

Cypress Falls to Whyte Lake Trail

October 08, 2023 – Gerard Laman

We started the hike with twelve BOC members from the Cypress Falls Park in West Vancouver. There are two water falls on the Cypress Creek in this park. From the Upper Falls there is a connecting trail to Whyte Lake.

We started the hike at 9:00am and followed the trails that winds through forests of Douglas Fir and Western Red Cedar trees covered in moss from the moist environment. Following the Cypress Creek from the Lower Falls to the Upper Falls. There was still sufficient water flowing to make a look at the falls worthwhile. We had to scramble on some steep sections of the trail to reach the upper falls.

After the Falls we followed for about 800 meters a forestry road when we came again under cover of the forest. The weather was perfect for hiking, not too hot and no rain. After about four kilometers we connected with the Whyte Lake Trail that follows the Nelson Creek that has some steep ravines crossed by falling trees. Along the creek stood some giant old growth trees. Shortly after this we reached Whyte Lake. We decided to hike to the North side of the lake for our lunch break and to give Catherine some time for her favorite exercise, swimming in a lake. After lunch we followed the same route back to the parking lot at Cypress Falls Park.

We all agreed that we had a great hike on a beautiful day.

Thanks to the drivers, Keith and Gerard

Photos contribution by, David, Barbara and Gerard

