

# BMN Hike Report

## Lower Seymour Mountain (Sunday, October 2, 2011)

By Terry Puls

Seven of us met at Eagle Ridge Field at 8:00 am under clear blue skies with a slight chill in the air. After signing everyone in, we headed off to the Vancouver Picnic Area parking lot on Mt. Seymour.

From the picnic area parking lot we set off on our journey which would take us to the subalpine area of Mt. Seymour just below the ski area. We headed in an eastward direction on the Old Buck Trail Access, but losing elevation, as pointed out by more than one person in our party. After a short distance and some elevation loss, we came to a junction with the Old Buck Trail. Here we started in a northeast direction gradually gaining elevation. We continued along this trail until we reached the junction near the Deep Cove Lookout. The side trail out to the Deep Cove Lookout was marked with warning signs due to a bridge being washed out. Since the creek was running very low, we decided to cross the creek where the trail had been rerouted allowing us to take in the Deep Cove Lookout, from which one cannot actually see Deep Cove but there is a good view to the east. We were able to spot Sasamat Lake, Belcarra Park, Burnaby Mountain, and some of the North Cascades off in the distance. We also were able to see Orcas Island in the United States.



**Lunch at Goldie Lake.**  
*Terry Puls photo.*

After a short break at the lookout, taking in the view and spotting a Steller's jay, we started back on our trip up the mountain, now walking on the Perimeter Trail. The trail started to become a bit muddy and careful footing was

required to negotiate the slippery roots and logs on our path. As we climbed through the forest, we came across some impressive old cedar snags and spent some time taking photos of Queens Cup growing from the trunk of the cedars. After this, we continued along the Perimeter Trail gradually gaining elevation until we arrived at the Goldie Lake area. From here we headed to the shore of Goldie Lake and stopped for lunch.

After a lunch break and a chance for some of the party to do some photography, we started off towards Flower Lake. Along the way there was the opportunity to enjoy some wild blueberries. As we advertised that there would be some fall colours on this hike, we were glad to see a mountain ash that had changed to its fall colour. From the end of Flower Lake we looped back to

the Goldie Lake Trail and followed this back to the parking lot at the 1006 m level on Mt. Seymour. From this area we were able to take in some views of the Tri-Cities area and commented about all the boats around the end of Burrard Inlet near Rocky Point.

**The BMN hikers enjoying a big cedar on the lower portion of the CBC Trail. Ian McArthur photo.**

Now we started our descent though the ski area down to the Mt. Seymour access road until we came to Parking Lot 1 or the CBC parking lot. After looking at a map of the lower trails and mountain bike trails, Ian and I thought it might be interesting to change our planned return route to take in some of the mountain bike trails allowing us to create a loop instead of returning on virtually the same route. So we had the president



address the rest of the BMN members and since there was no opposition we decided to follow the Mt. Seymour access road for approx 1 km to allow us to pick up the CBC Trail which would lead us back to our cars. This turned out to be a great decision. The CBC Trail is quite the piece of work. The local mountain bike community has done an incredible job on this trail, creating wooden structures and rockwork for bikes. It's a great trail! About two-thirds of the way along this trail, we were pleasantly surprised to find a patch of huge old cedar trees. Even though these trees have had their tops broken off, they were still a sight to see. After spending some time admiring these trees and doing some photography, we headed off once again. A short while later we returned back to our cars.