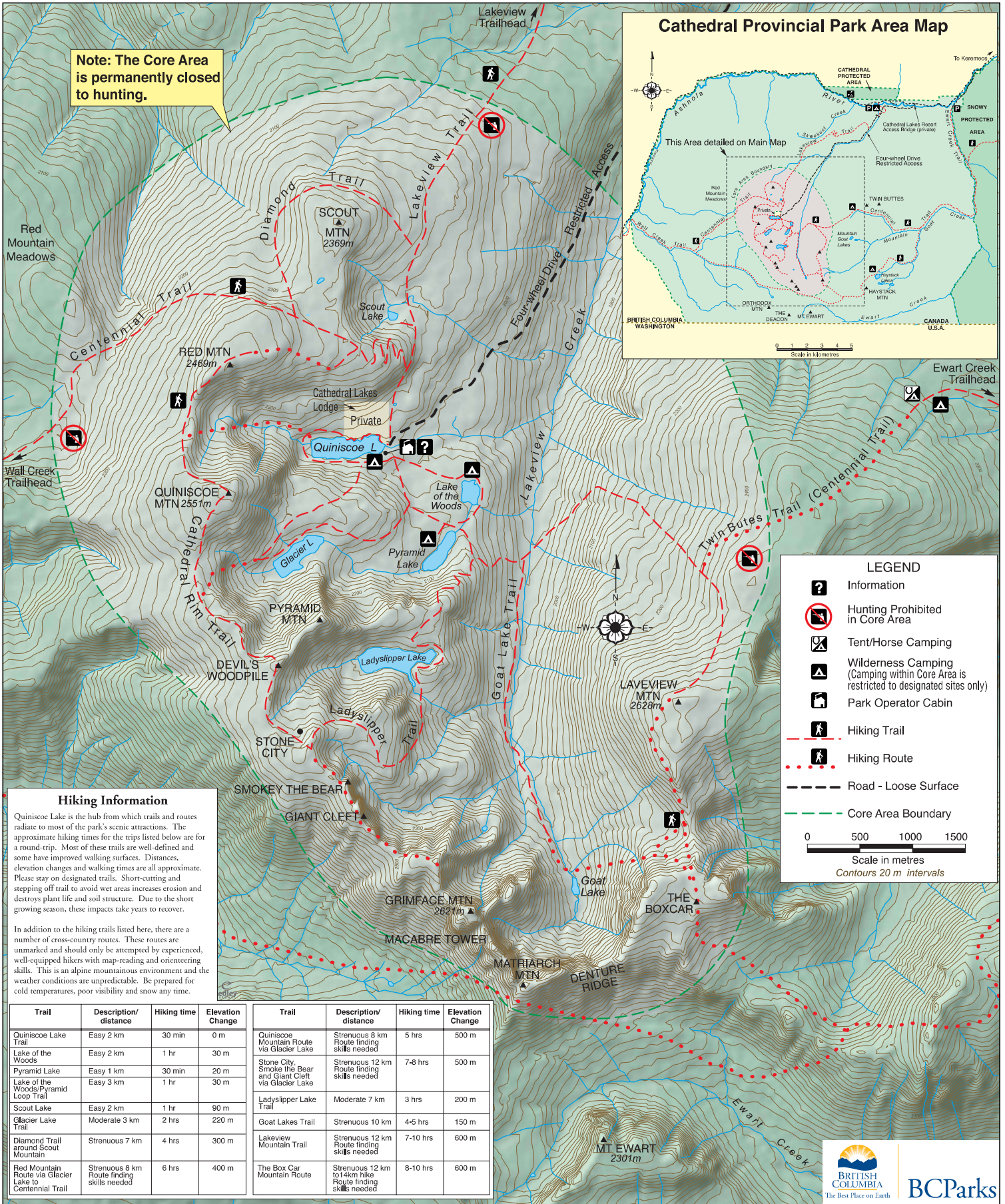
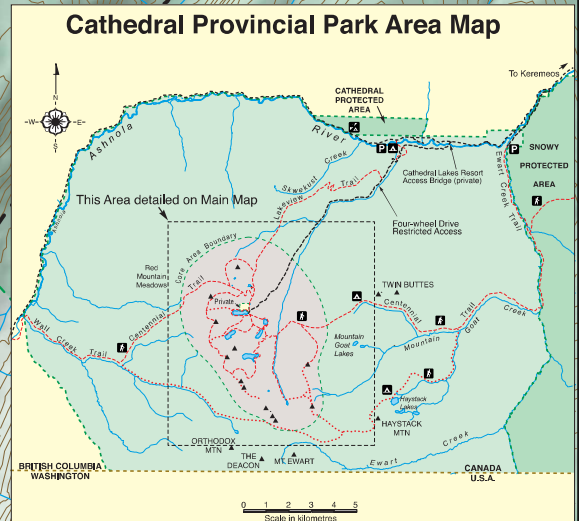


Cathedral Provincial Park Core Area

Note: The Core Area is permanently closed to hunting.



Hiking Information

Quiniscoe Lake is the hub from which trails and routes radiate to most of the park's scenic attractions. The approximate hiking times for the trips listed below are for a round-trip. Most of these trails are well-defined and some have improved walking surfaces. Distances, elevation changes and walking times are all approximate. Please stay on designated trails. Short-cutting and stepping off trail to avoid wet areas increases erosion and destroys plant life and soil structure. Due to the short growing season, these impacts take years to recover.

In addition to the hiking trails listed here, there are a number of cross-country routes. These routes are unmarked and should only be attempted by experienced, well-equipped hikers with map-reading and orienteering skills. This is an alpine mountainous environment and the weather conditions are unpredictable. Be prepared for cold temperatures, poor visibility and snow any time.

Trail	Description/distance	Hiking time	Elevation Change	Trail	Description/distance	Hiking time	Elevation Change
Quiniscoe Lake Trail	Easy 2 km	30 min	0 m	Quiniscoe Mountain Route via Glacier Lake	Strenuous 8 km Route finding skills needed	5 hrs	500 m
Lake of the Woods	Easy 2 km	1 hr	30 m	Stone City, Smoke the Bear and Giant Cleft via Glacier Lake	Strenuous 12 km Route finding skills needed	7-8 hrs	500 m
Pyramid Lake	Easy 1 km	30 min	20 m	Ladyslipper Lake Trail	Moderate 7 km	3 hrs	200 m
Lake of the Woods/Pyramid Loop Trail	Easy 3 km	1 hr	30 m	Goat Lakes Trail	Strenuous 10 km	4-5 hrs	150 m
Scout Lake	Easy 2 km	1 hr	90 m	Lakeview Mountain Trail	Strenuous 12 km Route finding skills needed	7-10 hrs	600 m
Glacier Lake Trail	Moderate 3 km	2 hrs	220 m	The Box Car Mountain Route	Strenuous 12 km to 14km hike Route finding skills needed	8-10 hrs	600 m
Diamond Trail around Scout Mountain	Strenuous 7 km	4 hrs	300 m				
Red Mountain Route via Glacier Lake to Centennial Trail	Strenuous 8 km Route finding skills needed	6 hrs	400 m				

LEGEND

- Information
- Hunting Prohibited in Core Area
- Tent/Horse Camping
- Wilderness Camping (Camping within Core Area is restricted to designated sites only)
- Park Operator Cabin
- Hiking Trail
- Hiking Route
- Road - Loose Surface
- Core Area Boundary

0 500 1000 1500
Scale in metres
Contours 20 m intervals