

WHISTLER HIKING TRAILHEADS

EASY – MODERATE

LEGEND

- PARKING
- VIEWPOINT
- NO DOGS
- HIKING TOUR
- BUS ACCESS*
- PUBLIC WASHROOMS
- WATERFALL
- MULTI-USE TRAIL
- 4X4 REQUIRED
- DAY PASS REQUIRED

- 12 PEMBERTON VALLEY LOOP
- 13 NAIRN FALLS TO ONE MILE LAKE
- 14 MOSQUITO LAKE LOOP
- 15 SHADOW LAKE INTERPRETIVE FOREST

PEMBERTON ↓



- 1 **BRANDYWINE FALLS**
Distance: 1 km round-trip
Elevation Gain: None
Time Required: 30 mins
- 2 **CHEAKAMUS LAKE TRAIL**
Distance: 7–14 km (4–8 mi) round-trip
Elevation Gain: 150 m (500 ft)
Time Required: 2–5 hrs
- 3 **WHISTLER INTERPRETIVE FOREST**
Distance: 6 km (4 mi) round-trip
Elevation Gain: 100 m (300 ft)
Time Required: 2–3 hrs
- 4 **ALEXANDER FALLS**
Distance: 2.4 km (1.5 mi) round-trip
Elevation Gain: 90 m (295 ft)
Time Required: 1 hr
- 5 **TRAIN WRECK TRAIL**
Distance: 5 km (3 mi) round-trip
Elevation Gain: Minimal
Time Required: 1–3 hrs
- 6 **WHISTLER OLYMPIC PARK HIKES**
See back for more details.
- 7 **BLACKCOMB ASCENT TRAIL (LITTLE BURN / BIG BURN)**
Distance: 3 km (1.8 mi) one-way
Elevation Gain: 568 m (1,865 ft)
Time Required: 1.5 hrs
- 8 **A RIVER RUNS THROUGH IT**
Distance: 7.2 km (4.5 mi) round-trip
Elevation Gain: 168 m (550 ft)
Time Required: 2 hrs
- 9 **RAINBOW FALLS TRAIL**
Distance: 2 km (1.2 mi) round-trip
Elevation Gain: 150 m (450 ft)
Time Required: 1 hr
- 10 **EMERALD FOREST**
Distance: 3.1 km (1.9 mi) round-trip
Elevation Gain: 91 m (299 ft)
Time Required: 1 hr
- 11 **ANCIENT CEDARS TRAIL**
Distance: 5 km (3 mi) round-trip
Elevation Gain: 150 m (450 ft)
Time Required: 2–3 hrs
- 12 **PEMBERTON VALLEY LOOP**
Distance: 7.7 km (4.8 mi)
Elevation Gain: 262 m (860 ft)
Time Required: 2.5 hrs
- 13 **NAIRN FALLS TO ONE MILE LAKE**
Distance: 8 km (5 mi) round-trip
Elevation Gain: 394 m (1,290 ft)
Time Required: 3 hrs
- 14 **MOSQUITO LAKE LOOP**
Distance: 5.6 km (3.5 mi) round-trip
Elevation Gain: 242 m (794 ft)
Time Required: 2 hrs
- 15 **SHADOW LAKE INTERPRETIVE FOREST**
Distance: 5 km (3.1 mi) round-trip
Elevation Gain: Minimal
Time Required: 2 hrs

HEADING OUTDOORS?
LEAVE A TRIP PLAN.
ADVENTURESMART.CA

DISCOVER THE
GO WHISTLER TOURS APP

- SELF-GUIDED TOURS IN WHISTLER
- ◆ Art & Storytelling of the Skw̓w̓w̓7mesh and Lilwat7úl
 - ◆ Legacies of the 2010 Olympic & Paralympic Winter Games
 - ◆ Whistler's Cultural Connector

WHISTLER.COM/SELF-GUIDED-TOURS



WHISTLER BLACKCOMB ALPINE TRAILS
Purchase a lift ticket and explore a variety of high alpine trails. Visit whistler.com/hiking for details and hours of operation.

PET OWNERS
Pets must be kept on leash at all times, except in designated off-leash parks.



Know Your Impact. Respect And Protect Our Communities.



Parking



Viewpoint



No Dogs



Hiking Tour



Bus Access*



Public Washrooms



Waterfall



Multi-Use Trail



4x4 Required



Day Pass Required

1 BRANDYWINE FALLS: Drive 16 km south of the Village on Hwy 99 to Brandywine Falls Provincial Park. Take a short walk along Brandywine Creek to the rail track and observation platform, where you'll see spectacular waterfalls and volcanic views of Daisy Lake and Black Tusk.



2 CHEAKAMUS LAKE TRAIL: Head south from the Village on Hwy 99 and turn left at Cheakamus Lake Rd. In less than 1 km, turn left onto Cheakamus Lake FSR. Follow the gravel road for approximately 7 km to the parking lot at the trailhead. Enjoy riverside hiking, lakes and glacier views, and be sure to bring a picnic. Day Use Pass Required; available in advance online at bcparks.ca/reservations/day-use-passes.



3 WHISTLER INTERPRETIVE FOREST: Travel 8 km south on Hwy 99 from the Village, turn left at Function Junction and park in the lot immediately to the left. Alternatively, take bus #20 or #20x from the Village. The 3,000 ha forest includes two educational trails that follow the Cheakamus River. Head up the Farside trail, cross the suspension bridge and down the Riverside Trail to return to the Trailhead. Alternatively, turn upstream at the suspension bridge to visit Loggers Lake. From there you can do the Crater Rim trail, which adds roughly 3.5 km. The Crater Rim trail sign is on your left just before reaching Loggers Lake, where you will start heading uphill. Follow the signs and either take the Lower Ridge trail to get down, creating a loop, or head back the way you came. Download a map or GPS file in advance as there is little to no cell reception and it's easy to end up on the wrong trail.



4 ALEXANDER FALLS: Head south from the Village for approximately 10 km and turn right onto Callaghan Rd. Continue for another 10 km to reach the falls on left side. Fantastic viewing platform right at the car park with amazing views of the falls.



5 TRAIN WRECK TRAIL: Travel 8 km south on Hwy 99 from the Village and turn left at Cheakamus Lake Rd. Follow the road to Legacy Way and turn right after the bridge on Jane Lakes Rd. Parking is also available at Bayly Park. Follow the trail to the Train Wreck. Note you can also take this route to reach Brandywine Falls, which is part of the much larger Sea to Sky Trail for a 22 km (13 mi) round-trip.



6 WHISTLER OLYMPIC PARK HIKES: Head south from the Village on Hwy 99 and turn right onto Callaghan Rd to reach the park. Hiking is free in summer, and you can opt for a variety of beginner, intermediate or advanced routes, including the infamous 'Ski Jump Scramble'. Bring your discs for a round of free frisbee golf and treat yourself to refreshments in the Day Lodge after your hike.



7 BLACKCOMB ASCENT TRAIL (LITTLE BURN / BIG BURN): Head to the base of Blackcomb Mountain and look for the Ascent Trail signs next to the gondola. Note that Little Burn (the first part of the trail) and Big Burn (the second section) are the only intermediate trails. After completing these, you can turn off and take the gondola back down to the Village. Heart Burn (the third section) is a challenging, steep hike to the top of the mountain. To descend via the gondola, lift ticket must be purchased before ascending, no tickets available on-mountain.



8 A RIVER RUNS THROUGH IT: From the Village, head north on Hwy 99 to Alpine Meadows and turn left onto Alpine Way. At the three-way stop, turn left onto Rainbow Drive, which becomes Alta Lake Rd. Drive 7 km and look for the trailhead on the left—park here or at Rainbow Park. This trail showcases Whistler's iconic west coast trail building through cedar forests, bridges and creeks.



9 RAINBOW FALLS TRAIL: From the Village, head north on Hwy 99 to Alpine Meadows and drive 7 km on Alta Lake Rd and look for the trailhead on the right—park here. Starting on the left side of the parking lot, follow the Rainbow trail up to the Rainbow Falls spur for a quick out and back view of the falls. Then continue up the Rainbow Trail to the access road and follow the signs to the Flank Trail and 21 Mile Bridge. Continue over the bridge and keep right to return back to the trailhead and parking area.



10 EMERALD FOREST: Park and start at the end of Lorimer Road. Alternatively drive north from the Village and park at Meadow Park for a short walk to access the trail. The Trailhead is just north of the railway tracks. Ideal for families.



11 ANCIENT CEDARS TRAIL: From the Village, head north on Hwy 99 and turn left onto 16 Mile Forest Service Rd, just past Green Lake. Follow signs for Cougar Mountain and park at the trailhead in approximately 5 km. Trail climbs steeply for 150 m, then levels for an easy scenic loop through Cedar Grove, where 1,000-year-old trees grow up to 12 m in circumference. Expect variable road conditions on the access road.



12 PEMBERTON VALLEY LOOP: Drive to Pemberton and park in any available parking space in the area near Mile One Eating House. The loop runs along the Arn Canal, so you can join the track anywhere to start the loop and enjoy the scenery of the Pemberton Valley.



13 NAIRN FALLS TO ONE MILE LAKE: Drive to Pemberton and park at the Nairn Falls Campground or at Mile One Lake. Alternatively park near the Pemberton Visitor Centre then stroll over Pemberton Creek to One Mile Lake. To just visit the falls viewpoint for a shorter hike, the Nairn Falls trail is a 2.6 km return trip.



14 MOSQUITO LAKE LOOP: Drive 40 km north of the Village, pass Pemberton, and turn left onto Pemberton Farm Rd. Follow this road, then turn right onto Linda Rd and right again onto Mosquito Lake Rd. This loop offers a beautiful wooded stroll and lake views.



15 SHADOW LAKE INTERPRETIVE FOREST: Drive 17 km north of the Village, then access trailhead from Soo River Forest Service Rd. Additional parking lot located on adjacent, east side of Hwy 99. Explore a coniferous forest that grew after a massive forest fire in the 1920s, Shadow Lake and a spur trail to the Soo River.



GENERAL BEAR SAFETY

Please help keep Whistler safe for bears and people.

- ◆ Never approach a bear.
- ◆ Never run away from a bear. Stay calm & back away slowly.
- ◆ Ensure bears never have access to food or garbage.
 - ◆ Use bear-proof garbage bins.
 - ◆ Carry out ALL garbage when using parks and trails.
 - ◆ Don't leave food or food packaging in vehicles.
- ◆ Keep dogs on-leash.

Learn more at whistler.ca/bears

FIRESMART

Whistler is surrounded by beautiful forests. Enjoy all they have to offer but know that Whistler is a high-risk wildfire area. Do your part to prevent wildfires. Check fire danger ratings, follow campfire bans, and extinguish all smoking materials.

To report a wildfire or irresponsible behaviour call *5555

Learn more at whistler.ca/fire or call 1.888.3.FOREST

*BUS ACCESS

Bus fare and route info: learn more at whistler.com/getting-around/transit.




Get insider tips on things to do, restaurant suggestions, directions and visitor information.

Need assistance? Just Ask Whistler!

 Facebook Messenger @GoWhistler

 WhatsApp 1.604.265.9600

 SMS 1.604.265.9600 (Standard SMS/text rates apply)



WHISTLER.COM/CHAT