Horseback riders: keep trailheads free of hay and do not forget insect repellent! Grizzly and black bears are common throughout the Rainbow Range. Camp in designated campsites only. Use a portable toilet. Pack in weed-free grain or pellets. There are many unbridged creeks to cross. Below the pass the route is unmaintained and therefore rougher and difficult to follow. Trails and campsites suitable for horses are marked on the map.

**Routes**

- **Route from Octopus Lake to Mosher Creek Trailhead:** (21 kilometres; 300 metres elevation change; 2-3 hours). The trail starts in a lodgepole pine forest and climbs gradually through stands of whitebark pine and alpine fir to a small alpine lake. This is wide open ridges for spectacular 360-degree views. Cairns mark the trail as it climbs into the pass; this is a good spot to rest and enjoy the views.

**Maps**

Topographic maps of the park are a must. Refer to map numbers: 1:50,000 - 93C/12, C/5 and 93D/8, D/9 – 2 days, not maintained. 

**For More Information**

BC Parks

http://wlapwww.gov.bc.ca/bcparks/Backcountry Recreation

In the Rainbow Range, hikers and horseback riders can enjoy long, rambling alpine and subalpine trails with lots of options for loop tours. The park is a true wilderness area, so visitors must be completely self-sufficient and experienced in backcountry navigation. This is grizzly country; keep a scraper and clean camp, and look for bear sign as you travel. Trail markings are frequently difficult to see, and the ground is often wet and boggy; use good boots and gaiters. There are many unbridged creeks to cross. The depth of water can be dangerously high in the spring, so it is best to hike the Rainbow Range during late summer. Trails and campsites suitable for horses are marked on the map.

**Visitor Information**

- **Grizzly and black bears are common throughout the park.** Keep a clean campsite and food caches where available or hang food 4 metres up. Do not feed wildlife.
- **Camp in designated campsites only.** Use a portable toilet. Pack in weed-free grain or pellets.
- **Firearms are prohibited except during hunting season.** Please consult the regulations.
- **Do not forget insect repellent!**