

## Cypress Yew Lake and Howe Sound Crest Trail

### 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.

### 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.

### Yew Lake Trail

- Take LEFT fork at map kiosk (Baden-Powell).
- A few metres later, take first RIGHT onto Yew Lake Trail, then immediate LEFT at marked Y-junction.
- Follow Yew Lake loop all the way around to second post; can see lodge, keep left.
- At next post, turn LEFT toward HSCT (see photo).



- At gravel road, head up left to water tower.
- REGROUP at water tower.

### Howe Sound Crest Trail (HSCT) West

- At water tower, go LEFT onto **HSCT West**.
- Follow signs for HSCT.
- Switchbacks start.
- At post for Bowen Lookout, keep right toward The Lions (lookout is great view but optional).
- Arrive at junction with HSCT map kiosk; go LEFT (see photo).



- When ready to return, turn around on HSCT.

### Return

- At HSCT map kiosk, turn RIGHT.
- Return the way you came as far as water tower.
- 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](#)

