



About Mount Seymour Resort

Mount Seymour has been the choice of outdoor enthusiasts for over 60 years. An easy drive from anywhere in Greater Vancouver, Mt Seymour draws you out of the city and into a spectacular winter playground. Located in North Vancouver within Mt Seymour Provincial Park, Mt Seymour Resort is pure West Coast. Take in the breathtaking views of Vancouver, the ocean, Mt Baker, Washington state, and Vancouver Island. Enjoy the plentiful snowfalls with an average of 1000cm of snow each winter. With a long-standing tradition of providing each and every guest with a memorable mountain experience, whether you're seasoned pro or have never played in snow before, Mt Seymour welcomes you. Visit our website at www.MountSeymour.com.

Activities at Mt Seymour Resort

Mt. Seymour is a full-service winter activity centre. Open from the end of November to early April (weather dependant), we offer something for everyone, young and young at heart.

Downhill skiing and snowboarding

- 23 runs from beginner to expert (40% Green, 40% Blue, 20% Black)
- 5 lifts (2 double chair lifts, 1 rope tow and 1 magic carpet)
- 3 renowned terrain parks
- Vertical drop of over 1,000 ft. Top elevation 4,150 ft.
- Three progressive freestyle terrain parks (Northlands, Young Guns & Mushroom)
- 12 runs lit for night skiing every evening until 10pm (Mid-Dec to late-March)
- Rentals and lessons available

Snowshoeing at The Discovery Trails

- Over 10km of marked and maintained forested trails
- Self-guided and Guided Interpretive Tours available
- Guided Tours feature various themes including Nature Exploration, Winter Fitness, Baby & Me, Full Moon Tours & Chocolate Fondue Tours.
- Snowshoe rentals available

Snow Tubing & Tobogganing at the Enquist Tube Park

- Four tubing lanes
- Tubing vertical drop of 100 meters
- Tube tow for easy trip back up
- Tube rentals included in rates
- Eight toboggan lanes (crazy carpets available for sale)
- Children must be at least 48 inches tall to use the tube park
- Children under 48 inches tall can use the toboggan runs

Facilities, Services & Events at Mt Seymour Resort

To ensure you have the best experience possible, Mt Seymour Resort offers a variety of facilities and services along with our professional staff.



The Alpine Activity Centre

- **Equipment Rentals**
 - Offering the latest in ski, snowboard and snowshoe equipment to rent for the day or evening. Brands include Head, Atomic, Burton and Tubbs. Winter clothing is also available for rent. Our professional Rental Shop staff allow quick and easy service for all guests and groups.
- **Ski & Snowboard School Lesson Desk**
 - Safety - Fun - Learning. These are the building blocks of every lesson taught by the Mt Seymour Ski and Snowboard School. Our professionally certified instructors are passionate about sharing their expertise and helping students' progress their skiing or snowboarding skills. Offering unique single day, private, multi-day child and adult programs, and special group lessons for all ages and abilities, guests are sure to find a program that fits their needs.
- **The Seymour Store**
 - The place to buy goggles, gloves, toques, thermal wear, batteries, Mt Seymour logo wear and more.
- **The Earl Pletsch Meeting Room**
 - An elegant meeting space to host your corporate retreat, group function, special dinner or important meeting. At 1026 sq. ft, the Earl Pletsch Meeting Room can seat up to 50 for meetings and dinners, up to 80 for theatre-style seating, and up to 95 for a reception.
- **Resort Administration Offices**

Three Peaks Lodge

- **Elevation 1020m Restaurant (max. occupancy 85)**
 - Relax and enjoy a delicious lunch, dinner or appetizer. Fully licensed family restaurant.
- **Grill Works Cafeteria (max. occupancy 112)**
 - For a quick meal in-between activities. Select from a variety of options including grilled burgers and fries, pizza, sandwiches, snacks, chilli and more.
- **Whiskey Jack Brown Bag Room**
 - A warm seating area to enjoy your own lunch brought from home.

The Snowshoe Adventure Centre

- **Discovery Snowshoe Trails tickets and general information**
- **Guided Tour bookings & meeting place**
- **Snowshoe rentals**

Guest Services

- **Downhill ski/snowboard lift tickets and season pass sales**
- **General information**
- **Lost and found**

The Bears Den/Snowtown

- **Meeting place for the Bear Cubs/Tots ski or snowboard lesson programs (ages 4-7)**

Enquist Tube Park Office & The Enquist Yurt

- **Tubing and Tobogganing tickets and equipment**
- **The Enquist Yurt is a rentable facility for small groups. BBQ available for use.**

Shuttle Service

- **A low cost shuttle service is available from the Parkgate Shopping Mall, located on Mt Seymour Parkway just before heading up to the Resort. Operating multiple times a day, the cost is \$5 per person each way. Visit the website for shuttle times.**