











TRAIL REPORT – Mt Seymour Provincial Park

SAFETY ADVISORY

- Plan ahead - ensure you have enough time to return before dark - Visit adventuresmart.ca
- Carry your 10 essentials and know how to use them
- Unpredictable weather may occur at any time of year
- Natural hazards such as exposed rocks, windfalls and dead standing trees may be encountered on all trails at any time - Use at your own risk
- Gullies and creeks lead away from safety – STAY ON THE TRAIL
- Mt Seymour resort operates heavy machinery in their CRA* (Controlled Recreation Area) day and nights

TRAIL	CONDITIONS	REGULATIONS* *click here for all regulations	DESCRIPTION
UPPER MOUNTAIN			
MOUNT SEYMOUR MAIN TRAIL	 Follow the trail markers. Expect cold, wet and slippery conditions. Rough trail surface. Expect significant snow on the trail.	 <p style="text-align: center;">CAMPING ALLOWED NORTH OF BROCKTON POINT</p>	<p style="text-align: right;"><i>7km return / 450m elevation gain Trailhead located at the end of P4</i></p> <p>The Mount Seymour Backcountry Access trail takes you to Brockton Point (1st viewpoint). It eventually takes you to the saddle between 1st and 2nd pump and offers panoramic view of the lower Mainland, Gulf Islands, Vancouver Island and the Coast Mountain Range.</p>
FIRST LAKE LOOP	 Follow the trail markers. Expect cold, wet and slippery conditions. Rough trail surface. Expect significant snow on the trail.		<p style="text-align: right;"><i>3km loop / 60m elevation Trailhead is located at the end of P4</i></p> <p>This trail has very little elevation gain and loops out to the lake. This loop can be done in either direction. You can start from the Dog Mountain Trail or the Seymour Main Trail. This trail remains in dense sub-alpine forest for the most part.</p>
DOG MOUNTAIN TRAIL	 Follow the trail markers. Expect cold, wet and slippery conditions. Rough trail surface. Expect significant snow on the trail.		<p style="text-align: right;"><i>4km return / minimal elevation change Trailhead is located at the end of P4</i></p> <p>This very popular trail takes you away from the ski area to First Lake and beyond. It remains in the dense sub-alpine forest and at the end of the trail provides views of Greater Vancouver. This trail is managed by Metro Vancouver (LSCR). For more info go to http://www.metrovancouver.org/services/parks/parks-greenways-reserves/lower-seymour-conservation-reserve</p>
ELSAY LAKE TRAIL	 Follow the trail markers. Expect cold, wet and slippery conditions. Rough trail surface. Expect significant snow on the trail.		<p style="text-align: right;"><i>15km return / 500m elevation change Trailhead is located at the end of P4. Suggested hiking time is 10-12 hours return.</i></p> <p>This rugged trail begins on the main Mount Seymour Trail and follows it until the trail divides just before First Pump Peak. Sections of the trail can be extremely rugged and easy to lose in inclement weather. A small backcountry shelter is located at the end of the trail. Only experienced and</p>

well-equipped backcountry travellers should hike this trail. Best hiked late June through October.

MID MOUNTAIN

<p>OLD CABIN TRAIL</p>	<p>◆ Follow the trail markers. Expect cold, wet and slippery conditions. Rough trail surface.</p>		<p><i>1km return / minimal elevation change</i></p> <p>This trail is the historical access to the old cabin community and connects with Perimeter Trail. Cabins are private property, DO NOT ENTER or DAMAGE.</p>
<p>PERIMETER TRAIL</p>	<p>◆ Follow the trail markers. Expect cold, wet and slippery conditions. Rough trail surface. Expect snow on the trail.</p>		<p><i>3km return</i></p> <p><i>Parking lot and trailhead located at the Deep Cove Lookout</i></p> <p>The trail begins at the Deep Cove lookout and ends at the Goldie Lake access trail junction.</p>
<p>UPPER OLD BUCK</p>	<p>◆ Follow the trail markers. Expect wet and slippery sections. Fine trail surface.</p>		<p><i>2.7km one way / 391m elevation</i></p> <p><i>Accessible from Deep Cove Lookout or Vancouver Picnic Area</i></p> <p>This trail enters 2nd old growth forest with sensitive ecosystems and strong First Nation values. It remains under the canopy and connects with Perimeter Trail.</p>
<p>OLD BUCK ACCESS</p>	<p>◆ Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.</p>		<p><i>1km one way / minimal elevation change</i></p> <p><i>Parking lot and trailhead located at the Vancouver Picnic Area</i></p> <p>This trail crosses wetlands and connects with Upper Old Buck.</p>

LOWER MOUNTAIN

<p>LOWER OLD BUCK</p>	<p>◆ Follow the trail markers. Expect wet and slippery sections. Fine trail surface.</p>		<p><i>5km return /</i></p> <p><i>Parking lot & trailhead located at the Old Buck parking lot</i></p> <p>This multi-use trail is popular amongst trail runner and mountain bikers. It is the main access to the lower mountain trail system and connects with several connectors such as the Baden Powell and Bridal Path. It will soon be part of a loop accessible to adaptive mountain bike users.</p>
<p>BADEN POWELL TRAIL</p>	<p>◆ Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.</p>		<p><i>5km one-way</i></p> <p><i>Parking lot & trailhead located at 2.5km on Mt Seymour Road</i></p> <p>This famous and historic trail connects Deep Cove to Horseshoe Bay. In this park, the trail remains at low elevation and in the rainforest.</p>

EMPRESS BYPASS MTB	<ul style="list-style-type: none"> This is a MTB trail ONLY NO UPHILL TRAFFIC 		<ul style="list-style-type: none"> Hikers please use the newly built hiking trail or the Old Buck trail MTB users please use the Lower Old Buck trail to travel uphill
EMPRESS BYPASS HIKER/FERN GULLY	Expect wet and slippery conditions. Fine trail surface.		MTB users please use the Lower Old Buck trail to travel uphill

IMPORTANT INFO



Bathrooms located throughout the park. Please remove traction devices, snowshoes and leave your poles outside



BC Parks is a smoke free environment. As of May 20th, 2019, smoking of any kind (e-devices included) is prohibited

PARKING INFO

- Overnight parking is permitted in Parking Lot 2 in the Summer. Mt. Seymour Resorts Ltd. requests that all those parking overnight post emergency contact, departure and expected return information in a visible location on the dashboard of their vehicle.

Mount Seymour Provincial Park

