



Wells Gray

Trophy Mountain

P R O V I N C I A L P A R K



Welcome. The Trophy Mountains rise 2,575 metres into the sky, with nine peaks towering over the Shuswap Highlands of southern Wells Gray Provincial Park. Their northern slopes are steep and cloaked in glaciers, while their southern slopes are gentle and dotted with alpine lakes and flower meadows.

The Trophy Mountain meadows are one of the most easily accessible sub-alpine meadows in British Columbia. They are a flush of gold when the glacier lilies bloom in late June or early July. The same meadows are transformed into a rainbow of colour when mountain daisy, Indian paintbrush, arctic lupine and a myriad of other flowers bloom in early August.

In winter, Trophy Mountain offers excellent ski touring and snow shoeing terrain. Glide past snow laden sub-alpine firs beneath glittering ice peaks. But remember changeable winter weather demands extra caution. Be aware of avalanche conditions at all times. Contact BC Parks Website at wlapwww.gov.bc.ca for current conditions.

Thompson Region

Hiking

From the parking lot a gently ascending trail takes you on a relaxed 45 minute, 1 km., hike to the sub-alpine meadows of the Trophy Mountains. The elevation gain is 200 metres.

The trail winds its way through an old-growth forest of fragrant Engelmann spruce and sub-alpine fir. The small size of these 250-year-old trees attests to the harsh living conditions at this altitude.

The trail passes several small streams before breaking out into the open expanses of the sub-alpine meadow. In July and August the endless waves of vibrant coloured wildflowers make this one of the most popular hikes in the area.

From the meadow, the trail continues a further 1.25 hours across lichen encrusted rocks to Sheila Lake. The trail ends at the lake, however, an additional hour of uphill climbing will get you to the panoramic views of Skyline Ridge (12 km round trip from the parking lot). These ridges are over 2,500 metres and weather can change quickly, therefore, you should be sure to carry a topographic map, compass, warm clothing and extra food. Maps can be purchased at the Wells Gray Visitor Centre.

Above the treeline, weather can change without warning. Sun fog, rain and snow are all possible, even in July or August. So dress accordingly, and watch the weather.

Bear Country

The flower meadows and mountain slopes of Trophy Mountain provide important habitat for grizzly bears. To avoid confrontations, follow the rules for travelling in bear country and help BC Parks prevent bear problems:

- ▶ Do not cook or store food in your tent.
- ▶ Keep your camp clean.
- ▶ In areas of poor visibility, make noises to lessen the chance of startling a bear.
- ▶ Be alert for signs of bear activity: tracks, droppings and diggings.

Grizzly bears and black bears are common in Wells Gray park and are an important part of the park's ecosystem. An objective of BC Parks is to protect the bear population and habitat while providing a safe, quality experience for park visitors.

Help Preserve Paradise

The sensitive environment of the Trophy Mountains can be preserved if everyone stays on the trails, refrains from picking the wildflowers, packs out all garbage they bring in, and keeps pets on a leash and under control at all times. Together, we can ensure that the Trophies remain a mountain paradise.

The alpine environment is very fragile and slow to recover from damage — please follow these simple rules:

- ▶ Camp only in designated sites such as those at Sheila Lake.
- ▶ Use portable stoves for cooking as no open fires are allowed.
- ▶ Pack out what you have brought in.
- ▶ Where provided, please stay on established trails.
- ▶ In areas where no trails are provided, have your group spread out to lessen impact in one specific area, or travel as much as possible on rocky ridges or game trails.
- ▶ Avoid contaminating water sources with food, soap or other non-natural elements. Remove water from the source, use it, and then dispose of it away from tenting and drinking areas.

For More Information

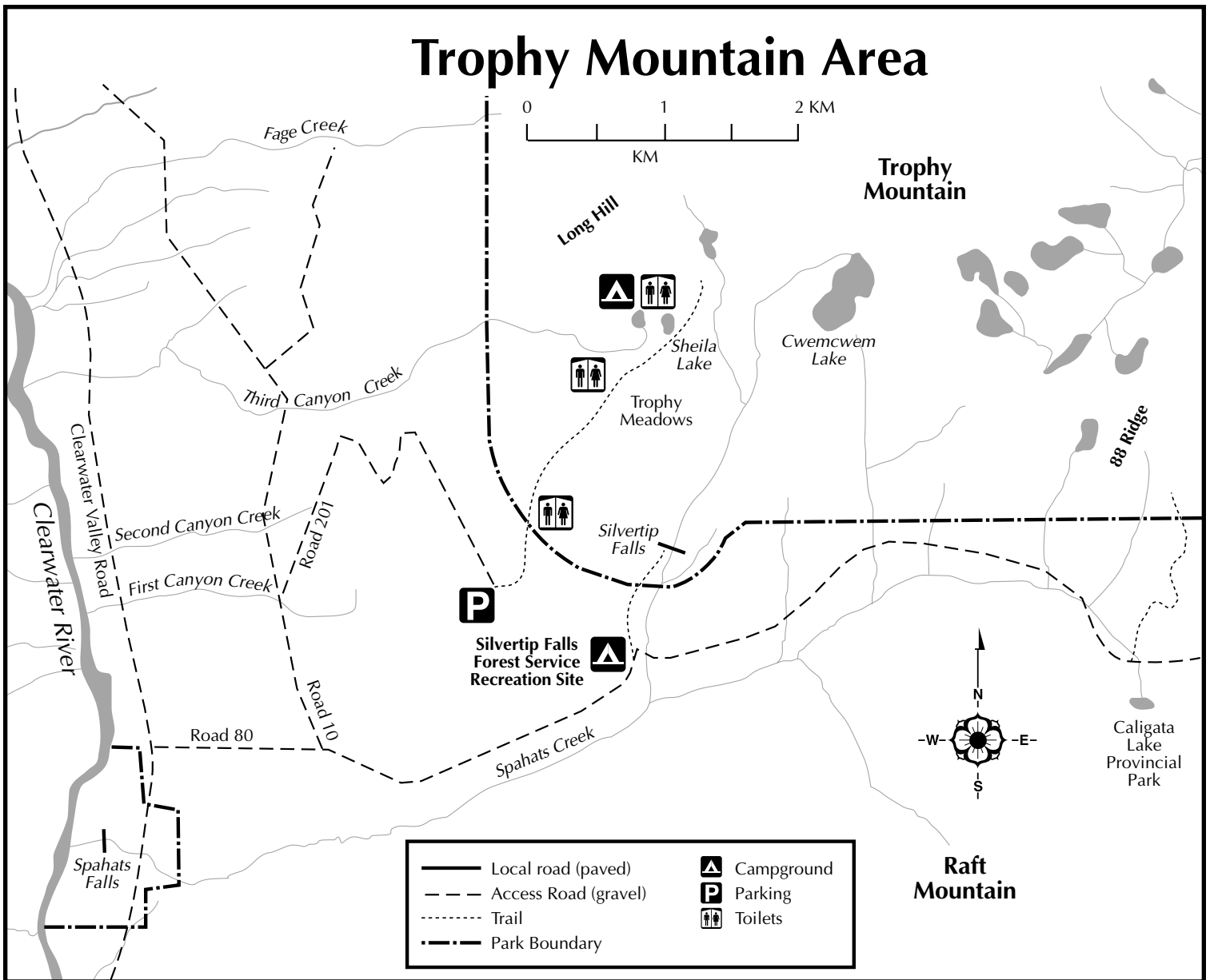
BC Parks, Thompson Region
<http://wlapwww.gov.bc.ca/bcparks>



BRITISH COLUMBIA

Ministry of Water, Land and Air Protection

Trophy Mountain Area



How to Get There

From the junction at Highway #5 and the Information Centre, drive north along the Clearwater Valley Road (Wells Gray park Road) for 11.8 km and then turn right onto the gravel road. Travel along this road for 1.7 km and then turn left onto Road 10 (Road 80 on the right leads to an alternate route; for experienced persons only). Continue on Road 10 for 3.1 km before turning right onto Road 201. This road soon enters and skirts up and around a large logging clear cut area. Ignore small branch roads as you travel 4.4 km along Road 201 to where it dead-ends in a parking lot. The trail to the meadows begins to the left of the parking area.

For seasonal road conditions, contact the Wells Gray Information Centre at (250) 674-2646.

