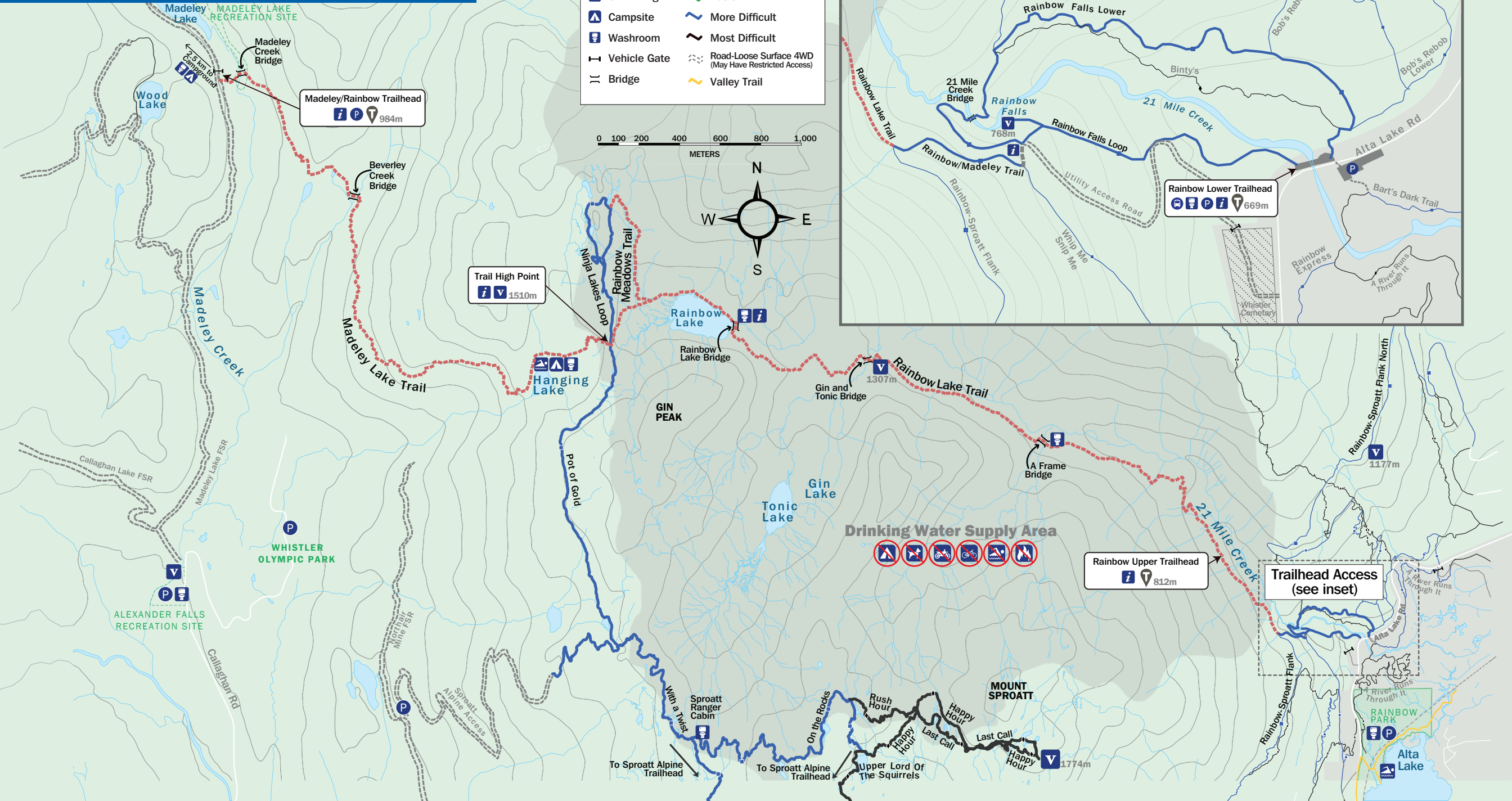
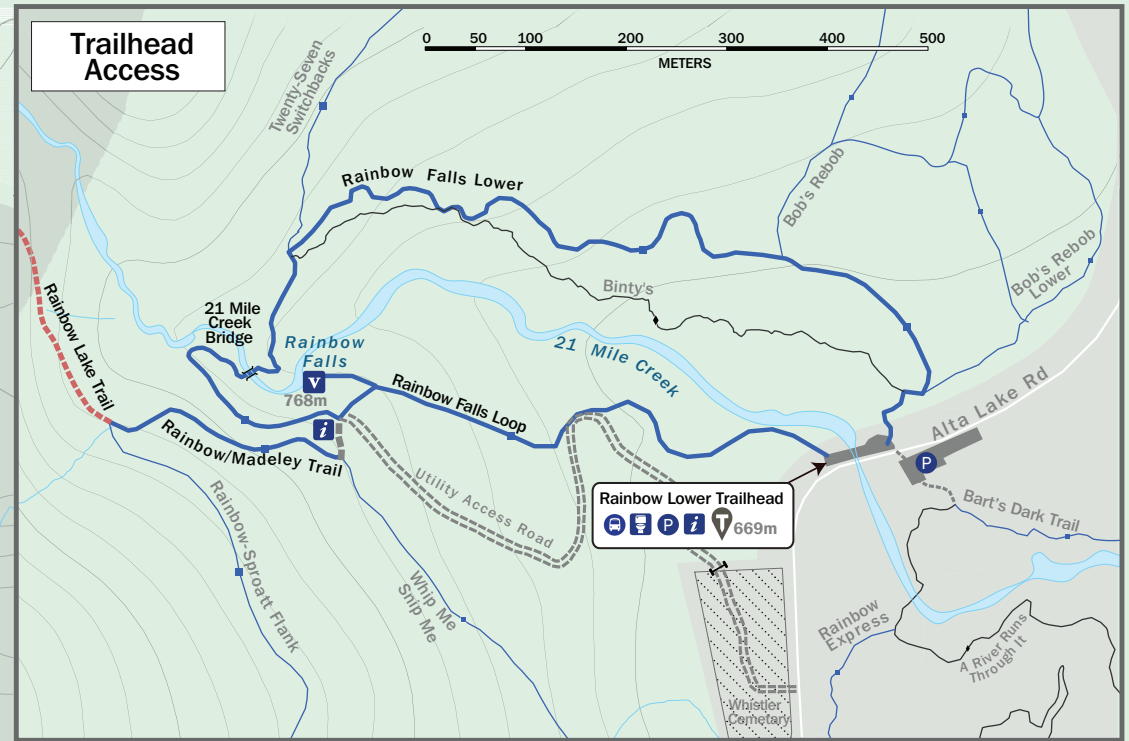


Rainbow / Madeley Trail Map

- | | | | |
|--|--------------|--|--|
| | Viewpoint | | Drinking Water Supply Area |
| | Information | | Trailhead |
| | Parking | | Hiking Only |
| | Swimming | | Easier |
| | Campsite | | More Difficult |
| | Washroom | | Most Difficult |
| | Vehicle Gate | | Road-Loose Surface 4WD
(May Have Restricted Access) |
| | Bridge | | Valley Trail |



Trail High Point
 1510m

Madeley/Rainbow Trailhead
 984m

Rainbow Lower Trailhead
 669m

Rainbow Upper Trailhead
 812m

Trailhead Access
 (see inset)

Drinking Water Supply Area

MOUNT SPROATT

WHISTLER OLYMPIC PARK

ALEXANDER FALLS RECREATION SITE

RAINBOW PARK

Alta Lake

GIN PEAK

Tonic Lake

Gin Lake

Hanging Lake

Rainbow Lake

Wood Lake

Madeley Lake

MADELEY LAKE RECREATION SITE

Callaghan Rd

Alta Lake Rd

Northair Mine FSR

Sproatt Alpine Access

Madeley Lake FSR

Callaghan Lake FSR

2.5 km to Campground

Madeley Creek Bridge

Beverley Creek Bridge

Rainbow Lake Bridge

Gin and Tonic Bridge

A Frame Bridge

Bart's Dark Trail

Rainbow Express

Bob's Rebob Lower

Bob's Rebob

Binty's

Rainbow Falls Lower

Rainbow Falls

Rainbow Falls Loop

Rainbow/Madeley Trail

Rainbow-Sproatt Flank

Whip Tie Strip Me

Utility Access Road

21 Mile Creek Bridge

Twenty Seven Switchbacks

Rainbow Lake Trail

Ninja Lakes Loop

Rainbow Meadows Trail

Pot of Gold

With a Twist

Sproatt Ranger Cabin

On the Rocks

Rush Hour

Happy Hour

Last Call

Upper Lord Of The Squirrels

To Sproatt Alpine Trailhead

To Sproatt Alpine Trailhead

To Sproatt Alpine Trailhead

Rainbow/ Madeley Trails

- Bus:** Summer free shuttle (search "RMOW Park Shuttle" for info)
- Parking:** At trailhead off Alta Lake Road
- No Dogs Permitted**
- No Bikes Permitted**

The Rainbow/Madeley network has 20 km of intermediate hiking trails with just over 850 m of elevation gain. Due to snow in the alpine, the best times for these trails are July to October. Trails can be hiked in either direction.

Rainbow Falls Loop (Multi-use) Dogs Must be Leashed Bikes Permitted

Distance: 2.1 km
 Elevation gain: 100 m

Find the trailhead at the end of the parking lot behind the kiosks and outhouse. The turnout to the Rainbow Falls viewpoint is approximately 750 m from the trailhead. Past the turnout, Rainbow Falls Loop turns right on the Utility Access Road and turns right again to cross the 21 Mile Creek Bridge. To complete the loop, follow Rainbow Falls Lower.

Alta Lake Road to Rainbow Lake Return

Distance: 16.1 km (to lake & back)
 Elevation gain: 842 m

The Rainbow Lake Trail starts with #1 above but at the Utility Access Road go straight across. After you pass a building on your right, turn right and follow a wide gravel route. The trail climbs steadily through old growth, passes over bridges and boardwalks, and has views of waterfalls and creeks along the way. Rainbow Lake sits at treeline with spectacular alpine views and wildflowers when in season.

To extend your hike you can continue around Rainbow Lake to the Rainbow Meadows Trail or the Trail High Point (see map) for a look into the Callaghan Valley before returning to Rainbow Lake. **Camping is only permitted at Hanging Lake.**



Alta Lake Road to Madeley Trailhead

Distance: 16.1 km
 Elevation gain: 842 m

Continue past Rainbow Lake to the Trail High Point and down to the Hanging Lake campsite for overnight stays. This portion of trail that continues to the Madeley Lake Trailhead is somewhat more challenging and much less travelled than the first half of the trail.



The RMOW operates the Alpine Trail Ranger Program on Rainbow Mountain seven days a week from July to October. Daily Ranger updates available at the Upper Trailhead.

Drinking Water Supply Area

21 Mile Creek supplies much of Whistler's drinking water and is fed by Rainbow Lake and other waterways within the area highlighted grey on the map.

To protect Whistler's drinking water from contamination, **no camping, dogs, swimming or bathing in the lakes and creeks. Use outhouses provided.**

Your enjoyment of these trails comes with a responsibility to minimize your impact:

**DON'T
LOVE IT
TO DEATH**

STAY ON THE TRAIL and take breaks on durable surfaces off the trail

TAKE ALL GARBAGE WITH YOU including food waste and tissues

LEAVE NATURAL OBJECTS in their original place and condition

PREVENT THE SPREAD OF INVASIVE SPECIES by removing mud and debris from shoes, clothing, and equipment

More info at dontlovetodeath.com



Grizzly Bear & Black Bear Safety

You may encounter both Grizzly Bears and Black Bears on these trails. **Call 1-877-952-7277 or #7277** on your cell phone to report Grizzly Bears. Trails may close if Grizzly Bears are spotted to keep humans and bears safe. Please also:

- **Avoid surprising a bear:** Talk loudly and slow down if visibility is limited
- If a bear is NEARBY:
 - ✓ **Talk calmly** to identify yourself as a non-threatening human while backing away slowly
 - ✓ **Never run or bike away**, you may trigger a chase
 - ✓ **Leave the area** or take a wide detour
- If a bear ATTACKS:
 - ✓ Use your **bear spray** and then leave the area
- **Never try to move a bear away from a natural food source** just because you want to take that trail

Adventure Smart

You are responsible for your own safety in the backcountry. Be prepared for changing weather conditions and **bring bear spray.**

In an emergency call 9-1-1

- **Make sure someone knows** where you are going and when you expect to return
- **Wear or carry** suitable clothing and proper footwear
- **Know your limits** to avoid injury and exhaustion
- **Bring essentials** including extra food, water and clothing, a cell phone, bear spray, a first aid kit, sun protection, and a flashlight

AdventureSmart

More info at adventuresmart.ca



Fire Safety

No campfires are permitted within the RMOW without a valid permit.

Outside the RMOW check fire bans and restrictions in the region for information on campfire rules.

**Report smoke
and fires by
calling 9-1-1**



Whistler is on the unceded shared territory of the **Skwxwú7mesh Úxwumixw** and **Lilwat7úl** (Squamish Nation and Lil'wat Nation) Find out more at the Skwxwú7mesh and Lilwat7úl Cultural Centre
4584 Blackcomb Way | slcc.ca



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