



Kitimat *Bound*

NATURAL OPPORTUNITY

2023 OFFICIAL VISITOR GUIDE
www.kitimatbound.ca



Proud to say this is home.

Located in the traditional territory of the Haisla Nation, Kitimat is a vibrant and growing community that offers year-round recreational opportunities such as fishing on the Kitimat River, hiking on amazing mountain trails, and boating in Douglas Channel.

LNG Canada is proud to be part of this beautiful community and to call it home.

lngcanada.ca



Kitimat Bound

Choose more. Choose Kitimat.

World-class fishing, stunning views, majestic wildlife and endless trails and backcountry. People come to Kitimat to enjoy more of the things they love.

Kitimat Visitor Guide is a publication of the District of Kitimat, the Kitimat Chamber of Commerce and Tourism Kitimat.

| | |
|-----------------|--|
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An electronic copy of this document can be viewed on www.kitimatbound.ca. Contents © 2023 Tourism Kitimat.



Kitimat Visitor Centre

250-632-6294
2109 Forest Avenue, PO Box 214
Kitimat, BC V8C 2G7

Local and Regional Visitor Information
Provincial and National Visitor Information
Washroom Facilities
Wireless Internet
Souvenirs & Local Crafts
Mountain Bike Rentals
Kayak Rentals
Inflatable Kayaks & Paddleboard Rentals



Be featured on our Instagram!

Send us your Kitimat photos! We want to share them with the world!

Send us your high resolution photos (with your instagram username) and we will post them to our instagram and tag you! Send photos and info to <https://kitimatbound.ca/submit-a-photo/>

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ADCA191719A

Welcome from the Mayor

Welcome to our community of Kitimat!

If this is your first time being here we hope you'll be impressed by what our community can offer.

That's because in a lot of ways Kitimat is a community that deserves to be experienced – it's hard for words to give it justice.

You can start your day with your fishing rod on the bank of the Kitimat River enjoying nothing but the sound of flowing water, squawking birds, and occasional excited bursts from your fellow anglers.

Then you can stretch your legs on one of our many nature trails, building your appetite to order at one of our local restaurants.

That's really one of the brilliant parts of the Kitimat experience. You can feel immersed and surrounded by nature at 11 in the morning and by 11:15 a.m. you can be people watching in a coffee shop downtown.

Through the rest of this guide you'll learn about all of our local features, all of our amazing trails, our playgrounds, and amenities.

Our municipal facilities in particular include an aquatic centre (complete with a lazy river and hot tub), the Riverlodge Recreation Centre with exercise facilities and a rock wall, and your choice of two ice rinks.

For visiting families, you'll enjoy that nearly everywhere in town has a neighbourhood playground close by. And you can reach them by walking on any stretch of our 52 kilometre walkway network – we're a no car, no problem kind of community.

I also encourage you to take the time while you're here to learn what you can of the rich history of the Haisla Nation, whose territory includes the District of Kitimat. This guide can also provide a starting point for that journey.

I truly hope you enjoy your time in our community and come to love it as I do. I grew up here and know exactly how rewarding the Kitimat experience is.

Enjoy your stay, and we look forward to your next visit too!

Mayor Phil Germuth



ya'uc' *(welcome)* from the Chief

Ya'uc'.

On behalf of the Haisla Nation, welcome to our Territory.

We are a Nation of approximately 1,900 members, centred here on this land, but now also with members spread across North America.

Our home community of Kitamaat Village is a 10 minute drive from Haisla Boulevard, the main throughfare of the District of Kitimat. Our community's traditional name is c'imo'ca, which translated means "place of snags" a reference to our Nation's rich history of fishing.

Haisla have been on a major journey of rediscovery over the past decade as we have put newfound resources into connecting with our traditional ways and knowledge.

As a visitor here, we encourage you to find ways to educate yourself about this territory and our people. You can learn some about the Nation in the following pages, and you can enjoy the exhibits that are currently on display at the Kitimat Museum & Archives for more.

You are also welcome to visit Kitamaat Village and see our vibrant community firsthand. Drive by our Health Centre to enjoy the recently unveiled artwork and totem pole that stands at the front of the building. A short trail near the MK Bay Marina will take you to an oceanfront gazebo with an amazing view.

If you go as far as the road will take you, at our own local marina you'll discover a waterfront boardwalk which will take you from the shore to our breakwater. It's a lovely gathering place to enjoy where the land meets the sea. A short trail, just off from the boardwalk, will take you past a majestic totem pole in the forest, and to a few rocky outcrops from where you can enjoy the views of the salt water.

While you're there though, my only piece of advice is to give yourself the time that the moment deserves, and focus just on the mountains that tower in the distance and listen only to the waves lapping at the rocks. In that moment you may hopefully understand the connection Haisla have to this land too, the connection we have enjoyed since time immemorial.

I hope you enjoy your stay.

Wa. *(Thank you).*

Crystal Smith, Haisla Nation Elected Chief Councilor

About Us...

Kitimat is on the traditional territory of the Haisla people. The community was created to serve the industry in the 1950s and attracted workers from around the world. Kitimat has twice been the site of Canada's largest-ever private investment.

History

Kitimat was considered the "place to be" in North America in the 1950s, both for the new town plan, which was considered revolutionary and for its pioneer engineering feats.

During the post-war industrial boom, the Kitimat Project was the largest construction project for the time. A model of modern Canadian ingenuity, as the country's wild landscape, was surmounted with Kitimat's construction – from scratch. Records were set, there was innovation at every turn, and the result was the largest smelter in the world and a premier community to go with it.

The provincial and federal governments, along with the Aluminum Company of Canada, promoted Kitimat around the world. The community was designed for the worker and their families. The fulfillment of the residents' needs as the focus of a town plan was revolutionary.

The plant officially opened on August 3, 1954, with His Royal Highness Prince Philip, Duke of Edinburgh, tapping the first ingot.

Kitimat Project

Kitimat was built to support the construction and operation of the new industry leading Alcan aluminum smelter in the 1950s.

The massive Kitimat Project was completed in just five years and included a dam, tunnel, powerhouse, transmission line, smelter, and Kitimat – British Columbia's first planned community.

The community was designed by renowned city planner Clarence Stein to facilitate an environment that would attract and retain workers.

Multiculturalism in Kitimat

Kitimat enjoyed a strong multicultural community spirit from early on, which continues to this day. There was a popular saying in the old days: "If you want to study a foreign language, go stand at the bus stop."

While provincial and federal governments, along with Alcan (formerly the Aluminum Company of Canada), promoted Kitimat around the world – Alcan also hired across the prairies and in major centres using radio, television and industry press, attracting both English and French-speaking Canadians. Community groups formed as new residents hailed from Italy, Portugal, Greece, India, China, the Philippines, Finland and elsewhere.

Be sure to check out Heritage Park! Home to a variety of flags from all over the world representing many of the different multicultural groups that reside in Kitimat.

To learn more about Kitimat's culture and history, visit the Kitimat Museum and Archives or www.kitimatmuseum.ca.



Alcan's Kitimat-Kemano project was the largest private construction project in North America in the 1950s. Kitimat made history for the second time in October 2018 - LNG Canada's project is the largest private investment in the history of Canada.

Haisla Nation

The Haisla Nation is in a period of intense and rewarding self-discovery, embracing its cultural and language roots while pulling up evidence of its long and storied past in this Valley.

Haisla have inhabited this territory for thousands of years, and that history came alive in the summer of 2020, when Haisla and their industrial partners - in the course of conducting environmental restoration work in Minette Bay - unearthed ancient Haisla fishing weirs.

Radiocarbon dating found that these weirs were installed and in use as much as 1800 years ago.

It is a significant find that opens a window to Haisla history.

Times have not always been as simple as they likely were those thousands of years ago. In 1918, an influenza pandemic drastically reduced the Haisla population, and Haisla are certainly not immune to the further traumas of the Indian Residential School and its ongoing, difficult legacy.

Today's Haisla, in fact, are an amalgamation of Kemano (Hanaksiala), Kitlope and Haisla.

The Haisla social system is based on matrilineal clans. Eight clans (Eagle, Beaver, Crow, Killer Whale, Wolf, Frog, Raven, and Salmon) make up the community, each clan with its own chief, resources area, and winter village.

Not far into the 21st century, discussions with proponents have kicked off an era of development and inclusion of the Haisla into proposed plans of Liquefied Natural Gas (LNG) in the Kitimat Valley.

A wave of new opportunities and resources has meant growing employment opportunities for Haisla members, and has given the Nation as a whole the opportunity to embark on its own dreams of economic independence - namely through the Haisla-led Cedar LNG project.

Leaders within the Haisla Nation have long asked for a Share and Say into what is built and how it is built in the territory, and that vision is being realized today.

Meanwhile the Haisla Culture & Language program is doing the important leg work of preserving, and teaching, Haisla's history, language, and nuyem. (The collection of Haisla history, stories, and laws).

For further understanding, visit haisla.ca/haisla-origin to watch a telling of the origins of the Haisla people.



While Kitamaat is the Tsimshian word for "People of the Snow", the Haisla name for Kitamaat Village is "Tsee-Motsa", meaning Snag Beach.

The Aluminum City Telethon (ACT) continues each year in October at the Mount Elizabeth Theatre. It has supported numerous local organizations and programs since 1979. The whole family is welcome to experience live performances, raffles, special guests and be part of Kitimat's wonderful community spirit.

Kitimat's latest nature park is a sight to sea

- Waterfront access
- Covered viewpoint
- Picnic tables
- Designated fire pits
- Nature trail

MINETTE BAY WEST

DIRECTIONS ON PAGE 12



Discover...

From local galleries, artisan crafts and historical museums, both in Kitimat and nearby, we offer a thriving arts and culture scene and rich history.

Kitimat maintains a vibrant and diverse arts and culture scene with public art, exhibitions, concerts, theatre, a pottery studio, and many more cultural programs and experiences.

Imaginative residents, modern infrastructure and a strong regional presence of the Haisla First Nation together provide an ideal environment for artistic and cultural endeavors.

Blackfish Gallery

Art gallery specialized in Native art, offering a wide variety of woodwork and accessories.

650 Raven Crescent, Kitimaat Village | 250-632-6469

Kitimat Museum & Archives

Kitimat Museum & Archives offers displays on Kitimat's history, Haisla arts, local flora and fauna and Douglas Channel's sea life.

293 City Centre, Kitimat | 250-632-8950
www.kitimatmuseum.ca.

Mount Elizabeth Theatre

MET is an acoustic multi-use auditorium where theatrical productions, concerts, recitals, conventions, and award ceremonies happen.

1491 Kingfisher Avenue | 250-632-7887

Sammy Robinson Gallery

Renowned Haisla carver's eponymous gallery featuring artwork made of wood, silver and gold. His unique, finely detailed style tells the story of Haisla history and culture.

416 Haisla Avenue, Kitimaat Village | 250-632-9790

BC's low carbon era starts here. Welcome to Kitimat.

Rio Tinto is grateful to work and play in a beautiful community rich with nature and hundreds of trails to explore.

| TRAIL NAME | DIFFICULTY | DISTANCE |
|---------------------------|--------------|--------------|
| Coho Flats | EASY | 2 KM |
| Hirsch Creek Canyon Trail | EASY | 400 M - 4 KM |
| Hirsch Creek Park Trail | EASY | 1.5 KM |
| Joe's Trail | EASY | 3.5 KM |
| Fisherman's Trail | INTERMEDIATE | 3.5 KM |
| North Cove Trail | INTERMEDIATE | 3.2 KM |
| Clague Mountain Trail | HARD | 8 KM |

Learn more by visiting kitimatbound.ca
Photo by Dusty Danis.

RioTinto

Kitimat Bound

KITIMAT MUSEUM & ARCHIVES
OPEN YEAR-ROUND
 Closed Sundays
 See Displays on
 - Haisla First Nations Heritage
 - Community Heritage
 - Flora and Fauna
 Visit the Gift Shop for Souvenirs
 293 City Centre, Kitimat BC
 Ph: 250-632-8950
 www.kitimatmuseum.ca

The community and visitors now have access to Kitimat's first waterfront recreational space with the completion of the first phase of this park development.

Minette Bay West Park

An open field, fire pits, picnic tables, and even a nature trail dot this waterfront feature, which also includes a path onto the breakwater to a covered shelter where you can enjoy the ocean views and follow stone steps straight into the tidal waters. Outhouse facilities are available on-site.

This secluded nature park is a very short drive from downtown Kitimat. Visitors to the park can follow Loganberry Avenue until a four-way junction, then turn left. The road will lead straight to the park and it's parking area.



Our parks...

The Kitimat region is home to coastal parks, protected areas and heritage conservancies. Some you can get to by land, others are more remote and accessible only by water.

There are park spaces suitable for all members of the family including outdoor wading pools and green spaces, skateboard and bike parks, along with many playgrounds throughout town!

Coghlin Park

Located on Haisla Boulevard, this scenic lookout provides spectacular views of the Douglas Channel from the manicured gardens of Coghlin and Kemano Parks. Gazing down the channel you may catch a glimpse of large ships coming in to the industrial docks or one of the many smaller recreational boats dotting the water. To the east you will see the calm waters of Minette Bay and the islands and coastal mountains provide a breathtaking backdrop to the view.

Heritage Park

Heritage Park is located outside the Kitimat Chamber of Commerce and Visitor Centre. Heritage Park is home to a variety of flags from all over the world representing many of the different multicultural groups who reside in Kitimat. Visitors will also find benches, picnic tables, an information kiosk, covered gazebo and our Spirit Bear decorated with First Nations artwork. An amphitheatre to host arts and cultural events was built in 2020, sponsored by the District of Kitimat, DCH Industries and Northern Development Initiative Trust. It's a perfect area for an afternoon picnic or rest stop.

Centennial Park

Centennial Park was built in 1971 to commemorate the 100th anniversary of British Columbia's entry into Confederation. The Park boasts beautiful flower gardens, picnic tables, benches, a cenotaph war memorial, water fountain and totem pole. The totem pole depicts the story of Hunclee Qualaas or Waamis and the founding of Kitimat. The top figure is Waamis and below him are the legendary monsters that inhabited the Kitimat Valley. The park is a great place to enjoy a picnic or a leisurely stroll around the beautiful gardens. Centennial Park is located in City Centre across from Upper City Centre Mall.

Lion's Park

Lions Park is a popular destination for families looking for outdoor fun in the sun. The park boasts a well-equipped playground, picnic tables and beautiful manicured gardens.

Located near the entrance of the Tamitik Recreation Complex, Lions Park is the perfect place to have a picnic after a swim or a day of shopping!

Oviatt Bike Park

The Oviatt Bike Park is situated off Loganberry Avenue in Strawberry Meadows. It encompasses six acres and took over two years to complete. Jack Oviatt did all the preparation work at the park and Velosolutions, an international company based out of Switzerland, designed and built the course. The Park consists of two pump tracks, a jump line, drop line and a skills park. There is something for all skill levels and ages, and even if you don't ride - it is fun to watch the action.

Wendy Hagen Dennill and her assistant Murielle Gaudet were the artists who designed and painted the small pump track and the sculpture of a giant metal fabricated grizzly bear and was built by Steve Rogers of Great Bear Ironworks. Both are fabulous works of art!

Many volunteers spent numerous hours helping to create this newest attraction to Kitimat

The Mount Elizabeth Cycling Association bike trails being constructed on Haisla Hill tie in with the park. Sweet Skills coaches will be returning next year - Follow our Facebook page for updates. www.facebook.com/oviattbikepark

Giant Spruce Park

Sitka Spruce commonly grow up to 70 m tall and 2 m across when mature. Giant Spruce Park is located on the shores of the Kitimat River flood plain. The remains of a previously registered "largest living Sitka Spruce in BC" can be found in the park. The tree measures 11.2 m in circumference (36.7 ft) and once stood 50.32 m tall (165 ft). As you walk the trail of this park you will notice the forest floor is thick with moss, ferns and blueberry bushes

Adventure Parks

Kitimat offers a wide range of park facilities including a challenging skate, bike and board park. Accessible equipment is available at a number of these parks while others include wide open green spaces. The community is uniquely connected with a series of paths through green spaces to eliminate excessive crossing of major streets.

During summer months access is available to wading pools operated by the District of Kitimat.

For more information and park locations visit www.kitimatbound.ca or www.kitimat.ca.

Kitimat Dog Park

Let Fido exercise and play off-leash in a controlled environment under your supervision. The fenced dog park allows owners and their dogs to spend time together and offers your dog(s) a space to play and companionship with others. The dog park offers agility obstacles and fresh water for dogs. Located on Kuldo Boulevard. Please clean up after your dog - bags and garbage containers are provided at the park. Other off-leash areas include Dike Road and Forest Avenue.

Radley Park

A campers' mecca in the heart of great fishing country, Radley Park is a 38-unit campground situated on the western bank of the Kitimat River. Only minutes from downtown Kitimat, Radley Park is an ideal summer getaway.

Adventurous campers can take advantage of the many recreational opportunities available on the Kitimat River, including trout and salmon fishing, canoeing, kayaking and class-two white water rafting.

Radley Park also has picnic tables as well as a shelter with a barbeque and tables.

Hirsch Creek Park

This scenic park is located at the entrance to Kitimat on Highway 37S. Hirsch Creek Park is convenient to town and features numerous picnic sites along the riverbank, a sheltered barbeque area, dry toilets and seven campsites. A beautiful spot for fishing and hiking, Hirsch Creek Park is perfect for the whole family and for those who would like to "get away". A stroll through the old growth forest is a relaxing and renewing experience.

Discover...

You don't come to Kitimat for a typical vacation or an all-inclusive cruise. You come here to explore! We are a sport fisher's paradise, and so much more.

We've got epic hikes, and a host of water adventure options from kayaking to excellent charter, guide and eco-tour services.

Whale Watching

The Douglas Channel is one of the widest and deepest waterways on the west coast and a perfect place for whales to thrive thanks to rich food sources, quiet waters and deep fjords.

Seeing multiple pods of killer whales and/or humpbacks (depending on the season!) when out fishing or on a boat tour is standard in Kitimat. There are not many places in the world where you can say the same!

Killer Whales - The iconic orcas of the Eastern Pacific arrive in Kitimat in June, just in time to feed off salmon running into the Kitimat River.

Humpback Whales - Humpback whales begin their migration in early spring and arrive in August. Their preferred source of food in Kitimat is herring, in addition to krill and other small fish such as mackerel.

The wildlife that inhabit the Kitimat area are spectacular and the Douglas Channel is home to marine mammals both large and small. While you're out whale watching in Kitimat – see if you can also spot harbour porpoises, pacific white-sided dolphins in the water, the Kermode bear or grizzlies on the land from the boat, or majestic bald eagles in the sky!

Jesse Falls

Jesse Falls is a 10-metre-high freshwater waterfall that drains directly out of Jesse Lake and into the ocean. Only accessible by boat.

Hot Springs

Kitimat's wild marine hot springs are natural and sulphur-free. What else could be better than mother nature's hot tub surrounded by spectacular views? These hot springs are only accessible by boat.

Bishop Bay Hot Springs

Hot springs at Bishop Bay come out of the ground from a crevice in the granodiorite bedrock right beside the bath house.

Water temperature at the bath house is about 38.8 degrees Celsius. Coordinates: N 53° 28' 11.89", W 128° 50' 11.85"

Shearwater Hot Springs

Shearwater Hot Springs are also known as Europa Hot Springs. The hot springs and bath house are located along the north shore of a small bay between Shearwater Point and Europa Point.

Water comes from cracks in the bedrock at the bottom of the hot springs and its temperature at the bathhouse is about 40.6 degrees Celsius. Coordinates: N 53° 41' 36.95", W 128° 47' 33.06"

Weewanie Hot Springs

Weewanie Hot Springs is nestled in a semi-sheltered bay. There is a bath house for soaking.

Water comes out of the ground on the hillside above the bath house and its temperature is about 38.6 degrees Celsius in the bath house. Coordinates: N 53° 41' 36.95", W 128° 47' 33.06"

Eco Tours

Book a charter with one of our well equipped guides to create your own custom eco tour. See a full list of our Charters & Guides on page 46.

Take it all in...

It's no secret that world-class salt and freshwater fishing and backcountry adventures are what Kitimat is known for, but that's not all we've got! Whether you want to be indoors or out, active or a spectator, and regardless of age and ability levels – Kitimat has exciting attractions!



The Douglas Channel is one of the widest and deepest waterways on the west coast, with the narrowest section being 1.48 km wide and a distance of 140 km to open ocean.

Hospital Beach

This ocean-side beach (the original site of Kitimat's first hospital) is located just past Rio Tinto's BC Works smelter. It is a popular gathering spot for visitors and locals during the summer months. At low tide, you can explore and may find seashells and other small sea creatures.

Gazebo Trail

Take this short trail to one of Kitimat's best kept secrets: a gazebo overlooking the ocean. Easily accessible on foot (for kids, too!) and located close to both Kitimaat Village and MK Bay Marina. Pack a lunch and take in the views!

Moore Creek Falls

Located just across from Rio Tinto's BC Works main office building, Moore Creek Falls is a photographer's delight. As you climb the rugged stairs carved into the hillside, the sound of snowmelt water rushing over the rocks leaves you anticipating what's ahead.

Kitimat Fish Hatchery

The Kitimat Hatchery is operated by the Federal Department of Fisheries and Oceans Canada. The species mix includes chinook salmon, chum salmon, coho salmon, steelhead and cutthroat trout. The hatchery is wheelchair accessible and open Monday to Friday during the summer. Please call ahead for availability of tours.

283 Haisla Blvd. | 250-639-9888

Kitimat Museum

The Kitimat Museum & Archives has served Kitimat since its opening in 1969 as a place for community and natural history as well as an exhibition centre for visual arts. Summer of Adventure six weeks of summer programming for ages 3 to 9 run by the Museum's summer students.

293 City Centre | 250-632-8950 | www.kitimatmuseum.ca

Kitimat Library

Summer reading clubs and summer activities happen throughout July and August, please call the Library to confirm dates. A library card is required to borrow any books or movies.

940 Wakashan Avenue | 250-632-8985 | www.kitimatlibrary.ca

Kitimat Fish Derby

The annual Kitimat Fish Derby happens over Labour Day Weekend. It's hosted by the Kitimat Chamber of Commerce and is both a local favourite and an event folks travel for from far and wide.

Thousands of dollars in prizes are available and the best part: you don't have to fish to catch a prize at this derby.

Find out more on www.kitimatbound.ca/attractions

Hirsch Creek Golf & Winter Club

Kitimat is home to a picturesque 18-hole golf course meandering through the forest, and a clubhouse where you can finish off the day with a frosty pint on the outdoor patio.

2000 Kingfisher Rd. | 250-632-4653 | www.hirschcreekclub.com

Campgrounds & RV Parks

| | Number of Sites | Tenting | Water | Power | Washrooms | Showers | Firewood | Boat Launch | Sani Dump | Reservations |
|---|-----------------|---------|-------|-------|-----------|---------|----------|-------------|-----------|--------------|
| Hirsch Creek Park Highway 37 South P - 250-632-8955 www.kitimat.ca/campingreservations <i>See our ad on page 36</i> | 8 | • | | | • | | • | | | |
| Kitimat Lodge 656 Dadook St. P - 250-632-6677 E - kitimatlodge@telus.net www.kitimatlodge.com <i>See our ad on page 47</i> | 6 | | • | • | | | | | | • |
| Kitimat Trailer Park 584 Columbia Ave. P - 778-631-0044 Weekly and Monthly rates available | 17 | • | • | • | | | | | | • |
| MK Bay Marina Limited Partnership 4935 Kitimaat Village Rd. P - 250-632-6401 E - admin@mkbay.ca www.mkbaymarina.ca <i>See our ad on page 40</i> | 31 | • | • | • | • | • | | • | | • |
| Radley Park On the Kitimat River - Follow Haisla Blvd. P - 250-632-8955 www.kitimat.ca/campingreservations <i>See our ad on page 36</i> | 38 | • | • | • | • | • | • | • | • | • |

There's no better way for nature lovers to enjoy Kitimat than by staying at one of our beautiful campgrounds or RV parks.

Radley Park and Hirsch Creek Park both have covered shelters, which are suitable for use by organizations, family and neighbourhood groups. There is no charge to use the covered shelter, however it does need to be booked through either:

Tamitik Jubilee Sports Complex
250-632-8955

Riverlodge Recreation Centre
250-632-8970

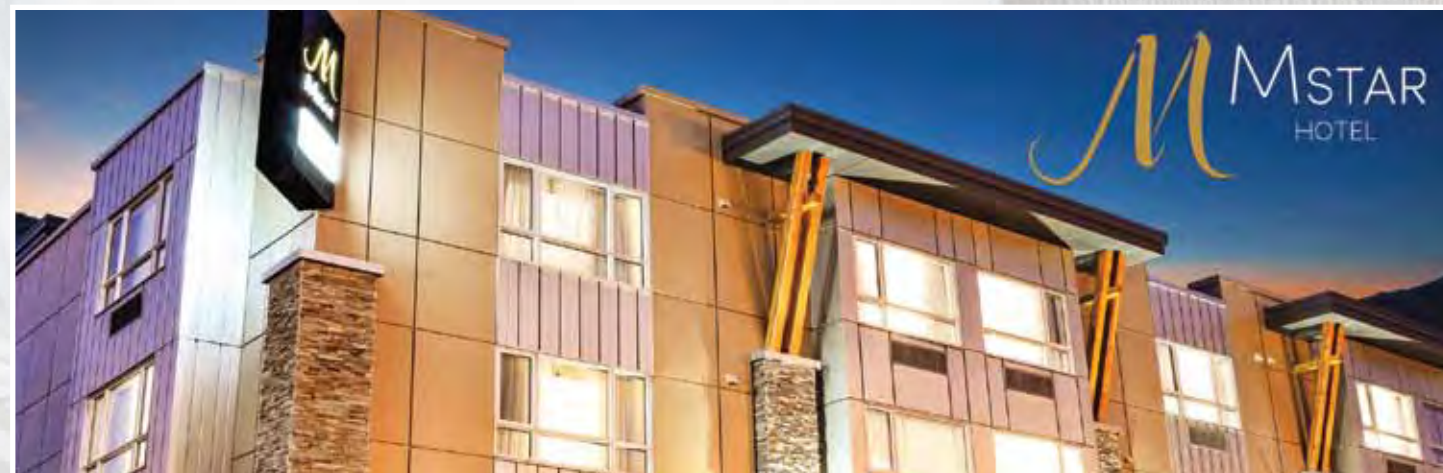
Hotels, Motels & Lodges

After an exiting day of exploring, fishing or working in Kitimat you deserve a restful place to recharge.

Visitors and locals alike are invited to stay in one of Kitimat's many accessible hotels, motels and lodges featuring modern facilities, idyllic surroundings and friendly service.

Visit kitimatbound.ca/stay to learn more about our welcoming and comfortable places to stay and connect directly with each business listed to book.

| | Number of Rooms | Restaurant | Kitchen Suites | Wheelchair Accessible | Pets Welcome | Meeting Facilities | Internet |
|--|-----------------|------------|----------------|-----------------------|--------------|--------------------|----------|
| Chalet Inn 852 Tsimshian Blvd. P - 250-632-4615 E - thealpchalet@telus.net <i>See our ad on page 21</i> | 48 | • | | | • | • | • |
| Kitimat Estuary Lodge B&B 921 Kuldo Blvd. Toll Free - 1-877-781-4555 M - 250-639 4555 E - info@fishinginkitimat.com www.fishinginkitimat.com <i>See our ad on page 42</i> | 5 | | • | • | | | • |
| Kitimat Lodge 656 Dadook St. P - 250-632-6677 E - kitimatlodge@telus.net www.kitimatlodge.com <i>See our ad on page 47</i> | 18 | | • | • | • | • | • |
| Microtel Inn & Suites by Wyndham 633 Dadook St. P - 778-631-0044 E - info@microtelkitimat.com www.microtelinnsuites.com | 87 | | • | • | • | • | • |
| Minette Bay Lodge 2255 Kitamaat Village Rd. P - 250-632-2907 E - info@minettebaylodge.com www.minettebaylodge.com | 10 | | | | | | • |
| MStar Hotel Kitimat 150 City Centre Mall P - 250-632-7600 1-855-632-7600 E - info@HotelMstar.com www.hotelmstar.com <i>See our ad on page 20</i> | 42 | | | • | • | | • |
| Teri's B&B 4 Oolican Ave. P - 250-632-1371 | 1 | | • | | | | • |
| Tookus Inn Floating Lodge P - 250-632-1469 E - tookus-inn@telus.net www.tookusinn.com | 6 | | • | | | | |



LUXURY ♦ RELAXATION ♦ STYLE



1.855.632.7600 / 150 City Centre Mall / info@hotelmstar.com / www.hotelmstar.com

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852 Tsimshian Blvd, Kitimat

www.chaletkitimat.com

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250-632-7000
3-528 Mountainview Square
www.kitimatrealty.com

Getting here...

Kitimat and Kitamaat Village are easily accessible by air, road and water. Both are situated a short 60 km distance down the Kitimat valley south of Terrace within the Coastal Mountain Range and on the shores of the Douglas Channel and the Pacific Ocean.

Enjoy the scenic beauty of your travel to us. By vehicle west from Prince George or east from Prince Rupert and the BC Ferries, Kitimat is accessible year round by highway. During the summer, visit via private water craft and view the spectacular fjord vistas, aquatic life and wildlife, taking the day to come north up the Channel. Or make the travel in record time by arriving by air at the Northwest Regional Airport near Terrace.

From Kitimat, continue on to Kitamaat Village along the road that follows the coastline of Minette Bay on the Channel with views of the Kitimat River estuary.

Shopping

Kitimat has a variety of shopping and modern service options to meet your daily needs, with an impressive variety of local and independent businesses in our City Centre Mall, Mountainview Square and Nechako Centre.

We have two major grocery stores along with an independent specialty foods store. There are several other franchise shopping options along with unique, independent shops.

Visit LoveKitimat.com to learn more about our many local businesses.

Beauty & Spa

Enjoy Kitimat's reputable and modern beauty and wellness facilities, including hair salons, aestheticians, and spas that promise to pamper you with style.

A full listing of our shops and spa's can be found on the Kitimat Map in the centre of this guide or on kitimatbound.ca.

Restaurants & Pubs

Whether you're in the mood for a frosty pint on a patio with stunning views or a quaint local cafe that serves homemade food – we've got it! We have family restaurants, pubs and cafes offering a variety of dining options.

Check out the range of options Kitimat has to offer, from quaint cafe's that serve homemade foods to convenient favourites found coast to coast. We have a variety of family-friendly restaurants and a selection of great pubs.

You click. We pick.

saveonfoods.com

535 Mountainview Square
250-632-2255

TWO PEAKS BREWING
KITIMAT, BC

578 MOUNTAINVIEW SQ | TWOPEAKSBREWING.CA

OFFICE BAR | BISTRO

It's Five O'Clock Somewhere!!

The place to be for Ramen | Sushi | Stir-Fry in Kitimat!
We also have great appetizers and desserts and not to mention our well stocked bar!
From popular wines and top shelf spirits including Sake & Japanese Whiskey...
Its a place that must not be missed!

406 Enterprise Ave, Kitimat BC | 250-639-2038

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250-632-4980 • 607 Legion Ave
www.rosarios.ca

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327 City Centre | 250-632-2914 | rainforestwellnesspharmacy.ca

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Computer Sales Technical Support
Office Supplies Deliveries

247 City Centre Mall
T 250-632-5663 | F 250-632-5668
www.beitzcomputers.com

| | Breakfast | Lunch | Dinner | Family Friendly | Bar/Licensed | Accessible | Patio |
|--|-----------|-------|--------|-----------------|--------------|------------|-------|
| A & W Restaurant 123 City Centre 250-632-6190 aw.ca | • | • | • | • | | • | |
| Chalet Restaurant 852 Tsimshian Blvd. 250-632-2662 | • | • | • | • | • | | |
| Chilly & Dancer Pub 874 Tsimshian Blvd. 250-632-6920 | | | • | | • | • | |
| Chop Suey Kitchen 426 Enterprise Ave. 250-632-6666 | | | • | • | • | • | |
| Debbie's Bistro 238 City Centre 250-639-9333 kitimatdebbiesbistro.com | | | • | • | • | • | • |
| Doris' Delicatessen 1442 Nalabila Blvd. 250-632-3933 | • | • | • | • | | • | |
| DQ Grill & Chill 329 City Centre 250-632-3232 dairyqueen.com | | • | • | • | | • | • |
| Ella's Café 215 City Centre 250-639-3905 | • | • | • | • | | • | |
| Fortune Kitchen 410 Enterprise Ave. 250-632-3828 | | | • | • | | • | |
| Hale Kitimat 369 City Centre 250-639-1018 | • | • | | • | | • | |
| Kitimat Subway 952 Wakashan Ave. 250-632-2991 order.subway.com | | • | • | • | | • | |
| Luso Canadian Association 159 Konigus St. 250-632-2961 | | | | | • | • | |
| Mr Mikes Steakhouse Casual 525 Mountainview Sq. 778-631-2391 mrmikes.ca | | | • | • | • | • | |
| Office Bar & Bistro 406 Enterprise Ave. 250-639-2038 officebarbistro.com <i>See our ad on page 22</i> | | • | • | • | • | • | |
| Pedro's Grill 342 City Centre 250-632-2199 | | • | • | • | • | • | |
| Pizzarama Pizzeria 171 Nechako Centre 250-639-9241 pizzarama.ca | | | | • | • | • | |
| Ramen J 248 City Centre 250-639-1134 | • | • | | • | | • | |
| Rosario's Restaurant 607 Legion Rd. 250-632-4980 rosarios.ca <i>See our ad on page 23</i> | | • | • | • | • | • | |
| Royal Canadian Legion 665 Legion Rd. 250-632-7915 | | | | | • | • | |
| The Creek Bar & Grill 2000 Kingfisher Ave. 250-632-4242 hirschcreekclub.com <i>See our ad on page 28</i> | • | • | • | • | • | • | • |
| Tim Hortons 125 City Centre 250-639-2090 timhortons.ca | • | • | • | • | | • | |
| Timmy's Deli 238B City Centre | | | | | | | |
| Two Peaks Brewing 578 Mountainview Sq. <i>See our ad on page 22</i> | | | | | | | |
| Wee Geordies Pub 178 Nechako Centre 250-632-4277 | | | | | • | • | |

Choose More. Choose Kitimat.

Choose more of what you love. Choose life on your own terms. Choose Kitimat. More of the great outdoors, more fishing, more opportunity to make your mark by building a career, starting a business, and owning property. More connection to friends, family, and community, and welcoming hospitality to make you feel at home and to get more out of life.

Our abundant green spaces, extensive walkway system and carefully balanced residential, commercial and industrial areas add to Kitimat's livability. The average commute to work takes only minutes.

Kitimat offers a range of housing options to meet your needs. Whether you are looking to rent your first apartment or purchase your retirement acreage, you can find a place to call your own. The average price of a home is also 4 times less expensive than the average price of a home in Vancouver.

Kitimat's modern-day amenities make it an ideal place to

call home. It is well connected with a regional airport only a 30-minute drive away.

The Kitimat General Hospital is a Level 4 trauma centre, providing emergency and medical services to the community.

Kitimat is divided into five residential neighbourhoods with purchase and rental options available at affordable prices. Whether you are looking to invest, purchase, build or rent, we have options for you.

Since its inception, Kitimat has been a key pillar of the regional and provincial economy. Our robust industrial sector translates to high-paying, rewarding employment and business opportunities, as well as a robust tax base for community amenities.

More information on moving to Kitimat can be found in our Kitimat Community Guide. It is available to download on kitimatbound.ca/move-to-kitimat.

YXT
Terrace-Kitimat

GET CONNECTED THROUGH THE NORTHWEST REGIONAL AIRPORT

Capacity
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Terrace
15 mins

Kitimat
35 mins

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Northwest Regional Airport
Terrace-Kitimat

103-4401 Bristol Rd., Terrace BC | (250) 635-2659 | www.yxt.ca

Lets go...

Our beautiful community is very walkable and enjoys 53 km of interconnected pathways! The Kitimat region also has an abundance of hiking opportunities with hundreds of trails to explore and many beautiful parks.

Trails

Hike along the shores of the Douglas Channel, the banks of the Kitimat River or climb one of our beautiful mountains. The trail to Robinson Ridge is a local favourite as it leads to crystal clear mountain lakes.

Trails in Kitimat through its forests and mountains range from easy to difficult, and there is plenty of opportunity to observe wildlife in their natural environment.

Bring your camera

The opportunity to observe wildlife, big and small, will present itself when you least expect it!

Hirsch Creek Park Trail

Hirsch Creek Park Trail is a 1.5 km loop and an excellent place for a picnic and to view a coastal old growth forest and exceptionally large trees. The trail is flat, easy to follow and perfect for the whole family.

Hirsch Creek South Trail

Hirsch Creek South Trail is 2 km one way. The trail follows the south side of Hirsch Creek and if you only have an hour or so to get away from it all, try this one.

Hirsch Creek North Trail

Hirsch Creek North Trail is 1.5 km one way and follows the old road/ATV trail up the north side of the creek and becomes a true trail for the remaining 500 m to the logging bridge. This is a great place to run the dog or get a quick walk in before heading out of town.

Joe's Trail

Joe's Trail is 3.5 km one way and runs down the east bank of the Kitimat River to the end of the Lower Dike Road. The trail incorporates fishing trails and more recently ATV trails, which provide access to the river, but also makes a nice walk.

North Cove Trail

North Cove Trail is a 1 km one way and descends approximately 100 m vertical distance to the beach. It is an easy walk down, however a little more difficult coming back. The trail ends on the shore of the Douglas Channel where you will find a picnic table and fire pit. A second, short trail will take you to the Mid Cove area where you will enjoy additional views. This trail is overgrown but easy to follow and, providing you take your time, should be an enjoyable experience for all ages.

Pine Creek Trail

Pine Creek Trail has two loops, namely the upper and lower loop. Each loop is 1 km and great for all ages. There are interpretative signs at certain points along the upper loop explaining salmon habitat and the vegetation. Dogs need to be on a leash using these two trails as the trails are on private property.

Smith Street Trail

Smith Street Trail is a short 400 m one way. The trail primarily consists of a short, but steep descent to the floodplain. The trail is accessible on Smith Street just in between the houses and is for public use. The trail starts off as a casual walk through the bush. There are markers throughout the trail marking the way down to the creek.

Coho Flats Trail

Coho Flats Trail is 2 km one way and is well blazed and easy to follow; meandering down to the Kitimat River. The rock outcrop at the end of the trail is an excellent place to fish.

Fisherman's Trail

Fisherman's Trail is 3.5 km one way. The first half of the trail crosses over rugged rock terrain with a number of short up and down pitches in order to navigate around a rock bluff and the river. As a result, this trail is not recommended for children under 6 years of age. The trail terminates where it joins Coho Flats Trail and provides an alternative exit for those not wanting to return the same way.

Hirsch Creek Canyon Trail

Hirsch Creek Canyon Trail is 4 km one way – you can either walk the longer route through the forest that grows alongside Hirsch Creek, or you can walk the short 400 m one way shortcut to the canyon viewpoint. Stay well back from the edge of the canyon viewpoint and maintain constant supervision of young children as well as your dogs.

Clague Mountain Trail

Clague Mountain Trail takes approximately 6 to 7 hours return to the summit. Alternatively you can hike to the Kitimat Snowmobile & Hikers Club cabin, which is 4 to 5 hours return. Once you've walked through the forest you will enter some beautiful sub-alpine meadows and beautiful views of Kitimat and the Douglas Channel.

Mount Elizabeth

Mount Elizabeth is a challenging 5 km trail to the summit and is only recommended for experienced hikers. The lookout is located in sub-alpine and takes approximately 2 to 2.5 hours to hike up to, but provides a great view of Kitimat. You can continue to Little Elizabeth, which is another 2 hours hiking from the lookout, whilst the summit is another 1 to 1.5 hours additional hiking from Little Elizabeth. This last half of the hike is a very difficult trail of loose rocks and can be covered by patches of snow.

Robinson Lake Trail

Robinson Lake Trail is 3.8 km one way and climbs to a small coastal lake. The trail winds through coastal old growth forest and along the edges of small marshes and streams. There is a picnic table at the lake. This hike makes for a nice family day trip and may even include a swim on a hot day.

Robinson Ridge Trail

Robinson Ridge Trail is 3 km one way, provided you have 4WD to get to the trailhead, otherwise the walk to the trailhead will be a bit longer, depending on where you park your vehicle. A variety of terrain exists including open marshes as well as timbered areas, with some steep pitches before arriving at the Kitimat Snowmobile & Hikers Club cabin located next to a small sub-alpine lake.



Let's play...

Kitimat is home to a picturesque 18-hole golf course meandering through the forest, and a clubhouse where you can finish off the day with a frosty pint on the outdoor patio.

The Hirsch Creek Golf & Winter Club is home to an extremely challenging, superbly designed 18 hole, par 72, championship golf course.

The golf course is comprised of and recognized for its competitive and diverse design and presents a memorable round for both beginner and experienced golfers. The beautiful front 9, designed by Les Furber, winds its way through the wilderness to create outstanding views from tee boxes and fairways. The back 9 is an established layout that allowed nature to form a more traditional golf experience.

The facility offers professional knowledge and expertise, practice greens, driving range and rentals (golf equipment, motorized and pull carts).

The breath-taking views from the restaurant and lounge are amongst some of the most scenic views in Northern BC. The club has a 130 seat licensed clubhouse and deck, along with a private meeting / dining room that can accommodate up to 35 people. The raised sundeck at the front of the clubhouse is the perfect place to relax over a drink or a meal and soak in the sunshine after a round of golf.

When the thermometer dips, try your hand on the four sheet curling rink, which has long been a regional favorite where players of all ages and skill levels enjoy the varied programs and schedules. "Public Drop In" sessions give new curlers the chance to try out the sport and develop skills. These sessions are also an opportunity for league players to perfect their skills, families to try curling together and young people to "try something new." www.hirschcreekclub.com



- Golf
- Curl
- Dine
- Meetings
- Banquets
- Celebrations

Hirsch Creek Golf & Winter Club
2000 Kingfisher Ave
Bar & Grill 250-632-4242 | Pro Shop 250-632-4653
www.hirschcreekclub.com | [Facebook.com/hirschcreekclub](https://www.facebook.com/hirschcreekclub)

Adventure...

Enjoy spectacular scenery as you adventure through Kitimat's vast network of trails on your mountain bike or off-road vehicle of choice! Trails range from beginner to advanced.

All-Terrain Vehicles (ATVs)

The Kitimat region and its vast landscapes, epic scenery, tight trails and water crossings are perfect for adventurous types that love that off-road lifestyle, and it's no surprise there's a strong side-by-side (SxS) and quad culture in Kitimat, including community groups and clubs.

Kitimat's many trails range from beginner to advanced. Remember to ride responsibly and wear approved safety helmets at all times.

Safety first at all times when riding all-terrain vehicles/off-road vehicles in Kitimat! Off-roading is both exhilarating and rewarding, but not without risk. Find out more about off-road safety on kitimatbound.ca/off-road/

Onion Lake Fat Bike Trail

The Snow Valley Nordic Ski Club has introduced a fat bike and snowshoe trail at Onion Lake.

The 4.7 km one-directional trail will be solely for fat bikes with winter tires and showshoes. The trail starts beside the club's electrical shed down to Onion Lake and returns parallel to the highway, with five exit loops to shorten the adventure.

Snow Valley Nordic Ski Club | www.snowvalleynordics.com

Mountain Biking

Kitimat's network of forestry roads and dedicated bike trails make for excellent mountain biking.

The Mount Elizabeth Cycling Association (MECA) is a non-profit society that is endeavoring to build and maintain mountain bike trails in the Kitimat Valley for the enjoyment of community members and visitors of all ages. Mountain biking is one of the fastest growing sports worldwide and provides a range of social, economic, and environmental benefits. For more information please email mecakitimat@gmail.com or find us on Facebook.

Need to rent a mountain bike?

The Kitimat Visitor Centre has two adult, unisex Norco Fluid 4 HT mid-fat mountain bikes you can rent for the day. You must sign a waiver, provide photo ID and credit card details. First come, first served. Helmets are mandatory; adjustable helmets available on loan.

250-632-6294 | 2109 Forest Ave | www.kitimatbound.ca

Let it snow...

Imagine a morning of cross-country skiing with the sunrise following you down trails, and an afternoon of sledding to cabins on snow covered mountains. If you're visiting in the winter months – get ready for unparalleled outdoor adventures. From Kitimat you have easy access to downhill and backcountry skiing options.

Snowmobiling/Sledding

Those who sled in Kitimat are rarely disappointed! Kitimat has hundred of kilometers of trails, including two scenic trails to choose from that lead to overnight backcountry cabins:

Clague Cabin Trail

Groomed trail with a viewpoint of Squirrel Mountain.

Robinson Ridge Cabin Trail

Add this perfect trail to stunning views to your bucket list!

Snowmobile Trail Passes

Kitimat trail passes are available for purchase through the District of Kitimat Leisure Services Department, at either the Tamitik Sports Complex or the Riverlodge Recreation Centre. You can also purchase Kitimat Snowmobile Club memberships at the Kitimat Chamber of Commerce & Visitor Centre.

Riverlodge Recreation Centre
654 Columbia Avenue West | 250-632-8970
recreation@kitimat.ca | www.kitimat.ca

Tamitik Sports Complex
391-400 City Centre | 250-632-8955
recreation@kitimat.ca | www.kitimat.ca


Kitimat Visitor Centre
2109 Forest Avenue | 250-632-6294
tourism@kitimatmatchamber.ca | www.kitimatbound.ca

Kitimat's two overnight backcountry cabins are considered by some to be the nicest snowmobile cabins in the province! Please leave them as they were found.

Safety & Provincial Regulations

If you plan to operate a snowmobile in BC, make sure you have the following: Valid registration visibly displayed safety-approved helmet (both operator and passengers) and are 16 years and older (unless exemptions are met). Find out more information on snowmobiling in BC on kitimatbound.ca/winter-sports/

Please check the Canadian Avalanche Association bulletin for regional details: www.avalanche.ca.

 Kitimat came close to setting a record for the highest snowfall over a 24-hour period in February 2015 with 109 cm of snow.



| | | |
|---|---|---|
| When traveling and visiting the Northwest take Bell Media along... | we'll keep you informed and entertained 24/7... | with Bounce Radio, Pure Country Radio, and CFTK-TV! |
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| Community News to keep you informed! | Perfect music mix to brighten your day! | Up to the minute News, roads, and weather! |

Snowshoeing

Snowshoe on Clague Mountain Trail and stay overnight at the backcountry cabin with epic views of Kitimat Valley. There are routes for everyone, from novice to more experienced. Cabin users need a membership with the Snowmobile & Hikers Club.

Snowshoeing is a great winter activity for the whole family and is one of the easiest and least expensive ways to exercise and/or get out and enjoy the snow. If you enjoy hiking, then you will love exploring the marked trails in winter too and possibly spot some wildlife along the way.

Trails are dependent on the amount of snow with routes for everyone: from novice to the more experienced.

Backcountry Skiing

Kitimat locals love the convenience of having amazing backcountry ski access right at their doorsteps.

If you're a visitor, you'll enjoy easy access to the stunning, endless backcountry of the Kitimat Ranges.

Be sure to plan ahead, and consider getting or upgrading your avalanche skills training.

Cross-Country Skiing

About halfway between Kitimat and Terrace are 35km of groomed trails perfect for both classic cross-country and skate skiing. These are called the Onion Lake Ski Trails, which are maintained by the Snow Valley Nordic Ski Club.

The trails were built to suit a variety of skill levels and still provide easy access to small lakes and spectacular views of the valley. The vistas of the Kitimat Range Coast Mountains that surround the trails make skiing an awe-inspiring experience.

- Day passes available for purchase from the ticket booth at the trailhead.
- Lessons are available for beginners.
- Ski and gear rentals available.
- 5km of lit trails for night skiing.
- 6km "Doggy Trail" dedicated to dog owners and their best friends.
- A warming hut, parking and toilets are available next to the stadium free of charge for season pass holders and day users.

Trails are dependent on the amount of snow with routes for everyone: from novice to the more experienced.

Find out more about the Snow Valley Nordic Ski Club
www.snowvalleynordics.com | Facebook - Onion Lake Ski Trails

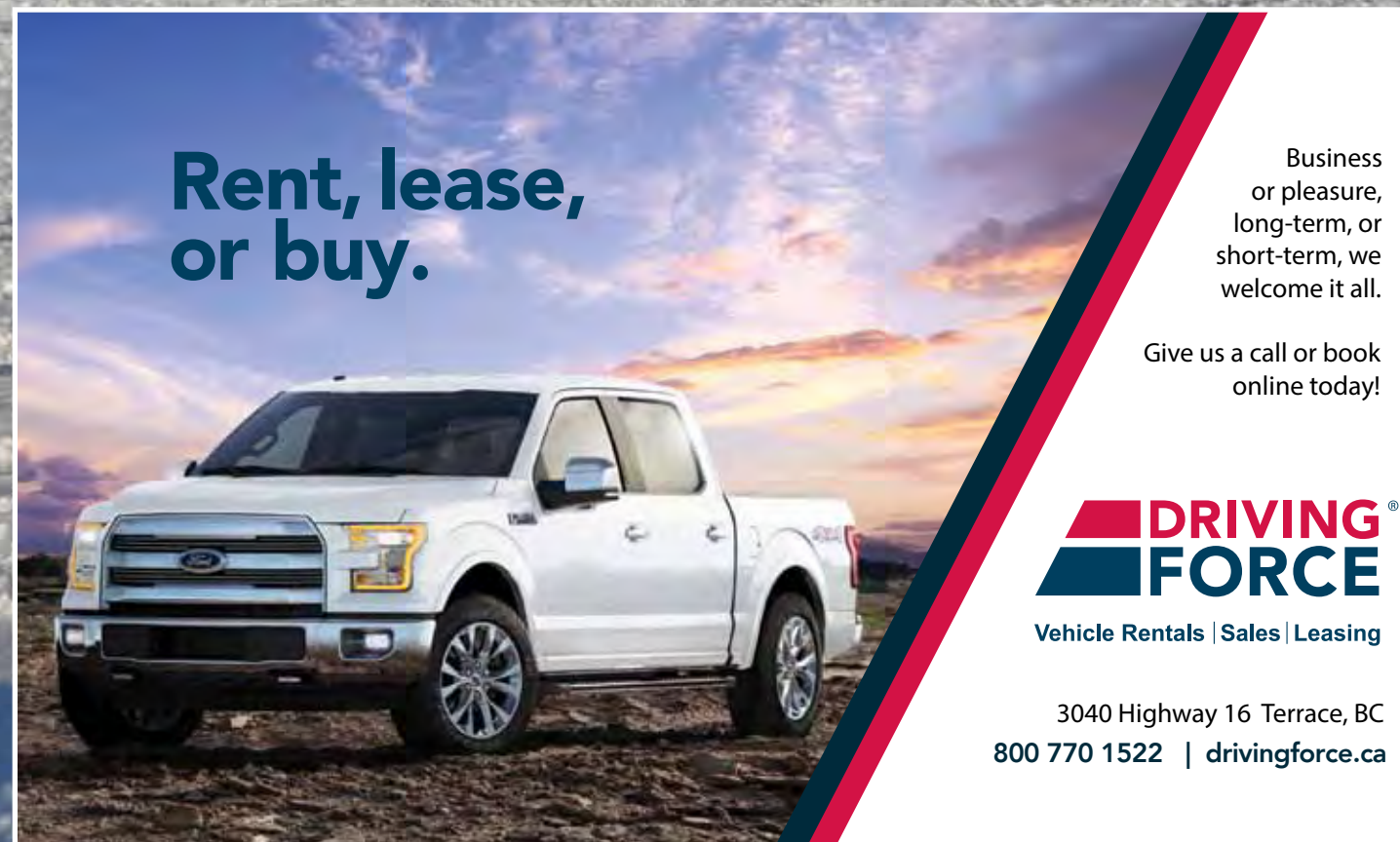


KITAMAAT VALLEY EDUCATION SOCIETY

- Education and Training
- Occupational Testing Facility
- Employment Agency
- WorkSafe BC Certified Agency First Aid

"Where Education, Industry and Cultural come together"

1352 Alexander Ave. Kitimat | 250-639-9199 | www.kves.ca



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or buy.**

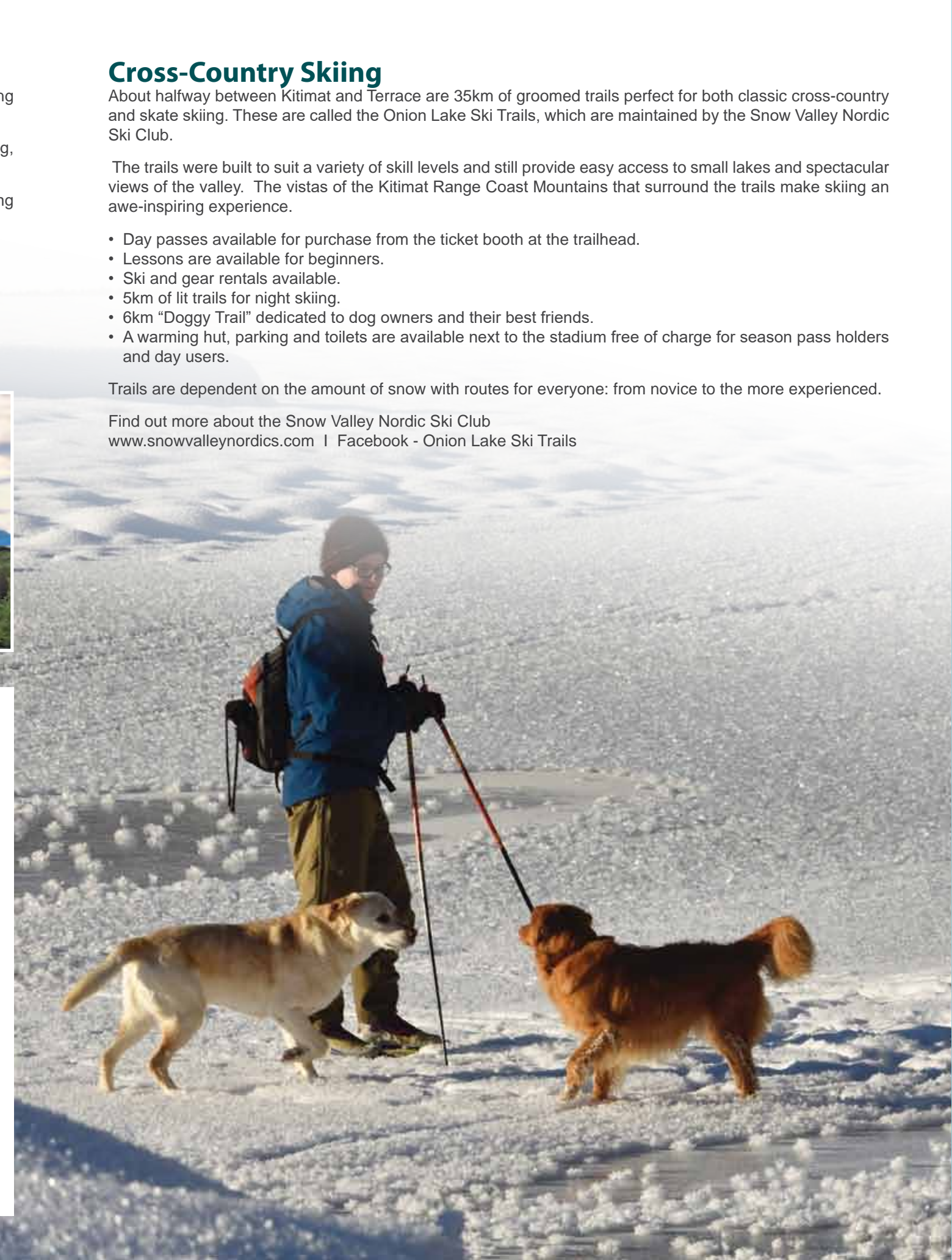
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Join us...

Kitimat has top-notch amenities to ensure indoor recreation and leisure opportunities for its residents and visitors.

Kitimat Ice Rink & Tamitik Arena

Kitimat boasts two ice rinks! The Kitimat Ice Rink offers a 26 m x 58 m (85 ft. x 190 ft.) ice surface and hosts public skating and seasonal shinny programs. Tamitik Arena is a 27 m x 61 m (88.5 ft x 200 ft.) ice surface with a large seating capacity for ice hockey tournaments in season and indoor soccer, roller hockey, lacrosse, or special events in off-ice season. Skates are available for rent.

Tamitik Arena or Kitimat Ice Rink
391-400 City Centre | 250-632-8955
recreation@kitimat.ca | www.kitimat.ca

Riverlodge Recreation Centre

Riverlodge is the place to keep in shape or maintain your exercise routine. Try out the gym, a game of tennis, hit a few softballs, play soccer or practise your rock climbing on the indoor rock wall. The recreation centre offers an ever changing range of special interest programs, an arts wing/pottery, community kitchen and facility rentals for a wide range of events.

Riverlodge Recreation Centre
654 Columbia Avenue West | 250-632-8970
recreation@kitimat.ca | www.kitimat.ca

Sam Lindsay Aquatic Centre

The District of Kitimat owns and operates Sam Lindsay Aquatic Centre; a community swimming and leisure pool complex attached to Tamitik Arena.

Located downtown, the Sam Lindsay Aquatic Centre offers residents and visitors one of the best swimming experiences in Northern British Columbia.

Aquatic Features:

- 25 m six lane pool
- shallow tank
- sauna: 50-person
- hot tub
- water park toys
- lazy river
- water slide
- kiddies pool
- leisure pool
- two squash courts
- racquetball court
- strength training

Sam Lindsay Aquatic Centre
396 City Centre | 250-632-8955
recreation@kitimat.ca | www.kitimat.ca

Hirsch Creek Golf & Winter Club

Hirsch Creek Golf & Winter Club offers golf, curling and social events year-round.

2000 Kingfisher Ave | (250) 632-4653 | www.hirschcreekclub.com

Kitimat Fitness Gym Inc.

Locally owned and operated since 2013, KFG offers a wide variety of services to optimize your workout.

107 Nechako Centre | 250-632-7737 | www.kitimatfitnessgym.com

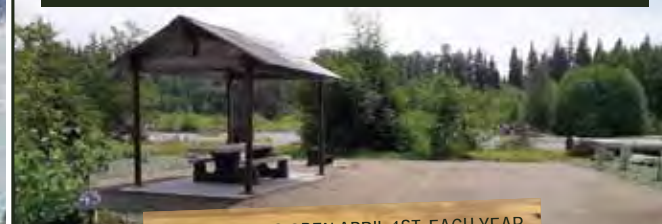
Pace Yourself

Pace Yourself is a unique ladies fitness gym offering 24 hour keyless access in a friendly and safe atmosphere.

334 City Centre | 250-639-0532 | www.paceyourselfwellness.ca

Hirsch Creek Park & Radley Park

CAMPGROUNDS OPEN MAY LONG WEEKEND - SEPTEMBER 30TH



RESERVATIONS OPEN APRIL 1ST, EACH YEAR

<https://reserve.campgroundbooking.com/hirsch-creek-park>
<https://reserve.campgroundbooking.com/radley-park-campground>



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Special rates
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250-632-7737 | 107 Nechako Centre | www.kitimatfitnessgym.com

Paddle on...

When out for a paddle on the Douglas Channel, you'll be rewarded with stunning scenery, a few wonderful beaches, incredible rock formations and the chance to see wildlife, including whales, on occasion.

Kayaking & Canoeing

To fully experience the beauty and majesty of British Columbia's inland coast, plan a kayak or canoe trip on the Douglas Channel. With proper planning there are paddling options for all skill levels.

Did you know?

The Douglas Channel comprises the main channels of the Douglas and Devastation, with smaller connecting channels that boast a kayakers paradise of calm waters, sheltered coves and landing options.

What's there to see?

Awe inspiring views, beautiful creeks, waterfalls and interesting rock formations.

Know Before You Go

The Douglas Channel is not for the ill-prepared paddler. Few landing opportunities exist where the channel is at its widest and roughest. Those who plan to kayak or canoe in Kitimat need to plan their routes carefully, equip themselves with the required safety gear and register a float plan with someone on land before departure. Make sure the memories are good ones!

Stand Up Paddle Boarding (SUP)

Stand up paddle boarding is a fun way to enjoy and experience the picturesque Minette Bay West Park.

Best SUP spot in Kitimat: Minette Bay on a no-wind day!

For those who would like to get a taste of kayaking or paddle boarding, equipment rentals are available and reasonably priced.

North Pacific Transport & Eco-Tours

6 rigid kayaks, 2 person inflatable kayak, 4 stand-up paddle boards available.

250-639-1000 | marcyoun@citywest.ca

Kitimat Visitor Centre

6 single Tahe Marine kayaks available. Double kayaks, inflatable kayaks and paddleboards are available upon request. Paddle kayak shirt, dry bag, waterproof flashlight, PFD with whistle, paddle float, bilge pump and vehicle roof rack included.

2109 Forest Avenue | 250-632-6294
tourism@kitimatcchamber.ca | www.kitimatbound.ca





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MARINA

Access to the Douglas Channel
Moorage Available
Fuel Dock
Haul-Out Services



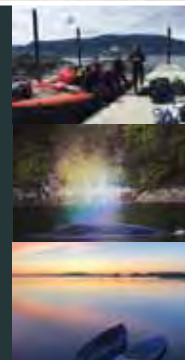
MK BAY MARINA + RV PARK

www.mkbaymarina.ca
250.632.6401

@mkbaymarina
 @mbmg.ca

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Sightseeing Tours
Wildlife Viewing & Photography
Water Transportation
Transporting Goods



250-639-1000 | marcyoun@citywest.ca | www.facebook.com/pg/North-Pacific-Transport-Eco

MK Bay Marina

MK Bay Marina Limited Partnership is a full service community based marina, located on the east side of the Douglas Channel at the entrance to Kitamaat Village and on traditional Haisla First Nation territory.

The marina is focused on servicing mariners who enjoy the ocean in this beautiful area. Amenities include Wi-Fi, laundry and shower facilities, long term and short term moorage, camping sites and boat launch. The store offers a wide variety of tackle and boating supplies.

Find out more about the marina at www.mkbaymarina.ca.

MARINA

Watch for Wildlife! As you experience the salt spray and ocean wind, be on the lookout for sea lions, eagles, orcas, humpback whales and dolphins at play. You may even spot the elusive Kermode bear exploring the shores of the Douglas Channel or bald eagles as they pick salmon, or dolphins swimming alongside your boat.



Send a Sighting, Save a Whale!

Prevent ship strikes with the WhaleReport app.



When you make a real time report on the WhaleReport app, large ships are immediately alerted to the presence of whales in their vicinity. No cell service? No problem! You can submit your saved reports when you are back in cell range. In addition to reducing the risk of ship strike and disturbance, your reports provide researchers with critical information for the protection and recovery of at-risk populations.



Download the WhaleReport app wildwhales.org | 1.866.1.Saw.One | sightings@ocean.org

Kingfish Westcoast

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Wir sprechen Deutsch



Saltwater Fishing

Some of the largest halibut on the BC coast are found in the protected waters of the Inside Passage. Dungeness crab, snapper, and prawns can be found as well!

Kitimat's location at the head of the Douglas Channel - one of BC's longest inland fjords provides access to unbelievable saltwater fishing adventures. The Kitimat River and many more feeder creeks and rivers produce migrating salmon along this 90 km stretch of ocean to the Inside Passage.

Resources & Licensing

Fisheries and Oceans Canada manages saltwater (tidal) sport fishing. Licenses are available at either Bradley's Bait & Tackle or Ron's Mobile Tackle & Bait Shop both located in lower City Centre. More information can be found on www.kitimatbound.ca/fishing.

| Saltwater | May | Jun | Jul | Aug | Sep | Oct |
|-----------|-----|-----|-----|-----|-----|-----|
| Chinook | ● | ● | ● | ● | | |
| Chum | ● | ● | ● | ● | ● | |
| Cod | ● | ● | ● | ● | ● | ● |
| Coho | | | ● | ● | ● | |
| Crab | ● | ● | ● | ● | ● | ● |
| Halibut | ● | ● | ● | ● | ● | ● |
| Pink | | | ● | ● | ● | |
| Snapper | ● | ● | ● | ● | ● | ● |

○ Available ● Peak Season

Freshwater Fishing

Our location at the head of the Douglas Channel and next to the Kitimat River makes us a sport fisher's paradise. Enjoy some of the world's best fly fishing in the pristine Kitimat wilderness or, for the more adventurous, try the many remote fly-in areas that provide spectacular scenery and tranquility.

Kitimat River has plenty of fish stocks 12 months of the year with some of the finest steelhead, salmon, and trout fishing in British Columbia!

Rivers in Northwest BC have their own personalities and fishing the meandering Kitimat River offers a unique, quiet serenity and a much needed change of pace. Spring is when steelhead are abundant, which average 8 to 12 pounds. A little later in the season and through the summer is when the powerful chinook salmon get up to 40 pounds.

Resources & Licensing

Freshwater sport fishing for species other than salmon is managed by the Government of British Columbia. Everything you need to know is covered online by the British Columbia Freshwater Fishing Regulations Synopsis. www.gov.bc.ca/FishingRegulations.

Licenses are available at either Bradley's Bait & Tackle or Ron's Mobile Tackle & Bait Shop both located in lower City Centre. More information can be found on www.kitimatbound.ca/fishing.



Always check DFO fishery notices for official openings & closures. www.pac.dfo-mpo.gc.ca.

Before you head out to your favourite fishing spot, make sure that you have your BC Fishing Licences.

While planning your fishing trip please check www.weather.gc.ca for up to date weather reports.

REMEMBER N.I.C.K.

N NEVER USE WADERS without a belt

I INCLUDE A KNIFE to cut waders and remove trapped water

C CLOSER TO SHORE is safer

K KEEP YOUR PFD ON at all times



Nick was a strong 6 ft 9, twenty one year old volunteer firefighter. He went fishing and never came home.

Accidents can be prevented with correct water safety education, awareness and equipment.

No matter how good a swimmer you are, the river is stronger.

Safety gear won't ruin your trip, it ensures you come home alive.

"Don't let my story be yours"

When you go to the river REMEMBER N.I.C.K.

THIS MESSAGE IS BROUGHT TO YOU BY THE KITIMAT SEARCH AND RESCUE

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| Freshwater | May | Jun | Jul | Aug | Sep | Oct |
|------------|-----|-----|-----|-----|-----|-----|
| Chinook | ● | ● | ● | ● | | |
| Chum | | ● | ● | ● | ● | |
| Coho | | | | ● | ● | ● |
| Pink | | | ● | | | |
| Steelhead | ● | | | | | |
| Trout | ● | ● | ● | ● | ● | ● |

○ Available ● Peak Season

Drifting

You can experience the ultimate fishing opportunities while drifting the Kitimat River.

Local guides have evolved several techniques and lures exclusively manufactured for fishing the Kitimat River. Drift down the hatchery enhanced river and fish for steelhead, chinook, coho, chum and pink salmon as well as trout. Skill levels of anglers from beginner to professional will be challenged. Conventional tackle, hot spotting techniques or fly fishing can be used for all species in the Kitimat River.

Well equipped charters and guides are available to take you on your next adventure.

Department of Fisheries & Oceans
www.pac.dfo-mpo.gc.ca

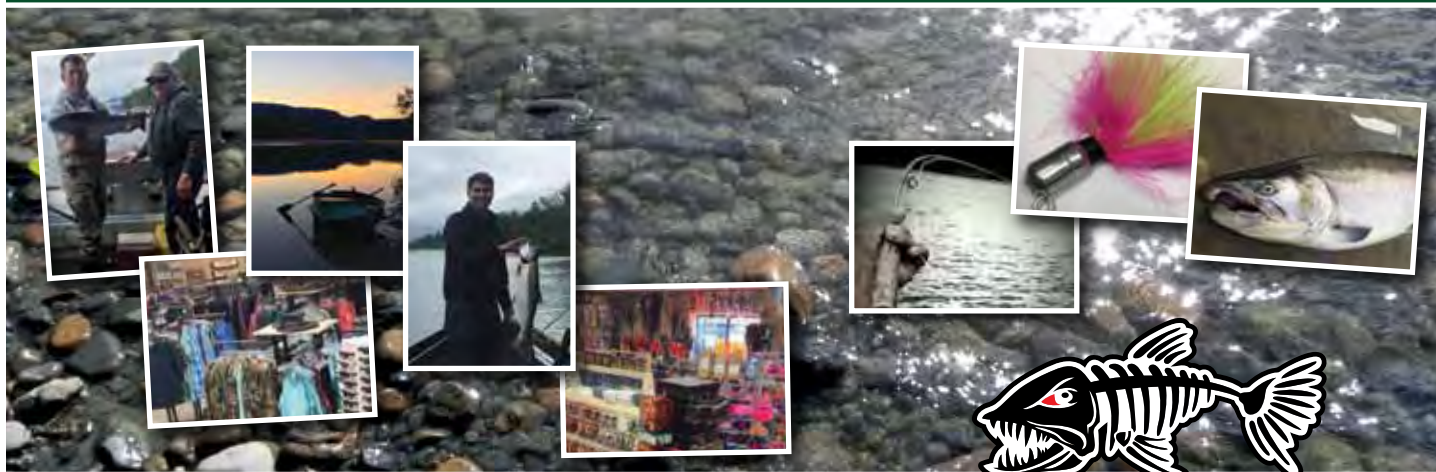
Marine Safety
www.tc.gc.ca/marinesafety

Conservation Officer Service
250-638-6530

| | Freshwater Fishing | Saltwater Fishing | Eco Tours | Back Country Tours | Hot Spring Tours | Group Tours | Accommodations | Transportation | Equipment Provided | Licensed |
|--|--------------------|-------------------|-----------|--------------------|------------------|-------------|----------------|----------------|--------------------|----------|
| Blue Heron Charters P - 250-639-9359 M - 250-639-5101 E - rjeckstein@outlook.com www.blueheroncharters.com | | • | • | | • | • | | | • | • |
| DC Charters P - 705-380-1115 E - info@dcfishcharters.com www.dcfishcharters.com | | • | • | | • | • | | | • | • |
| Kingfish Westcoast Adventures Ltd. P - 250-639-4555 E - info@fishinginkitimat.com www.fishinginkitimat.com <i>See our ad on page 42</i> | • | • | • | • | • | • | • | • | • | • |
| Kitimat Adventures P - 250-639-4277 E - tjhittel@telus.net www.kitimatadventures.com <i>See our ad on page 47</i> | • | • | • | | • | • | • | | • | • |
| Nautical West Sport Fishing P - 250-632-4547 E - reservations@nauticalwest.com www.nauticalwest.com | • | • | • | | • | • | • | • | • | • |
| North Pacific Transport & Eco-Tours P - 250-639-1000 E - marcyoung@citywest.ca www.facebook.com/North-Pacific-Transport-Eco <i>See our ad on page 40</i> | | • | • | • | • | • | | • | • | • |
| Reliable Guide and Charter M - 250-632-1275 E - wakita@telus.net www.kitimatfishingguideandcharters.com <i>See our ad on page 45</i> | • | • | • | | • | • | • | • | • | • |
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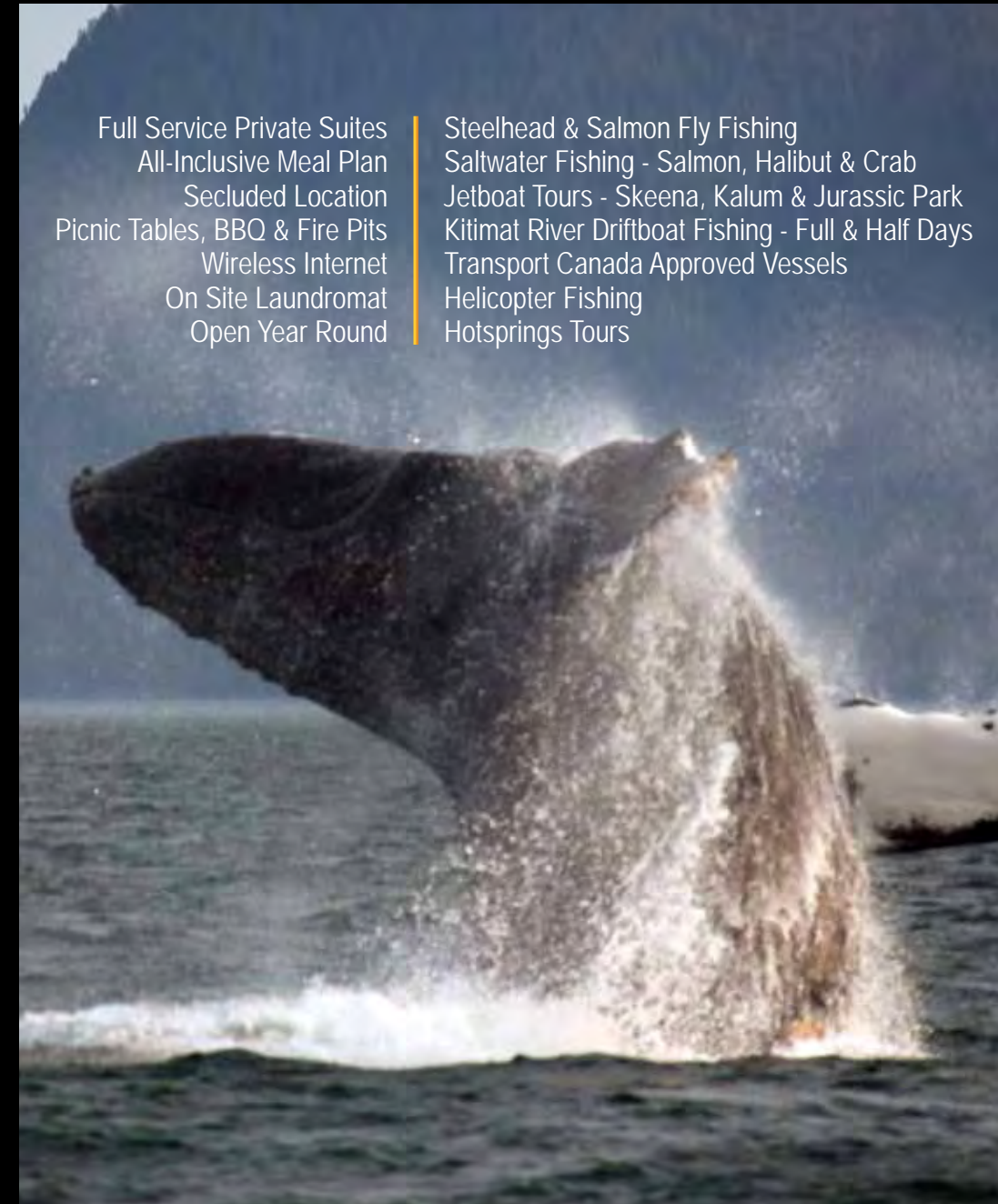
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