The Highwood/Cataract area stretches from the boundary of Peter Lougheed Provincial Park in 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 growing lands of the Bow Valley range.

Some interesting features of the area include the Bow Valley Peter Lougheed WILDLIFE Sanctuary, the Picklejar Lakes, and parts of Bow Valley and Elbow-Sheep Wildland Provincial Parks.

To enhance your enjoyment of the scenery and to ensure it’s just as beautiful on your next trip, please keep the following in mind:

- Stay on trails, do not take shortcuts on outcrops.
- Keep pets on a leash at all times.
- Do not pick flowers or remove natural objects.
- Pack out what you pack in, or so well 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 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.

Remember, the weather can change at a moment’s notice. The Highwood/Cataract area is part of the Central Rocky Mountain Ecoregion. The wildlife you see may be moving through the larger region. Be sure to protect the animals and the health of the ecosystem you are visiting in accordance with the recommendations on this page.

### Highwood/Cataract

<table>
<thead>
<tr>
<th>Designated Trails (signed, maintained and regularly patrolled)</th>
<th>Nature Trail</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>845 m/2690 ft.</strong></td>
<td>Picklejar Lakes</td>
<td>A short hike from the Highway #940, Oyster Trail, reward you with awesome views!</td>
</tr>
<tr>
<td><strong>845 m/2690 ft.</strong></td>
<td>Mount Burke</td>
<td>This long day hike follows Salter Creek for 2.5 km then turns left onto the creek for 2.5 km then turns left onto the creek formation.</td>
</tr>
<tr>
<td><strong>845 m/2690 ft.</strong></td>
<td>Grass Pass</td>
<td>Tremendous views!</td>
</tr>
<tr>
<td><strong>845 m/2690 ft.</strong></td>
<td>Montana Pass</td>
<td>Because of loose footing, stay well back from the edge of this creek.</td>
</tr>
<tr>
<td><strong>845 m/2690 ft.</strong></td>
<td>Spirit Pass</td>
<td>This old logging trail leaves Etherington Trail and heads into the Cataract Creek valley.</td>
</tr>
<tr>
<td><strong>845 m/2690 ft.</strong></td>
<td>Etherington Trail</td>
<td>This ridgetop route is aptly named Lost Creek Trail and provides a scenic and pleasant route through rolling terrain over a low mountain pass to the Oyster Creek valley leading to the Cataract Trail.</td>
</tr>
<tr>
<td><strong>845 m/2690 ft.</strong></td>
<td>Carpenter Lake</td>
<td>This day hike winds through an area of old logging roads and forested areas, some of which were recently logged.</td>
</tr>
</tbody>
</table>

### Backcountry Permits

Backcountry permits are required to camp at any of the backcountry day use sites in the Highwood/Cataract area. For more information on obtaining backcountry permits, please visit the Kananaskis Country website.

### Emergency

If you require Fire, Ambulance, Police or Mountain Rescue assistance, immediately call 9-1-1. The operator will direct you in an emergency to the Kananaskis Country website.
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.

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