MOUNT SAGAMOOK (Mt. Carleton Park)

Distance: 7.4 km (4 -5 hrs)

Difficulty: the trail is steep, rocky and strenuous.

Named Mt. Sagamook or "Mountain of Chiefs" by Lt. Governor Gordon when he climbed it on Aug 13 1862.

Caution:

The western trail is shorter, steeper, and rockier, making it a safer ascent than a descent.

Either ascend the western trail, or use the eastern trail for both your ascent and descent.

These trails are not suitable for night hiking, so plan to be out of the woods before dark.

Getting There:

From the Mt. Carleton Park entrance, drive south-east for 2.5 km past the road to the Armstrong Campground on the left and a road marked "Administration" on the right.

When you reach a large open picnic area to the right, turn left towards Mt. Carleton.

Drive about 4.9 km on this road to the Mt. Sagamook trail on the right.

The Trail:

From the parking area, walk .6 km to where the eastern and western trails devide.

Turn right and begin the tough hike up the western trail.

Part way up, you will pass a large spring of water gushing out of the rocks above the trail.

As the trees thin out you will start to see some beautiful views behind you.

2 km from the parking area, the side trail to the Pinnacles goes off to the right. (.6 km return)

The view from here is well worth the extra walk.

After returning to the western trail, continue .3 km to the rocky broken summit.

At this point, the blue blazed trail continues to the east, and a red blazed trail goes south towards Mt. Head and Mt. Carleton.

Continue east on the blue blazed trail for 1.6 km to where a side trail departs to the right.

This trail will descend very steeply to a viewpoint, which you may choose to skip depending on your energy level and the time of day.

Continue down the eastern trail for 1.6 km through nice old hardwoods. Eventually you will see a neat waterfall trickling down over green moss, cross a bridge and come to an intersection.

Dave Suttie, Nov 2017

Turn right, and walk .6 km back to the parking area.

NORTH

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0.6

Longer, easier trail

Shorter, more difficult trail

1.4

1.3

nice waterfall

The Pinnacles view point

Spring

0.5

0.3

0.3

very steep descent

1.6

view point

Sagamook
777m

7.4 km (4 - 5 hrs)

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