

WHISTLER HIKING TRAILHEADS

MODERATE / DIFFICULT

LEGEND

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



- 1 SEA TO SUMMIT**
Distance: 6.5 km (4 mi) one-way
Elevation Gain: 918 m (3,011 ft)
Time Required: 3–5 hrs
- 2 HELM CREEK**
Distance: 26 km (16.1 mi) round-trip
Elevation Gain: 920 m (3,018 ft)
Time Required: 9 hrs
- 3 WATERSPRITE LAKE**
Distance: 17 km (10.5 mi) round-trip
Elevation Gain: 660 m (2,165 ft)
Time Required: 7 hrs
- 4 THE CHIEF**
Distance: 5.8 km (3.6 mi) round-trip
Elevation Gain: 657 m (2,155 ft)
Time Required: 3 hrs
- 5 RUSSET LAKE**
Distance: 32 km (19.9 mi) round-trip
Elevation Gain: 1,647 m (5,403 ft)
Time Required: 10–12 hrs
- 6 GARIBALDI PROVINCIAL PARK**
Distance: 30 km (18.6 mi) round-trip
Elevation Gain: 1,520 m (4,986 ft)
Time Required: 11 hrs
- 7 SPROATT ALPINE TRAILS**
 See back for more details.
- 8 CALLAGHAN LAKE**
 See back for more details.
- 9 WHISTLER BLACKCOMB ALPINE TRAILS**
 See back for more details.
- 10 BLACKCOMB ASCENT TRAIL**
Distance: 6.3 km (3.8 mi) one-way
Elevation Gain: 1,200 m (3,937 ft)
Time Required: 3 hrs
- 11 RAINBOW LAKE TRAIL**
Distance: 16 km (10 mi) round-trip
Elevation Gain: 850 m (2,600 ft)
Time Required: 5–6 hrs
- 12 SKYWALK TRAIL**
Distance: 20 km (12 mi) round-trip
Elevation Gain: 1,100 m (3,300 ft)
Time Required: 7–9 hrs
- 13 PARKHURST GHOST TOWN**
Distance: 13.6 km (8.5 mi) round-trip
Elevation Gain: 230 m (754 ft)
Time Required: 3–5 hrs
- 14 WEDGEMOUNT LAKE**
Distance: 14 km (8 mi) round-trip
Elevation Gain: 1,200 m (3,700 ft)
Time Required: 6–8 hrs
- 15 JOFFRE LAKES**
Distance: 7.4 km (4.6 mi) round-trip
Elevation Gain: 464 m (1,522 ft)
Time Required: 4 hrs



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](https://whistler.com/chat)



DON'T LOVE IT TO DEATH

KNOW YOUR IMPACT. RESPECT AND PROTECT OUR COMMUNITIES.

- ◆ Leave it cleaner than you found it.
- ◆ Remember that no garbage is appropriate, even organics such as orange peels, apple cores or biodegradables like tissue.
- ◆ Take only memories and pictures, leaving any wildflowers for all to enjoy.

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.

HEADING OUTDOORS? LEAVE A TRIP PLAN.

[ADVENTURESMART.CA](https://adventuresmart.ca)

Explore Alpine Trail Runs.

WHISTLER.COM/TRAIL-RUNNING



Parking



Viewpoint



No Dogs



Hiking Tour



Bus Access*



Public Washrooms



Waterfall



Multi-Use Trail



4x4 Required



Day Pass Required



Grizzly Habitat

1 SEA TO SUMMIT: Drive south to the Sea to Sky Gondola parking lot to start this hike. You'll start by following the trail markers for the Stawamus Chief Hike, then turn off to follow the Sea to Summit trail up the mountain to the top of the gondola. If you plan to download on the gondola rather than hike back down, you'll need to purchase this ticket at the base of the gondola before your hike (your pup can download with you).



2 HELM CREEK: Head south from Whistler and turn left onto Cheakamus Lake Rd to park at the Cheakamus Lake parking lot. Follow the Cheakamus Lake trail for the first 1.5 km before turning off to the Helm Creek trail. This is a great route to Panorama Ridge with camping options. Day Use Pass Required; available in advance online at bcparks.ca/reservations/day-use-passes.



3 WATERSPRITE LAKE: Drive south from Whistler and turn left onto the Mamquam River Forest Service Rd in Squamish. This day hike takes you up to the beautiful emerald Watersprite Lake, and promises views over the valley and Garibaldi Provincial Park. Download maps in advance — no cell service on trail.



4 THE CHIEF: Head south to Squamish and drive past Stawamus Chief Provincial Park entrance, turn around at the lights (Darrell Bay Rd/Shannon Falls Rd intersection) and head back north. Turn right off the highway into The Chief parking area. Aim to arrive early on weekends as this popular hike can get busy.



5 RUSSET LAKE: The trailhead starts just behind the Gondola Transit Exchange in the Village. The first 12.5 km (about 7.77 mi) runs through the forest alongside the Fitzsimmons Creek where you will gain most of your elevation. You will come to a junction, keep left to follow the sign to Russet Lake. After about 3 km you will reach the Kees and Claire hut, follow the trail down to the lake from here. Camping is available with a reservation only; available in advance online at bcparks.ca/reservations.



6 GARIBALDI PROVINCIAL PARK: The Garibaldi Provincial Park is home to the Black Tusk, Panorama Ridge and Garibaldi Lake hikes. Head south from Whistler and park in the Rubble Creek parking lot. All these challenging hikes require a full day, so many hikers will camp overnight at Garibaldi Lake or Taylor Meadows. The first part of the hike takes you to Garibaldi Lake, and from there you can continue up to the Tusk or Panorama Ridge. The final part of the Black Tusk trail requires a scramble up the Tusk itself, so it should only be attempted by confident, experienced climbers with appropriate gear and knowledge. Day Use Pass and/or Camping Pass Required; available in advance online at bcparks.ca/reservations.



7 SPROATT ALPINE TRAILS: Park at Whistler Interpretive Forest parking lot and cross the highway over to Function Junction, to Forecast Coffee. The trail starts behind Forecast. Head up the Flank Trail to Into The Mystic trailhead. Multiple options exist into the alpine including On The Rocks, Happy Hour or Ninja Lakes connecting to the Rainbow Trail. No dogs above the Flank Trail.



8 CALLAGHAN LAKE: Head south from Whistler and turn right onto Callaghan Valley Rd. There are several great hikes up and around Callaghan Lake, including Gin Peak, Conflict Lake and the Cirque Lake Trail. Dogs are welcome here, but be very wary of wildlife such as bears and cougars.



9 WHISTLER BLACKCOMB ALPINE TRAILS: There are more than 50 km of hiking trails laced across Whistler and Blackcomb mountains, all with various difficulty levels and lengths. You will need to purchase a sightseeing pass to upload on the gondola to access the trails, and be sure to check the trail status before you go as some areas don't open until later in summer. whistler.com/about-whistler/maps/#hike



10 BLACKCOMB ASCENT TRAIL: Head to the base of Blackcomb Mountain and look for the Ascent Trail signs next to the gondola. The Blackcomb Ascent Trails are comprised of Little Burn, Big Burn and Heart Burn. These trails wind all the way up the mountain to the Rendezvous Lodge, but it's a long uphill trek to reach it, so bring plenty of water and snacks for the trip. Taking the gondola back down is recommended. To download via the gondola, lift ticket must be purchased before ascending, no tickets available on-mountain.



11 RAINBOW LAKE TRAIL: From the Village, head north on Hwy 99 to Alpine Meadows and park at the trailhead or at nearby Rainbow Park. The lake is one of the most scenic areas in Whistler, especially in mid-summer when the wildflowers are in full bloom. Camping or swimming is not permitted at Rainbow Lake, as it is a watershed area. Camping is available by continuing to Hanging Lake.



12 SKYWALK TRAIL: Head north of the Village and park at Meadow Park Sports Centre, or take the bus and head to Mountain View Drive. After the signboard at the end of the road, immediately turn left and head uphill. This huge loop hiking trail takes you via both Iceberg Lake and Screaming Cat Lake, into the rugged alpine and back out again for a challenging yet rewarding full-day hike.



13 PARKHURST GHOST TOWN: Park in the Village Day Lots and walk the Lost Lake Trail to Green Lake Lookout. Continue in Sea to Sky Trail for 3.5 km and you will come to two hydro towers #52-3 and #85-3, stay on the road and do not take Sea to Sky Trail any further. Within approximately 100 m take trail off to the left (look for rock that says "Parkhurst" around the entrance).



14 WEDGEMOUNT LAKE: Travel north on Hwy 99 past the end of Green Lake and take the first road on the right. Cross the rail tracks and Green River, then take a left. Turn right after the power lines, then left onto a logging road. Follow the steep road for several kilometres and park at the trailhead. The very steep, challenging trail offers spectacular views of Wedgemount Lake, glaciers and the valley below.



15 JOFFRE LAKES: Head north from Whistler, past Pemberton, and park in the Joffre Lakes parking lot. This moderate track introduces you to three beautiful lakes, with the first right next to the parking lot and the last at Upper Joffre Lake below the Matier Glacier. Day Use Pass Required; available in advance online at bcparks.ca/reservations/day-use-passes.



ALPINE BEAR SAFETY

Whistler has made a commitment to support grizzly bear recovery. This trail is located in an environment inhabited by grizzly bears.

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.

Stay safe and 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.