

The Raush Valley Trail

In the spring of 2000 the FHA began the reestablishment of a recreation trail in the middle Raush. The project was spurred on by past FHA activities in the watershed, including the 1997 hike of the valley and the 1999 first descent of the entire watershed. Through both of these projects it became evident that there was potential for a trail that would over various user groups access to high quality wilderness recreation.

In the spring of 2000, with the assistance of Mountain Equipment Co-op, trail building commenced. The trailhead is located at top of Kiwa Pass. Access to Kiwa Pass is gained by following the Kiwa Pass forest service Rd just off the old Dunster/Croydon Rd. From the top of the pass the trail begins to follow a old ATV tail NW for approximately 1.3km. At this point the trail narrows and takes a sharp switchback due south and continues to descend towards the valley bottom for another 900 m. The trail is marked with painted red and orange metal diamonds on trees along the route. Hikers will also notice the odd canoe rest (Horizontal logs securely lashed between two trees approximately 2m off the ground) located along the trail, as this portion of the trail also provides boaters with access to the lower Raush River.

Once Hikers reach the Raush River and the Valley bottom the trail continues south towards the headwaters of the watershed. For the most part the trail follows the river up the valley and is relatively flat, passing through older spruce and cedar forest, wetlands and rock bluffs. The trail continues for about 8km till the confluence of Black Martin Creek which marks the official end of the trail. Hikers should not attempt to cross Black Martin Creek. The creek has a considerable grade and is potentially life threatening to unprepared swimmers. Camping can be found in natural clearings along the trail or in late summer on beaches along the river. If hikers use beach campsites be mindful of high-water marks and the potential for fluctuating water level on the river. Hikers should consider that the completion of a trip in the Raush Valley requires a 1200ft ascent, over 2km, to return back to Kiwa Pass and the trailhead.

Part of the beauty of the Raush River valley is the fact that it remains in a pristine state. Hikers should therefore be well prepared and self-sufficient.

Sturdy footwear, proper clothing, a map and compass and a first aid kit are all essential items. Due to the remote nature of this area hikers should be sure to inform a third party of their intended route and their return date.

Canoeing the Lower Raush

The lower Raush offers spectacular canoeing opportunities providing a 2 to 3 day, 50km river adventure. Access to the river is gained via the Raush River Hiking Trailhead (See above). Though access to the river is a 2km portage, (canoe rest spots are positioned strategically along the trail) the carry is well worth it. A trip down the Raush is predominately a gentle float with spectacular mountain views and wildlife viewing opportunities. The River follows a meandering course between the steep mountain walls of the valley for approximately 33km. Curious and adventurous boaters can find opportunities to explore back channels and ox bow lakes along the river. Despite the meandering nature of the river boaters should remain vigilant for logjams, sweepers and other wood hazards.



The lower portion of the river passes through older spruce and cedar forest, natural clearings and the remnants of old homesteads can often be seen (Note: most of the land on river right is held by private landowners. Trespassing is not permitted and boaters should respect landowners property rights). The crux of the trip is a 300m stretch of class II water located near the train bridge close to the confluence of the Fraser. Boaters should use extreme caution if they are preparing to run this stretch of water and remember that if they do not feel comfortable, lining or portaging their boats is always an option.

Once the Raush meets the Fraser boaters can expect at least another 20km on the river. The Fraser follows a meandering course between the Cariboo and Rocky Mountains. Though the river still offers a remote setting it take on a bit more of a rural characteristic passing by farmers pastures and numerous homesteads. Once boaters enter the Rocky Mountain trench they should be mindful and respectful that most of the land that surrounds them is held by private landowners. The take out for the trip is in Koenneman Park located at the Highway Bridge just outside McBride.



Though the Raush River is predominately a gentle float boaters should have some moving water experience. Due to the remote nature of the river boaters should be well prepared and self-sufficient. Lifejackets, throw bags, map and compass and a first aid kit are all essential pieces of equipment for canoeist planning to boat the Raush. A route plan and return dates should be filed with a third party before the trip commences.