

# General Information

Cypress Hills Interprovincial Park sits on a rise about 600 meters (1970 feet) above the vast Great Plains between Saskatchewan and Alberta, making it the highest point between the Rocky Mountains and Labrador.

There is something unique to discover in every season - from over 700 species of plants and orchids bursting to life in spring to the trophy fishing, interpretive programming and guided walks in the summer. Witness a dramatic landscape painted in fall colours or trek through the snow-blanketed woods during winter.

## Trails

### Elkwater Trail System

**Shoreline Trail** (2.4 km one way) which follows the south shoreline of Elkwater Lake, connects the West End and East End Day Use areas and is accessible by wheelchair, stroller and bicycle. This asphalt pathway has boardwalks over marshy sections. Plenty of parking is at both ends.

**Soggy Bottom Trail** (1 km loop) is a continuation of the Shoreline Trail and is accessible by wheelchair, stroller and bicycle. It is an easy stroll on asphalt and boardwalk through an open field, forest and marsh.

**Sunset Trail** (1.1 km one way) is an easy trail adjacent to our Park Administration Office. It continues on across the road from the east end of the Soggy Bottom Trail and extends to Highway 41 where you can access the Spruce Coulee Trail.

**Beaver Creek Loop** (1.3 km loop) begins at the southwest corner of Beaver Creek Campground and winds through poplar and spruce forest past a beaver pond, ending near the bottom of Old Baldy where you can cross the footbridge back to Beaver Creek Campground.

**Firerock Trail** (1.6 km one way with 46 m elevation gain) begins across the road south of the West Central Day Use area and emerges at the "D" loop of Firerock Campground. It climbs steeply to an open grassy area passing a large glacial erratic, and climbs gently through mature poplar and spruce forest. Approximately midway this trail links with Horseshoe Canyon Trail and Old Baldy Trail.



**Horseshoe Canyon Trail** (4.1 km one way with 190 m elevation gain) starts at the roadway into Old Baldy Campground and climbs along an abandoned road through open fields and mixed forest. When you reach the top, there is a spectacular view of the Horseshoe Canyon landslide and the rolling rangeland to the north. This trail is excellent for mountain biking.

**Mitchell Creek Trail** (2.8 km one way with 174 m elevation gain) starts at the south end of Elkwater Campground and ends at Murray Hill Road at the top of the plateau. Climbing steadily through mixed and lodgepole pine forest, an

# Contact

**Visitor Centre**  
Open Year Round  
Phone: (403) 893-3833  
Web: cypresshills.com

**General Provincial Park Information**  
Web: albertaparks.ca  
Toll Free: 1-866-427-3582  
Phone: (780) 427-3582

**Campsite Reservations**  
Toll Free: 1-877-537-2757  
Web: reserve.albertaparks.ca

**Group Use Reservations**  
Phone: (403) 893-3835

**Fire Bans in Alberta**  
Web: albertafirebans.ca

**Emergency (Police, Fire, Ambulance)**  
Phone: 911

**24 Hour Park Help Line**  
Phone: (403) 893-HELP (4357)

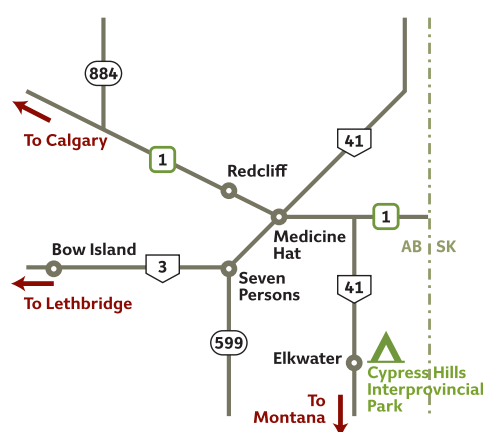


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informal viewpoint 1/3 of the way up overlooks Elkwater Lake.

**Plateau Trail** (2.6 km one way) joins Horseshoe Canyon Trail and Mitchell Creek Trail.

### Spruce Coulee Trail System

**Spruce Coulee Trail** (8.4 km one way with 126 m elevation gain) begins at Spruce Coulee Trailhead by the parking lot by the Rodeo Grounds and follows an abandoned road meandering through woodland and open fields to eventually meet the Bull Trail road, continuing across this road and ending at Spruce Coulee Campground. This is a good route for an overnight hike as toilets, firepits, drinking water, a picnic shelter, and tenting sites are available at the campground. Excellent for the experienced mountain biker.

**Rodeo Loop Trail** (2.2 km one way) meanders through aspen, pine and spruce.

**Highline Trail** (1.3 km one way with 77 m elevation gain) provides a moderate hike through lodgepole pine forest.

**Lakeside Trail** (2 km loop) starts near the Spruce Coulee Reservoir boat launch. The trail meanders through spruce and lodgepole pine forests along the west shoreline and back to the campground. Park at the Spruce Coulee parking lot.

**Trans Canada Trail** (8.3 km one way with 127 m elevation gain) joins Reesor Lake, Reesor Viewpoint and Spruce Coulee. The trail begins at the Reesor Lake Campground causeway parking lot and climbs to the top of the plateau. The climb is moderately strenuous for the hiker and biker, and has spectacular views of the surrounding countryside along the trail and from the plateau. The trail then follows an abandoned

# Cypress Hills Interprovincial Park

## TRAIL GUIDE



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road before veering off to follow the grassland to Reesor Viewpoint. Continuing north, the trail winds through a mixture of forest and grassland before emerging at Spruce Coulee Reservoir.

## Trail Safety

- Trails are multi-use; be prepared to share the trail with others.
- Stay on designated trails.
- Respect all trail and area closures.
- Select trails based on your ability and the degree of difficulty shown on the map.
- Weather can change quickly; many of the trails are remote and are not patrolled on a regular basis; it is important that you be prepared.
- Please advise someone of your plans. Take along a map and a basic survival kit.
- Never forget that all wildlife can be dangerous so keep your distance; Do not approach, harass or attempt to feed wildlife or livestock.
- Report any wildlife sightings, encounters or any unusual observation to park staff.
- Garbage receptacles are not available along the trails. Please pack out your litter.
- Dogs must be kept on leash at all times in a Provincial Park.
- Ride under control at all times and reduce your speed on corners, narrow spaces or when approaching pedestrians.
- 24 Hour Park Help Line: (403) 893-HELP (4357).

