

Nature Trails and Hikes

All estimates below are based on a **return** trip.

Distance	Time	Elevation
----------	------	-----------

Family Nature Trails

Lady Falls winds through old-growth forest to an excellent vantage point to view Lady Falls.
900 m 20 minutes Minimal

Karst Creek trail - explore limestone structures, sinkholes, disappearing streams, and a waterfall.
2 km 45 minutes Minimal

Wild Ginger passes old-growth forest, patches of wild ginger and a wide range of forest flowers.
600 m 15 minutes Minimal

Shepherd Creek loop travels through a mix of open forest and marshy areas.
1.5 km 45 minutes Minimal

Lower Myra Falls has views of beautiful cascades.
1 km 25 minutes Minimal

Advanced Hiking

Della Falls trail is accessed by boat up Great Central Lake. This is a remote area not regularly maintained or patrolled. Natural hazards exist.
16 km 7 hours 350 m


Love Lake trail starts at the 15 km mark along Della Falls trail. Great views of Della Falls on opposite side of the valley.
4 km 2 hours 830 m


Gold Lake is accessed from its eastern end. The trailhead is reached by travelling along rough logging roads north of Campbell River. Backcountry road maps are recommended.
5 km 2.5 hours Minimal


Comox Glacier is an excellent alpine hike but is steep and not maintained; experienced hikers only. Road restrictions may be in affect.
9 km 10 hours 1,600 m

Visitor Services

 Vehicle accessible campsites are available at **Buttle Lake** (85 sites) and **Ralph River** (75 sites). Reservations through Discover Camping www.discovercamping.ca or 1-800-689-9025 or 1-604-689-9025 in Vancouver.

 **Driftwood Bay** group site (25 sites) offers wheelchair accessible toilets, a covered picnic shelter and wood stove. For reservations, contact Park Facility Operator.

 Boat launches are available at Buttle Lake Campground, at Karst Creek Day-use and south of Buttle Lake Park Headquarters.

 Accessible pit toilets are available at the Driftwood Bay group site, Buttle Lake & Ralph River campgrounds and Elk Portal. Crest Creek day-use area offers wheelchair accessible picnic tables and a pit toilet. Paradise Meadows loop is a wheelchair accessible trail.

Location

The Forbidden Plateau area is accessed via the Paradise Meadows Trailhead at Mount Washington. From either Courtenay or Campbell River on Hwy 19 follow signs to Mount Washington Resort via exit #130. Turn left onto the Nordic Lodge road to the Paradise Meadows parking lot.

An alternate access to the park is via Hwy 28, Campbell River to Gold River. Hwy 28 passes through the northern part of the park providing access to the Buttle Lake area. *Note: gas is not available between Campbell River and Gold River.*

Contact Information

Park Facility Operator: R.L.C. Enterprize Ltd.
E-mail: office@rlcenterprize.com
Phone: (250) 474-1336

Visit www.bcparks.ca for more information!



Updated: July/08

Strathcona Provincial Park

Park Map and Information Guide



BCParks

Welcome to Strathcona Provincial Park

Park Information

Rugged Strathcona Provincial Park consists of snow covered mountain peaks, beautiful lakes and alpine tarns dotting a landscape laced with rivers, creeks and streams. Designated in 1911 and comprising 250,000 hectares, Strathcona is the oldest provincial park in B.C.

Strathcona offers two well developed areas, Buttle Lake and Forbidden Plateau, with family oriented camping and outdoor adventure. The rest of the park largely appeals to those seeking a true wilderness experience; visitors enjoy scenic splendor when backpacking into the alpine regions.

During the winter, Mount Washington Alpine Resort manages a network of Nordic ski trails into the Forbidden Plateau area of the park.

Points of Interest

Strathcona Provincial Park offers unlimited opportunities for nature appreciation (see *Nature Trails and Hikes*) and wildlife viewing. Visitors may see Roosevelt elk, black-tailed deer, cougars, Trumpeter swans, Bald eagles, black bears, whiskey-jacks, squirrels, tree frogs and White-tailed Ptarmigan, to name a few species inhabiting this park.


Waterfall viewing platforms are found at Lupin Falls, Lady Falls, Karst Creek and both Lower and Upper Myra Falls. In the backcountry, adventurous visitors can see the beautiful Della Falls, whose drop of 440 metres over three cascades makes it one of the highest waterfalls in Canada. (Note - this remote area is not regularly maintained and is difficult to access).

The highest point on Vancouver Island, the Golden Hinde (elev. 2,200 m) stands almost in the centre of Strathcona to the west of Buttle Lake. A rigorous hike up Phillips Ridge Trail gives the best vantage point to view the peak.

Backcountry Information

Strathcona Provincial Park offers some of the best backcountry experiences on Vancouver Island. Western red cedar, Douglas fir, Grand fir, Amabilis fir and Western hemlock cover most of the park's valleys and lower mountain slopes giving way to sub-alpine areas with fir, Mountain hemlock and creeping juniper. The park also showcases geological history stretching back 380 million years including extensive evidence of volcanic activity.



 Designated backcountry campsites are located on the Bedwell Lake, Elk River, Della Falls, and Forbidden Plateau trails areas. Visitors may also camp 1 km or more from main roads. Overnight fees apply in all of the above core areas.

Three marine backcountry sites areas are located on the western shore of Buttle Lake, with a fourth on Rainbow Island. Overnight fees apply.

 Pit toilets and food caches are available at most backcountry sites.

Backcountry visitors should be self-sufficient, properly equipped and highly experienced. Wilderness areas, glaciers, snowfields and mountains are challenging and hazardous, especially in avalanche areas. National Topographic Series maps (scale 1:50,000), sheets 92F/5, F/6, F/11, F/12, F/13 and K/4 cover the park.

Please strive for **No Trace Camping** and use stoves for cooking (campfires not allowed in backcountry areas).

Things to Do



Paradise Meadows/Forbidden Plateau area has short loops in sub-alpine and a 14 km hike with views of lakes and mountains. Camping available at Helen Mackenzie, Kwai and Circler Lakes.

Buttle Lake Area offers walking and interpretative trails under 1 hour. Other hikes are (**return trip**):

Bedwell Lake includes excellent viewpoints with access to Cream Lake.

12 km 7 hours Elev: 600 m

Flower Ridge is notable for open hiking on the ridge and striking viewpoints. Water is scarce.

12 km 10 hours 1250 m

Marble Meadows features viewpoints, alpine meadows and limestone formations.

13.2 km 12 hours 1250 m

Phillips Ridge via Arnica Lake. Camping is available at the north end of the lake.

12 km 8 hours 800 m



Buttle Lake Campground and Driftwood Bay group site offer unmonitored swimming areas.



Canoeing and kayaking is popular on Buttle and Upper Campbell Lakes. Use caution on Buttle Lake as it is subject to strong afternoon winds.



Cutthroat and Rainbow trout are in various lakes and waterways. Angling in B.C. requires a licence.



Crest Creek Crags offers more than 150 climbing routes for various skill levels. Access via Hwy 28.



Backcountry skiing and boarding exist in the park. Nordic cross-country skiing and snowshoeing are also popular in Paradise Meadows. Rentals available from Mount Washington Alpine Resort.