

Trail Map Legend

- Easiest** ● **More Difficult** ■
- Most Difficult** ◆ **Night Ski Runs** ★
- Terrain Parks** ●
- Young Guns TP1 Northlands TP2
- Mushroom Beginner Park 33
- Gladed Ski Terrain** ◆ **Ski Area Boundary** - - -
- BC Park Trails** ●●●●

- Brockton Chairlift** A **Mystery Chairlift** B
- Goldie Rope Tow** C **Lodge Chairlift** D
- Tube Park Tow** E

- Ski Runs:**
- | | | |
|---------------------|-------------------------|----------------|
| ◆ 1 Sterns Stairway | 16 Friendly Nut House ★ | 31 Goldie ★ |
| 2 Hang Ten | 17 Mystery Lake | 32 Meadows |
| ◆ 3 Cliff House | ◆ 18 Nutcracker | 32 Flower ★ |
| 4 Sammy J | 19 Looper Express | 33 Basin |
| 5 Maverick | ◆ 20 Devil's Drop | 33 Mushroom ★ |
| 6 Brockton Gully | 21 Wonger | 34 Rookies ★ |
| ◆ 7 Sunshine Ridge | 22 Pete's | 35 Lower ★ |
| 8 Sammy's Express | 23 Elevator Shaft ★ | 36 Unicorn |
| 9 Exit 22 | 24 Earl's | 36 Chuck's ★ |
| 10 Backdoor | ◆ 25 Unicorn ★ | 36 Place |
| 11 Manning ★ | 26 Gun Barrel | 37 Trapper ★ |
| ◆ 12 Scooter | 27 Crowfoot | 37 John's |
| ◆ 13 Noel's Flight | 28 Sling Shot | 38 Seymour ★ |
| 14 Velvet Gully | 29 Boomerang | 38 16's |
| 15 Northlands ★ | 30 Towerline | 39 Cabin Trail |

Getting Here

Mt Seymour is located in North Vancouver, less than 30 minutes from downtown Vancouver. Take the Mt Seymour Parkway exit off Hwy 1, and follow to Mt Seymour Road then up to resort.

General Hours of Operation

Mt. Seymour is open daily early December to mid-April. Mt Seymour is not a venue site for the 2010 Winter Games and as such will have a normal winter operating schedule. Visit our website or call for daily hours of operation.

Shuttle Bus Service

A resort shuttle runs daily from Parkgate Mall to the resort base area. Local transit operates to Parkgate Mall. Visit our website or call for details.

Contact Information

1700 Mt Seymour Road,
North Vancouver, BC, Canada, V7G 1L3
Ph: 604-986-2261
Email: snow@mountseymour.com
www.MountSeymour.com

For employment opportunities visit our website!

Base Area

- | | |
|---|------------------------|
| W Washrooms | J Enquist Tube Park |
| K Toboggan Park | L Enquist Lodge (New!) |
| M Alpine Activity Centre | |
| Rentals, Retail Store, Lesson Desk | |
| Earl Pletsch Meeting Room | |
| N Snowshoe Adventure Centre | |
| Rentals, Tours & Programs | |
| O Three Peaks Lodge | |
| Elevation 1020m Restaurant, Grill Works | |
| Cafeteria, Whiskey Jack Brown Bag Room | |
| P Guest Services | |
| Season & Day Passes, General Assistance | |
| R Bear's Den & Magic Carpet | |
| S BC Parks Trailhead & Kiosk | |
| + First Aid / Ski Patrol | |
| P1 P2 P3 P4 Parking Areas | |

Discovery Snowshoe Trails

- | | |
|------------------------|-------|
| A Ole's Pass | 0.6km |
| B Cabin Trail | 0.8km |
| C Creek Trail | 0.3km |
| D Goldie Lake Loop | 1.0km |
| E Cougar's Pass | 0.9km |
| F Goldie Shortcut | 0.3km |
| G Explorer Trail | 0.4km |
| H Windfall Trail | 0.6km |
| I Flower Lake Loop | 0.6km |
| J Trapper John's Trail | 0.1km |
| K Cabin Connector | |

BC Park Trails

BC Park Trails are located outside the resort's Controlled Recreation Area and official boundary. These trails are not patrolled or maintained by the resort. A backcountry skiing access gate is located at the top of Brockton Chair – a valid Area Pass is required to ride the lifts. www.BCParks.ca



Mountain Stats

Avg. Annual Snowfall	1000cm/394in
Top Elevation	1265m / 4150ft
Base Area Elevation	1020m / 3347 ft
Bottom Elevation	935m / 1083ft
Total Ski Area	200 acres / 81 hect.