

Trophy Flower Meadows Trail to Sheila Lake

Location: Wells Gray Provincial Park, British Columbia

Drive Time from Spahats Creek Resort: 30 to 45 minutes (12.2 km / 7.6 miles)

Walking Distance from Spahats Creek Resort: Not recommended due to the distance and rough terrain.

Difficulty: Moderate to Challenging

Distance of Hike: 11 km (6.8 miles) round trip to Sheila Lake

Elevation Change: Approximately 600 meters (1,968 feet)

Estimated Hike Time: 2.5 to 5 hours round trip

Overview: The Trophy Flower Meadows Trail to Sheila Lake is a spectacular alpine adventure that takes you through vibrant wildflower meadows and offers breathtaking views of the Trophy Mountains. This challenging hike rewards adventurers with the pristine beauty of Sheila Lake, a serene alpine lake surrounded by stunning peaks and meadows. The trail, newly renovated in 2023, provides an enhanced experience for hikers seeking a full-day excursion into Wells Gray Provincial Park.

Drive Description: From Spahats Creek Resort, drive back to the main entrance and turn right onto Spahats Creek FSR. Drive to the 4 km fork and go left, following the signs for Trophy Flower Meadows. The gravel road involves several steep and winding sections, requiring careful navigation. Upon arrival, you will find a newly installed pit toilet at the trailhead and a small parking area suitable for standard-sized vehicles. Larger RVs are not recommended.

Hike Description:

1. Begin at the trailhead and follow the well-maintained path through dense forests.
2. The trail ascends gradually, leading into the expansive alpine meadows filled with wildflowers during bloom season.
3. After passing Shepherd's Hut, continue along the trail as it climbs further into the high alpine.
4. The trail narrows and becomes more challenging as you approach Sheila Lake. The lake's crystal-clear waters and surrounding peaks create an idyllic and tranquil setting.
5. Return via the same trail for a total distance of 11km.

Tips:

- **Gear:** Wear sturdy hiking boots and bring trekking poles to assist with steep sections.
- **Supplies:** Carry plenty of water, high-energy snacks, and layers for unpredictable alpine weather.
- **Wildlife:** Be vigilant and carry bear spray as this trail passes through wildlife-rich areas.
- **Photography:** Don't forget a camera to capture the stunning alpine scenery and reflections on Sheila Lake.

Summary: The Trophy Flower Meadows Trail to Sheila Lake is an unforgettable full-day hike through some of Wells Gray Provincial Park's most striking alpine landscapes. From vibrant wildflower meadows to the tranquil beauty of Sheila Lake, this challenging yet rewarding trail is a bucket-list adventure for experienced hikers and nature enthusiasts.