



**HARRISON RIVER VALLEY**  
TOURISM HARRISON

## **WELCOME TO THE HARRISON RIVER VALLEY!**

(Home to Harrison Mills, Agassiz, Harrison Hot Springs, and the District of Kent)

*Breathe, Heal, and Let's Be Together in the Wild!*

Our region is a collective of communities spanning Agassiz, Harrison Hot Springs, Harrison Mills, and all the communities in between. We share the land of the traditional territories of the Sts'ailes, Seabird Island, Sq'ewá:lxw, Cheam, Douglas, Leq'a:mel, Samahquam, Sq'ewlets, and Skatin First Nations.

The Harrison River Valley is nestled in Southwestern BC, between the magnificent mountains and the mighty rivers that connect our land. We are known for our healing hot springs, lush forested hiking trails, sandy beaches, heritage sites, and beautiful countryside.

Whether you're looking for a nature adventure, a romantic getaway, or a fun-filled trip with friends, the Harrison River Valley has what you are after. Watersports, boat tours, wildlife viewing, hiking, golfing, spas, agri-tours, fishing, festivals and events, waterfront accommodations, and dining are all yours to enjoy. [#JustUpTheRoad](#)



### *Breathe in the Wild*

We invite you to fill your senses with the wonder of ancient forests, deep emerald lakes, and rivers that teem with life just below the surface. Walk amongst trees that have been reaching for the heavens for generations, and in the breeze you may hear the echoes of Indigenous spirits from time immemorial. Silent snow-capped mountains stand in graceful guard over the valley and its inhabitants. Nature has an innate ability to heal and soothe and is a place everyone is welcome. Nature is the beating heart of the Harrison River Valley. [#Breatheinthewild](#)

**#JUST UP THE ROAD**

## HIKE

Grab a hand-crafted latté or a hot chocolate to go from the farm-to-table **Muddy Waters Café**, enjoy a stroll along Harrison Lake, or stretch your legs on one of the following hikes:

### **Spirit Trail (1 km):**

Spirit Trail is a short walk through a beautiful cedar forest that is accessible from Harrison Hot Springs Village. What makes this trail so special is that a local resident and artist, Ernie Eaves, has decorated many of the cedars along the trail with beautiful masks. The trail starts from McCoombs Drive and takes 20-30 minutes to walk.

### **The Heritage Walk (5 km return):**

Starting at the Harrison Visitor Centre, this pleasant walk takes you back through time, past historical buildings and landmark moments throughout Harrison Hot Springs.

### **Hicks Lake Loop (7 km return):**

This family-friendly hike completes a loop around Hicks Lake in Sasquatch Provincial Park. Hicks Lake can be found 20 minutes east of Harrison Hot Springs Village.

### **Bear Mountain (18 km return):**

Bear Mountain is a moderately difficult hike but with breathtaking views of the Harrison River Valley. Once you have reached the top, the forest opens up to the heavens and below is the Cheam Mountain Range, the Fraser Valley, Fraser River, Harrison Lake, and the Harrison River.

## BIKE

Harrison offers some of the nicest biking around. Bikers will experience kilometres of flat roads weaving through the scenic countryside. Start from the **Harrison Visitor Centre** and head past the **Circle Farm Tour** stops. Visitors can bring their own bikes or rent from **Jamie's Quadricycle Rentals**, which offers everything from self-propelled vehicles and quadracycles to tricycles and regular bicycles. Bicycles can also be rented by the hour at Glencoe Motel and Harrison Beach Hotel. E-bikes can be rented from **Harrison Eco Tours**, which are available for pick-up and drop-off in front of the Harrison Hot Springs Resort at the Harrison Eco Tours kiosk. Suggested biking routes are:

### **Country Road Ride:**

A 26-km ride, taking riders from Harrison Hot Springs to the farm lands of Agassiz as part of **Harrison's Circle Farm Tour**. Bikers will ride past farms, corn fields, hazelnut orchards, cows, sheep, and, even, the odd donkey. Highlights include:

- » **Farm House Natural Cheeses** - a certified organic farm producing a wide variety of artisan farmstead cow and goat milk cheeses, non-homogenized milk, butter and yogurt from the farm's grass-fed cows and goats. Watch the cheesemaking process through the viewing window and take time for a stroll around the farm to visit the animals.

### **Ride Through Harrison Hot Springs Village:**

Take a tour of Harrison Hot Springs Village and enjoy the sights.

### **Bear Mountain Side Trail Loop (7.5 km return):**

This loop begins at Memorial Hall and turns into Mount Street Trail. Bikers will see farmland, leading into forest and over a bridge crossing, at which point they will twist and turn through the forest before looping back.

### **SYÉXW CHÓ:LEQW Adventure Park:**

Located near Ruby Creek, this new bike park has a variety of mountain biking trails, as well as hiking trails and a children's playground.

## **PADDLE**

Kayakers come to Harrison to embrace the serenity. Nature's version of Netflix brings bird sightings, wilderness, wildlife, waterfalls, and views. With the abundance of lakes and rivers in the Harrison River Valley, visitors will be sure to find a paddling adventure that best fits their skill level. You can bring your own kayak or **rent** the equipment you need. **Hicks Lake** also offers canoe and paddleboard rentals during the summer. Whether you are ready for some self-guided fun, or wanting a **guided experience**, you will not be disappointed. Harrison's top paddle routes include:

### **Dabble with a Paddle:**

This is the perfect trip for the novice or experienced paddler. Leaving twice daily from the lakeshore, this tour includes safety orientation and a two-hour paddle on Harrison Lake and part-way down the Harrison River.

### **Miami River:**

Bring along the littles for this easy paddle, suitable for families or novice paddlers. The Miami River is a fun route where you will paddle right through Harrison Hot Springs Village.

### **Harrison History That Remains a Secret:**

Paddle past the Sts'ailes' petroglyphs, burial sites, and the historic 'Bubble and Squeak' sunken steamship. This 4.5 tour brings abundant wildlife and scenic beauty.

### **Over The Rainbow:**

Accessible only by boat or a full-day, 8-hour kayak trip. Pack a picnic lunch and take a **guided paddle to Rainbow Falls**. Stretch your legs as you take a short hike up to the falls.

### **From Lake To River:**

Paddle from Harrison Hot Springs to Harrison Mills. Come with a friend and bring two cars. Leave one in Harrison Mills, at either Kilby Historic Site or Sandpiper Resort, and take the other to Harrison Hot Springs. This trip is gorgeous year-round, especially in the fall when bald eagles gather. Be sure to explore Weaver Creek and Morris Creek along the way.

### **Interpretive Tour:**

This paddle takes you from the shores of Harrison Hot Springs Resort along the western shoreline before entering the peaceful Harrison River system. Stop periodically to see the petroglyphs and sunken ship. Stretch your legs during a BBQ lunch before wrapping up the last leg at Kilby Provincial Park where your kayak will be loaded up and you will be shuttled back to Harrison Hot Springs.

## **MORE OF THE WATER LIFE...**

Aside from kayaking, there are many options to explore the gorgeous waterways of the Harrison River Valley, from a casual swim to a jet boat tour.

### **Harrison Lake:**

Harrison Lake is much longer than it appears at 60 kilometres long and covering over 200 square kilometres. While it is now a freshwater lake, thousands of years ago it was not a lake but, rather, an arm of the sea. It varies in depth from just a few feet to a maximum depth of 279 m. (916 ft.). It supports a rich biodiversity of seasonal and permanent animal species including Cutthroat trout, Rainbow trout, Dolly Varden, Pink, Chum, Coho, Sockeye, and Chinook Salmon, Sturgeon, Harbor Seals, Canadian Geese, Herons, and too many different types of waterfowl to list.

Take in the lakeside scenery by exploring the lake's edge on the walking the trail or head to the beach to swim, make a sandcastle, or enjoy a picnic. In the summer, visitors can jet ski, parasail, wakeboard, and enjoy the **Harrison Lake Floating Waterpark**.

### **Boat Tours:**

**Shoreline Tours** welcomes guests aboard the Laroan — the 62-foot Transport-Canada-certified boat. Outfitted with sightseeing decks, a BBQ grill, full kitchen/dining area, and washroom facilities, the boat acts as a home away from home as guests tour as far as the North end of Harrison Lake, to Port Douglas.

**Harrison Eco Tours** offers a variety of scenic wildlife tours and covered jet boat tours. Operating on the Harrison River and Fraser River, Harrison Lake, and the areas surrounding Harrison Hot Springs itself, guests will experience the Harrison River Valley's pristine beauty.

## BIRDING

### BC Bird Trail

The **Harrison River Valley Bird Trail** shares an appreciation for skies, offering touring itineraries and stories that connect birdwatching hotspots with restaurants, cafes, hotels, and activities. Some fantastic spots include the lakefront lagoon, Green Point Day Use Area, Miami River, and Sasquatch Provincial Park. Depending on the season, you may see Canadian geese, bald eagles, stellar jays, turkey vultures, and shore birds. In the fall, Harrison Mills is home to the world's largest winter bald eagle gathering. Book a tour or take a cruise to experience this phenomenon. Just outside of Harrison Mills, you will also find the Chehalis Estuary, which was designated an important bird area due to the large number of bald eagles and trumpeter swans found there.



## Heal in the Wild

The Harrison River Valley is known for its healing energy, to relieve stress and remove toxicity. We invite visitors to close their eyes and imagine hiking, feeling the mossy forest floor underneath their feet, listening to the sounds of the bird song, and hearing the rhythm of their heart. We invite everyone to find peace in the wilds of the Harrison River Valley. [#Healinthewild](#)

## FOREST BATHING

**Ya Doma Nature and Forest Therapy** walks empower you to connect with your inner and outer worlds. Surrounded by the stillness of the forest, be led through conversation to discover new paths and perspectives with a focus on transformation. The walks include making forest tea.

## HOT SPRINGS:

BC's hot springs have a naturally high mineral content that is said to exert therapeutic effects, relieving and restoring one's health, and soothing the body and mind. Harrison's **hot springs** can be enjoyed at **Harrison Hot Springs Resort** or the **Harrison Hot Springs Public Pool**.



## Together in the Wild

We see our region through the construct of diversity, equity, and inclusion. Mother Nature doesn't discriminate. The Harrison River Valley is a safe and inclusive environment where freedom of thought and spirit can soar, a land that celebrates the interrelatedness of all living things, and a community with a strong diversity of people. Come as you are. Let's be together in the wild. [#Togetherinthewild](#)

Experience lakeside campfires at the **Lodge on Harrison Lake** and at campgrounds, roaming bison and hot tub suites at **Fraser River Lodge**, cedar barrel tubs at **Sandpiper's Woodland Cabins**, and hot spring soaks.

### EXPLORE HARRISON HOT SPRINGS VILLAGE

The Village brings mouthwatering dining at a variety of restaurants and bistros, quaint small-town shops selling everything from tourist souvenirs to beautiful art made by our local artisans, not to mention world-class events and happenings. Come and explore Harrison Hot Springs Village! [#HarrisonHotSprings](#)

### EVENTS

A complete calendar of the Harrison River Valley's **upcoming events** can be found online. Below are the region's signature offerings:

#### Sasquatch Days:

This event is located on the traditional territory of the Sts'ailes and on the ancient village site of Qwólts. Celebrating living history, the very first Sasquatch Days occurred in May of 1938 and was attended by over 2,000 Indigenous people from across Canada and the United States. Each year, the tradition continues with war canoe races, traditional salmon BBQs, and medicine walks.

#### Canada Day Celebrations:

The Harrison Hot Springs **Canada Day Celebrations** is a long-standing tradition that typically includes a pancake breakfast, pet parade, flag-raising ceremony, music, children's activities, celebration parade, and a grand finale of fireworks. Visitors are also encouraged to visit **Qwólts Park** to honour, reflect, and learn about the Sts'ailes on whose land the celebrations take place.

#### Bands on the Beach:

**Bands on the Beach** is an early September event that brings the best local musicians to the shores of Harrison Lake. Lakeside vibes with good food and great tunes is the theme.

#### Season Of The Wild:

**Season of the Wild** tells the story of the salmon, sturgeon, and eagles in the Harrison River Valley. Every year, the salmon swim up the Harrison River and come to rest in the tributaries to lay their eggs. Salmon spawning season begins in October with prime eagle viewing in late November to the end of December.

### **Lights By The Lake:**

Experience the magic of the season as Harrison Hot Springs Village and the promenade light up with the warm glow of **Holiday lights**. Charming winter decor graces Harrison Hot Springs Village bringing holiday cheer and guests can ice skate at the Starlight Rink.

## **CULTURE & ADVENTURE**

### **Circle Farm Tour and Local Farm Experiences:**

The **Circle Farm Tour** is a celebration of past and present; this tour is a rich mix of wonderful things to see, do, smell, and taste. Visitors will see bison roaming the fields, and watch artisan cheese and hand-crafted pottery in the making. Take a self-guided tour of a Canadian Pacific Railroad station, revisit a 1920's active farming community, and shop for antiques and home & garden décor. Smell fresh coffee being roasted and taste uniquely blended teas, heirloom tomatoes, Russian Red garlic & more.

Coming soon to the Circle Farm Tour is **Homestead** – a new, family owned and run, craft cidery, which is due to open in late spring of 2023.

### **The Legendary and Elusive Sasquatch:**

The Harrison River Valley is also Sasquatch Country. The word Sasquatch is thought to be a mispronunciation of the Sts'ailes word 'Sasq'ets', meaning 'hairy man'. The Sts'ailes believe the Sasquatch is a spiritual being that can vanish into the spirit realm at will, which may explain why the elusive being is so difficult to track down.

**The Sasquatch Trail** is 'proof' that Sasquatch exists. Start at Harrison Hot Springs, see Sasquatch's footprint, enjoy a chocolate Sasquatch foot at Rocky Mountain Chocolate Factory, and take multiple selfie shots. For a more authentic experience, book a Sasquatch Tour with **Harrison Lake Nature Adventures**, come to Harrison's **Sasquatch Days**, and visit the newly constructed **Harrison Visitor Centre and Sasquatch Museum**, which is scheduled to be completed in summer of 2023. During Holiday Season, **Lights by the Lake** has Sasquatch and his wildlife friends enjoying quintessential Harrison River Valley outdoor activities.

### **Sasquatch Mountain Resort:**

Delivering fantastic family fun, **Sasquatch Mountain Resort** is the Harrison River Valley's destination of choice for downhill skiing, tubing, cross country skiing, and snow-shoeing, as well as offering summer-time hiking and disc golf.

### Environmentally-Friendly:

Along with appreciating our natural environment, comes a heightened sense of responsibility to make environmentally-conscious decisions wherever possible – from restaurants using compostable containers and the construction of a fish-friendly flood pump for the Miami River, to encouraging biking and walking through the Village and installing car-charging stations. Locations include:

- » *two at Harrison Hot Springs Resort*
- » *two near the Village Plaza*
- » *two at Memorial Hall*
- » *one across from Muddy Waters, adjacent to Harrison Lake and Beach*
- » *one at the Harrison Hot Springs Visitor Centre*

### DINE TOGETHER

When dining in the Harrison River Valley, you will see a **range of restaurants to choose from** – from elegant and specialty dining to casual and comfort bites with forest, lake, and river views.

- » **Black Forest Steak and Schnitzelhouse** - *enjoy authentic German cuisine, overlooking Harrison Lake, dining inside or on the covered patio*
- » **Milos Greek Taverna** - *the flavours of Greece brought to the shores of Harrison Lake*
- » **The Copper Room** - *open Thursday, Friday & Saturday evenings at the Harrison Hot Springs Resort, offering a wonderful evening of great food and dancing with live entertainment*
- » **Harrison Corner Cafe** - *enjoy seasonal, made-from-scratch fare and a charming, rustic ambience in what has become a local's favourite for family gatherings or date nights alike*
- » **Muddy Waters Cafe** - *a family-run cafe, espresso bar, and ice cream shop, serving home-made baked goods and meals with locally-sourced ingredients in a warm and welcoming lakeside atmosphere*
- » **River's Edge Clubhouse Restaurant** - *a go-to destination with one of the Harrison River Valley's most scenic patios, overlooking the Harrison River and Sandpiper Golf Course*
- » **Old Settler Pub** - *classic comfort pub food in the heart of Harrison Hot Springs Village*
- » **Sasquatch Pub** - *classic pub bites located in the heart of Harrison Mills*

For a complete listing of dining options, **visit this page**.





HARRISON RIVER VALLEY

## STAY TOGETHER

The Harrison River Valley offers a charming small town atmosphere with a variety of accommodations, suiting varying preferences and all budgets. Some favourite places to stay include:

- » **Sandpiper Resort** - offers colonial, historical inn rooms and rustic and luxury cabins with fireplaces and cedar barrel tubs
- » **Fraser River Lodge** - overlook free-roaming bison from the new hot tub suites
- » **The Lodge on Harrison Lake** - lakeside campfires, lakefront views, and a barrel sauna are just a few of the reasons
- » **Harrison Beach Hotel** - a cozy home away from home with lake views and is centrally located
- » **Harrison Lake Cottages** - backing onto the Miami River in Harrison Hot Springs Village
- » **Bramblebank Cottages** - a charming retreat nestled in the heart of Harrison Hot Springs
- » **Harrison Hot Springs Resort** - hot spring pool soaks and lakefront views
- » **Sasquatch Inn** - a small country inn located in Harrison Mills

For a complete listing of accommodation options, [visit this page](#).



#JUST <sup>UP</sup> THE ROAD