



Tumbler Ridge Rises Among Giants Waterfalls, Running Trails and Dinosaurs captivate adventure seekers

TUMBLER RIDGE, B.C., September 15, 2009 - Adventures take on many forms and Tumbler Ridge delivers with a surprising array in a captivating landscape rich with 'must see' waterfalls to magical caves; an established trail Mecca to untamed backcountry journeys; globally renown dinosaur footprint discoveries to peak 'bagging' in this easy to access dream destination for the outdoor enthusiasts.

Surrounded by nearly 1600 sq km of Provincial Parks and wilderness on the eastern slopes of the Rocky Mountains, Tumbler Ridge is gifted with geological formations that attract the high-energy to easy-going adventure seeker. Undeniably, spectacular waterfalls greet everyone who makes the journey. Entering the region from the north, along one of two major rivers that flow through the valley, the spectacle of cascades elevates Tumbler Ridge's claim as the 'Waterfall Capital of the North'. Many falls are visible from the roadside or river, but many more 'hidden' cascades are accessed by hiking the well-signed trails. For intrepid waterfall baggers, a visit to Tumbler Ridge will enable you to cross off some of BC's finest. Several highlights are the breathtaking, not-to-be-missed 60m Kinuseo Falls (bigger than Niagara), the 100 m Bergeron Falls (the highest falls in Northern BC), and The Cascades in Monkman Provincial Park that are dazzling series of 10 waterfalls along one creek.

"To the accepted pantheon of BC's major waterfalls should be added a new star, the Monkman Cascades...it almost defies human imagination... If I die tomorrow, I will die happy, for I have visited the Monkman Cascades."

- *Tony Greenfield, naturalist and author of "Waterfalls of British Columbia, A Guide to BC's 100 Best Falls"*

Trail running is far from being a new sport, but for the Canadian Woman's Hockey Team, Tumbler Ridge provided the perfect setting to do some summer training. Of course, one doesn't have to be that fit to use the 38 established trails. A wide choice of terrains, from short, easy hikes through verdant woodlands close to town, to rigorous multi-day backcountry treks into untamed landscapes provide many options. In fact, throughout the region there are 47 designated trails covering about 250 km of wilderness that are great for hiking, running or mountain-biking from mid-May to October. Several notable trails include the TR Point Trail: an easy, two-hour walk through a bird sanctuary; the three day Monkman Lake Trail: passes below 10 spectacular waterfalls; the more difficult six day Monkman Pass Memorial Trail: travels from lower valley views of waterfalls, river, lakes and temperate boreal forest and then climbs into alpine meadows and untouched mountain terrain suffused with inspiring tangible history. If running is the chosen sport, the Emperor's Challenge, a gruelling half marathon that has runners climbing 676 m (2,218 ft) to the summit of Roman Mountain before beginning the long descent home <http://www.emperorschallenge.com>

In 2000, Tumbler Ridge also gained world attention when a discovery was made of 26 dinosaur footprints in bedrock along Flatbed riverbank. The Dinosaur track way belonged to a four-toed

ankylosaur. It is the longest accessible track way in BC. Additional finds of Theropod and Ornithomimid tracks, dinosaurs that lived about 75 - 99 million years ago, contribute to the largest collections of dinosaur footprints in the province - one rock alone housing 171 tracks. As discoveries continue to happen, they are now housed in the Peace Region Palaeontology Research Centre and new Dinosaur Discover Gallery, giving visitors the opportunity to see the bones, tracks and visit the actual sites with experienced guides. The most unique way to tour the footprints is with Wolverine Lantern Tour where the casted light, dinosaur sounds and the rushing water at the riverbank site brings the footprints to life and creates an otherworld, unforgettable experience. Children can also explore in free Dino camps and adults can take advantage of 'learning' excursions making the journey one for the whole family.

For more information, www.VisitTumblerRidge.com

About Tumbler Ridge:

The District of Tumbler Ridge is the newest municipality in British Columbia. A community of 3700 people idyllically situated in the rolling foothills on the eastern slopes of the Rocky Mountains, it is located within the Alaska Highway corridor. Gifted with a diverse topography that has earned the community the moniker, "Waterfall Capital of the North", Tumbler Ridge sits amidst a wilderness of lakes, rivers, and numerous breathtaking falls. This four-season destination offers unlimited year-round recreational opportunities for all ages, interests and abilities - River boating, canoeing, kayaking, fishing, swimming, waterfall bagging, trailing running, hiking, cross-country skiing, snowmobiling, snowshoeing, ice climbing, tobogganing and more. Elevated to global recognition in 2000 by the discovery of dinosaur footprints, Tumbler Ridge is also home to the Peace Regional Palaeontology Research Centre and the Dinosaur Discovery Gallery offering insight and hands on experiences in dinosaur exploration in one of the world's finest fossil areas.

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