



## HIKING AT MISTAYA

### Wildlife

Mountain goats, grizzly bear (sightings rare), snowshoe hare, pine marten, columbia ground squirrel, hoary marmot, pika

### Birds

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

### East Slopes and 3 Lakes Circuit

- Highlights
  - climb through subalpine glades to an extensive area of alpine meadows on a broad ridge 250 to 500 m 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 100 m to a heather carpeted basin strewn with eroded limestone boulders (Boulder Meadows)
  - descend to toe of Wildcat glacier, back to lodge
- Distance: 6-10 km
- Time: 5-7 hours
- Total elevation gain/loss: 350-600 m.
- Hiking on trail: 20% of the day
- Circuit allows many options to lengthen or shorten the day

## Other Day Hikes

### Mohawk Ridge

- Distance: approx. 5 km
- Time: approx. 4 hours
- Elevation gain/loss: 250 m.
- Hiking on trail: 50%

### Wildcat Creek Waterfalls

- Distance: 4 km
- Time: 3-4 hours
- Elevation gain/loss: 200 m.
- Hiking on trail: 100%

### Grindel-Nexus-Wildcat Loop

- Distance: 5-10 km
- Time: 4-7 hours
- Elevation gain/loss: 400 m.
- Hiking on trail: 50%

### Moon Dark Meadows

- Distance: 6-7 km
- Time: 5-6 hours
- Elevation gain/loss: 400 m.
- Hiking on trail: 40%

## Peaks Non-Technical Mountaineering Days

### Barbette Peak Prow

- Distance: 14 km
- Time: 8 hours
- Elevation gain/loss: 1100 m.
- Summit: 3017 m.

### West Peyto Peak

- Distance: 14 km
- Time: 8-9 hours
- Elevation gain/loss: 970 m.
- Summit: 2925 m

### Mistaya Peak

- Distance: 15 km
- Time: 9-10 hours
- Elevation gain/loss: 1100 m.
- Summit: 3075 m.

## Technical Peaks – Mountain Guide Required

### Mt. Baker

- Distance: 8 km
- Elevation: 1132 m.
- Summit: 3172 m.
- Glacier & ice

### Trapper Peak

- Distance: 14 km
- Elevation: 1000 m.
- Summit: 2980 m.
- Ice & rock, long approach

### Grindel Peak

- Distance: 11 km
- Time: 8-10 hours
- Elevation gain/loss: 1130 m.
- Summit: 3170 m.

### Parapet Peak

- Distance: 11 km
- Time: 8-9 hours
- Elevation: 975 m.
- Summit: 2990 m.

### Boomerang

- Distance: 9 km
- Elevation: 800 m.
- Summit: 2830 m.
- Glacier route

## Rock Climbing – Mountain or Rock Guide Required

- Sceptre Spire – 2 pitches
- Canyon Climbs – 3 climbs 1 pitch each up to 5.11
- Several Bouldering spots

<https://mistayalodge.com/hike-descriptions/>

Generated On: 18 October 2021

Phone: 1 (866) 647 8292

Email: [info@mistayalodge.com](mailto:info@mistayalodge.com)