Mt. Elphinstone Health Trail Map

The trail has 3 main access points. Trailhead 1 is found along the B&K Rd, Trailhead 2 is found off the Roberts-Flume Forest Service Rd (FSR) and the Trailhead 3 is found at the end of this same FSR. See map for each trailhead. Sections can be partly completed, or with groups doing a car shuttle between trailheads.

Elphinstone Logging Focus (ELF) is seeking to have the current Mt. Elphinstone Provincial Park (139Ha) expanded to 2,000Ha, which will encompass the 3 existing parks creating a protective core and buffer. Potential logging between the 3 parks would result in further fragmentation. No other park in the province is broken off into 3 parts, and thus this planning error needs to be corrected.

In August 2015, McCrory Wildlife Services conducted a conservation review of the park expansion area. Wayne McCrory, the author, a nationally respected conservation-biologist made the following recommendation: “The very high biodiversity values support my recommendation that the Elphinstone study area be fully protected as a core benchmark area. This is consistent with conservation biology principles that core areas are the cornerstone of conservation.”

83% of the Elphinstone park expansion area is a provincially Blue listed ecological community sensitive to human and natural impacts. The area is in Coastal Western Hemlock dry maritime zone (CWHdm), and a key transition zone with the highly endangered Coastal Douglas Fir ecosystem. The government has an order to protect 70 per cent of the same CWHdm ecosystem on the South-Central Coast Region. Elphinstone falls outside of that region, however this protection objective should apply to the Sunshine Coast as well, since this ecosystem is even more threatened here.

A 2014-11-14 shíshálh (Sechelt) First Nation Declaration stated protection of the Elphinstone area from further industrial-development within their territory.

The stage is set for a new 2,000ha expanded Mt. Elphinstone Provincial Park to be locally managed.

Please take the time to write to the Minister of Environment, Mary Polack, and to our local MLA Nicholas Simons requesting such action take place. Email your message to env.minister@gov.bc.ca, and nicholas.simons.mla@leg.bc.ca

Please go to our web site at loggingfocus.org for further information. Donations appreciated to help fund ELF’s local forest protection campaigns.

Enjoy using this trail, and make it a part of your exercise routine. Be safe, carry water and inform a friend of your destination and expected return time.

Should your group like to request a guided walk on the Elphinstone Health Trail, please contact us.

This trail traverses across the Elphinstone slopes through an ‘emerging’ old-growth forest connecting up 3 small isolated park zones. It was surveyed around several cutblocks to provide the best forest hiking experience.

Within the forest, there’s a high diversity of mushroom species (165 recorded), with over 20 commercial varieties. The forest structure contains towering old-growth Douglas-firs trees, some up to 800 years old, creating an open canopy effect. Dominant stands of Red Cedar can also be found, along with a few Sitka Spruce, Western White Pine, and Pacific Yew.

The Elphinstone area is renowned for its variety of recreational pursuits, such as nature observing, hiking, mountain biking, wild crafting, bird watching, and trail running. The health benefits of forest walking, or as the Japanese call it ‘Forest Bathing’ is well known as an immune booster.

The ‘Health Trail’ was not designed as a mountain biking trail. It crosses several creeks on hand-built foot bridges. Use at your own risk.

The Elphinstone slopes falls with the traditional territories of the shíshálh (Sechelt) and Skwxwú7mesh (Squamish) First Nations.
EXPAND THE PARK
BEFORE IT'S TOO LATE!

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