

## Introduction

The Demonstration Forest began in 1988 on the District of 100 Mile House Woodlot Licence No. 577, to illustrate forestry practices and provide educational and self-guided tours to schools and other groups. In 2016 new sections of trail were added to make a circle route and tie into the Low Mobility Trail. The Demonstration Forest and Nature Trail is popular as a family friendly walking trail, where a compacted gravel pathway winds through a natural forested area.

The 99 Mile area is managed for multiple uses. There are many kilometers of recreational trails including mountain biking, hiking, cross-country skiing and snowshoeing. It is an active grazing area and used fairly extensively by numerous species of wildlife. As it is within an active woodlot, consideration must be given to integrate all of these values into any plans before any timber harvesting takes place.

## Parking

There are 2 main parking areas. One parking area is located on the left side of Ainsworth Road directly across from the start of the Demonstration Forest Trail. Another parking area is located at the start of the Low Mobility Trail, which shares some sections with Demonstration Forest Trail. This parking area is also located on Ainsworth Road, 2.4 km from the junction of Cariboo Highway 97.



## Contact Information

**District of 100 Mile House**  
[www.100milehouse.com](http://www.100milehouse.com)

**South Cariboo Visitor Centre**  
[www.southcaribootourism.ca](http://www.southcaribootourism.ca)

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# 100 Mile House Demonstration Forest & Nature Trail

## Visitor's Guide & Map





## About The Trail

Along the route, trail users will notice informational signs and displays about local plants, wildlife and pests, forest practices, and non-timber resources. Trail users will see riparian areas, wooded landscapes, and scenic vistas.

The 5.7 kilometer trail loop takes approximately 2 hours to complete and is considered an easy to moderately difficult hike. Some sections of the Demonstration Forest Trail are accessible, including the first 1.6 km starting at the lower trail head, and all sections of the Low Mobility Trail.

Benches are distributed along the route at scenic areas for your rest and enjoyment. Pit toilets are located at the low mobility parking area and the Beanstalk Cabin.

This area is used extensively in the winter by the 100 Mile Nordic Ski Society for cross-country skiing and snowshoeing. Please avoid walking on any groomed or set trails.

*Please pack out your garbage and help us keep the forest natural.*

## Trail Signs

Below are a few examples of the signs you will find along the trails in the Demonstration Forest:



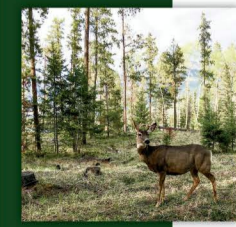
### PRICKLY ROSE: (ROSA ACICULARIS)

is a common wild shrub. The leaves are comprised of 5 to 7 oblong, double toothed leaflets. The flowers are pink with 5 broad petals. The rose hips are a great natural source of vitamin C for both humans and animals.



### MULE DEER WINTER RANGE HABITAT

The mature Douglas-fir covering this ridge is an example of habitat which is important to deer during the winter months. The southern exposure receives more sunlight reducing the snowpack and providing warmth to sheltering deer. The mature fir provide lichen and foliage, good winter food for the deer.



The meadow below is an example of another type of habitat. The sedge and grass in the meadow surrounded by shrubs, willows, aspen and the main body of the forest provides habitat for numerous small animals and many species of birds.

## Location

The Demonstration Forest and Nature Trail is located just south of 100 Mile House.

Leaving the Visitor Centre, head south on Cariboo Highway 97 for 3.0 km until you cross the railway overpass on the 99 Mile Hill. Then turn right onto Ainsworth Road.

The start of the Demonstration Forest and Nature Trail is 1.0 km west on Ainsworth Road on the right hand side.



## Historical Interest

The Old Cariboo Wagon Road passes along the eastern boundary of the Demonstration Forest. The road was built from 1861 to 1863 to transport people to the Cariboo goldfields further north in Barkerville.

Other local history on the Demonstration Forest includes past and present logging practices as well as descriptions of the impact of beetle infestations on the forest.