of emergency call 911 if you have cell service where you are. Have a back-up plan for venturing out where they may not be cell service.

Leave No Trace

We live within the wild, and it is essential that all who enjoy this environment, keep it pristine. We support Leave No Trace, Wildsafe BC and AdventureSmart for a great experience on the trails.

- Plan ahead & be prepared.
- Stick to designated trails only.
- Dispose of waste properly. Pack in, Pack out.
- Leave what you find.
- Respect wildlife & know what to do when you encounter it.
- Be considerate of others.

Are e-bikes allowed on trails?

Class 1 e-bike's are allowed on trails. A Class 1 e-bike means a bicycle equipped with a motor that provides assistance only when the rider is pedaling (pedal assist) and that ceases to provide assistance when the bicycle reaches 32 kilometres per hour and has a maximum continuous wattage output of 500 watts.

Limited Mobility?

Cycling Without Age is a non-profit international volunteer organization that takes elderly and less able citizens out for free bike rides in specialized bikes called trishaws. Book a ride at 250-278-9773. Rides are free and about an hour long. cyclingwithoutageferniefc.bike

Summer Trail Map 2022

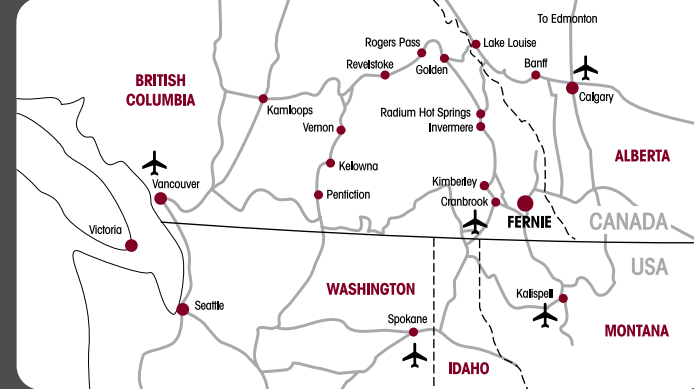


Support Local & Experience Fernie

Fernie is a community full of history, arts, culture, amazing outdoors and great people. Be in the know on everything Fernie by visiting TourismFernie.com. Support local businesses this season and be sure to purchase local trail passes or donate to the various trail organizations.



Located in the heart of the Canadian Rockies, Fernie is a small mountain town with big mountain views. Located an hour east of Cranbrook, BC and three hours southwest of Calgary, AB.



Supporting Fernie's Summer Trail System

Trails in and around Fernie are as prevalent and deeply rooted as the area's history. Locals and visitors continue to share a passion for enjoying the outdoors thanks to a diversity of old and new trails. With hundreds of trails to explore and winter trail use growing in popularity each year your support is essential. Most trails are maintained by volunteers through multiple trail organizations. Be sure to buy trail passes and/or donate to the various trail organizations to show your love and appreciation for all the hard work they do!

FERNIE TRAILS ALLIANCE (FTA)
FTA builds, maintains and enhances trails through land use agreements with the Crown, BC Parks, Canwel, City of Fernie, Island Lake Lodge and multiple other private land owners to ensure public access year-round. Use this QR code to purchase your Fernie Trails Pass and support the trails the FTA manages.

COAL CREEK HERITAGE SOCIETY (CCHS)
CCHS holds agreements with the land owners to build, maintain and manage the trail networks on Montane and Fernie Ridge for summer and winter public use. Please donate to help support these trails by using this QR code.

Local Trail Events in 2022

- Toonie Tuesdays Races
- SCOTT Wednesday Youth Races
- SCOTT Thursday Night Race Series
- Fernie Gravel Grind - June
- Canada Cup DH Race - July
- Elk Valley Ultra - July
- TransRockies Gravel Royale - August
- WAM BAM Dirt Jump Jam - September
- Singletack 6 - September
- Lone Wolf Race - September
- Fernie Half Marathon & 10km - October