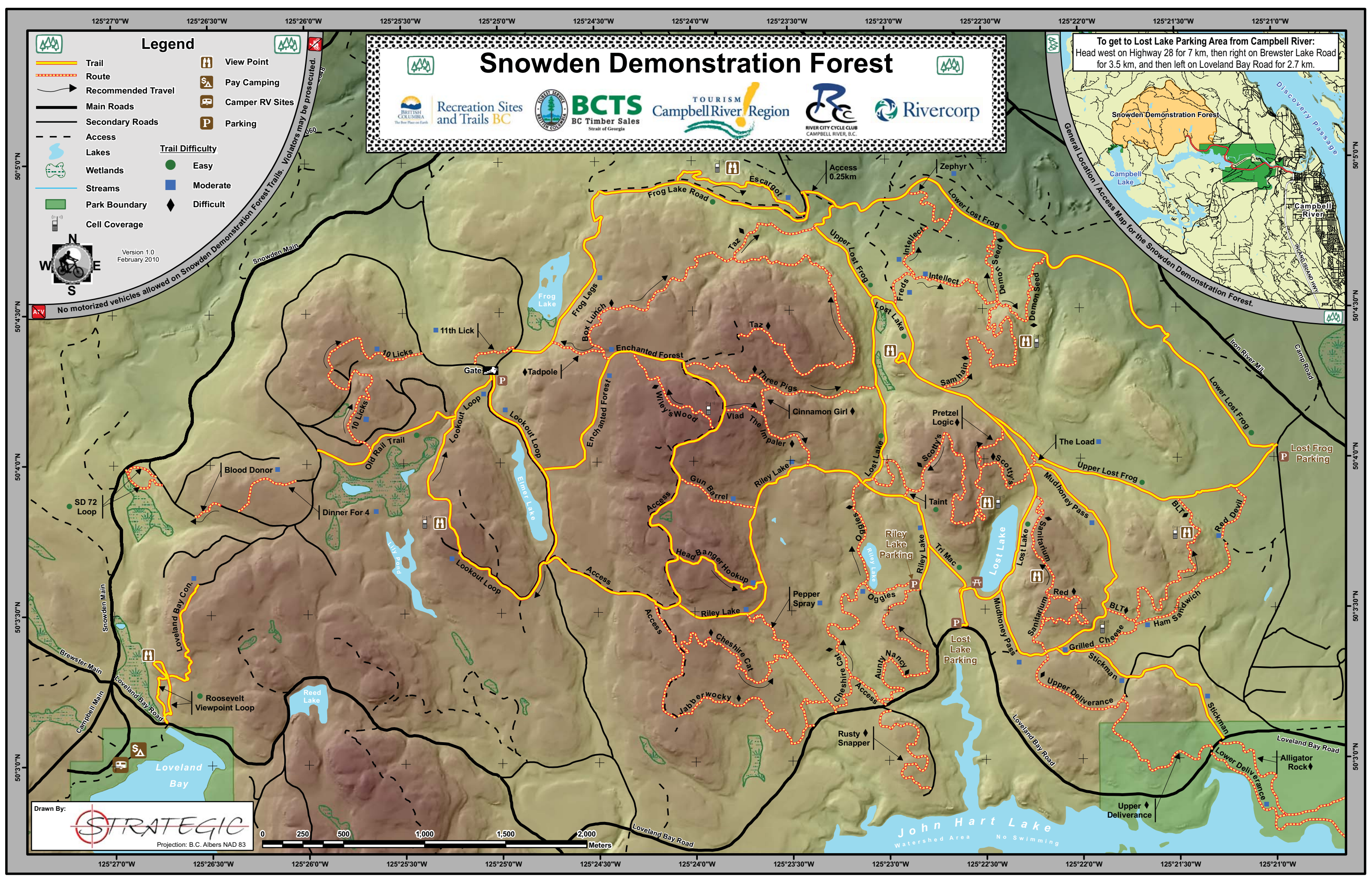




Legend

- Trail
- Route
- Recommended Travel
- Main Roads
- Secondary Roads
- Access
- Lakes
- Wetlands
- Streams
- Park Boundary
- Cell Coverage
- View Point
- Pay Camping
- Camper RV Sites
- Parking
- Trail Difficulty
 - Easy
 - Moderate
 - Difficult

Snowden Demonstration Forest



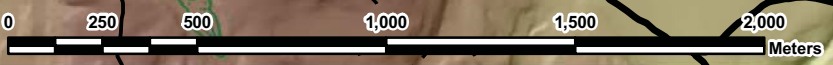
To get to Lost Lake Parking Area from Campbell River:
Head west on Highway 28 for 7 km, then right on Brewster Lake Road for 3.5 km, and then left on Loveland Bay Road for 2.7 km.



Version 1.0
February 2010

No motorized vehicles allowed on Snowden Demonstration Forest Trails. Violators may be prosecuted.

Drawn By: STRATEGIC
Projection: B.C. Albers NAD 83



Snowden Demonstration Forest

Trails and Routes

The Snowden Demonstration Forest is a working forest managed by BC Timber Sales. Here you will find active harvest development, various silviculture methods, forest research installations along with many recreational opportunities. This area is frequented by a variety of user groups for its economic, cultural, recreational, fish and wildlife values. Trails are designated recreational features recognized by government agencies and are maintained as such. Routes are not designated recreational features recognized by government agencies. Both are subject to change. For your safety, please respect any posted temporary closure signs.

Trails	Routes	Routes
<div>●</div> Frog Lake Road 1.5 km	<div>●</div> Taint 0.06 km	<div>◆</div> BLT 1.6 km
<div>●</div> Lower Lost Frog 3.8 km	<div>■</div> 10 Licks 1.9 km	<div>◆</div> Box Lunch 1.5 km
<div>●</div> Lost Lake 4.2 km	<div>■</div> 11th Lick 0.3 km	<div>◆</div> Cheshire Cat 3.6 km
<div>●</div> Old Rail Trail 1.0 km	<div>■</div> Blood Donor 0.2 km	<div>◆</div> Cinnamon Girl 0.2 km
<div>●</div> Roosevelt View Loop 0.9 km	<div>■</div> Dinner For 4 0.5 km	<div>◆</div> Demon Seed 1.3 km
<div>●</div> SD 72 Loop 0.5 km	<div>■</div> Freds 0.3 km	<div>◆</div> Jabberwocky 1.6 km
<div>●</div> Tri Mac 0.4 km	<div>■</div> Gun Barrel 0.5 km	<div>◆</div> Pretzel Logic 0.4 km
<div>●</div> Upper Lost Frog 2.8 km	<div>■</div> Ham Sandwich 0.9 km	<div>◆</div> Red 0.8 km
<div>■</div> Enchanted Forest 1.4 km	<div>■</div> Intellect 1.1 km	<div>◆</div> Rusty Snapper 1.2 km
<div>■</div> Escargot 1.0 km	<div>■</div> Lower Deliverance 1.5 km	<div>◆</div> Samhain 1.8 km
<div>■</div> Frog Legs 1.4 km	<div>■</div> Oggie's 1.1 km	<div>◆</div> Sanitarium 1.3 km
<div>■</div> Grilled Cheese 0.6 km	<div>■</div> Pepper Spray 0.6 km	<div>◆</div> Scotty's 3.0 km
<div>■</div> Headbanger Hookup 0.7 km	<div>■</div> Red Devil 0.4 km	<div>◆</div> Tadpole 0.3 km
<div>■</div> Look Out Loop 3.5 km	<div>■</div> The Load 0.1 km	<div>◆</div> Three Pigs 1.4 km
<div>■</div> Loveland Bay Con. 0.8 km	<div>■</div> Zephyr 0.6 km	<div>◆</div> Upper Del. 1.9 km
<div>■</div> Mudhoney Pass 2.4 km	<div>◆</div> Alligator Rock 1.6 km	<div>◆</div> Vlad Impaler 0.8 km
<div>■</div> Riley Lake 3.0 km	<div>◆</div> Aunty Nancy 1.7 km	<div>◆</div> Wiley's Wood 0.8 km
<div>■</div> Stickman 1.2 km		

Suggested Trail Loops

Beginner: 7.8 km

Lost Frog Loop. Starting from the Lost Frog Parking area this is rideable clock wise or counter clockwise. Enjoy the flowy trails, creek draws and large second growth Douglas-Fir.

Intermediate: 14 km

Start at the Lost Lake Parking Lot. Follow Lost Lake trail to the Trimac Connector (on left). From Trimac turn right onto Riley Lake trail. Follow Riley Lake until it hits access road then turn right and climb this road until Wiley's Wood on the left. Follow Wiley's Wood to Enchanted Forest and turn left. Follow Enchanted until it meets with Lookout Loop Access Road. Turn right and travel the road to Frog Legs on the right. Take Frog Legs to Frog Lake Road and turn right. Follow Frog Lake Road then turn left at Escargot. Descend Escargot to Frog Lake Road, turn left, then at approx 40m turn right on access grade to Lower Lost Frog Loop. Turn right at junction and climb switchbacks to Upper Lost Frog. Follow Upper Lost Frog to junction with Lost Lake Loop. Stay to the right and follow slight climb until you reach Riley Lake. Turn Left on Riley Lake, then left on Trimac, then right onto Lost Lake back to the Lost Lake Parking Lot.

Advanced: 25+ km

Follow the 50km Trail Challenge Course for a true cross country trail workout. This route samples some of the best technical trails the Snowden Demonstration Forest has to offer.

Snowden Demonstration Forest

Trail Liability

Mountain Biking is an inherently dangerous sport. Know your limits and ride within them. Trails are natural environments and can change due to weather and use. Be aware that new trail hazards may develop over time. Always inspect the terrain before attempting to ride. Ride at your own risk.

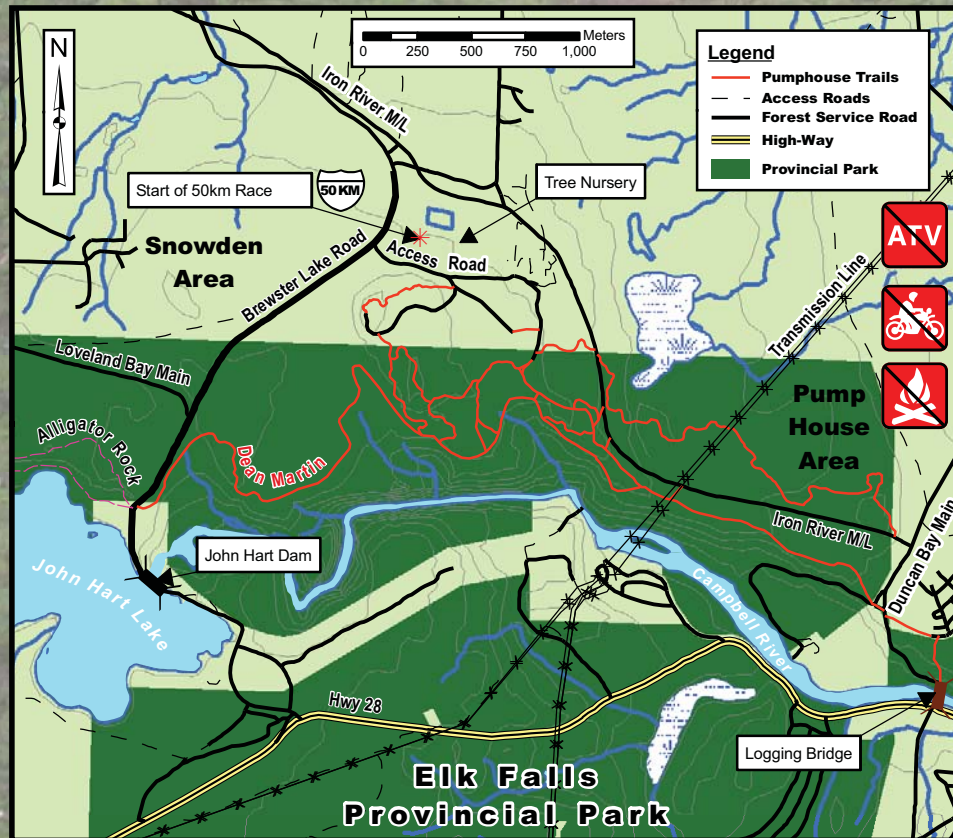


Trail Etiquette



- Ride, don't slide! Skidding damages trails.
- Travel at a safe pace for conditions, control your speed.
- Know your limits and ride within them.
- Yield to pedestrians and horse riders.
- Share the trail, don't impede other users.
- Pass with care and only when safe to do so.
- When stopping, pull off to the side of the trail.
- Pack out your garbage-leave no trace!
- Avoid riding during muddy conditions, consider other options.
- Stay on the trail and do not create braids.
- Support your local trail maintenance crew!
- Bring a First Aid Kit and know how to use it.
- Expect the unexpected, be prepared and self sufficient.
- John Hart Lake is in a Community Watershed-No swimming or dogs allowed.

Pumphouse Trail Map



Snowden Demonstration Forest

Trail Ratings

- **Class: Very Easy/Easy**
Description:
Smooth trail surface. Any obstacles such as small exposed rocks or roots are easily avoided or ridden over.
May Contain: Small roots, exposed rock, grades up to 15%.
- **Class: Intermediate/Difficult**
Description:
Challenging riding with steep slopes and/or obstacles. Possibly on a narrow trail with poor traction. Requires riding experience.
May Contain: Rollable drops, larger roots, larger exposed rocks, loose rocks, logs across trail and loose surface.
- ◆

Class: Very Difficult/ Advanced
Description:
Very Difficult rocky and rooty sections with numerous natural technical features to avoid or ride over. Experienced riders only.
May Contain: Very steep slopes, rough uneven terrain, sharp corners, steep rock faces, logs across trail.

Local Services

Bike Shops:

Outdoor Addictions, 1980 Island Highway, (250) 286-1184
Pedal Your World, 465 Merecroft Rd, (250) 287-2453
Spokes, 871 13th Ave, (250) 286-0500
Swicked Cycles, 1791 Spruce St, (250) 914-2453

Emergency Services:

Campbell River Hospital (911), 375 2nd Ave, (250) 850-2141
Campbell River RCMP, 275 S Dogwood St, (250) 286-6221
Wildfire 1-800-663-5555
Ministry of Forests, 370 South Dogwood St, (250) 286-9490

Showers:

Sportsplex, 1800 South Alder St, (250) 923-7911
Strathcona Gardens, 225 Dogwood St, (250) 287-9234

Campgrounds:

Loveland Bay:

7km West on Highway 28, right on Brewster Lake Road for 3.5km, left on Loveland Bay Road (11km gravel) 31 Sites, \$15/night, swimming, fishing, hiking, biking. Gates open with full services May 15- Sept 30

Elk Falls/Quinsam:

5 mins West on Highway 28 from Campbell River. 122 Sites, \$15/night, fire pits, water, firewood, outdoor washrooms, 2 flush toilets, sani station(\$2). Open year round.

Sani Dump Station:

17th Avenue and Tamarac St. Open year round. You must approach from the east, exiting town North bound.