



# Volkssport Association of British Columbia CVF Director's Walk



## PT 009 Hope – 5 and 10 km – Rated 1B

This walk begins at the Hope & District Recreation Centre, 1005 Sixth Avenue (washrooms and parking available). The route will take you through the townsite past many chainsaw carvings and a few murals.

### Trans Canada Trail, Murals and Community Programs

#### For 5K and 10K:

1. Depart the front entrance of the Recreation Centre and turn right on Sixth Avenue.
2. Cross the railway tracks and immediately turn left on Fort Street. Turn right on Fifth Avenue.
3. Turn left on Wallace Street, passing Memorial Park, **Cenotaph**, and District of Hope Offices.
4. Turn right on Third Avenue, passing Japanese Friendship Garden.
5. Turn left on Park Street. Turn left on Fraser Avenue. Turn right on Hudson Bay Street.
6. Turn left on Water Avenue, to Visitor Centre & Museum Complex (washrooms), passing **Trans Canada Trail Pavilion. (1,8 km)**
7. Turn around and return to Hudson Bay Street. Turn left and then right on Water Avenue.
8. At Wallace Street, cross Water Avenue/Trans Canada Highway 1 into Centennial Park.
9. Turn right along sidewalk/grassed area between Fraser River and Highway 1 (for 1K).
10. Follow Water Avenue under Fraser River Bridge. Turn right on Rupert Street. **(3.3 km)**

#### For 5K:

11. Turn right on Fourth Avenue.
12. Turn left on King Street.
13. Turn right on Fifth Avenue.
14. Turn left on Wallace Street.
15. Turn right on Sixth Avenue and return to the Recreation Centre.

#### For 10K:

13. Turn left on Wardle Street (Fraser River will be on your left).

14. At the end of Wardle, enter a path (**Rotary Trail**) that will lead you through a wooded area next to the Coquihalla River. The trail will wander next to the river and come out at a bridge that crosses the river to the golf course. **(5.2 km)**
16. At the bridge, climb the embankment onto the road and **turn right**.
17. Turn left on Seventh Avenue. Turn right on Park Street. Turn right on Sixth Avenue.
18. Turn left on Douglas Street. Turn left on Fifth Avenue. Turn left on Wallace Street. Turn right on Sixth Avenue.
19. Cross the railway tracks and immediately turn left on a path up a short incline that will take you out onto Fort Street to your left.
20. At the base of the hill, turn left on Seventh Avenue. Turn right on River Parade. **(7.1 km)**
21. Near the end of the street, you will note a dyke on your left. Climb up onto the path and follow it to the bridge (Kawkawa Lake Road).
22. Follow the gravel path under the bridge.
23. Continue on the dyke path, passing beside a campground. At the end of the dyke, enter a path that will lead you up an incline and come out into the hospital parking lot.
24. Keeping to the left, cross the parking lot and head toward a carving and rest area overlooking the river.
25. Depart the rest area and follow a path next to the river that will come out to the Old Hope-Princeton Highway. Turn right beside the highway. **(8.5 km)**
26. Turn right on Seventh Avenue. Turn left on Kawkawa Lake Road.
27. Turn right on Sixth Avenue and return to the Recreation Centre. **(9.7 km)**

### We hope you enjoyed your walk!

If there are any problems with the instructions or the map, please contact:  
David Cattrall 250-598-4316, [david.cattrall@telus.net](mailto:david.cattrall@telus.net)

5K route

ROTARY NATURE TRAIL

