

## Message to Visitors

Welcome. On a clear day the views are spectacular! To the south is the sprawling metropolitan area of Vancouver, while to the southeast is snowclad Mount Baker in the Cascade mountain chain. To the west and southwest lie the Gulf Islands and Vancouver Island with Georgia Strait in the foreground.

The diversity of natural features and outdoor recreation opportunities both summer and winter is due partly to the climate of coastal British Columbia. The mean annual temperature of around 9.5–10° celsius results in many warm days for hikers and sightseers. No matter what the season or the weather, Cypress Provincial Park is an enjoyable place to be. Hiking and sightseeing, photography, wilderness camping, mountain biking (in limited areas), skiing and other snow-related activities are just some of the activities the park offers.

Much of Cypress Park is rugged wilderness, including areas just beyond the southern section's developed facilities. Always leave word with a family member or friend regarding your intended outdoor recreation route and anticipated return time. Please note that open fires are not permitted in the park. Remember the 10 essentials: first aid kit, matches/candle, water/extra food, pocket knife, signal whistle, flashlight, large garbage bag, rain gear, warm clothing, map and compass. Suggested additional winter gear: avalanche beacon, shovel and probe.

Please do not litter. Refuse should be placed in the receptacles provided or carried out of the park to the nearest disposal area.

Firearms are prohibited in the park.

Motor vehicles, including motorcycles, trail bikes, ATVs and similar vehicles are restricted to vehicle roads and parking areas.

Please keep pets on leash at all times.

All wild animals are potentially dangerous and may be encountered at any time. While the risk of attack is low, be careful near wildlife. Animals that lose their fear of people and become used to eating human food or garbage are especially dangerous. Bears are particularly unpredictable. Female bears with cubs are very dangerous. Never approach or feed bears or other animals. Store and dispose of your food and refuse so wildlife, especially bears, cannot get it. Use the facilities provided.

Help us protect your parkland. Enjoy your visit to Cypress Provincial Park, but please leave it as you found it so that future visitors may enjoy the park as you have.

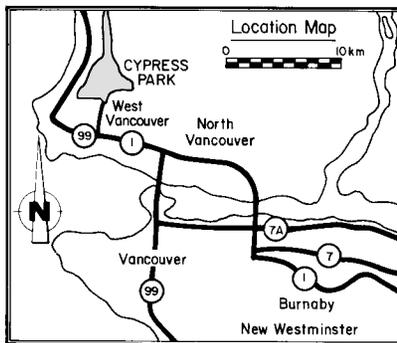
If you spot a forest fire, dial 1-800-663-5555.

## How to Get to the Park

Take Upper Levels Highway (Hwy 1 and 99) in West Vancouver to the Cypress Bowl Road at Exit 8, and continue up. For the Hollyburn (Nordic skiing) area, follow the road for 12.8 kilometres and turn right. For the Cypress Bowl (Alpine skiing) area, continue another 2 kilometres to the end of the road.

## Park Fees

No fees. The park is open year-round. Access depends on weather and snow-load. If required, contact the Regional Office to confirm accessibility.



From November to May, backcountry travellers are required to show a Backcountry Access Pass to travel through the Controlled Recreation Area which is operated under permit by Cypress Bowl Recreations Ltd. This pass is available without charge and may be obtained from Cypress Bowl Recreations Ltd. (daily pass) or by contacting BC Parks' Lower Mainland Regional Office (lifetime pass).

## For More Information

BC Parks

<http://wlapwww.gov.bc.ca/bcparks>



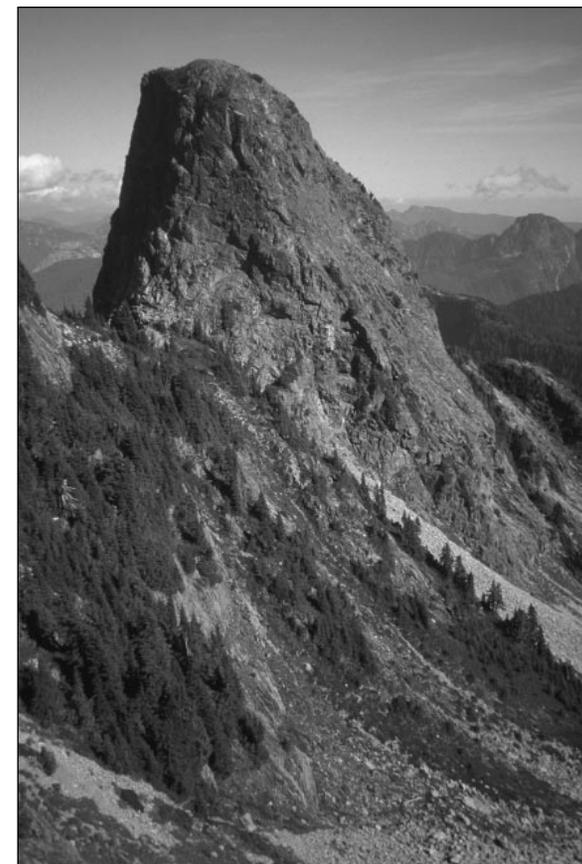
Ministry of Water, Land  
and Air Protection



03/2002

# BC Parks Cypress

## PROVINCIAL PARK



The towering North Shore mountains which form a backdrop to the bustling city of Vancouver have beckoned outdoor recreationists for many years. Originally encompassing just over 2,100 hectares, the park now covers nearly 3,000 hectares including the Howe Sound Crest Trail.

Lower Mainland

## Conservation

Cypress Park has many natural highlights. Its mountaintop plateaus and rugged peaks, subalpine lakes, streams and meadows, ancient forest stands and second-growth forests provide a wide range of habitats for diverse flora and fauna.

Although some sections of Cypress were logged before the park was established, its remaining old-growth stands contain some of the largest and oldest recorded trees for their species in B.C. Many of the park's yellow-cedars (or yellow-cypress – for which the park is named) are well over 1000 years old.

Red and white heather, copperbush, white rhododendron and many other native shrubs and wildflowers can be seen along the wheelchair-accessible Yew Lake Trail and elsewhere in the park. Several other sparkling lakes, including Blue Gentian, First, Cabin, and West, nestle below the peaks of Hollyburn, Black and Strachan mountains in the park's southern section.

The park's rugged northern section includes Brunswick Mountain, Deeks Lake, and many other natural wilderness features. The Howe Sound Crest Trail provides access to the Lions Peaks, Vancouver's best known skyline landmark.

Flowers, mushrooms, berries, shrubs, and trees are all part of Cypress Park's natural heritage. Please do not damage or remove them.

## History

The Hollyburn Mountain area has been enjoyed by outdoor recreationists for over one hundred years. Vancouver's first ski camp was established here in the 1920s. Hollyburn Lodge, built in 1926, has been in continuous use since that time. Cypress Bowl was set aside as a park reserve in 1944. In the early 1960s, the Provincial Government began to consider recreational development of the area. Unfortunately, a proposal by private enterprise to develop commercial ski facilities in Cypress Bowl resulted in the logging of portions of Black and Strachan mountains before the Province stepped in to create the park. Cypress Park's southern section was granted Class A Provincial Park status in 1975. The northern section and the Howe Sound Crest Trail were added in 1982.

## Wildlife

Many large and small mammals inhabit the park. Coyotes, deer and black bear are often observed close to the access road. Douglas squirrels are frequently heard and seen along forest trails. In winter, the tracks of snowshoe hares and weasels crisscross the snow. Cougars have been seen occasionally.

At least 113 different bird species have been reported at Cypress, including ravens, gray jays, red-breasted sapsuckers, blue grouse, and pygmy owls. The park is also home to Pacific treefrogs, blue-listed (vulnerable) tailed frogs, and northwestern and western redback salamanders.

Never approach, feed or disturb bears or other wild animals.

## Caution

Ticks are present in the park and are most prevalent between March and June. These potentially disease-carrying insects live in tall grass and low shrubs, seeking out warm-bodied hosts. Protect yourself by wearing gaiters or pants tucked into socks. If you are bitten by a tick, remove it very carefully and/or see a doctor.

## Summer Trails

**Yew Lake Trail (barrier-free):** Length: 2-kilometre loop. Suggested time: 1 hour. This self-guided interpretive trail begins near the alpine ski facilities and goes through subalpine meadows. It provides access to an additional short loop through a fascinating old-growth forest stand.

**Baden-Powell Trail:** This trail extends for 41.7 kilometres from Horseshoe Bay (West Vancouver) to Deep Cove (North Vancouver) along the North Shore mountains. The Cypress Park section passes over Black Mountain and along lower Hollyburn Mountain.

■ **Horseshoe Bay to Cypress Bowl (Alpine ski area):**

Length: 8.5 kilometres (one way). Suggested time: 6 hours. Elevation change: 1,040 metres. The trailhead is in a parking lot at the North end of Eagleridge Drive (just off Hwy 1) near Horseshoe Bay. The trail goes up to Eagle Bluff, over Black Mountain and down into Cypress Bowl.

■ **Cypress Bowl (Alpine ski area) to Craigmoir Drive (West Vancouver):** Length: 9.5 kilometres (one way). Suggested time: 4 hours. Elevation change: 470 metres. From Cypress Bowl, the trail runs east through ancient forest on Hollyburn Mountain, intersects the Hollyburn Peak Trail, and heads down near Hollyburn Lodge to continue southeast through West Vancouver Municipal Mountain Lands to Craigmoir Drive.

**Cabin Lake Trail:** Length: 1 kilometre. Length from Cypress Bowl parking lot: 7 kilometres (return). Elevation change: 275 metres. Suggested time: 3 hours. Follow the Baden Powell Trail up Black Mountain for 2.7 kilometers to the Cabin Lake trail. The trail passes several small lakes, the Yew Lake Lookout and the south summit of Black Mountain.

**Hollyburn Peak Trail:** Length: 1.3 kilometres. Length from Nordic Ski Area: 8 kilometres (return) Elevation change: 400 metres. Suggested time: 4 hours. From the Nordic Ski Area Parking lot, hike up the powerline road to the Baden-Powell trail. Follow the signs up the mountain to the Hollyburn Peak Trail. This trail leads to the top of Hollyburn Mountain and offers spectacular views of the surrounding area.

**Howe Sound Crest Trail:** Length: 29 kilometres (one way). Trail begins in the Cypress Bowl Alpine ski area and leads north along Mount Strachan's western slope past the Lions and Deeks Lake before descending to Hwy 99 just south of Porteau Cove Provincial Park. Sections of the trail are extremely rugged and easy to lose in inclement weather. Only experienced and well-equipped backcountry travellers should attempt to hike this trail beyond the Bowen Lookout. Winter use of the trail is not recommended beyond this point.

## Winter Trails

BC Parks marks three winter backcountry access trails with bamboo markers topped with orange paint. A free backcountry corridor pass is required for access to the Howe Sound Crest and the Black Mountain Plateau trails. Passes may be obtained from the Cypress Mountain ticket office or from BC Parks.

**Hollyburn Hiker's Access:** Length: 5 kilometres (return). The trailhead is located 25 metres north of the BC Parks information kiosk in the nordic ski area. The trail is marked to Hollyburn Peak.

**Black Mountain Plateau Winter Trail:** Length: 7 kilometres (return). The trailhead is located 50 metres northwest of the BC Parks information kiosk in the downhill ski area. The trail is marked to the south summit of Black Mountain and loops through ice covered lakes.

**Howe Sound Crest Winter Trail:** Length: 3 kilometres (return). The trailhead is located 50 metres northwest of the BC Parks information kiosk in the downhill ski area. The trail passes the Yew Lake meadows and is marked to Bowen Lookout. Winter travel beyond this point is not recommended due to extreme avalanche terrain.

Note: Winter trail distances may change due to varying snow levels.

## Facilities



Wilderness camping is permitted in the park's northern section and along the Howe Sound Crest Trail. Specific sites are not designated so campers should choose locations carefully to avoid environmental damage. Open fires are not permitted. Primus-type stoves must be used for all cooking.



Picnic grounds are located at Hi-View and Quarry lookouts.



There are a variety of trails to suit the novice and the experienced hiker. Please refer to the trail section for detailed information.



Mountain bikes are only permitted on the main access road and on designated trails.



Areas have been set aside for tobogganing and snowshoeing.



Snowmobiles are only permitted on designated trails and may not be operated elsewhere in the park.



A network of trails of varying lengths and difficulties link the areas surrounding Hollyburn Lodge. Access is via the Hollyburn Nordic ski parking lot.

## Commercial Services

Private enterprise operates a variety of facilities and offers a number of services for park visitors.



There are five chairlifts, various runs and slopes in the alpine ski area. Also available are a ski school and rentals.



There are a number of groomed and maintained ski touring/cross-country trails, a school and rentals.



A licenced lounge and cafeteria offer a selection of meals and refreshments. For information contact:  
Cypress Bowl Recreations Ltd.

Telephone: Alpine (604) 926-5612  
Nordic (604) 922-0825