

# Lost Lake & Medby Rock Trails

Lost Lake and Medby Rock trails, two of the more popular day hikes, are medium challenge hikes to differing valley viewpoints. Moss lies thick along the forest floor beneath old growth Douglas Fir before opening to spectacular views.



Photo courtesy BCVT/Michael Wigle

## Trailhead location:

To find the Lost Lake trailhead near the base of Saloompt Peak turn right at the 'Y' junction on Saloompt Road east of Hagensborg. Continue up the hill for 3 miles/1½ km, keeping right again at the top of the hill for about 1.9 miles/3km to a parking area. The trail has some steep areas with switch backs to relieve the climb.

## Worth the trip:

Lost Lake Trail, .6mile/1km long, winds through old growth forest to a small lake. View points overlooking parts of the valley and mountains face to the south of the Valley. The first of Lost Lake's viewpoints is just past the small lake giving visitors a chance to see the picturesque view of Hagensborg village. The second viewpoint is a view of the regenerated logging areas and the road to Odegaard Falls with Nusatsum Mountain and Schoolhouse Mountain in the foreground.



Photo courtesy BCVT

Another great hike that is moderate in difficulty is to the Medby Rock lookout. Just east of Saloompt Road and after crossing the Nusatsum River Bridge, there is a trailhead marked East Nusatsum Forest Service Rd. This trail

starts out as logging road and service roads until eventually it turns into a trail near a small creek. The 1.2mi/2km trail climbs steadily up through old growth forest and takes hikers through switch-backs up to a cliff then out to an old forest fire lookout site.



Photo courtesy BCVT/Michael Wigle

At the old forest fire lookout site on Medby Rock, local painter Carl Medby painted during the 30s, giving the trail its name. Here visitors can see the lower Bella Coola Valley to the west of Hagensborg, north to Saloompt River Valley and south to Nusatsum River Valley.

Be sure to stop in at the Bella Coola Valley Tourism Center to grab a Trail Guide and map. Tell someone responsible where you are going and when you expect to return. Pack out what you pack in, and be Bear Aware.

## Lost Lake & Medby Rock Trails is sponsored by:



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