



Mount Assiniboine Provincial Park

Trail Conditions Report

Updated: Oct 27, 2009

Mount Assiniboine Provincial Park is a UNESCO world heritage site that is world renowned for its magnificent beauty and numerous hiking opportunities. No roads penetrate this unspoiled wilderness, and trails provide the only land access. Camping, hiking, mountain climbing and viewing the spectacular mountain scenery are the main activities here, as well as fishing, horseback riding, and ski touring in winter.

Trail Difficulty Definitions:

The ratings are determined based on the length of the trail section, change in elevation and trail type for the average Park Visitor.

Trail Difficulty Rating:

E - Easy; **M** - Moderate; **D** – Difficult; **S** - Strenuous

Elevations shown are estimated for the trail section and reflect the maximum gain or loss.

Traveling beyond the maintained trail is referred to as route finding which requires special equipment, skills, ability and knowledge.

Please note all distances are measured from Mount Assiniboine Provincial Park boundaries unless otherwise stated.

Weather in Mount Assiniboine Provincial Park can change quickly and all visitors to the park should come prepared: intense storms with hail, snow, high winds, and freezing temperatures are common throughout the summer months.

Access to the Hind Hut and other climbing routes is extremely difficult; please don't attempt to travel on this type of terrain without adequate mountaineering knowledge and equipment. There have been numerous accidents and rescues in the past involving inexperienced and ill-equipped persons in technical terrain.

ACCESS TRAILS

Mitchell River Trail to Cerulean Lake

Mount Assiniboine park is a user maintained park. Garbage removal service is not available. Please help by packing out all your garbage and any garbage left behind by others. If you utilize the shelters, clean the facilities prior to your departure. Please use the outhouses and food storage bins provided.

Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
From an old landing beyond the Bagmag Mine the trail follows the Mitchell River to the guide outfitter cabin, then continues on to Wedgwood Lake and then carries on to Cerulean Lake.	14 km	700 m	Difficult	Trail switches back and forth across the Mitchell River. The trail is primarily used by horse users. The trail is not maintained, is quite overgrown and may be difficult to follow in some places. Route finding skills are required. During times of high water this trail may be impassable.	Winter Conditions

Simpson River Access to Core Area

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Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
Simpson River trail head to Surprise Creek Cabin	10 km	90 m	Easy	Through Kootenay National Park there is the hazard of falling trees and there may be trees down on the trail. The trail is well defined and easy to follow the whole way. Larches are peeking around the end of September.	Winter Conditions
Surprise Creek Cabin to Rock Lake Campground	9 km	610 m	Moderate	The trail leaves the cabin area, follows Surprise Creek and is uphill the whole way to Rock Lake. The trail is well defined and easy to follow the whole way.	Winter Conditions
Rock Lake Campground to the Core Area	11.5 km	150 m	Moderate	This undulating trail is well defined and easy to follow the whole way. Larches are peeking around the end of September.	Winter Conditions

Simpson River to Porcupine Campground

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Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
The trail to Porcupine Campground follows the Simpson River. The trail starts on the west side of the suspension bridge 2km from the Mount Assiniboine Park Boundary.	14 km	600 m	Moderate	This trail is not maintained and route finding skills may be required. The risk of grizzly bear encounters between Scout and Porcupine Camps on the Simpson River Trail is higher than in other areas of the park. Dogs are not recommended in this area.	Winter Conditions

Assiniboine Pass to Mount Assiniboine Lodge

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Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
Assiniboine Pass to Mount Assiniboine Lodge	2.5 km	60 m	Easy	Ensure you are using the correct trail. Horse users please follow the signs indicating the horse trail. Larches are peeking around the end of September.	Winter Conditions

Sunshine Village Access to Core Area

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Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
The trail begins at Sunshine Village, and skirts in and out of BC to Porcupine Campground.	13 km	350 m	Moderate	This trail is well maintained and easy to follow. If you are using the White Mountain Tours shuttle bus be well informed of the return times. If you plan to stay at Howard Douglas Campground in Banff National Park you require a Banff National Park Wilderness Pass purchased in advance from the Banff National Park visitor information centre.	Winter Conditions
Porcupine Campground to Og Lake: High Trail: 1km uphill towards Citadel Pass turn Right at the top of the hill and follow signs to Og Lake.	10.5 km	250 m	Moderate	This trail has a steep 1km up hill portion. It is easy to follow and well maintained. Water is not available until Og Lake. Ensure you have an adequate amount of drinking water. Larches are peeking around the end of September.	Winter Conditions
Porcupine Campground to Og Lake: Low Trail: Head south east from Porcupine Campground through the valley bottom over undulating terrain. Follow signs for Og Lake.	9 km	250 m	Moderate	The High Trail and the Low Trail meet. Both are fairly strenuous, are well signed, and easy to follow with the low trail having longer uphill sections. Ensure you have plenty of water as there are no water sources along the trail until Og Lake. Larches are peeking around the end of September.	Winter Conditions
Og Lake to Core Area	5 km	120m	Easy	Well signed, well maintained and easy to follow. A beautiful stroll through sensitive alpine meadows. Larches are peeking around the end of September.	Winter Conditions

Og Pass to Mount Assiniboine Lodge

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Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
Og Pass to Mount Assiniboine Lodge	5.5 km	125 m	Moderate	This trail is well maintained and easy to follow. Larches are peeking around the end of September.	Winter Conditions

Wonder Pass to Mount Assiniboine Lodge

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Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
Wonder Pass to Mount Assiniboine Lodge	3 km	365 m	Moderate	The trail is well developed and well maintained. Larches are peeking around the end of September.	Winter Conditions

CORE AREA TRAILS

Mount Assiniboine Core Area Day Hikes

Mount Assiniboine park is a user maintained park. Garbage removal service is not available. Please help by packing out all your garbage and any garbage left behind by others. Please use the outhouses, grey water pits and food storage bins provided. Please report any and all bear sightings to the BC Parks Rangers.

*Larches are peeking around the end of September.

Trail	Estimated Distance One-way (km)	Estimated Elevation Change(m)	Trail Difficulty	Trail Information	Trail Condition
From Cerulean Lake to Mount Assiniboine Lodge	4 km	30 m	Easy	The trail is easy to follow well maintained and well marked.	Winter Conditions
Assiniboine Lodge to Gog Lake	1.5 km	60 m	Easy	Well signed, well maintained and easy to follow.	Winter Conditions
Assiniboine Lodge to Nub Peak	5 km	550 m	Strenuous	Easy to follow to Niblet, some route finding required to Nublet, route finding essential to Nub Peak. Highly recommended. Beautiful views.	Winter Conditions
Assiniboine Lodge to Mount Cautley	5 km	700 m	Strenuous	Route finding skills required. No trail established. A magnificent view. Spend some time in Cautley Meadows enjoying the wide variety of colourful wildflowers.	Winter Conditions
Assiniboine Lodge to Wonder Pass Viewpoint	5 km	365 m	Moderate to Wonder Pass easy to the view point	Viewpoint is located in Banff National Park.	Winter Conditions
Assiniboine Lodge to Windy Ridge	7 km	470 m	Strenuous	Well developed trail. Highly recommended. Beautiful views.	Winter Conditions
Sunburst Lake to Rock Lake	13.5 km	250 m loss	Strenuous	Well developed trail. Ferro Pass is spectacular.	Winter Conditions
Sunburst Lake to Elizabeth Lake	2 km	60 m	Moderate	Well developed trail. Gorgeous blue-green lakes.	Winter Conditions
Sunburst Lake to Wedgwood Lake	6 km	300 m loss	Moderate	Not maintained some route finding may be required.	Winter Conditions

Sunshine Meadows

Mount Assiniboine park is a user maintained park. Garbage removal service is not available. Please help by packing out all your garbage and any garbage left behind by others. Please use the outhouses provided. The Sunshine Meadows area offers a number of excellent day hikes. Starting at the Sunshine Ski Village in Banff National Park, various loop trails traverse representative alpine meadows and lakes in the boundary area of Mount Assiniboine Provincial Park. The meadows in this area are very sensitive! Please use extreme care at all times and stay on the trails. White Mountain tours sells trail maps of the area and offers a shuttle bus service.

Trail	Estimated Distance One-way (km)	Estimated Elevation Gained (m)	Trail Difficulty	Trail Information	Trail Condition
Larix Lake and Grizzly Lake Loop	6 km	150 m	Easy	Easy to follow and well signed trail.	Winter Conditions
Rock Isle Lake	1.5 km	90 m	Easy	Very defined easy to follow trail.	Winter Conditions