

## Hiking

The 7,000 acres of pristine wilderness at Island Lake provides countless hiking opportunities. Whether you are interested in a 30-minute stroll or a full day hike, Island Lake will help you reach your goal. Our variety of programs allow you to choose an option best suited to your needs. From joining a Discovery Walk or Adventure Hike to choosing a privately-guided trip or self-guided tour, the wonders of Island Lake are yours to explore.

## Discovery Walks

Guided Discovery Walks are great for all ages and abilities. Learn about plants and animals unique to our Old Growth Forest and Mountain Lake. From massive 800-year-old Western Red Cedars to tiny, wild strawberries, these walks offer new discoveries around every corner.

## Adventure Hikes

Guided Adventure Hikes allow guests to experience one of the many trails that travel beyond the Old Growth Forest. Explore the vivid surroundings and learn about the local and diverse wildlife enroute to summits where stunning views await you.

## Hiking Series

Mountain Pursuits and Island Lake Lodge are pleased to present specially designed day hikes for this summer's Hiking Series. Back by popular demand – and in its 5th summer – the Hiking Series runs a number of group hikes through the summer. Join one of these fully guided educational hikes and experience everything the Elk Valley has to offer.

## Guided Hiking Programs

### Privately Guided Hiking

Our professional guides will lead you to discover places you may not have visited on your own, from alpine meadows to rugged mountain peaks. Your guide will work closely with you in choosing enjoyable and appropriate objectives and tailoring the hike to your preference.

### Backpacking Trips

Venture high into alpine meadows, camp out beneath the peaks, and experience the solitude of sleeping under the stars. Backpacking trips offer a great opportunity for wildlife viewing with a good chance of seeing mountain goats, elk and deer.

## Experience Summer at Island Lake

## Hiking at Island Lake



Guided Hiking  
Old Growth Forest  
Discovery Walks  
Wildlife and Nature



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The lodge is located 10km up Cedar Valley Road.  
Travel north off Hwy 3 through Fernie Provincial Park.



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Explore the wonders

# island lake TRAIL MAP



### LEGEND

- Hiking Trail
- Route (Rough Trail)
- Cedar Valley Road
- Lizard Creek
- ◄ Trail Head
- ▽ Peak Elevation
- 🏠 Island Lake Lodge
- 🧑‍🦲 Fernie Trails & Ski Touring Club

## Island Lake Hiking Trails

● LAKE TRAIL (2 km, 1 hr) & FIR TRAIL (3 km, 2 hrs)

**Rating:** Easy **Access:** From the trail head below the Bear Lodge, head down the trail to the lake and follow the signs. **Highlights:** Allows for a gentle hike around Island Lake following lunch or dinner or when your time is limited. The Fir Trail wanders through the legendary Old Growth Forest of the upper Cedar Valley.

● RAIL TRAIL (3km, elevation gain 50 m)

● OLD GROWTH TRAIL (1 km, elevation gain 250m)

**Rating:** Easy **Hiking Time:** 45min -1hr each  
**Access:** The Rail Trail starts at the base parking area, 30m past the Island Lake gate and finishes at the Old Growth Trail head. The Old Growth Trail then tours through ancient cedars, finishing at the lodge. **Highlights:** Historical railway, lumber mill sites and old growth cedar trees. These trails are steeped in the Elk Valley's history.

● SPINEBACK TRAIL (3.5 km, elevation gain 530m, 3-4 hours)

**Rating:** Moderate **Access:** Via the Lake Trail and Fir Trail toward the west end of Island Lake. Once you reach the marked junction, follow the Spineback signs. **Highlights:** Paralleling the beautiful Spineback Ridge, the trail winds up through sub-alpine meadows, reaching the crest of the ridge and its bench. Continue another 0.5 km up to a second bench nestled between the 3 Bears' peaks.

● MOUNT BALDY LOOP (10.5 km, elevation gain 620m, 4-6 hours)

**Rating:** Mod to Adv **Access:** From the trail head below the Bear Lodge head west following signs for the Mount Baldy Trail. From the summit, the trail traverses the Mount Baldy ridge, continuing west. **Highlights:** The Baldy Trail switchbacks its way to the north summit of Mount Baldy where hikers are rewarded with a panoramic view of the entire Island Lake area.

● TAMARACK TRAIL (8 km, elevation gain 640m, 5 hrs)

● VIEWPOINT (4 km, elevation gain 200m, 3 hours)

**Rating:** Mod to Adv **Access:** From the trail head below the Bear Lodge head east following signs for the Tamarack Trail. **Highlights:** The trail winds its way up the south-west slopes of Mount Fernie through beautiful stands of mature Larch, with an option part way to go to the stunning viewpoint. The trail continues up through open, grassy slopes to the dramatic rock crags of Mount Fernie.

● MOUNTAIN LAKES TRAIL (HEIKO'S TRAIL)

(22km, elevation gain 4500m, 8-12 hours)

**Rating:** Difficult **Access:** The trail starts 2 km down a cart track, 3 km north west of Hartley Lake on the Hartley Creek Road, with a rewarding finish at Island Lake Lodge. **Highlights:** Waterfalls, caves, snowfields, big mountain passes, and the option of making it an overnight trip. A high level of fitness and route finding skills are required and hiring a professional guide is strongly recommended

## Hiking Routes of the Cedar Valley

**Rating for routes:** Difficult

These routes are unmarked with no trails above the tree-line. Significant route finding and navigation skills required. Steepness, loose rock, becoming lost, encountering wild animals, and stream crossings are just some of the hazards.

● CABIN RIDGE (ROUTE) **Access:** Drive the Island Lake Lodge access road 3km to the Old Growth Trail head. Follow the Old Growth Trail for 1km, then take the left fork trail to the Cabin Trail. **Hiring a guide is recommended.**

● LIZARD LAKE (ROUTE) **Access:** The trail head is in The Mount Fernie Provincial Park, approximately 0.5 km from the Island Lake Lodge property boundary and gate. No trail exists above and beyond the lake itself. Loose rock, snow and complicated terrain are all aspects of this route. **Hiring a guide is recommended.**

● BIG WHITE PEAK (ROUTE) **Access:** Via Spineback Trail. Just prior to reaching the crest of the spineback, leave the trail heading west across the alpine bowl. Big White is found in the back of the second basin through a steep scree-slope leading to the widest and least steep access point. This is the only access to the Lizard Ranges' ridge crest above Island Lake Lodge. **Hiring a guide is recommended.**