



BC Parks

September 29, 2026

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. Be self-sufficient and prepared for storms, poor visibility and an unexpected overnight stay.
- 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.
- Gulleys and creeks lead away from safety – STAY ON THE TRAIL.
- Mt Seymour resort operates heavy machinery in their CRA* (Controlled Recreation Area) day and night.
- Bears are actively feeding in the area – Carry bear spray, use caution and do not approach or feed wildlife.

TRAIL	CONDITIONS	REGULATIONS* *click here for all regulations	DESCRIPTION
UPPER MOUNTAIN			
MOUNT SEYMOUR MAIN TRAIL	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	   CAMPING ALLOWED NORTH OF BROCKTON POINT	<i>7km return / 450m elevation gain</i> <i>Trailhead is located at the end of P4</i> 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.
FIRST LAKE LOOP	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	   	<i>3km loop / 60m elevation gain</i> <i>Trailhead is located at the end of P4</i> This trail loops out to the lake and 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.
DOG MOUNTAIN TRAIL	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	   	<i>4km return / 130m 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. 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
ELSAY LAKE TRAIL	 Follow the trail markers. Difficult uneven terrain with natural obstacles including exposed roots and rocks.	  	<i>15km return / 500m elevation change</i> <i>Trailhead is located at the end of P4. Hiking time can be 10-12 hours return.</i> 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 Elsay Lake. Only experienced and well-equipped backcountry travellers should hike this trail. Best hiked late June through October.

MID MOUNTAIN			
OLD CABIN TRAIL	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	   	<i>1km return / minimal elevation change</i> <i>Accessible from P1 or Perimeter Trail</i> This trail is the historical access to the old cabin community and connects with Perimeter Trail. Cabins are private property, do not enter them.
PERIMETER TRAIL	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	   	<i>3km return/ 200m elevation gain</i> <i>Parking lot and trailhead located at the Deep Cove Lookout</i> The trail begins at the Deep Cove lookout and connects to the Goldie Lake loop.
UPPER OLD BUCK	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	   	<i>2.7km one way / 370m elevation gain</i> <i>Accessible from Deep Cove Lookout or Vancouver Picnic Area</i> This trail enters second old growth forest with sensitive ecosystems and strong first nation values. It remains under the canopy and connects with Perimeter Trail.
OLD BUCK ACCESS	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	   	<i>1km one way / minimal elevation change</i> <i>Parking lot and trailhead located at the Vancouver Picnic Area</i> This trail crosses wetlands and connects with Upper Old Buck.
LOWER MOUNTAIN			
LOWER OLD BUCK	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	  	<i>5km return /322m elevation gain</i> <i>Parking lot & trailhead located at the Old Buck parking lot</i> 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.
BADEN POWELL TRAIL	 Follow the trail markers. Uneven terrain with natural obstacles including exposed roots and rocks.	  	<i>5km one-way/ minimal elevation change</i> <i>Parking lot & trailhead located at 2.5km on Mt Seymour Road</i> This famous and historic trail connects Deep Cove to Horseshoe-Bay. In this park, the trail remains at low elevation and in the rainforest.
EMPRESS BYPASS MTB	Multi-use mountain bike (MTB) trail, primarily built for adaptive mountain bike riders. NO UPHILL TRAFFIC	  	• Hikers please use Fern Gully Trail or the Old Buck trail • MTB users please use the Lower Old Buck trail to travel uphill

IMPORTANT INFO



Bathrooms located throughout the park.

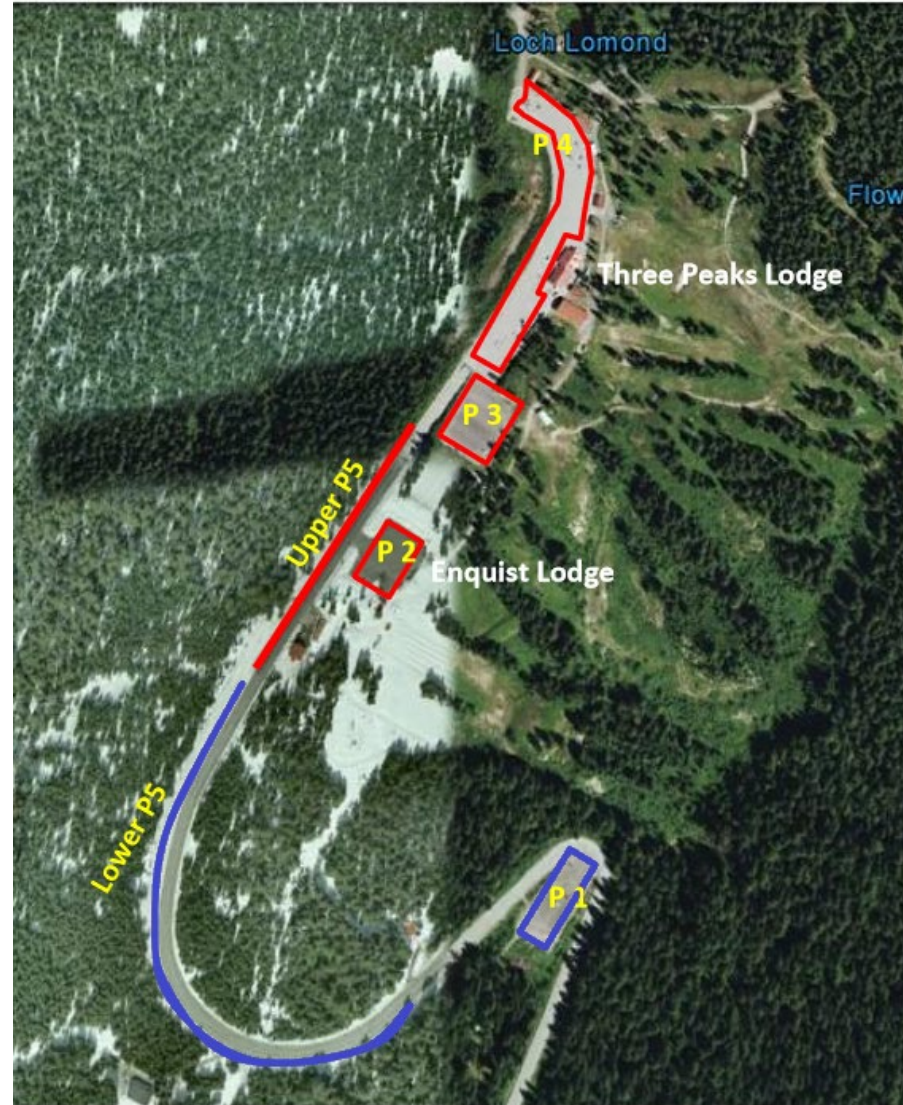


Smoke Free environment

SEASONAL PARKING INFO

WINTER parking

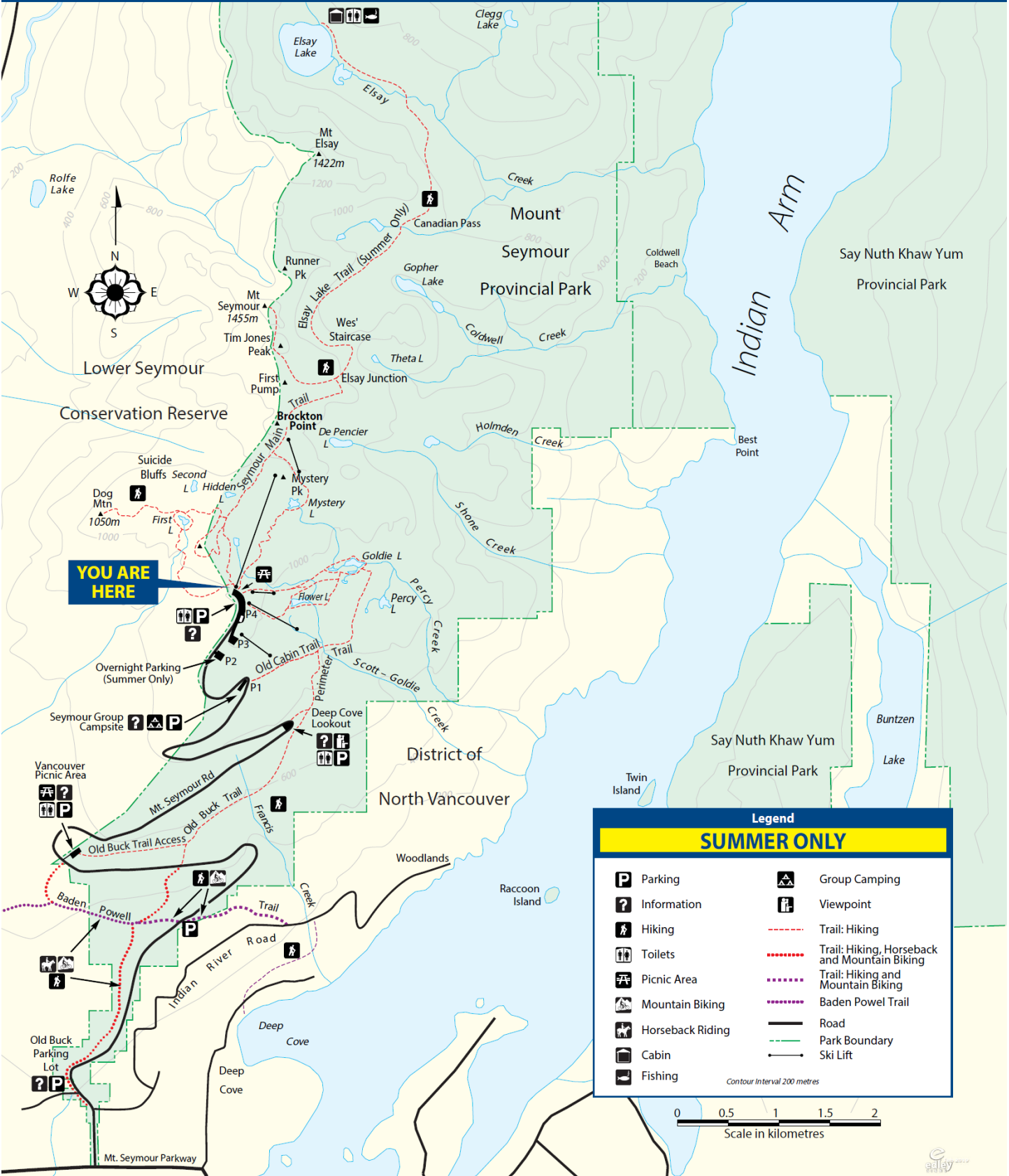
- In effect from November to April.
- Visitors accessing the backcountry, outside of the Mt. Seymour Resorts Ltd. controlled recreation area, are required to park in parking lot 1 and lower parking lot 5.
- Overnight parking for wilderness camping is permitted in parking lot 1. Mt. Seymour Resorts Ltd. 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.

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Stay Safe - Have Fun

www.bcparks.ca