

# HIKING LEGEND

- Hike Only
- Point of interest
- Bike Only
- Viewing Platform
- Multi-Use: Hike and Bike
- Parking

**BIKE PARK**  
No hiking is permitted in the bike park or on downhill trails. Please remain on multi-use paths, trails or access roads.

- Alpine Lodge
  - Raven Lodge
  - Summer Lift
  - Winter Lift
  - Access Road
  - Eagle's Flight ZipTour
- Now is the time to take flight. Unfold your wings and soar through the treetops on Mt. Washington's newest adventure, the Eagle's Flight ZipTour! Enjoy the rush of freedom as you fly down the face of the mountain reaching speeds up to 100 kph.

## LIFT INFORMATION

LIFT | APPROXIMATE RIDE TIME | VERTICAL RISE

**Eagle Quad Chairlift:** (Alpine Lodge to Mt. Washington peak) Ride time, 6 minutes, vertical rise 396 metres

**Hawk 6ixpak Chairlift:** (Easy acres flats to bottom of the West Basin) Ride time, 8 minutes, vertical rise 316 metres

**NUMBERS TO KNOW**  
General Information 250 338-1386  
Lost & Found & Security 250 334-5701  
Patrol 250 702-7271

## HIKING CHECKLIST

To determine what you need to bring on a day hike, think about how far you plan to hike, how remote the location is and what the weather forecast has in store. In general, the longer and/or more remote the hike is and the more inclement the weather, the more clothing, gear, food and water you're going to want. Mountain conditions can change quickly and unexpectedly.

- What to Bring Day Hiking**  
These items should be on your hiking checklist:
- Hiking backpack
  - Weather-appropriate clothing (think moisture-wicking and layers)
  - Hiking boots or shoes
  - Plenty of food
  - Plenty of water
  - Navigation tools such as a map and compass
  - First-aid kit
  - Knife or multi-tool

# TRAIL DESCRIPTIONS

HIKING TRAILS ONLY	
<b>EASIEST TRAILS</b>	
<b>1</b>	<b>MEMORY LANE (0.7 kms)</b> This short trail has a series of benches to honour the lives of staff, family and friends. (approx. 10 - 15min)
<b>2</b>	<b>TOP OF THE WORLD (1.0 kms)</b> Enjoy this spectacular sea to sky panorama from the peak of the mountain. This trail is a must do! (approx. 15 - 20 min.)
<b>INTERMEDIATE TRAILS</b>	
<b>3</b>	<b>LINTON'S TRAIL (3.1 kms)</b> Following the famous ski run, Linton's Trail provides great awe-inspiring views of Strathcona Provincial Park and Mt. Albert Edwards. (approx. 45 min. - 2 hrs.)
<b>ADVANCED TRAILS</b>	
<b>4</b>	<b>GIV'ER TRAIL (1.1 kms)</b> It's steep up and steep down. The most challenging way to get to the peak! (approx. 45 min. - 2 hrs.)
<b>5</b>	<b>WEST SUMMIT RIDGE (3.4 kms)</b> This trail winds through the West Basin and then peaks at little Mount Washington before doubling back. (approx. 1 - 2.5 hrs.)
<b>MULTI-USE TRAILS </b>	
<b>INTERMEDIATE TRAILS</b>	
<b>6</b>	<b>FINGER ACCESS RD. (0.3 kms)</b>
<b>7</b>	<b>FINGER TRAIL (7.5 kms)</b>
<b>8</b>	<b>GREAT BIG VIEW (0.3 kms)</b>
<b>9</b>	<b>MARMOTS MESS (0.3 kms)</b>



VANCOUVER ISLAND BRITISH COLUMBIA

**MOUNT WASHINGTON**  
ALPINE RESORT

INSET MAP BELOW FOR FULL XC FINGER TRAIL