

Elk Falls Provincial Park

Written by

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Despite a forecast calling for more rain, today we saw a mixture of sun and clouds with no precipitation (at least where we were). We had a slow moving morning but we headed for Campbell River this afternoon to explore [Elk Falls Provincial Park](#) just outside the city limits. The 80-foot falls run through the Campbell River canyon and are accessible by a significant trail system that we wanted to discover.

We parked at the [John Hart Hydro](#) station at the park and followed the well-marked and maintained trail that followed the river 2 kilometres to the falls. There were several lookout points along the way and benches for anyone wanting (or needing) to rest. We walked amidst many old-growth trees towering 60 meters above us and enjoyed seeing several different river views, rapids and pools. The path varied between steep slopes to easy wooden stairs and was peppered with dozens of huge green and black slugs. We continued another 500 meters or so to Deer Falls and then headed back on an easier path (because we were now going downhill) to the car.

Elk Falls Provincial Park offers several other trails that are well worth exploring however as our days here are winding down, we are running out of time to do them all. The exercise was great as was the park and it was nice to be doing something outside again.