

SKULL MOUNTAIN TRAIL SYSTEM



AREA DESCRIPTION

This is a provincially designated Wildlife Management Area and therefore used for non motorized recreation only. For decades, Skull Mountain has been used for horseback riding. Since the 2003 wildfires, the burned wood has been removed, resulting in magnificent vistas of the North Thompson Valley to the north and south. The elevation in this area is relatively low and can be hot in the summer. There is an abundance of water on these trails.

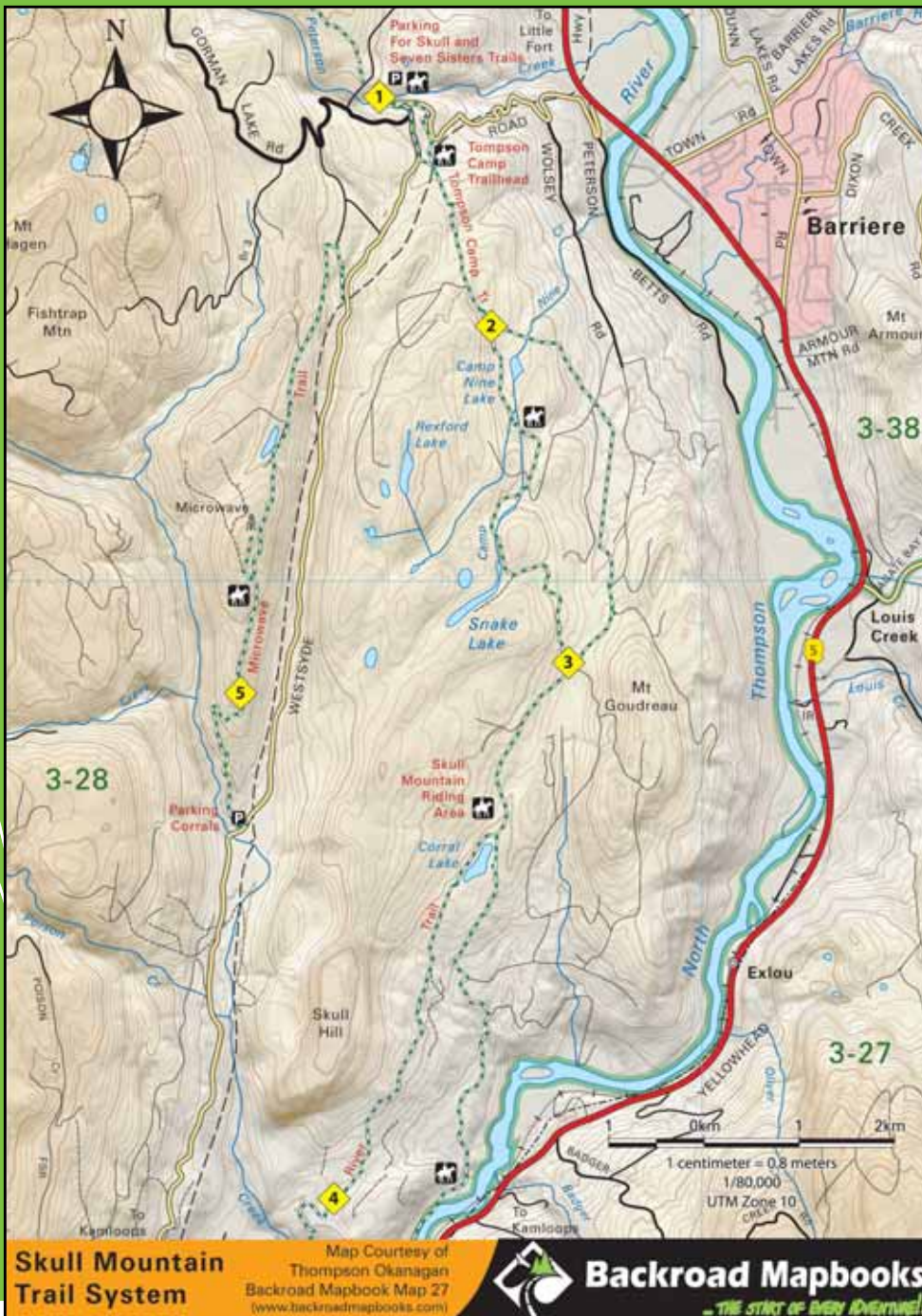
FACILITIES

Chinook Cove Golf Course is located within the area. The Simpcwetke River & Adventure Co. is also located close by and provides guided tours of the North Thompson River. This area is close to many lakes, providing a variety of canoeing, kayaking and fishing opportunities.



MORE INFORMATION

Please refer to:
www.norththompson.ca



TRAIL INFORMATION

Note: Steep terrain may be encountered

LENGTH	GPS	TIME	SEASONS	DIFFICULTY
33.72 km	N-51.19247 W-120.18447	1-3 Days	April-October	Easy/ Moderate

TOMPSON CAMP TRAIL 13.4km

#2

Travel north from Barriere on Highway 5 across the bridge on the North Thompson River. Turn west on Westsyde Road .5 km north of the bridge and travel up several switchbacks for 3.5 km. There is a grassy pull-out for parking and access to the trail head. The trail starts and ends on a fiber optic line. This trail loops around Snake Lake, travels north of Corral Lake and loops to the trail head.

RIVER TRAIL 12.7km

#4

The River Trail starts on the west side of Corral Lake and ends on the east side of Corral Lake. This trail offers panoramic views of the North Thompson Valley. It has a steep section by the sand slide, but otherwise an easy ride utilizing the fiber optic line and old logging roads.

MICROWAVE TOWER TRAIL 13km

#5

Travel north from Barriere on Highway 5 and cross the bridge on the North Thompson River. Turn west onto Westsyde Road .5 km north of the bridge and travel up Westsyde road to km 12.5. There is a set of corrals on the east side of the road that can be used for horses, however, the local ranchers have first priority on these corrals. On the north side is a designated horse camp that can be used for camping. Fishtrap Creek runs through the camping area and provides a good source of water for camping.

The Microwave Tower Trail provides a panoramic view of the valley to the south. It is an easy ride utilizing the pipeline as part of the loop. Skull Mountain can be accessed by dropping down onto Westsyde Road from this trail at km 6. Travel south to km 7 to pick up on the pipeline on Skull Mountain or travel north to km 5.5 pass through the gate on the east side and pick up on the pipeline, travel north for a short distance and pick up on the Thompson Camp Trail at the north end of Skull Mountain.

THE LEGEND OF THUNDER BEAR

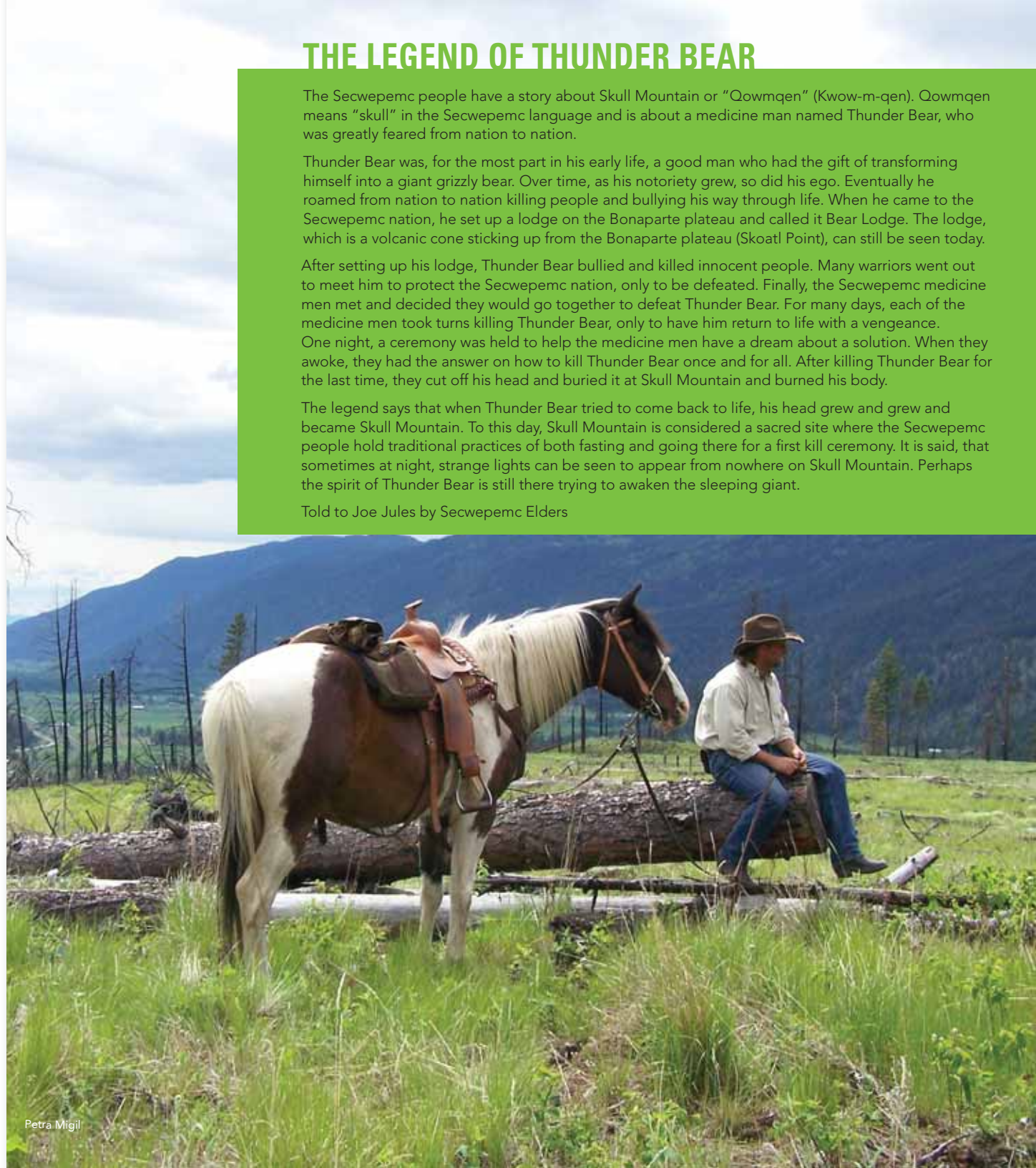
The Secwepemc people have a story about Skull Mountain or “Qowmqen” (Kwow-m-qen). Qowmqen means “skull” in the Secwepemc language and is about a medicine man named Thunder Bear, who was greatly feared from nation to nation.

Thunder Bear was, for the most part in his early life, a good man who had the gift of transforming himself into a giant grizzly bear. Over time, as his notoriety grew, so did his ego. Eventually he roamed from nation to nation killing people and bullying his way through life. When he came to the Secwepemc nation, he set up a lodge on the Bonaparte plateau and called it Bear Lodge. The lodge, which is a volcanic cone sticking up from the Bonaparte plateau (Skoatl Point), can still be seen today.

After setting up his lodge, Thunder Bear bullied and killed innocent people. Many warriors went out to meet him to protect the Secwepemc nation, only to be defeated. Finally, the Secwepemc medicine men met and decided they would go together to defeat Thunder Bear. For many days, each of the medicine men took turns killing Thunder Bear, only to have him return to life with a vengeance. One night, a ceremony was held to help the medicine men have a dream about a solution. When they awoke, they had the answer on how to kill Thunder Bear once and for all. After killing Thunder Bear for the last time, they cut off his head and buried it at Skull Mountain and burned his body.

The legend says that when Thunder Bear tried to come back to life, his head grew and grew and became Skull Mountain. To this day, Skull Mountain is considered a sacred site where the Secwepemc people hold traditional practices of both fasting and going there for a first kill ceremony. It is said, that sometimes at night, strange lights can be seen to appear from nowhere on Skull Mountain. Perhaps the spirit of Thunder Bear is still there trying to awaken the sleeping giant.

Told to Joe Jules by Secwepemc Elders



Seven Sisters Trail

Map Courtesy of
Thompson Okanagan
Backroad Mapbook Map 27 & 32
(www.backroadmapbooks.com)



Backroad Mapbooks
...THE START OF EVERY ADVENTURE!!



TRAIL INFORMATION

LENGTH

19.3 km

GPS

N-51.19247
W-120.18447

TIME

5-6 Hours

SEASONS

April-October

DIFFICULTY

Moderate

SEVEN SISTERS TRAIL



AREA DESCRIPTION

There is a panoramic view of Barriere and the North Thompson River from Pikes Peak (the local name for Mt. McGregor). This area offers examples of antler markings on aspen trees, old growth forests, landscapes affected by the wildfires of 2003, and wildflowers.

ACCESS

- Travel north from Barriere on Highway 5 across the bridge on the North Thompson River. Turn west on Westsyde Road .5 km north of the bridge and travel up several switchbacks to km 4, where there is a pull-over spot on the switchback.
- Access the trailhead at 4 km on Westsyde Road.
- Travel the dirt road north to Peterson Creek. Cross and travel north to Pikes Peak (Mt. McGregor).
- Ride to Pikes Peak and backtrack, or continue through. The trail comes out on the Bonaparte Road, which connects to the Boulder Mountain Road. No return loop.



Connie Falk