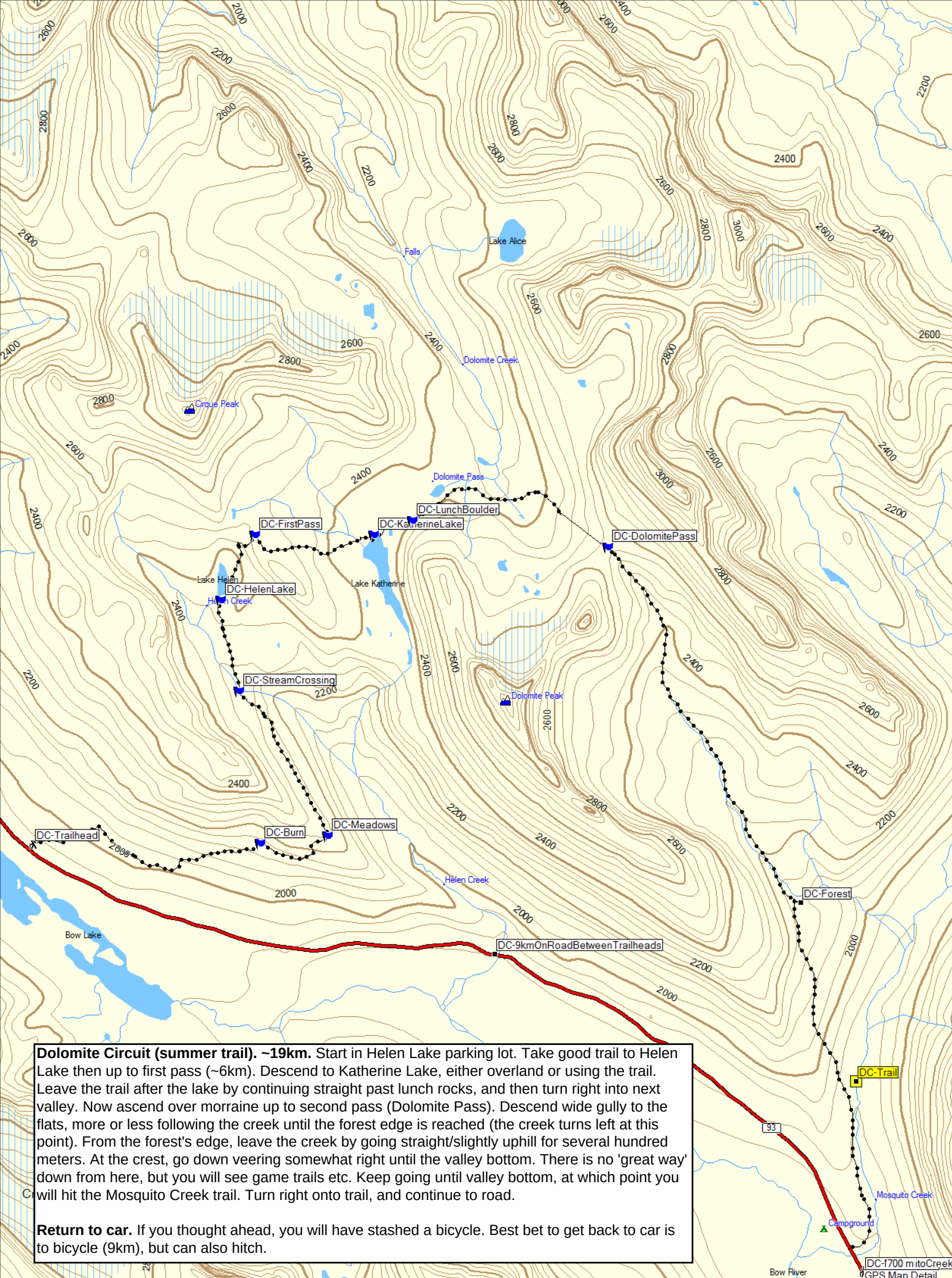




Dolomite Circuit (summer trail). ~19km. Start in Helen Lake parking lot. Take good trail to Helen Lake then up to first pass (~6km). Descend to Katherine Lake, either overland or using the trail. Leave the trail after the lake by continuing straight past lunch rocks, and then turn right into next valley. Now ascend over moraine up to second pass (Dolomite Pass). Descend wide gully to the flats, more or less following the creek until the forest edge is reached (the creek turns left at this point). From the forest's edge, leave the creek by going straight/slightly uphill for several hundred meters. At the crest, go down veering somewhat right until the valley bottom. There is no 'great way' down from here, but you will see game trails etc. Keep going until valley bottom, at which point you will hit the Mosquito Creek trail. Turn right onto trail, and continue to road.

Return to car. If you thought ahead, you will have stashed a bicycle. Best bet to get back to car is to bicycle (9km), but can also hitch.