

Highwood/Cataract

The Highwood/Cataract area stretches from the boundary of Peter Lougheed Provincial Park to the southern border of Kananaskis Country and encompasses the upper reaches of the Highwood River watershed. It includes a diversity of landscapes ranging from stark high alpine beauty, to lush spruce and lodgepole pine forests, to the rich grazing lands of the Rockies' front ranges.

Some interesting features of the area include the Highwood Road Corridor Wildlife Sanctuary, the Plateau Mountain Ecological Reserve, and parts of Don Getty and Elbow-Sheep Wildland Provincial Parks.

To enhance your enjoyment of the scenery and to ensure it's just as beautiful the next time you visit, **please keep the following in mind:**

- Stay on trails; do not take shortcuts on switchbacks.
- Keep pets on a leash at all times.
- Do not pick flowers or remove natural objects.
- Pack out what you pack in, as well as any additional litter you may find.
- Wash and relieve yourself at least 60 metres from a water source when facilities are not available.
- Do not feed any wild animals.
- Use constructed firepits or cook on your portable stove when these facilities are not provided. Scavenging for firewood is prohibited.
- No camping is allowed in Plateau Mountain Ecological Reserve.

Always Go Prepared

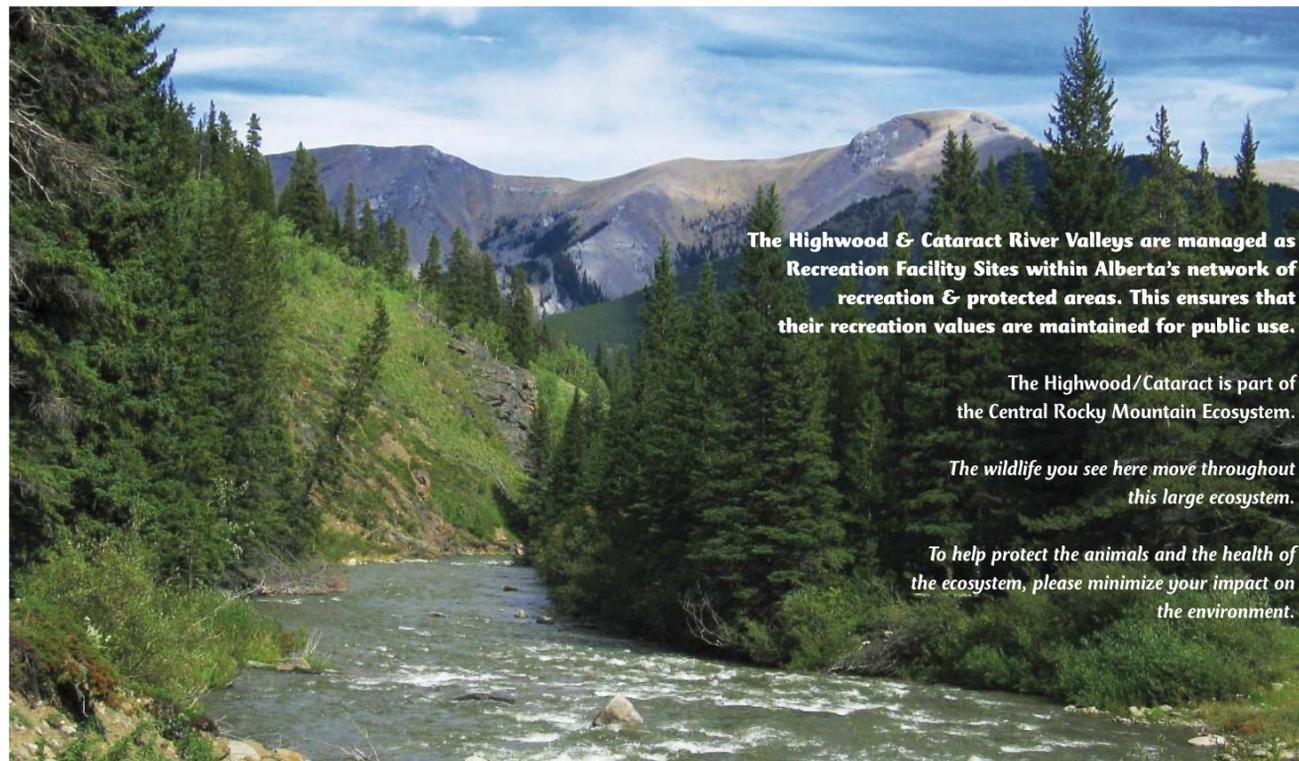
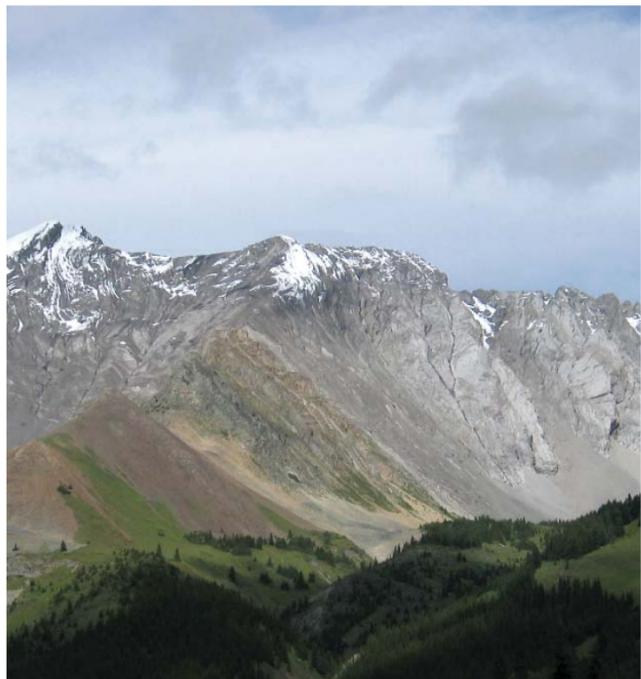
Take along a basic survival kit: flashlight, map, first-aid kit, extra food, clothing, whistle, and raingear. Remember, the weather can change at a moment's notice.

For more information contact the Peter Lougheed Visitor Information Centre (403) 591-6322. To be connected toll-free within Alberta dial 310-0000 first.

Visit the Kananaskis Country web site!
www.cd.gov.ab.ca/parks/kananaskis

Designated Trails (signed, maintained and regularly patrolled)		
TRAIL	ACCESS	REMARKS
ETHERINGTON* 490 m/1600 ft.	Etherington Creek Day Use	A forested logging road through the Etherington Creek valley leading to the top of the watershed and descending into the Cataract Creek valley.
CATARACT* 275 m/900 ft.	Cataract Creek Day Use	This trail leads upstream through recently logged areas towards the head of Cataract Creek. A favourite area for moose.
CATARACT* LOOP	Cataract Trail, Etherington Trail	This trail allows you to travel into the head of Cataract valley and connect onto the Etherington Trail or return via Cataract Trail.
CAT CREEK INTERPRETIVE	Cat Creek Day Use	A short, easy hike with signs describing the natural history of the area. The trail ends at a beautiful 6 metre waterfall. <i>Horses and bikes are not permitted.</i>
MIST CREEK	Mist Creek Day Use	Passing through mixed forest, then long meadows, then a series of steep short traverses brings you to Rickert's Pass where excellent views of the Sheep, Mist and Highwood valleys are to be had.
RASPBERRY PASS*	Cataract Trail, Etherington Trail	Past logging activity is in evidence on this easy trail which connects the Etherington and Cataract valleys. <i>Wet, boggy sections make this trail unsuitable for horses and mtn. bikes.</i>
UPPER RASPBERRY*	Cataract Trail, Etherington Trail	A close alternative route for Raspberry Pass Trail. <i>Horseback riders and mtn. bikers are advised not to use this trail due to large wet areas that will be encountered.</i>
BARIL LOOP*	Etherington Trail	This old logging trail leaves Etherington Creek, skirts around the base of a large hill and returns to tie back into Etherington Trail.
LOGGERS*	Etherington Trail	An easy route follows an old logging road alongside a small tributary of Etherington Creek.
OYSTER* 245 m/800 ft.	Lost Creek Trail via Cataract Creek Trail	This route follows old logging roads and a seismic line from the Lost Creek Valley over a low mountain pass to the Oyster Creek watershed.
FALLERS* 170 m/560 ft.	Cataract Trail	The trail passes through rolling terrain and forested areas, some of which were recently logged.
PASQUE* 730 m/2400 ft.	Hwy #940, Oyster Trail, Cummings Trail	The route uses old logging roads, seismic lines and an old pack trail to connect the Wilkinson Creek and Oyster Creek watersheds.
SKYLINE* 305 m/1000 ft.	Pasque Trail, Lost Trail	This ridgetop route is aptly named Lost Trail and offers excellent views of the Upper Highwood and Upper Oldman valleys.
LOST CREEK* 120 m/395 ft.	Cataract Trail, Oyster Trail	This trail criss-crosses Lost Creek and provides access to the head of the Oldman River watershed.
CUMMINGS* 305 m/1000 ft.	Hwy #940	This old logging road follows Cummings Creek and connects the Wilkinson and Cataract valleys.
VALLEY BOTTOM* 150 m/500 ft.	Etherington Trail	This route parallels Hwy. #940 and provides the shortest and most direct route from Etherington Creek Recreation Area to Cataract Creek Recreation Area.
BEAR POND	Bear Pond Parking Lot	A short hike from the parking lot brings you to this small pretty lake nestled below Hailstone Butte fire lookout. <i>Horse use is discouraged.</i>
*THESE TRAILS ARE PART OF THE CATARACT CREEK SNOWMOBILE TRAIL SYSTEM		

NON-Designated Trails (NOT signed, maintained and regularly patrolled)		
TRAIL	ACCESS	REMARKS
GRASS PASS 430 m/1400 ft.	Sentinel Day Use	A steep ascent from the Highwood River valley breaks into extensive bunch grass meadows and is rewarded with awesome views!
PLATEAU MOUNTAIN	Highway #940 Wilkinson Summit	This wellsite access road leads to the summit of this "flat top" mountain left unglaciated during the last Ice Age. Observe unusual plants and rock formations.
CATARACT FALLS	Cataract Creek Campground (parking lot at entrance)	This easy trail follows Cataract Creek downstream from the campground through a long open meadow then through the forest on the east side of the creek to these scenic waterfalls. <i>Because of loose footing, stay well back!</i>
MOUNT BURKE 845 m/2690 ft.	Cataract Creek Campground (parking lot at entrance)	This long day hike follows Salter Creek for 2.5 km then turns left onto steep switchbacks through forests, then out onto narrow cliff bands and a scree climb to the summit. Tremendous views!
CARNARVON CREEK 10 km 595 m/1909 ft.	Cat Creek Day Use	This route requires fording the Highwood River and McPhail Creek, then follows an old road to the scree base of a headwall that guards the lake. Chains aid in the climb up the headwall.
PICKLEJAR LAKES 4.2 km 450 m/1475 ft.	Lantern Creek Day Use	This trail winds upward through mixed forest and across open slopes before it drops down to four high alpine lakes. <i>Due to the nature of terrain and the sensitivity of the area, horse use is not suitable.</i>



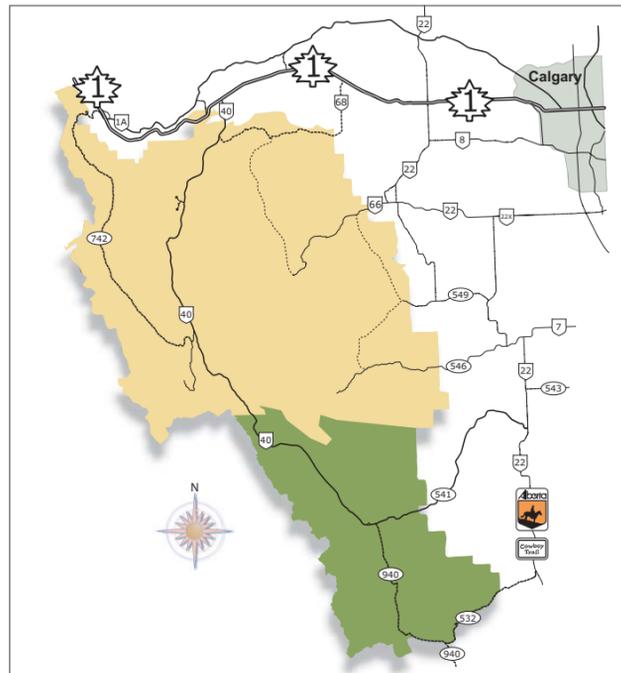
The Highwood & Cataract River Valleys are managed as Recreation Facility Sites within Alberta's network of recreation & protected areas. This ensures that their recreation values are maintained for public use.

The Highwood/Cataract is part of the Central Rocky Mountain Ecosystem.

The wildlife you see here move throughout this large ecosystem.

To help protect the animals and the health of the ecosystem, please minimize your impact on the environment.

The way to Highwood & Cataract



For More Information

Peter Lougheed Visitor Information Centre (403) 591-6322
 Service Alberta Call Centre (toll free in Alberta) 310-0000

www.cd.gov.ab.ca/parks/kananaskis

Campground Operator
 Highcountry Camping 1-866-366-2267
www.campingalberta.com

Backcountry Permits

Backcountry permits are required to camp at any of the backcountry campgrounds in Kananaskis Country. Permit information is available at any Kananaskis Country Information Centre, the backcountry reservation line (403) 678-3136, or the Kananaskis Country website www.cd.gov.ab.ca/parks/kananaskis

Emergency

If you require Fire, Ambulance, Police or Mountain Rescue assistance, immediately call 9-1-1. Tell the operator you have an emergency in Kananaskis Country.



Highwood & Cataract Summer Trails

The Friends of Kananaskis Country is a not-for-profit organization with a mandate to support and enhance the natural resources and heritage appreciation of Kananaskis Country. We do this through the programs we offer and the projects we support.

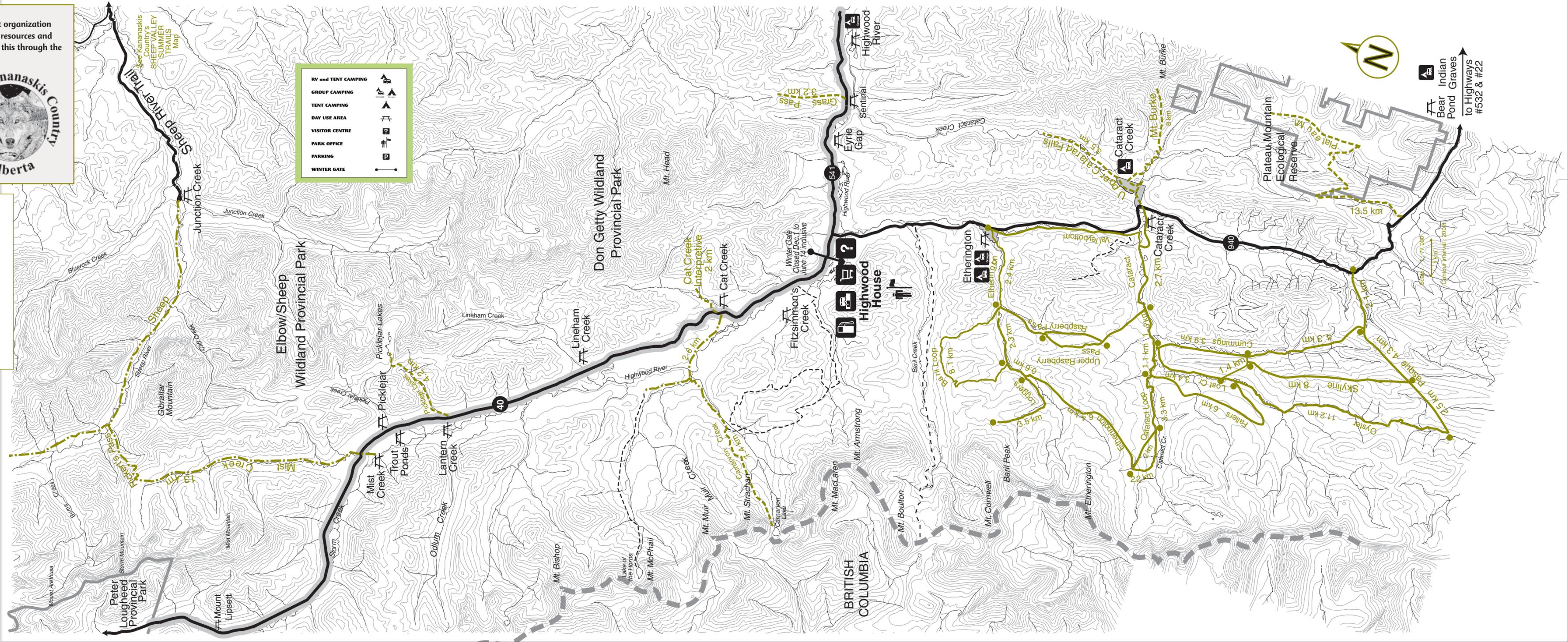
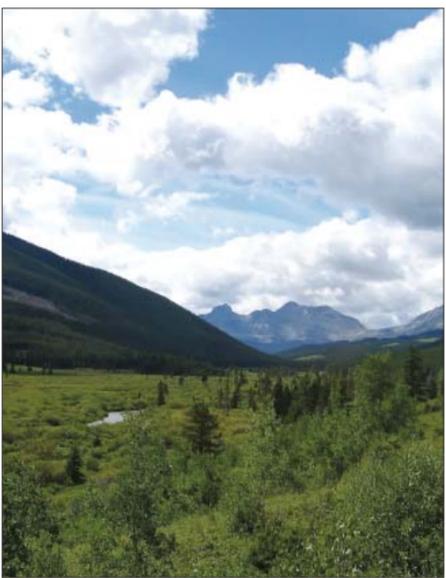
Join Us!

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Legend

- HIGHWOOD ROAD CORRIDOR
- WILDLIFE SANCTUARY
- ROADS
- POWER LINES
- HORSE/MOUNTAIN BIKING/HIKING
- MOUNTAIN BIKING/HIKING TRAILS
- HIKING TRAILS ONLY
- TRAIL DISTANCES
- PARK BOUNDARY



to Highways #592 & #22

Bear Indian Graves

Plateau Mountain Ecological Reserve

Highwood River

Sentinel

Eyrie Gap

Highwood River

Highwood House

Etherington

Highwood River

Highwood River