

















BC Parks

May 26, 2025

## WINTER TRAIL REPORT – Mt Seymour Provincial Park

### SAFETY ADVISORY

- Plan ahead – ensure you have enough time to return before dark! Visit [adventuresmart.ca](https://adventuresmart.ca).
- Carry your 10 essentials and know how to use them.
- Unpredictable weather may occur at any time of year. Be self-sufficient and prepared for storms, poor visibility and an unexpected overnight stay.
- Natural hazards such as variable snow conditions, exposed rocks, windfalls and dead standing trees may be encountered on all trails at any time - use at your own risk.
- Information regarding current avalanche hazard ratings is available through Avalanche Canada: [www.avalanche.ca](https://www.avalanche.ca)
- BC Parks does not monitor lake ice thickness – stay on marked trails.
- Select traction devices based on current conditions.

TRAIL	CONDITIONS	REGULATIONS* <small>*click here for all regulations</small>	DESCRIPTION
UPPER MOUNTAIN			
MOUNT SEYMOUR MAIN TRAIL TO FIRST PEAK	<b>SNOW &amp; ICE</b>  Winter trail pole markers have been removed for the season. Wayfinding may be challenging until the summer markers are visible again.  Expect variable snow conditions.	   <b>CAMPING ALLOWED NORTH OF BROCKTON POINT</b>	<i>7km return / 450m elevation gain</i> <i>Trailhead located at the end of P4</i>  The Mount Seymour Backcountry Access trail follows the west border of the Mount Seymour Controlled Recreation Area until it reaches Brockton Point. The marked trail continues and ascends the east side of First Peak (aka. Pump Peak). The pole route ends about 100 meters short of the First Peak summit in open terrain. First Peak offers panoramic views of the lower Mainland, Gulf Islands, Vancouver Island and the Coast Mountain Range.
FIRST LAKE <b>CLOSED</b>	<b>SNOW &amp; ICE</b>  These trails are managed by Metro Vancouver (LSCR). For more info, please check <a href="#">Park Alerts and Notices   Metro Vancouver</a> for updates*  Expect variable snow conditions.	   	<i>3km loop / minimal elevation change</i> <i>Trailhead is located at the end of P4</i>  This trail has very little elevation gain and loops around First Lake. This trail 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.
DOG MOUNTAIN TRAIL <b>CLOSED</b>		   	<i>4km return / minimal elevation change</i> <i>Trailhead is located at the end of P4</i>  This very popular trail takes you away from the ski area to First Lake and beyond. Most of the trail is in dense sub-alpine forest with views of Greater Vancouver at the Dog Mountain summit.
ELSAY LAKE TRAIL	<b>WINTER TRAVEL BEYOND THIS POINT NOT RECOMMENDED</b>  Many hazards exist: <ul style="list-style-type: none"><li>• Steep terrain and severe mountain weather</li><li>• Trails not marked or visible in winter</li><li>• Dangerous Avalanche Terrain</li></ul>	  	<b>WINTER TRAVEL BEYOND THIS POINT NOT RECOMMENDED</b>  Many hazards exist: <ul style="list-style-type: none"><li>• Steep terrain and severe mountain weather</li><li>• Trails not marked or visible in winter</li><li>• Dangerous Avalanche Terrain</li></ul>

MID MOUNTAIN			
OLD CABIN TRAIL	 Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.	   	<p><i>1km return / minimal elevation change</i></p> <p>This trail is the historical access to the old cabin community and connects to Perimeter Trail. Cabins are private property, DO NOT ENTER.</p>
PERIMETER TRAIL	 Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.	   	<p><i>3km return / 200m elevation gain</i> <i>Parking lot and trailhead located at the Deep Cove Lookout</i></p> <p>This trail begins at the Deep Cove lookout and ends at the Goldie Lake access trail junction.</p>
UPPER OLD BUCK	 Follow the trail markers. Expect wet and slippery sections. Fine trail surface.	   	<p><i>2.7km one way / 370m elevation gain</i> <i>Accessible from Deep Cove Lookout or Vancouver Picnic Area</i></p> <p>This trail enters second old growth forest with sensitive ecosystems and strong First Nation values. It connects to Perimeter Trail.</p>
OLD BUCK ACCESS	 Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.	   	<p><i>1km one way / minimal elevation change</i> <i>Parking lot and trailhead located at the Vancouver Picnic Area</i></p> <p>This trail crosses wetlands and connects to Upper Old Buck.</p>
LOWER MOUNTAIN			
LOWER OLD BUCK	 Follow the trail markers. Expect wet and slippery sections. Fine trail surface.	  	<p><i>5km return / 322m elevation gain</i> <i>Parking lot &amp; trailhead located at the Old Buck parking lot</i></p> <p>This multi-use trail is popular amongst trail runners and mountain bikers. It is the main access to the lower mountain trail system and connects with several trails such as the Baden Powell and Bridal Path.</p>
BADEN POWELL TRAIL	 Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.	  	<p><i>5km one-way / minimal elevation change</i> <i>Parking lot &amp; 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	Expect wet and slippery conditions. Rough trail surface.	  	<p>This is a multi-use trail, built primarily for adaptive mountain bike riders. Please yield to these users. Hikers are advised to use Fern Gully trail.</p>

## IMPORTANT INFO

**Mount Seymour Gatehouse Operating Hours in Winter Season: Open from 7am to 10pm. Closed overnight. Does not operate in Summer Season.**

**\*CRA (Controlled Recreation Area) = Area designated under the park use permit for Mt Seymour Resort to operate winter activities**



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



**Smoke free environment**

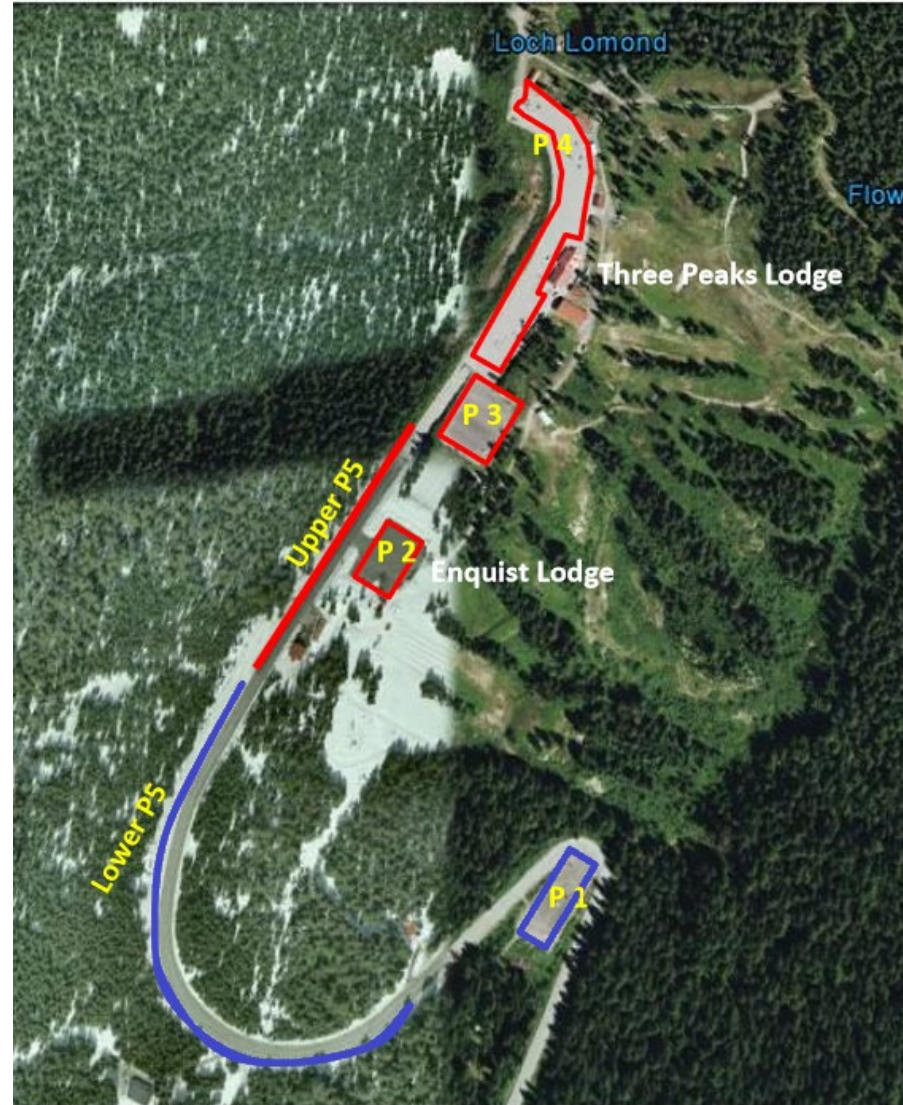


**For your safety, DO NOT TRAVEL ON SKI RUNS anytime. Skiers must descend via the Seymour Main Trail. Hikers and skiers, please lookout for each other!**

## SEASONAL PARKING INFO

### WINTER parking

- In effect from November to April.
- Visitors accessing the backcountry, outside of the Mt. Seymour Resorts Ltd. controlled recreation area, are required to park in parking lot 1 and lower parking lot 5.
- Overnight parking for wilderness camping is permitted in parking lot 1. 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.
- Vehicle camping is not permitted.
- Visitors using recreation services within the controlled recreation area are required to have a valid area pass (e.g. lift tickets and snowshoe trail passes) and can park in parking lots 2, 3, 4 and 5.



### SUMMER parking

- In effect from May to October.
- Day-use visitors accessing the backcountry may park in parking lots 1, 2, 3, 4 and 5.
- Overnight parking for wilderness camping is permitted in parking lot 2 near Enquist Lodge. 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.
- Overnight parking for group campsite use is permitted in parking lot 1. A reservation is required for group camp site use.
- Vehicle camping is not permitted.



# Mount Seymour Provincial Park

