

## FLATBED FALLS HIKING TRAIL

This trail was the first to be built in the Tumbler Ridge area, in the early 1980s. The large log shelter was added in 1990. It descends for one kilometer through mixed forest, past an attractive beaver dam, to a four metre high waterfall on Flatbed Creek. There is a good swimming hole below the falls.

The trail to Flatbed Falls starts at the far right (west) end of the parking lot (on your right if you are facing the sign and map). It climbs briefly, then leads past a signboard at the junction with the Linking Trail. Turn to the left here. Soon after this there is a short offshoot to the right, which leads to the edge of the Flatbed Valley. From here there are expansive views of the start of Flatbed Canyon, and the flat-topped summit of Mt Spieker in the far distance.

The bedrock to be seen in the bottom of the canyon (Cretaceous rocks) is a strong contrast with the thick layer of glacial till that forms the valley sides – its boulders and gravel are best seen immediately below the level you are standing on. This till is a remnant of the ice ages (Pleistocene and recent). Flatbed Creek used to drain a much larger area, including Kinuseo Creek and Honeymoon Creek, but changes in river patterns about 22,000 years ago reduced its flow.

The main trail leads past an offshoot to the left which links with the Flatbed Pools trail, then passes a locked gate, designed to deter ATVs. Sometimes the signs get removed and the ATVs manage to get past the gate, so please hike with care, especially with children. The original trail was made by a small bulldozer and is wide, but steep and eroded in places, so tread gingerly.

Near the bottom of the first hill is a strategically placed bench, a good place to stop and listen for the bird songs in the mixed forest of White Spruce, Trembling Aspen and Lodgepole Pine. The most common birds to be heard here are: Yellow-bellied Sapsucker, Northern Flicker, Western Wood-Pewee, Warbling Vireo, Black-capped Chickadee, Red-breasted Nuthatch, Golden-crowned and

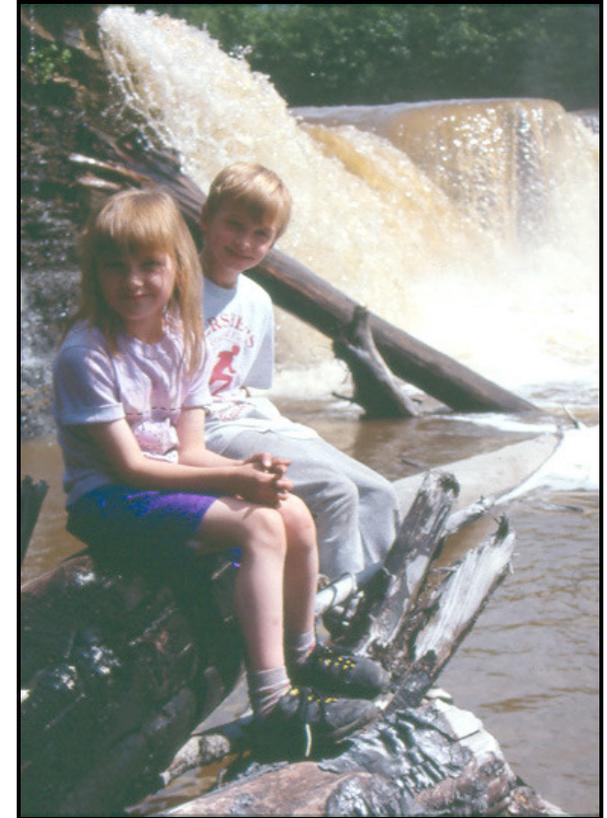
Ruby-crowned Kinglets, Swainson's Thrush, American Robin, Orange-crowned and Yellow-rumped Warblers, and Dark-eyed Junco.

The trail descends a bit further and approaches the beautiful log shelter with its picnic tables and outhouses, just above the beaver dams. Three or four successive dams create an interesting wetland habitat; the water comes from iron-rich springs at the bottom of the hill. Mallard, Canada Goose, Barrow's Goldeneye, Blue-winged Teal, American Wigeon, Lesser Yellowlegs, Solitary Sandpiper, flycatchers, Yellow Warbler, Northern Waterthrush and Song and Lincoln's Sparrows are commonly seen. A pair of Barred Owls inhabits this area, and Black-throated Green Warblers have been found nesting close to the log shelter, at the very western edge of their range.

The trail crosses the small creek below the bottom beaver dam, and Flatbed Falls can be heard just ahead. Here the waters of Flatbed Creek tumble over a resistant layer of sandstone. This and the overlying flat rock layers form a great place to bask in the sun, while the softer layers below the falls have been eroded into a deep swimming hole. A number of injuries have occurred here – please be careful and do NOT dive into the pool. Check its depth carefully before considering jumping into its deepest section. Kayakers have fun descending the falls in the spring flood.

Beyond the falls, the trail peters out just before a bog, where Black Spruce and Tamarack trees predominate. Return the way you came, and enjoy the benches on the way up the hill.

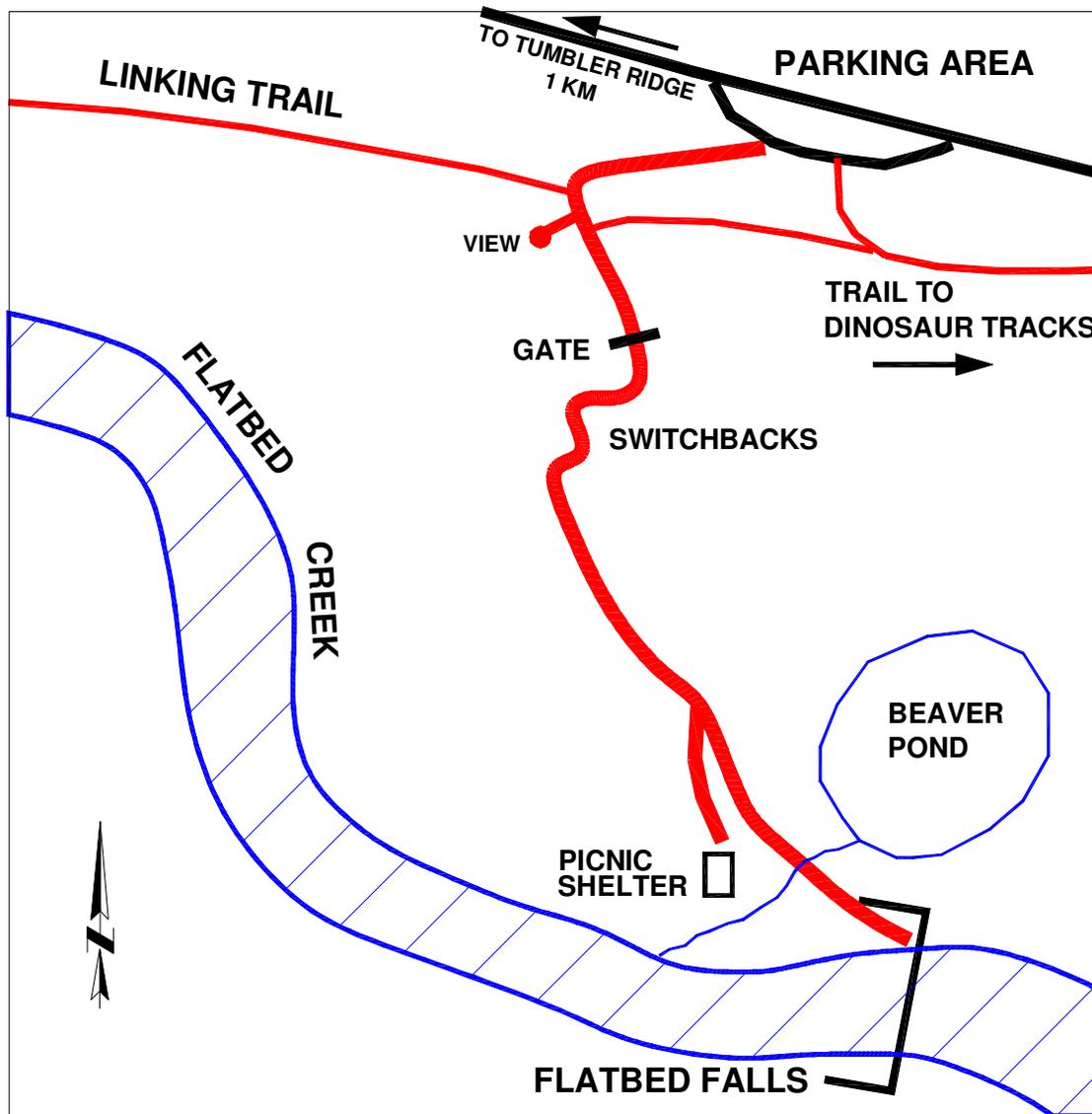
# Flatbed Falls Hiking Trail



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**TUMBLER RIDGE... ACCESSIBLE  
ADVENTURE**





**Flatbed Falls Trail**

- **THESE TRAILS ARE IN BEAR COUNTRY - TRAVEL IN GROUPS AND MAKE NOISE**
- **PLEASE PACK OUT WHAT YOU PACK IN**

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**Tumbler Ridge Tourist Information Centre** (250) 242-3123

Tourism website: [www.tumbleridge.ca](http://www.tumbleridge.ca)

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