

KELOWNA ROCK

Climbing & Bouldering

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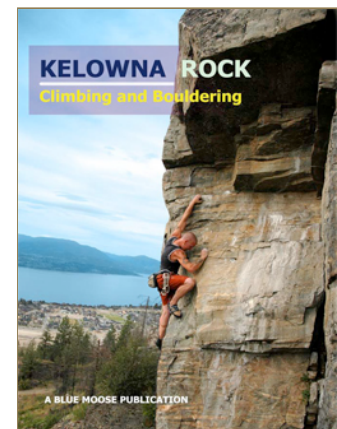
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The Weather Network Kelowna, BC

Current	Sun Night
16°C	14°C
Hourly Forecast	Full Forecast



Kelowna Rock Guidebook



Icicles on the Main Wall at Cedar Park.

Want to re-read July update on windstorm havoc? Click [here](#).

Trails

Do not go hiking in the Boulderfields in the winter. Too many hazards. Waay to many hazards. Still, being January and under a bit of snow, it is nice to look at the Boulderfield's trail to the Playground, as pictured above. It is a fine walk when the Fields are once again passable - and I am going to guesstimate this year will be May.

Other areas are passable, and if you dress accordingly (ie. wear tall boots or gators) the Cedar Park hikes are quite beautiful at this time of year. Just be careful along the wall face. I include the Lair Trail info because it has changed since we wrote the book. Of the Cedar Park hikes, I would say it is the only one I would **leave off** until the snow melts.

The Lair Trail

The Lair Trail runs along the backside of Cedar Park's main wall to its most recently developed wall, the Lair. Initially Aaron Culver and Adam Tutte had hoped to cut a more direct trail from the west end of Cedar Park, but dead trees and steep terrain were an issue. They settled for coming in from the east end and expanding upon a deer trail, which is still very much in use by these beautiful animals. My last walk along it I came across 6 white tails (and 2 rocky mountain ticks, which happen to love deer blood).

Culver and Tutte did a really nice job developing and marking the Lair Trail. Tape and Cairns will keep you from going astray on the 30-minute hike (one way), which is quite road-like for the first half of the journey. Allow a bit of extra time for the way home, as there is a tad more uphill than downhill on the return trip.

From the Cedar Mountain Regional Park parking lot, head towards the main crag. Go right at the first main fork in the trail. This will take you along the far side of the Scruffy Bluffs, and past the fence line. The trail heads down a fairly steep slope, all the while offering up great views of the valley and Okanagan Lake. The trail veers left (west), and levels off as you walk along the backside of the main area. After about 15 minutes there is a small chossy crag to your right. Follow the trail along the left side of this crag and then right, up a short, steep slope, to the top. The panoramic view of Okanagan Lake returns for pleasant hiking through a meadow. After traveling along a really nice rock path (which passes by a photogenic patch of burnt forest to your right), you will come to another slightly bigger chossy crag. Follow the path along its right side, take in the views of

CedarCreek vineyards, and in five minutes you shall be at the 65-metre long Lair. The Lair is a work in progress and is in need of more cleaning. However, those making the hike will enjoy the scenic journey as well as the climbs, as there is a good crag under the scruff.

Other Trails and Hikes

For information on other hiking trails in the Kelowna region, go to:

- [Tourism Kelowna](#)
- [Kelowna Regional District](#)