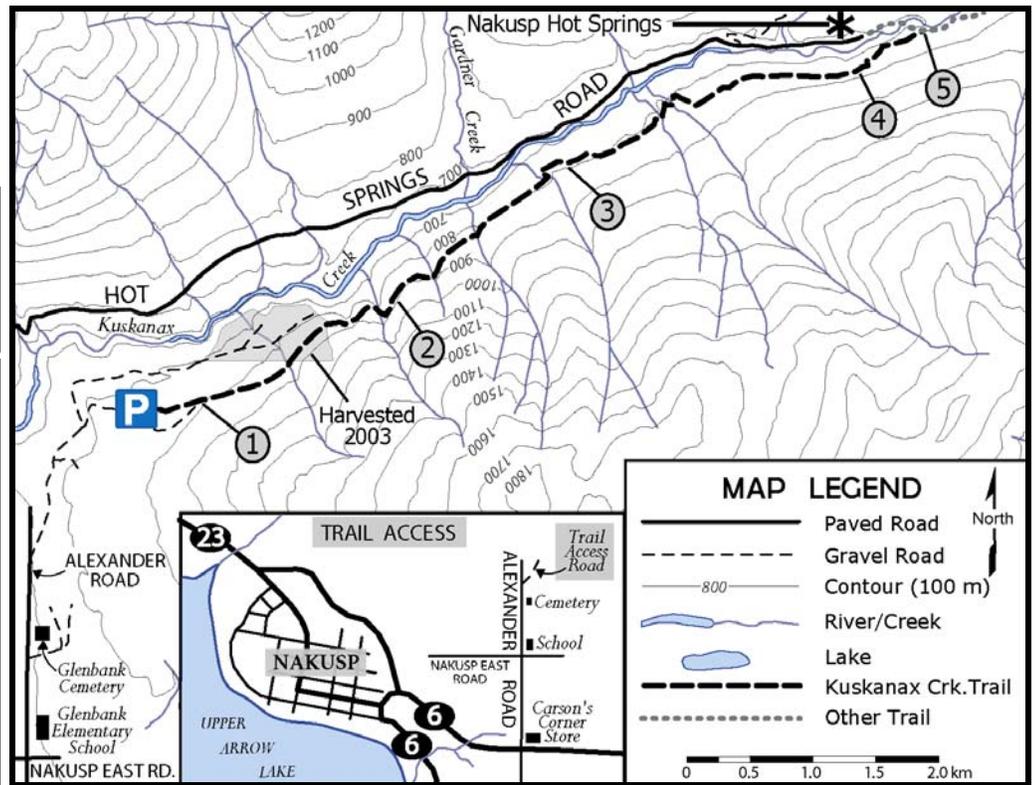


Kuskanax Creek Nakusp Hotspots Trail

Rating: Easy-moderate hiking
Distance: 8.5 km, one way **Time:** 3 hrs
Surface: Compact dirt, some rock
Modes of Use: foot, mountain bike, horseback, snowshoes

Point	GPS	Description
P	50° 16' 7" N 117° 45' 52" W	Trail parking
1	50° 16' 10" N 117° 45' 33" W	Trail begins
2	50° 16' 36" N 117° 44' 19" W	Bluffs viewpoint
3	50° 17' 13" N 117° 43' 10" W	Halfway rest stop
4	50° 17' 38" N 117° 41' 11" W	View of Hotspots
5	50° 17' 48" N 117° 40' 44" W	Trail junction



Trail Description

This all-season trail provides great spring, summer and fall hiking, biking and horseback riding and some winter snowshoeing. The trail meanders along the side slope above the Kuskanax Creek from just outside Nakusp up the valley to the Nakusp Hotspots, following the pioneers' original packhorse route of 1912.

The first three or four kms wander through lofty cedar and hemlock stands, which thrive in the ideal moist habitat created by rain from eastbound clouds crossing the Selkirk Mountains. Under the towering canopy exists a diverse undergrowth of mosses, Western yew, Devil's club, huckleberry, oak fern, lady fern, maidenhair fern and smaller wild ginger, sarsaparilla, fairy slipper, Queen's cup and wintergreen. Remnants of burnt out tree stumps stand like sentinel ghosts from times past, providing evidence of the natural fires that used to regularly sweep through BC's interior valleys. Recent logging near the beginning of the trail attempted to minimize the impact of the small clear-cut harvest to the trail's integrity.

An hour's hiking leads to the bluffs, laden with maidenhair ferns and ginger, where views extend to the creek far below and to the lake (GPS point 2 on the map). Continuing on through the forest, log bridges cross the many small creeks. Upon approaching the next rest stop (GPS point 3), decadent hemlock, fir and cedar tower nearly 40 metres above, shading the forest floor and creating a magnificent, mossy bowl. The benches, outhouse and hitching post built long ago by pioneers have been recreated, so hikers can enjoy the enchanting rest spot. Marshy ground is criss-crossed with boardwalks; hanging moss gardens dangle from elevated tree branches, and overgrown trail-blazes display more evidence of the trail's history.

Further up the valley, a keen eye will spot the Nakusp Hotspots across Kuskanax Creek (GPS Point 4). After passing a rundown cabin and corral, the trail branches to the hotspots source (.8 kms) and the Kimbol Lake trail (GPS Point 5). For a therapeutic soak, cross the suspension bridge over Kuskanax Creek, and follow the path to the Nakusp Hotspots.

Access

From Nakusp, head south on Highway 6 toward Nelson for 2 km. Turn left onto Alexander Road at Carson's Corner Store, drive for 2.3 kms to the brown wooden *Kuskanax Ck. Tr* sign on the right. Follow the logging road for 1.4 km to a fork, veer right and bump along until the next fork, then head to the left. After the first 1.4 km, the road is quite overgrown and rough, park at the fork if you are wary of your paint or suspension. From the parking area (GPS **P**), follow the path through the logged area to the trailhead (GPS Point 1). For convenience, shuttle a second vehicle to the Nakusp Hotspots before you begin hiking or arrange to be picked up about 4 hours after you begin hiking.

Modes of Use

Hikers—With a slight elevation gain, few steep pitches and a well built trail, this hike is ideal for all ages and abilities. Be sure to prepare youngsters or inexperienced hikers for a long walk.
Bikers & horseback riders—steep side-slopes and narrow trails can be challenging for bikers and riders; trail riding is rated moderate to difficult. Locals enjoy the fun downhill ride from the hotspots to town.
Snowshoes—As trail access is poor in winter, begin and end snowshoeing excursions at the hotspots.

Past and Future

In the 30s and 40s, pack horse caravans met tourists at the docks in Nakusp and spirited them away to soak in the hotspots' famous mineral waters. This trail follows their route as far as the turn off to the source, where the original hotspots getaway was situated.

In 1998, the Nakusp Chamber of Commerce hired a youth work crew to upgrade the trail and create an interpretive brochure, now available at the Chamber's Info Centre or the Nakusp Hotspots.

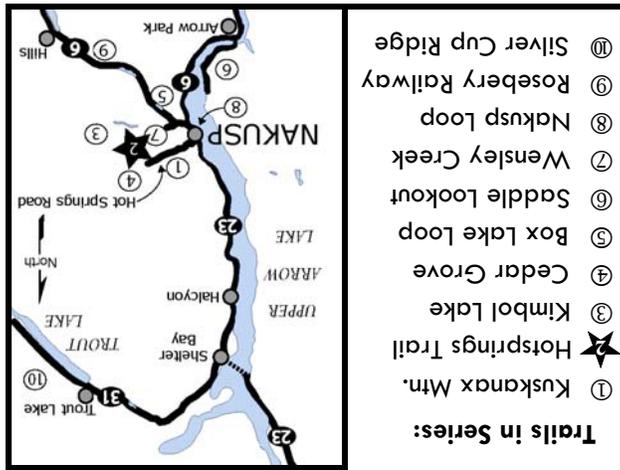
If You Liked This Trail

Other shoulder season day hikes are Kuskanax Mountain, Kimbol Lake and parts of Rosebery Railbed.



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View from the bluffs



- Trails in Series:**
- ① Kuskanax Mtn.
 - ★ Hot Springs Trail
 - ③ Kimbol Lake
 - ④ Cedar Grove
 - ⑤ Box Lake Loop
 - ⑥ Saddle Lookout
 - ⑦ Wensley Creek
 - ⑧ Nakusp Loop
 - ⑨ Rosebery Railway
 - ⑩ Silver Cup Ridge

Flitker's Reward: a soak in the soothing Nakusp Hot Springs



© D. Booth

This brochure is informational only. Trail users assume all responsibility for personal injury or damage to equipment.

~Detailed information on the inside ~

- keep pets under control; be aware they may pose a hazard with backcountry wildlife
- travel in pairs or groups, and keep kids in sight at all times
- foot traffic yields to horses, bikes and motorized traffic (only use on trails allowing motors)
- take only pictures; leave only footprints
- keep to the designated trails

Trails are shared by many and maintained by few, so follow trail etiquette:

- bring emergency supplies eg. warm clothes, extra food & water, matches, knife, compass, map
- make noise to alert wildlife to your presence eg. sing, whistle, clap
- tell someone where you are going and when you expect to return
- loose layers with rain gear
- comfortable clothing
- first aid supplies
- water and nutritious food
- solid walking shoes or boots

Be prepared for hiking. Even if your journey is a short one, you should have:

General Information



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A walk among giants

* All brochures in the Trails of Nakusp series are available online at : www.nakusparrowlakes.com

For more information, try: www.nakusphotosprings.com
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Credits:

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Nakusp & District Chamber of Commerce and Visitor Centre, 92 - 6th Ave NW
 Box 387, Nakusp, BC V0G 1R0
nakusp@telus.net

**Trails of Nakusp
 Day Hikes/Rides
 Spring~Summer~Fall**

**Kuskanax Creek
 Nakusp Hot Springs Trail**



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A group of hikers breaks for lunch at the mossy rest spot