



# HIKING IN MOUNT REVELSTOKE NATIONAL PARK



Guillaume

Verena Blasy

Mount Revelstoke is a hiker's park. First time or novice hikers can easily access the subalpine backcountry from the Meadows in the Sky Parkway. For many visitors, Mount Revelstoke offers the first chance to stand on the summit of a mountain. In the valleys far below, trails introduce visitors to the inland rainforest of the Columbia Mountains. Use the trail chart below to choose a hike...

Type	Map #	Hiking Trail	Estimated Time (one way)	Distance (one way)	Elevation Change	Trail Description
LOW / MID ELEVATION TRAILS	1	Giant Cedars	15 minutes	0.5 km (loop)	28 m(stairs)	Interpretive boardwalk through old-growth cedar-hemlock forest.
	2	Skunk Cabbage	30 minutes	1.2 km (loop)	5 m	Interpretive boardwalk through rare Columbia Mountain wetland.
	3	Inspiration Woods	1 h (loop)	2.5 km (loop)	133 m	Gentle walk through Columbia Mountain rainforest.
	4	Soren Sorenson 2 km	30 minutes	2 km (loop)	21 m	Multi-use (hiking/biking) trail through interior rainforest.
	5	Soren Sorenson 5 km	1.5 hours	5 km (loop)	63 m	Multi-use (hiking/biking) trail through interior rainforest.
	6	Mount Revelstoke	30 minutes	1.3 km	103 m	Multi-use (hiking/biking) trail connecting the ski jump to the railway museum.
	7	23 Connector	30 minutes	2.2 km	116 m	Multi-use (hiking/biking) trail connecting parkway to Highway 23 North.
	8	Nels Nelsen Ski Jump	30 minutes	1 km	78 m	Explore the historic ski jump where world records were set!
	9	Summit	4-5 h (uphill)	10 km	1 353 m	Early 20th century trail leading from the Nels Nelsen parking lot to the summit. This trail was the first route to the now famous wildflower meadows of the park.
	10	Lindmark	3.5 h (uphill)	8 km	982 m	Steep forested trail starting at Monashee Picnic Area and ending at Balsam Lake below the summit of Mount Revelstoke.
HIGH ELEVATION TRAILS	11	Balsam Lake	10 minutes	0.5 km (loop)	8 m	Trail starts at the Balsam Lake picnic shelter and loops around the small subalpine lake.
	12	Eagle Knoll	30 minutes	.75 km	27 m	A secluded uphill trail with long views of Lake Revelstoke.
	13	Upper Summit	30 minutes	1 km	91 m	Trail passes through subalpine forest, connecting the summit meadows with the parking area.
	14	Firetower	30 minutes	.5 km	11 m	Trail leads to the historic Summit Firetower, with a spectacular 360 degree panoramic view, and a loop connecton to the nearby Parapets viewpoints. Parapets are accessible to wheelchair users, with assistance, (slight grade).
	15	Koo Koo Sint	30 minutes	.7 km	28 m	Learn about David Thompson, the mighty Columbia River and 'Nelson's Mountains'.
	16	Heather Lake	10 minutes	0.4 km (loop)	10 m	Short walk around a subalpine lake.
	17	First Footsteps	30 minutes	1 km (loop)	24 m	First Nations art is found along this trail which loops through subalpine meadows, with views of the 'Icebox' and backcountry.
	18	Miller Lake	2-3 hours	5.5 km	183 m	Beautiful Miller Lake is a short side trip from the Eva Lake Trail.
	19	Eva Lake	2-3 hours	6 km	209 m	Classic subalpine hike over gently rolling terrain leading to high elevation lake.
	20	Jade Lakes	3-4 h to 1 <sup>st</sup> lake	9 km	428 m	Climb over Jade Lake Pass through treeless alpine tundra.
ROADSIDE VIEW-POINTS	A	Revelstoke		km 5 on parkway		Views of the City of Revelstoke and Mount Begbie.
	B	Rainforest		km 6.5 on parkway		Views of a quiet mountainside creek.
	C	Monashee		km 8 on parkway		Views of the Columbia River, Monashee Mountains and Eagle Pass.
	D	Snowforest		km 12 on parkway		Views of the Selkirk Mountains and Columbia Valley.
	E	Internment Camp		km 13 on parkway		Near the site of a World War 1 internment camp.
	F	Bridge Creek		km 16 on parkway		Views of Mount Mackenzie and Albert Peaks.
	G	Panorama Point	5 minutes	0.3 km		Views of Illecillewaet and Columbia river valleys.

● Easy    ■ Moderate    ◆ Difficult

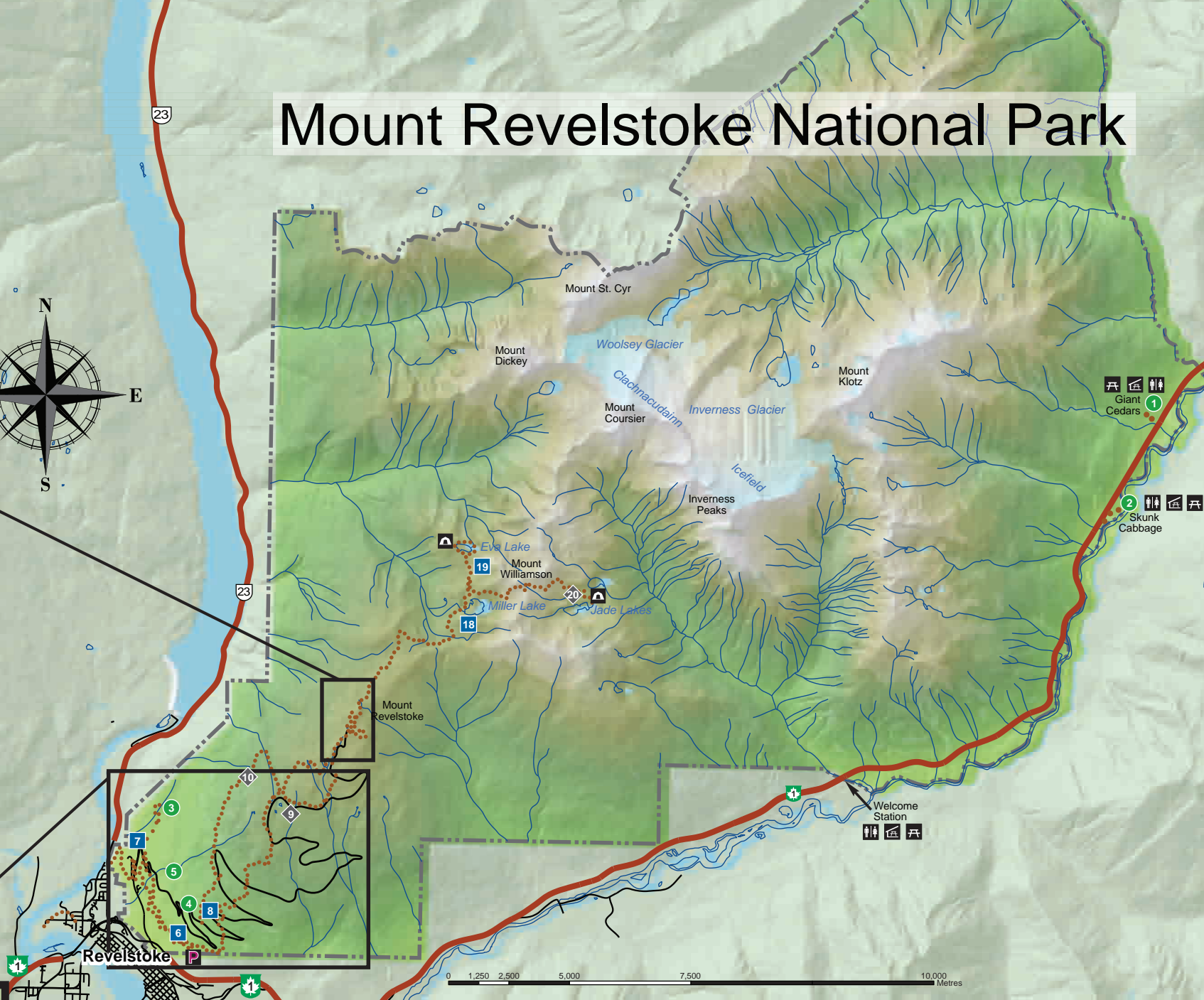
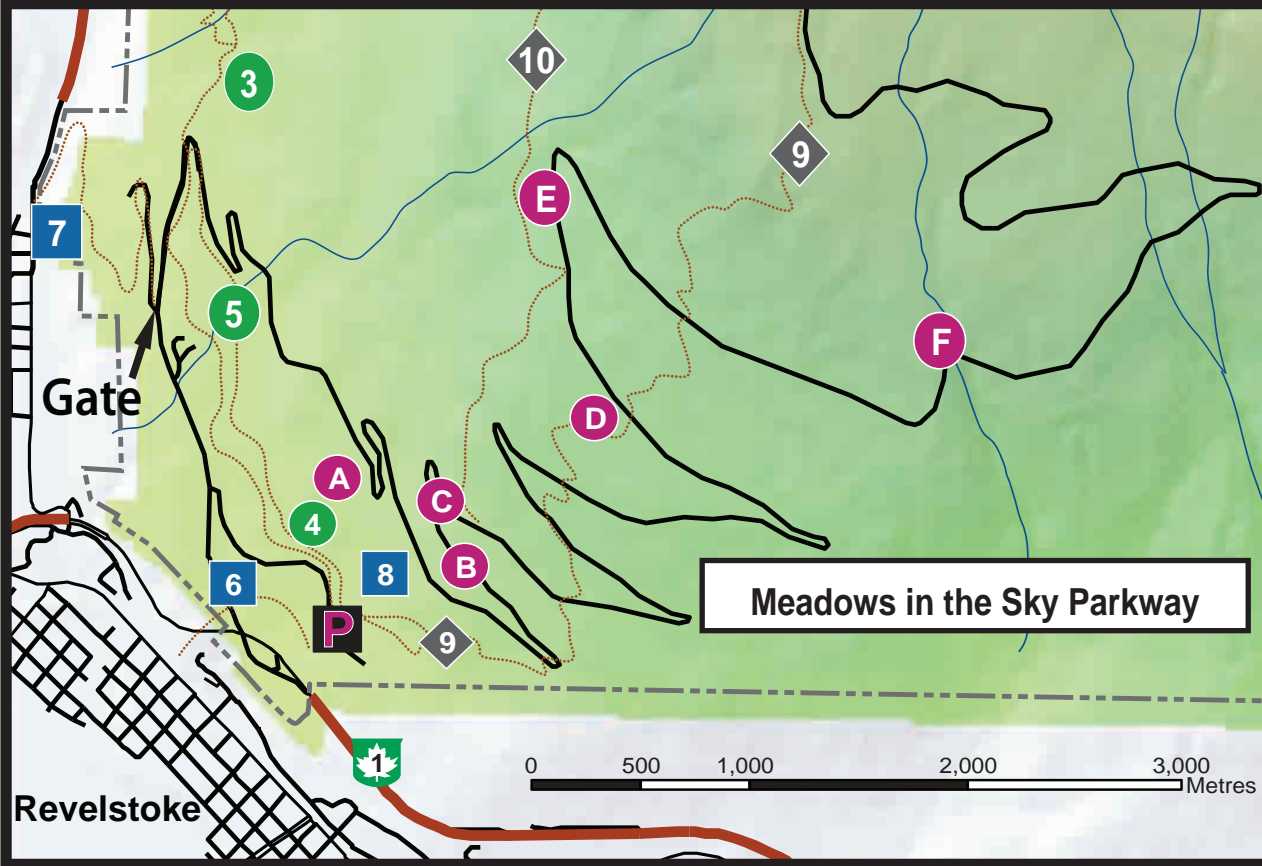
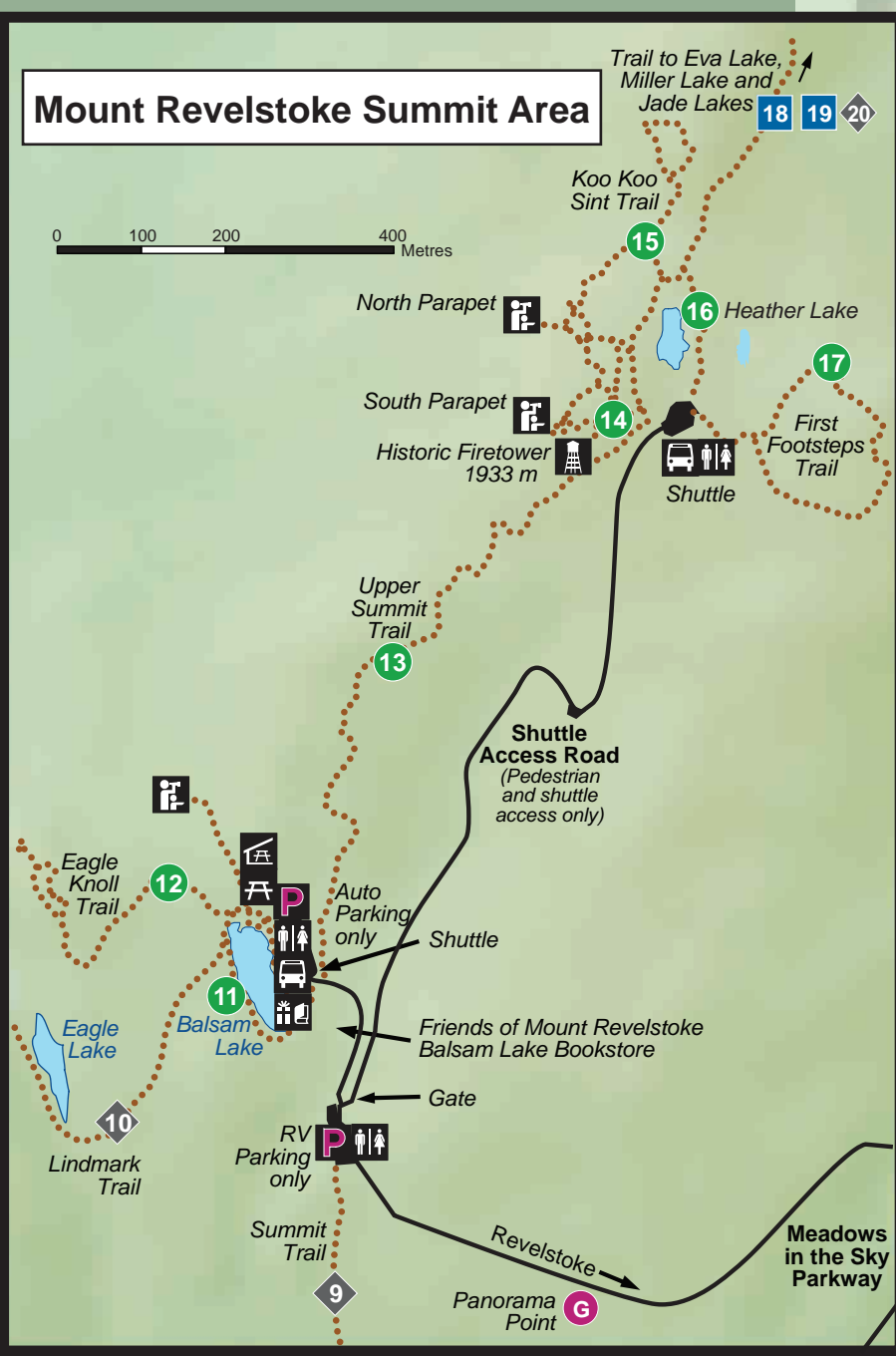
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### Hiking Trails

- 1 Giant Cedars
- 2 Skunk Cabbage
- 3 Inspiration Woods
- 4 Soren Sorenson 2 km
- 5 Soren Sorenson 5 km
- 6 Mount Revelstoke
- 7 23 Connector
- 8 Nels Nelsen Ski Jump
- 9 Summit
- 10 Lindmark
- 11 Balsam Lake
- 12 Eagle Knoll
- 13 Upper Summit
- 14 Fire Tower
- 15 Koo Koo Sint
- 16 Heather Lake
- 17 First Footsteps
- 18 Miller Lake
- 19 Eva Lake
- 20 Jade Lakes

### Roadside Viewpoints

- A Revelstoke
- B Rainforest
- C Monashee
- D Snowforest
- E Internment Camp
- F Bridge Creek
- G Panorama Point



**Meadows in the Sky Parkway**

The Meadows in the Sky Parkway climbs 1600 metres and 26 km to the beautiful subalpine wildflower meadow of Mount Revelstoke National Park.

Along the way you can take advantage of several viewpoints to admire the magnificent scenery in and around Mount Revelstoke. When you arrive at the top, the Meadows in the Sky summit area offers rare mountain-top hiking, photography, strolling and picnicking opportunities.

The Parkway is kept open as snow allows. You can usually expect to reach the summit from late June to late September.

The Parkway is a steep, hard-surfaced mountain road with sixteen switchbacks. Parking at the top is very limited during the peak season. Buses and trailers are not permitted on the Parkway. Trailers may be parked at the Nels Nelsen Historic Area (watch for the trailer parking sign).

The Parkway is closed to traffic overnight, and the gate at the base is locked. As hours change with the seasons, check posted Parkway hours at the welcome station.

### Legend

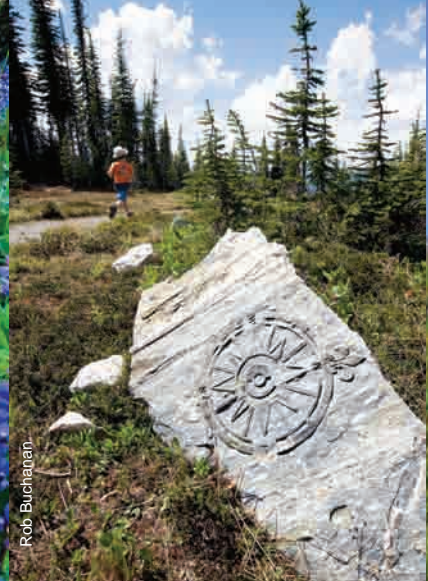
●●●● Trail	🚌 Shuttle bus pick-up and drop-off
— Highway	🚻 Public Restrooms
▬▬▬ Park Boundary	🏠 Picnic Shelter
🏠 Backcountry Campsite	🏠 Picnic Area
📍 Viewpoint	📖 Balsam Lake Bookstore
🗼 Historic Firetower	🅑 Parking



Parcs Canada



Rob Buchanan



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*Gather your family and circle an ancient tree trunk in the world's only inland cedar rainforest at Giant Cedars Boardwalk. Alongside the Skunk Cabbage Boardwalk, wetland plants as tall as children surround the trail. At the historic Nels Nelsen area, let your gaze wander upward to the flight path of daring ski-jumpers from a century ago.*

*Take the Meadows in the Sky Parkway and stand on a mountain summit! The subalpine meadows at the peak explode into colour every August as the wildflower season reaches its apex in Mount Revelstoke. You'll enjoy astonishing views of the snow-capped Selkirk Mountains and the Monashee Range on the western horizon. The summit area and the backcountry can be explored on ten trails, including the classic Columbia Mountains hikes to Eva Lake and Jade Lakes.*

## Plan Ahead and Prepare

Giant Cedars and Skunk Cabbage Boardwalks and Inspiration Woods Trail are safe, gentle rainforest valleys that are the first to open each season. Lindmark and Summit Trails begin in the rainforest on the lower mountain and climb high into the sub-alpine zone. Koo Koo Sint, First Footsteps, Firetower and Eagle Knoll trails are all short trails radiating from the summit area of Mount Revelstoke. There are short steep sections in these trails. Eva, Miller and Jade Lakes trails are backcountry trails. Hikers should be prepared for all conditions, including snow in August.

### Remember, you are responsible for your own safety.

- Get advice from the Parks Canada office in Revelstoke or the Meadows in the Sky Parkway Welcome Station.
- Study trail descriptions and maps before starting.
- Check the weather forecast and current trail conditions, [www.pc.gc.ca/revelstoke](http://www.pc.gc.ca/revelstoke).
- Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water clothing, maps and gear.
- Carry a first aid kit and bear spray.
- Tell somebody where you're going, when you'll be back and who to call if you don't return.
- Travel with a friend or group.
- Be prepared for emergencies and changes in weather.

### Stay on Maintained Trails

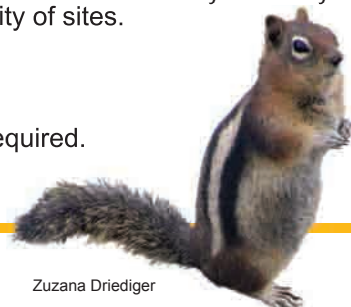
- To prevent trail damage stay on the trail and avoid shortcuts.

### Backcountry

- A park pass and a backcountry camping permit is required for any overnight trip.
- Please confirm with staff at the Meadows in the Sky Parkway Welcome Station on the availability of sites.
- Open fires are not permitted

### Fishing

A National Park fishing licence is required.



Zuzana Driediger

## Safety

**Emergency Dispatch Number: Call 1-877-852-3100.** Tell dispatchers you have a backcountry emergency in Mount Revelstoke National Park and require assistance. **Cell phone reception is unreliable.**

### Keep Wildlife Wild, and Yourself Safer

- Travel in groups and make noise to avoid surprise encounters.
- Do not feed, touch, or approach wildlife. Stay at least 30 to 50 metres away from most animals, and 100 metres away from bears.
- Carry bear spray and know how to use it.
- **Pets must be on a leash at all times.**

### Leave What You Find, and Take What You Bring

- Pack out all garbage, including diapers and food waste.
- Dispose of human waste at least 100 m from any water source. Bury solid human waste in a hole 15cm deep. Pack out your toilet paper.
- Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers, berries, mushrooms and nests are protected by law and must be left undisturbed for others to discover and enjoy.

## More Information

- **Parks Canada Revelstoke Office:** 250-837-7500
- **Website and Trail Conditions Report:** [www.pc.gc.ca/revelstoke](http://www.pc.gc.ca/revelstoke)
- **Weather:** [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)
- **Maps and Guide Books:** Friends of Mt. Revelstoke and Glacier 250-837-2010 or [www.friendsrevglacier.com](http://www.friendsrevglacier.com)

### Done with this Brochure?

Please return for re-use to a park facility or share it with others.

### How was your trip?

Please send us your comments to [revglacier.reception@pc.gc.ca](mailto:revglacier.reception@pc.gc.ca) and report trail problems to park staff.

