



*Hourglass Lake before “the narrows,” with the talus slope leading to Upper Hourglass Lake on the right, background.*

the prominent trail as it switchbacks often, up the hillside. The trail winds through a forest of large spruce and fir. Occasionally see glimpses of the turbulent creek as it bounces and splashes the steep channel over slabs of black bedrock.

At 2.2 km from the trailhead, take the right fork up to the lakeside at 3 km. (Avoid the left fork, which ascends steep and often slippery rock bluffs.)

Follow the trail around the north shore to another trail junction. The right fork is an optional hike north for 1 km to another lake. The path climbs and descends a 60 m (200 ft.) contour to a small shallow lake, which is bound by a large avalanche swath of low growing vegetation.

If you continue to follow along the north shore of Hourglass Lake, you will reach “the narrows,” at 3.6 km from the trailhead. The flat ground at the narrows is a good spot for a picnic or a campsite.

Walk around the shore to the west end of the lake to the large waterfall and talus slope down from Upper Hourglass Lake. To get to the upper lake, cross the base of that turbulent creek and scramble up the loose rocks. In wet weather the rocks are very slippery as a fine dark lichen coats them. It is about an hour of scrambling up those rocks, with a further elevation gain of 335 m (1100 ft.).

The scenery is worth the climb. A ring of light grey jagged rock protects this alpine lake and alpine larch trees cling to the jumble of boulders. Just around to the north, shallow pools spill into tiny rivulets and splash into other tiny pools of clear water. Soft carpets of heathers smooth the ground.

The trip to Hourglass Lake is a satisfying day hike, but combined with the vigorous ascent up to Upper Hourglass Lake, it is a fabulous hike.