

# WATERLILY LAKE TRAILS



## CROSS COUNTRY SKI & HIKING



### THE TRAILS

Waterlily Lake Cross Country Ski & Hiking Trails are located 12 km northeast of Vanderhoof. Drive north on Northside Road 2.5 km from the Nechako River Bridge in Vanderhoof, then east on Sturgeon Point Road for 6.4 km, and north on Smedley Road for 2.5 km. to the Waterlily Lake trail sign.

The trail has 7 loops from 1.2 km to 11.9 km, all of which are marked by orange diamonds, and well maintained. A total of 24 km of trails wind through Lodge-pole Pine, Spruce and Aspen forest and offer a variety of challenges to the skier or hiker. Most of the trail system is located over easy terrain, but some steep pitches and ravines can be hazardous. Skiers should exercise caution and sidestep or remove skis to negotiate hills if necessary.

For the beginner, a trip to Homestead Lake makes a nice outing while more experienced skiers may want to try one of the 'loop' combinations or a trip to Waterlily Lake or Pineridge Viewpoint which overlooks the Nechako Valley. At Logan's Point a rocky knoll is the site of the Moose Mountain Geodetic Survey marker and skiers are rewarded with views of Blue Mountain and the mountains around Stuart Lake.

At Waterlily Lake, although there are no camping facilities, there is an open treed area suitable for overnight camping. There are also three-sided wooden shelters at Waterlily and Homestead Lakes. Moose viewing opportunities along the trails are excellent in winter and tracks of deer, wolf, coyote, lynx, marten, rabbit, weasel, squirrel and other wildlife that cross your trail tell an interesting story for those who take the time to examine them.

Some areas have been logged, thus the trails continue through the logged patches. Bears and moose are often spotted here.

### SAFETY & SURVIVAL

In Cross-country skiing safety is critical because of the hard physical activity, the ease of traveling great distances from help and the potential for exposure.

- Always leave word with a responsible person of where you are going and when you plan to return.
- Equipment needs vary according to the length and type of your trip. Make a check list before you go. The internet or your local library can help you with information on outdoor survival.
- Always carry a waterproof container of matches (35 mm film cans are watertight), fire starter, and a knife.
- Snack foods are a good idea too.
- Weather can change drastically in a few hours, so be prepared.
- Dress to stay dry and warm. Wool holds warmth when wet better than cotton does. 'Layer' your clothes for maximum versatility. Up to 60% of body heat can be lost through an uncovered head; toque and mitts are essential.
- Carry a trail map and compass.
- Don't start out on a trip late in the day; turn back early or short of your goal rather than take a chance.

### COURTESY

- Please – no snowmobiles or dogsleds on the trails. Track setting is done by members of the Nechako Valley Sporting Association on a volunteer basis. Your cooperation is appreciated.
- Don't leave garbage on the trails. If you pack it in, pack it out.
- Yield to skiers coming downhill.
- Please sign register each time you ski.

### HYPOTHERMIA

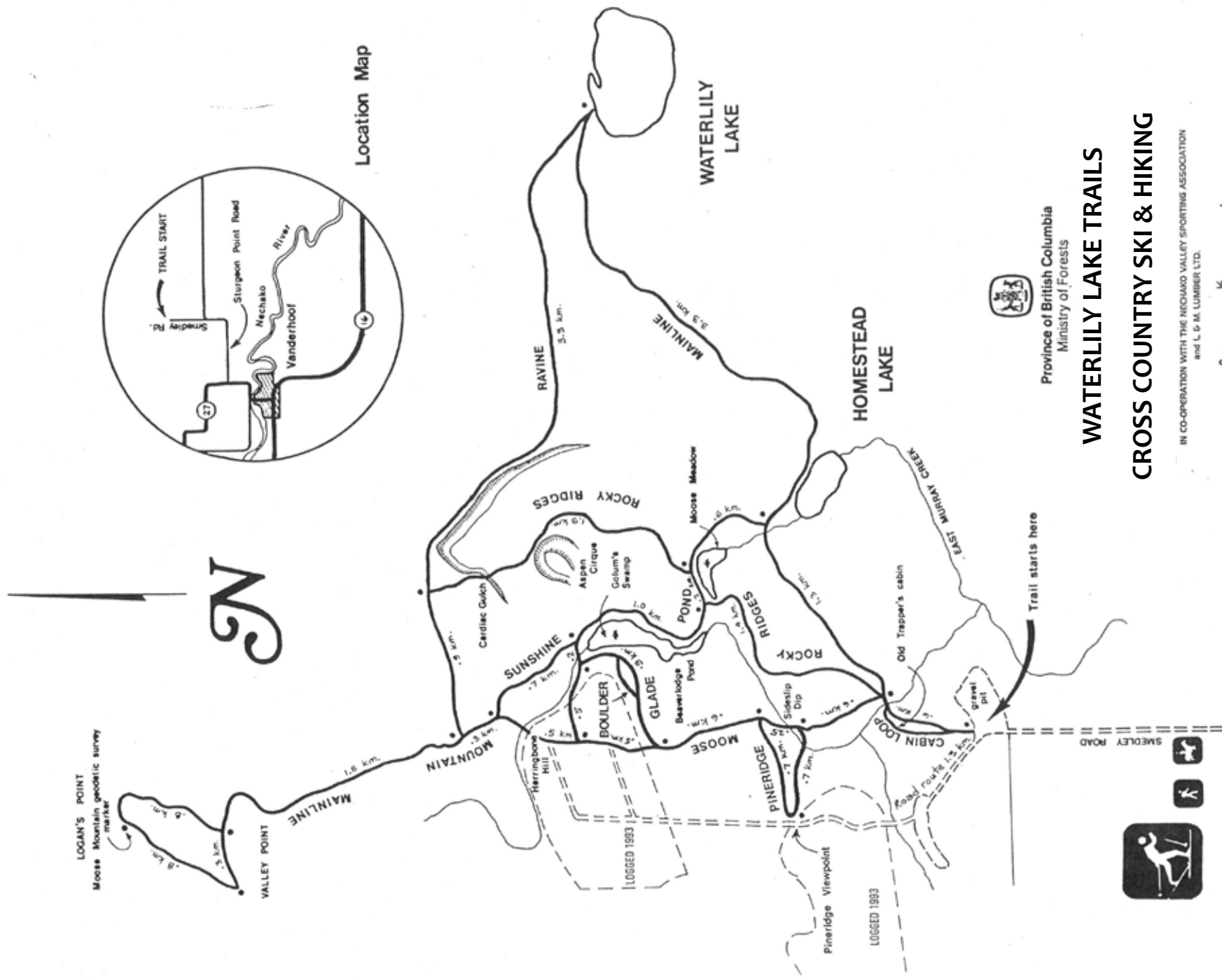
Hypothermia is a condition in which the inner core temperature of the body falls to a level at which the vital organs no longer function. The factors which cause it are cold, wetness, wind, and fatigue. The symptoms are feeling cold, numb and shivering. Uncontrolled shivering is followed by vague, slow, slurred speech, memory lapses and incoherence. Muscular rigidity, stumbling, and impaired judgment lead to drowsiness and unconsciousness. To prevent this lethal condition put on rain clothes before you get wet and put on warm clothes before you start shivering. Take a break if you are exhausted.

### **HAPPY SKIING & HIKING!**

The Ministry of Forests is interested in hearing your thoughts, opinions and ideas on timber harvesting in your public forests.

Write the Ministry of Forests & Range  
Box 190, Vanderhoof, BC. V0J 3A0  
or telephone 567-6363





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Most trails are marked with triangular orange trail markers. Some may not be marked, since additional outlines were made since the markers were placed.

Listed below are some possible 'loop' trail combinations, distances, and approximate round trip travel times. Times are based on a compacted ski-trail in good condition and are intended as a rough guide only. Times can vary widely dependent on skier experience, snow or ice conditions, unbroken trail, and weather. Do not overestimate your capabilities; begin skiing short distances and gradually work up to longer trips. You'll have a safer more enjoyable trip if not exhausted.

Route	Round Trip Distance	Round Trip Time	Difficulty Level
Cabin Loop	1.2 km	0.4 hrs	Beginner
Mainline to Homestead	3.8 km	2.0 hrs	Beginner
Mainline to Homestead return via Pond & Rocky Ridges	4.7 km	2.5 hrs	Intermediate
Mainline to Homestead return via Pond, Sunshine & Moose Mountain Mainline	6.7 km	3.5 hrs	Intermediate
Mainline to Waterlily	10.4 km	4.0 hrs	Intermediate
Mainline to Waterlily, return via Ravine & Rocky Ridges	12.6 km	5.5 hrs	Advanced
Moose Mountain Mainline to Valley Point return via Logan's Point, Sunshine, Pond, & Rocky Ridges.	11.9 km	7.0 hrs	Advanced