

### Legend

ROADS  
 POWER LINES  
 HORSE/MOUNTAIN BIKING/HIKING  
 MOUNTAIN BIKING/HIKING TRAILS  
 HIKING TRAILS ONLY  
 UNDESIGNATED TRAILS  
 TRAIL DISTANCES  
 RECREATION AREA BOUNDARY

RV and TENT CAMPING  
 GROUP CAMPING  
 TENT CAMPING  
 DAY USE AREA  
 VISITOR CENTRE  
 PARKING  
 WINTER GATE

The Sibbald area is managed as a Provincial Recreation Area within Alberta's network of recreation and protected areas. This ensures that its recreation values are maintained for public use.



# Minimize

To enhance your enjoyment of the scenery and to ensure it's just as beautiful the next time you visit, please minimize your impact and leave no trace by following park regulations and policies:

- 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.
- Open fires are not permitted in Provincial Parks. Use constructed firepits or cook on your portable stove when these facilities are not provided. **Scavenging for firewood is prohibited.**
- Random camping is not allowed.

## 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 Barrier Lake Visitor Information Centre (403) 673-3985.

To be connected toll-free within Alberta dial 310-0000 first. Visit the Kananaskis Country web site! [www.cd.gov.ab.ca/parks/kananaskis](http://www.cd.gov.ab.ca/parks/kananaskis)

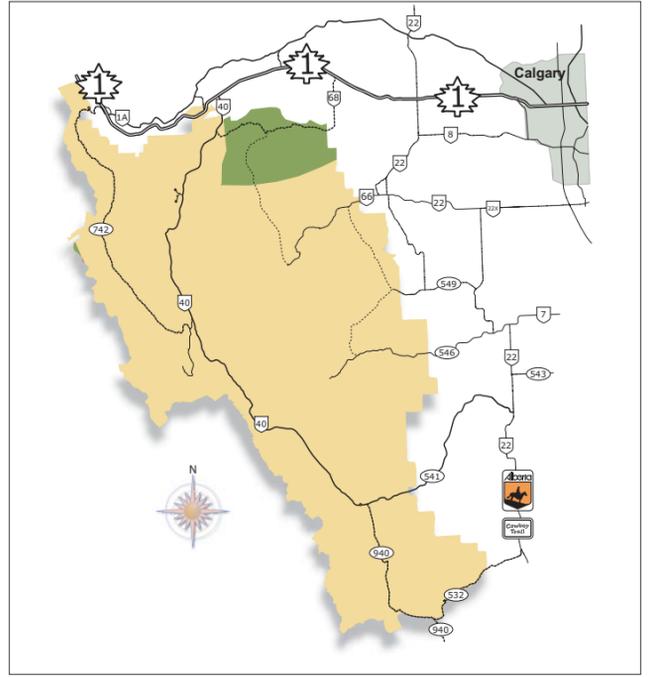
The Friends of Kananaskis Country is a not-for-profit organization with a mandate to support and enhance the natural resources and heritage appreciation of Kananaskis Country. We do this through the programs we offer and the projects we support.

### Join Us!

Suite 201 - 800 Railway Avenue  
 Canmore, Alberta, Canada T1W 1P1  
 Phone: (403) 678-5593  
 Fax: (403) 478-3137  
[www.kananaskis.org](http://www.kananaskis.org)



## The way to the Sibbald Area



### For More Information

Barrier Lake Visitor Information Centre . . . . . (403) 673-3985  
 Service Alberta Call Centre (toll free in Alberta) . . . . . 310-0000  
[www.cd.gov.ab.ca/parks/kananaskis](http://www.cd.gov.ab.ca/parks/kananaskis)

**Campground Reservations:**  
 Group Campgrounds . . . . . (403) 673-2163  
 Backcountry camping permits . . . . . (403) 678-3136  
[www.kananaskis.org](http://www.kananaskis.org)

### 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.

To report a sighting of a bear or a cougar:  
 Please call Kananaskis Dispatch at (403) 591-7755



## Sibbald Area Summer Trails

## Trails For Hikers, Mountain Bikers & Horseback Riders

TRAIL	ACCESS	REMARKS
<b>BALDY PASS</b> 10 km one way 549 m/1748 ft.	Lusk Creek day use	Cross the road from the picnic site to find the trail. Forests and open views.
<b>COX HILL RIDGE</b> 9 km one way 872 m/2834 ft.	Dawson Equestrian Campground, Powderface Trail	Climbs steadily to a superlative view at the summit of the ridge.
<b>DEER RIDGE</b> 1.9 km one way 183 m/595 ft.	Sibbald Lake day use	Climbing through an old forest, a variety of terrain with lovely views from the ridge.
<b>EAGLE HILL</b> 11.9 km one way 332 m/1079 ft.	Dawson Equestrian Campground, or Sibbald Lake day use	A pretty trail through the foothills to the northern boundary of Kananaskis Country, with a view of the Bow Valley.
<b>JUMPINGPOUND RIDGE</b> 7.5 km one way	Powderface Trail	Access this trail opposite Lusk Pass Trail or at Canyon Creek. Great views of mountains and hills.
<b>LUSK PASS</b> 7.1 km one way 350 m/1137 ft.	Lusk Creek day use	A forested trail with occasional views and a beautiful wildflower meadow halfway. Combine with Baldy Pass for a 5.5 km loop.
<b>TOM SNOW</b> 29 km one way	Dawson Equestrian Campground	A rolling trail through forest and meadows to Station Flats in the Elbow Valley.

## 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](http://www.cd.gov.ab.ca/parks/kananaskis)

### Trails For Hikers

TRAIL	ACCESS	REMARKS
<b>JUMPINGPOUND LOOP</b> 421 m/1368 ft.	Jumpingpound Creek picnic area, or Pine Grove Group Camp	Follows Jumpingpound Creek on the south side, and winds through forest and flowering meadows to the north.
<b>JUMPINGPOUND SUMMIT</b> 2.5 km 335 m/1100 ft.	Powderface Trail	A short, steep trail through forest to the high point on the ridge.
<b>MOOSE CREEK INTERPRETIVE</b> 2.2 km return	Spruce Woods Day Use	Trail signs explore forests and forest management.
<b>OLE BUCK LOOP</b> 2.4 km return 168 m/546 ft.	Sibbald Lake Day Use	Follow the Reforestation Trail for 1 km to the trail on the left. Superb views of Moose Mountain.
<b>PINE WOODS INTERPRETIVE</b> 4 km return	Spruce Woods Day Use	Leads to a scenic viewpoint and winds through a stand of pines that was machine planted in 1974.
<b>SIBBALD FLAT INTERPRETIVE</b> 1 km return	Sibbald Lake Day Use	Trail signs explore the area's human history and offers a view of a sundance site.
<b>SIBBALD REFORESTATION INTERPRETIVE</b>	Sibbald Viewpoint, or Sibbald Lake Day Use	Provides views of various stages of forest regrowth through a reforestation program.



## Be ELK Wary

All elk can be dangerous.

Do not approach elk or their calves.

Female elk can be especially aggressive during calving season in May and June. During autumn rut (September to November) male elk can also be aggressive.

Give elk plenty of room. Keep at a distance of at least 3 bus lengths.

Keep your dog on a leash.

## WILDLIFE AND HIGHWAYS

While travelling through Kananaskis Country you may see wildlife gathering near or crossing the highway. To keep wildlife safe:

Keep your speed down. The posted speed limit on the Kananaskis Trail is 90 km/hr, but you may need to reduce this at dawn and dusk when animals are often crossing the road.

Avoid pulling over to view animals along the sides of the roads. This can habituate wildlife to people, potentially leading to an animal's death. It's also hazardous to other motorists.



## Be BEAR Smart

If you're planning on some outdoor adventure, remember that you are travelling in bear country. Here are some important items to bear in mind:

Avoid surprise encounters. A loud shout regularly or singing loudly, is more effective than bear bells. Watch for fresh evidence of bears: tracks, droppings, diggings, or overturned rocks and logs.

If possible, travel in groups and during daylight hours.

Keep your dog on a leash.

You might consider carrying bear (pepper) spray.

Leave the area if you see a bear or if you see or smell a large dead animal.

If you encounter a bear, never run; it may trigger an attack. Slowly back away. You should appear passive; do not raise your voice or make direct eye contact. Climbing a tree is an option, but offers no guarantee of safety. Black bears are excellent climbers, and grizzlies have also been known to climb trees.

If the bear charges you, appear non-threatening. It may be one of a series of bluff charges. Stand your ground, and speak to the bear in a normal voice. If it continues to charge, try shouting or direct pepper spray into its face.

In the event of an attack by a grizzly, drop to the ground face down, interlace your fingers over the back of your neck and spread your legs to make it more difficult for the bear to turn you over. By playing dead, a grizzly will likely lose interest in you. If a black bear attacks you, fight it off with any weapon you have, including your fists.



## Be COUGAR Alert

Cougars make Kananaskis Country their home. In order to be cougar alert: Keep children close to you.

Avoid surprise encounters. Make noise to alert cougars of your presence. Cougars generally avoid people.

Keep your dog on a leash.

Avoid any area where you smell a dead animal.

Cougars often cover their kills with forest debris.

If you encounter a cougar, always leave room for a cougar to escape. Immediately pick up children. Do not turn your back on a cougar. Do not run. Back away slowly. Make yourself appear as large as possible. Maintain eye contact with the cougar. If a cougar attacks, fight back with anything at hand.

To report a sighting of a bear or a cougar:  
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**(403) 591-7755**

