

<h1>10</h1> <p><b>AGOSTO</b></p>	<p><b>Jasper – Smithers – 745Km – 9h 40’ Senza Soste</b></p> <p><b>Stato : Alberta – British Columbia</b></p>	<p><b>Info Meteo</b></p> <p><b>Smithers Alba : 5.55 Tramonto : 21.12 Temperature : 8°/21°</b></p>
<p><b>07.30 – 08.10 Jasper/Mt. Edith Cavell – 28Km – 40’</b> Raggiunta l’area del Mt. Edith Cavell è possibile percorrere il Sentiero “Glacier Loop”, 1,6Km per (1-2 ore).</p> <p><b>10.30 – 12.15 Mt. Edith Cavell/Mount Robson – 112Km – 1h 45’</b> Sosta in questa località per pranzare, ci dovrebbe essere direttamente dall’area pic-nic/ristorante una bella vista panoramica sul Mount Robson.</p> <p><b>13.00 – 15.50 – Sugarbowl Grizzly Den Protected Area – 210Km – 2h50’</b> Lungo la Hwy 16, circa 80Km prima di Prince George si incontra la Sugarbowl Grizzly Area, un’area naturale protetta dove vivono e si riproducono Karibu e Grizzly, valutare se fermarsi anche in relazione al tempo a disposizione, comunque fare attenzione perché si potrebbero vedere gli orsi anche dalla strada. Vedi anche materiale informativo sul parco.</p> <p><b>16.00 – 17.00 - Sugarbowl Grizzly Den Protected Area/Prince George – 79Km – 1h</b> Se necessario fermarsi per rifornimento, successivamente sono presenti anche numerosi piccoli centri per eventuali rifornimenti.</p> <p><b>17.00 – 22.00 Prince George/Smithers – 372Km – 4h55’</b> Arrivo in albergo.</p> <p><b>NOTE</b></p> <p>Se il giorno prima è stata effettuata l’escursione a Mt. Edith Cavell, partire direttamente per smithers intorno alle 8.00, l’arrivo è previsto intorno alle ore 18.30.</p>		
<p><b>Stork Nest Inn</b> 1485 Main Street, Smithers, BC</p> <p>Phone: (250) 847-3831 Toll Free: 1-(877)-647-3831 E-Mail: <a href="mailto:info@storknestinn.com">info@storknestinn.com</a> Web : <a href="http://www.storknestinn.com">www.storknestinn.com</a></p>		

## HOW TO GET TO THE PARK

Sugarbowl-Grizzly Den Provincial Park is located approximately 77 km east of Prince George on Highway 16. See the trails section for individual access points.

## MESSAGE TO VISITORS

Sugarbowl-Grizzly Den Provincial Park was established in 1999 to protect the old growth cedar, hemlock, and spruce forests representative of the Northern Columbia Mountains Ecoregion and the Upper Fraser Trench Ecoregion.

The park also provides protected habitat for wildlife ranging from grizzly and caribou to smaller mammals such as the marten. Included in the southern section of the park is an important caribou migration corridor.

In addition, Sugarbowl-Grizzly Den Provincial Park protects the Grand Canyon of the Fraser River. The Grand Canyon proved to be a treacherous barrier during the “Overlander’s” journey to the Cariboo gold fields in the 1860’s. The turbulent waters also took the lives of many scow operators during the construction of the Grand Trunk Pacific Railway.

The park provides opportunities for both summer and winter recreational activities and is the closest alpine area to Prince George. Volunteer community groups have, over the years, been involved in establishing and maintaining a number of the hiking trails now included in the park. Trail users will have abundant opportunity to view spectacular scenery presented by distant snow-capped mountains, lakes, streams, and alpine flora.

The marked trails within the park are considered moderate to strenuous and are recommended for the more experienced hikers and skiers. A number of secondary hiking routes are located in the park, but these are not marked and not maintained.

Facilities are limited with rustic cabins and outhouses located at Grizzly Den, Raven Lake and 8 Mile. It is highly recommended to bring a camp stove and fuel.

Drivers are advised to follow safe driving practices along Hungary Creek Forest Service Road. This road is not plowed in the winter.

BC Parks staff patrol the park on a regular basis. Visitors are reminded to enter the park fully self-contained, and to pack out all garbage.

## TRAILS

**Sugarbowl Mountain** — From Prince George travel east on Highway 16 for approximately 78 km. A parking lot is provided off the south side of the highway.

The southeast side of the parking lot marks the start of the trail. A narrow path ascends into the old growth cedar hemlock forests and up the north slope of Sugarbowl Mountain into a lightly wooded subalpine ridge.

Trailhead to ridge	5 km
Elevation gain	900 m (3000 ft)

Trailhead to peak	9 km
Elevation gain	1050 m (3500 ft)

Time to hike to peak	3 to 5.5 hours
Return to parking lot	2 to 3 hours
Return via Viking Ridge	3 to 4 hours

Caution — If visibility is poor, use extreme caution on ridges. Watch for markers and rock cairns.

**Viking Ridge** — From Prince George travel east on Highway 16 for approximately 5 km past the Sugarbowl Mountain trailhead. A parking lot is provided off the north side of the highway.

From the sign at the edge of the highway cutbank, the trail travels up the northwest slope of Viking Mountain to wet meadows, a small lake and the summit. Open ridges beyond the summit give excellent views of the Rocky Mountain Trench. This trail is a slightly easier climb than Sugarbowl.

Trailhead to meadows	3 km
Elevation gain	683 m (2240 ft)

Trailhead to lake	5.5 km
Elevation gain	869 m (2850 ft)

Trailhead to summit	6.5 km
Elevation gain	1021 m (3350 ft)

Time to hike to summit	2.5 to 4 hours
Return to parking lot	2 hours

Caution — The route to the summit is not marked. If there is snow, the slope south of the lake is icy.

**Viking Ridge to Sugarbowl Mountain Circuit** — The trail junction is located at the second small caribou meadow on the Viking Trail. The trail length between the two trailheads is 5.7 km and takes about 2 to 2.5 hours.

## ACTIVITIES



Summer activities include hiking, camping, hunting, fishing, photography and wildlife viewing.



Winter activities include wilderness ski touring, snowshoeing and photography.



Backcountry campsites and pit toilets are provided at Raven Lake and Grizzly Den area. Raven Lake has designated tent pads.

## PARK HAZARDS

**Practice bear safety at all times** — Sugarbowl Grizzly Den Provincial Park is prime grizzly bear habitat. Never feed or approach bears or wildlife.

**Be prepared** — Visitors must be prepared for a variety of weather conditions. All visitors should enter the park prepared to be totally self-sufficient.

**Hypothermia is a real threat** — Carry emergency supplies including a first-aid kit, tool kit, emergency food, stove, extra fuel, warm clothing, waterproof matches and sleeping bag.

**Avalanche warning** — Avalanche beacons, probes, shovels and emergency first aid gear are recommended. Training in avalanche awareness and avoidance should be a part of every winter backcountry user’s planning. Due to avalanche hazards, visitors are asked not to use trails marked “summer only” when there is snow on the slope.

**Stay on the trail** — Avoid environmental damage. Alpine vegetation is delicate and takes a long time to regrow at high elevations. Do not damage or remove them. Take nothing but photos; leave nothing but footprints.

## FOR MORE INFORMATION

<http://wlapwww.gov.bc.ca/bcparks>



Ministry of Water, Land  
and Air Protection

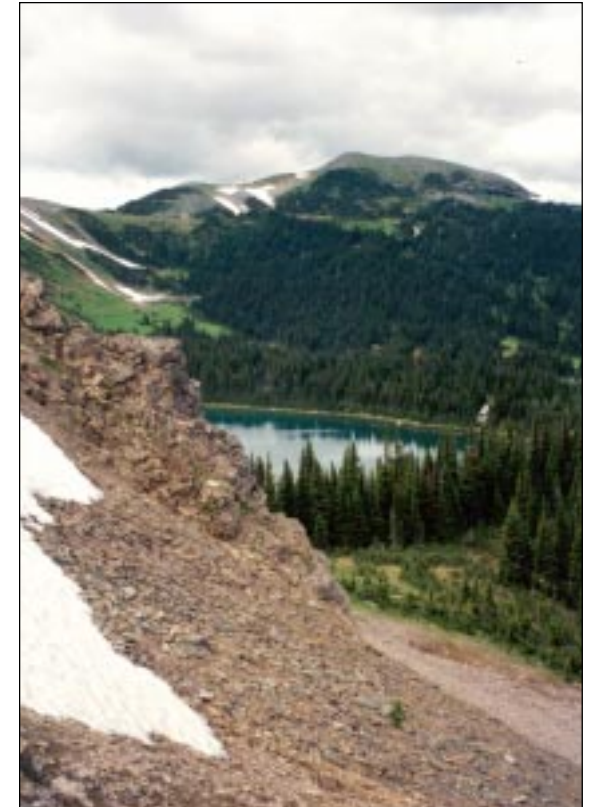


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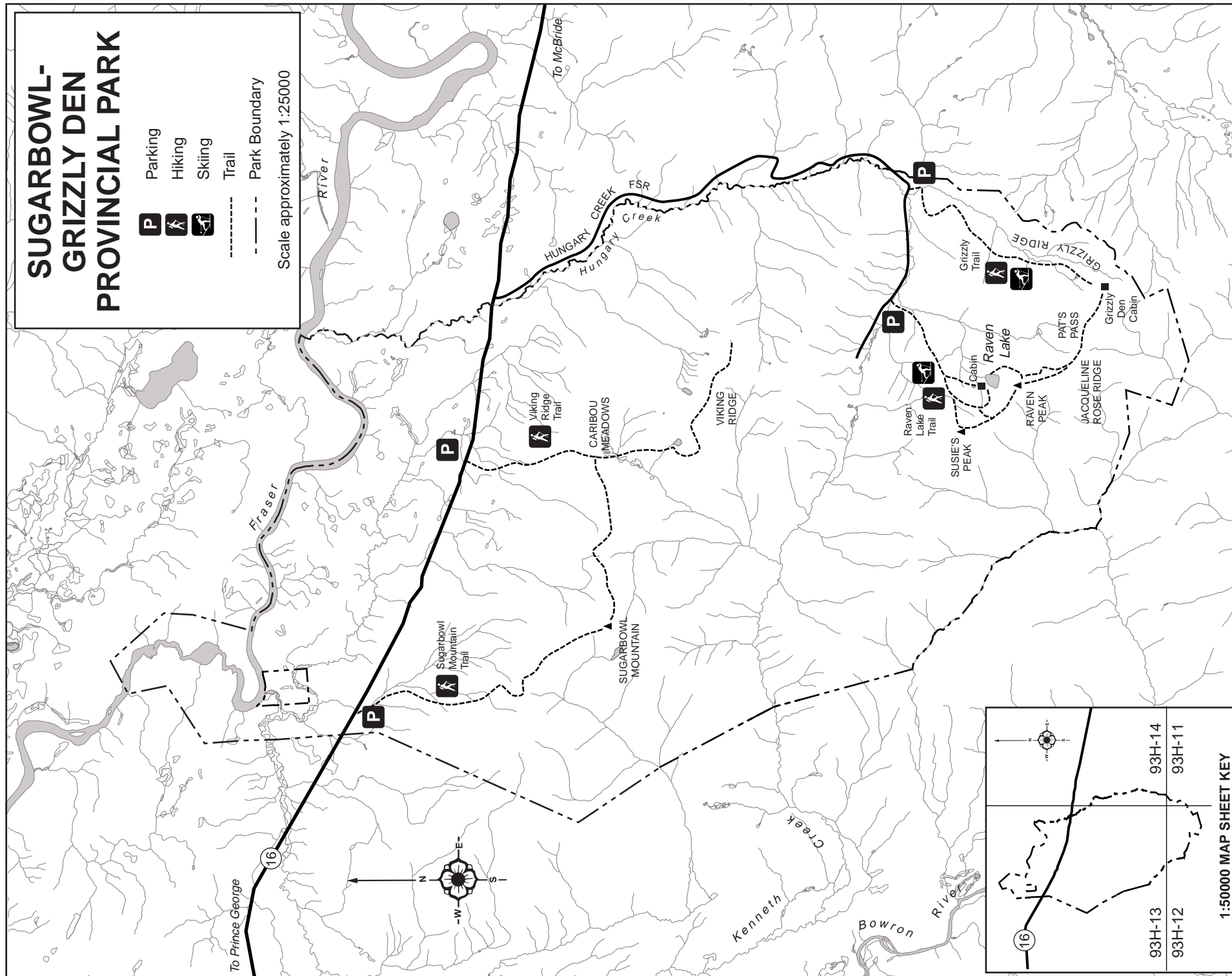
# Sugarbowl- Grizzly Den

## PROVINCIAL PARK



Old growth cedar, hemlock, and spruce forests sweep into alpine meadows and up steep, rocky inclines in this relatively new park. Covering an area of 23,670 hectares, the park provides protected habitat for wildlife ranging from grizzly and caribou to smaller mammals such as the marten. The park also provides many opportunities for summer and winter recreational activities for outdoor enthusiasts.

Upper Fraser – Prince George



## TRAILS

**Grizzly Den** — From Prince George travel east on Highway 16 for approximately 88 km to Hungary Creek Forest Service Road. Travel 13 km on Hungary Creek Forest Service Road to clearing. A parking lot is provided at the trailhead on the left.

Grizzly Den trail winds through spruce balsam forest, past 8 Mile log cabin, through wet meadows, across several creeks, then ascends into timber to an A-frame cabin.

Trailhead to cabin 6 km  
Elevation gain 600 m (2000 ft)

Trailhead to peak 9 km  
Elevation gain 1050 m (3500 ft)

Time to hike to peak 2 to 3 hours  
Return to parking lot 2 hours

Caution — Cabin is hard to identify in inclement weather as it blends in with trees and snow.

**Raven Lake** — Travel an additional 2.6 km past the Grizzly Den trailhead to the Raven Lake trailhead parking lot.

The Raven Lake trail ascends steeply through old growth spruce forests to alpine meadows and an A-frame cabin.

Trailhead to cabin 4.7 km  
Elevation gain 450 m (1500 ft)

Time to hike to summit 1.5 to 2 hours  
Return to parking lot 1 hour

Caution — The Raven Lake trail is very wet, slippery, and steep, especially in winter. The slope opposite to Raven Lake cabin is subject to occasional avalanches.

**Raven Lake to Grizzly Den Cabin Circuit** — The trail heads around the ridge on the east side of Raven Lake and follows the east side of Raven Mountain. The trail then descends below Jacqueline Rose Ridge, heading through Pat's Pass and then to the Grizzly Den cabin.

Visitors are reminded that no motorized vehicles are allowed in Sugarbowl-Grizzly Den Provincial Park. B.C. Hunting and Fishing Regulations apply; anglers and hunters must possess appropriate licences.

