



Elk Lakes Provincial Park

Trail Conditions Report

Updated: [May 15, 2026](#)

Elk Lakes Provincial Park is located in the Southern Rocky Mountains of British Columbia. It protects the headwaters of the Elk River and presents astonishing scenic views of the Rocky Mountains. Elk Lakes offers a landscape that can be enjoyed by all members of the family that have some experience in the backcountry.

Elk Lakes is located in remote mountainous terrain and sudden weather changes can occur. **Be prepared for all types of weather and have proper backcountry supplies.**

Elk Valley Access Road Condition: The access road is a Forest Service Road (~67km), the road is in a variable condition and a vehicle with medium clearance will be required. Drive with extreme caution and for your safety, always yield to industrial traffic. A two-way radio is strongly recommended.

Elk Lakes Core Area Trails

Trail Section	Approx. Distance (one way)	Elevation Gain	Trail Information	Trail Condition
Parking Lot to Lower Elk Lake	1 km	No elevation gain	Gentle grade through a mature forest.	Winter conditions. Expect snow and wind-felled trees.
Lower Elk Lake to Upper Elk Lake	1 km	30 m	Contours with the Elk River slowly gaining elevation.	Winter conditions. Expect snow and wind-felled trees.
Viewpoint Trail	1.2 km	122 m	Follows along the lake, and then climbs steeply up to a spectacular view. Stay well back from the edge and use caution.	Winter conditions. Expect snow and wind-felled trees. Route finding may be required.
Upper Elk Lake to "Upper" Creek floodplain	3.5 km	30 m	Contours around Upper Elk Lake providing beautiful views of the lake and surrounding peaks. South/West of the lake you will encounter a flood plain; Travel through this area (1 km) will require route finding and may not be possible during periods of high water.	Winter conditions. Expect snow and wind-felled trees. Route finding may be required.
"Upper" Creek floodplain to Waterfall	1.7 km	90 m	Gradually gains elevation through a mature forest. The view of the falls and surrounding area is very rewarding.	Winter conditions. Expect snow and wind-felled trees. Route finding may be required.

Parking Lot to West Elk Pass	4 km	170 m	Well defined trail leads to West Elk pass and the Peter Lougheed Provincial Park boundary	Winter conditions. Expect snow and wind-felled trees. Route finding may be required.
Upper Elk Lake to West Elk Pass (Fox Lake)	3.8 km	175 m	Climbs and crosses several avalanche chutes providing exceptional views of the Elk valley and Neville basin. Trail passes by Fox lake and levels off towards West Elk pass.	Winter conditions. Expect snow and wind-felled trees. Route finding may be required.
West Elk Pass to Frozen Lake	2.5 km	270 m	Moderate hike, climbing steeply upon arriving at the cirque lake.	Winter conditions. Expect snow and wind-felled trees. Route finding may be required.