

Rim Trail in Cathedral Provincial Park

By Heather Macdonald, July 2009. Photos: <http://www.hmac.dphoto.com/>



Description

Stunning alpine views, glacial lakes and mountain goats on non-technical trails in Cathedral Provincial Park near Keremeos, BC. Starting near Cathedral Lakes Lodge and Quiniscoe Lake, run time for this 10 km route is about 2.5-5 hours depending on pace. In July, the temperature was about 24 degrees at the top but 30 in Keremeos. Cairns and signposts mark the route.

How to Get There

Either hike up Lakeview Trail from Ashnola River Road (5-8 hour hike) and camp at the top, or pay to take the vehicle up the private road to the lodge (high season adults \$60, children \$25 each way and takes an hour, reservations needed, 3 trips per day). BC Parks camping is cheap but make sure you have bug spray. The lodge is expensive but you can get Tom's Cabin and share it with several friends and cook your own food. We rented a room in the lodge for ~\$400/night and that included vehicle ride and 3 meals a day. The rooms are quite basic but the atmosphere is very friendly and the food is good. If you know you will miss lunch, you can pack one yourself before setting out on your run. Cash bar available.

From Vancouver, take Highway 1 to Highway 3, go through Manning Park and Princeton. Just before Keremeos, watch for a right turn to Cathedral Lakes Lodge. Follow Ashnola River Road for 22 km to the private parking lot for the lodge or 23 km to the Lakeview Trailhead parking lot.

Gear

Cap, sunscreen, bug spray, hydration pack, lightweight windproof shell if cool. We wore short sleeves. (You are exposed for quite a while.)

Make sure you stay on the trails to preserve alpine plants at the top. If you go off, use rocks.

Trailhead (Quiniscoe Lake)

From the lodge, head toward the Ranger Cabin. A big sign welcomes you to the park. You can see Quiniscoe Lake on your right.

- Go straight to the Ranger Cabin. At the cabin, keep right toward the lake.
- Keep right at the first turn. Pass by an outdoor bathroom.
- Take next left and look for post.

Glacier Lake Trail

- At post for Glacier Lake, turn LEFT.
- Keep right and follow orange diamond signs.
- Steep uphill, switchbacks on soft pine needles.
- Cairns start.
- In open meadow, follow the cairns.
- Glacier Lake is on your left (note that a sign post indicates Pyramid Lake via a trail on your left).
- At a signpost for Rim Trail (and Pyramid Lake Trail), take Rim Trail.

Rim Trail

- At post for Rim, Pyramid and Quiniscoe, follow Rim Trail.
- Reach grove of evergreens and then a meadow. Wildflowers include lupins, Indian paintbrush and yellow rock cress.
- Keep RIGHT after the grove, follow cairns.
- If there's snow, watch for trail on right.
- At top, there's a large cairn and a sign for Glacier Lake (below you). VIEW! North Cascades and Coast Range Mtns.



To Devil's Woodpile

- Turn LEFT along the Rim Trail.

- Follow cairns on single track, easy trail.
- Give mountain goats right of way. (They are familiar with hikers.)
- Eventually you will get a view of Ladyslipper Lake.
- Reach sign for Devil's Woodpile.
- Keep LEFT and reach sign for Stone City. Take Ladyslipper Trail. (If you have lots of time, see Rock Cleft.)

Ladyslipper Trail

- Trail is like coarse sand at the top.
- Caution: for a short ways, the top of Ladyslipper Trail is steep, shale and sand and is difficult to get a grip. (You can always go down backwards or slide on your butt.)
- On single track trail, we sat in rock crevice to let mountain goats pass.
- Reach a meadow, pass by boulders.



Ladyslipper Lake

- At Ladyslipper Lake, turn RIGHT, then immediate LEFT to keep the lake on your left. Trout in lake.
- At bend of the lake, at post, take trail on RIGHT toward Quiniscoe Lake.

Pyramid Lake

- Great downhill trails, soft pine needles.
- Follow signs to Quiniscoe Lake.
- Cross bridge.
- Pyramid Lake on your left. Bathrooms.
- At fork, keep right.

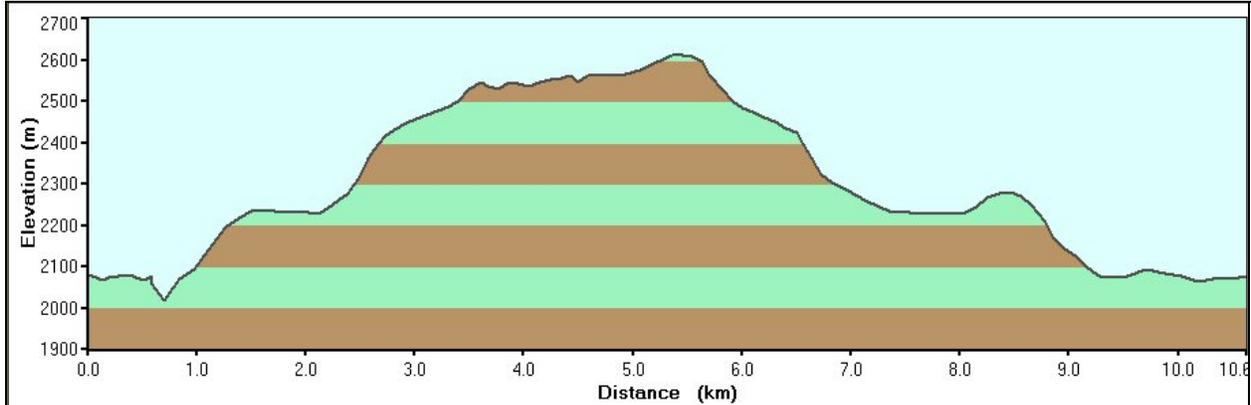
Campgrounds near Ranger Cabin

- Go straight at fork at the campgrounds. (Ranger Cabin is on your left).
- Keep right to get back to the lodge.

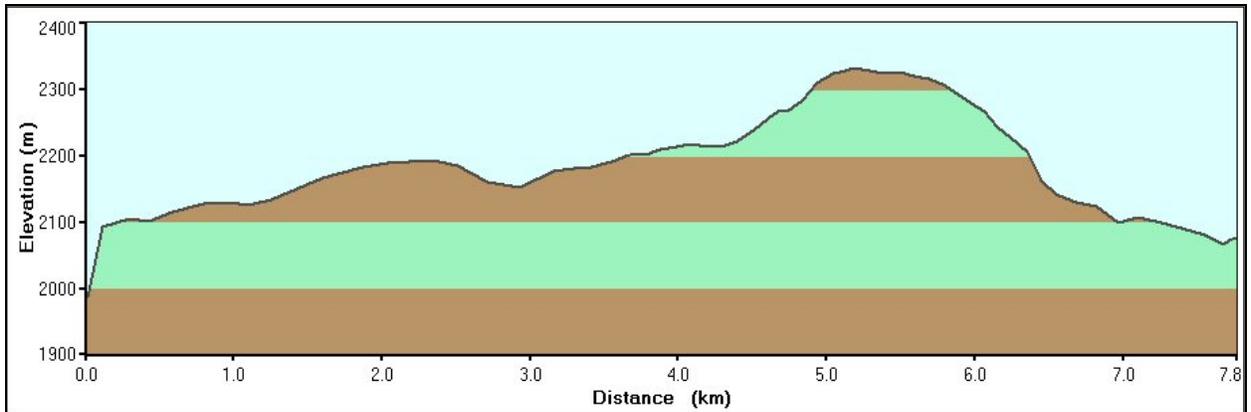
Want More Time?

If you want a longer run , follow Diamond Trail markers. It's easy terrain and great views.

Rim Trail



Diamond Trail



Cathedral Lakes Lodge

<http://www.cathedral-lakes-lodge.com/intro.html>

***Reservations Required**



"Cathedral Lakes Lodge's Mercedes Benz Unimog Truck"

Ride up to lodge and down is an adventure in the truck. Drivers are careful though and know every pothole. Make sure you call ahead to reserve space.