

# General Information

The Cypress Hills gently rises 600 meters above the surrounding prairie landscape of southeastern Alberta. This elevation gives the small community of Elkwater the perfect winter environment to enjoy winter trails and wildlife.

Within the park you will find lodging and facilities to accommodate your winter stay. You will also discover a variety of activities within the park such as a snow luge, skating trail, outdoor ice rink and ski resort. The Visitor Centre has rental equipment to get you out enjoying the trails and the fresh air.

# Trail Conditions

**Route Finding:** Trail is unmaintained during winter. You can expect to find your way through snow.

**Groomed:** Trail has been packed by a machine for ease of travel.

**Trackset:** The groomed trail has been set with tracks for cross country skiing.

Real time ski trail grooming can be found on the Nordic Pulse app: [nordic-pulse.com/ski-areas/CA/AB/Cypress-Hills](http://nordic-pulse.com/ski-areas/CA/AB/Cypress-Hills)

# Trail Safety

- Be Cougar Smart.
- Respect all trail and area closures.
- Select trails based on your ability and the degree of difficulty shown on the map.
- Please advise someone of your plans. Take along a map and a basic survival kit.
- All wildlife can be dangerous. Do not approach, harass or attempt to feed wildlife or livestock.
- Report any cougar sightings or any unusual observations to park staff.
- Dogs must be kept on leash at all times.

# Winter Safety Tips

- The plateau in particular is subject to sudden white-out conditions due to low cloud and fog.
- Extreme winter weather conditions can develop quickly, so be prepared for anything. Carry appropriate winter clothing, particularly a warm hat, even on pleasant days.
- Carry high energy foods such as chocolate and/or dried fruit and plenty of water.
- Be prepared. Consider duct tape or even spare parts in case of equipment failure.
- Frostbite is the freezing of skin usually affecting the hands, feet, and face. The signs of frostbite are burning, tingling, itching, numbness or pain in the area. The skin may appear white and feel hard, and is cold to the touch. Warm the affected area using body heat.

# Fat Biking

Fat biking is a growing activity in Cypress Hills and is permitted on all snow shoe trails. When winter fat biking please yield to other users. Use a tire that is 3.8 inches or wider, and a tire pressure of 8 or lower. Please do not ride if your tires are leaving a rut or if you're having difficulty riding in a straight line.

# Backcountry Huts

Five backcountry huts are available for overnight rental and can be accessed by ski or snowshoe. Tom Trott and Medicine Lodge Huts are located at the top of the plateau, just 4.2 km or 6 km from the Elkwater townsite, depending on which trailhead you start at. Spruce Coulee Hut is located by Spruce Coulee campground, accessible from Reesor Lake Rd or Spruce Coulee trailhead. Reesor Hut and Graburn hut are accessible by parking at the Reesor Dock Day use area and Hiking in. To book, visit [reserve.albertaparks.ca](http://reserve.albertaparks.ca). Bookings can be made up to 180 days in advance.

# Contact

## Visitor Centre

Open year round

Phone: 403-893-3833 ext. 5

Web: [albertaparks.ca](http://albertaparks.ca)

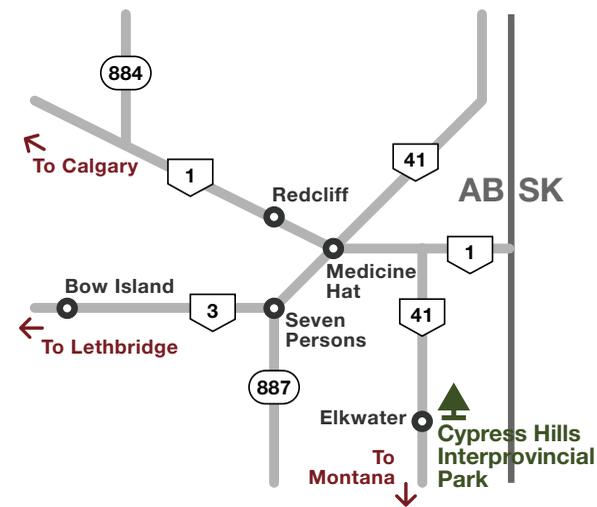
Phone: 1-877-537-2757

## Public Safety and Enforcement (24/7)

Phone: 310-LAND (5263)

## Emergency (Police, Fire, Ambulance)

Phone: 911

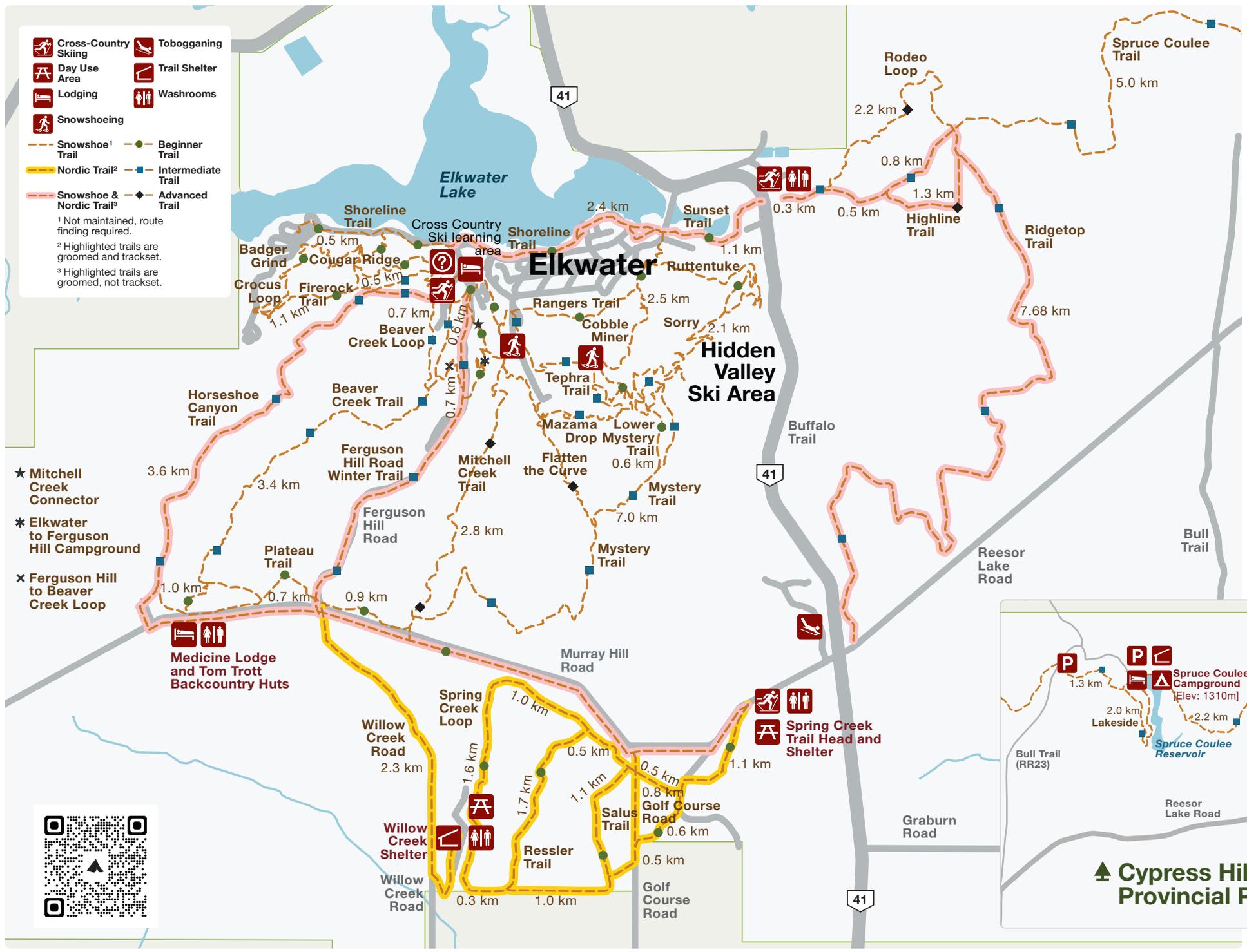


# Cypress Hills Provincial Park



## Winter Trails



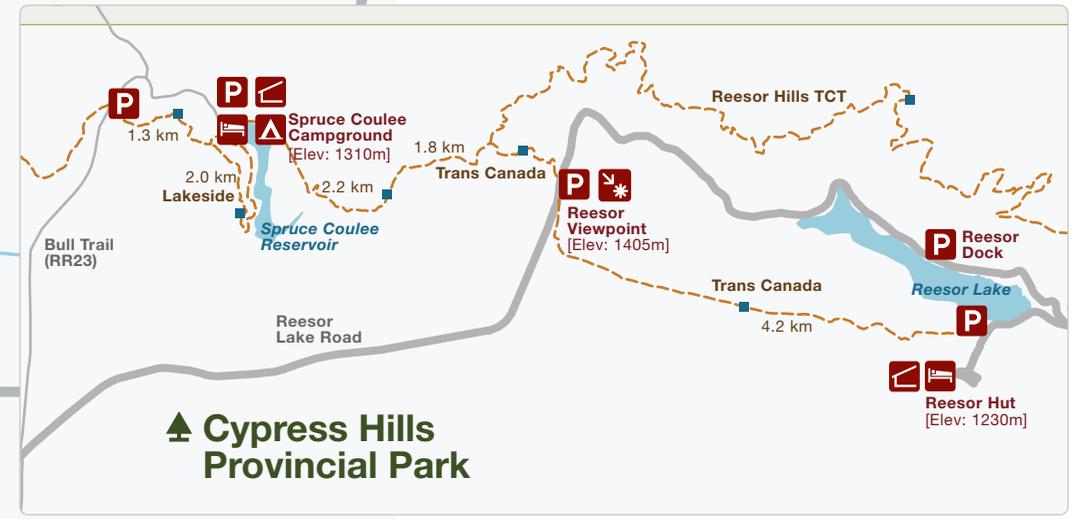


# Rentals

Cross country ski, snowshoe, kicksled and ice skate rentals are available at the Visitor Centre.



A family skating © Travel Alberta



Spruce Coulee Trail System

