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HOPE CASCADES & CANYONS

Free Visitor Guide | 2026

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TOP 10 ATTRACTIONS

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FIRST BLOOD TRAIL

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Mountain View Hope Motel

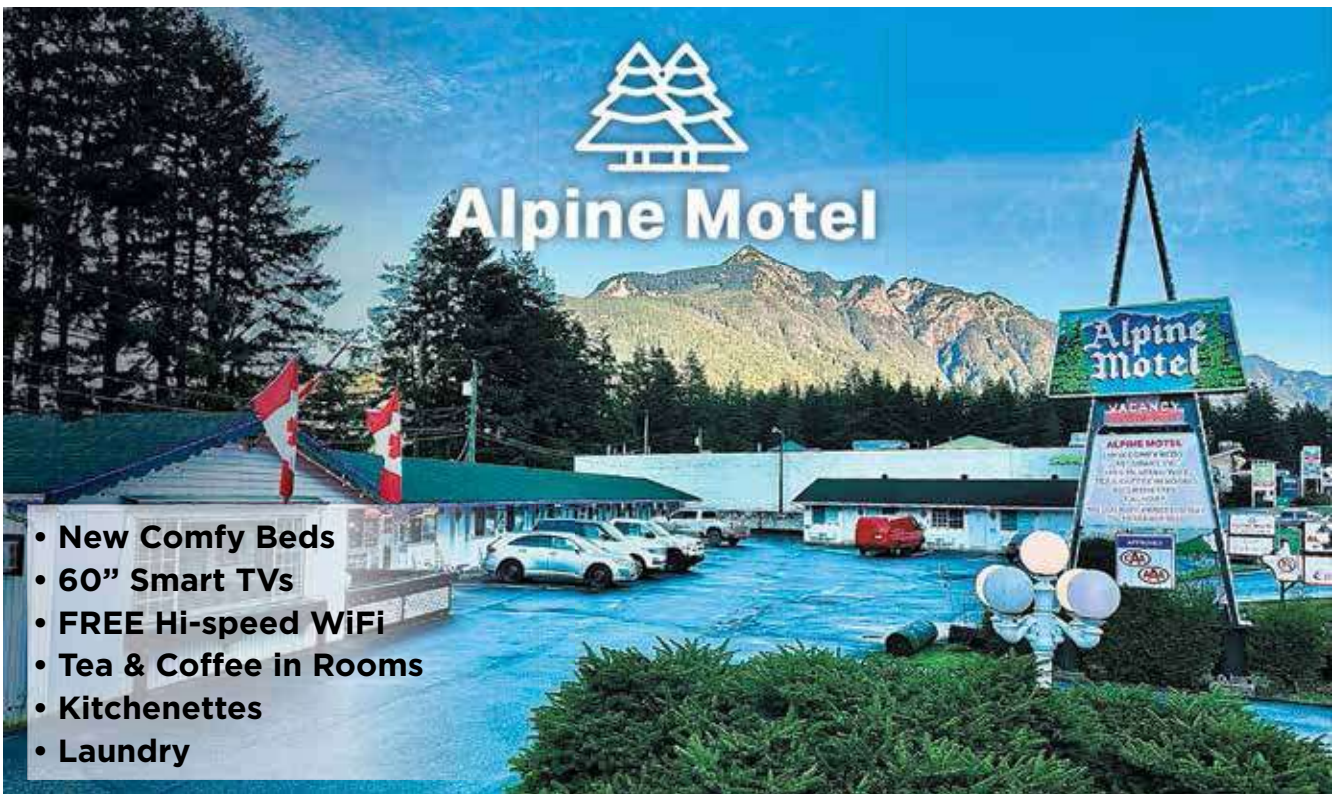


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23



35



14

WELCOME

Take a deep breath! You've arrived in the Hope, Cascades & Canyons region, where adventure begins the moment you step outside. Here, powerful rivers, steep canyon walls, and endless forests create a landscape shaped by time and meant to be explored. The Fraser River rushes past with stories of gold seekers and ancient journeys, inviting you to raft its waters, fish for legendary sturgeon, or wander its shores in quiet reflection.

Follow winding trails by foot, bike, or machine. Hike through alpine forests, mountain bike rugged terrain, rev up for motocross, or discover hidden corners once traveled during the gold rush. When winter settles in, the adventure doesn't slow down. Snowmobiling, skiing, and snowshoeing transform the region into a hushed, snow-covered playground.

From the echoes of the Othello Tunnels to the thrill of fresh tracks and untamed water, this is a place that rewards curiosity and invites you to stay a little longer. Rooted in history and driven by the outdoors, Hope, Cascades & Canyons welcomes you year-round. Wild, welcoming, and waiting to be discovered.

Share your experiences with us by tagging our Socials @TourismHCC or use our hashtag #ExploreHCC

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ADVERTISING

Pattie Desjardins

EDITORIAL

Pattie Desjardins and Hope, Cascades & Canyons

GRAPHIC DESIGN

Lisa Clarke

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SCAN ME



FIRST NATION ROOTS

The Hope, Cascades & Canyons region is steeped in history and heritage, nurtured since time immemorial by the Stó:lō, Nlaka’pamux, and Syilx First Nations. Their enduring connection to this land is visible in every mountain, river, and valley.

At the heart of this region lies Ts’qo:ls (now the District of Hope), which was a vital hub for trade and cultural exchange among Indigenous nations.

Today, the Hope, Cascades & Canyons region is home to 13 distinct Indigenous communities, each with its own language, art, stories, and traditions. Alongside their contemporary ways of life, these communities honour and sustain the land, ensuring the legacy of Ts’qo:ls—the ancestral heart—remains vibrant and alive for future generations.

STÓ:LŌ (STAW-LOW)



The Stó:lō, part of the larger Coast Salish Peoples of the Pacific Northwest, have inhabited the Fraser Valley from Yale to Langley since the beginning of history. Their name, meaning “People of the River” in Halq’eméylem, reflects their deep connection to the Fraser River which has been central to their lifestyle and traditions.

NLAKA’PAMUX (ENT-LA-CAP-UM)



The Nlaka’pamux Nation inhabits the intersecting canyons of the Fraser and Thompson Rivers, spanning a territory from Spuzzum to Yale B.C., including the mountainous regions east of Yale/ Hope, and extending southwest into the United States as far as Mount Baker. Historically, the Nlaka’pamux were semi-nomadic, moving with the seasons to hunt and gather.

SYILX (SEE-YEEL-X)



The Syilx Nation claims a vast ancestral territory of 69,000 square kilometres from Mica Creek, BC to Wilbur, Washington, which encompasses EC Manning Provincial Park within Hope, Cascades & Canyons. Manning Park was historically the traditional meeting ground where the Stó:lō and Similkameen (si-mil-kuh-meen), would convene to fish, hunt, and trade. 🌲



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OUR COMMUNITIES

We are delighted to welcome you to the stunning Hope, Cascades & Canyons region. This land lies within the traditional territories of the Stó:lō, Nlaka'pamux, and Syilx First Nations, whose rich heritage

continues to inspire and shape the vibrant communities that call this area home and whose land we share.

Each town and community within the Hope, Cascades & Canyons region boasts its own unique charm, attractions, and

character. Visitors are invited to explore, uncover hidden treasures, and create unforgettable memories that will last a lifetime. Discover the beauty and warm hospitality of these hidden gems nestled in the heart of British Columbia!

FRASER CANYON

The Fraser Canyon is a four-season destination, suited for all types of explorers from the history buff to the adventure seeker. Follow the Trans-Canada Highway north to the Canyon Alpine area, experiencing the communities of Dogwood Valley, Yale and Boston Bar enroute.

HOPE

Nestled in the heart of the region, Hope invites you to discover a world of outdoor adventures and rich history. Explore its charming attractions and immerse yourself in the breathtaking beauty of this welcoming town.

HIGHWAY 5

Enjoy year-round activities at Coquihalla Summit Recreation Area. Great for hiking, snow sports, and breathtaking views.

HIGHWAY 3

Embark on a journey along the Crowsnest Highway and uncover all the incredible experiences it has in store. Travel southeast and you'll pass through the picturesque Sunshine Valley, then continue east to the outdoor haven of Manning Park. Whether you're hiking, camping, or simply soaking in the natural beauty, this region is a perfect destination for outdoor lovers.

SCENIC 7

Head southwest out of Hope on Highway 7 and you will discover the community of Ruby Creek, home to an authentic Indigenous art gallery as well as a Syéxw Chó:leqw Adventure Park. Both of these are owned and operated by the Sq'ewa:lxw First Nation.

BRIDAL FALLS

Visit Bridal Falls for stunning natural beauty and outdoor adventures. The area offers picturesque views, family fun activities and access to hiking trails. 🌲

WELCOME TO HOPE

WHERE CANYONS, CASCADES & CULTURE MEET

Hope lives at the end of the Fraser Valley, where rivers, mountain ranges, and canyons converge. From skiing, snowshoeing, and snowmobiling in the winter to enjoying local art, restaurants, and small-town events year-round... there's always something to discover.

You might also recognize Hope as the filming location for the cult classic "Rambo: First Blood" – and as the Chainsaw Carving Capital of Canada, home to more than 80 iconic wood carvings throughout town.

Whether you're here for the scenery, the stories, or the small-town charm, we invite you to stay awhile. There's always something worth stopping for. You might just find yourself staying longer than planned.

WWW.HOPE.CA | 604-869-5671

DISTRICT OF
HOPE



OTHELLO TUNNELS

#ExploreHCC

Capture your 'tunnel vision'
at Coquihalla Canyon
Provincial Park and
share it with us!



Journey through a captivating blend of natural splendor and historical ingenuity at Coquihalla Canyon Provincial Park. Nestled within the stunning landscape, the Othello Quintette Tunnels were an engineering marvel of their time, carved through solid granite between 1911 and 1916. Originally part of the Kettle Valley Railway, these tunnels linked British Columbia's coast with the Kootenay Region, and were aptly named after Shakespearean characters by the project's engineer, Andrew McCullough. Today, they offer visitors a unique opportunity to walk through history.

Embark on the easy, scenic 3.5 km round-trip trail. Dramatic canyon views and cool, dark tunnels unfold at each step. A flashlight is essential to navigate the dimly lit passages safely. The adventure is pet-friendly (leashes required), and while cyclists are welcome to enjoy the surrounding trails, please walk bikes through the tunnels to ensure a serene atmosphere for all.

Adding a touch of Hollywood allure to their rugged charm, the tunnels also served as a filming location for the iconic movie "First Blood," making your visit a walk through cinematic history.

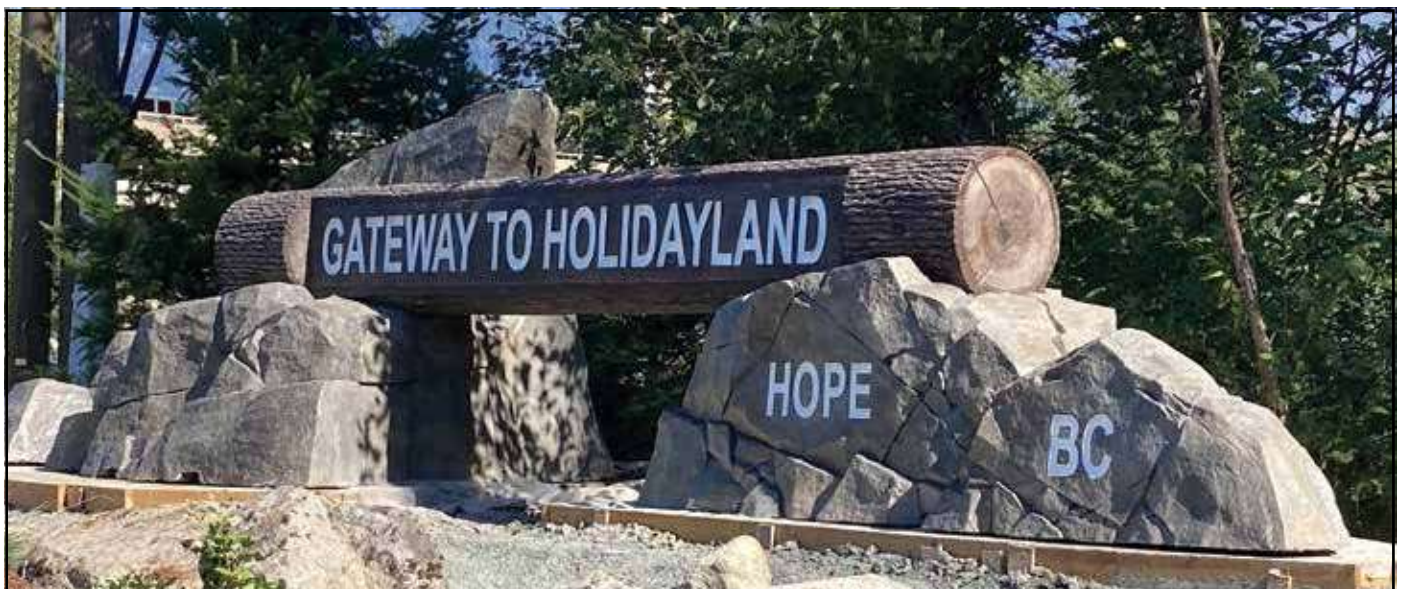
OTHELLO TUNNELS FUN FACTS:

- McCullough – a fan of Shakespeare – named the stations along the Coquihalla Subdivision after the Bard's characters
- Though originally five tunnels, visitors only walk through four continuous tunnels. Can you spot the restorative work that resulted in two tunnels feeling like one?

Othello Tunnels is annually one of the top-10 most visited BC Parks. The tunnels and the park itself was heavily damaged during the flood of November 2021. Water, debris, rockfall and structural damage to the tunnels and bridges kept the park closed for almost three years. In September of 2025, the park was fully re-opened to the public, with the fourth and fifth tunnels opening.

Visit bcparks.ca/coquihalla-canyon-park or contact the Hope Cascades & Canyons Visitor Centre for up-to-date information. 🌲

 <p>COQUIHALLA CANYON PROVINCIAL PARK</p> <p>Open dawn-dusk Year-round</p>	 <p>HOPE-NICOLA VALLEY TRAIL</p> <p>Open year-round</p>	 <p>OTHELLO TUNNELS</p> <p>Open May-October (weather dependent)</p>
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READY, SET, SPLASH • 48



DISCOVERY AWAITS ON THE TRAILS • 12-13



REEL IT IN • 18-19



CONQUER THE CLIMB • 14-15

**CHOOSE
YOUR OWN
ADVENTURE**



HOLLYWOOD NORTH • 9



REFLECTING BY THE WATER • 21-23



RIDE THE RAPIDS • 17



RIDE THE POWDER • 16



SMALL TOWN, BIG SCENES

HOLLYWOOD NORTH

Download the
"On This Spot"
mobile app for a
Rambo: First Blood
walking tour with then
and now photos.



See map on pages 28 & 29.

From quiet backroads to dramatic canyons, Hope, Cascades & Canyons has long been a place where stories come to life on screen. Its striking landscapes, small-town charm, and untamed wilderness have made it a natural choice for filmmakers searching for settings that feel both authentic and unforgettable.

Over the years, more than 15 major productions have filmed in the region, transforming familiar trails, rivers, and streets into worlds seen by audiences around the globe. Blockbusters like First Blood, War for the Planet of the Apes, The Cabin in the Woods, Fifty Shades Freed, and Guillermo del Toro's Antlers

have all found their backdrop here, alongside countless Hallmark holiday favourites that capture the region's quieter, cozier side.

Most recently, the Netflix series Untamed brought a new wave of attention, showcasing the raw beauty and cinematic depth of the area. Documentary storytelling also thrives here. Highway Thru Hell, the hit TV series, highlights the grit and resilience of those who keep BC's highways moving.

With landscapes that shift effortlessly from wild to welcoming, it's no surprise Hope Cascades, & Canyons continues to inspire filmmakers and invites visitors to step into scenes they've only seen on screen.



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TOP 10 ATTRACTIONS



1 OTHELLO TUNNELS



2 CHAINSAW CARVINGS



3 MANNING PARK



4 SYÉXW CHÓ:LEQW
ADVENTURE PARK



5 BRIDAL FALLS



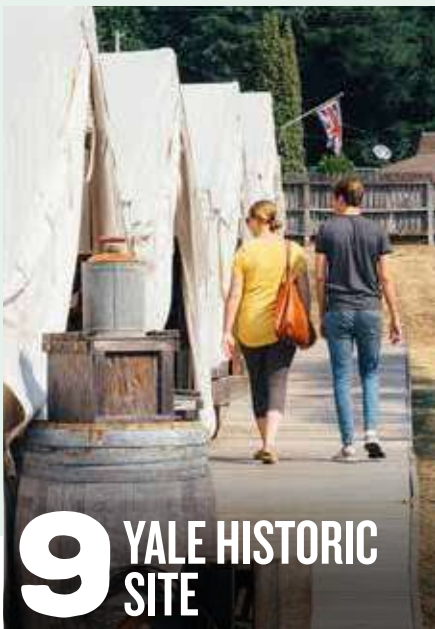
6 HELL'S GATE



8 RAMBO FIRST BLOOD BIKING TRAIL



7 RAMBO FIRST BLOOD WALKING TRAIL



9 YALE HISTORIC SITE



10 DOWNTOWN HOPE: SHOPS & CAFES

OUTDOOR ADVENTURE

FUEL YOUR ADVENTURE, ONE PEDAL AT A TIME



@maddygreenwoodphoto

SCAN TO WATCH PRO RIDER RÉMY MÉTAILLER

The mountains surrounding Hope are emerging as a must-ride biking destination. Adrenaline junkies can tackle challenging, rugged terrain that tests skill and endurance, while casual riders can cruise along stunning, well-groomed trails, soaking in sweeping views at every turn. Whether you crave heart-pounding adventure or a relaxed ride through nature, Hope delivers an unforgettable cycling experience.

FIRST BLOOD TRAIL: THE NEXT ICONIC RIDE OF BC

Hope, BC just dropped its biggest mountain-biking announcement yet. The First Blood Trail, a hand-built, black-diamond descent that's already turning heads across the WORLD. Raw, steep, technical, and carved straight into rugged mountain terrain, this 5 km trail is the first major piece of the new Hope Mountain Trail Network, and it's setting the bar high.

Built by the expert crew at First Journey Trails and inspired by the iconic First Blood film shot in Hope, this line delivers rock slabs, boulders, exposed sections, and classic freeride features that feel like a throwback to BC's roots, with a modern edge.

Shuttle Service: Skip the climb and get straight to the action. Contact Rob at 604-516-9115 for 7-days-a-week shuttles starting at \$20.

And here's the best part: scan the QR code to watch pro rider Rémy Métailler take on the trail and see exactly why riders are calling this the next big thing in BC.

Whether you're an advanced rider or a confident intermediate ready to level up, First Blood delivers an unforgettable ride, and it's only the beginning of what's coming to Hope.

RIDE IT. SURVIVE IT. THEN PROVE IT.

Stop by the Hope Visitor Centre (919 Water Ave) afterward to grab an exclusive First Blood T-shirt or hoodie!

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OUTDOOR ADVENTURE

LIGHT

KETTLE VALLEY RAILWAY

Beginner | 10 km (Roundtrip)

This portion of the Kettle Valley Railway offers beginner trail riders an easy introduction to the KVR. This abandoned railway bed is now used for biking and hiking.

ROTARY NATURE TRAILS

Beginner | 2 km (Roundtrip)

With more twists and turns than the Kettle Valley Railway, the Rotary Nature Trails is a fun place to ride with kids and anyone who is new to trail riding. The trail follows the Coquihalla River and also connects to the Town Bike Route.

BMX

HOPE SKATEBOARD PARK

Behind the Hope Recreation Centre
1005 6th Ave.

The popular skateboard park is adjacent to the Hope Bike Park.

THE BIKE PARK

Coquihalla River Community Park
on Kawkawa Lake Road

Hope Bike Park is the ideal spot for riders to hone their skills before tackling mountain trails. The park offers pump tracks, dirt jumps, and various features for beginners, intermediates, and advanced riders. For those brave enough, Logzilla awaits!

THE SYÉXW CHÓ:LEQW ADVENTURE PARK

Just off Highway 7

Owned and operated by the Sq'ewá:lxw (Skawahlook) First Nation, this park is offering 33 acres of pristine wilderness at the base of a rocky mountain. A family-friendly destination, the park features a 90,000-square-foot playground, a beginner-level pump track, a mountain bike skills trail, and a versatile trail network ideal for nature walks, biking, and jogging.

DOWNHILL & CROSS-COUNTRY

DOG MOUNTAIN

Single Track Black Diamond | 3 km (Roundtrip)

A downhill enthusiast's dream! This expertly maintained trail ascends briefly through old-growth forest and is packed with drops, jumps, gaps, and bridges. Each feature is clearly marked with flags to alert riders in advance. Located just outside Hope, it's the perfect challenge for thrill-seekers.

HOPE LOOKOUT TRAIL

Advanced | 4.2 km (Roundtrip)

The mountain bike trails at Hope Lookout start at the hikers' trailhead and share some sections of the hiking trail. The advanced trail has some man-made features and follows portions of the Joan Greenwood Loop.

HBC (1848) HERITAGE TRAIL

Intermediate | 12 km (Roundtrip)

The HBC Trail from Peers Creek is open for mountain biking to Manson's Camp (the first campground). The trail is mostly double-track. There is a short section of rock-slide near the beginning of the trail that riders may have to hike past.

POLAND LAKE

Advanced | 16 km (Roundtrip)

Start at Strawberry Flats and climb past the ski hill to a beautiful alpine lake (with camping for those looking for an overnight adventure). This trail is not technical and offers riders incredible views of the Hozomeen mountain range. 🌲



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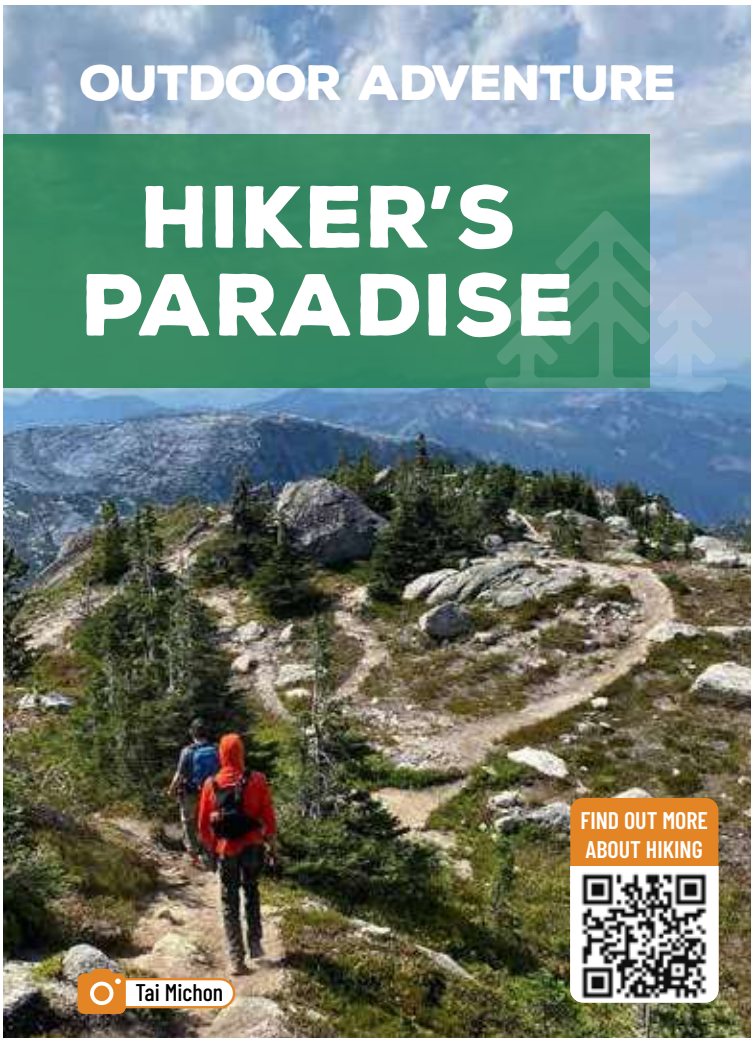
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Tai Michon

FIND OUT MORE ABOUT HIKING



NEWEST

SERPENT'S BACK TRAIL

Round Trip Distance: 5.5 km
Cumulative Elevation Gain: 435 metres

Hope's newest trail is also known by the Halq'eméylem name A:lhqeyétsel, which translates to serpent.

The trail starts at approximately the 1.7 km mark on Silver Skagit Road and takes you to multiple lookouts over Hope, the Fraser River, and down the Skagit Valley.

There are switchbacks, ropes, and cedar staircases to guide you through some of the tougher uphill terrain.

LONGEST

HBC TRAIL

One-way Distance: 75 km
Time: Multi-day trail
Cumulative Elevation Gain: 3,922

This heritage trail crosses the Cascade Mountains from Hope to Otter Lake (Tulameen). This fur 'brigade trail' is the reason Fort Hope was built by the Hudson's Bay Company (HBC) in 1848. You can access the trail via five different Forest Service Roads (FSRs): Peers Creek, Sowaqua Creek, Jacobson Lake, Lodestone Lake, and Tulameen River Road.



BDT Media House

Trails provide access to the wilderness, while connecting people with nature. Efforts to develop and enhance the local trail network are driven by the many benefits trails offer, including improved physical and mental health, opportunities for spiritual renewal, greater cultural and historical awareness, a sense of community pride, and contributions to economic diversification. Hope Mountain Centre for Outdoor Learning, a local non-profit group, in cooperation with many partner groups, looks after the building and maintaining of the trails in the Hope, Cascades & Canyons region.

Check out hopemountain.org/all-trails for more information.

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EASY

THACKER REGIONAL PARK

Round Trip Distance: 1.5 km
Cumulative Elevation Gain: 0 metres

A leisurely walk through a marshland habitat, perfect for bird and wildlife observation. Walkways and bridges safeguard this ecologically sensitive area, which hosts salmon spawning each fall. Please stay on the trail.

STEEPEST

HOPE LOOKOUT

Round Trip Distance: 4.2 km
Cumulative Elevation Gain: 470 metres

Hope Lookout (also known as the "Hope Grind") is home to Hope's annual trail race in September called The Hope Hustle. The steep trail offers spectacular views of Hope and includes benches along the way for resting, Hope Mountain Centre's Signature "loo with a view" pittoilet, interpretive signs and a kids toy box at the top as a reward for the littles who make it all the way up.

GREAT FOR CAMPING

TIKWALUS TRAIL

Round Trip Distance: 12.6 km
Cumulative Elevation Gain: 968 metres

This steep heritage trail winds through old-growth forest and showcases beautiful wildflowers in spring and summer. Stunning views at the top is a treat for hikers, offering picturesque campsites for overnight stays.

OTHER HIKING TRAILS IN THE REGION INCLUDE:

- Hope Mountain
- Mt. Frosty
- Rotary Trail
- Flood Falls
- Spirit Caves
- Mt Lincoln
- Eaton Lake
- Falls Lake
- Guanaco Peak
- The Needle

For information on all of our hiking trails pick up a free copy of the Trails of Hope map at the Hope, Cascades & Canyons Visitor Centre. 🌲



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OUTDOOR ADVENTURE

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 Coquihalla Lakes Lodge

The Coquihalla Summit Recreation Area is a protected wilderness sanctuary in the Hope, Cascades & Canyons region. It offers restful breaks for travellers and a challenging playground for experienced adventurers. The area features demanding backcountry hikes to peaks like Needle, Zoa, Yak, and FlatIron, and the easier, family friendly hike to Falls Lake.

SNOWMOBILING

Experience thrilling snowmobiling in Hope, Cascades & Canyons. The region's unique geography provides abundant powder snow and over 100km of groomed trails, thanks to the Coquihalla Summit Snowmobile Club. Popular spots include Henning Mountain and the family-friendly Pipeline trail. Located only 2.5 hours from Vancouver, it is easy to plan a day trip or a weekend stay at nearby accommodations like Coquihalla Lakes Lodge.

SAFETY & RESPONSIBLE TRAVEL

Mountain snowmobiling is adventurous but risky. Essential safety tips:

- **Speed Management:** Ride within your capabilities, stay under control, and keep to the right side of the trail.
- **Safety Gear:** Use a helmet, gloves, eye protection, and proper footwear. Supervise and train youth riders appropriately.
- **Preparation:** Check your machine is registered and insured. Carry a first aid kit, tow rope, spare belt, and a GPS/map. Share your plan and check weather/trail conditions.
- **Ride in Groups:** Travel with others or use a tracking device in areas with no cell service.
- **Mutual Awareness:** Use hand signals (thumbs up/down) to communicate your status and group size to fellow riders.

#ExploreHCC

Share your sled snaps!



NAHATLATCH VALLEY

REAWAKENED

Tucked deep within the wild heart of the Fraser Canyon, the Nahatlatch Valley is one of British Columbia's true hidden gems. Rugged cliffs, ancient forests, and powerful rivers create a landscape where the pace of life naturally slows, allowing connection to nature, to yourself, and to each other to come rushing back.

At the centre of the valley sits REO Rafting & Yoga Resort, quietly nestled beside the emerald waters of the Nahatlatch River. For decades, REO has welcomed adventurers, yogis, and nature lovers drawn to the canyon's raw beauty and strong sense of community. Whether it's exhilarating whitewater rafting, glamping under the stars, or practicing yoga to birdsong and rushing water, REO offers an experience that is both thrilling and deeply restorative.

Three years ago, the Kookipi Creek wildfire came heartbreakingly close to taking it all away. But the canyon and the REO community proved resilient. Today, REO stands stronger and more beautiful than ever, a living symbol of what can grow when people and nature come together with perseverance.

A highlight of the resort's renewal is the riverside yoga shala, which opened in August 2025. Designed as a serene, light-filled space overlooking the river, it offers a peaceful setting for movement and reflection. Nearby relaxation and hammock gardens invite guests to slow down among native plants and the canyon's gentle rhythm. At the heart of it all, the Nahatlatch River remains as legendary as ever, powerful and exhilarating, drawing visitors from around the world.

The Fraser Canyon has always been a land of stories, resilience, and quiet wonder. At REO, those stories continue to unfold – rooted in the past, renewed by the present, and open to all who are ready to discover this extraordinary place for themselves.



Reo Rafting



FISHING

WHERE TIME STANDS STILL ON THE FRASER RIVER

By Great River Fishing Adventures

Step into a world where ancient giants still roam and wild rivers tell stories older than memory. Stretching through the breathtaking Fraser Canyon from Hope to Lillooet, this region is widely regarded as one of the most spectacular fishing destinations on Earth. If you are seeking history, culture, tradition, and most importantly the adventure of a lifetime, this is where you come to stay, play, and explore.

In 1858, the Fraser River Gold Rush drew people from across the globe, all chasing dreams of fortune. Today, the new gold is not mined, it is experienced. It is the heart pounding thrill of hooking, fighting, and safely releasing a massive white sturgeon, a moment that forever changes how you see fishing.

The Fraser River and its tributaries host an incredible diversity of fish. Five species of Pacific salmon, chinook, sockeye, coho,



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chum, and pink, return from the ocean each year, joined by steelhead, sea run cutthroat, rainbow trout, and bull trout. Every season brings movement, energy, and life as these fish pass through our waters on their epic spawning journeys.

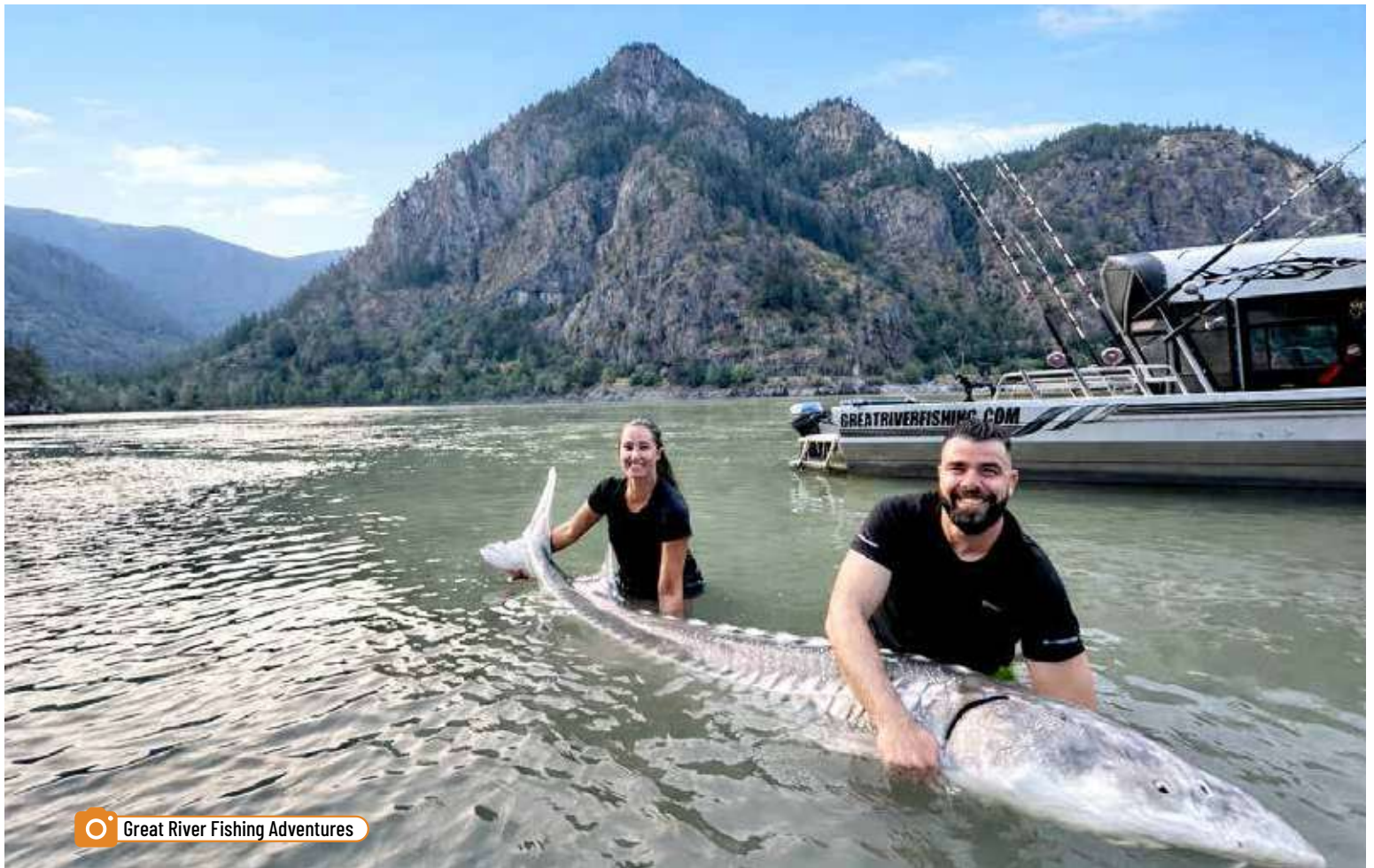
But one extraordinary resident never leaves.

The white sturgeon is a living relic of the Triassic era, an actual dinosaur of the deep that has survived for 200 to 300 million years. These giants are the largest freshwater sport fish in the world, famed for their raw power, endurance, and unforgettable aerial displays once hooked. Sturgeon fishing on the Fraser is available 365 days a year, offering unmatched opportunities for locals and travellers alike.

With experienced professional guides, specialized boats, and conservation-focused practices, your sturgeon adventure is not only thrilling but safe, educational, and deeply respectful of this ancient species. The Fraser River proudly supports the healthiest population of white sturgeon on the planet.

The 2026 fishing season is the BIG return year which could exceed 20 million sockeye in the summer months.

For decades, salmon and steelhead were the lifeblood of Fraser



 Great River Fishing Adventures

River sportfishing and tourism. Anglers travelled from around the world to chase powerful chinook and witness legendary sockeye runs, some peaking at an astonishing 30 million fish.

Long before modern anglers arrived, Indigenous peoples thrived along these waters. For over 10,000 years, since the last Ice Age carved the Fraser Canyon, salmon has been central to life here. The famous wind dried sockeye salmon, unique to this canyon's hot, dry winds, was once so valuable it served as a form of currency, traded far and wide for other goods.

Beyond the Fraser itself, the Hope region offers an abundance of fishing opportunities. Rainbow, cutthroat, and bull trout inhabit nearby lakes, streams, and rivers, while legendary waters like the Skagit River, often called a blue ribbon dry fly stream, the Coquihalla River, Ross Lake, Jones Lake, Lake of the Woods, and Kawkawa Lake provide something for every angler. Kawkawa, in particular, is a hidden gem, home to feisty kokanee and a solid bass population, just minutes from Hope.

No matter your pace or passion, there is a fishery here perfectly suited to you.

Before heading out, we recommend checking local tackle shops and reviewing the Freshwater Fishing Regulations for current angling guidelines. Come join us in this remarkable adventure zone, where ancient waters, wild fish and living history collide.

Explore the rivers, lakes, and canyons of Hope, the Cascades, and the Fraser Canyon, and experience fishing as it was meant to be.

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Experience the Magic of Manning



CABINS, CHALETS & LODGE ROOMS

With a variety of accommodation options, we have something for everyone including Cabins (Standard Cabins, Premium and Premium+ Cabins), Chalets and Lodge Rooms to fit every budget and need. Manning Park Resort also offers a Loon Lagoon (indoor pool, hot tubs, sauna and steam), the Pinewoods Restaurant and the Bears Den Pub.



SUMMER TIME FAMILY FRIENDLY FUN

Looking for a fun-filled way to spend the day? Why not float your boat on Lightning Lake! The Boathouse at Lightning Lake offers Kayak, Canoe, and Paddle Board Rentals. If water isn't your thing, then explore our variety of stunning hiking trails, head out mountain biking, or enjoy a leisurely walk amongst the wildflowers.



A WINTER WONDERLAND RETREAT WITH THE BEST SNOW ON THE WEST COAST...SERIOUSLY!

Look no further for your ticket to fresh powder and Winter Adventures. Hit the slopes and carve your day away with epic views and chill vibes, cross-country ski Manning's pristine trails, or explore the backcountry with Snowshoes in the heart of the Cascade Mountains.

manningpark.com

Your Adventure Starts Here...

MANNING PARK

YOUR GATEWAY TO WILD,
YEAR-ROUND ADVENTURE

SUMMER - WHEN THE MOUNTAINS WAKE UP

When the snow pulls back and the meadows burst into colour, the whole landscape becomes a playground for wanderers.

Hikers set out at dawn, following quiet riverside paths or climbing toward the summit of Mt. Frosty, where the world drops away beneath your boots. Forests, lakes, ridgelines, every trail feels like a new chapter, whether you're out for a gentle wander or a lung-burning climb.

Mountain bikers chase their own kind of freedom, rolling from smooth, flowing routes into rugged backcountry terrain. Big views, fast descents, and wide-open fire roads keep the adrenaline humming.

Down at Lightning Lake, the day slows to the rhythm of paddles dipping into glass-calm water. Once summer arrives, the Boathouse opens its doors with kayaks, canoes, and paddleboards, everything you need to drift into the stillness of the lake and let the world fall away.

And for those who prefer their adventures with four hooves, horseback trails wind through meadows, forests, and high ridgelines. Riders can even camp overnight at horse-friendly sites, falling asleep to the quiet heartbeat of the backcountry.



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WINTER - WHEN THE SNOW TAKES OVER

Then winter arrives, and the whole valley transforms. Snow softens the world, and the mountains take on a quiet, shimmering magic.

Skiers and snowboarders carve fresh lines across the alpine slopes, while cross-country skiers glide through beautifully groomed trails that stretch deep into the forest.

For those who crave silence, snowshoeing offers a slower, deeper kind of adventure. With 300 km of scenic trails, you can wander through fresh snow, towering trees, and hidden corners of the Cascade Mountain range, where winter feels untouched.

Families gather at the Polar Coaster, where tubes rocket down the hill and the Whiskey Jack Carpet Lift carries riders back up for another run. It's pure winter laughter, the kind that echoes long after the day ends.

Just steps from the cabins, the toboggan hill becomes a lively slope of races, wipeouts, and snowy joy. Sleds and crazy carpets are available at the Nordic Centre, and the hill is reserved for lodge & cabin guests, keeping it cozy and familiar.

Nearby, the outdoor ice rink glows under the open sky. Overnight guests lace up and glide across the ice, carving loops and twirls beneath the winter light.

And for those who want to sleep under the stars, Skyview RV Campground offers 62 winter sites just 4 km off Hwy 3. Wide skies, mountain silhouettes, and crisp nights make it a favourite base for stargazers and winter wanderers.

GATHERINGS IN THE MOUNTAINS

Manning has always been a place where people come together. Teams, families, classes - groups of all kinds find room to breathe here. Cozy lodging, shared spaces, and endless outdoor adventures make it easy to unplug, reconnect, and create memories that stick.

For schools and youth groups, the park becomes a natural playground. Safe, structured activities turn the mountains into a place of discovery, where kids learn by exploring, trying, and simply being outside.



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"Home" made!



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Hope, BC V0X 1L4
604.869.5558

www.homerestaurants.ca

PLAN YOUR DIP

FLOAT, BOAT, PICNIC OR PLAY

Immerse yourself in the clear waters of Hope, Cascades & Canyons, where lakes and creeks offer a perfect summer escape. The best time for swimming is from late June through mid-September when the weather is warm and inviting.

While enjoying the water is a delight, always prioritize safety as conditions can change rapidly. Be sure to wear lake-safe sunscreen, use personal flotation devices, check your surroundings before swimming, and never swim alone. Staying within your limits ensures a safe and memorable adventure.

Silver Lake

Located in Silver Lake Provincial Park, 12 km south of Hope

This cooler lake boasts a spectacular mountain backdrop. Access to the boat launch (electric motors only) and day-use area is through Silver Lake Campground.

Schkam Lake (Lake of the Woods)

Five minutes north of Hope on Highway 1

This fast-warming lake is usually the first lake to be ready for swimming. As motors are prohibited, it is a quiet place for both swimmers and paddlers.

A day-use area includes picnic tables and washrooms.

Kawkawa Lake

10 minutes from downtown Hope along Kawkawa Lake Road

With a boat launch, boat accessible cliffs, and a roped-off swimming area,

Kawkawa Lake is a family's dream. A playground, picnic tables and washroom facilities are available for day use. There are no boat rentals or lifeguard on duty.

Blue Lake Resort

15 kilometres north of Boston Bar

This crystal clear lake is truly a gem in the Fraser Canyon. It offers a small sandy beach for children to play as well as a couple of man-made islands away from the lake shore for the older kids and kids at heart to frolic from. Access to the lake is through the resort grounds.

Lightning Lake

located in Manning Provincial Park

Swimming in Lightning Lake Park is a refreshing escape, surrounded by rugged mountains and dense forests. The crystal-clear waters, cooled by the alpine setting, offer a soothing contrast to the summer heat. As you swim, the lake's glassy surface reflects the towering peaks, creating a serene and breathtaking experience amidst nature's beauty.



Walk to Downtown



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LOCATED**

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SPACIOUS ROOMS**

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in 2025**

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RESERVATIONS: 1-888-869-5228

EVENTS



SPRING *happenings*

MARCH

March 17

SCIENCE WORLD

Fraser Valley Regional Library - Hope Branch
Hope Recreation Centre Conference Room

Check out hopemountain.org for up to date information on all Hope Mountain Centre for Outdoor Learning's events

APRIL

April

RAMBO & SHERIFF TEASLE RETURN

Memorial Park - downtown Hope

April 4

FIREHALL OPEN HOUSE & PANCAKE BREAKFAST

Sunshine Valley Volunteer Fire Dept.
Firehall, Sunshine Valley

April 5

HOPE'S GREATEST EASTER EGG HUNT

Hope Cascade and Canyons
Memorial Park - downtown Hope

April 10

VANCOUVER INTERNATIONAL MOUNTAIN FILM FESTIVAL "BEST OF THE FEST"

Hope Mountain Centre for Outdoor Learning
Almsgiving Hope Cinema & Performance House

April 18

INTRO TO BACKCOUNTRY NAVIGATION

Hope Mountain Centre for Outdoor Learning
Thacker Mountain

April 25

EARTH DAY EVENT

Hope & Dist. Chamber of Commerce
Hope Communities in Bloom
Memorial Park - downtown Hope

MAY

May 2

RUN/WALK FOR HOPE

Fraser Valley Health Care Foundation

May 6

MOVE FOR HEALTH DAY

Hope Recreation Centre

May 8-10

SKAGIT VALLEY BIRD BLITZ

Hope Mountain Centre for Outdoor Learning
Skagit Valley Provincial Park

Every Wednesday

May 15 - October 15

CLASSIC CAR MEETS & CRUISES

Meet at 6:00 pm 3rd Ave. by Music Stage
Hope & Valley Cruisers
Memorial Park - downtown Hope

May 23

COMMUNITY SHREDDING EVENT

By donation
Hope Communities in Bloom
Hope & Dist. Chamber of Commerce
Memorial Park - downtown Hope

Every Friday

May 22 - September 4 | 9:30 am - 2:30 pm

FARMER'S MARKET

Hope & Dist. Chamber of Commerce
Memorial Park - downtown Hope

May 30 - June 5

BIKE TO REC

Hope Recreation Centre



Fast Casual

breakfast & lunch - soup & sandwiches - baked items
great selection of hot and cold espresso beverages



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facebook.com/blumoosehope



Order Online



SUMMER *fun*

JUNE

June 6
BC TRAILS DAY - VOLUNTEER WORK PARTY

Hope Mountain Centre for Outdoor Learning
Location TBD

June 12-13
HOPE PRIDE QUEER MUSIC & ARTS FESTIVAL

Hope Pride
Subject to change

June 13
TRASH TO TREASURE

Hope Communities in Bloom
Throughout Hope & area

June 19-21
MANNING PARK BIRD BLITZ

Hope Mountain Centre for Outdoor Learning
Horse Corral, Manning Park

June 27 & 28
SUMMER SMASH

Hope Motorsports Group
6th Ave. Sportsbowl

June 26-28
WOMEN'S INTRO TO BACKPACKING

Hope Mountain Centre for Outdoor Learning
Lower Stein Valley Provincial Park

JULY

July 1 | 9:00 am - 3:00 pm
HOPE CAR SHOW & SHINE

Hope Valley Cruisers
Memorial Park - downtown Hope

July 1 | 6:00 - 10:00 pm
CANADA DAY EVENTS

Hope Recreation Centre
6th Avenue Park

July 4, 11, 18 & 25
SATURDAYS IN THE SKAGIT

Hope Mountain Centre for Outdoor Learning
International Point - Skagit Valley Prov. Park

July 19
KICKIN' IT IN HOPE

World Cup Final
Hope Cascades & Canyons
Memorial Park - downtown Hope

**Every Friday evening in
July & August | 6:30 - 8:15 pm**
CONCERTS IN THE PARK

Hope & District Arts Council
Memorial Park - downtown Hope

July to September
HOPE TRAILS CHALLENGE

Hope, Cascades & Canyons
Hope Mountain Centre for Outdoor Learning
Trails in our region



AUGUST

August 1 | 10:00am - 10:00pm
LANTERN FESTIVAL AT LIGHTNING LAKE
Manning Park Resort - Lightning Lake

August 1 | 7:00-10:00 pm
MUSIC BINGO
Sunshine Valley RV Resort & Cabins
14850 Alpine Blvd. Sunshine Valley

August 9 | 9:00 am - 3:00 pm
ANNUAL CAR SHOW
Sunshine Valley Community

August 15-16
HOPE ART CRAWL
Locations throughout Hope & area

August 20-24
ALTITUDE MUSIC FESTIVAL
Boston Bar

August 26 | 5:00-7:00pm
VOLUNTEER APPRECIATION & ENGAGEMENT BBQ
Hope Mountain Centre for Outdoor Learning
Coquihalla Elementary School field



Refuel And Relax — On Our Patio! —



604.206.4679
584 Wallace St. Hope BC

Happy Hour
Daily 3-6pm

Open 7 days a week
From 11am till late

EVENTS



FALL harvest



SEPTEMBER

September 5 | 11:00am-2:00pm
KITE FESTIVAL & WORKSHOP
Manning Park Resort
Lightning Lake

September 6
A MIGHTY SOLID SUNDAY
A pre-Labour Day celebration
Mighty Fraser Barber Co.
Hope Cascades & Canyons
Memorial Park - Downtown Hope

September 11-13
HOPE BRIGADE DAYS
6th Ave. Park

September 27
WORLD RIVERS DAY GUIDED PADDLE
Hope Mountain Centre for Outdoor Learning
Fraser River boat launch, Hope

OCTOBER

October 3
KVR HISTORICAL BIKE RIDE
Hope Mountain Centre for Outdoor Learning
Coquihalla Summit

October 3 | 11:00am
WITCHES AND WARLOCKS PADDLE
Hope Cascades & Canyons
Kawkawa Lake

October 24
PUMPKIN SMASH
Hope Motorsports Group
6th Ave. Sportsbowl

October 31
LITTLE MONSTERS ON WALLACE
Hope Cascades & Canyons
Wallace Street

Fridays & Saturdays
October 12-31 | 7:00-9:00 pm
HAUNTED HOUSE
Sunshine Valley RV Resort & Cabins
14850 Alpine Blvd. Sunshine Valley

NOVEMBER

November 13-29
FOG FEST™
Hope Cascades & Canyons

November 28
FOGFEST FOGGY NIGHT HIKE
Hope Mountain Centre for Outdoor Learning
Thacker Mountain



FARMERS' MARKET

FRIDAYS - MAY 22 TO SEPTEMBER 4
9:30 AM - 2:30 PM • DOWNTOWN HOPE - MEMORIAL PARK
604-860-9742 or info@hopechamber.ca

SPONSORED BY: DISTRICT OF HOPE CHAMBER OF COMMERCE

YARN LOVE STUDIO

Gift Shop • Yarn Store
Fibre Arts Studio

306 Wallace Street | www.yarnlovestudio.ca
604-206-9526 | yarnlovestudio@gmail.com



WINTER *activities*

DECEMBER

December 19
SKATE WITH SANTA
Hope Recreation Centre

December 20
**WELCOMING WINTER: INTRO
TO SNOWSHOEING FOR
WOMEN**

Hope Mountain Centre for Outdoor Learning
Lightning Lake, Manning Park

December 31 | 7:00-9:00 pm
**APPETIZER POTLUCK &
FIREWORKS**

(Weather dependent)
Sunshine Valley RV Resort & Cabins
14850 Alpine Blvd. Sunshine Valley

JANUARY

January 1
POLAR BEAR SWIM
OGILVIE CUP PRESENTATION
Kawkawa Lake

FEBRUARY

February 15
FAMILY DAY SWIM & SKATE
Hope Recreation Centre



ONGOING EVENTS

**ROYAL CANADIAN
LEGION BRANCH 228 -
344 FORT STREET**

Mondays | 3:00pm
MEXICAN TRAIN

Tuesdays | 3:00pm
DROP IN CRIBBAGE

Fridays | 5:00pm
EUCHRE

Fridays | 5:30pm
MEAT DRAWS

Saturdays | 3:30pm
MEAT DRAWS



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Fraser River

DOUGLAS

DOUGL



7

PARK

4TH

5TH

PAR

Memorial Park

13

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WALLACE

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12



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HUDSON BAY

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1

2

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WATER

RAAB

RAAB

RAA

TURNER

3RD

NELSON

4TH

5TH

CORBE

OLD HOPE PRINCETON



8

15

9



#FirstBloodHopeBC

John Rambo's struggle with law enforcement in First Blood is a pivotal part of Hope's recent history in BC's film industry. Originally crowned "Hollywood North", Hope still remains an ideal natural set for film makers. Take a tour through our town and reminisce on one of the most influential action movies ever made!



HOPE CASCADES & CANYONS



The Hope, Cascades & Canyons Visitor Centre and Rambo Tourism HQ

919 Water Avenue
604.869.2021
tourismhcc.ca

Gr
so
Fi



THE HOPE SELF-GUIDED RAMBO: FIRST BLOOD FILM LOCATIONS WALKING TOUR



John Rambo Carving
On display Spring through Fall



Sheriff Teasle Carving
On display Spring through Fall

- 1** Sheriff Teasle picks up Rambo on Water Ave., near Gardner GM, kicking off their vengeful relationship.
- 2** Rambo soars over the train tracks on 3rd Ave.
- 3** With the police in hot pursuit, Rambo speeds past the iconic "H" tree on Hudson Bay St.
- 4**  The Sheriff's station was located in front of District Hall, at the corner of Wallace St. and 3rd Ave.
- 5** Find what was Mountain State Savings in the film at 10-800 3rd Ave., one of the several retail victims of Rambo's actions in the town during the climax of the film.
- 6**  Rambo races the stolen motorbike up the sidewalk of Wallace St., all the while weaving through the pedestrians, some perhaps out for a day of Christmas shopping.
- 7** The Outpost Gun Shop was built at the intersection of Commission St. and 3rd Ave. It was built specifically to be destroyed during filming and was done so in explosive fashion by John Rambo.
- 8** The intersection of Old Hope Princeton Way and Water Avenue is where Rambo walks under Hope's original "Welcome to Hope" sign and "Gateway to Holidayland" wooden archway. The sign has since been removed and placed at Coquihalla Campground.
- 9** Location of the gas station that Rambo blows up as a diversion. The station was built specifically to be destroyed.
- 10** The sheriff drops off Rambo on the bridge to Portland, Oregon at the beginning of the movie. The original bridge was dismantled in 2011.
- 11** While evading the sheriff, Rambo navigates the motorbike through the Chevron gas station. The distinctive red roofline of what is now Hope Pizza Place can be seen in the background of the scene.
- 12** The spot where Rambo shoots out the windows of "Mountain State Savings" in Midtown Plaza, now officially named Rambo Lane
- 13** Rambo blows out the transformer with the famous FIELDS sign in the background on Fraser Avenue.
- 14** Othello Tunnels in Coquihalla Canyon Park is where Rambo's iconic cliff jump took place (open seasonally).
- 15** Replica of original Gateway to Holidayland sign.



ON THIS SPOT



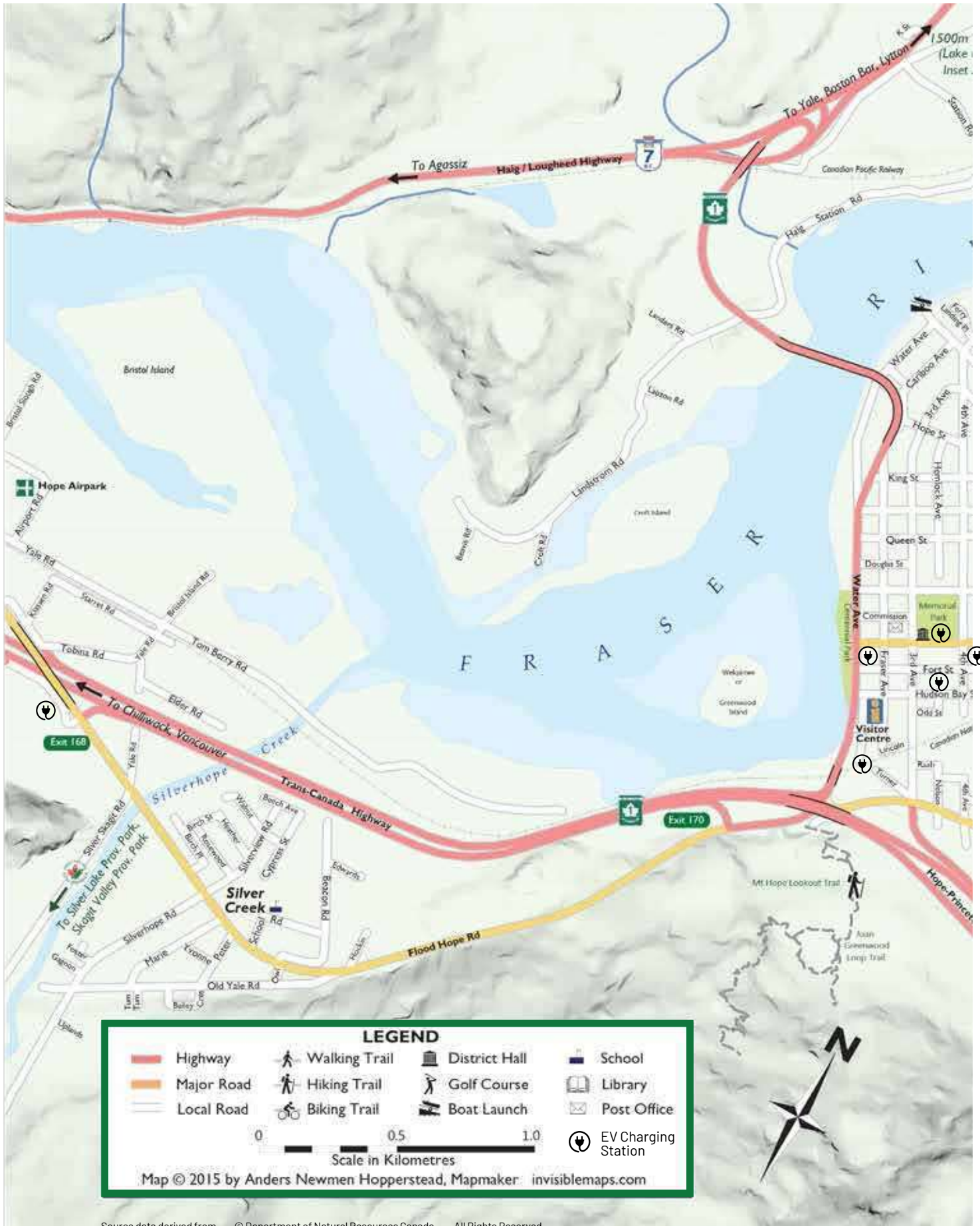
Download the "On This Spot" mobile app for a First Blood walking tour of Hope, BC with then and now photos

Grab your map, grab some Rambo souvenirs, and learn about all things First Blood in Hope from our experts.

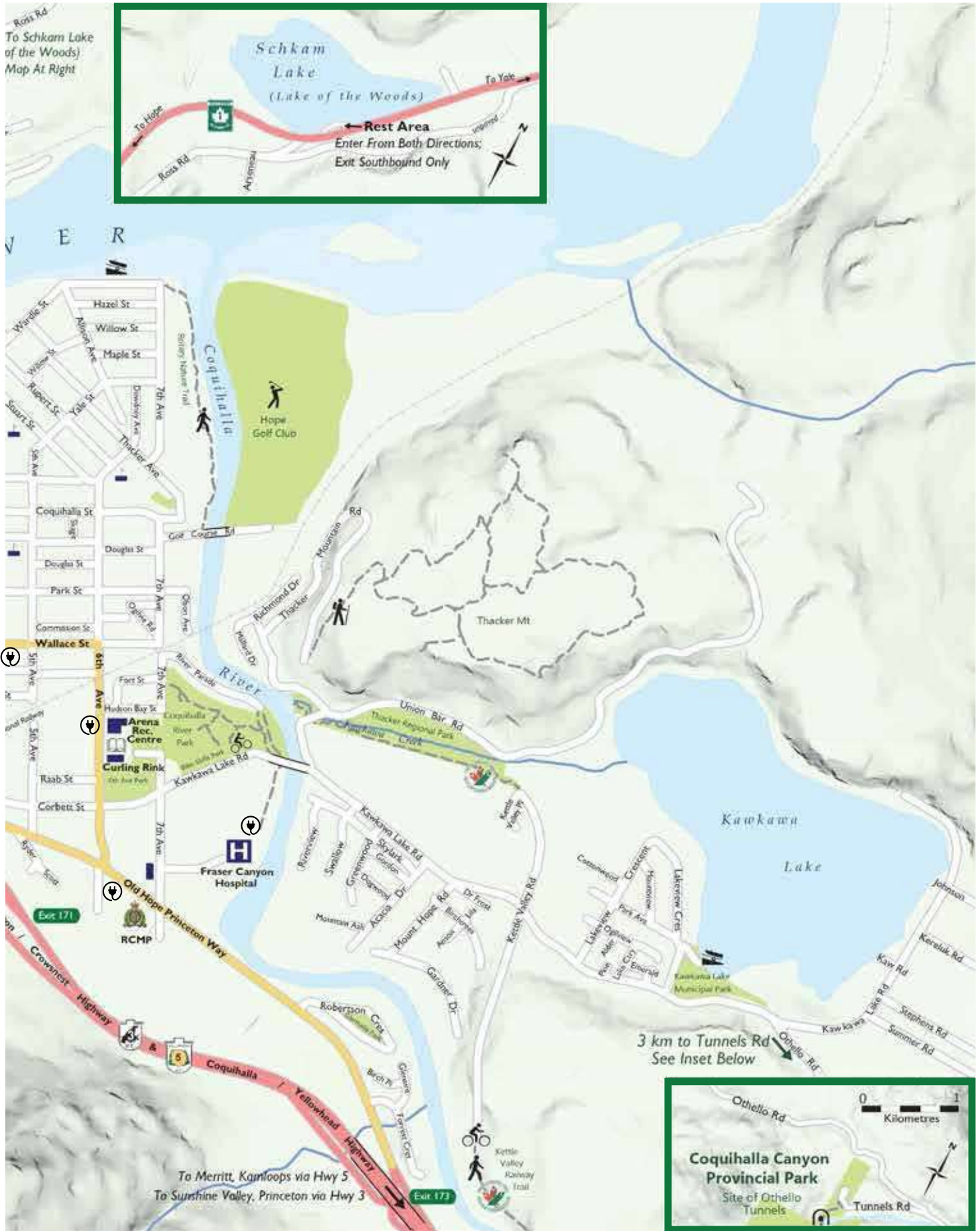


Join our Rambo Community
@firstbloodhope on Facebook

And learn more on our website
hcctr.ee/rambo



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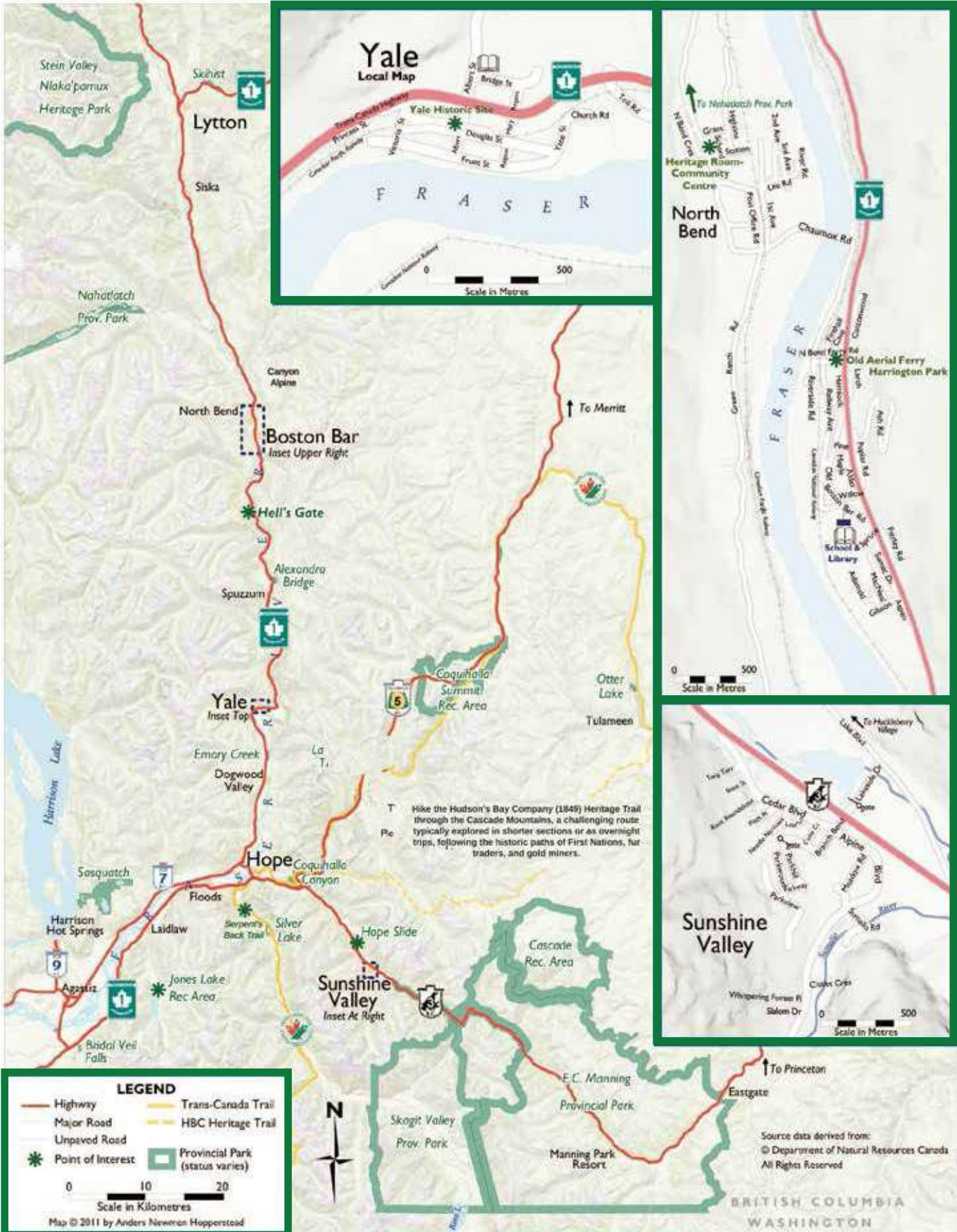
To Schkam Lake
of the Woods)
Map At Right



3 km to Tunnels Rd
See Inset Below



To Merritt, Kamloops via Hwy 5
To Sunshine Valley, Princeton via Hwy 3





HOPE RECREATION CENTRE

The Heart of Recreation and Connection

Hope's Recreation Centre, featuring state-of-the-art aquatic facilities and a gymnasium, offers diverse fitness classes and amenities for all ages and abilities, making wellness accessible and inspiring.

The Hope Cascades & Canyons region is a premier hub for sports excellence, with local staff dedicated to providing seamless service for event organizers and visiting athletes.

The local passion for sport is best seen on the ice. After a 16-year hiatus, the Hope

Icebreakers have triumphantly returned to the West Coast Senior AA Hockey League (WCSHL). Following a standout inaugural season, the team is already gearing up for a thrilling 2026-2027 winter campaign. By recapturing the community magic of years past, the Icebreakers aim to unite fans and inspire the next generation of hockey stars.

To plan your visit or view local facility schedules, explore the Hope, Cascades & Canyons Visitor Guide or check current recreation opportunities at fvrd.ca/recreation.

HOPE CASCADES & CANYONS REGION IS HOME TO THE FOLLOWING:

- Numerous multipurpose trails
- Bike park
- Sports & entertainment bowl
- Golf course
- Two softball diamonds
- Five indoor gymnasiums
- Outdoor tennis & pickleball courts
- Three motor sport venues
- Ice & curling rinks
- Indoor & outdoor skate park
- Disc golf course
- Motor park
- Four soccer fields
- Privately operated gym
- Three basketball courts
- Long & short distance trails
- Two public pools
- Numerous halls & conference rooms

HOPE & AREA RECREATION CENTRE



©Adele Hinkley

The Hope & Area Recreation Centre is home to the arena, Dan Sharrers Aquatic Centre, weight and cardio rooms, fitness studio, and conference centre.

We are proud to offer a wide range of programs and events for the whole family.

FOLLOW US ON FACEBOOK

 **HopeRecreation**

1005 6th Ave Hope, BC | 604-869-2304 | fvrd.ca/recreation



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THE SOUND OF SUMMER

CONCERTS IN THE PARK

Every Friday evening in July and August, Memorial Park transforms into Hope's favourite summer gathering place as Concerts in the Park brings music, community, and warm-weather magic to the stage at 6:30 PM.

Presented annually by the Hope & District Arts Council, this beloved tradition has grown into one of the region's biggest summer highlights. Each week features a different band, offering everything from rock and blues to country, folk, and high-energy crowd-pleasers. Add in food trucks, a fun 50/50 draw, and the unbeatable atmosphere of a warm summer night, and you've got the perfect Friday escape.

Bring your lawn chair, gather your friends and family, and make a weekly trip to Hope as part of your summer rhythm. Whether you're dancing on the grass, enjoying dinner from a local vendor, or simply soaking in the music, Concerts in the Park is the place to be.


Scan the QR code to watch a video recap of last year's unforgettable performances, and get ready for another season of music under the open sky.

For the full band lineup, follow <https://www.facebook.com/ConcertsInTheParkHope>



SCAN TO WATCH
CONCERT IN THE
PARK VIDEOS



 Chelsey Shaila Photography

FAMILY FUN

HONOURING INDIGENOUS ARTISTRY

THE RUBY CREEK ART GALLERY, which is owned and operated by Sq'ewá:lxw First Nation, is committed to promoting the work of the finest Northwest First Nations artists. The gallery features an extraordinary collection of Pacific Northwest Native art which includes gold and silver carved jewellery, handcrafted drums, soapstone carvings and more.

58611C Lougheed Highway, about 14.5 km west of Hope.
www.facebook.com/RubyCreekArtGallery

HOPE RIVER GENERAL STORE, in Emory Creek, carries Indigenous arts and crafts, as well as local wild smoked salmon and their famous "Indian Candy".

28775 TransCanada Highway, 18 km north of Hope.

MUSKWA GALLERY & INDIAN CRAFTS carries outstanding works of Indigenous art in this Indigenous owned gallery.

773 Water Ave. in Hope.

TUCKKWIOWHUM HERITAGE VILLAGE GIFT SHOP is home to carvings crafted by local First Nation people as well as healing salves, teas, arnica and huckleberry jam.

Located 5 km south of Boston Bar



Ruby Creek Art Gallery




HEAVEN N EARTH NATIVE ART GALLERY AND CULTURAL STUDIO is a privately owned gallery that features authentic

handmade Indigenous products such as mixed media beadwork and pine needle, birch and cedar bark jewelry and baskets.

340B Wallace St. across from Memorial Park in downtown Hope. 🌲

Authentic Korean Cuisine

Experience the bold flavours of Korea -
Where every bite tells a story!



HOPE

HOPE KOREAN KITCHEN

377 Old Hope Princeton Way, HOPE B.C. V0X 1L4 • 1-604-869-8484
<https://hopekoreankitchen.com>

HOPE ARTS GALLERY & GIFT SHOP

OPEN:
Feb. 1 - May 17 & Sept. 9 - Nov. 29 • Wed. - Sun. 11 am - 3 pm
May 18 - Sept. 7 & Dec. 1 - 23 • Daily 11 am - 3 pm
349 Fort St. Hope, BC • 604-869-2408

COMMUNITY ARTISTIC & CULTURAL CANVAS



HOPE ART CRAWL


Experience the richness and diversity of the local arts scene at the biennial Hope Art Crawl, coming up on August 15 & 16, 2026. This unique event is a fantastic opportunity for art lovers to explore the community and meet the talented local artists in their personal homes, studios, and exhibition spaces. You can discover works by potters, painters, fabric artists, woodcrafters, multi-media artists, and more. Engage directly with the creators, learn about their craft, and even purchase unique, handmade art to take home. Immerse yourself in the creative spirit of Hope and find that perfect piece of local art! hopeartcrawl.com

HOPE & DISTRICT ARTS COUNCIL

The Art Machine, run by the Hope & District Arts Council at **357 Fort St.**, provides affordable classes and workspaces for artists of all ages and skill levels. Classes include paper crafts, acrylic and watercolor painting, hand built and wheel-thrown pottery. Workshops have featured basket weaving, wire weaving, glass mosaics, and adult clay sculpting. Open to everyone, it's a creative hub for the community.

HOPE ARTS GALLERY

For those looking to take a piece of Hope home with them, the Hope Arts Gallery showcases some of Hope's best artists in permanent and rotating exhibits. The Gallery is operated by the Hope & District Arts Council at **349 Fort St.**



HOPE & DISTRICT ARTS COUNCIL presents




Fridays in July & August
6:30-8:30 pm
in Memorial Park

Live Music • All Genres

Art & Pottery Classes/Workshops


349 Fort Street, Hope, BC • 604-869-3400 • www.hopedistrictartscouncil.com





FAMILY FUN

 Hope Arts Gallery

CHAINSAW CARVINGS

In 1991, local carver Pete Ryan, who passed away in January 2021, transformed a diseased Douglas fir into a stunning work of art. Today, over 80 carvings are scattered throughout the community, lovingly maintained by Hope Communities in Bloom volunteers. To explore them all, grab a Hope Art Walk map at the Hope, Cascades & Canyons Visitor Centre. 🌲

Shop Authentic INDIGENOUS ARTWORK, GIFTWARE, JEWELLERY & SMOKED SALMON



 **Ruby Creek ART GALLERY**  58611C Lougheed Hwy - Ruby Creek  www.rubycreekartgallery.ca

Just 15 minutes west of Hope on scenic Hwy 7
 Proudly Owned & Operated by Skawahlook First Nation since 2005

THE FOG EVERYONE TALKS ABOUT

Celebrating the 4th Annual Fog Fest™

Fog Fest™ has quietly become one of the most unforgettable times of year in Hope, and the 3rd edition in 2025 proved it. When November rolled in with its rolling mist and moody skies, the town came alive. Photographers, families, adventurers, and influencers all chased the same thing: that unmistakable Hope fog, the kind that turns every street, forest path, and storefront into a cinematic backdrop. It's the season when this little town feels bigger, brighter, and more connected than ever.

What makes Fog Fest™ special is how effortless it is, and how many people make it happen. More than 50 local businesses came together to build last year's festival, creating ready-to-go itineraries, concerts and shows, pop-up events, and accommodation discounts that made planning unnecessary. The three themed weekends: Romance in the Mist, Girls Gone Foggy, and Foggy Little Christmas, meant everyone could find their moment in the mist. The festival wrapped with a spectacular fireworks finale in partnership with Brigade Days, lighting up the fog in a way only Hope can.

And now the FOMO is real. Fog Fest™ returns in 2026 for three weekends from November 13th to 30th, promising even more magic, more atmosphere, and an even bigger celebration as the tradition grows. November belongs to Hope - don't miss it!



SUNSHINE VALLEY

Tucked into the mountains between Hope and Manning Park, Sunshine Valley feels like one of British Columbia's best-kept secrets – a place where the air is crisp, the trees stretch tall, and adventure is always just a few steps away. Whether you're arriving for a quiet escape or a full outdoor weekend, the valley welcomes you with the kind of calm that's hard to find anywhere else.

In every season, Sunshine Valley turns into an outdoor playground. Summer brings sunshine-filled hikes, river dips, ATV'ing around Sunshine Valley, and evenings that stay golden just a little longer. When winter settles in, the landscape transforms into a snowy retreat – perfect for snowshoeing, sledding, and snowmobiling through fresh mountain powder.

At the heart of the community, the Sunshine Valley RV Resort and Cabins adds to the charm – a comfortable basecamp for exploring, gathering, and relaxing after a day outdoors. One of the best parts is being able to ride your ATV straight out from your campsite and into the valley's backroads and trails. For families, there's also a nearby playground where kids can burn off energy while everyone soaks in the mountain setting. And if you're staying at the campground, access to the pools and hot tubs makes it easy to unwind and recharge after a full day outside.

In 1942, Sunshine Valley (then Tashme) became Canada's largest Japanese-Canadian internment site, where over 2,600 people were forcibly relocated during World War II. After the war, many internees remained in the region, helping to establish a Japanese-Canadian community in Hope.

The Tashme Museum, housed in the camp's original butcher shop, preserves this history through artifacts, photographs, and stories, drawing global visitors. More information is available at tashmemuseum.ca.

Sunshine Valley isn't loud or crowded – it's peaceful, natural, and genuine. It's the kind of place you stop by once... and then find yourself wanting to return to again and again.



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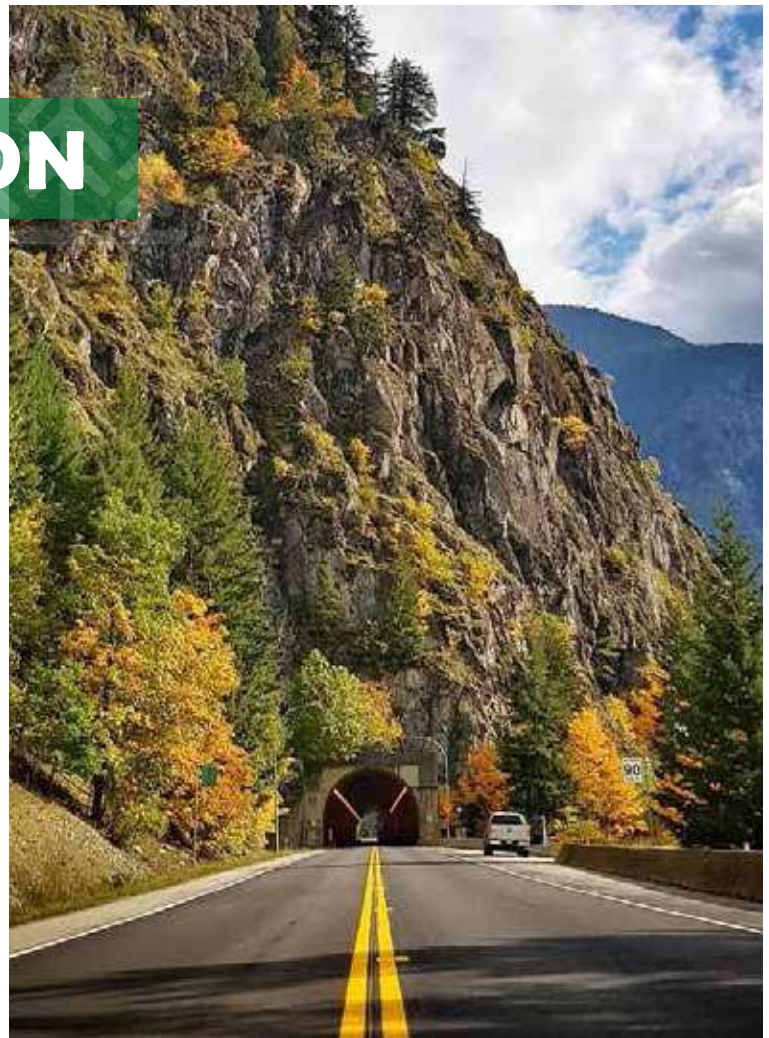

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FRASER CANYON

The Fraser Canyon in British Columbia is a region of dramatic beauty and deep historical significance, carved by the mighty Fraser River, with the Trans-Canada Highway passing through seven impressive tunnels along its route.

Just a short 18 km north of Hope is the location of the historically rich community of Yale. A bustling hub during the 1858 Fraser Canyon Gold Rush, and once a major settlement north of San Francisco and west of Chicago, it is often referred to as the gateway to the Fraser Canyon. Yale was the starting point of the critical Cariboo Wagon Road. Today, the Yale Historic Site preserves this legacy, featuring the Creighton House Museum, the historic St. John the Divine Church (built 1863), and a Tent City recreating the gold prospector atmosphere. Yale's position on the Fraser River also made it a crucial transportation center, frequently visited by sternwheelers. Surrounded by stunning landscapes, the area offers various outdoor activities for history enthusiasts and those looking to explore the Fraser Canyon. Yale is a must-visit for history enthusiasts and those seeking a deeper connection to British Columbia's gold rush and pioneer past.

Further up the canyon, the Hell's Gate Airtram offers a breathtaking view of the powerful Fraser River near Boston Bar, about 40 minutes northeast of Hope on Highway 1. The tram



descends 152 metres (500 feet) into the canyon, crossing the river at Hell's Gate, a narrow point where the massive volume of water rushes through at high speeds—sometimes carrying nearly twice the water as Niagara Falls. This historic site, famously described by explorer Simon Fraser as a place “where no human being should venture,” also features the International Fishways, a series of ladders built in 1937 to help salmon navigate the rapids after a 1913 landslide. Attractions at the base include observation decks, a suspension bridge, and educational displays. The tram typically operates seasonally from spring through fall (April to October), with late spring and early summer being the best time to see the high water levels. Visit hellsgateairtram.com for more information.

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BRIGADE DAYS

HOPE'S PREMIER ANNUAL FESTIVAL

For over 57 years, Hope Brigade Days has marked the close of summer and the end of Hope's busy tourism season. Established in 1968 by local service station owner and Hope Lions Club member Ken James, the festival honors Hope's deep roots in the fur trading history from which it takes its name.

Evolving with the community, today's Brigade Days is a premier event featuring an exciting mix of motorsports, midway rides, outdoor concerts, food trucks, and more. Don't miss a minute of the fun! Grab your weekend wristbands at any local retailer for

the festivities happening on Sept. 11, 12, and 13. For a complete event schedule and more details, visit brigadedays.com.

Event Highlights:

- Motorsports
- Parade
- Outdoor Concerts
- Family Activities
- Midway Rides
- Food Trucks
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MEMORIAL PARK

Memorial Park features Hope's most iconic chainsaw carvings. This vibrant, multi-use park has a bandstand, picnic area, playground, basketball courts, street hockey courts, tennis courts and washrooms. See if you can locate the "bears in the tree".

CENTENNIAL PARK

At the foot of Wallace Street on Water Avenue, take in the beautiful views of the Fraser River. Directly across from the park is Welqamex Island. Archaeological discoveries on the island include a large Stó:lō Village with many pit houses. The island is also home to a blue heron nesting site.

HOPE'S (OFF-LEASH) DOG PARK

Hope's only off-leash dog park is located between the curling rink and softball diamond at Sixth Ave Sports Field.

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HOPE SKATE PARKS

Hope has both an indoor and outdoor skate park. The outdoor one is located behind the Hope Recreation Centre. The indoor park is owned and operated by HMI Inc. and is located at 840 5th Ave.

JAPANESE FRIENDSHIP GARDEN

The Japanese Friendship Garden (adjacent to Memorial Park) was built in 1991 and is dedicated to the 2,600 Japanese – Canadians who were interned at Tashme during the Second World War.

See page 39 for more information.

KAWKAWA LAKE DAY USE AREA

One of the most popular summer spots in Hope, where you can enjoy a roped-off swimming area, picnic area, playground, change rooms and washrooms.

THACKER REGIONAL PARK

Featuring bird and animal watching, biking, hiking and spawning salmon. The hike around the channel is an easy one kilometre walk suitable for people of all ages.

COQUIHALLA RIVER COMMUNITY PARK

Located at 805 Kawkawa Lake Rd., the Coquihalla River Community Park includes the Hope Bike Park – which boasts pump tracks, dirt jumps and other features for beginner, intermediate and advanced riders, as well as a disc golf course.

ALEXANDRA PROVINCIAL PARK

Bridging cultures in the Fraser Canyon

The current Alexandra Bridge, built in 1926 on Spuzzum First Nation territory, stands on the foundations of the original 1863 Cariboo Wagon Road bridge near the ancient village of Kequelose. Once a key crossing on the 600 km route from Fort Yale to Barkerville, the bridge was decommissioned in 1964 after a new bridge was built downstream. Stone footings from the original structure are still visible today.

In 2022, Heritage Masonry began restoration work on the historic bridge, supported by a coalition led by the Spuzzum First Nation and the New Pathways to Gold Society. Other partners include BC Parks, Heritage Works, CN and a number of provincial ministries.

A short trail leads visitors into the canyon and across the bridge, where remnants of the Cariboo Wagon Road can be seen.

Amenities include a parking lot and picnic tables on the south side of the Trans-Canada Highway.



SYÉXW CHÓ:LEQW ADVENTURE PARK

Discover the spirit of the “Playground of Our Ancestors” at Syéxw Chó:leqw Adventure Park, a premier family destination owned and operated by the Sqéwá:lxw (Skawahlook) First Nation. Nestled just off Highway 7, this 33-acre park derives its name from the Halq'eméylem words for “rockslide in the forest,” a tribute to the ancient scree slope and falling mountain boulders that have shaped this landscape for millennia.

The park offers an expansive 90,000-square-foot playground alongside a 4,000-metre network of mixed-use trails perfect for nature walks, jogs, or bike rides. Cyclists of all ages can sharpen their skills at the beginner-level pump track and mountain bike skills trail, while hikers can enjoy scenic viewing platforms overlooking the lush forest and valley. As you explore, you will encounter a vibrant outdoor gallery of art installations, from bridge murals to intricate wood sculptures and carvings. These cultural treasures are hidden throughout the park, inviting visitors of all ages to join a rewarding scavenger hunt to find them all.



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When you shop local, you're supporting local families, creating jobs, and helping keep our town vibrant and thriving. Every purchase helps strengthen the community we all love, while offering quality, creativity, and care that only small businesses can provide.

Whether you're exploring the downtown, enjoying a meal after a day outdoors, or discovering a new favourite spot, you'll quickly see just how much Hope has to offer, and how good it feels to support it.



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SHOP LOCAL PASSPORT - MORE THAN JUST STAMPS



One of the most exciting ways the community came together during Fog Fest was through the Shop Local Passport, a program designed to encourage residents and visitors to explore Hope's incredible local businesses.

By shopping and collecting stamps along the way, participants had the chance to win over \$2,000 in local gifts and prizes, including a weekend getaway at beautiful Blue Lake Resort. It was a true Hope experience from start to finish.

The response was incredible, and we're happy to say it's coming back. Keep an eye out for the 2026 Shop Local Passport, with more opportunities to discover new businesses, support local, and win while you shop.

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Consecrated in 1861, Christ Church has served as a place of worship for 165 years. Its elegant dark wood interior and stunning leaded glass windows embodies the Gothic Revival style,

showcasing the craftsmanship of its era.

Visitors can explore the church's rich history through interpretive signage displayed outside, available year-round. The surrounding grounds feature a classical labyrinth, majestic old-growth trees, a scattering garden and a tranquil memorial garden, all providing a serene atmosphere for reflection.

Guided tours are available most days, May through October. Regular Sunday Services take place at 10 am.

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HOPE CARVES ITS MARK

The sawdust has settled, and Hope, BC once again proved why it's the Chainsaw Carving Capital of the World. From August 14-17, 2025, Memorial Park came alive with roaring chainsaws and jaw-dropping artistry.

Congratulations to Ryan Villiers, who took home 1st place with a stunning masterpiece that wowed the crowd!

While the next competition returns in 2027, the carving adventure doesn't stop. Swing by the Hope Visitor Centre to grab your Art Walk map, it features over 100 wooden carvings scattered throughout Hope and the surrounding area. Go explore, snap photos, and discover the magic carved into every corner of town.



TEE OFF in Hope, BC!

Imagine a serene escape where your swing is framed by breathtaking mountain vistas and the tranquil flow of the Coquihalla and Fraser rivers. Welcome to the Hope Golf & Country Club, nestled in the heart of beautiful Hope, BC, offering an unparalleled golfing experience.

Despite challenges from the Coquihalla River flooding in December 2025, the club and community are confident the course will be open this summer. Come discover the new, unique look of the holes along the river! It remains the perfect destination for both families and the dedicated golfer looking for a memorable round.

Visit our comprehensive Pro Shop for equipment rentals, sharpen your skills at the driving range or practice green, or book our perfectly situated clubhouse for your special event.

Ready to tee off? For more information, please visit www.hopegolfandcountry.club.



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- 8 Aqua Bliss
- 9 Sunburst Splash

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- Office
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- Female Change Room
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- Picnic Area
- Candy Shop
- Free Parking

If you're planning a summer road trip through the Fraser Valley, Bridal Falls Waterpark is one of those stops that quietly becomes the highlight of the day. With the mountains rising behind you and the sound of rushing water ahead, it's the perfect place to cool off before continuing your journey.

To turn a simple outing into a full weekend adventure, families frequently combine their trip with an overnight stay at the adjacent Camperland or a scenic hike through the day-use park to the 60-metre-tall Bridal Veil Falls.

Just down the road, Popkum Motor Park, an off-road dirt bike facility, features riding areas from beginner to advanced, including MX tracks, trails, Enduro park and training areas. New rider lessons are offered as well. Don't have your own gear? No problem. They have a range of high-quality dirt bikes and equipment available to rent, ensuring that you have everything you need for an exhilarating day on the tracks.

Many visitors make a full weekend of it - riding in the morning, waterslides in the afternoon, and relaxing at camp in the evening

DID YOU KNOW?

- The new 2026 Sunburst Splash ride is the first of its kind in the region, featuring two full spins for an extra-fun tubing experience.
- Bridal Falls gets its name from the waterfall's shape - the cascading water fans out like a long, flowing bridal veil.
- The waterpark has been a summer tradition for generations of Fraser Valley families, with many visitors returning year after year.
- You can walk to the park directly from Camperland RV Resort & Cabins, making it one of the easiest stay-and-play combos in the area.

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DAY TRIP DESTINATION

Popkum & Bridal Falls



Nordic Element Photography

DAY TRIP 1:

Waterfalls and Comfort Food Escape

Morning: Local Breakfast in Hope

Begin your day with a hearty breakfast at Home Restaurant, known for comforting classics, generous portions, and friendly service. Another excellent option is Hope Mountain Café, a relaxed spot with quality coffee and fresh meals.

Late Morning: Flood Falls Hike

Take the short, scenic trail to Flood Falls. This quick hike rewards you with a dramatic waterfall framed by steep rock walls and lush forest.

Afternoon: Choose Your Adventure

Spend the afternoon your way. Enjoy family-friendly fun at Bridal Falls Waterpark, or opt for an adrenaline-filled ride at Popkum Motor Park.

Evening: Bridal Veil Falls

End the day with a peaceful walk to Bridal Veil Falls. The wide, veil-like cascade is especially beautiful in the soft evening light.

Dinner in Hope: Enjoy a comforting Italian meal at Mia Pasta & Pizza, where the lasagna is a local favourite, or choose Nomad So.Cial Eatery for standout steaks and salmon.

DAY TRIP 2:

Fraser Canyon Time-Travel Adventure

Morning: Breakfast at Somewhere Else Café

Start your day at this beloved local diner, known for its nostalgic atmosphere and classic breakfast dishes.

Mid-Morning: Yale Historic Site

Step back into the Gold Rush era with a visit to the Yale Historic Site. Explore the museum, historic buildings, and stories of the once-thriving boomtown.

Afternoon: Alexandra Bridge

Walk the short forest trail to the historic Alexandra Bridge. The suspension bridge offers sweeping views of the Fraser River and the dramatic canyon walls.

Continue North to Hell's Gate:

Ride the airtram into the narrowest point of the Fraser Canyon. Explore the suspension bridge, exhibits, and the powerful river below.

Dinner: Canyon Alpine Restaurant

End your day with a relaxed, satisfying meal at this long-standing canyon stop.

Optional Adventure Add-Ons

For visitors seeking more excitement, consider booking a guided sturgeon fishing trip, a Fraser River rafting tour, or a jet-boat canyon experience.

DAY TRIPS

DAY TRIP 3:

Crowsnest Highway and Alpine Lakes Journey

Morning: Breakfast at Rolly's or Blue Moose Coffee House

Start your day at Rolly's Restaurant, a long-time Hope restaurant known for generous breakfasts and friendly service. If you prefer specialty coffee and a cozy café atmosphere, Blue Moose Coffee House is a local favourite offering quality espresso and fresh baked goods.

Scenic Drive on Highway 3

Travel the iconic Crowsnest Highway, a route known for mountain views and historic landmarks.

Key Stops

• **Hope Slide:** One of Canada's

largest historic landslides, with interpretive signage and impressive views.

• **Tashme Museum:** A meaningful stop that shares the history of Japanese Canadian internment during the Second World War.

Afternoon at Manning Park Resort

Continue to Manning Park for an afternoon of outdoor recreation. Rent a canoe and paddle across Lightning Lake, or hike the scenic loop trail that circles the shoreline.

Dinner at Pinewoods Dining Room - Finish the day with a cozy alpine meal at the resort's Pinewoods Dining Room.



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SARAH MALLASCH

Ten years ago, a Kiwi and a Canadian met while working at a heli-ski lodge in the small mountain town of Blue River. After a few years together, we moved to Mission, but quickly realized how much we missed mountain life. Five years ago, we found our way to Hope, BC—and it truly became home.

Surrounded by mountain peaks, clear rivers, and deep lakes, Hope offered everything we were looking for: adventure, a wonderful community, and space to build a family and meaningful careers. Our days are spent hiking local trails with our dogs and kids, swimming in the rivers and lakes in summer, and snowshoeing at Sunshine Valley or snowboarding at Manning Park in the winter.

My husband Austin, runs a local tree care business, working as a fully certified and insured arborist and faller, with previous experience in BC Wildfire. He also works for Manning Park as a snowcat operator in the winter and helps clear any tree problems. Since moving to Hope, I studied and created Mountain Air Yoga after almost 20 years in the Veterinary industry. I offer classes locally at the recreation centre, outdoor yoga in the summer, retreats here in Hope and at Manning Park, and after-school yoga for local teachers. Creating these retreats has almost been seamless with the help of easy to work with local Air BnB, restaurants that are very willing to help cater events and Manning Park resort itself having everything right at your fingertips. One of our greatest joys is watching our girls grow and thrive here, where some days a toddler bike gang will cruise by as the neighbours come out smiling to wave. Hope has given us the freedom to grow our businesses, raise our children, and truly belong to a caring community.

For more info, see: [@mountain.air_yoga](https://www.instagram.com/mountain.air_yoga)

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SUCCESS STORIES



Hannah Vanwerkoven Photography

HANNAH VANWERKOVEN

Mike and I moved to Hope about five years ago after leaving Squamish, where we were renting and spending countless hours searching for homes. No matter where we looked, we always found ourselves drawn back to Hope.

We found a fixer-upper in Silver Creek, which allowed Mike to renovate while we slowly integrated ourselves into the community. While on maternity leave in a new little town, I found myself looking for a hobby. Photography came into my life, and I never looked back.

Fast forward five years, and we are both potentially the busiest people you could meet—in the best way. Mike now runs a successful home renovation company based right here in Hope, and I run a photography business offering lifestyle and wedding photography year-round.

Along the way, we've found an incredible community of families with kids the same age as ours. Friends who share our interests and are always looking for ways to get the kids outdoors—and mostly to tire them out. Wanting something local for our kids, Mike and I created Soccer Sprouts, a small weekly spring soccer meet-up. We're not professional coaches, but it has become a fun, low-pressure gathering that brings families together. I'm also able to offer free soccer photos, giving families a fun memory to take home.

We're grateful for our adventures in Squamish, for what led us to Hope, and for how our community continues to grow.

For more info, see: <https://www.hannahvanwerkovenphotography.com/>



Jete Devisser/Urban Fig Photography

NAOMI BARRETTARA

My name is Naomi Barrettara, and I run community music classes and events in beautiful Hope, BC! Shortly after moving to Hope, I had my daughter, and went looking for affordable kinder-music classes in town. But I couldn't find any. I have a PhD in music, and worked for a decade in community programming with professional performing arts companies. I decided if I wanted my daughter's life to be filled from the very beginning with community music-making, I would make it happen myself. My Mom-friends in town encouraged me to go for it, and I started by experimenting with a family-friendly music program in the summer, meeting in Memorial Park on Sunday mornings. The community support was so strong, I decided to continue the program indoors when the summer ended, and founded my company, Mountain Melodies. That was over three years ago, and I've been running Sunday Morning Music, Rhythm and Movement classes, and other special events ever since!

For more info, see: <https://mountainmelodies.org>



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1 KEY LOCATION

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2 AFFORDABLE REAL ESTATE

Hope, BC offers the most affordable land, commercial real estate, and residential properties in the Fraser Valley. Investing in Hope can foster economic security for both your professional and/or personal investments.

3 COMPETITIVE MUNICIPAL DEVELOPMENT COSTS & QUICK PROCESSING TIMES

The District of Hope regulates and administers all business development permits and licenses. Investing in a rural community has great benefits as our municipal development costs are more economical when compared to larger urban centres. Business licenses and permit applications are processed in a timely matter.

4 SUBSTANTIAL LABOUR FORCE

Located near neighbouring urban centres, Hope has access to a substantial labour force network which continues to increase alongside Hope and the Fraser Valley's booming population growth.

5 EXPONENTIAL POPULATION GROWTH

Hope's population has increased by 10% since 2012, which surpasses provincial and national growth rates, and continues to see steady growth.

6 FIBRE OPTIC CAPABILITIES

Hope, B.C. is equipped with Fibre Optic broadband internet, allowing businesses to get a 100% direct fibre connection right to their premise that delivers fast internet upload and download speeds up to 940mbps.

7 DIVERSE BUSINESS SECTORS

Hope prides itself in having a diverse economy. Many residents of Hope work in the accommodation & food sector, retail, construction, health care, and transportation.

8 COMMUNITY SUPPORT & EXCEPTIONAL QUALITY OF LIFE

Hope is a small mountain town with remarkable community pride. There are many readily available supports in place to assist businesses with the success of their investment. Our community has an exceptional quality of life and an abundance of outdoor recreational activities. 🌲

Learn more at hopebc.ca or contact us:
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CHESTER'S CHICKEN	19959 Silverview Road	www.chesterschicken.com	
DAIRY QUEEN	817 Water Avenue	dairyqueen.com	
FLAMES PIZZAS & PASTA	468 Wallace Street	flamespizzahope.com	
FRESH SLICE PIZZA	800 3rd Avenue Unit D	www.freshslice.com	
HOME RESTAURANT	665 Old Hope Princeton Way	homerestaurants.ca/hope-location	
HOPE LOCAL HOUSE - SILVER CHALICE PUB	19974 Silverview Road	silverchalicepub.ca	
HOPE MOUNTAIN CAFE	293 Wallace Street	cafehopenmountain.com	
HOPE PIZZA PLACE	875 Water Avenue	hopepizzaplace.com	
HOPE KOREAN KITCHEN	377 Old Hope Princeton Way	hopekoreankitchen.com	
KAN YON RESTAURANT & TEA SHOP	800 3rd Avenue	kanyonhope.com	
LOLA'S TORTAS	591 Wallace Street		
KIBO JAPANESE GRILL	267 King Street		
KIMCHI RESTAURANT	821A 6th Avenue		
KINGPIN LOUNGE	584 Wallace Street	kingpinlounge.com	
MCDONALD'S	453 Old Hope Princeton Way	mcdonalds.com	
MARBLE SLAB	677 Old Hope Princeton Way	marbleslab.ca	
MIA PASTA AND PIZZA	19855 Owl Street		
MOUNTAINVIEW BREWING CO.	390 Old Hope Princeton Way	mountainviewbrewing.ca	
NOMAD SO. CIAL EATERY	821B 6 Avenue	nomadsocialeatery.com	
PAPA JOHN'S PIZZA	590 Old Hope Princeton Way	papajohns.com	
PANAGO PIZZA	725 4th Avenue	panago.com	
PIZZA HUT	761 Water Avenue	pizzahut.ca	

EAT

In Hope / Fraser Canyon / Highway 3 /
Bridal Falls & Popkum / Highway 5



patio

family

fast food

cafe

pet friendly
patio

HOPE DINING

RICKY'S ALL-DAY GRILL	90700 Klassen Road	rickysrestaurants.ca/ locations/hope	
ROLLING PIN BAKERY	821 E 6 Avenue	rollingpinbakery.ca	
ROLLY'S RESTAURANT	888 Fraser Avenue	rollysrestaurant.com	
SHARON'S DELI	340A Wallace Street		
SPICE & GRILL	575 Old Hope Princeton Way	spiceandgrill.ca	
SILVER CREEK DELI & ICE CREAM	19700 Klassen Road	silvercreektravel.com	
STALLONES	Unit A - 541 Wallace Street		
STARBUCKS	590 Old Hope Princeton Way	starbucks.ca	
SUBWAY	761 Water Avenue	subway.com	
SUBWAY	677 Old Hope Princeton Way	subway.com	
SUBWAY	63100 Flood Hope Road	subway.com	
TIM HORTONS	250 Old Hope Princeton Way	timhortons.ca	
TREE HUGGER WELLNESS BAR	591 Wallace Street	treehuggerwellness.ca	
WENDY'S	677 Old Hope Princeton Way	locations.wendys.com/ canada/bc/hope	
WHITE SPOT TRIPLE O'S	587 Old Hope Princeton Way	tripleos.com/locations/ hope-at-chevron	

FRASER CANYON / BRIDAL FALLS / POPKUM / HIGHWAY 3 DINING

CANYON ALPINE RESTAURANT	50582 Trans Canada Highway, Boston Bar		
JB'S DRIVE IN	48080A Trans Canada Highway, Boston Bar		
FAT JACK'S DINER & PUB	50865 Trans Canada Highway, Boston Bar		
OLD TOWNE INNE CHUCKWAGON BAR & GRILL	47555 Old Boston Bar Road, Boston Bar	oldtowneinne.com/restaurant	
RANCHER'S RESTAURANT	53560 Bridal Falls Road, Popkum		
SIMON'S CAFE (HELL'S GATE AIRTRAM)	43111 Trans Canada Highway, Boston Bar	hellsgateairtram.com	
SOMEWHERE ELSE CAFE	27052 Baker Street, Dogwood Valley		
PINEWOODS DINING ROOM (MANNING PARK RESORT)	7500 Crowsnest Highway	manningpark.com/food-and-dining	



wifi



breakfast



kitchenette



pet friendly



pool/hot tub

HOPE ACCOMMODATIONS

ALPINE MOTEL 505 Old Hope-Princeton Way	alpinemotelhope@gmail.com	604-869-9931	
BEST CONTINENTAL MOTEL 860 Fraser Avenue	bestcontinentalmotel.com	604-869-9726	
EVERGREEN BED & BREAKFAST 1208 Ryder Street	evergreen-bb.com	604-869-9918	
HERITAGE INN 570 Old Hope-Princeton Way	heritageinnhope.com	604-869-7166	
HIGH HOPES BED & BREAKFAST 21623 Thacker Mountain Road	highhopesbandb.com	604-869-7223	
HOLIDAY MOTEL & RV RESORT 63950 Old Yale Road	holiday-motel.com	604-869-5352	*OUTDOOR POOL
HOPE CITY CENTRE MOTEL 455 Wallace Street		604-869-5500	
HOPE INN & SUITES 377 Old Hope-Princeton Way	hopeinnandsuites.com	604-869-7107	
INN THE MOUNTAINS 778 3rd Avenue	info@innthemountains.com	236-355-0047	
INN TOWNE MOTEL 510 Trans Canada Highway	inntownemotel.ca	604-869-7276	
MOUNTAIN VIEW HOPE MOTEL 504 Old Hope-Princeton Way	motelmountainview.com	236-355-0999	
PARK MOTEL 832 4th Avenue	parkmotel.ca	604-869-5891	
RED ROOF INN 477 Fraser Avenue	redroofinnmotel.ca	604-869-2446	
RICHCA CHALETS RESORT 456 Trans Canada Highway	richcachalets.ca	604-869-9020	
ROYAL LODGE MOTEL 580 Old Hope-Princeton Way	royallodge.ca	604-869-5358	
SKAGIT MOTEL 655 3rd Avenue	skagitmotel.ca/book	1-888-869-5228	
SLUMBER LODGE MOTEL 250 Fort Street	slumberlodgemotel.com	604-869-5666	*POOL CLOSED IN WINTER
TRAVELODGE BY WYNDHAM HOPE 350 Old Hope-Princeton Way	wyndhamhotels.com/en-ca/ travelodge/hope-british-columbia/ travelodge-hope/overview	604-869-9951	

STAY

In Fraser Canyon / Highway 3 /
Bridal Falls & Popkum / Highway 5



wifi

breakfast

kitchenette

pet friendly

pool/hot tub

FRASER CANYON ACCOMMODATIONS

BLUE LAKE RESORT 63452 Blue Lake Road, A, Boston Bar	bluelakeresort.ca	604-867-9246	
CANYON ALPINE MOTEL 50530 Trans Canada Highway (Canyon Alpine, 5 Km north from Boston Bar)	canyonalmotelmotel.ca	604-867-9295	
OLD TOWNE INNE CHUCKWAGON BAR & GRILL 47555 Old Boston Bar Road, Boston Bar	oldtowneinne.com	604-867-9321	
THE MIGHTY FRASER MOTEL 50865 Trans Canada Highway, Boston Bar		604-753-7231	

HIGHWAY 3 / BRIDAL FALLS & POPKUM / HIGHWAY 5 ACCOMMODATIONS

CAMPERLAND RV RESORT & CABINS 53730 Bridal Falls Road, Popkum	holidaytrailsresorts.com/camperland-rv-resort-cabins	604-794-7361	
DOUGLAS FIR RETREAT Sunshine Valley, BC	liftylife.ca/destinations		
MANNING PARK RESORT 7500 Crowsnest Highway	manningpark.com	604-668-5922	
SUNSHINE VALLEY RV RESORT & CABINS 14850 Alpine Boulevard, Sunshine Valley	holidaytrailsresorts.com/sunshine-valley-rv-resort-cabins	604-869-0066	
COQUIHALLA LAKES LODGE 35600 Coquihalla Lakes Road	coquihallalakeslodge.com	250-378-2096	
WHISKEY JACK 148900 Parkview Avenue, Sunshine Valley	liftylife.ca/destinations		



CAMP



hook-up



wifi



shower



laundry



pool



sani-dump



Glamping



Waterfront

HOPE CAMPGROUNDS

CARIBOO TRAIL PARK 22885 Trans Canada Highway		604-869-9024	
COQUIHALLA CAMPGROUND 800 Kawkawa Lake Road	coquihallacampground.ca	604-860-5330	
HOLIDAY MOTEL & RV RESORT 65950 Old Yale Road	holiday-motel.com	604-869-5352	
HOPE VALLEY CAMPGROUND & RV PARK 62280 Flood Hope Road	hopevalleyrv.com	604-869-9857	NO TENTING
SILVER LAKE PROVINCIAL PARK 12km south on Silver Skagit Road	bcparks.ca/silver-lake-park	604-986-9371	
TELTE-YET CAMPGROUND 600 Water Avenue		604-869-9481	
WILDROSE CAMPGROUND & RV PARK 62030 Flood Hope Road	wildrosecamp.com	604-869-9842	
WHISTLE STOP RV & TENT PARK 59440 St. Elmo Road		604-869-5132	

FRASER CANYON / BRIDAL FALLS / POPKUM / HIGHWAY 3 CAMPGROUNDS

TUCKKWIOWHUM CAMPGROUND Trans Canada Highway, Boston Bar	tuckkwiowhum.ca/campground	604-860-9286	
BLUE LAKE RESORT 63452 Blue Lake Road, Boston Bar	bluelakeresort.ca	604-867-9246	
BRIDAL FALLS CAMPERLAND RV RESORT & MOTEL 53730 Bridal Falls Rd, Rosedale	holidaytrailsresorts.com/ camperland-rv-resort-cabins	604-794-7361	* SEASONAL
CAMP BRIDAL 53870 Bridal Falls Road, Popkum	campbridal.ca/wp	604-745-2267	
CANYON ALPINE RV RESORT 50490 Trans Canada Highway, Boston Bar	canyonalinervpark.com	604-867-9734	
EMORY CREEK CAMPGROUND Trans Canada Highway (18km north of Hope)	bcparks.ca/emory-creek-park	778-548-1096	
FRASER CANYON RIVERSIDE DOMES 26578 Mountain Valley Way, Dogwood Valley	greatriverfishing.com/ uncategorized/fraser-canyon-riverside-domes	604-792-3544	
EMORY BAR RV PARK 28775 Trans Canada Highway	emorybarrvpark.com	604-863-0033	
REO RAFTING AND YOGA RESORT 61755 Nahatlatch Forest Service Road, Boston Bar	reorafting.com	1-800-736-7238	
MANNING PARK RESORT 7500 Crowsnest Highway	manningpark.com/camping	604-688-5922	* <small>*AT RESORT ONLY</small>
SUNSHINE VALLEY RV RESORT 14850 Alpine Boulevard, Sunshine Valley	holidaytrailsresorts.com/sun- shine-valley-rv-resort-cabins	604-869-0066	* <small>*IN CABINS ONLY</small>
WASHTOCK FAMILY CAMPGROUND & FARM 52702 Chaumox Rd, Boston Bar	washtockfamilyfarm.ca	604-240-6490	

EXIT 168

Ricky's

ALL DAY GRILL

ORDER ONLINE
RICKYSRESTAURANTS.CA

- **Breakfast, Lunch & Dinner Specials**
- **Kid's Menu**
- **Open 7 days a week**

Silver Creek TRAVEL CENTRE

- **Snacks • Lottery**
- **Deli & more**



19700 Klassen Rd., Hope, BC
236•355•1313

HOPE • BRIDAL FALLS • POPKUM • SUNSHINE VALLEY • MANNING PARK • YALE • SPUZZUM • BOSTON BAR • CANYON ALPINE

HOPE CASCADES & CANYONS

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OTHELLO TUNNELS

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DAY TRIPS

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