

Contents

Disclaimer	1
Contents	4
Overview Map	6
Acknowledgements	8
Introduction	9
Request for Feedback	9
Bears, Logging Trucks, And Other BC Specifics	10
Protection and Preservation	11
How to Use This Book	12
 River Runs and Play Spots	
Runs In Town - Vancouver Area	17
1. Capilano River	18
2. Lynn Creek	20
3. Seymour River - Upper Run	22
4. Seymour River - Canyon	23
5. Seymour River - Lower Run	25
6. Coquitlam River	26
Lower Fraser Valley	27
7. Chilliwack River - Post Creek to Camp Foley	28
8. Chilliwack River - Canyon (Camp Foley - Slesse)	29
9. Chilliwack River - Slesse to Tamihi	31
10. Chilliwack River - Tamihi to Pointa Vista	33
11. Chilliwack River - Pointa Vista to Vedder Bridge	34
12. Chilliwack River - Vedder Bridge to Campground	35
13. Slesse Creek	36
14. Norrish Creek - Upper Run	37
15. Statlu Creek	38
16. Chehalis River	40
17. Big Silver Creek - Lower Run	42
18. Big Silver Creek - Upper Run	44
19. Cogburn Creek	45
20. Coquihalla River	46
21. Nicolum Creek	48
22. Sumallo River	49
Fraser Canyon	50
23. Fraser River - Alexandra Bridge to Yale	51
24. Nahatlach River - Hannah Lake to Francis Lake	53
25. Nahatlach River - Francis Lake to Apocynum	54
26. Nahatlach River - Canyon	56
27. Thompson - Goldpan to Frog	58
28. Thompson Canyon - Frog to Lytton	59
29. Nicola River	61
30. Spius Creek	63
31. Lower Stein River	65
32. Cayoosh Creek	67
33. Bridge River	68
Squamish-Whistler	71
34. Mamquam River - Upper Run	72
35. Mamquam River - Lower Run	74
36. Stawamus River	75
37. Cheekye River	77
38. Ashlu Creek - Play Run	78
39. Ashlu Creek - Mini Mine	80

40. Cheakamus-Squamish Eagle Float	81
41. Elaho and Squamish Rivers	82
42. Cheakamus River - Paradise Valley	84
43. Cheakamus River - Below Daisy Lake	86
44. Cal-Cheak	88
45. Cheakamus River - Upper Run	90
46. Callaghan Creek - Middle Run	91
47. Green River	93
48. Soo River	94
49. Rutherford Creek Artificial Course	96
Pemberton Area	97
50. Lillooet River - Above Meager Creek	98
51. Lillooet River - Below Meager Creek	100
52. Lillooet River - Between the Lakes	101
53. Birkenhead River	102
Princeton Area	104
54. Similkameen River - Below Similkameen Falls	105
55. Similkameen River - Canyon	106
56. Similkameen River - Above Princeton	108
57. Similkameen River - Bromley Rock to Stemwinder	109
58. Ashnola River	110
59. Tulameen River	112
Cariboo, Chilcotin - And Other Far-Away Places	114
60. Mission Creek	115
61. Clearwater River - Below the Kettle	116
62. Clearwater River - Above the Kettle	118
63. Clearwater River - Saber Tooth	119
64. Clearwater River - Below Clearwater Lake	120
65. Adams River	121
66. Adams River - Below Tumtum Lake	123
67. Barrière and North Barrière Rivers	124
68. Shushwap River	125
69. Seymour River	126
70. Chilko River	127
71. Taseko River	129
72. Quesnel River near Likely	130
73. Cariboo River - Upper Run	131
74. Cariboo River - Lower Run	132
Saltwater Playspots And Nearby Runs	133
75. Skookumchuck Tidal Waves	134
76. Chapman Creek	136
77. Long Beach Waves	137
78. Jordan River and Sombrio Beach Waves	138
79. Waves in Vancouver - Ambleside Park and Stanley Park Beaches	139
Road Trips and Multi-Day Trips	140
Annual Festivals	144
Selection of Creek Runs	146
Resources	147
Whitewater Clubs and Associations	150
Whitewater Slalom Race Sites	151
Glossary	153
Index	157
Metric Conversion	159
Meet The Author	160