

Trail Running Routes

There are many great trail running routes that are right on the outskirts of town, so you can easily run to the trailhead from wherever you are staying. The Tumbler Point Trail is a favourite among locals. The TR Trail links many of these trails together for a challenging 28 km run, and has multiple access points. The Murray Canyon Overlook and Tepee Falls trails are both excellent for trail running at 6 km each, and are a 25 minute drive from town. Bergeron Falls is a great running trail to the highest accessible waterfall in the area. Drive or bike to the trailhead, 16 km from town. You can combine this with the Bergeron Cliffs trail for an even more adventurous run. All of these trail runs lead to Geosites within the Tumbler Ridge Global Geopark.

Tumbler Ridge Trail Running Routes

Trail	Trail #	Distance from Downtown to Trailhead (km)	Total Trail Distance (km)	Type of Trail	Difficulty	Features	Brochure
Bergeron Falls	13	16	11.5	technical single track	◆	magnificent waterfall, river views	Bergeron Falls
Bergeron Falls and Cliffs	13, 12	16	16	technical single track	◆	magnificent waterfall, river views, cliffs	Bergeron Falls and Bergeron Cliffs
Cabin Pool	1	2	4	technical single track	■	swimming holes, dinosaur footprints	Hiking Trails in the Flatbed Valley, TR Trail
Flatbed Falls	2	2	2	fire road, single track	■	waterfall, swimming	Flatbed Falls, TR Trail
Linking Trail / Kevin's Trail	1	2	10 return	technical single track	■	swimming holes, views	Hiking Trails in the Flatbed Valley, TR Trail
Murray Canyon Overlook	10	30	6	technical single track	●	river valley views	Murray Canyon Overlook Interpretive Guide
Tepee Falls	11	35	6	technical single track	●	waterfall, river valley views	Tepee Falls
TR Trail	3	5.5	27.5	technical single track	■ ◆	waterfalls, swimming holes, views	TR Trail
Tumbler Point	4	1.5	4	technical single track	●	views, bird sanctuary	Tumbler Point Hiking Trail
Wolverine Trails	7	2	9 (shorter loops available)	double track	■	Lost Haven cabin	Wolverine Trails and the Lost Haven Cabin

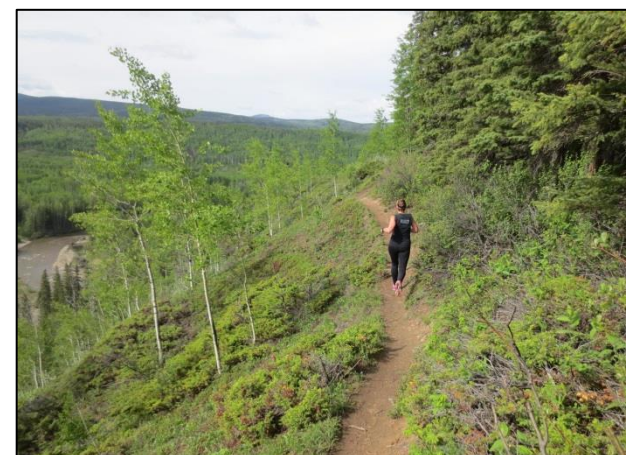
Difficulty Rating: ● - Easy ■ - Moderate ◆ - Difficult



Wolverine Trails

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Road and Trail Running Routes





5 km Road Running Route

The circuit of Mackenzie Way, Willow Drive, Monkman Way and Hwy 29 is a great flat running route that is 5 km long. The Hwy 29 section has street lights on it, so the entire route is lit at night.



10 km Road Running Route

For a 10 km running route, head north on Mackenzie Way and turn right onto Hwy 52. This highway has very little traffic. It does have an uphill section followed by a long flat, then a downhill section before it comes to a T junction at Hwy 29. Turn right here, run past the first entrance to town (Mackenzie Way), and turn right into town on Monkman Way. Take the first right onto Southgate, and follow this road back to your starting place.



Bergeron Falls

For more information, contact:

Tumbler Ridge Visitor Centre
(250) 242-3123

Tourism website: www.TumblerRidge.ca

Wolverine Nordic and Mountain Society

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Photo Gallery website: www.wnms.ca

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