**WILDLIFE VIEWING**

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

**Viewing Distances.** Stay back at least:

- 100 metres from bears
- 50 metres from all other large species
- 200 metres from coyote, fox or wolf dens

These are the minimum distances from wildlife that are applicable in most cases.

However, it is up to each person observing wildlife to watch for defensive moves. Caution is essential. For maximum protection wear suitable cold weather wear, carry a flashlight or headlamp when walking in darkness, and wear a whistle or horn.

Traffic & Parking

If you see a wildlife grizzly at roadside, please don’t stop. Drive by slowly instead. If you must stop to view roadside wildlife:

- Avoid stopping along roadways during periods of high traffic volume.
- Do not stop or pull over at or near hill crests, corners, or sharp curves and intersections.
- Pull vehicles well onto the shoulder and park safely off the driving lanes. Use roadside pull-offs and parking areas to help avoid traffic congestion around wildlife.
- Use your hazard lights.
- Remain in your vehicle.
- Stay at least 100 metres away even if you’re in a vehicle. Wildlife need their space.
- If you get out of your vehicle, do not tamper with vegetation.

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**TRAIL NAME**

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>BARIL CREEK</td>
<td>Branches off of the northern side of Baril Loop Trail. Access: Etherington Creek day use area. 4 km one-way. 200 m/656 ft. This trail is not maintained for summer use.</td>
</tr>
<tr>
<td>BARIL LOOP</td>
<td>This old logging trail leaves Etherington Creek, skirts around the base of a large hill and returns to be back into Etherington Creek Trail. Access: Etherington Creek or Baril Trail. 10.4 km loop. 275 m/900 ft. This trail is not maintained for summer use.</td>
</tr>
<tr>
<td>CAT FLY</td>
<td>A short, easy hike with signs describing the natural history of the area. The trail ends at a beautiful 6 metre waterfall. Horses and bikes are not permitted.</td>
</tr>
<tr>
<td>CATARACT CREEK</td>
<td>This trail leads upstream through recently logged areas towards the head of Cataract Creek. A favourite area for moose. Access: Cataract Creek day use area. 8.4 km one-way. 275 m/900 ft. This trail is not maintained for summer use.</td>
</tr>
<tr>
<td>CUMMINGS CREEK</td>
<td>This old logging road follows Cummings Creek. It connects Wilkinson and Cataract Creek and is accessed primarily via Cataract Creek Trail. There is additional access from Wilkinson Summit Trail. 9.2 km one-way. 395 m/1,300 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>ETHELIN CREEK</td>
<td>A forested logging road through the Etherington Creek valley leading to the top of the watershed and descending into the Cataract Valley. Access: Etherington Creek day use area. 11.1 km one-way. 490 m/1,600 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>FALLERS</td>
<td>The trail passes through rolling terrain and forested areas, some of which were recently logged. Access: Cataract Creek or Oyster Creek Excursion Trail. 6 km one-way. 170 m/560 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>LOGGERS</td>
<td>An easy route follows an old logging road alongside a small tributary of Cataract Creek. Access: Etherington Creek. 3.5 km one-way. 60 m/197 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>OYSTER CREEK</td>
<td>The route follows old logging roads and a scenic line from the Oyster Creek Valley over a low mountain pass to the Oyster Creek watershed. Access: Last Rock Trail. 15.2 km one-way. 245 m/800 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>PASSE</td>
<td>The route uses old logging roads, scenic lines and an old pack trail to connect the Wilkinson Creek and Oyster Creek watersheds. Access: Wilkinson Trail #82. 9.2 km one-way. 730 m/2,400 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>PLATEAU MOUNTAIN</td>
<td>This is a vehicle access road leading to the summit of this “flat top” mountain which was left unplanted during the last ice age. Observe unusual plants and rock formations. Access: Wilkinson Trail #82. 9.2 km one-way. 730 m/2,400 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>RASPBERRY PASS</td>
<td>Past logging activity is in evidence on this easy trail which connects the Etherington and Cataract Valleys. Wide, boggy sections make this trail unsuitable for horses and mountain bikes. Access: Cataract Trail, Etherington Trail. 7.5 km one-way. 125 m/408 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>SKYLINE</td>
<td>This ridgetop route is aptly named Last Trail and offers excellent views of the Upper Highwood and Upper Oldman Valleys. Access: Pasque Trail or Cummings Creek Trail or Wilkinson Summit Trail. 8.9 km one-way. 365 m/1,200 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>UPPER CATARACT FALLS</td>
<td>This easy trail follows Cataract Creek downstream from the campground through a low, steep meadow then through the forest on the east side of the creek to these scenic waterfalls. Access: Cataract Creek Campground behind campground. 2.7 km one-way. 125 m/408 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>UPPER RASPBERRY</td>
<td>A close alternative route for Raspberry Pass Trail. Horseback riding and mountain biking are advised not to use this trail due to large wet areas that will be encountered. Access: Cataract Trail, Etherington Trail. 4.1 km one-way. 125 m/408 ft. This trail is not maintained for summer.</td>
</tr>
<tr>
<td>VALLEY BOTTOM</td>
<td>This route parallels the Foresty Trunk Road (formerly Hwy. #942) and provides the shortest and most direct route from Etherington Creek Area to Cataract Creek Recreation Area. 6 km one-way. 150 m/500 ft. This trail is not maintained for summer.</td>
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</tbody>
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**SNOWMOBILEING**

**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; hills and other natural hazards can be dangerous.
- Cross roadways with caution. Two-way traffic exists on all trails; please reduce speeds when encountering other trail users and crossing intersections.
- Watch for trail grooming equipment which may be present on major trails.
- Watch for on-lead trails is not recommended.
- For your own safety it is recommended that helmet be worn.
- Please use your headlights at all times; it is just 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 trails.
- Don’t exceed personal abilities!
- Snowmobilers in avalanche terrain should be equipped with snow probes and probes, and should wear an avalanche transceiver and know how to self-rescue.

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**Personal Safety and Comfort**

**Never travel alone.** Always let someone know where you are going and when to expect your return. In case of vehicle breakdown carry a repair kit, spare parts, extra fuel and a pair of snowshoes to make walking out easier.

- **Proper clothing** is essential. For maximum protection wear suitable cold weather clothing. Make sure your face and head are covered to prevent heat loss and reduce the risk of frostbite.
- **A current medical kit**; complete with first aid equipment, high energy food and a thermos filled with hot liquid should be carried on your snow vehicle at all times.
- **Alcoholic beverages generate a false sense of warmth while reducing the body’s natural ability to regulate internal temperatures.** Drinking can be dangerous in the outdoors. Alcohol and snowmobiles don’t mix.

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**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, 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 any cold surface. 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.

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**Hiking Safety**

**Before You Hike**

- Plan Ahead! Research your route and check the weather forecast.
- Ensure you have adequate information to assist with route-finding such as maps, guidebooks or GPS files of your route.
- Make a trip plan and let a friend or family member know where you are going and when you plan to return.
- Ensure that you carry a safety communication device such as a mobile phone, an emergency personal locator device or a cellular phone. Note that cellular service is limited in many areas of the mountains.
- Pack appropriate equipment for your outing. Some items to consider include
  - proper footwear, extra layers of clothing including a hat or toque, protection from the sun, wind and insects, a flashlight or headlamp and adequately food and water.
- Carry bear spray round and know how to use it!

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**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 OHVs require functioning head and tail lights and must have a licence plate affixed and visible.
- It is illegal to operate a snowmobile on snowplowed roads.
- Disturbing or chasing wildlife is an offense under the Wildlife Act.
- Only snowmobiles are permitted in the Cataract Creek Snow Forest Vehicle 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 residence as defined under the Gaming and Liquor Act.

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**Courtesy Counts**

- Private vehicles and trailers should be parked in facilities provided at the staging areas.
- Pack out all garbage and garbage receptacles located at the staging areas.
- Please provide the radio pizp on site and staging areas and ensure fire is extinguished when you leave it. You will protect the local wildlife and mountain vegetation by keeping to the designated trails and bridges. The improper use of your snow mobile can damage the natural environment.
- Notify staff of any trail hazards you encounter.
- For the future enjoyment of all visitors, please protect the environment and keep facilities in good condition.