

1 Trip Planning

Bring the essentials!
Make sure to wear appropriate clothing and footwear. Be prepared to spend the night if you get lost and always tell someone where you're going and when you'll return.



3 Trees

White Pine

Once abundant on Mt Seymour, their numbers declined in the early 20th century due to the Blister Rust fungal disease.



Yellow Cedar

Used to make tools, medicines, clothes and shelter by Indigenous peoples of the northern Pacific Coast.

These trees commonly live to 1,500 years in age.



Mountain Hemlock

Found in areas with long winters and high snowpacks, they prefer sun to shade and make up the majority of the forest canopy.



4 Pond Ecosystem

Salamanders

The Northwestern Salamander is most commonly found in mature, cool, moist forests. Juveniles can be found in most ponds around Mt Seymour.



Pond Lilies

The Yellow Pond-Lily grows in ponds, shallow lakes, and slow moving streams in low to middle elevations along the coast of British Columbia.



5 Birds

Common Raven

Ravens are among the most intelligent of all animals. They possess excellent problem solving skills, including the use of tools. They scavenge for food, eating carcasses and small animals.



Whisky Jack

Also known as the Grey Jay or Canada Jay, the Whisky Jack is Canada's national bird. They hide food in caches and they can remember over 200 hiding spots.



Silver Fir/Amabilis Fir

Distinguished from the other trees by their flat needles and silvery underside, Silver Fir boughs have a pleasant, spicy fragrance.



Goldie Lake Interpretive Trail



Welcome to Goldie Lake Interpretive Trail

The Goldie Lake Loop is approximately 2km in length. Walking time is about one hour.

Please stay on trails and look out for numbered markers that correspond to the information in this leaflet.

Take only photos, leave only footprints.

Please do not feed any of the wildlife.



2 Mt Seymour History Project

It was during the 1930s that people started to build cabins on Mt Seymour. At one point there were about 200 cabins on the mountain.

Find out more about Mt Seymour's cabins and Uncle Al's (pictured above) History Project at www.mtseymourhistory.com



6 Three Places at Once

Mt Seymour is the traditional territory of the Tsleil-Waututh, Squamish and Musqueam Nations who have lived in the area since time immemorial.

Mount Seymour Provincial Park was established in 1936. The park was named for Frederick Seymour, Governor of British Columbia from 1864 to 1869.

The Mt Seymour Ski Area has been owned by the Wood family since 1984 and continues to be Vancouver's only family owned and operated ski area.

8 Temperate Rainforest

A coniferous or broadleaf forest in a temperate (non-tropical) zone that receives at least 140cm of annual precipitation. Vancouver and the North Shore are considered temperate rainforests with 146cm and 252cm of annual precipitation respectively.



7 Black Bears

Black Bears are adaptable and can commonly be found in forested areas as well as in the northern tundra. They are traditionally solitary animals and forage alone, with the exception of mothers and cubs. Black Bears are omnivorous, typically eating fish, fruits, berries, and nuts.