

OFFICIAL FREESTYLE SKIING AND SNOWBOARD  
VENUE FOR THE 2010 OLYMPIC WINTER GAMES

# SNOWSHOE TRAIL MAP

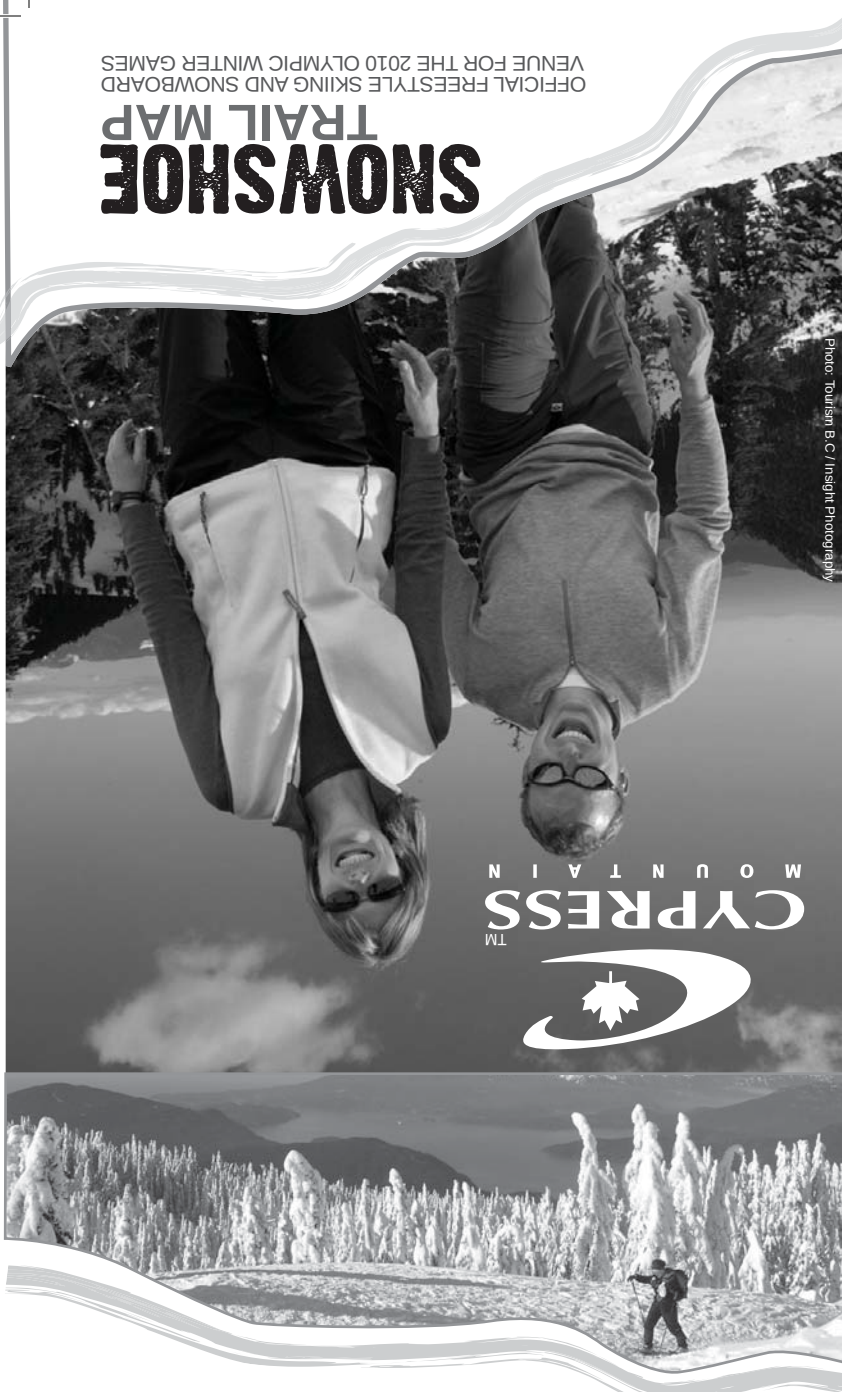
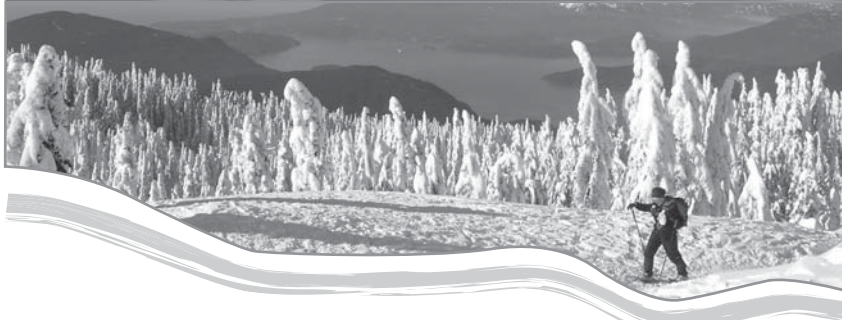


Photo: Tourism B.C. / Insight Photography

CYPRESS  
MOUNTAIN



## TRAIL CONDITIONS + HAZARDS

Be sure to check weather and trail conditions before purchasing your trail ticket. Weather (especially visibility) and trail conditions can change very quickly. Be prepared. All trails may not be open due to snow and other conditions. Trail tickets are required and there are no refunds.

Be aware of natural hazards such as open water, weak snow bridges, open creek crossings, sinkholes (deep wells in the snow where water has melted away the snow), tree wells (like sinkholes—go around, you do not want to fall into one), tree branches (do not let them snap back to hit someone behind you—give others some space), wet or frozen snow falling/avalanching from the tree canopy, and icy conditions (hi-tech snowshoes with crampons work best in these conditions).

The snowshoe trails wind through deep forest. Obvious landmarks may not always be apparent. It may be easy to become disoriented under some conditions. Read the trail signs and consult the trail map regularly. Always be aware of your location.

Cypress also offers a full range of SnowShoe tours, such as a 2-hour tour of Hollyburn Meadows, a 3-hour Starlite Adventure Tour that includes finger food in the Historic Hollyburn Lodge, and a 4-hour Fondue dinner tour.

Cypress also offers discounts for groups of 20 or more—plus the 21st person is FREE! For more information visit [cypressmountain.com](http://cypressmountain.com) or email our group/corporate sales department at [groupsales@cypressmountain.com](mailto:groupsales@cypressmountain.com) or call (604) 913-6712.

## SELF-GUIDED SNOWSHOE TRAILS

In only a few short minutes after leaving the base area you'll feel as though you've entered a whole different world. Our trails meander through scenic meadows and woods. As you wander you'll be surrounded by a wide variety of natural wonders. Huge, snow-covered trees, including some old-growth standing 700 plus years such as yellow cedars or "Cypress" trees, will be your constant companions.

As you watch where you step you will soon realize that yours are not the only tracks out in the woods. You are likely to cross paths with Pine Martens, Lynx, Squirrels and the huge footprints of the Snowshoe Hares. Along the way you will cross natural snow bridges, glance into tree caves and pass numerous snow-covered sub-alpine lakes. Higher up on the mountain you'll be greeted by beautiful open glades and spectacular views.

The Upper Limits Trail will take you to the boundary of our area and connects you to the Hiker's Access Trail (bamboo poles with an orange point on top) which leads to the peak of Hollyburn Mountain and 360 degree views on a clear day!

On your way back down stop at the historic Hollyburn Lodge. Built in 1926, this building is over-flowing with character and good cheer.

## WHAT TO WEAR

Participants should be prepared for changeable conditions with good hiking boots, layered outerwear, water repellent jacket/pants, toques and gloves.

Don't be too concerned by inclement weather as this often adds to the atmosphere of your snowshoe tour, particularly on guided night tours through the forest.



## SNOWSHOEING SAFETY + ETIQUETTE

When using the self-guided trails be sure to sign in and check trail conditions before heading out. Also be sure to SIGN OUT when leaving.

Always stay on the marked self-guided trails (marked by bamboo poles and signage). If you get disoriented retrace your steps to the last marker. Do not over hike the conditions or your ability.

Follow the marked routes; do not wander off the trail to take short cuts or follow other people's tracks. You will get lost and/or be subject to natural hazards. Never separate from your group. (Be sure a responsible person knows your plans so that if you are late returning or get lost, a timely search for your rescue can be put into motion.)

Carry the 10 essentials in your pack—extra clothes, food, water, garbage bag/tarp, whistle, candle/firestarter and matches, flashlight/headlamp with extra batteries, knife, first aid kit, map and compass.

## NO SNOWSHOEING ON CROSS COUNTRY TRAILS EXCEPT FOR SNOWSHOE CROSSINGS.

Please do not snowshoe on the ski tracks—avoid stepping on ski tracks when crossing the ski trails. Look both ways and watch and listen for both skiers and machinery on ski trails. Skiers and machinery have the right of way. Sorry, no dogs allowed on trails for your safety. The above is only a partial list.

## BE SAFETY CONSCIOUS, IT IS YOUR RESPONSIBILITY.

For current hours of operation visit [cypressmountain.com](http://cypressmountain.com)

**604.419.SNOW (7669)**  
SNOW PHONE BROUGHT TO YOU BY BELL





# SNOWSHOE TRAILS



DISTANCE FROM NORDIC BASE TO HOLLYBURN LODGE: 1KM  
 DISTANCE FROM NORDIC BASE TO UPPER WARMING HUT (VIA RIDGE TRAVERSE): 1.5KM

## SELF-GUIDED SNOWSHOE TRAILS

- Easiest
- Moderate
- ◆ Challenging

- |                     |                           |
|---------------------|---------------------------|
| 1 Hollyburn Meadows | 12 Ancient Giants         |
| 2 Burfield Forest   | 13 Snow Gulley            |
| 3 "Strait" Express  | 14 Marr-Giant Connector   |
| 4 Short Cut         | 15 Far East               |
| 5 Tree Island       | 16 Mid-Ridge Connector    |
| 6 Cabin Island      | 17 Cut-Off                |
| 7 Marr Creek        | 18 Lake District          |
| 8 Sitzmark Glade    | 19 Upper Limits           |
| 9 Ridge Traverse    | 20 Table-Top Loop         |
| 10 Upper Glades     | 21 Seventh Lake Short-Cut |
| 11 Ridge Fall Line  |                           |

## POINT OF INTEREST

- A. Hollyburn Meadow
- B. Sapsucker Snag
- C. Snow Tubing Park
- D. Strait Lookout – On a clear day you can see Nanaimo
- E. The Glades
- F. Sitzmark Sinkhole – The largest snowhole on the mountain
- G. Snowbridge
- H. Table Top
- I. Tuning Fork – Distinctive dead snag
- J. Highview Lookout
- K. Clearview Lookout – Peekaboo view of the city
- L. Sitzmark Stand – An old-growth grove of great Western Hemlocks
- M. Lodge Lake Lookout
- N. Old Man of the Mountain – One of the largest old-growth Cypress trees in the Park
- O. Cedar Grove
- P. Private Cabins – Please no trespassing
- Q. Trails End

## REMEMBER...

- Stay on the snowshoe trails
- Follow the bamboo poles throughout our trail system – not the foot prints!
- Be sure to sign in & out of the SnowShoe Registry
- White clearings on this map are XC ski trails. Ski trails are for skiers only. Please cross with care

### Have Fun!

For conditions call the Snow Phone at (604) 419-7669 or visit our website at [cypressmountain.com](http://cypressmountain.com).



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