

Cypress Yew Lake and Howe Sound Crest Trail

Getting There

From Highway 1, take the Cypress Bowl Road Exit 8 in West Vancouver. Follow road all the way to the top (past Nordic ski area). Allow lots of time to get there, speed is 60 km/h up the mountain. Watch for cyclists.

Go to top parking lots (veer left) with a view of Cypress Creek Lodge at end of lot.

This is an out-and-back so keep track of your time. Aim for 10% more time than last week.

Trailhead

- Find map kiosk just past Cypress Creek Lodge.



Yew Lake Interpretive Trail

- Take LEFT fork at map kiosk (Baden-Powell).
- A few metres later, take first RIGHT onto Yew Lake Trail.
- Follow Yew Lake Trail beside the lake (on your left). The trail starts to veer right.
- Watch for Respecting Elders sign beside post. Turn LEFT toward HSCT.



- At top of grade just after Western Hemlock sign, at bench and post, turn LEFT to HSCT.



Howe Sound Crest Trail (HSCT) West

- At gravel road, turn LEFT onto **HSCT West**.
- Switchbacks start. Some rocky parts, some rooty parts.
- At post for Bowen Lookout, go check out the view.
- Return to junction. Intermediate and Long stay on HSCT (left).**
- Short: check your time; you can continue on HSCT or head back.**
- Arrive at junction with HSCT map kiosk; go LEFT (see photo).



- When ready to return, turn around on HSCT.

HSCT West Return

- At HSCT map kiosk, turn RIGHT.
- Return the way you came; you reach pumphouse (brick building) on left and post on right for Yew Lake Trail.

Yew Lake Trail

- Turn RIGHT and head downhill.
- At the bench T-junction, turn LEFT on Yew Lake Trail and follow it back to the lodge.
- Gather in front of the Olympic rings.
- Sign out.

Stretch

Include: lunges, butt kicks, running high knees, fast feet, **quad stretch**, ITB stretch, calf stretch, shoulder relaxers, etc.

Side Stepping Steep Climbs

Do a wide sidestep on steep climbs to ease stress on calves.

[Cypress Provincial Park map](#)

