

Prince Rupert has incredible hiking trails both in town and just a couple minutes away from the downtown area by car. Starting from Cow Bay and extending both east and west, the waterfront is a popular in-town destination, especially on those long northern summer evenings when the sun never quite seems to set. There are also trails that summit a mountain, go within the forest, or walk alongside the ocean. No matter what you choose, Prince Rupert is surrounded by beautiful walking trails for all levels of hikers.



Photo: Hiking above Prince Rupert - Northern BC Tourism / Mike Seehagel



Photo: Butze Rapids Trail, near Prince Rupert - Simon Ratcliffe / Tourism Prince Rupert



Photo: Rushbrook Trail - Destination BC / 6ix Sigma



Photo: Hiking the Tall Trees Trail - Northern BC Tourism / Shayd Johnson

WALKING TRAILS

FOR MORE INFORMATION
regarding recreational opportunities in
the Prince Rupert area contact:

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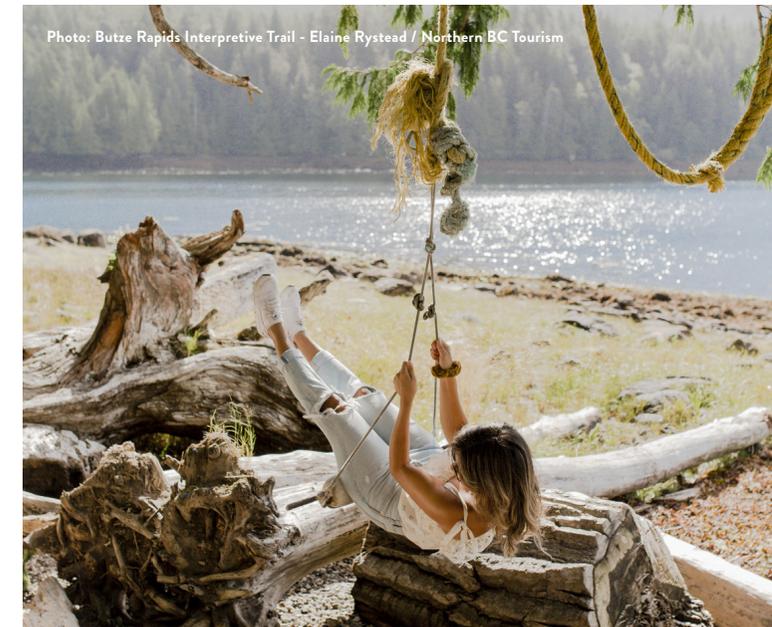
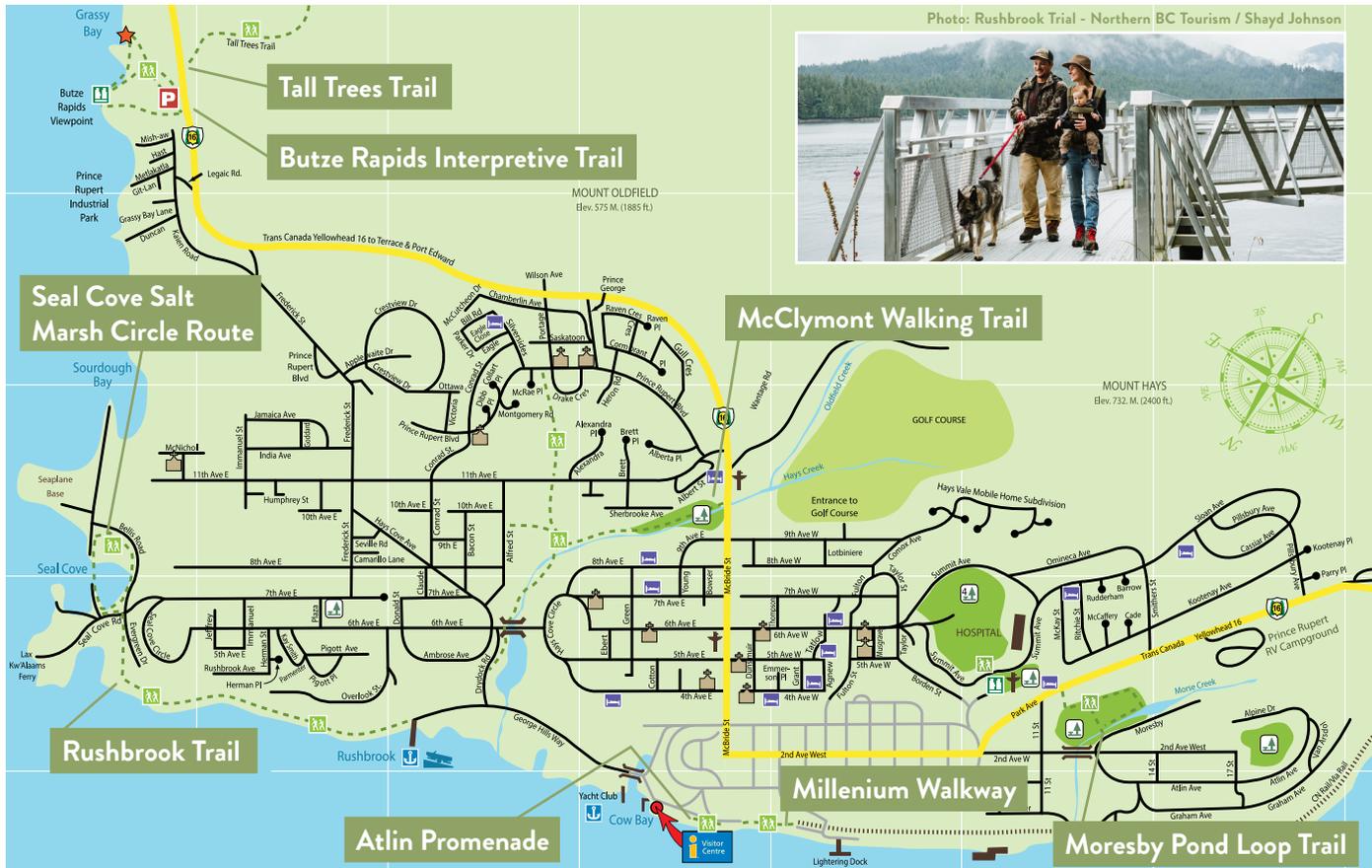
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Your guide to walking and hiking trails
in the Prince Rupert area



PRINCE RUPERT
DISCOVER OUR NATURE



DIANA LAKE PROVINCIAL PARK

✚ 233 hectares

This park offers a wide variety of water-oriented activities. Sunbathing, swimming and canoeing are popular activities at this lakefront park. It also has a fascinating nature trail that winds through lush coastal rainforest. All five species of Pacific salmon, as well as steelhead, rainbow trout and dolly varden can be found in the lakes and creeks around this park. Observe spawning salmon in Diana Creek during August and September.

The day-use area is open from May 15th to September 15th and the entrance gate is locked daily from 11pm to 7am.

OLIVER LAKE DWARF FOREST NATURE WALK

↔ 3 km ⌚ 45 min – 1 hour

This out-and-back trail just outside of Prince Rupert is home to uniquely stunted pines, and features boardwalks around the perimeter of Oliver Lake.

SEAL COVE SALT MARSH

↔ 600 m ⌚ 10 min

Recently redeveloped by the Prince Rupert Port Authority and City of Prince Rupert, this flat, accessible loop was designed to be used year-round. The 600 metre walkway encircles the Salt Marsh and links directly to Rushbrook Trail.

DIRECTORY

BUTZE RAPIDS INTERPRETIVE TRAIL

↔ 5.0 km ⌚ 1 hour 30 min

A 5.0 km loop, Butze Rapids Trail is a community favourite featuring viewpoints of stunning ocean, coastal shoreline, and temperate rainforest, including Butze Rapids and Grassy Bay. The trail can be rated as moderate and has an elevation gain of 138 meters.

RUSHBROOK TRAIL

↔ 2.9 km ⌚ 45 min

A 2.9 km out-and-back trail, the trail head starts at Rushbrook Floats and hugs the coastline for views along the Prince Rupert Harbour. Recently reopened, the trail features stunning steel bridges, can be rated as easy, and has an elevation gain of 104 meters.

TALL TREES TRAIL

↔ 7.7 km ⌚ 3 hours

A 7.7 km out-and-back trail, Tall Trees is a hike that goes up a mountain for panoramic views of Prince Rupert and the harbour. With switchbacks and an elevation gain of 545 meters, this trail can be rated as difficult.

MCCLYMONT WALKING TRAIL

↔ 1.5 km ⌚ 1 hour 10 min

1.5 kms one way, this trail winds between residential areas from the Jim Ciccone Civic Centre to George Hills Way along Hays Creek. Partially refinished gravel path in sections, muddy and rooty trail in others.