

Message to Visitors

The park lies in the coastal western hemlock and mountain hemlock biogeoclimatic zones. Below 1,000 metres, old-growth Douglas fir and western redcedar are interspersed with second-growth coniferous and deciduous trees and a variety of shrubs. At 1,000 metres and above, forest cover is mostly amabilis fir, yellow cedar and mountain hemlock. Some of the higher meadows are cloaked with sub-alpine flowers, providing colourful early summer displays.

There are several lakes in the park, Elsay Lake being the largest. Its waters and those of De Pencier, Gopher and Goldie drain eastward to Indian Arm. Some of the smaller lakes and ponds feed their waters west to the Seymour River.

Mount Seymour offers a multitude of activities for summer recreation including alpine camping, horseback riding, swimming, hiking, picnicking, mountain biking and wildlife viewing.

The park also offers extensive winter recreation facilities including skiing, snowshoeing and a supervised snowplay area operated by a private company.

Winter backcountry travellers are requested to stay on marked access routes and should be equipped with enough supplies for an overnight trip in the event they become lost or stranded.

Open fires are not permitted in the backcountry. Primus-type stoves should be used for all cooking.

Please do not litter. Refuse should be placed in receptacles provided or carried out of the park to the nearest disposal area. Lakes and streams in the park are sources of drinking water. Even "biodegradable" soaps will pollute water, as will food scraps, fish guts and dirty plates. Help protect the delicate balance of the water system by washing yourself and your dishes at least 30 metres from any lake or stream.

Firearms are prohibited in the park.

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

Flowers, mushrooms, trees and shrubs are part of the park's natural heritage. Please do not damage or remove them.

For your own safety and to help in their maintenance and preservation, please keep to designated trails. Shortcutting, switch-backing and trampling meadows destroy plant life and soil structure. Trail erosion by rain and melting snow occurs rapidly as a result.

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

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

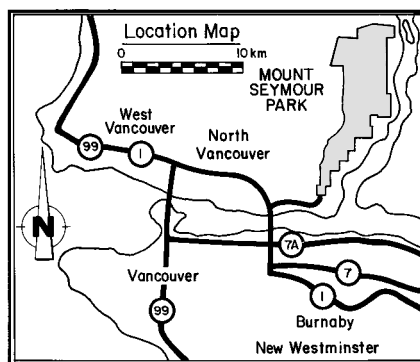
How to Get to the Park

The entrance to Mount Seymour Provincial Park is located on Mount Seymour Road just north of Mount Seymour Parkway in North Vancouver, 15 kilometres northeast of downtown Vancouver via the Second Narrows Bridge and Mount Seymour Parkway.

Warning

The mountainous backcountry is extremely rugged and hiking in this area should be attempted only by experienced and properly equipped backcountry travelers. Anyone contemplating an extended or overnight hike should inform a friend or family member of their intended route and anticipated return time. 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. Additional suggested winter gear: avalanche beacon, shovel and probe.

The weather can change very quickly in mountainous terrain. Be prepared by taking warm clothing and/or rain gear. If mist and fog should close in and you become lost or disoriented, stay where you are until the weather clears or you are found. Never leave the trail.



For More Information

BC Parks

bcparks.ca/mount-seymour-park



Ministry of
Environment and
Climate Change
Strategy



04/2023



Mount Seymour

PROVINCIAL PARK



Welcome to Mount Seymour Provincial Park. A semi-wilderness area only 30 minutes from downtown Vancouver, this park has been enjoyed by generations of Lower Mainland residents. The park covers 3,508 hectares and offers viewpoints overlooking the city of Vancouver and Indian Arm Provincial Park.

Lower Mainland

Established in 1936, the park was named for Frederick Seymour, Governor of British Columbia from 1864 to 1869.

Although the first recorded climb of Mount Seymour was made in 1908 by a party from the BC Mountaineering Club, Mount Seymour was virtually unknown to most of the residents of Vancouver and vicinity until the late 1920s. In 1929, members of the Alpine Club of Canada explored the mountain as a potential skiing area and the following year applied for a 21-year lease covering the primary skiing terrain. The Depression years forced the club to drop the lease.

What You Should Know



Wilderness camping is allowed, but no facilities are provided. Alpine camping is permitted north of Brockton Point. Specific sites are not designated. Campers should choose locations carefully to avoid environmental damage.



Day-use/picnicking area with picnic tables and a parking area. Use BBQ stands provided.



Bring your own drinking water as no potable water is provided.



Pit and flush toilets.



Mount Seymour Provincial Park has 14 hiking trails. (See **Trails** section)



All anglers must have a valid tidal waters sport fishing licence for salt-water fishing or a valid non-tidal licence for fresh-water fishing. For salt-water licences, please refer to the current *BC Tidal Waters Sport Fishing Guide*. For fresh-water licences, please refer to the current *BC Environment Fishing Regulations Synopsis*.



Bicycles must keep to roadways and bicycle helmets are mandatory in British Columbia. Mountain bikes are permitted only on the main access road and the designated trails.



Areas have been set aside for tobogganing and snowshoeing.



Horseback riding is permitted on the Old Buck Trail from the Old Buck Trail Parking Lot to the Historic Mushroom parking lot, but not recommended because of mountain bikers.



Note that backcountry areas are usually not suitable for dogs due to wildlife issues and the potential for problems with bears. Pets/domestic animals must be on a leash at all times and are not allowed in beach areas or park buildings. You are responsible for their behaviour and must dispose of their excrement.

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.

Trails

Trails of various lengths and difficulty lead to some of the park's more notable features. Lengths, suggested times (one way unless otherwise noted), elevation changes and levels of difficulty are approximate, and based on summer hiking conditions.

Old Buck: Length: 2.3 km to Baden-Powell Trail junction. Suggested time: 45 minutes. 5.5 km to Perimeter Trail junction. Suggested time: 2 hours. Total elevation change: 670 m. Trailhead is located near the park entrances across the road from the Gatehouse. The trail winds its way up to the beginning of the Perimeter Trail following the grade of an old logging road.

Old Buck Access: Length: 1 km. Suggested time: 30 minutes. Elevation change, minimal. Commences by the Vancouver Picnic Area parking lot. This short trail terminates at the junction with the Old Buck Trail. Easy.

Horse Trail: Length: approximately a 2.5 km loop. This trail is used primarily by mountain biking enthusiasts.

The Mushroom Parking Lot: Length: 750 m. Suggested time: 15 minutes from road. Elevation change, minimal. Trail begins just across the road from the Vancouver Picnic Area parking lot and offers hikers an opportunity to experience more of Mount Seymour's past as it developed toward a major ski area. Moderate to Easy.

Baden-Powell: The Baden-Powell Trail was a British Columbia Centennial project initiated in 1967 by the Girl Guides and Boy Scouts of Canada. Completed in 1971, the trail connects Deep Cove on Indian Arm with Eagle Ridge Drive near Horseshoe Bay, a distance of approximately 42 km. About 5 km of the trail are in the park and may be accessed from the Baden-Powell picnic area and parking lot located 2 km along the main road from the park entrance. One section of the trail leads west from here to the Mushroom Trail junction. Length: 1.7 km. Suggested time: 40 minutes. Elevation change, 130 m. The other section leads from the road to park boundary. Length: 1 km. Suggested time: 15 minutes. Elevation change: 100 m. These sections of the trail are considered moderate. Condition of the trail outside park boundaries varies considerably. Please use caution.

Perimeter: Length: 1.5 km. Suggested time: 45 minutes. Elevation change: 240 m. Begins at the Deep Cove lookout and ends at the Goldie Lake access trail junction. Moderate.

Old Cabin: Length: 430 m. Suggested time: 20 minutes. Elevation change: 25 m. A short connector trail that runs from Parking Lot 1 to the Perimeter Trail junction. Easy.

Dinky Peak: Length: 750 m. Suggested time: 15 minutes. Elevation change: minimal. A short, scenic trail that starts 250 m along main Mount Seymour Trail and leads to the peak of Dinky Bluff. Beautiful view of the Lower Mainland.

Goldie Lake Loop: Length: approximately 2 km from the parking lot. Suggested time for loop: one hour. Elevation change: minimal. The trail starts behind the First Aid Building and winds its way down past the Goldie Rope Tow area to Goldie Lake. This trail also connects with the Flower Lake Trail and the top end of the Perimeter Trail system. Easy.

Flower Lake Loop: Length: 1.5 km. Suggested time: 45 minutes. Elevation change: 150 m. A pleasant trail that starts 500 m along the Goldie Lake Trail and leads through subalpine bog and pond communities. Opportunity to see a variety of bird species. Easy.

First Lake Loop/Dog Mountain: Length: 1 km to First Lake, 2 km from First Lake to Dog Mountain (one way), 3 km from First Lake to complete loop. Suggested times: 30 minutes to

First Lake; 40 minutes from First Lake to Dog Mountain; 45 minutes for loop trail from First Lake. Elevation change: to First Lake and Dog Mountain, minimal; Loop Trail, 60 m. Trail begins just west of the chairlift and climbs gently through dense subalpine old-growth fir forest to First Lake and the trail junction for Dog Mountain or Mount Seymour. From this junction follow the trail west to Dog Mountain for a spectacular view of Greater Vancouver and the Seymour River Valley, or follow trail north from the junction towards Mount Seymour and eventually loop around back down to the parking lot. Moderate. The Dog Mountain, First Lake Trail back to Parking Lot 4 via Mount Seymour Trail serves as a winter route.

Mount Seymour: Length: 4 km. Suggested time: 2.5 hours. Elevation change, 450 m. A busy trail that starts near the north end of the top parking lot, traversing Brockton Point and First and Second Pump Peaks. From the summit there is a panoramic view of Vancouver, the Lower Mainland and, on a clear day, the Gulf Islands and Vancouver Island. Moderate to difficult. From Parking Lot 4 along the Mount Seymour Trail to Second Pump Peak serves as a winter route.

Mystery Lake: Length: 1.5 km. Suggested time: 45 minutes. Elevation change: 180 m. A popular summer trail that begins at north end of Parking Lot 4 and follows along the chairlift right-of-way beside Loch Leman. There are no fish in Mystery Lake but it is a refreshing swimming spot on a hot summer day. Moderate.

Elsay Lake: Length: 7 km. Suggested time: 9 to 10 hours return. Elevation change: 500 m. This rugged trail begins on the main Mount Seymour Trail and follows it until the trail divides just before First Pump Peak. The trail is well developed until a point northwest of Gopher Lake where the trail narrows and is marked with flashers and tape. 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 well-equipped backcountry travelers should hike this trail. Hikers are encouraged to plan their hike early and not to under estimate travel time. Difficult. Closed in winter due to avalanche hazard.

Picnic Areas

Baden-Powell: On the access road 2 kilometres from the park entrance. Two tables and access to the Baden-Powell Trail.

Vancouver Picnic Area: Four tables near the parking lot.

Loch Leman: Several tables are located adjacent to the Mystery Peak chairlift parking lot (summer only).

Commercial Services

A private company operates skiing and other winter sports facilities and offers a variety of services for park visitors.

There are four lifts, a tow, various ski slopes and runs in the alpine ski area. Also available are a ski/snowboard school and ski equipment rentals.

A snowshoe interpretive program is offered during the winter operating season. Check with Mount Seymour Resorts for details.

The cafeteria at Parking Lot 4 offers a selection of meals and refreshments.

For more information contact: Mount Seymour Resorts 1700 Mount Seymour Road, North Vancouver, BC V7G 1L3 Telephone: (604) 986-2261