



# Sproatt Alpine Trail Network

- Bus:** Take bus #20 (Cheakamus) and exit at Whistler Interpretive Forest
- Parking:** Whistler Interpretive Forest
- No Dogs Permitted** **No E-bikes Permitted**

Mainly used by mountain bikers, the Sproatt Alpine Trail Network has 32 km of multi-use trails and almost 1,000 m of elevation gain. Due to snow in the alpine, the best times for these trails are July to October. Trails can be used in either direction though we recommend climbing *Into the Mystic* and descending *Lord of the Squirrels*. Find an outhouse and Ranger Cabin at the top of *Upper Into the Mystic*.

## Into the Mystic to On the Rocks and Lord of the Squirrels

**Distance:** 19 km  
 **Elevation gain:** 790 m

The Sproatt Alpine Trailhead is located on the *Flank Trail* where *Into the Mystic* starts and *Lord of the Squirrels (LOTS)* ends. For access options, there are several routes highlighted in red on the map.

*Into the Mystic* is a machine-built trail that steadily climbs through an old-growth forest and passes over bridges and boardwalks. Sub-alpine meadows begin to appear just past the turnoff to *LESS*. *On the Rocks* travels through beautiful alpine terrain to a high point with spectacular views. *Lord of the Squirrels* is a long, black-rated, single-track trail down to the *Flank Trail*.

## Rush Hour to Happy Hour and Last Call Return

**Distance:** 5.2 km  
 **Elevation gain:** 193 m

At approximately 3 km along *On the Rocks*, *Rush Hour* will be on your left and descends to a low pass. From here climb up *Happy Hour* to a viewing platform with some of the best views looking down over Alta Lake and the Whistler Valley. Then return via *Last Call* before climbing back up the final portion of *Happy Hour* to Squirrel Lake.

## With a Twist to Ninja Lakes Loop Return

**Distance:** 14 km return (to the Ranger Cabin)  
 **Elevation gain:** 247 m



At the Sproatt Ranger Cabin turn left and follow *With a Twist* to the *Pot of Gold* junction. Follow *Pot of Gold*, which eventually descends to the *Ninja Lakes Loop* and Rainbow Trail Junction. Climb *Ninja Lakes Loop* for outstanding views of Rainbow Mountain and the lakes below before eventually returning to *Pot of Gold*, *With a Twist*, and back to the Ranger Cabin.

## Drinking Water Supply Area

Trails at the top of Sproatt enter Whistler's Drinking Water Supply Area. Note that the red dashed lines are for hiking only.

To protect Whistler's drinking water from contamination, **no camping, dogs, swimming or bathing in the lakes and creeks. Use outhouse provided.**



The RMOW operates the Alpine Trail Ranger Program on Mount Sproatt seven days a week from July to October. Daily Ranger updates available at the Sproatt Alpine Trailhead.

Your enjoyment of these trails comes with a responsibility to minimize your impact:

**DON'T LOVE IT TO DEATH**

**STAY ON THE TRAIL** and take breaks on durable surfaces off the trail

**TAKE ALL GARBAGE WITH YOU** including food waste and tissues

**LEAVE NATURAL OBJECTS** in their original place and condition

**PREVENT THE SPREAD OF INVASIVE SPECIES** by removing mud and debris from shoes, clothing, and equipment

More info at [dontlovetodeath.com](http://dontlovetodeath.com)



Grizzly Bear

## Grizzly Bear & Black Bear Safety

You may encounter both Grizzly Bears and Black Bears on these trails. **Call 1-877-952-7277** or **#7277** on your cell phone to report Grizzly Bears. Trails may close if Grizzly Bears are spotted to keep humans and bears safe. Please also:

- **Avoid surprising a bear:** Talk loudly and slow down if visibility is limited
- If a bear is NEARBY:
  - ✓ **Talk calmly** to identify yourself as a non-threatening human while backing away slowly
  - ✓ **Never run or bike away**, you may trigger a chase
  - ✓ **Leave the area** or take a wide detour
- If a bear ATTACKS:
  - ✓ Use your **bear spray** and then leave the area
- **Never try to move a bear away from a natural food source** just because you want to take that trail

## Adventure Smart

You are responsible for your own safety in the backcountry. Be prepared for changing weather conditions and **bring bear spray.**

**In an emergency call 9-1-1**

- **Make sure someone knows** where you are going and when you expect to return
- **Wear or carry** suitable clothing and proper footwear
- **Know your limits** to avoid injury and exhaustion
- **Bring essentials** including extra food, water and clothing, a cell phone, bear spray, a first aid kit, sun protection, and a flashlight

**AdventureSmart**

More info at [adventuresmart.ca](http://adventuresmart.ca)



## Fire Safety

**No campfires are permitted within the RMOW without a valid permit.**

Outside the RMOW check fire bans and restrictions in the region for information on campfire rules.

**Report smoke and fires by calling 9-1-1**



Whistler is on the unceded shared territory of the **Skwxwú7mesh Úxwumixw** and **Lilwat7úl** (Squamish Nation and Lil'wat Nation) Find out more at the Skwxwú7mesh and Lilwat7úl Cultural Centre  
4584 Blackcomb Way | [slcc.ca](http://slcc.ca)



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