Visitors can enjoy fishing, bird watching, wildlife viewing, and cross-country skiing.

From the Willmore Staging Area, park and hike 30 minutes to the viewpoint. You will be treated to a breathtaking view of Rock Lake and the surrounding Rocky Mountains.

Rock Lake is a popular fishery primarily for mountain whitefish and lake trout, although bull trout, rainbow trout, burbot and northern pike can be found here. Motor boats are permitted, but water skiing or towing are not permitted.

Hunting is not permitted in the provincial park, but is permitted in the adjacent wildland parks. Firearms transported within Rock Lake Provincial Park must be unloaded and encased.

Visitors should use caution in the spring while elk are calving throughout the campgrounds and day use areas. Cows can be protective of their young, and the calving also attracts bears.

Rock Lake is in a spectacular setting, providing stunning views of the Front Ranges of the Rocky Mountains. Lodgepole pine and spruce are mixed with aspen stands, open grassy meadows and wetlands. This diverse range of habitats supports equally diverse wildlife populations. The park is home to moose, grizzly and black bear, cougar, wolf and a variety of birds. It also provides critical winter range for elk, deer and bighorn sheep.