

Saloompt Forest Trails

Some of the more popular trails in Bella Coola are the Saloompt Forest Trails. An easy, flat 45 minute to 1 hour walk along three different trail systems that meander through towering old growth and second growth trees. Douglas fir, cedar, spruce, and hemlock offer a dramatic counterpoint to the gentler deciduous of cottonwood, alder and maple trees. The Bella Coola River flows past much of the trail. Benches invite a rest. Some of the meandering paths are wide and hard packed making them wheelchair accessible.



Trailhead location

To find these trails turn north on the Saloompt Road an easy 20 minute drive east of Bella Coola on Hwy 20. Continue on this paved road crossing over the Bella Coola River and keep left at the 'Y'. Approximately 1.4km from the 'Y' there is a large sign on the left side of the road marking the trailhead.



Photo courtesy Phil Sheppard

Worth the trip

Keep an eye out for eagle nests and bear-scratched trees, and an old homestead site. The area is known for its great birdwatching for eagles, dippers, kingfishers, and various woodpeckers such as flickers, sapsuckers, and the pileated, as well as numerous waterfowl.

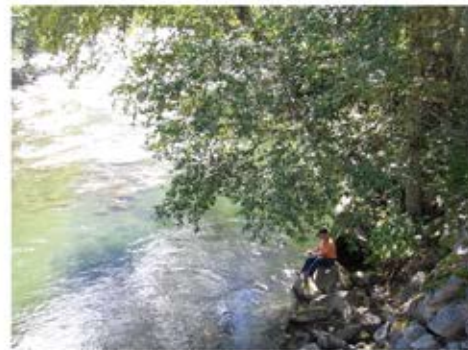
Each of the three different trails offers features of interest. This is an interpretive park and small signs can be found along the paths giving visitors an opportunity to learn more about Bella Coola's rainforest ecosystem.

This is a great walk even on a rainy day. The thick forest canopy hangs over the trails keeping hikers fairly dry. This park is a pleasant place to have a picnic as well but remember; what you bring in, please take out with you.

Be safe

This trail system is located between two salmon spawning streams, the Bella Coola and Saloompt rivers, and meanders beside the Bella Coola River. Both are popular places for bears to fish during spawning season. Other wildlife have also been noted in the area. Though the park has a very good safety record, caution is advised.

A handy Trail Guide and Valley map can be picked up at the Visitor Information Center in Bella Coola and be sure to ask about bear activities in this area before heading out for this pleasant walk.



The Saloompt Forest Trails are sponsored by:



VALLEY RESTAURANT

IN THE CO-OP BUILDING

Best Breakfast in Town! / Homemade Burgers

Deep-fried foods with 0 trans fats

Homemade soup & pies with a great selection of sandwiches & salads

Flavour-burst soft ice cream, slushies & screamers

Fully Licensed

Hours from 7 am to 8 pm everyday



www.bellacoolarestaurant.com

phone: 250-799-0045