

Marked Hiking Trails

LAKE TRAIL Length: 2 km / Type: Loop / Hiking Time: 45 min - 1 hr / Elevation Gain: 15 m / Rating: ● / 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. Photo Spots: #islandlakelodge1 #islandlakelodge2 #islandlakelodge3 #islandlakelodge4

FIR TRAIL Length: 3 km / Type: Loop / Hiking Time: 1 - 1.5 hrs / Elevation Gain: 15 m / Rating: ● / 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. Photo Spot: #islandlakelodges5

RAIL TRAIL Length: 3 km / Type: One Way / Hiking Time: 45 min - 1 hr / Elevation Gain: 50 m / Rating: ● / Access: The Rail Trail starts at the base parking area, 30m past the Island Lake gate, and finishes at the Old Growth trail head. Highlights: Historical railway, lumber mill site and old growth cedar trees. Photo Spot: #islandlakelodge17

OLD GROWTH TRAIL Length: 4 km / Type: One Way / Hiking Time 1.5 hrs / Elevation Gain: 300 m / Rating: ■ / Access: The Old Growth Trail starts at the Old Growth parking lot approximately 4 kms up the Island Lake access road. The trail tours through ancient Cedar, Douglas Fir and Spruce, finishing at the lodge. Photo Spot: #islandlakelodge6

SPINEBACK TRAIL Length: 7 km / Type: Up and Down / Hiking Time: 3-4 hrs / Elevation Gain: 430 m / Rating: ◆ / Access: Via the Lake Trail and Fir Trail toward the west end of the 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. Photo Spots: #islandlakelodge7 #islandlakelodge8

GOLDSLOCKS LOOP TRAIL Length: 2.5 km / Type: Loop / Hiking Time 1.5 hrs / Elevation Gain: 210 m / Rating: ◆ / Access: The trail starts at the top of the Spineback Trail (at the second bench) and follows the valley between Baby Bear and Papa Bear peaks. It wraps around the back of Baby Bear to the Upper Nonstop saddle with dramatic views of the headwall and The Valley. The trail continues around the east side of Baby Bear and follows a series of switchbacks down the valley between Baby Bear and Mama Bear peaks. It then completes the loop back at the top of the Spineback Trail. Photo Spots: #islandlakelodge13 #islandlakelodge18 * When Combined with the Spineback Trail - Length: 9.5 kms / Elevation Gain: 740 metres / Rating: Advanced Photo Spots: #islandlakelodge13 #islandlakelodge19

MOUNT BALDY TRAIL Length: 6.6 km / Type: Up and Down / Hiking Time: 2-3 hrs / Elevation Gain: 595 m / Rating: ◆ / 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.

MOUNT BALDY LOOP Length: 10.5 km / Type: Loop / Hiking Time: 4 hrs / Elevation Gain: 595 m / Rating: ◆ / Access: Begin by completing the Mount Baldy Trail. From the summit, continue west, following signs for the Baldy Loop. The trail traverses the summit ridge of Mount Baldy, before beginning its descent towards the Lizard Range. Follow the Baldy Loop signs back to the lodge. Photo Spots: #islandlakelodge9 #islandlakelodge16

TAMARACK TRAIL VIEWPOINT Length: 4 km / Type: Up and Down / Hiking Time: 3 hrs / Elevation Gain: 300 m / Rating: ■ / Access: From the trailhead at the corner of the Cedar lodge, 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 partway to go to the stunning viewpoint. Photo Spot: #islandlakelodge10

TAMARACK TRAIL SUMMIT Length: 8 km / Type: Up and Down / Hiking Time: 5 hrs / Elevation Gain 670 m / ◆ / Access: From the trailhead at the corner of the Cedar lodge, 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. Photo Spots: #islandlakelodge14 #islandlakelodge15

THE LAZY LIZARD BIKE TRAIL Length: 7 km (one way) / Type: Up and Down / Riding Time: 1.5 hrs up / Elevation Gain: 339 m / Rating: ■ / Access: The lower parking lot near the gate. This machine-built trail crosses multiple bridges and meanders through large Cedars, Douglas Fir and Spruce trees. Please note: We do not allow bike shuttles on our road. Please use as an up and down trail. Photo Spot: #islandlakelodge11

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 wildlife and stream crossings are all potential hazards. Hiring one of Island Lake’s certified hiking guides for these routes is recommended.

HEIKO’S TRAIL 22 km, Elevation Gain: 1,371 m, 8-12 hours / Rating: ◆◆ / Access: The trail starts 2 km down a cart track, 3 km north-west of Hartley Lake on Hartley Creek Road, finishing at Island Lake Lodge. Highlights: Waterfalls, caves, snowfields, big mountain passes, and overnight option. A high level of fitness and route-finding skills are required. NOTE: hikers looking to leave a vehicle at Island Lake Lodge must call in advance and register 250-555-0100. No motorized road access or services on non-operational days or during private functions, those hiking on those dates, add an extra 8km to your hike. Check the Operations Calendar to plan your visit.

CABIN RIDGE (ROUTE) Length: 7.22 km - Up and Down / Elevation Gain: 827 m / Hiking Time: 4-6 hours / Rating: ◆◆ / Access: Drive the Island Lake access road 3 km to the Old Growth Trail head. Follow the Old Growth Trail for 1 km, then take the left fork trail to the Cabin Trail.

LIZARD LAKE (ROUTE) Length: 6.78 km - Up and Down / Elevation Gain: 571 m / Hiking Time: 4-6 hours / Rating: ◆◆ / Access: The trailhead is in the Mount Fernie Provincial Park at the Gorby Bridge pull out, 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.

BIG WHITE PEAK (ROUTE) Length: 12 km - Up and Down / Elevation Gain 862 m / Hiking Time: 5-7 hours / Rating: ◆◆ / 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 Range’s ridge crest above Island Lake Lodge. Photo Spots: #islandlakelodge12 #islandlakelodge18



The Summit of Big White

Call for reservations and inquiries 250.555.0100 islandlakelodge.com
Tags: @islandlakelodge #islandlakelodge



Explore Your Happy Place

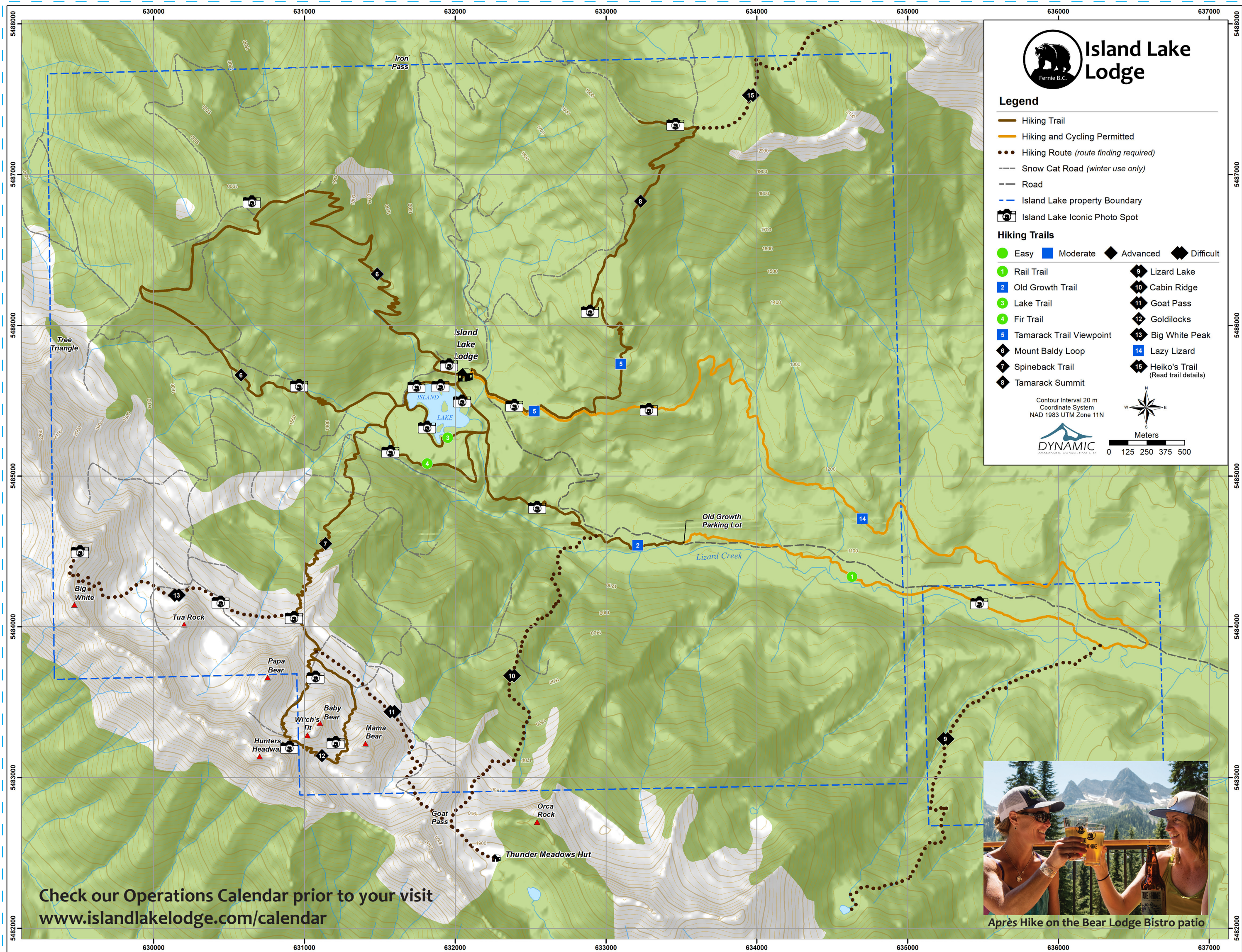


Goldilocks Trail

Hike . Bike . Dine . Stay . Spa

Tags: @islandlakelodge #islandlakelodge

250.555.0100 islandlakelodge.com



Welcome to Island Lake Lodge and the Cedar Valley

The Island Lake property consists of 7,000 acres of private land, most of which has been set aside as a nature reserve. The property is home to a unique Old Growth forest ecosystem, which includes Western Red Cedar, Douglas Fir, Engelman Spruce, White Spruce, Subalpine Fir, Larch and Hemlock. Many species of animals call the valley home including grizzly bears, black bears, deer, elk, moose, wolves, cougars and lynx. We welcome you to explore the property and enjoy the trails.

Please Note:

- Plan your visit, ILL has non-operational days and private functions where there is no motorized road access or services available
- You are on private land - travel at your own risk - take responsibility for your own health and safety - stay on the trails and obey all posted signage
- There is wildlife in the area. Please be respectful, use caution and keep a safe distance
- Dogs must be on a leash and under control. Please clean up all waste
- No smoking or open flame
- Report wildlife sightings at the front desk or by calling 250-555-0100