Lower Mainland Nature Viewing Region
Metro Vancouver Area
West Vancouver Upper Lands West of Cypress Bowl Road (Whyte Lake, Nelson Canyon, Cypress Falls)

Whyte Lake: photo by Bill Kinkaid

Boardwalk & Skunk Cabbage: photo by Bill Kinkaid

This is the area above (north of) the TransCanada Highway and below (south of) Cypress Provincial Park. Several parks, hiking trails and other areas are included.

Photo Gallery

Geographical Description Area/ Trail Length	Coast Mountains
Seasons to Visit	Year round.
Habitat	Mostly second growth coastal western hemlock/western red-cedar, Douglas-fir, red alder/vine maple, some drier Gulf Islands type habitat including arbutus trees.

Viewing Highlights	Whyte Lake is an outstanding bog wetland area; notable plants include sundew, sweet gale and Labrador tea. Northwestern salamanders can be found in the lake. Cypress Falls Park is home to a stand of large 300 year old Douglas-firs. Cypress Falls Park and Nelson Canyon are home to typical fungi, bryophytes, ferns and allies and flowering plants of the region. Notable rarities include western coralroot, Indian pipe, pinesap, gnome plant and Vancouver groundcone. Many forest birds. An alternate route to Whyte Lake is a moderately strenuous trail parallelling the power line west of Nelson Canyon; this is an excellent site for grassy rocky slopes, with plants including hairy manzanita.
Other Features	Two waterfalls in Cypress Falls Park are spectacular year round but especially during spring and early summer when filled with snowmelt from Cypress Bowl. There is a small salmon hatchery at Nelson Canyon Park.
Main Access	Whyte Lake/Nelson Canyon: parking on Westport Road just south of the TransCanada Highway. By transit, take bus 250 and walk up from Marine Drive and Cranley Drive. Cypress Falls Park: parking on Woodgreen Place; bus 253.
Secondary Accesses	There is also access to Cypress Falls Park halfway up Woodgreen Drive and at the top of Woodgreen Drive at Cypress Trails Park. Parking is limited.
Cautions	Bears and cougars are rare but be watchful. Use caution on the dock at Whyte Lake, and near the creek in Cypress Falls Park. Be watchful for mountain bikers, who use many official and unofficial trails. Most trails are moderately easy, but you should be in reasonably good physical condition and be properly equipped with good hiking footwear, rain gear, food and water. Expect snow at higher elevations in winter. Much of this land outside of parks belongs to British Pacific Properties and public use is at your own risk. The land is also subject to being developed and access may be cut off to some trails. Respect all private properties and off-limits areas: these include the Eagle Lake water supply area, the BC Hydro station above Cypress Falls Park, and the West Vancouver maintenance facilities on Cypress Bowl Road and Eagle Lake Road.
Jurisdiction	District of West Vancouver Parks (Cypress Falls), British Pacific Properties (Use their properties at your own risk; watch for their signs on trails)
Regulations	No camping or fires. Observe local signs regarding dogs and cycling.
Facilities	Pit toilet at Whyte Lake. No other facilities.

Other Recreational Activities	Tennis courts and playing fields at Cypress Falls.
Other Connections	The Baden-Powell and TransCanada Trails run west to Horseshoe Bay and east to Capilano Road. A number of official and unofficial trails connect in all directions.
History	Cypress Creek, Nelson Creek and Whyte Lake were used as the local water supply until the late 1980s and there is still a water tank at Nelson Canyon which is used only for firefighting purposes now. The trail to Whyte Lake via Nelson Canyon was built to replace the old trail from Eagleridge Bluffs which was lost due to Sea to Sky Highway expansion in 2007.
FMI Links	West Vancouver Parks: 604-925-7200 West Vancouver Parks Whyte Lake British Pacific Properties Nature Vancouver