

Parking :

P Parking is available in the BC Parks Cameron Lake Picnic Area located at the east end of Cameron Lake on Highway 4, as well as alongside the highway. Park well clear of the highway traffic. You are advised to remove all valuable items from your vehicles.

Arrowsmith Trail :

The trail begins on an old logging road opposite the day-use area and follows the old road for 15-20 minutes before beginning the climb to the McBey Creek bridge.

After about 1½ hours a junction is reached.

The **East Loop** leads to a lookout with dramatic views of the Strait of Georgia and mainland Coast mountains, and continues uphill to the Mount Arrowsmith Regional Park ski hill (owned by Alberni-Clayoquot Regional District).

The **West Loop** follows the route of the original CPR trail alongside McBey Creek and climbs to the Regional Park ski hill.

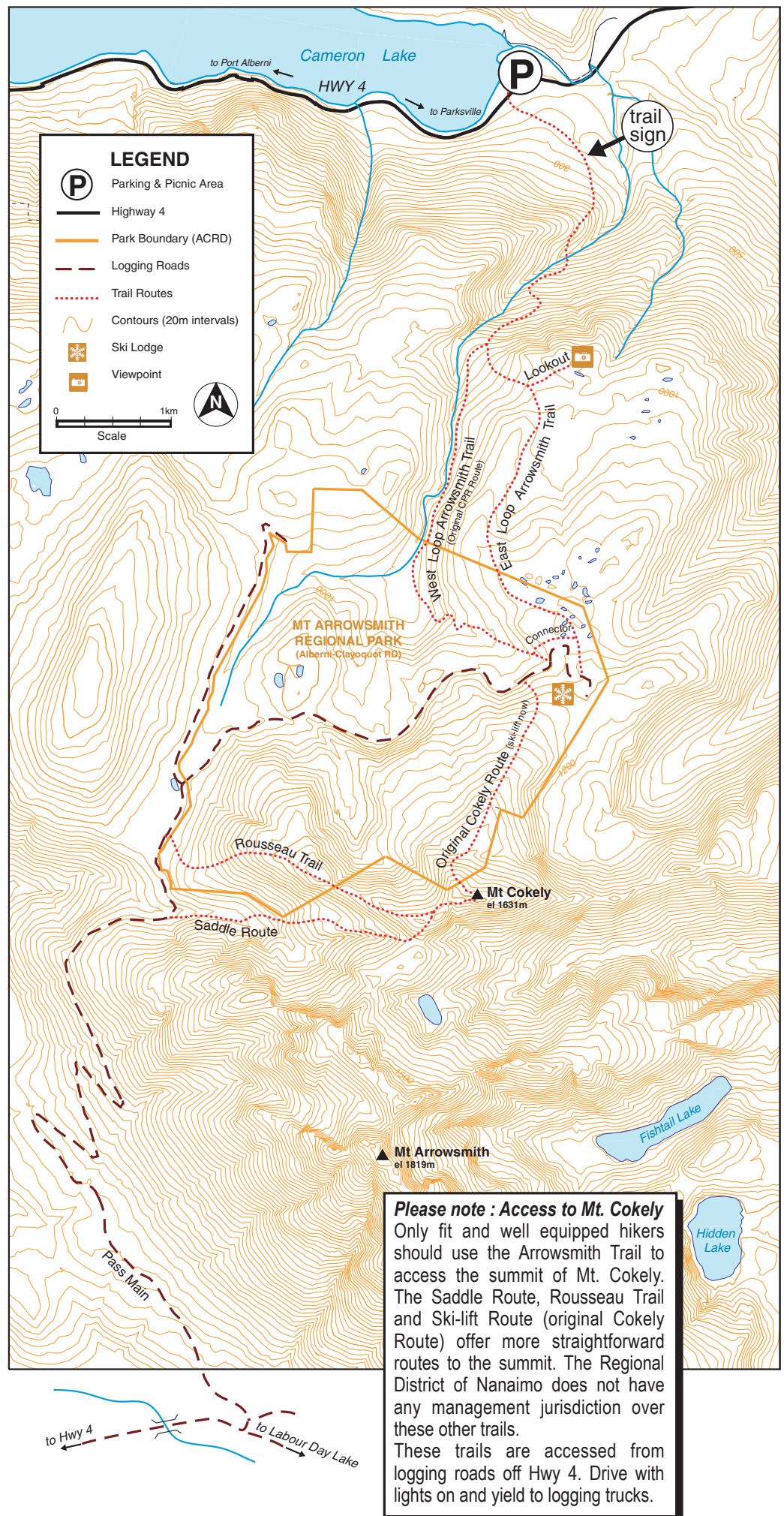
A **connector trail** just below the ski hill road allows hikers to make a return loop.

Route times :

- ⌚ Cameron Lake to lookout:approx. 2 hours one-way.
- ⌚ Cameron Lake to Regional Park ski hill:approx. 4 hours one-way.
- ⌚ Round trip to ski hill road and return via either loop:.....approx. 6-7 hours.

Caution :

- ! This trail is steep in places and requires a moderate fitness level. Total elevation gain from Cameron Lake to the ski hill area is approximately 1000 metres.
- ! The weather can change with little warning. Be prepared for cold wind and rains at any time. It is advisable to take a first-aid kit, warm clothing, water, and snacks even on short hikes. Sturdy footwear is recommended.
- ! Hikers are advised to exercise caution on the trail, particularly near McBey Creek.
- ! Be aware of wildlife and take necessary precautions to avoid confrontations.
- ! The trail surface is rough and uneven; it may not be suitable for some people.



Please note : Access to Mt. Cokely
Only fit and well equipped hikers should use the Arrowsmith Trail to access the summit of Mt. Cokely. The Saddle Route, Rousseau Trail and Ski-lift Route (original Cokely Route) offer more straightforward routes to the summit. The Regional District of Nanaimo does not have any management jurisdiction over these other trails. These trails are accessed from logging roads off Hwy 4. Drive with lights on and yield to logging trucks.