Welcome to Mount Seymour Provincial Park. A semi-wilderness area only 30 minutes from downtown Vancouver, this park has been enjoyed by generations of Lower Mainland residents. The park covers 3,508 hectares and offers viewpoints overlooking the city of Vancouver and Indian Arm Provincial Park.
Established in 1936, the park was named for Frederick Seymour, Governor of British Columbia from 1864 to 1869. Although the first recorded climb of Mount Seymour was made in 1908 by a party from the BC Mountaineering Club, Mount Seymour was virtually unknown to most of the residents of Vancouver and vicinity until the late 1920s. In 1929, members of the Alpine Club of Canada explored the mountain as a potential skiing area and the following year applied for a 21-year lease covering the primary skiing terrain. The Depression years forced the club to drop the lease.

What You Should Know

- Wilderness camping is allowed, but no facilities are provided. Alpine camping is permitted north of Brockton Point. Specific sites are not designated. Campers should choose locations carefully to avoid environmental damage.
- A group campground with cooking shelter for non-profit youth-oriented groups is located near Parking Lot 1. Reservations are required for this site and may be obtained along with further information from Mount Seymour Resorts.
- Day-use/picnicking area with picnic tables and a parking area. Use BBQ stands provided.
- Bring your own drinking water as no potable water is provided.
- Pit and flush toilets.
- Mount Seymour Provincial Park has 14 hiking trails. (See Trails section)
- All anglers must have a valid tidel waters sport fishing licence for salt-water fishing or a valid non-tidal licence for fresh-water fishing. For information on water licences, please refer to the current BC Tidal Waters Sport Fishing Guide. For fresh-water licences, please refer to the current BC Environment Fishing Regulations Synopsis.
- Bicycles must keep to roadways and bicycle helmets are mandatory in British Columbia. Mountain bikes are permitted on the main access road and the designated trails.
- Areas have been set aside for tobogganning and snowshoeing.
- Horseback riding is permitted on the Old Buck Trail from the Old Buck Trail Parking Lot to the Historic Mushroom parking lot, but not recommended because of mountain bikers.
- Note that backcountry areas are usually not suitable for dogs due to wildlife issues and the potential for problems with bears.
- Pets/domestic animals must be on a leash at all times and are not allowed in beach areas or park buildings. You are responsible for their behaviour and must dispose of their excrement.

Park Fees

No fees. The park is open year-round; access depends on weather and snow-load. If required, contact the Regional Office to confirm accessibility.

Trails

Trails of various lengths and difficulty lead to some of the park’s more notable features. Lengths, suggested times (one way unless otherwise noted), and general levels of difficulty are approximate, and based on summer hiking conditions.

Old Buck: Length: 2.3 km to Baden-Powell Trail junction. Suggested time: 45 minutes. 5.5 km to Perimeter Trail junction. Suggested time: 2 hours. Total elevation change: 670 m. Trailhead is located near the park entrances across the road from the Gatehouse. The trail winds its way up to the beginning of the Perimeter Trail following the grade of an old logging road.

Old Buck Access: Length: 1 km. Suggested time: 30 minutes. Elevation change, minimal. Commences by the Vancouver Picnic Area parking lot. This short trail terminates at the junction with the Old Buck Trail. Easy.

Horse Trail: Length: approximately a 2.5 km loop. This trail is used primarily by mountain biking enthusiasts.

The Mushroom Parking Lot: Length: 750 m. Suggested time: 15 minutes from road. Elevation change, minimal. Trail begins just across the road from the Vancouver Picnic Area parking lot and offers hikers an opportunity to experience more of Mount Seymour’s past as it developed toward a major ski area. Moderate. To Easy.

Baden-Powell: The Baden-Powell Trail was a British Columbia Centennial project initiated in 1967 by the Girl Guides and Boy Scouts of Canada. Completed in 1971, the trail connects Deep Cove on Indian Arm with Eagle Ridge Drive near Horseshoe Bay, a distance of approximately 42 km. About 5 km of the trail are in the park and may be accessed from the Baden-Powell picnic area and parking lot located 2 km along the main road from the parking entrance. One section of the trail leads west from here to the Mushroom Trail junction. Length: 1.7 km. Suggested time: 40 minutes. Elevation change, 130 m. The other section leads from the road to park boundary. Length: 1 km. Suggested time: 15 minutes. Elevation change: 100 m. These sections of the trail are considered moderate. Condition of the trail outside park boundaries varies considerably. Please use caution.

Perimeter: Length: 1.5 km. Suggested time: 45 minutes. Elevation change: 240 m. Begins at the Deep Cove lookout and ends at the Goldie Lake Trail junction.

Old Cabin: Length: 430 m. Suggested time: 20 minutes. Elevation change: 25 m. A short connector trail that runs from Parking Lot 1 to the Perimeter Trail junction. Easy.

Dinky Peak: Length: 750 m. Suggested time: 15 minutes. Elevation change, minimal. A short, scenic trail that starts near the Seymour River Valley, or follow trail north from the junction towards Mount Seymour and eventually loop around back down to the parking lot. Moderate. The Dog Mountain, First Lake Trail back to Parking Lot 4 via Mount Seymour Trail serves as a winter route.

Mystery Lake: Length: 1.5 km. Suggested time: 45 minutes. Elevation change: 180 m. A popular summer trail that begins at north end of Parking Lot 4 and follows along the chairlift right-of-way beside Loch Leman. There are no fish in Mystery Lake but it is a refreshing swimming spot on a hot summer day. Moderate.

Elsey Lake: Length: 7 km. Suggested time: 9 to 10 hours return. Elevation change: 500 m. This rugged trail begins on the main Mount Seymour Trail and follows it until the trail divides just before First Pump Peak. The trail is well developed until a point northwest of Gopher Lake where the trail narrows and is marked with flares and tape. Sections of the trail can be extremely rugged and easy to lose in inclement weather. A small backcountry shelter is located at the end of the trail. Only experienced and well-equipped backcountry travelers should hike this trail. Hikers are encouraged to plan their hike early and not to under estimate travel time. Difficult. Closed in winter due to avalanche hazard.

Picnic Areas

Baden-Powell: On the access road 2 kilometres from the park entrance. Two tables and access to the Baden-Powell Trail.

Vancouver Picnic Area: Four tables near the parking lot.

Loch Leman: Several tables are located adjacent to the Mystery Peak chairlift parking lot (summer only).

Commercial Services

A private company operates skiing and other winter sports facilities and offers a variety of services for park visitors.

There are four lifts, a tow, various ski slopes and runs in the alpine ski area. Also available are a ski/snowboard school and ski equipment rentals.

A snowshoer interpretive program is offered during the winter operating season. Check with Mount Seymour Resorts for details.

The cafeteria at Parking Lot 4 offers a selection of meals and refreshments.

For more information contact: Mount Seymour Resorts 1700 Mount Seymour Road, North Vancouver, BC V7G 1L3 Telephone: (604) 986-2261.