

E.C. Manning Provincial Park

HIKING TRAIL GUIDE & DESCRIPTIONS





EC Manning Provincial Park offers some of the most spectacular trails in southern British Columbia. Alpine paths lead to peaks overlooking the Cascade Mountains, sub-alpine routes meander through meadows of wildflowers and valley trails follow creeks and rivers through forests and around lakes. Park users can choose routes ranging from 5 minutes to 5 days and from simple to challenging. This guide describes these trails and identifies trailheads and acceptable usages to help prepare the adventure ahead.

Using this Guide

As a Park user, you are responsible for recognizing your own ability and providing for your own safety. This guide will help determine the level of challenge you're willing to take on.

Trails are classified as **easy, moderate or difficult**, as determined by these three criteria:

1. **Physical difficulty**— from flat to steep to strenuous
2. **Trail tread**—from smooth and wide to narrow and requiring careful footwork
3. **Remoteness**— considers distance from developed facilities and how many people you're likely to encounter



Each criteria is rated on a scale of 1-5, 1 being the easiest and 5 the most difficult. These criteria will help make a trip determination based on ability.

To supplement this guide park visitors can visit E.C. Manning Provincial Park's [webpage](#) and download the latest Trail Report. This is updated bi-weekly providing details on trail conditions, seasonal closures and any other issues regarding the trails.

Trail maps can be download from the website or picked up at the Visitor Centre and Manning Park Resort. Clark Geomatics produces a topographic map as well, which is available for purchase from Manning Park Resort.

ACTIVITIES ON TRAILS



Seasonal Closures

Manning Park sits on the crest of the Cascade Mountain Range and while snow at lower elevations usually melts off quickly in late spring it can linger long into the summer higher up. Some trails will have temporary closures to protect seasonal wildlife activity or allow snow to melt off for trails to firm up before use. The bi-weekly trail report will identify and update these issues.

Trail Use in Manning

Many of the trails in Manning Park were once rough access roads or wildlife paths and many were not purposefully constructed to today's trail standards and are prone to erosion. BC Parks works to improve the trails each year by installing foot bridges, repairing trail tread and managing erosion. You can help by staying on designated trails.

Camping

For frontcountry camping reservations and backcountry camping registration please visit:

camping.bcparks.ca

Mountain Biking in Manning

Mountain biking is restricted to the following trails:

- Monument 78/83
- Windy Joe
- Poland Lake
- East and West Similkameen
- North and South Gibson
- Little Muddy
- All roadways

Electric assisted bikes (e-bikes) are permitted on these trails provided they meet the criteria for e-bikes as outlined in the [Biking in BC Parks Guidelines](#).

Horseback Riding in Manning

Horseback riding is restricted to the following trails:

- Monument 78/83
- Poland Lake
- Windy Joe
- East and West Similkameen
- Little Muddy
- North Gibson
- Dewdney
- Hope Pass



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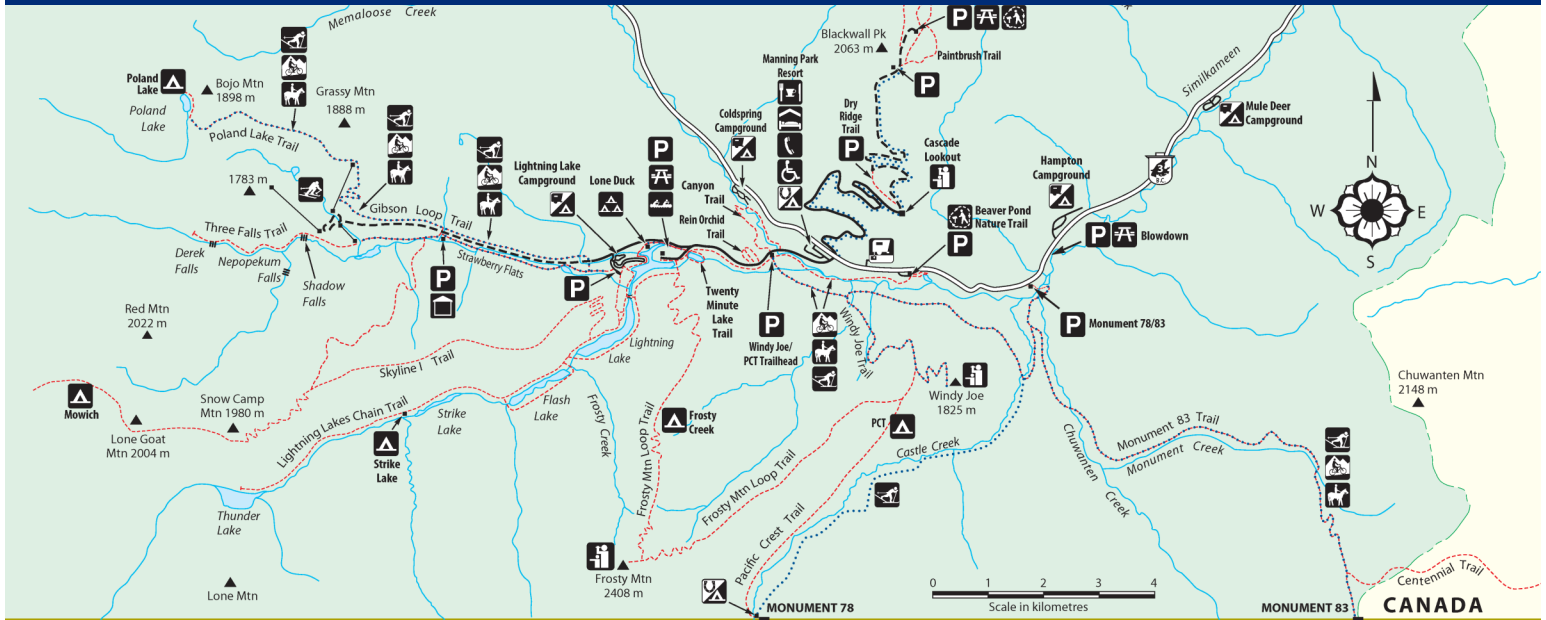
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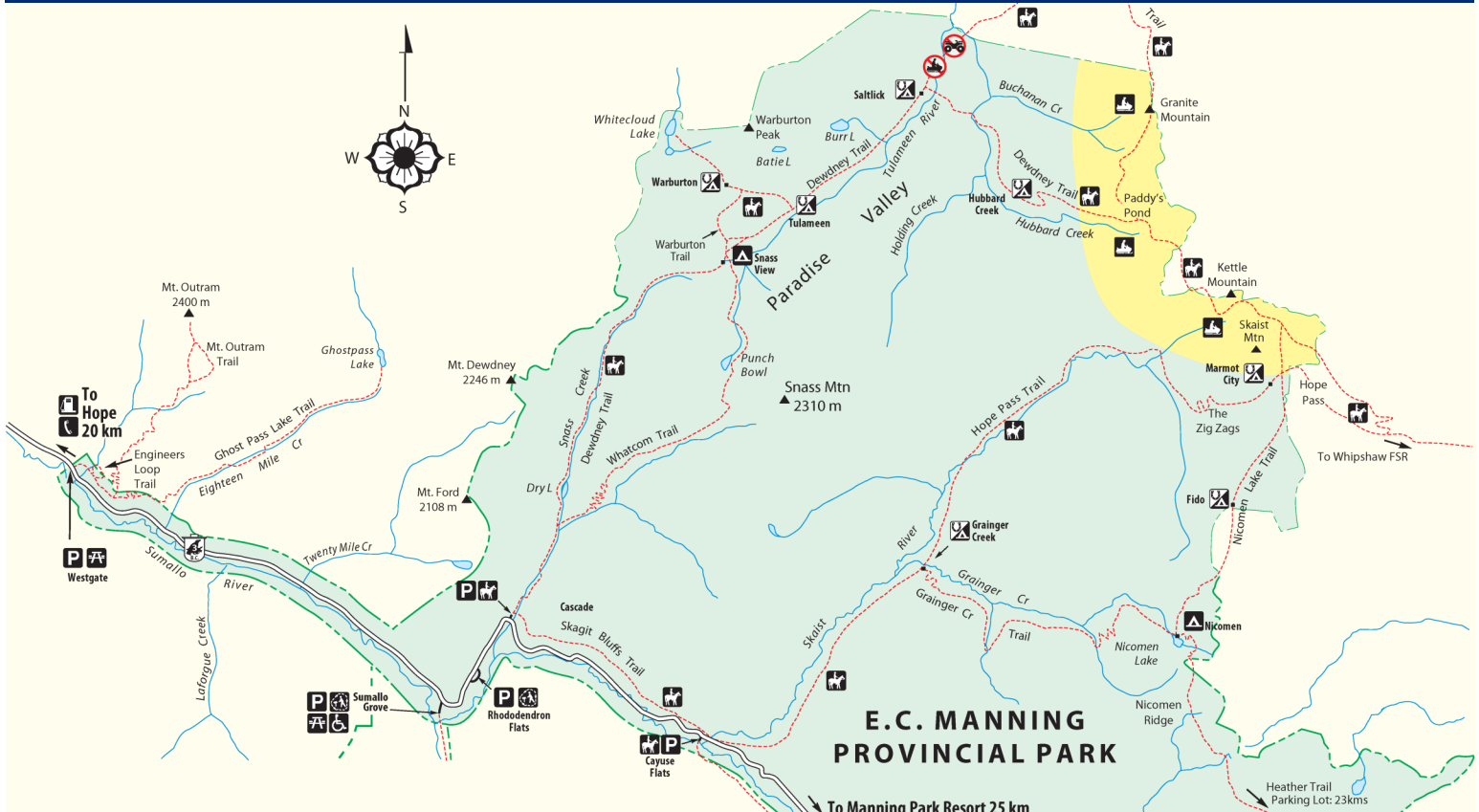
NAVIGATING TO TRAIL DESCRIPTIONS

Below are maps of the trails of Manning Park. Click or tap on the trail name to be navigated to the desired trail description.

E.C. MANNING PROVINCIAL PARK - SOUTH EAST



E.C. MANNING PROVINCIAL PARK - NORTH WEST



NAVIGATING TO TRAIL DESCRIPTIONS

E.C. MANNING PROVINCIAL PARK - ALPINE



EASY TRAILS

Beaver Pond Nature Trail

Length: 500 metre loop

Elevation Change: No elevation change

Estimated Duration: 15 minutes return

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

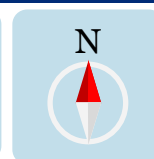
Allowable Activity: Hiking

Description:

A short walk beside a pond formed by beavers when they dammed a spring and flooded a small area adjacent to Highway 3. Although beavers rarely make an appearance these days, visitors can hope to spot water loving bird and plant species along with the occasional mule deer or moose. The trailhead is located 1.5 km east of the Manning Park Resort on the south side of Highway 3.



Trail List



Maps

Beaver Pond Trail

Length: 2 kilometres one way

Elevation Change: Little elevation change

Estimated Duration: 45 minutes one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

The Beaver Pond trail allows visitors at Manning Park Resort access to Beaver Pond Nature trail. It starts at the Headwaters Corral Camp and travels east paralleling the Similkameen river.

Paintbrush

Length: 1.5 kilometres loop

Elevation Change: Little elevation change

Estimated Duration: 30 minutes return

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

An easy introduction to the sub-alpine, this trail begins at either the lower or upper alpine parking lots off the Blackwall Road. Late spring is a great time to view white and yellow wildflowers such as avalanche lilies, while the second bloom starting mid July blankets the meadows with flowers of all colours and sizes.

EASY TRAILS

Rein Orchid

Length: 500 meters

Elevation Change: Little elevation change

Estimated Duration: 15 minutes

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

A short walk through a boggy area created by beavers, this trail begins 1.5 km from Hwy 3 down the Gibson Pass Road. Flowers begin blooming here in June and the best time to view the white rein orchid is in July.

Rhododendron Flats

Length: 500 metres

Elevation Change: Little elevation change

Estimated Duration: 15 minutes

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5

Remoteness 1 2 3 4 5

Allowable Activity: Hiking

Description:

A prime example of a coastal forest on the western edge of the park. The trail is located off the eastbound side of Highway 3, about 9 km east of the Westgate entrance. The red rhododendron shrub will be found blooming in great profusion around mid June.



Strawberry Flats

Length: 2 kilometres one way

Elevation Change: Little elevation change

Estimated Duration: 45 minutes one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

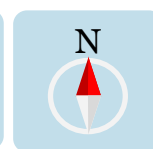
Allowable Activity: Hiking

Description:

The trail starts at the Strawberry Flats parking lot, 8 km from Hwy 3 on the Gibson Pass Road and follows an old fire-access road. In late July an abundance of wild strawberries fruit, giving the trail its name. Once reaching the bottom of the ski area hikers can make the choice to continue down the Three Falls trail or return the way they came.



Trail List



Maps

EASY TRAILS

Sumallo Grove

Length: 500 meters

Elevation Change: Little elevation change

Estimated Duration: 15 minutes

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5

Remoteness 1 2 3 4 5

Allowable Activity: Hiking, Wheelchair accessible

Description:

The grove is 9.5 km east from the west entrance of the park. The trail winds through magnificent old growth western red cedar and Douglas fir. A wide variety of ferns, mosses and shrubs such as devil's club, foam flower and goat's beard cover the forest floor.

Twenty Minute Lake

Length: 500 metres

Elevation Change: Little elevation change

Estimated Duration: 20 minutes

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

The trail begins at the parking lot past the turn off and before the Lightning Lakes day use area. The name of the lake originates from the time it took to reach the lake by foot from the old park centre.

Little Muddy

Length: 2.5 kilometres one way

Elevation Change: 100 metres

Estimated Duration: 1 hour one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

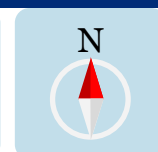
Allowable Activity: Hiking, Horseback Riding

Description:

This core trail provides access between Lightning Lake day use area and Manning Park Resort. Starting at Twenty Minute Lake parking lot it travels east before intersecting the West Similkameen trail and Canyon Nature trail after 2 km. The trail continues across the bridge and in 300 metres is rerouted across the road to the north before ending below Manning Park Resort.



Trail List



Maps



EASY TRAILS

West Similkameen

Length: 2.1 kilometres one way

Elevation Change: Little elevation change

Estimated Duration: 45 minutes one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

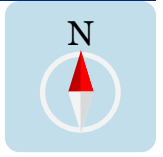
Allowable Activity: Hiking, Horseback Riding, Mountain Biking

Description:

This busy trail begins at the bridge crossing the Similkameen River approximately 1 km from Highway 3 along the Gibson Pass Road. It provides a connector to the Windy Joe, Pacific Crest, and Frosty Mountain trails. Visitors walk parallel to the Similkameen River through spruce and pine forests. After 2 km hikers will come to a forked junction. To the south is the Windy Joe trail and to the north is the East Similkameen trail. As this is the exit for the Northern Terminus of the Pacific Crest Trail it is common to encounter hikers in late summer completing the 4,300 km trek from the Mexican Border.



Trail List



Maps



MODERATE TRAILS

Canyon Nature Trail

Length: 2 kilometres one way

Elevation Change: 50 metres

Estimated Duration: 45 minutes one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

With a slight elevation change and some hills this trail follows the Similkameen River to connect Coldspring Campground with other popular trails. Starting from the campsite hikers can choose to either cross the bridge or head down the eastern portion of the trail. Both forks come to the Gibson Pass Road where they can choose to loop back or cross over the road to Little Muddy, Similkameen and Wind Joe trails.

Monument 78/Castle Creek

Length: 12 kilometres one way from Monument 78/83 Parking Lot

18.8 km via Similkameen trails

Elevation Change: 200 metres

Estimated Duration: 4-5 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5

Remoteness 1 2 3 4 5

Allowable Activity: Hiking, Horseback Riding, Mountain Biking

Description:

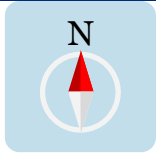
The trail can be accessed either from Monument 78/83 parking lot or via the Similkameen trails, though the bridge at Castle Creek is out on that trail and cannot safely be forded on foot. The preferred parking for horse trailers is at Monument 78/83 parking lot.

Starting from the Monument 78/83 parking lot the trail crosses over Castle and Chuwantan creeks and into an open forest that was once scorched by wildfire. After 3 km of hiking the Monument 78 trail turns right at a junction followed in 1 km by a left at the junction of the East Similkameen trail. The trail becomes thick with alder and willow after this point and is only periodically maintained by park staff and volunteers.

Another 8 kilometres and hikers will reach the Monument 78 camp. The monument itself is 250 m south on the US Border. This is the northern terminus of the Pacific Crest Trail where hikers begin or end their 4,300 kilometre journey to or from the Mexican border. An extension of the PCT leads north from here 7 km to join the Windy Joe trail. A backcountry camping permit is required for its use.



Trail List



Maps



MODERATE TRAILS

Dry Ridge

Length: 300 metres one way

Elevation Change: 125 metres

Estimated Duration: 20 min one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

A short hike with spectacular views and colourful plants encapsulating the transition from the dry interior to the alpine. Flowers bloom early on the south facing slope making this an ideal early summer walk.

Park the car at the Cascade Lookout and walk 500 metres up the gravel road to the trailhead. The start of the trail passes through a sub-alpine forest consisting of Douglas fir, pacific silver fir, lodgepole pines and whitebark pines. It then opens and becomes rocky with cruston lichen and other small plants living in the pockets of soil. Please take special care of your steps on this trail.

Climbing to 1725 metres and a rocky knoll there are views of Mount Frosty, Lightning Lake and the Hozameen Range. From the knoll hikers can turn back or hike north to the road and travel 1.2 km back to Cascade Lookout.

Engineers Loop

Length: 500 metre loop

Elevation Change: 200 metres

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5

Remoteness 1 2 3 4 5

Estimated Duration: 15 meters loop

Allowable Activity: Hiking

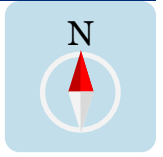
Description:

This Short walk leads to the old Engineers Road of the 1861 Rock Creek and Kootenay gold rush. At that time Miners from the United States had flooded the gold fields of Rock Creek and were exporting back to the United States without paying duty.

The Engineers Road was to route miners to the gold rushes of Rock Creek and the Kootenays and maintain British Columbia's sovereignty in the area. Led by Edgar Dewdney, the Royal Engineers built the road, including the impressive rock walls, and settled this territorial dispute.



Trail List



Maps



MODERATE TRAILS

Heather Trail

Length: 21 kilometres one way

Elevation Change: 292 metres

Estimated Duration: 7-9 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

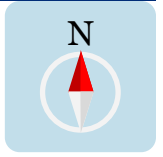
Preserving this stunning meadow is what led to the creation of E.C. Manning Provincial Park. The Three Brothers Mountain Reserve was created in 1931 to prevent the area being overgrazed by domestic sheep and was included in a new game reserve five years later. These areas were then combined with several thousand surrounding hectares in 1941 to form E.C. Manning Provincial Park. It is named for a provincial chief forester who had dedicated himself to conserving the Canadian wilderness.

Since 1994 a reclamation effort has sought to protect and revegetate the areas around the meadows. Signs and trails now guide visitors off revegetated areas and tent platforms were constructed at Buckhorn and Kicking Horse Camps. Please stay on designated trails in this area.

The Heather trail can be hiked as an out and back or as a thru hike combined with the Grainger Creek and Hope Pass trails. Camping is available at Buckhorn or Kicking Horse Camps on the Heather trail and further down at Nicomen Lake and Grainger Creek camps. If thru-hiking parking is available at Cayuse Flats where the Hope Pass trail ends, 24 km west of the Blackwall Road turnoff on Highway 3. Campers are required to



Trail List



Maps



MODERATE TRAILS

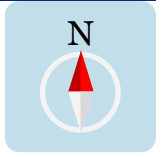
purchase backcountry passes for camping.

Starting at the end of the Blackwall Road, the Heather trail follows the Viewpoint trail along Lone Man Ridge with views of the Three Brother Mountains. These are the glacially scoured peaks formed 25,000 years ago that provide the backdrop for the famous meadows. These meadows fill with blooming flowers after the snow melts in late June and early July. Please do not pick flowers as these sub-alpine plants only have a short window to bloom and seed.

Buckhorn Camp is at 5 km and has a stream for a water source, outhouses, a bear cache and a day use shelter. The trail climbs from here up the Bonnevier Ridge and enters a rockier area with a junction for the Bonnevier Trail. Plants are smaller than similar species at lower elevations indicating the transition to a sub-alpine ecosystem.



Trail List



Maps



After 10 km the trail passes a junction with the First Brother trail. This 1 km strenuous ascent to 2272 metres scrambles and climbs over rocky sections of loose rock. Along with Frosty Mountain and Mount Snass this is the only place in the park with true alpine tundra plants.

Kicking Horse Camp is 3.5 km past the First Brother junction. Skirting the shoulders of the Second and Third Brothers the trail is a moderate here with a few switchbacks before the camp.

The trail west of Kicking Horse follows high ground for 7.5 km before beginning a 2 km descent to Nicomen lake. The Heather trail ends here and if hikers are thru-hiking to Cayuse Flats they can camp here or at Grainer Creek Camp 10 km west. Nicomen Lake camp has tent pads, an outhouse, a bear cache and a shelter. Continuing down Grainger Creek trail to Hope Pass trail and ending at Cayuse Flats is another 17 km of hiking.

MODERATE TRAILS

Lightning Lake Loop

Length: 9 kilometres return

Elevation Change: Little elevation change

Estimated Duration: 3 hours return

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

This figure 8 trail loops all the way around Lightning Lake or has a shorter loop connected by Rainbow Bridge. Lightning Lake is the largest in a four lake chain. The hike begins at either at the Lightning Lake day use Area or Spruce Bay parking.

From Lightning Lake day use the trail travels West towards Spruce Bay or east around the south end of the lake. Taking the west side the trail meanders along the shore of the Spruce Bay and passes by Lone Duck and Lightning Lake Campgrounds. There is a picnic area with tables alongside the lake on this section of trail. The east side passes the junction of the Frosty Mountain trail to stay along the lakeshore. Both trails meet at the scenic Rainbow Bridge where hikers can loop back or continue around the entire lake.

The trail from Spruce Bay heads toward the Lightning Lakes day use area or to Rainbow Bridge and the western shore of the lake. Hikers have the option of shortening the trip by crossing the bridge or continuing down the trail. There are many access trails to the lake along this western side that are great spots for fishing or a dip in the water. This section also passes by the junction of the popular Skyline trail.



Trail List



Maps



MODERATE TRAILS

Lightning Lakes Chain Trail

Length: 12 kilometres one way

Elevation Change: Little elevation change

Estimated Duration: 4 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

This out and back hike travels through a glacially carved valley along the shores of Lightning, Flash, Strike and Thunder lakes. This Engelmann spruce, sub-alpine fir and lodgepole pine forest is home to plentiful bird-species. Look out for three-toed woodpeckers and Rufous hummingbirds in the trees and dippers diving into the water trying to catch fish.

Beginning at Spruce Bay parking the first section of trail follows an old fire road and passes the junction with Skyline I trail. After the junction the trail soon begins to narrow and in 3 kilometres Lightning Lake ends at a junction with a bridge where hikers can cross over to loop around the lake or continue on to Flash Lake. This is a good place to look for beaver in the evening and for spawning rainbow trout in early June.

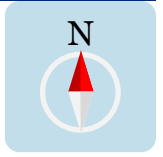
The trail continues to Flash Lake and passes several rock slides that are home to marmots and pika. The western end of Flash becomes thick with grasses and sedges where beavers have built a series of canals and dams to maintain the water level.

At the end of Flash there is also an option to cross a bridge and loop back. Strike Lake is 2 kilometres farther and at the far end is Strike Lake backcountry campsite. There is an outhouse, fire pit and bear cache at the site.

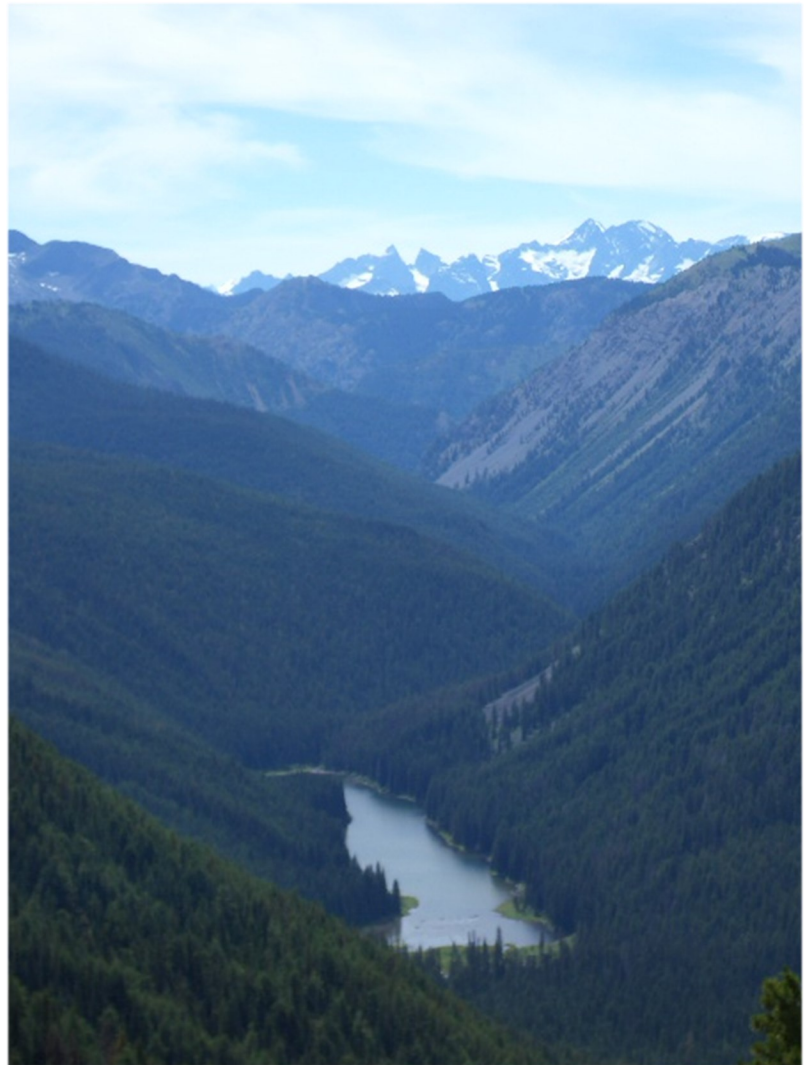
Thunder lake is another 3 km and Strike camp is a good place to fill water bottles. The trail winds through a shady forest with moisture-loving plants and after 10 minutes reaches dryer scree slopes where fireweed



Trail List



Maps

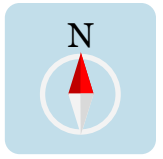


MODERATE TRAILS

grows. The plants are small and grow in clumps, evolved to preserve moisture and to avoid the wind on the dry rocky slopes. After about half an hour of traveling across slippery rocks, the deep turquoise-blue of Thunder lakes is visible. Proceed with caution in this rock slide area. The trail ends at Thunder Lake.



Trail List



Maps



North and South Gibson

Length: North: 3.4 kilometres one way - South: 3.8 kilometres one way

Elevation Change: 125 metres

Estimated Duration: 2.5 hours return

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking, Mountain Biking, Horseback Riding (North Only)

Description:

Beginning at the Strawberry Flats parking lot, these trails parallel the road on either side heading east. Following the winter cross-country trails they meet again at Lightning Lakes campground creating a loop. The North Gibson trail is slightly more challenging but both follow a wide path through a spruce forest on mildly undulating terrain.

MODERATE TRAILS

East Similkameen

Length: 4.7 kilometres one way

Elevation Change: Little elevation change

Estimated Duration: 2 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

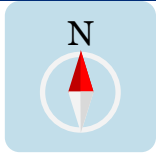
Allowable Activity: Hiking, Horseback Riding, Mountain Biking

Description:

The trail begins at the junction of the West Similkameen and Windy Joe trails, heading east and continuing down the old fire road that the Windy Joe trail follows. Shortly after this junction another trail to the north is passed but this trail is washed out in sections. The East Similkameen trail is similar to the West Similkameen trail in being relatively flat and running parallel to the river. It is not frequented by many hikers but does see use by horseback riders. After 5 km the trail ends at an old crossing over Castle Creek. There was once an old bridge leading to the Monument 78 trail. During the summer months and early fall the creek can be forded on horseback when the creek is low enough.



Trail List



Maps

Three Falls

Length: 4.5 km (2 km along the Strawberry Flats and 2.5 km down the Three Falls trail)

Elevation Change: Little elevation change

Estimated Duration: 2.5 hours one way

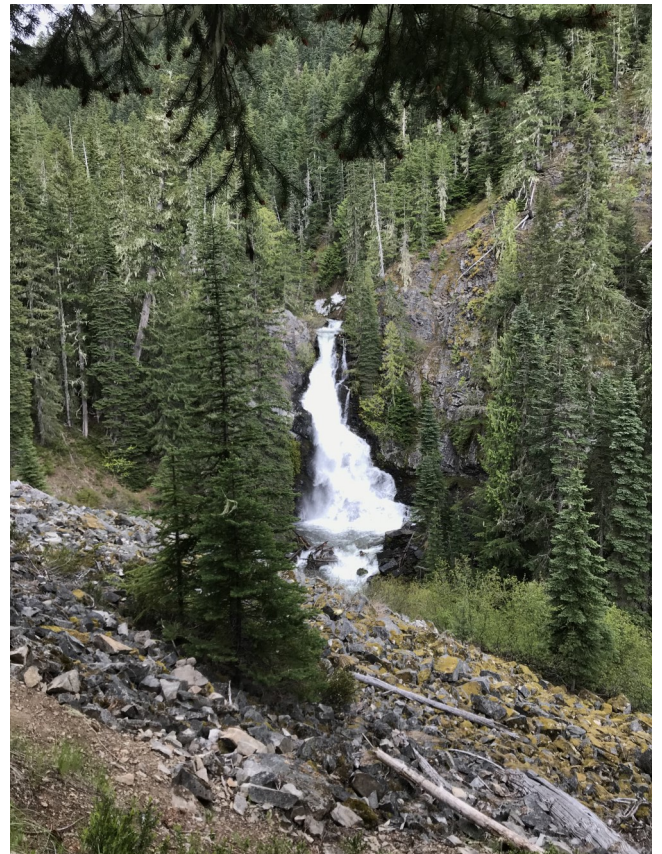
Class Criteria: **Physical difficulty** 1 2 3 4 5

Trail-tread 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

The Three Falls trail starts at the bottom of the ski hill. Hikers park their cars at the Strawberry Flats parking lot and first need to travel the 2 km down the Strawberry Flats trail to access the trailhead. The trail skirts the edge of a small valley weaving through a spruce and hemlock forest. After 3 km the first two falls can be seen one after another. The first is Shadow followed by Nepopekum 100 metres farther. There are landings for hikers to stop and get a better look. The trail ends at Derek falls after 4.5 km. To return to Strawberry Flats hikers follow the same route back.



DIFFICULT TRAILS

Bonnevier

Length: 17 kilometres one way

Elevation Change: 950 metres

Estimated Duration: 8-10 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

The Bonnevier trail is reached from Eastgate behind the Manning Park entrance sign and connects to the Heather trail and the Eastgate Forest Service Road. Once connecting with the Heather trail it is a left and 7 km more to the Lower Alpine parking lot on Blackwall Road.

Coming from the entrance sign at Eastgate the FSR is passed at 3.5 km followed by an old pack trail at 5 km and a nice meadow at 6 km. The last reliable water source is 7 km up the trail. The final 2 km before the Heather trail junction travel through open sub-alpine meadows.

Dewdney

Length: 25 kilometres one way to Paddy's Pond

Elevation Change: 1131 metres

Estimated Duration: 14-16 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5

Remoteness 1 2 3 4 5

Allowable Activity: Hiking, Horseback Riding

Description:

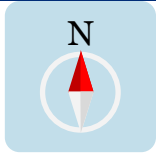
Travelling deep into backcountry of Manning Park and what was formerly known as the Cascade Recreation Area, the Dewdney trail can be an out-and-back, thru-hike or adventurous multi-day loop. It is popular with horseback riders and hikers must yield to them on the trail.

Thru-hiking this trail requires two cars, with one parked at Paddy's Pond on the Whipsaw FSR and the other at the Cascade parking area. It is also common to combine this with the Whatcom trail to make a 20 km loop. A more adventurous loop combines the Dewdney with the Whipsaw FSR, the Hope Pass trail and the Skagit Bluffs trail to make a multi-day loop out of the Cascade parking area. Make sure to not leave valuables in vehicles.

The trail begins at the Cascade Parking lot 12km from Westgate. Following Snass Creek it heads north into a valley straddled by Cascade mountains. The first 2.5 km travel through a Cedar-Douglas Fir forest in this more temperate section of Manning Park and has some brushy areas. After 2.5 km the Dewdney reaches a junction with the Whatcom trail leading to Punch Bowl Pass and Lake.



Trail List



Maps

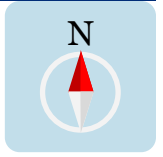


DIFFICULT TRAILS

The Dewdney trail then passes Dry Lake, which only fills up during the spring freshet and dries up by early to mid July. From here it is a steady 12 km climb in a tight valley bottom to Paradise Valley. Look up on the cliffsides for mountain goats and listen for the whistle of hoary marmots in this area.



Trail List



Maps

Snass view camp is past the exit of this valley at the far junction of the Whatcom trail. Fill up water before leaving the valley as there can be limited water at the campsite. Continuing north for 1 km the trail passes the Warburton Loop trail. Tulameen Horse Camp is 3 km farther at the edge of a picturesque meadow below Snass Mountain.

The Junction with the Blackeyes trail connecting to the Hudson's Bay Company Brigade trail is 3 km more. This is named for a Similkameen Chief who aided fur traders in the establishment of the HBC trail. Staying right and heading east will lead to Hubbard Creek camp after 5 km in a nice meadow.

Paddy's Pond and the Whipsaw FSR lie in 3km. Hikers can continue North here to the Whipsaw to connect with the HBC trail, return via the Whipsaw FSR and Hope Pass trail or simply turn back to Cascade parking.

Grainger Creek

Length: 9.2 kilometres one way

Elevation Change: 952 metres

Estimated Duration: 4 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5

Remoteness 1 2 3 4 5

Allowable Activity: Hiking

Description:

Grainger Creek trail takes hikers from coastal temperate forest to sub-alpine at Nicomen Lake. The trailhead is 7 km from Cayuse Flats up the Hope Pass trail starting at Grainger Creek camp. It is a steady 9 km uphill hike through a valley to Nicomen Lake where it connects with the Nicomen Lake and Heather trails.



Hope Pass

Length: 24 kilometres one way

Elevation Change: 1000 metres

Estimated Duration: 10 hours one-way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking, Horseback Riding

Description:

Starting at Cayuse Flats the Hope Pass trail follows the Skaist River to the Whipsaw FSR and Dick's Cabin. Built in 1861 by the Royal Engineers it served as the main commerce route between Hope and Princeton

DIFFICULT TRAILS

for eighty years. The trail was an alternative to the Dewdney trail to avoid the soggy Snass Creek canyon.

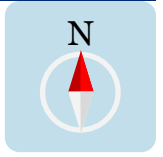
Parking is across highway 3 from the trailhead. After an immediate junction with Skagit Bluff trail leading to the Cascade parking lot, the trail turns right and crosses the Skaist River. Horses must ford the river north of the bridge. After 6 km it crosses over the Grainger Creek at the Grainger Creek backcountry camp and trailhead.

Travelling along the Skaist River through heavy timber and over many creeks, water is plentiful here year-round. At km 19 there is a viewpoint with a view of Skaist Mountain to the north. At km 22 the trail connects with the Nicomen Lake trail at the Marmot City camp. Expect limited water at the camp in late summer.

Dick's Cabin is 1.5 km north of Marmot City and the Dewdney trail connects here via the Whipsaw FSR to Paradise Valley and down to the Cascade parking area. Following the Hope Pass trail east for 3 km from Marmot City leads to its end at the Whipsaw FSR.



Trail List



Maps



Windy Joe

Length: 8 kilometres one way

Elevation Change: 525 metres

Estimated Duration: 4.5 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking, Horseback Riding, Mountain Biking

Description:

This trail leads hikers to the Windy Joe fire lookout on a peak named after Joe Hilton, a local pioneer-trapper. He remarked the mountain top was so windy it was kept snow free. It is a steady gradual climb along an old access road that was once used to transport staff and supplies to the fire lookout.

The Windy Joe trail begins at Gibson Pass Road and follows the West Similkameen trail for 2.1 km before veering off to the right at a junction. Parking is 1 km off Highway 3 just over a bridge on the left.

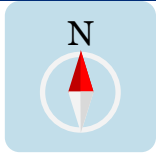
A creek crosses under the trail at 3.5 km and is a good place to fill up water bottles. After 5.5 km is the Pacific Crest Trail (PCT) Junction. That trail leads east 1.6 km to a junction with Frosty Mountain trail or south down to the Canada-United States border. The PCT camp is located just past this junction to the left.

DIFFICULT TRAILS

After hiking 8 km the fire tower is reached at an elevation of 1825 metres where large pieces of rock left by retreating glaciers can be seen. BC Parks has refurbished the tower to be an interpretive feature. It was last used to spot fires in 1965. An outhouse is available just before the summit and picnic tables offer a place to eat and take in the panoramic view.



Trail List



Maps

Monument 83

Length: 16 kilometres one way

Elevation Change: 850 metres

Estimated Duration: 5 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5

Trail-tread 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking, Mountain Biking, Horseback Riding

Description:

The trail starts at the Monument 78/83 parking lot. This parking lot accommodates horse trailers with plenty of room to turn around. After the first hundred metres visitors will cross over the Similkameen river and Chuchuwanteen Creek. The trail then winds through burned lodgepole pine forest and after 2 km the Monument 78 and 83 trails split. Stay left here and the trail gradually ascends for 8 kms to a creek crossing where a more strenuous ascent begins for 6 km to Holdover Peak at the USA-Canada border. Two fire lookouts from different eras sit at the border along with the wooden gravestone of the mysterious rum-runner and prospector Pasayten Pete.



Frosty Mountain Trail

Length: Lightning Lakes Route: 10.4 kilometres one way

Windy Joe Route: 14.2 kilometres one way

Full Loop: 27 kilometres

Elevation Change: 1150 metres

Estimated Duration: 4-6 hours one way or 11 hours loop

Class Criteria: **Physical difficulty** 1 2 3 4 5

Trail-tread 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

Frosty Mountain is the highest peak in the park towering at 2423 m. The trail reaches the safest accessible sub-peak at 2408m after passing through a variety of habitat from lake-side forest to sub-alpine meadows to an ancient mountain larch forest before reaching the alpine summit.

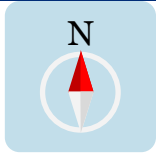


DIFFICULT TRAILS

Traversing a north-facing slope this is one of the last trails in the park to become snow free. It can be extremely dangerous to approach the peak in early summer due to cornices forming along the ridge. Safe access to the peak is usually from mid-July until the first significant snowfall, generally in late September or October. The most popular times to hike Frosty Mountain are in early August during the height of sub-alpine flower season and early October when the mountain larches turn the hillsides to gold.



Trail List



Maps

Frosty Mountain can be hiked out and back or as a loop. To make a loop hikers can use the Little Muddy trail to connect the two starting points. Backcountry campsites are located on either access trail and backcountry camping permits must be obtained for their use.

Lightning Lakes Approach

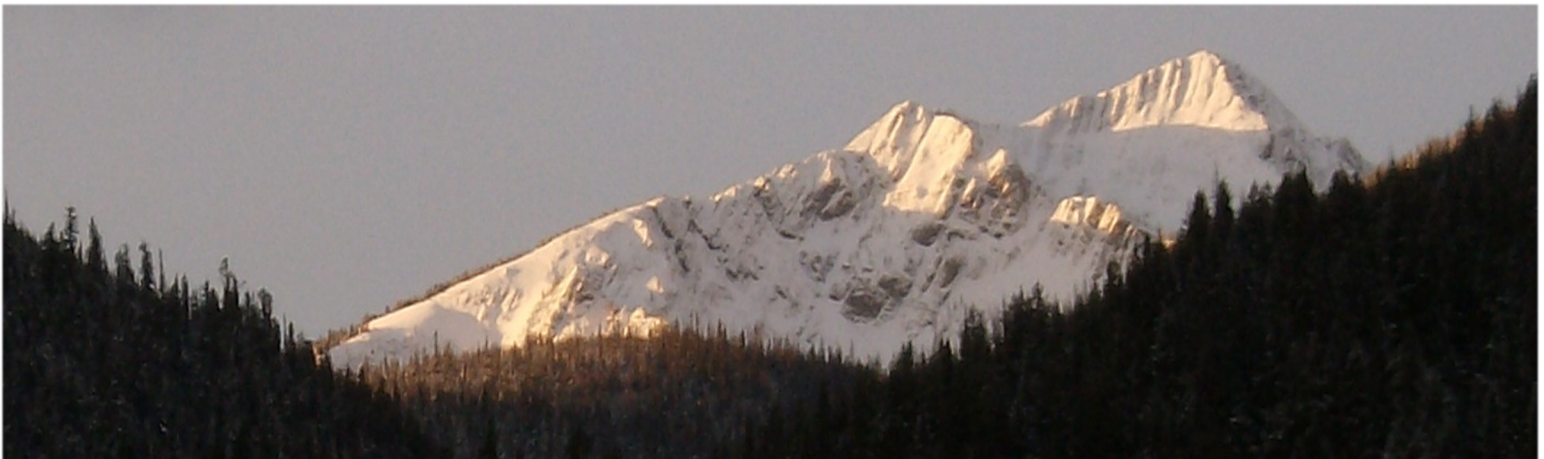
From the day use area walk over the dam at the outflow of Lightning Lake to find the trailhead and junction with Lightning Lake loop trail. The trail switchbacks for 6 km through a lush Englemann spruce and sub-alpine fir forest with several openings to views of Lightning and Flash lakes.

Frosty Creek backcountry camp is at 6.5 km and contains a shelter, outhouse, firepit and creek. This is usually the last opportunity to fill water bottles before the summit. Leaving camp the trail becomes steep for 500 metres until the forest opens as the trail flattens and winds through mountain larches. These larches can live to be more than 2000 years old, thriving in the sub-alpine.

The larch forest ends at about the 8.4 km mark in an alpine bowl beneath both peaks of Frosty Mountain. After 1.5 km of switchbacks up a scree slope the trail comes to a junction. The summit is 600 metres to the right and the Windy Joe approach is to the left.

Windy Joe Approach

The east side of the Frosty Mountain trail starts at the junction with the Pacific Crest Trail. To reach this start at the Windy Joe/PCT trailhead and follow the West Similkameen trail for 2.1 km to the Windy Joe Junction, turn right up the Windy Joe trail for 3.2 km, make another right down the PCT for 1.6 km and turn right again onto the Frosty Mountain trail. It is then a steady and sometimes steep 6.8 km climb through forest, meadow and finally scree slopes. At the top of the ridge is a junction with the west side of the Frosty Mountain trail leading off to the right and the summit 600 metres to the left. Use caution hiking in the rocks and scree.



DIFFICULT TRAILS

Mount Outram

Length: 8.2 kilometres one way

Elevation Change: 1673

Estimated Duration: 6 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

The trail begins at Westgate parking. Most of this challenging trail is outside of the park and is not maintained by BC Parks.

Memaloose

Length: 9 kilometres one way

Elevation Change: 450 metres

Estimated Duration: 4 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

Used as a winter access point for backcountry skiing, this trail starts at the Allison Pass highways works yard and climbs to Poland Lake. Park outside of the gate to ensure your vehicle is not locked in the compound.

Nicomen Lake

Length: 7.5 kilometres one way

Elevation Change: 300 metres

Estimated Duration: 2.5 hours

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

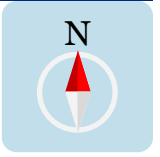
Allowable Activity: Hiking; Horseback Riding

Description:

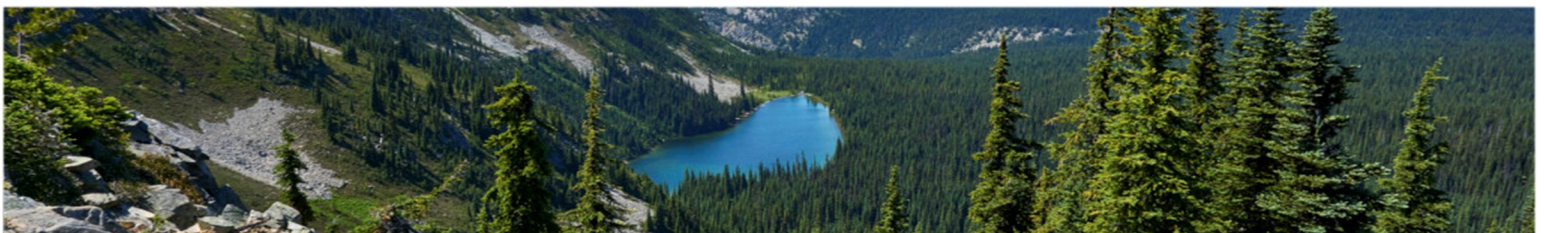
This sub alpine hike travels through meadows from Nicomen Lake to the Hope Pass trail. The trail is physically moderate but in a remote area. Rustic Fido Camp is 1 km from the lake and has very few facilities.



Trail List



Maps



DIFFICULT TRAILS

Pacific Crest Trail (PCT)

Length: 12.2 kilometres one way

Elevation Change: 450 metres

Estimated Duration: 4-5 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

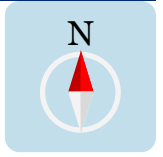
Allowable Activity: Hiking

Description:

The last footsteps of a long journey fall on this trail. Hikers pass through the Northern Terminus of the PCT at the Canadian-American Border completing a 4,300 km journey. The thru-hike runs from Mexican border to the Canadian border. This extension of the trail allows hikers to reach Highway 3 in Canada rather than a longer return to a roadway heading south.



Trail List



Maps

PACIFIC CREST TRAIL HIKER NOTICE

Due to heavy snowfall, extreme avalanche conditions exist on the trail in late spring - early summer. For more information check with BC Parks, Avalanche Canada, and the US Forest Service (Winthrop)

Firearms are not permitted in E.C. Manning Provincial Park

Customs and Permit Information

- Anyone wishing to cross the border must contact both US and Canadian Immigrations for information on the procedures. Both countries border services have occasionally posted personnel at the PCT crossing area. Failure to provide documentation could result in fines and/or indefinite entry suspension.
- Entering the United States must be at a point of entry. The nearest point of entry is the Sumas Border Crossing west of Manning Park. Failure to report may result in arrest.
- Before Entering Canada everyone must contact Canadian Immigration. Canada Customs requires everyone to obtain written permission to enter Canada and report to the nearest customs point of entry and immigration office.

Additional information maybe obtained by contacting the PCT Association

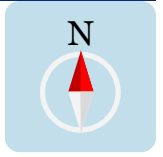
The Pacific Crest trailhead is the same as the Windy Joe and West Similkameen and is located 1 km west of Highway 3 on the Gibson Pass Road. After 2.1 km the trail joins the Windy Joe trail, staying right and gradually climbing to reach the PCT junction after another 3.2 km. There are many creeks along the way to fill water bottles. The trail heads downhill staying left at a junction with the Frosty Mountain trail and

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reaches the PCT backcountry camp after 1.6 km. The camp has an outhouse, bear cache, fire ring and a creek that sometimes runs dry in late summer. The camp also has great views of the Castle and Winthrop creek valleys. From the camp the trail follows the ridge down to castle creek.



Trail List



Maps

The 5.3 km descent ends at Castle Creek where the trail continues over a bridge to Monument 78 camp. This camp has an outhouse, fire ring, corral, bear cache and water source at Castle Creek.

The border is 500 metres south of the camp where two monuments stand. Monument 78 is part of a collection of monuments installed when the border was created. The PCT monument is the twin of the monument found at the Mexican border.

Hikers can return the way they came or hike the Monument 78/Castle Creek trail leading to the Monument 78/83 parking lot. The trail is best hiked in late summer due to flooding from Castle Creek in sections. As of November 2021 the bridge leading to the parking area is washed out.

Poland Lake

Length: 8 kilometres one way

Elevation Change: 435 metres

Estimated Duration: 3-4 hours one way

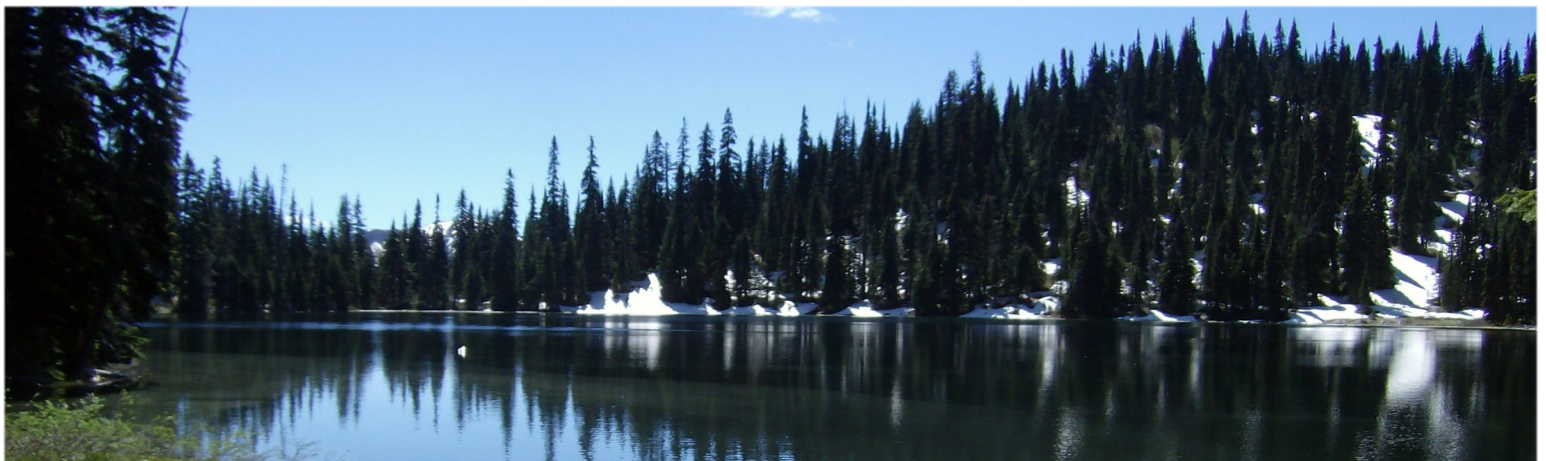
Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking, Horseback Riding, Mountain Biking

Description:

Poland Lake trail is a pleasant day hike for families and quick hikers. It is rated difficult because of its remoteness and some strenuous sections. After passing those sections the trail is quite easy.

The trailhead is located at the Strawberry Flats parking lot. The first 500 m is flat and then it gradually climbs. Once reaching the ski area the route splits for users. To the left hikers will cross under the lift. To the right cyclist and horseback riders will continue to follow the old fire access road. From the ski hill visitors get vista views of Red Mountain, Lone Goat, Snow Camp and Mt. Hozameen.

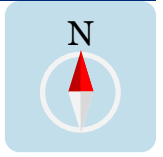


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While traveling up switchbacks here there is a clear view of Nepokum Falls to the south. After crossing over a creek bed the most strenuous climb starts. For 3 km the trail winds through a forest that burned in the 1940s and as a result left spectacular displays of wildflower meadows and plentiful berry shrubs. The switchbacks begin to level out at 4.5 km and the trail skirts around and past the top of the ski hill to meet back up with the cyclist and horseback portion.



Trail List



Maps

Cyclist and horseback riders must travel up the old fire access road as it switchbacks to the top of the ski hill to meet the hiking trail. There is a signpost just past this point as the trail enters the forest and follows an old fire road beneath Grassy Mountain for another 3.5 kilometres to the lake.

Bikes and horses are not permitted past the end of the road and must hike the final 200 metres to the lake. The path around the right side of the lake is generally drier and more hiker friendly. This leads to the Poland Lake backcountry camp and Memaloose trail junction at the far side of the lake. It is situated in a meadow that fills with wildflowers in early August. This camp has a shelter, fire ring, pit toilet and bear cache.

Skagit Bluffs

Length: 5.7 kilometres one way

Elevation Change: 225 metres

Estimated Duration: 2.5 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5

Trail-tread 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

A strenuous trail connecting the Cascade parking lot to Cayuse Flats. It begins at either the Cascade parking lot or Cayuse Flats at the start of the Hope Pass trail. There are steep sections climbing high above Highway 3 as it parallels the road. Benches look out over the highway along the way.



Skagit River

Length: 14.3 kilometres one way

Elevation Change: Little elevation change

Estimated Duration: 4-6 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

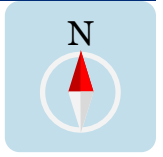
This trail takes hikers into Skagit Valley Provincial Park. Starting from the Sumallo Grove parking lot it travels south crossing over the Skagit river and entering the adjacent park. It follows the river through a temperate

DIFFICULT TRAILS

rainforest with lush undergrowth and towering large trees. DeLacey Camp is 4 km from the trailhead and has good fishing opportunities. Another 9 km of hiking brings visitors into the heart of the Skagit Valley. The trail ends at the junction with the Centennial trail. For more information on hiking, fishing and camping visit the Skagit Valley Provincial Park webpage.



Trail List



Maps

Skyline I

Length: 14.6 km one way

Elevation Change: 775 metres

Estimated Duration: 6 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5

Trail-tread 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

This strenuous hike is famous for its panoramic views and sub-alpine meadows. Connecting Strawberry Flats and Lightning Lakes, it can be made into a 19.6 km loop combined with the Lightning Lakes Chain trail and the South Gibson trail. A large portion of the trail is on an exposed ridge so check the weather before heading out and carry extra water as there are no opportunities to fill up once on the ridge.

Starting at Strawberry Flats parking lot the Skyline I begins 500 m west down the Strawberry Flats trail. It initially heads south through forest and meadows on an old access road for 1 km before narrowing and



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beginning to ascend. A meadow is reached at 3.7 km and is a great spot to bird-watch. Continuing, the trail switchbacks for 1 km more before turning south and passing some great views of Snow Camp, Lone Goat and Red mountains.



Trail List



Maps

The junction to Skyline II is reached at 5.5 km at a fantastic viewpoint of Mt.

Hozameen. Stay left to continue on Skyline I as it takes a sharp turn at this vista point. The trail stays 180 m below the ridge on the south side while traveling east. Sub-alpine meadows along this stretch have a major bloom of wildflowers from mid-June to late July. Please stay on the trail to protect these fragile plants.

For the next 4 km this knolled ridge ascends and descends making for strenuous and exposed travel. Hikers are rewarded with constant panoramic views of Thunder Lake and Mt. Hozameen.

After climbing the last knoll the trail gradually descends for 1.25 km through a burned forest from a 1994 fire. Evidence of helipads and water reservoirs stations can be still found along the trail. Hikers are asked to stay on the trail to reduce erosion in this area. A gradual descent begins after the burn all the way to the valley bottom and a junction with Lightning Lakes Chain trail. From here hikers travel 1 km north to reach the Spruce Bay parking area.

To make this a loop and connect back to Strawberry Flats walk 200 metres up the road and turn left on the South Gibson trail. It is a flat 3.8 km hike from this point to Strawberry Flats.



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Skyline II

Length: 18.6 kilometres one way

Elevation Change: 500 metres gain, 1350 loss to Silver-Skagit Road

Estimated Duration: 7-9 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

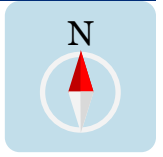
Allowable Activity: Hiking

Description:

A spectacular hike near the Hozameen Ridge through sub-alpine meadows, Skyline II connects to the temperate coastal rain forest in Skagit Valley Provincial Park. The trail starts either from Strawberry Flats parking lot in E.C. Manning Provincial Park or at Nepopekum Loop parking on the Silver-Skagit Road in Skagit Valley Provincial Park. Skyline II leaves the Skyline I trail at the Despair Pass junction.



Trail List



Maps



The first section of trail is a series of switchbacks down to Despair Pass. Once at the bottom hikers skirt the south side of Snow Camp and Lone Goat mountains for 6.4 km while passing through spectacular meadows filled with wild flowers in mid-summer. Looking southwest the Hozameen Ridge stretches south toward the jagged Hozameen summits. The trail heads downward through meadows to Mowich backcountry camp.

Mowich camp offers a place to sleep with an outhouse, fire ring and water source just past the camp. During hot and dry summers the water is not always visible as the creek becomes a trickle.

The Hozameen Ridge trail is a narrow path starting 0.9 km past the camp. It is 3.9 km along a ridge to an amazing up close view of Mt. Hozameen and Hozameen's South Peak.

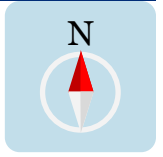
From Mowich camp the return trip to Strawberry Flats is 12.5 km, while Skagit Valley is 13 km farther and down over 1300 metres in elevation. After the junction the trail heads along the Skagit River divide and looks south over Ross Lake. It winds down to the valley through sub-alpine meadows with panoramic views. Fill up water bottles at Mowich Camp if continuing to Skagit Valley as the trail travels through several

DIFFICULT TRAILS

kilometres of meadows with no water source to draw from. After 22.5 km the trail reaches the boundary of the two provincial parks. Shortly before the Silver-Skagit Road the trail intersects with the Centennial trail. Stay left for the Nepopekum Loop parking area.



Trail List



Maps

From Skagit Valley it is 1310m of elevation gain and approximately 5 hours to Mowich camp.

Warburton Loop

Length: 7 kilometre one way

Elevation Change: Little elevation change

Estimated Duration: 3 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5 **Trail-tread** 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

Named after a nurse who was lost for 7 days, the Warburton Loop trail branches off the Dewdney trail. It is still easy to get lost on this seldom-maintained trail.

Starting from the southern end an old homestead is reached after 500 metres. Continuing 1.6 kilometres hikers will find the Warburton Camp in a location that does not match local maps. From here the trail branches to the right or heads straight. Both trails are hard to follow but eventually reach different sections of the Whitecloud Lake trail which travels left for 5 km to the Tulameen FSR. Going right continues on the Warburton loop and returns to the Dewdney trail north of the start.

Whatcom

Length: 9.5 kilometres one way

Elevation Change: 1082 metres

Estimated Duration: 5 hours one way

Class Criteria: **Physical difficulty** 1 2 3 4 5

Trail-tread 1 2 3 4 5 **Remoteness** 1 2 3 4 5

Allowable Activity: Hiking

Description:

The Whatcom trail branches off the Dewdney trail as an alternate route to Paradise Valley. The trailhead is 2.5 km up the Dewdney from the Cascade parking lot. Whatcom climbs 800 m in elevation over 6.5 km before crossing through Punch Bowl Pass to Punch Bowl Lake. Towering southeast of Punch Bowl is Mount Snass and Snazzy Peak, the second and third highest peaks in the park respectively.

The trail continues downhill for 3 km to Snass View backcountry camp and the Dewdney trail connection. From here hikers can loop back to the Cascade parking lot or continue north into Paradise Valley.

