



Hiking Map

SOUTHERN SECTION CYPRESS PROVINCIAL PARK



HOW TO GET TO THE PARK
Take the Upper Levels Highway (Hwy 1 and 99) in West Vancouver. Turn off at Exit 8 to Cypress Bowl Road. For trails in the Cypress Bowl area (see Inset A), continue 15 km to the end of the road at the Downhill ski area. For trails in the Hollyburn area (see Inset B), turn right at the 13 km mark to the Cross Country ski area.

The park can also be reached by hiking trails through neighbouring communities.

- PARK FACILITIES**
- **Picnic areas:** Hi-View Lookout (5.6 km) and Quarry Lookout (8.7 km) on Cypress Bowl Road.
 - **Picnic tables:** Near First Lake (Hollyburn) and Yew Lake (Cypress Bowl).
 - **Washrooms:** Hollyburn Cross Country ski area; Cypress Creek Lodge; Black Mountain Lodge.
 - **Food and beverage:** Cypress Creek Lodge (604.926.5612)

CONTACT INFORMATION

- BC Parks: www.bcparks.ca
- Friends of Cypress Provincial Park: www.cypresspark.ca
- Cypress Mountain: www.cypressmountain.com

THIS MAP IS FOR SUMMER USE ONLY



View north to The Lions from Mount Strachan summit.

PARK HIGHLIGHTS
The varied natural features and many hiking trails in the park's southern section make it attractive for day hikes. There are subalpine lakes, streams, old-growth forests, wildflowers, and spectacular views of Georgia Strait, Howe Sound and The Lions from mountaintop plateaus. The Yew Lake area contains the most easily accessible subalpine old-growth forest and meadows in the Lower Mainland.

Hiking opportunities range from easy to challenging. The Yew Lake Trail is wheelchair-accessible. There are moderate hikes to Blue Gentian Lake, Cabin Lake and Bowen Lookout. There are more challenging hikes to the summits of Black, Strachan and Hollyburn mountains and further north on the Howe Sound Crest Trail.

PARK HISTORY
The Hollyburn area has been enjoyed by outdoor recreationists for over 100 years. The first recorded ascent of Hollyburn summit was made in 1908 by the Vancouver Mountaineering Club (later named the BC Mountaineering Club). Vancouver's first ski camp was established on Hollyburn in the 1920s. Hollyburn Lodge, in use since 1927, rebuilt in 2016, is open for the ski season and some summer programs.

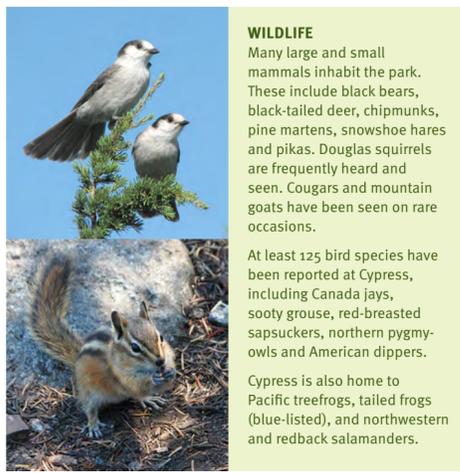
The Cypress Bowl area was set aside as a park reserve in 1944. In the early 1960s, the Provincial Government began to consider recreational development of the area. A private sector proposal resulted in logging portions of Black and Strachan mountains within Cypress Bowl before the Province stepped in to create the park and develop ski facilities.

The southern section of the park was granted Class A Provincial Park status in 1975. The northern section was added in 1982. In 1984 the Province sold the ski facilities to a private company. They were resold in 2001 and are now managed by Cypress Mountain.

TREES, PLANTS & ANIMALS



OLD-GROWTH FORESTS
Cypress Provincial Park is located in the Coastal Western Hemlock and Subalpine Mountain Hemlock zones. The dominant tree species are western and mountain hemlock, amabilis fir and yellow-cedar (also called yellow-cypress, for which the park is named). Western white pine grows here, along with some Douglas-fir. Naturally caused forest fires are rare in the subalpine areas, where snow can linger for over half the year. Many of the trees are over 1000 years old. Research on two old-growth areas on Hollyburn and Strachan's upper slopes showed that the natural life cycle of these ancient "snow forests" had been uninterrupted by major fire or other catastrophe for over 4000 years.



WILDLIFE
Many large and small mammals inhabit the park. These include black bears, black-tailed deer, chipmunks, pine martens, snowshoe hares and pikas. Douglas squirrels are frequently heard and seen. Cougars and mountain goats have been seen on rare occasions.
At least 125 bird species have been reported at Cypress, including Canada jays, sooty grouse, red-breasted sapsuckers, northern pygmy-owls and American dippers.
Cypress is also home to Pacific treefrogs, tailed frogs (blue-listed), and northwestern and redback salamanders.

ABOUT THIS MAP
This map shows summer hiking trails in the 2100 hectare southern section of Cypress Provincial Park up to Strachan Meadows on the Howe Sound Crest Trail (HSCT), as well as the main trails leading to the park from upper West Vancouver. The southern section includes the Hollyburn area and the Cypress Bowl area. The Trans Canada Trail (TCT) and the Baden-Powell (B-P) Trail both pass through the park. The rugged 900 hectare northern section, which includes Deeks Lake, and most of the 29 km long Howe Sound Crest Trail are shown in outline only on the Park Area Map.

TRAILS WITHIN THE PARK

- Trails marked in Red, and the portion of the B-P Trail within the park, are maintained by BC Parks.
- Trails marked in Green are not maintained by BC Parks. These are generally historic trails, often referenced in hiking guides. Some are very steep, and can be difficult hiking.
- Two historic trails are not shown and should not be used. The Old Strachan Connector Trail passes through an environmentally sensitive area. The trail on the northwest face of Hollyburn Mountain is overly steep and dangerous.

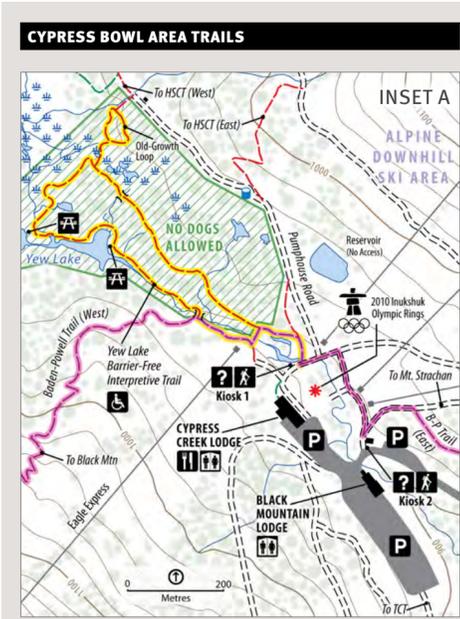
The main trails from West Vancouver are also shown. Refer to the West Vancouver District Map and Guide for additional trails. **Note:** some of these trails are on private property, and are not maintained.

DISTANCE, TIME & ELEVATION
Each hike description shows Distance, Time and Elevation Gain. All estimates of Distance and Time are based on round trip, using an average speed of 2 km/h. Time allowance should be adjusted to match your own pace. Elevation Gain is a cumulative measure—the sum of every gain in elevation for the entire hike.

RECORD-SIZED TREES
Although some logging took place before Cypress Provincial Park was established, its remaining old-growth stands contain some of the largest recorded trees for their species in B.C. On the slopes of Black Mountain was the world's largest known living amabilis fir, until it was reported dead in 2015. The Roadside Yellow-Cedar, just before the Hollyburn Cross Country ski area turn-off on Cypress Bowl Road, is over 1200 years old. It is the most easily seen of the record-sized yellow-cedars. Other trees listed on B.C.'s Big Tree Registry include the Hollyburn Giant yellow-cedar, now a snag, and a mountain hemlock on Hollyburn, which holds the record for the largest circumference for this species.

SHRUBS AND WILDFLOWERS
A wide range of subalpine shrubs can be seen along park trails, including pink and white mountain-heather, copperbush, white-flowered rhododendron, false azalea, several blueberry species, subalpine spirea, and teaberry. Wildflowers include bunchberry, queen's cup, four violet species, fringed grass-of-Parnassus, subalpine daisy, mountain amica, arctic lupine, deer-cabbage, and round-leaved sundew (a carnivorous plant). King (blue) gentians grow in the park's southeast section.

PHOTOS (Clockwise from top left): Heritage sign to Lost Lake; Roadside Yellow-Cedar; White-flowered rhododendron; King (blue) gentian; Yellow-pine chipmunk; Canada jays.



Trailhead: Kiosk 1

- **Yew Lake Trail** 2.0 km / 1 hr / 20 m Gain
The Yew Lake area contains the most easily accessible subalpine old-growth forest and meadows in the Lower Mainland. This interpretive trail is a wheelchair-accessible loop trail alongside Cypress Creek to Yew Lake, continuing on past Yew Meadows to a second loop through old-growth forest. **Note:** No dogs allowed on Yew Lake Trail (sensitive wetland ecosystem).

- **Bowen Lookout (via HSCT West)** 4.0 km / 2 hrs / 150 m Gain
A well graded trail up to a panoramic viewpoint over Howe Sound and the Sunshine Coast, via scenic Viewpoint.

Take Yew Lake Trail, through the Old-Growth Loop and turn left at Pumphouse Road. Be aware of sensitive habitat alongside the trail. Turn right at the bridge and, after several switchbacks, turn left at the sign to Bowen Lookout (240 m). Hikers with dogs must access via Pumphouse Road, not Yew Lake Trail.

- **Howe Sound Crest Trail Loop** 4.0 km / 2 hrs / 180 m Gain
Return from Bowen Lookout hike via HSCT East through old-growth forest. Read about trail builder Paul Binkert at the kiosk.

From Bowen Lookout, rejoin HSCT West and continue uphill (left) to the Binkert Kiosk. Turn right on HSCT East, and watch for a right turn down into the forest. Rejoin Pumphouse Road at the water tank and return to the Lodge.

- **Strachan Meadows (via HSCT)** 5.3 km / 3 hrs / 210 m Gain
A well maintained forested trail on the west slope of Mount Strachan, ending at subalpine meadows.

Take Howe Sound Crest Trail, East or West, to the Binkert Kiosk. Continue north past a good view of The Lions. The trail descends and crosses an avalanche chute. Strachan Meadows is east of the trail, at the two bridges.

- **St. Marks Summit (via HSCT)** 10.1 km / 5 1/2 hrs / 560 m Gain
A continuation of HSCT to St. Marks Summit, with small meadows along the way. Views of Howe Sound and The Lions at St. Marks. From Strachan Meadows, follow the trail north to St. Marks Summit.

- **Cabin Lake (via B-P Trail)** 4.2 km / 2 1/2 hrs / 310 m Gain
Scenic Cabin Lake, with a short hike up to views of Howe Sound, Mount Strachan and The Lions from nearby Yew Lake Lookout on the summit of Black Mountain.

Follow the B-P Trail past the Eagle Express Chair for 300 m and turn left to Black Mountain (just before the bridge to Yew Lake). Trail climbs steeply through a series of switchbacks. At the top, turn right off the B-P Trail to reach Cabin Lake. The Lookout is 200 m north of the lake.

- **Black Mountain Loop** 5.1 km / 3 hrs / 360 m Gain
Attractive addition to Cabin Lake hike, passing several small lakes on the plateau. Views from the south summit of Black Mountain.

Hike towards Cabin Lake. About 20 m before Cabin Lake turn left (south) over the south summit of Black Mountain. At the junction with B-P Trail, turn left to Theagill and Sam Lakes. Follow B-P Trail back down to the Lodge.

- **Eagle Bluff (via B-P Trail)** 8.6 km / 4 1/2 hrs / 490 m Gain
Steep climb up toward Cabin Lake, then SE past several lakes on the plateau, descending gradually to Eagle Bluff with views of Mt. Baker and Georgia Strait.

Follow the B-P Trail to Eagle Bluff. The trail crosses several bog bridges, which protect the wetlands near Owen and Cougar Lakes.

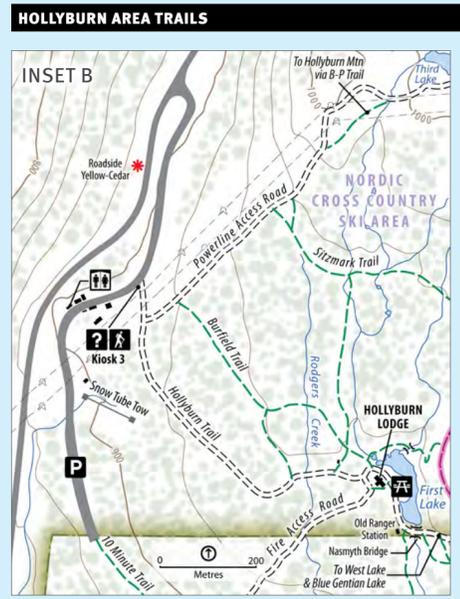
Trailhead: Kiosk 2

- **Mount Strachan (South Summit)** 7.0 km / 4 hrs / 530 m Gain
Mount Strachan is the highest mountain in the southern section of the park, with superb views of Howe Sound and The Lions.

Bear right past the kiosk, then join the Collins Run uphill. Take the access road past the chairlift stations to the top of Sky Chair. From there, the summit is 200 m NE across the plateau. **Extra challenge:** Follow the rough trail down to the col, then up to north summit.

- **B-P Trail across Hollyburn** 4.0 km / 2 hrs / 200 m Gain
Trail through old-growth forest (three creek crossings required) from Cypress Bowl to Hollyburn area.

Bear right past the kiosk and go uphill on the ski run for 150 m. Turn right and follow the trail to the Hollyburn Mountain Trail junction. Return by the same route, or check the map for other options.



Trailhead: Kiosk 3

- **Hollyburn Lodge and First Lake** 1.8 km / 1 hr / 30 m Gain
Short loop hike to historic Hollyburn Lodge along forested ski trails, with wildflowers and picnic tables near the lake.

Take Burfield Trail to First Lake and Hollyburn Lodge. Return via Hollyburn Trail.

- **Blue Gentian Lake Loop** 5.2 km / 3 hrs / 180 m Gain
Loop hike to picturesque lakes and old-growth forest. King (blue) gentians in late summer.

Hike Burfield Trail to First Lake. Cross the Nasmyth Bridge at the lake outlet and in 100 m keep right onto B-P Trail. Continue 1 km to an open area, then watch carefully for the continuation of B-P Trail down into the trees. In 200 m, turn left for Blue Gentian Lake. At the north end of the lake turn left and left again, uphill for 300 m. Turn right, over a bridge to West Lake. Return via West Lake Trail, which rejoins the original trail back to the kiosk.

- **Four Lakes Loop to Lost Lake** 7.6 km / 4 hrs / 290 m Gain
Extend the Blue Gentian Lake hike with the addition of Lost Lake.

Hike to Blue Gentian Lake (see hike above). At the north end of the lake keep right on the boardwalk, go past the picnic table and follow Brothers Creek Trail down to Brothers Creek. Cross the bridge and turn left to Lost Lake.

Follow the trail past Lost Lake. When you recross Brothers Creek, follow the creek bed upstream for 10 m to find the trail on the west bank. Cross Stoney Creek, then just before Blue Gentian Lake, turn right uphill toward West Lake (see above).

- **Hollyburn Mountain Trail** 8.0 km / 4 hrs / 430 m Gain
Mountain lakes, subalpine meadows and old-growth forest. Views of The Lions, Crown Mountain and the Coast Range.

Hike up the Powerline Access Road, continuing east past Third Lake. At the Warming Hut, turn left to join B-P Trail. Go past Fourth Lake and continue uphill. After 1.1 km keep right at the junction to start the Hollyburn Mountain Trail. Follow this trail past Heather Lakes to the summit of Hollyburn Mountain.

For a more interesting route up to the Warming Hut, take Burfield Trail to First Lake. Just before the lake, turn left and follow the trail around the lake's north end, then go uphill. Turn left at the B-P Trail junction and continue north to the Warming Hut. This adds 0.7 km one way.



Come prepared for varied weather and terrain.

HIKING SAFETY
Caution: Cypress Provincial Park is a wilderness area.

Weather can deteriorate quickly with rain or fog making visibility difficult. Wear hiking boots or sturdy hiking shoes; avoid sandals. Tell someone where you are going and when you expect to return. Hike with a friend. Stay on the trail. If you are lost or injured, stay where you are until help arrives. If there is cell phone reception, call 911.

- Always carry these essential items in your daypack:
- Full water bottle and extra food.
 - Map and compass or GPS unit.
 - Warm clothes, hat and rain gear.
 - Flashlight or headlamp, extra batteries.
 - Whistle, first aid kit, emergency blanket (or large garbage bag).

BEAR SAFETY

If You See a Bear

- STOP. Remain calm.
- Speak softly.
- Slowly back away.
- Leave the area or make a wide detour.



Black bear foraging in Cypress Bowl.

- Safety Tips**
- Hike in groups. Make noise, talk or sing to avoid surprising a bear.
 - Watch for signs of a bear. Avoid wearing headphones.
 - Do not walk towards or run away from a bear. Never feed a bear.
 - Keep dogs on leash. An unleashed dog may bring a bear back to you.

For more information visit wildsafebc.com



Wetland habitat in the Yew Lake area.

- PARK REGULATIONS**
- Please keep dogs on leash at all times. No dogs allowed on Yew Lake Trail (sensitive wetland ecosystem).
 - Motor vehicles, including motorcycles and similar vehicles, are restricted to paved roads.
 - Bicycles are not allowed anywhere within the park, except for paved roads.
 - Firearms prohibited.
 - No fires allowed.
 - No camping in southern section of Cypress Provincial Park.
 - Please do not litter. Place your refuse in receptacles provided or pack it out of the park and dispose of waste properly.
 - Flowers, berries, mushrooms, shrubs, trees, wildlife and rocks are part of the park's natural heritage. Please do not damage or remove them.
 - If you spot a forest fire, call 1.800.663.5555 or *5555 on a cell.

MAP CORRECTIONS
Most maps contain errors. Every effort was made to eliminate errors, but if you notice a need for corrections, please contact FCPP through cypresspark.ca and describe the correction and its location.

ACKNOWLEDGEMENTS
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- FCPP donors and members
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- Cypress Mountain
- District of West Vancouver
- CREUS Engineering

PHOTO CREDITS
J. Steig (Cover), Stephen Hui (View to The Lions; Hiking Safety), R. Taylor (Heritage sign; Canada jays; Chipmunk; Gentian; Yew Lake), F. Skelton (Rhododendron), M. Castle (Yellow-Cedar; Black bear).

