**BOW VALLEY PARKS TRAILS**

<table>
<thead>
<tr>
<th>TRAIL NAME</th>
<th>DESCRIPTION</th>
</tr>
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<tbody>
<tr>
<td><strong>BALDY PASS</strong></td>
<td>From Baldy Pass Trailhead, the trail crosses Highway #40 and, after 1 km, begins a steady climb to Baldy Pass. The view from the pass is obstructed by thick forest. Alter: Equestrian riders are permitted only on the first 7.5 km of trail from Luxe Creek Day Use Area. Length: 13.7 km or 10.9 km one-way. Elevation Gain: 490 m or 1,608 ft. from southwestern side or 549 m or 1,784 ft. from northeast side.</td>
</tr>
<tr>
<td><strong>BOW RIVER INTERPRETIVE</strong></td>
<td>This is the highest maintained trail in the Canadian Rockies and it crosses over the top of Mt. Allan providing exceptional views. To access this trail from Ribbon Creek Day Use Area parking lot, take Hidden Creek Trail which connects to Coal Mine Trail. Alter: Centennial Ridge is closed annually between April 1st and June 21st inclusive. Length: 6.4 km to Mt. Allan summit. 16.9 km to Highway #1. Elevation Gain: 1,340 m or 4,400 ft.</td>
</tr>
<tr>
<td><strong>BOAT LIFT</strong></td>
<td>This is a scenic trail following the Bow River, with signs describing the river environment. Length: 2.1 km one-way.</td>
</tr>
<tr>
<td><strong>BOAT LAUNCH</strong></td>
<td>This is a paved trail following rolling terrain with good forest and meadow views. Length: 4.2 km one-way.</td>
</tr>
</tbody>
</table>

**LEGEND**
- Staff Housing
- Village Maintenance
- Mount Kidd Manor & Woody's Pub
- John Pahiser Interpreting
- Village Centre & Post Office
- Pomeroy Kananaskis Mountain Lodge
- Village Pond & Plaza
- Outdoor
- Helpful
- Hotel
- Field Station
- Lookout
- Downhill Ski Area
- Parks Office
- Kananaskis Visitor Information Centre
- Unpaved Road/Highway
- Paved Road/Highway
- Provincal Park/Protected Area Boundary
- Contour Lines
- 50 m Building
- Day Use Area
- Viewpoint
- Vehicle Access
- Camping
- Bike Trail
- Backcountry Camping
- Group Camping
- Fishing
- Climbing
- Road Closure
- Barrier-free Access
- Kayak Launch
- Parking Lot
- Canoe Launch
- Trans-Canada Trail
- Interpretive Trail
- National Hiking Trail
- Lodging
- Emergency Centre
- Hostel
- Kananaskis Village
- To Hwy 40
- Mount Kidd Manor & Woody's Pub
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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 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 adequate food and water.
- Carry bear spray year round and know how to use it!

**While You Hike**

- **Stay on established trails and avoid trail braiding.**
- **Do NOT pick or collect wildflowers or other vegetation; take a photograph instead.**
- **Do not litter.** This includes cigarette butts, seed shells and tissue.
- Occasional shouting will warn wildlife that you are in the area.
- **This is especially important near noisy creeks and in dense forest.**
- **Shouts are more effective than a bell, whistle or horn.**

**TRAIL NAME**

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<td><strong>APSEIN</strong></td>
<td>A pleasant walk following trails used for cross-country skiing in the winter months through the forest near the Kananaskis Village. Occasional Meadows provide nice views of the Kananaskis Valley. Length: 1.8 km</td>
</tr>
<tr>
<td><strong>BARRIER LAKE INTERPRETIVE</strong></td>
<td>This is a short uphil l hike to a ridge. There are excellent views of the northern and southern sections of Barrier Lake. Length: 2.5 km one-way from lower parking area at Barrier Lake Day Use; can be shortened by parking in upper parking lot. Length: 0.4 km</td>
</tr>
<tr>
<td><strong>BILL MILNE (PAVED)</strong></td>
<td>This paved path goes from Kananaskis Village along Ribbon Creek. It passes near the Kananaskis Country Golf Course and Mt. Kidd Rifle Range. Length: 1 mile one-way. Elevation Gain: 0 m</td>
</tr>
<tr>
<td><strong>COAL MINE</strong></td>
<td>This is a accessed 0.4 km down the Hidden Creek Trail. This trail is a forested route to the site of a coal mine which operated from 1947 to 1962. The site is reclaimed but offers great views. Length: 2.3 km one-way. Elevation Gain: 246 m / 800 ft.</td>
</tr>
<tr>
<td><strong>EVAN-THOMAS FIREROAD</strong></td>
<td>This was a former fire road and provides access to Evan-Thomas Pass. The portion between the day use area and Wedge Connector trail is often groomed for cross-country skiing. Length: 14 km one-way to the pass.</td>
</tr>
<tr>
<td><strong>GALATEA CREEK</strong></td>
<td>This is a strenuous hike past canyons and waterfalls with great views to Lillian Lake Backcountry Campground. Alter: Galatea Creek trail has an annual seasonal closure in place between April 1st and late June to allow the trail to dry and prevent damage. Length: 6.3 km to Lillian Lake, 1.5 km more to Upper Galatea Lake. Elevation Gain: 457 m / 1,500 ft. to Lillian Lake plus 154 m / 500 ft. extra to Upper Galatea Lake</td>
</tr>
<tr>
<td><strong>QUINN’S PASS</strong></td>
<td>This alpine trail connects Ribbon and Lillian Lake backcountry campgrounds. Length: 3.0 km. Elevation: 457 m / 1500 ft.</td>
</tr>
<tr>
<td><strong>HAY MEADOW</strong></td>
<td>This short trail can be combined with Stoney Trail or Troll Falls Trail to make a nice 4 km loop. The trail cuts close to the Kananaskis River providing nice views. Length: 1.5 km one-way.</td>
</tr>
<tr>
<td><strong>HIDDEN</strong></td>
<td>This is 1.4 km to the day lodge at Nakiska Ski Resort. Alter: The 0.4 km, it provides access to Centennial Trail. Length: 1.4 km one-way. Elevation Gain: 70 m / 230 ft.</td>
</tr>
<tr>
<td><strong>HIGH LEVEL</strong></td>
<td>This trail provides access from Skogan Pass Trail to the former site of the Hummingbird Flume Fire Lookout. The lookout is located 0.5 km from the junction of Sunburst Trail and High Level Trail. All three trails can be combined for a wonderful 12.9 km trip with lovely views of the Kananaskis Valley. Length: 1.4 km one-way. Elevation Gain: 70 m / 230 ft.</td>
</tr>
<tr>
<td><strong>KANANASKIS INTEGRATED FORESTRY INTERPRETIVE</strong></td>
<td>This self-guided walking trail introduces you to many aspects of forest management in Kananaskis Country and historic points of interest. Many hikers choose to connect this trail with the Luxe Pass via a 1.3 km connector trail, creating an 8 km loop. Length: 1.7 km. Elevation Gain: 25 m</td>
</tr>
<tr>
<td><strong>MARMOT BASIN</strong></td>
<td>This trail heads into Marmot Basin off of Skogan Pass Trail. Alter: This trail was heavily damaged in the 2013 flood. Length: 2.9 km</td>
</tr>
<tr>
<td><strong>MOUNT KIDD INTERPRETIVE</strong></td>
<td>A short trail that provides access to the Kananaskis River. Length: 1.2 km</td>
</tr>
<tr>
<td><strong>RIBBON CREEK</strong></td>
<td>The trail is 8.1 km one-way to Ribbon Falls with an additional 2.0 km to Ribbon Lake. The first 8 km of trail is a spectacular valley hike hemmed in by massive cliffs of Mt. Kidd and Mt. Illegat. Ribbon Falls Backcountry Campground is located at the falls. To reach Ribbon Lake and the Ribbon Lake Backcountry Campground from Ribbon Falls, one must climb a cliff with two sections of chain to assist. The climb up the cliff is a serious undertaking. Alter:hikes are only permitted on the first 4.0 km of this trail. Length: 8.1 km one-way to Ribbon Falls or 10.1 km one-way to Ribbon Lake. Elevation Gain: 350 m / 1,137 ft. to Ribbon Falls plus additional gain of 594 m / 1,930 ft. to Ribbon Lake.</td>
</tr>
<tr>
<td><strong>RUTHE’S</strong></td>
<td>This short trail connects Troll Falls to Skogan Pass Trailhead. Stoney Parking Lot. Length: 0.4 km</td>
</tr>
<tr>
<td><strong>SKOGAN PASS</strong></td>
<td>This scenic route off Skogan Pass is 10.2 km to the Pass. It is 19.4 km to Highway #1 (near Deadman’s Flats) from the Ribbon Creek Day Use Area. Due to clearing for the power line right of way, this route is often banked in sunlight, providing great foraging for ungulates and omnivores. Length: 10.2 km to Skogan Pass, 19.4 km to Highway #1. Elevation Gain: 624 m / 2,050 ft.</td>
</tr>
<tr>
<td><strong>SUNBURST</strong></td>
<td>This trail provides access from Skogan Pass Trail to the former site of the Hummingbird Flume Fire Lookout. Length: 1.2 km one-way. Elevation Gain: 400 m / 1,300 ft.</td>
</tr>
<tr>
<td><strong>TERRACE</strong></td>
<td>Terrace Trail has two common sections: Terrace North of Kananaskis Village and Terrace South of Kananaskis Village. Terrace Trail heading south of the village is a common hiking and biking trail, along with views of the Kananaskis Valley and Kananaskis Country Golf Course. The northern section of Terrace Trail heads from the Kananaskis Village parking area to the junction with Kwasch Trail and ultimately the Ribbon Creek Day Use Area. Length: 9.5 km one-way.</td>
</tr>
<tr>
<td><strong>TERRACE LINK</strong></td>
<td>This short trail connects Terrace Trail to Kwasch. Length: 1.0 km</td>
</tr>
<tr>
<td><strong>TROLL FALLS</strong></td>
<td>This short walk through an aspen forest is a delightful little trail with a waterfall at the end. Length: 1.7 km one-way.</td>
</tr>
<tr>
<td><strong>VILLAGE RIM</strong></td>
<td>This is a paved trail around Kananaskis Village, with five viewpoints. The trail can be accessed from several points around the Village. Length: 1.3 km</td>
</tr>
<tr>
<td><strong>WASOOSTCH CREEK</strong></td>
<td>A pleasant walk up a rocky creek bed to the Wasoostoch Climbing Craig. Length: 1.0 km</td>
</tr>
<tr>
<td><strong>WEDGE CONNECTOR</strong></td>
<td>This is a forested trail to an open glade by Evan-Thomas Creek, with mountain views. The trail connects Bill Milne Paved Trail and Evan-Thomas Fire Road Trail. Length: 2.4 km one-way.</td>
</tr>
<tr>
<td><strong>WEDGE POND</strong></td>
<td>A short, pleasant walk around the pond with nice views. Length: 1.0 km</td>
</tr>
<tr>
<td><strong>WIDOW MAKER</strong></td>
<td>This trail is along the edge of the Kananaskis River, giving views of canoes, kayakers and rafters on the river. Length: 2.1 km one-way.</td>
</tr>
</tbody>
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