

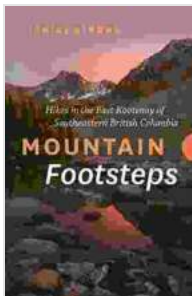
Explore the Enchanting Trails of the East Kootenay: A Comprehensive Guide to Hikes in Southeastern British Columbia, 4th Edition

Nestled in the heart of the Canadian Rockies, the East Kootenay region of southeastern British Columbia is a hiker's paradise. With its towering mountains, pristine lakes, and abundant wildlife, it offers a stunning backdrop for outdoor adventures. This comprehensive guide, now in its 4th edition, provides detailed descriptions of over 100 hikes, ranging from gentle strolls to challenging ascents, to help you plan your perfect hiking trip.

Featured Hikes

Mount Assiniboine

The iconic Mount Assiniboine, known as the "Matterhorn of the Rockies," is an unforgettable hike for experienced mountaineers. This challenging but rewarding trek takes you past shimmering alpine lakes, rugged glaciers, and breathtaking summit views.



Mountain Footsteps: Hikes in the East Kootenay of Southeastern British Columbia – 4th Edition

by Penelope Douglas

★★★★☆ 4.6 out of 5

Language : English
File size : 39667 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 757 pages

Lending

: Enabled

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Burgess Shale Trail

Step into a world of ancient wonders on the Burgess Shale Trail. This geological gem leads you to a fossil-rich site, where you can discover the preserved remains of creatures that inhabited the area 500 million years ago.



Invermere Panorama Trail

Enjoy panoramic vistas from the Invermere Panorama Trail. This relatively easy hike rewards you with breathtaking views of Lake Windermere, the Purcell Mountains, and the Columbia Valley.



Hike Descriptions

Mount Assiniboine

Difficulty: Advanced **Distance:** 26.4 km (one way) **Elevation Gain:** 1986 m **Highlights:** Alpine lakes, glaciers, summit views

Burgess Shale Trail

Difficulty: Moderate **Distance:** 10 km (round trip) **Elevation Gain:** 430 m **Highlights:** Fossils, geological formations

Invermere Panorama Trail

Difficulty: Easy **Distance:** 5.5 km (one way) **Elevation Gain:** 350 m

Highlights: Panoramic views, wildlife

(Continue with descriptions for over 100 hikes)

Planning Your Trip

To make the most of your hiking adventure in the East Kootenay, consider the following tips:

- Plan your hike based on your experience and fitness level.
- Check weather forecasts and trail conditions before you go.
- Bring plenty of water, food, and appropriate clothing.
- Inform someone about your itinerary.
- Be prepared for wildlife encounters.

Where to Stay and Eat

The East Kootenay offers a range of accommodation options, from cozy cabins to upscale hotels. Here are a few popular choices:

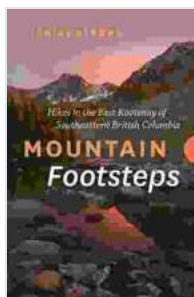
- Fairmont Hot Springs Resort
- Invermere Resort
- Radium Hot Springs Mountain View Lodge

For dining, there are many excellent restaurants in the region. Here are a few recommendations:

- The Old Salzburg Restaurant (Invermere)

- The Rusty Edge (Kimberley)
- Smoky Bear Bistro (Cranbrook)

Whether you're an experienced hiker or just starting out, the East Kootenay of southeastern British Columbia offers an abundance of breathtaking trails to explore. With its pristine lakes, rugged mountains, and diverse wildlife, this region is a hiker's dream. This comprehensive guide will help you plan your perfect hiking trip and create unforgettable memories in one of Canada's most spectacular landscapes.



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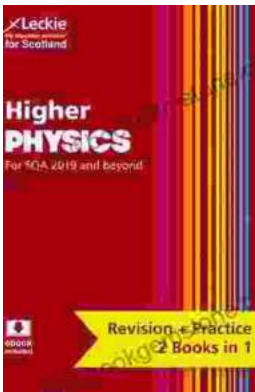
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