The trail guides us through a key part of the Mt. Elphinstone Prov. Park expansion proposal area. This new protected zone would protect vital resources, such as forest wildlife habitat, wildcrafting and treasured recreational opportunities for future generations.

The Health Trail is approx. 4kms (2.5 miles) in length on varied terrain crossing 10 creeks on narrow foot bridges. This trail has a 7.5 rating for difficulty. Hikers must be in good shape. Estimated round trip: 3.5 hrs. No dogs as cougar, bear, deer, elk, bobcat, pheasant, fox (sighted 12/10/13) and grouse are found throughout the Elphinstone area. Kids 10 yrs and older are encouraged to try it out.

In Japan, there’s a term ‘Forest Bathing’ to reflect the positive benefits that the forest green and its oxygen production has on health. These trees are working 24/7 for us. Once you discover this awesome new trail route then make it a part of your regular outdoor recreation.

Mark your calendars for Saturday, October 26 to meet at 10:30AM on the B & K Rd (off Hwy 101) at the powerlines. Pack a lunch/water/hot beverages.

For more information go to: www.loggingfocus.org

The Elphinstone Community Health Trail crosses traditional shishalh lands