

sloping sides of which extend down on the north to the saddle by which it is connected to Cathedral. On the western flank the mountain is precipitous. It forms one side of the huge amphitheatre within which Lynn Creek rises. On the east lies the valley of Seymour Creek, overlooked by precipices which are scarred by deep gulches, down which the snows of the summit plateau discharge themselves in torrents during the melting of spring.

To the north-east and north-west, respectively, of White Mountain are two lakes, one on each side of the saddle connecting it to Cathedral. That on the north-west drains into the Capilano by a creek which flows round the northerly boundary of the Lynn Creek watershed; while that on the north-east drains into Seymour Creek.

Owing to the inland position of Cathedral Mountain, the views obtained from it are not so striking as those from the summits nearer to the sea. Its isolated position makes it useful, however, as a topographical station.

To the north the country consists of a series of wooded ridges. Beyond these ridges are the Sawtooth Range and the huge icefields of Garibaldi and Manouan, which form a wall that screens from sight the country further north. The district immediately to the north of Cathedral has been partially explored by several parties of mountaineers; but the time required to traverse it prevents its being included in any week-end trip.

As mentioned earlier in this article, there are two other groups of mountains which are frequently visited. These are the Seymour group and the mountains to the west of the Capilano River. Seymour Mountain, whose altitude is 5,000 feet, is the most southerly peak in the first group, and is the culminating point of a ridge which rises steadily from Burrard Inlet. It is easily accessible from every side, but is usually ascended from the west. This route necessitates the fording of Seymour Creek, whose waters are too cold to be pleasant at any period of the year. For this reason the mountain is not visited as often as its interest would warrant.

Running in a northerly direction, and connecting with Mount Bishop (altitude 4,800 feet), is a broken ridge which falls away to the east to the North Arm of Burrard Inlet.

From the summit of Seymour a clear view is obtained of all the peaks mentioned in this article. To the north-east is a country of great extent, which is practically unexplored, stretching from the North Arm of the Inlet to Pitt Lake. Trips have been made at various times in this region; but they have been unsuccessful on account of bad weather.