

Cypress and Howe Sound Crest Trail (Loop)

Getting There

From Highway 1, take the Cypress Bowl Road exit 8. Follow road all the way to the top (past the Nordic ski area). Bring camera. This is an out-and-back so keep track of your time. Aim for 10% more time than last week. East side is easy up and crazy downhill.

Trailhead

- At map kiosk at parking lot, head LEFT and veer right to get to new Cypress Creek Lodge.
- Find map kiosk just past lodge.

Lions Express Tow

- Take RIGHT fork to get to Lions Express Tow.
- Head up hill in front of tow (left turn).

Howe Sound Crest Trail EAST

- At water tower, go RIGHT onto **HSCT East**.
- Climb rooty trail.
- At T-junction and post, turn LEFT to stay on HSC Trail. This is rocky road at first.
- Views!
- Arrive at junction with HSCT map kiosk; go straight (see photo).



- When ready to return, turn around on HSCT.

Return

- At HSCT map kiosk, turn RIGHT toward Bowen Lookout.
- At Bowen Lookout post, go right to lookout and return to HSCT.
- Follow HSCT down switchbacks.
- At exit at water tower, head straight downhill.
- At Lions Express ski tow, turn RIGHT to return to Cypress Creek Lodge.
- Sign out.

Stretch

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

Side Stepping Steep Climbs

Do a wide side step on steep climbs to ease stress on calves.

Race Mode

At a hill's crest, accelerate up and over to carry the momentum on the downhill. And at the descent's end, use your downhill speed to accelerate the first part of the next hill. Ultramarathon legends Kami Semick and Scott Jurek use this "transitioning" strategy to shave minutes off their race times.

[Cypress Provincial Park map](#)

