Day Hikes (No Bikes Permitted)

ELBOW LAKE  
(seasonal closure)
POINT FORKS  
THREE ISLE  
TURBINE CANYON  
ASTER LAKE

This trail takes you through forests and willow flats, then climbs steeply to alpine meadows and Burstall Pass. There are also steep sections. Combined with Pocaterra Trail, this is an excellent biking route.

1.3 km via Elbow Lake Trail from Elbow Pass Day Use. (125 m elevation). No equestrian camping. 15 sites. Picnic tables, water, toilets, 8 storage lockers.

1982 CANADIAN MOUNT EVEREST EXPEDITION

2.1 km loop
BLACK PRINCE CIRQUE
4.2 km loop
BOULTON CREEK
4.9 km loop
BUCHAN CANYON
3.9 km one way
CHESLEY CANYON
4.6 km
FORKS CANYON
4.6 km
HELEN VALLEY
1.4 km one way
KIMBERLEY CANYON
1.2 km one way
KANANASKIS FALLS CANYON
3.6 km one way
LAKE CANYON
3.4 km one way
LOWER LAKE CANYON
1.5 km one way
UPPER LAKE CANYON
1.6 km one way
UPPER LAKE CIRCUIT  
7.4 km one way
BURSTALL PASS
300 m/1000 ft.  
LOWELL LAKE
3.3 km one way
 MAUDE LAKE
3.4 km one way
MAUDE LAKE CANYON
3.4 km one way
MAUDE LAKE CIRCUIT
4.9 km
MACINTOSH LAKE
2.4 km one way
MACINTOSH LAKE CANYON
3.6 km
MACINTOSH LAKE CIRCUIT
5.3 km
MAUDE LAKE CIRCUIT
5.3 km
MCCUTCHEON LAKE
1.3 km one way
MCCUTCHEON LAKE CANYON
3.1 km
MCCUTCHEON LAKE CIRCUIT
5.7 km
MGM LAKE
1.4 km one way
MGMTM LAKE CANYON
3.4 km
MGMTM LAKE CIRCUIT
6.5 km
MOLLIE LAKE
1.4 km one way
MOLLIE LAKE CANYON
2.8 km
MOLLIE LAKE CIRCUIT
5.2 km
MOUNT WOOLY
2.1 km one way
MOUNT WOOLY CANYON
3.3 km
MOUNT WOOLY CIRCUIT
5.4 km
ROCK GLACIER
150 m one way
ROCKWALL
0.5 km loop
SPRUCE ROAD
1 km loop
UPPER LAKE
15.7 km loop

Every effort is made to ensure that this information is accurate and current; however, it is subject to change without notice.

Backcountry Fees

Backcountry permits are required at all designated backcountry campgrounds in Kananaskis Country. Permit information is available at any Kananaskis Country Information Centre. The backcountry reservation line is 403-678-3136.

For More Information
Park Visitor Information Centre  
403-581-6322
Service Alberta Call Centre (out of Alberta)  
310-0000

Campground Reservations
Auto Access Bourdian Creek & Elbow  
1-877-537-2179
Park Backcountry Reservations (to book online)  
403-581-7228

Biking Safety

Before You Hike

• Plan ahead!
• Request your route and check the weather forecast. Ensure you have adequate information to assist with route finding. Each such route, regardless of difficulty, is potentially hazardous.
• Make a big plan and set a local or family member know where you are going and who else is going with you. Call Parks Canada’s AdventureSmart website includes excellent trip planning resources.
• Ensure that you are carrying a communication device such as an emergency personal locator device or a cellular phone. However, note that these devices do not work in all areas.
• Pack appropriate equipment for your outing. Items to consider include: proper footwear, extra layers of clothing including a factor in ten, protection from the sun, water, snacks and other standard camping equipment.
• Carry an emergency kit and know how to use it. Match this box with you!

While You Hike

• Stop on established trails and avoid trail tempting.
• Share the trail with other users. During breaks, step off the trail or away from users.
• Do NOT pick or collect wildflowers or other vegetation including seedheads. Picking or disturbing seeds, flowers and animals is NOT permitted. Take a photograph instead!
• Do not litter. This includes cigarette butts, seed shells and tissue.
• Occasional encountering wildlife is to be the norm.
• This is especially important near rocky crevices and in dense forest.
• Sheds are more effective than a bell, whistle or horn.
• If you decide to take your dog into the backcountry, your dog must be kept on a leash at all times.
• Your dog’s waste must be packed out or buried.
• Wildlife regard your pet as either prey or predator.
Wildlife Viewing

Wildlife viewing and photography comes with responsibilities. The most important is respect to all wildlife.

Viewing Distances
- Minimum distance should be at least 200 feet (60 metres).
- The best way to safely photograph wildlife is from a vehicle or observation area.
- Consider your own safety and the safety of the animal when selecting viewing distances.
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