

Supplementary Notes

100 Mile House

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100 Mile House: A Rural Gem Embracing Sustainability and Nature

Purpose: How we can better promote such a strong rural town through its 10 most sustainable activities

Argument (Stated in the conclusion on the poster): The rural town of 100 Mile House is not just a passive landscape but an active, innovative community that uses sustainable land stewardship and community-centered practices to create meaningful experiences. By aligning with these two SDG's (11 & 15), the activities above prove that rural destinations can be just as competitive, resilient, and future-facing as large urban centers with a unique cultural and ecological spin.

Top 10 sustainable activities within and on the outskirts of 100 Mile House:

Activity	SDG 11 (Sustainable Cities & Communities)	SDG 15 (Life on Land)
Cross Country skiing Trail Network	Promotes healthy lifestyles and year-round community recreation	Trails are maintained in ways that minimize forest disturbance
Bowron Lake Canoe Circuit	Encourages responsible eco-tourism that benefits the local economy	Protects freshwater ecosystems and maintains wildlife habitat
South Cariboo Farmers Market	Supports local producers and reduces dependency on imported goods	Encourages sustainable farming practices and local crop diversity

<p>99 Mile Recreation Area</p> <p>(Offers horse riding and archery, just south of 100-mile house)</p>	<p>Promotes inclusive, accessible recreation and community well being</p>	<p>Maintains forest/land trail networks, supports ecosystem health</p>
<p>Cariboo Marathon</p> <p>(long-distance Nordic ski race)</p>	<p>Strengthens community identity and participation; promotes local recreation and tourism; supports rural economic vitality</p>	<p>Event takes place in protected forested land with trail stewardship practices that respect habitat and prevent erosion; it reinforces the importance of maintaining healthy ecosystems</p>

<p>Hun City Mountain Bike Club</p> <p>(They have a trail network at 108 Mile ranch and a new biking area in the 99 Mile forest)</p>	<p>Enhances local infrastructure for outdoor recreation and supports the tourism economy</p>	<p>Promotes land-based tourism, conservation of surrounding terrain, and encourages long-term land stewardship</p>
<p>Parkside Art Gallery</p> <p>(non-profit gallery run by volunteers)</p>	<p>Maintains the towns' cultural identity, it supports inclusivity and local creativity</p>	<p>Arts and culture help communicate the value of natural landscapes and biodiversity</p>
<p>100 Mile Marsh</p> <p>(wetland recreation with low-mobility trails full of wildlife viewing opportunities)</p>	<p>Provides accessible green space, helps build environmental awareness among residents and visitors</p>	<p>Directly engages with wetland ecosystems, and preserves the land in a natural state</p>
<p>Centennial Park – Tsecwileculew</p> <p>(Picnic area, tennis/basketball courts and skate park)</p>	<p>The park provides critical community infrastructure, and supports multi-generational activities</p>	<p>It fosters relationships between the people and the land, it implies a conservation of habitat within the urban/rural fringe</p>
<p>Cariboo Bonanza Park</p> <p>(Offers fishing, summer cabins, and paddleboarding)</p>	<p>Promotes low-impact tourism that supports the rural economy</p>	<p>It conserves while offering environmental education</p>

Official Blog Post for 1000 Towns of Canada

100 Mile House, BC- “A Small Town with a Big Green Heart”

A small town nestled in the South Cariboo; 100 Mile House is a model for rural sustainability. Known for its forestry and logging resources, this rural area is leading the way in balancing economic growth with environmental stewardship from green tourism to everyday activities. 100 Mile House demonstrates how small towns can thrive sustainably while supporting the UN Sustainable Development Goals, especially SDG 11 (Sustainable Cities and Communities) and SDG 15 (Life on Land).

Image (District of 100 Mile House, 2025)



Discover more about 100 Mile House’s journey toward sustainability at 100milehouse.com 🌿 And by taking a look at how you can contribute to 100 Mile House’s sustainability by participating in the activities below:

1- Cross Country skiing Trail Network

Relating to SDG 11- Promotes healthy lifestyles and year-round community recreation

Relating to SDG 15- Trails are maintained in ways that minimize forest disturbance

(Image 1: Trip Advisor, 2025)



2- Bowron Lake Canoe Circuit

Relating to SDG 11- Encourages responsible eco-tourism that benefits the local economy

Relating to SDG 15- Protects freshwater ecosystems and maintains wildlife habitat

(Image 2: BC Parks, 2025)



3- South Cariboo farmers Market

Relating to SDG 11- Supports local producers and reduces dependency on imported goods

Relating to SDG 15- Encourages sustainable farming practices and local crop diversity

(Image 3: BC Farmers Market Trail, 2025)



4- 99 Mile Recreation Area (Offers horse riding and archery, just south of 100-mile house)

Relating to SDG 11- Promotes inclusive, accessible recreation and community well being

Relating to SDG 15- Maintains Forest/land trail networks, supports ecosystem health

(Image 4: All Trails, 2025)



5- Cariboo Marathon (Long-distance Nordic ski race)

Relating to SDG 11- Strengthens community identity and participation; promotes local recreation and tourism; supports rural economic vitality

Relating to SDG 15- Event takes place in protected forested land with trail stewardship practices that respect habitat and prevent erosion; it reinforces the importance of maintaining healthy ecosystems

(Image 5: Trip Advisor, 2025)



6- Hun City Mountain Bike Club (Bike trail network at 108 Mile Ranch and the 99 Mile Forest)

Relating to SDG 11- enhances local infrastructure for outdoor recreation and supports the tourism economy



Relating to SDG 15- Promotes land-based tourism, conservation of surrounding terrain, and encouraged long-term land stewardship
(Image 6: Hun City MTBC, 2025)

7- Parkside Art Gallery (Non-profit gallery run by volunteers)

Relating to SDG 11- Maintains the towns' cultural identity, it supports inclusivity and local creativity

Relating SDG 15- Arts and culture help communicate the value of natural landscapes and biodiversity

(Image 7: South Cariboo, 2025)



8- 100 Mile Marsh (Wetland recreation with low-mobility trails full of wildlife viewing opportunities)

Relating to SDG 11- Provides accessible green space, helps build environmental awareness among residents and visitors

Relating SDG 15- Directly engages with wetland ecosystems, and preserves the land in a natural state

(Image 8: South Cariboo, 2025)



9- Centennial Park- Tsecwileculew (Picnic area, tennis/basketball courts and skate park)

Relating to SDG 11- The park provides critical community infrastructure, and supports multi-generational activities

Relating SDG 15- the park fosters relationship between the people and the land, it implies a conservation of habitat within the urban/rural fringe
(Image 9: District of 100 Mile House)



10- Cariboo Bonanza Park (Offers fishing, summer cabins, and paddleboarding)

Relating to SDG 11- Promotes low-impact tourism that supports the rural economy

Relating SDG 15- It conserves while offering environmental education

(Image 10: Cariboo Bonanza Resort, 2025)



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Poster Image References

Image 1: <https://100mileranch.com/about.html>

Image 2: <https://sdgs.un.org/goals>

Image 3: <https://sdgs.un.org/goals>

Image 4: <https://www.100milehouse.com/>

Image 5: <https://landwithoutlimits.com/places/cariboo-gold-rush-trail/100-mile-house/>

Figure 2: <https://www.discoversouthcariboo.ca/media/448>

Blog Image References

Image 1: https://www.tripadvisor.ca/Attraction_Review-g182202-d9882024-Reviews-100_Mile_Nordics-100_Mile_House_Cariboo_British_Columbia.html

Image 2: <https://bcparks.ca/bowron-lake-park/>

Image 3: <https://bcfarmersmarkettrail.com/market/south-cariboo-farmers-market/>

Image 4: <https://www.alltrails.com/trail/canada/british-columbia/low-mobility-and-99-mile-recreation-trail>

Image 5: https://www.tripadvisor.com/LocationPhotoDirectLink-g182202-d4765259-i415736831-South_Cariboo_Visitor_Centre-100_Mile_House_Cariboo_British_Columbia.html

Image 6: <https://huncitymtb.club/>

Image 7: <https://www.discoversouthcariboo.ca/partner/parkside-art-gallery-gift-shop>

Image 8: <https://discoversouthcariboo.ca/community/100-mile-house>

Image 9: <https://www.100milehouse.com/arts-culture-recreation/parks-trails>

Image 10: <https://cariboobonanza.com/act.htm>