

# Hiking: Sea to Summit Trail

The Sea to Summit trail is a popular trail beginning in Shannon Falls Provincial Park. Also known as the Upper Shannon Falls trail, this challenging, rugged trail will reward you with the power of Shannon falls and vista views across the Howe Sound.

## How to get there:

Drive south from the Adventure Centre on Highway 99. Park at the Sea to Sky Gondola Base Camp.

## Route:

Access is via the Basecamp parking lot near the bottom of the lift. Follow the marking to the Chief trail and then turn right onto the Upper Shannon Falls trail and continue up to the summit. Variations include finishing with the Upper Sea to Summit trail or the Shannon Basin Loop. Enjoy sitting down after your hike up to enjoy a cold beverage on the deck of the Summit Lodge while soaking in the views of Howe Sound and the Coast Mountains. This trail has some steep & challenging sections. It requires fixed rope lines to assist you in some places. It is not recommended for downhill travel, and it is possible to ride down on the Sea to Sky Gondola.

For a *bonus*, check out Lower Shannon Falls before you gain the Sea to Summit trail.



Photo: D'Arcy McLeish

Difficulty	◆◆	Difficult
Trail Type	↗	One way
Length	7.5km	one way
Elevation Gain	↕	918 metres
Duration	🕒	3 - 5 hr
Pet Friendly?	🐕	On Leash

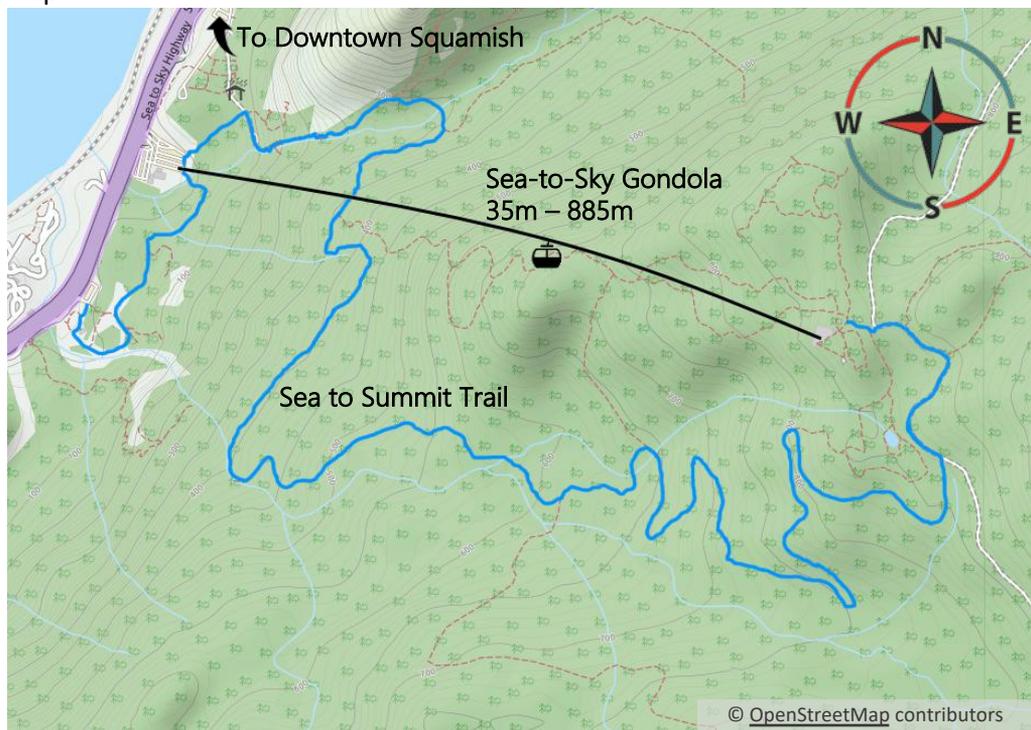
## Equipment:

- Good walking shoes or boots.
- Waterproof Jacket and Pants
- Water Bottle
- Sun Hat or Warm Hat
- Sun Cream
- Food
- Map
- First Aid Kit
- Mobile Phone

## Be Adventure Smart 🌲

- Plan ahead and prepare
- Leave what you find
- Dispose of waste properly
- Respect wildlife and control pets
- Be considerate of other visitors

## Map



### Weather

Check the weather before you go. Take care in heavy rain, high winds and low visibility. Beware sun exposure on hot, sunny days.

### Know before you go

- The main season for this trail is April to October
- This trail is best completed uphill only due to the nature of steep slabby sections.

### When to cancel hike

- Poor Weather.
- Inadequate equipment or fitness.
- Any situation which may jeopardise the safety of your group.

### Lets make the world a better place

- Feel free to take me, but If you want to **save** paper, take a photo of me instead.
- If I still look good when you're finished, please **return** me for someone else to use.
- If my time is done, **recycle** me!

### Have you?

- Checked the weather
- Checked route conditions
- Got correct equipment
- Checked group fitness
- Told someone where you're going

### Emergency

If you require emergency assistance, please call **911**.