



MISTAYA LODGE

where comfort, solitude, and alpine adventures meet!

Hiking at Mistaya

Wildlife

Mountain goats; grizzly bear (sightings rare); snowshoe hare; pine marten; ptarmigan; Columbia ground squirrel; Hoary marmot; pika

Birds

Golden eagle, coopers hawk, goshawks, prairie or peregrine falcons, hermit thrush, varied thrush, white crown sparrow, fox sparrow, yellow rumped warbler, finches, water pipit, phalaropes, sandpipers, ravens, Clark's nutcracker, owl's

East Slopes and 3 Lakes Circuit

- climb through subalpine glades to an extensive area of alpine meadows on a broad ridge 800 to 1,000 ft. above the lodge
 - in season, wildflowers are abundant
 - near the upper end of the ridge is the first of the 3 alpine lakes
 - descend to a Karsts chasm into which the creek disappears
 - climb about 300 ft. to a heather carpeted basin strewn with eroded limestone boulders (Boulder Meadows)
 - descend to toe of Wildcat glacier, back to lodge
- Distance: 8-9 km
- Time: 5-7 hours
- Total elevation gain/loss: 1,300-1,400 ft.
- Hiking on trail: 20% of the day
- Circuit allows many options to lengthen or shorten the day



MISTAYA LODGE

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Toll Free (866) 647- 8292 / info@mistayalodge.com / www.mistayalodge.com

Other Day Hikes

Mohawk Ridge

Distance: approx. 5 km

Time: approx. 4 hours

Elevation gain/loss: 800 ft.

Hiking on trail: 50%

Wildcat Creek Waterfalls

Distance: 4 km

Time: 3-4 hours

Elev. gain/loss: 600 ft.

Hiking on trail: 100%

Grindel-Nexus Loop

Distance: 5 km

Time: 4-5 hours

Elevation gain/loss: 800 ft.

Hiking on trail: 50%

Moon Dark Meadows

Distance: 6-7 km

Time: 5-6 hours

Elev. gain/loss: 1,200 ft.

Hiking on trail: 40%

Peaks-Non-technical Mountaineering Days

Barbette Ridge and East Barbette Peak

Distance: 11 km

Time: 8 hours

Elev. gain/loss: 3,400 ft.

Summit: 9,900 ft.

West Peyto Peak

Distance: 12 km

Time: 8-9 hours

Elev. gain/loss: 2,900 ft.

Summit: 9,600 ft.

Chasm Ridge and Barbette Peak

Distance: 13 km

Time: 9-10 hours

Elev. gain/loss: 3,600 ft.

Summit: 10,100 ft.

Mistaya Peak

Distance: 15 km

Time: 9-10 hours

Elev. gain/loss: 3,400 ft.

Summit: 10,100 ft.



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Technical Peaks – Mountain Guide Required

Mt. Baker

Distance: 8 km

Elev.: 2,500 ft.

Summit: 9,100 ft.

-glacier & ice

Trapper Peak

Distance: 14 km

Elev.: 3,300 ft.

Summit: 9,900 ft.

-ice & rock, long approach

Grindel Peak

Distance: 11 km

Time: 8-10 hours

Elev. gain/loss: 3,700 ft.

Summit: 10,400 ft.

Parapet Peak

Distance: 11 km

Time: 8-9 hours

Elev.: 3,200 ft.

Summit: 9,800 ft.

Boomerang

Distance: 9 km

Elev.: 2,600 ft.

Summit: 9,300 ft., glacier route

Rock Climbing – guide required

Sceptre Spire – 3 pitches

Grindel Buttress – 3 pitches, most routes unclimbed

Stonefeather – 8-9 pitches, unclimbed



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