BRITISH COLUMBIA | BC Parks

November 2, 2026

WINTER 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**
- **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**
- **DO NOT UNDERESTIMATE the avalanche hazard forecast - available through Avalanche Canada: www.avalanche.ca**
- **Gullies and creek lead away from safety – STAY ON THE TRAIL**
- **BC Parks does not monitor ice levels**
- **Mt Seymour resort operates heavy machinery in their CRA* (Controlled Recreation Area) day and night**

TRAIL	CONDITIONS	REGULATIONS click here for all regulations	DESCRIPTION
UPPER MOUNTAIN			
MOUNT SEYMOUR MAIN TRAIL	SNOW & ICE Follow the trail markers. Expect wet and slippery conditions. Rough trail surface. Travel with traction footwear (ie. Micro-spikes or snowshoes) is strongly recommended **Expect variable snow conditions.**	 **CAMPING ALLOWED NORTH OF BROCKTON POINT**	*7km return / 450m elevation gain* *Trailhead located at the end of P4* The Mount Seymour Backcountry Access trail roughly 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	SNOW & ICE Follow the trail markers. Expect wet and slippery conditions. Rough trail surface. Travel with traction footwear (ie. Micro-spikes or snowshoes) is strongly recommended **Check LSCR website for updates** **Expect variable snow conditions.**		*1.2km / 60m elevation* *Trailhead is located at the end of P4* This trail has very little elevation gain and is on the way to dog mountain. http://www.metrovancouver.org/services/parks/parks-greenways-reserves/lower-seymour-conservation-reserve
DOG MOUNTAIN TRAIL	SNOW & ICE Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.		*4km return / minimal elevation change* *Trailhead is located at the end of P4* 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. This trail is managed by Metro Vancouver (LSCR). For more info, please visit:

	Travel with traction footwear (ie. Micro-spikes or snowshoes) is strongly recommended **Check LSCR website for updates** **Expect variable snow conditions.**		http://www.metrovancouver.org/services/parks/parks-greenways-reserves/lower-seymour-conservation-reserve
ELSAY LAKE TRAIL	**WINTER TRAVEL BEYOND THIS POINT** **NOT RECOMMENDED** Many hazards exist: • Steep terrain and severe mountain weather • Trails not marked or visible in winter • Dangerous Avalanche Terrain		**WINTER TRAVEL BEYOND THIS POINT** **NOT RECOMMENDED** Many hazards exist: • Steep terrain and severe mountain weather • Trails not marked or visible in winter • Dangerous Avalanche Terrain
MID MOUNTAIN			
OLD CABIN TRAIL	Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.		*1km return / minimal elevation change* This trail is the historical access to the old cabin community and connects with Perimeter Trail. Cabins are private property, DO NOT ENTER or DAMAGE.
PERIMETER TRAIL	Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.		*3km return* *Parking lot and trailhead located at the Deep Cove Lookout* The trail begins at the Deep Cove lookout and ends at the Goldie Lake access trail junction.
UPPER OLD BUCK	Follow the trail markers. Expect wet and slippery sections. Fine trail surface.		*2.7km one way / 391m elevation* *Accessible from Deep Cove Lookout or Vancouver Picnic Area* This trail enters 2nd 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. Expect wet and slippery conditions. Rough trail surface.		*1km one way / minimal elevation change* *Parking lot and trailhead located at the Vancouver Picnic Area* This trail crosses wetlands and connects with Upper Old Buck.
LOWER MOUNTAIN			

LOWER OLD BUCK	Follow the trail markers. Expect wet and slippery sections. Fine trail surface.		*5km return /* *Parking lot & trailhead located at the Old Buck parking lot* 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. It will soon be part of a loop accessible to adaptive mountain bike users.
BADEN POWELL TRAIL	Follow the trail markers. Expect wet and slippery conditions. Rough trail surface.		*5km one-way* *Parking lot & trailhead located at 2.5km on Mt Seymour Road* 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	Expect wet and slippery conditions. Rough trail surface.		This is a multi-use trail, built primarily for adaptive mountain bike riders. Please yield to these users.

IMPORTANT INFO

OPEN FROM 7AM -10PM

***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!

PARKING INFO

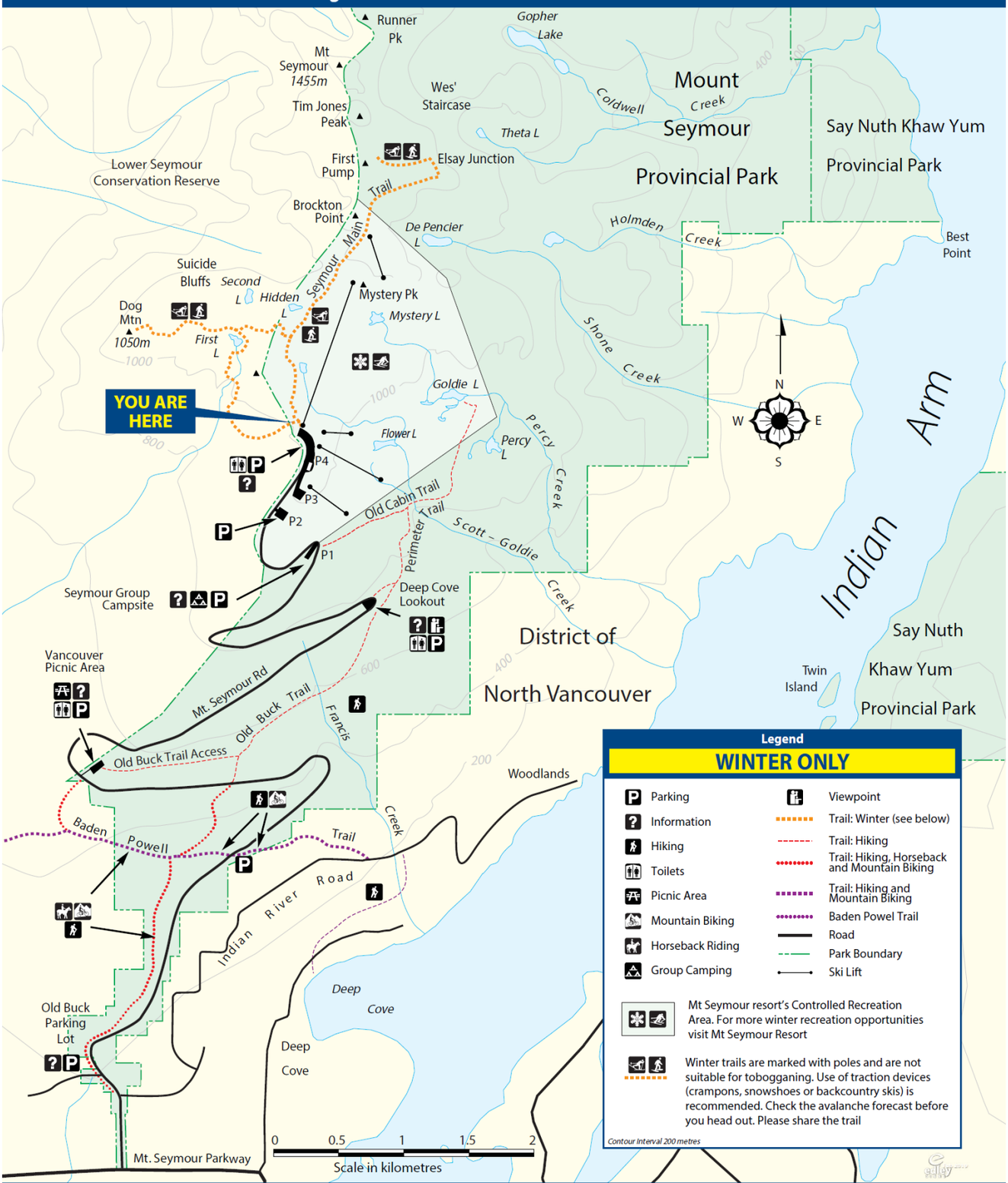


- **Winter parking designations are in effect from November to April. Visitors accessing the backcountry, outside of the Mt. Seymour Resorts Ltd. controlled recreation area, are required to park in parking lot 1 and lower parking lot 5. A free day use pass is required during peak periods.**
  https://bcparks.ca/reservations/day-use-passes/#mount-seymour

- **Overnight parking 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.**

- **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.**
  https://mtseymour.ca/

Mount Seymour Provincial Park



BRITISH COLUMBIA | BC Parks

Stay Safe - Have Fun

www.bcparks.ca