Welcome to the trails of the Cataract Creek Snow Vehicles Zone.

Cataract Creek is managed as a Snow Vehicles Zone within a Forest Land Use Zone. This ensures that its recreation values are maintained for public use.

The area is part of the Central Rockies Ecosystem.

The wildlife that 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.

There are natural hazards in the Cataract Creek area; you are responsible for your own safety. Find out from conservation officers or from any Kananaskis County Visitor Information Centre of hazards that may be in the area you are travelling.

Snowmobile use within Kananaskis Country is restricted to trails at Maligne Creek, Sibbald Flat, Cataract Creek, Roadside Trail linking Maligne Creek to Sibbald Flat, and Big Blows Loop.

Designated parking areas are signed; refer to the map to assist in finding your location.

Trail Safety

 Trails have been designed for all levels of snowmobilers but changing weather and snow conditions can increase their degree of difficulty.

 Use all trails with caution. Trails and other natural hazards can be dangerous.

 Cross roadsways with caution. Two-way traffic exists on all trails; please use caution and reduce speeds when encountering other trail users and snowmobiling hazards.

 Watch for trail grooming equipment which may be present on major trails.

 Travel on unplowed trails is not recommended.

 For your own safety, it is recommended that helmets be worn.

 Please use your headlights at all times; it is as important to be seen as to be able to see. Don’t drive after dark.

 Please drive slowly in and around staging areas and avoid excessive speeds on the trail.

 Don’t exceed personal abilities.

 Snowmobilers in avalanche terrain should be equipped with snowshoes and probes, and should wear an avalanche transceiver and know how to self-rescue.

 Personal Safety & Comfort

 Winter First Aid

 Be familiar with the emergency treatment of hypothermia and frostbite.

 Hypothermia is the lowering of the body’s internal temperature through exposure. Early symptoms include uncontrollable shivering, confusion, slurred speech, and loss of coordination. Advanced symptoms include irrational behavior, stupor, and unconsciousness. Hypothermia can result in death so always treat it as a medical emergency.

 Treatment consists of immediately preventing further heat loss and gradually rewarming the victim’s body as follows:

 ◗ Get the victim into a warm shelter if possible.
 ◗ Remove wet clothing.
 ◗ Place as much insulation as possible between the victim and cold weather surfaces. Use blankets, boughs or sleeping bags.
 ◗ Increase the victim’s internal temperature slowly by using your own body heat. Remove your clothing as well as the victim’s and bundle together in a sleeping bag.
 ◗ Do not warm the extremities first. This sends cold blood to the body’s core and further reduces internal temperature. This temperature drop is fatal.
 ◗ Conscious victims should be given sweet warm fluids.
 ◗ Gradually warm up affected areas with dry coverings or air.
 ◗ Do not rub or chafe a frostbitten area or permanent damage could result.

 Frostbite is the freezing of flesh. The body’s extremities are most often affected and treatment depends on the extent of frostbite. Initial signs of frostbite include a whitening of the affected area. The skin then takes on a waxy appearance and the area becomes numb in advanced frostbite.

 Take care of the victim’s general condition by providing shelter, warmth and warm drinks.

 Gradually warm-up affected areas with the coverings or body heat. An already warm hand may be applied to exposed skin. Do not rub or chafe a frostbitten area or permanent damage could result.

 Loosen the victim’s gloves, boots or rings and anything else of a constricting nature.

 Advanced frostbite requires immediate medical attention. If you suspect that the extremities are frozen do not thaw the affected area. Thawing must be done under strict medical supervision.

 Cataract Creek Staging Areas

 Cataract Creek is located approximately 125 km southwest of Calgary. To reach the first two staging areas turn west on Secondary Road #501 from Highway #22 at Longview. Follow #501 to Highway #680, Cataract Creek staging area 3 km south on Highway #680, and Cataract Creek is a further 8 km past Ethen-ington Creek.

 Snowmobile winter camping is available at Ethenington Creek and Cataract Creek staging areas.

 Staging Areas Facilities

 Snowmobile staging areas have picnic tables, group fire circles, garbage receptacles and toilet facilities for your convenience. Cataract Creek also has an access shelter. Check the symbols on the map before choosing an area.

 Private snowmobile camping is allowed at designated areas but alcohol is not provided. Camping fees are in effect. Remember to bring all your supplies with you. Gasoline, groceries and other supplies are not available at staging areas.

 Know The Law

 The Off-Highway Vehicle Act requires that all snowmobiles and off-highway vehicles be registered and insured if used on Crown Land. All Offives require functioning head and tail lights and must have a license plate affixed and visible.

 It is illegal to operate a snowmobile on snow-covered roads.

 Disturbing or chasing wildlife is an offense under the Wildlife Act.

 Only snowmobiles are permitted in the Cataract Creek Snow Vehicles Forest Land Use Zone. All-terrain vehicles are prohibited.

 It is a criminal offense to operate your snowmobile when your ability to do so is impaired by alcohol or drugs.

 It is illegal to consume liquor except at a temporary resi- dence as defined under the Gaming and Liquor Act.

 Emergency Numbers

 24 Hour Emergency Rescue/Ambulance/Fire Dial 0 and ask for Emergency (403) 591-7767 collect

 R.C.M.P. (Turner Valley Detachment) Dial 911 and ask for Turner Valley R.C.M.P.

 Courtesy Counts

 Private vehicles and trailers should be parked in facilities provided at the staging area.

 Pack out all garbage and use garbage receptacles located at the staging areas.

 Please use the provided pit latrines at staging areas and en- sure your pit is extinguished when you leave it.

 You will protect the thinnest and mountain by keep- ing to the designated trails and bridges. The improper use of your snowmobile machine can damage the natural environment.

 Notify staff if any trail hazards you encounter.

 For the future enjoyment of all visitors, please protect the environment and keep facilities in good condition.

 For More Information

 www.alberta.gov.ca/parks/kananaskis

 Elbow Valley Visitor Information Centre (403) 949-4261 (403) 673-3985

 Barrier Lake Visitor Information Centre (403) 933-7172

 Emergency Numbers

 24 Hour Emergency Rescue/Ambulance/Fire Dial 0 and ask for Emergency (403) 591-7767 collect

 R.C.M.P. (Turner Valley Detachment) Dial 911 and ask for Turner Valley R.C.M.P.
Before starting on your trip
✔ Check your machine's oil and gas levels and state of repair.
✔ Ensure that you are properly equipped. Take along a map of the area, a first aid kit, tool kit, tow rope, and an emergency kit. Be prepared.
✔ First aid kit may contain band-aids, triangular bandages, gauze pads, and an instruction booklet.
✔ Tool kit may include screwdriver set, duct tape, tire repair kit, spark plug, and spark plug wrench, vice grips to be used as an emergency shift or brake lever, spare chain or belt, and a tow rope.
✔ Emergency kit may include matches, food, emergency blanket, waterproof clothing, hatchet, and a small flashlight.
✔ In winter, also take a hot drink and a pair of snowshoes to make walking out easier, should the need arise.
✔ DO NOT leave valuables unattended in vehicles. Thefts have occurred.