

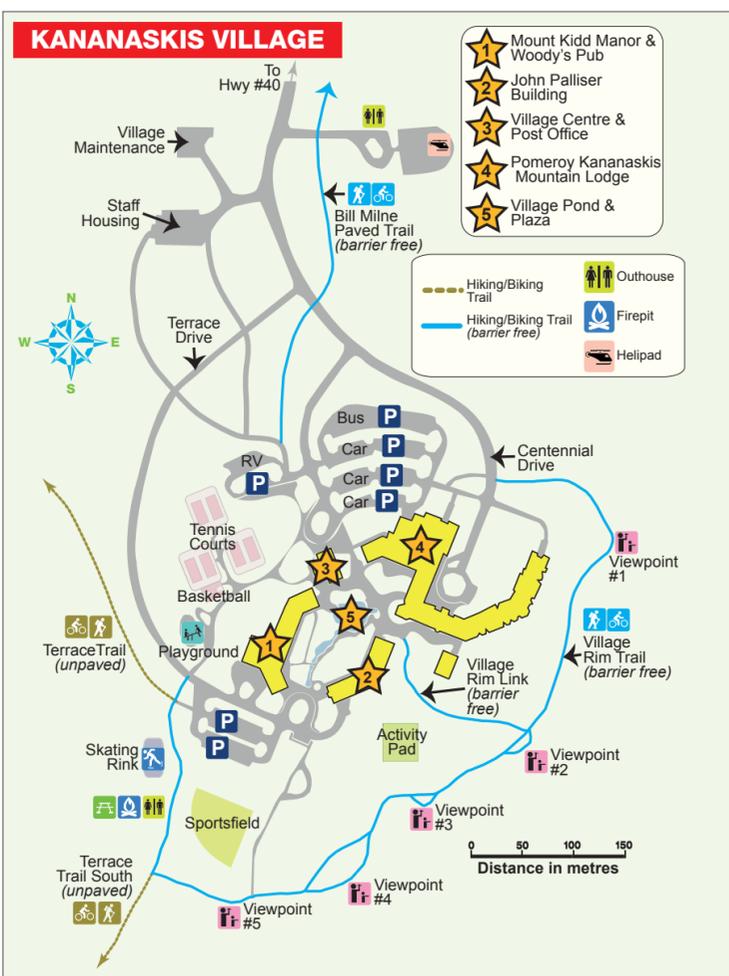
LEGEND			
	Unmaintained Trail		Lookout
	Trans-Canada Trail		Downhill Ski Area
	National Hiking Trail		Parks Office
	Hiking Trail		Kananaskis Information Centre
	Biking, Hiking Trail		Boat Launch
	Horseback Riding, Biking, Hiking Trail		Amphitheatre
	Biking, Hiking Trail (Barrier Free)		Building
	Unpaved Road/ Highway		Viewpoint
	Paved Road/ Highway		Horseback Riding
	Provincial Park/ Protected Area Boundary		Fishing
	Contour Lines 50 m		Climbing
	Day Use Area		Barrier-free Access
	Vehicle Access Camping		Parking Lot
	Backcountry Camping		Trans-Canada Trail
	Group Camping		National Hiking Trail
	Road Closure		Emergency Centre
	Kayak Launch		Gas Station
	Canoe Launch		
	Interpretive Trail		
	Lodging		
	Hostel		

BOW VALLEY PARKS TRAILS

TRAIL NAME	DESCRIPTION
BALDY PASS	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. <i>Note:</i> Equestrian riders are permitted only on the first 7.5 km of trail from Lusk Creek Day Use Area. Length: 13.7 km or 15.9 km one-way. Elevation Gain: 490 m / 1,608 ft. from southwest side or 549 m / 1,748 ft. from northeast side.
BOW RIVER INTERPRETIVE	This is a scenic trail following the Bow River, with signs describing the river environment. Length: 2.1 km one-way.
BOW VALLEY BIKE PATH (PAVED)	This is a paved trail through rolling terrain with good forest and meadow views. Length: 4.2 km one-way.
CENTENNIAL RIDGE	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. <i>Note:</i> 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 / 4,400 ft.
ELK FLATS	This trail goes through forest and meadows with views. Length: 1.9 km one-way.
FLOWING WATER INTERPRETIVE	This trail has good views of the mountains and Kananaskis River. There is an observation point over a beaver pond. Signs describe the water cycle. Length: 2.0 km return.
GROTTO CREEK CANYON	This trail initially follows a small power line, passing an industrial plant before winding up a narrow canyon with vertical rock walls and a waterfall. Length: 2.1 km one-way.
HEART CREEK INTERPRETIVE	This trail follows the narrow creek canyon over 7 bridges to a hidden waterfall. Length: 1.3 km one-way.
JEWELL PASS	This trail goes by secluded Jewell Falls and has beautiful views of Barrier Lake. To access the trail, cross Barrier Dam and follow Stoney Trail south to the turnout. Jewell Pass Trail is often combined with Prairie View Trail to make a loop. Length: 2.9 km one-way. Elevation Gain: 250 m / 812 ft.
MANY SPRINGS INTERPRETIVE	This trail encircles a wetland basin with uncommon plants. There is an observation deck to observe the springs. Interpretive signs describe the environment. Length: 1.3 km.
MIDDLE LAKE INTERPRETIVE	This trail meanders through forest and meadows, skirting Middle Lake. Length: 2.0 km.
MONTANE INTERPRETIVE	This is a gentle trail through forest and meadows. Signs describe the montane forest. Length: 1.5 km.
MORaine INTERPRETIVE	This trail with scenic mountain views follows the crest of a glacial ridge. Signs describe glacial features. Length: 1.5 km one-way.
PRAIRIE VIEW	This trail switchbacks through the trees to a spectacular viewpoint. It then traverses a plateau before going descending to Jewell Pass. Length: 6.6 km one-way. Elevation Gain: 421 m / 1,368 ft.
QUAITE CREEK	This pleasant trail accesses Heart Creek Interpretive Trail 0.8 km from the trailhead and Quaita Valley Backcountry Campground 4.5 km from the trailhead. The trail beyond the campground continues to Jewell Pass. Length: 4.0 km one-way.
STONEY	This is a long, open trail following the power line. Equestrian camping is available at Jewell Bay Backcountry Campground. <i>Note:</i> Stoney Trail is closed annually from April 15 to June 15, from (and including) Jewell Bay Campground south to Lorette Creek. Length: 22.5 km one-way.

KANANASKIS VALLEY TRAILS

TRAIL NAME	DESCRIPTION
ASPEN	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
BARRIER LAKE INTERPRETIVE	This trail is a short uphill 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.
BILL MILNE (PAVED)	This paved path goes from Kananaskis Village along Ribbon Creek. It passes near the Kananaskis Country Golf Course and Mt. Kidd RV Park to Wedge Pond. <i>Note:</i> There is a steep, switchback section on leaving Kananaskis Village. Length: 9.7 km one-way. Elevation Gain: 0 m
COAL MINE	This trail is 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 1952. The site is reclaimed but offers great views. Length: 2.3 km one-way. Elevation Gain: 246 m / 800 ft.
EVAN-THOMAS FIREROAD	This trail 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.
GALATEA CREEK	This is a strenuous hike past canyons and waterfalls with great views to Lillian Lake Backcountry Campground. <i>Note:</i> Galatea Creek trail has an annual seasonal closure in place between April 1 st 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.
GUINN'S PASS	This alpine trail connects Ribbon and Lillian Lake backcountry campgrounds. Length: 3.0 km. Elevation: 457 m / 1500 ft.
HAY MEADOW	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.
HIDDEN	This trail is 1.4 km to the day lodge at Nakiska Ski Resort. At the 0.4 mark, it provides access to Centennial Trail. Length: 1.4 km one-way. Elevation Gain: 70 m / 230 ft.
HIGH LEVEL	This trail provides access from Skogan Pass Trail to the former site of the Hummingbird Plume 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 12.8 km trip with lovely views of the Kananaskis Valley. Length: 1.4 km one-way. Elevation Gain: 70 m / 230 ft.
KANANASKIS INTEGRATED FORESTRY INTERPRETIVE	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 Lusk Pass via a 1.3 km connector trail, creating an 8 km loop. Length: 1.7 km. Elevation Gain: 25 m
LINK	This is a short trail through a mature forest that connects Kovach and Ribbon Creek Trails. Length: 0.8 km
MARMOT BASIN	This trail heads into Marmot Basin off of Skogan Pass Trail. <i>Note:</i> This trail was heavily damaged in the 2013 flood. Length: 2.9 km
Mt. KIDD INTERPRETIVE	A short trail that provides access to the Kananaskis River. Length: 1.2 km
RIBBON CREEK	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. Bogart. 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. <i>Note:</i> Bikes 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.
RUTHIE'S	This short trail connects Troll Falls to Skogan Pass. Trailhead: Stoney Parking Lot. Length: 0.4 km
SKOGAN PASS	This scenic route over 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 basked in sunlight, providing good 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.
SUNBURST	This trail provides access from Skogan Pass Trail to the former site of the Hummingbird Plume Fire Lookout. Length: 1.2 km one-way. Elevation Gain: 400 m / 1,300 ft.
TERRACE	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, with nice views of Kananaskis Valley and Kananaskis Country Golf Course. The northern section of Terrace Trail heads from the Kananaskis Village parking area to the junction with Kovach Trail and ultimately the Ribbon Creek Day Use Area. Length: 9.5 km one-way.
TERRACE LINK	This short trail connects Terrace trail to Kovach. Length: 1.0 km
TROLL FALLS	This short walk through an aspen forest is a delightful little trail with a waterfall at the end. Length: 1.7 km one-way.
VILLAGE RIM	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
WASOOTCH CREEK	A pleasant walk up a rocky creek bed to the Wasootch Climbing Crag. Length: 1.0 km
WEDGE CONNECTOR	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.
WEDGE POND	A short, pleasant walk around the pond with nice views. Length: 1.0 km
WIDOW MAKER	This trail is along the edge of the Kananaskis River, giving views of canoeists, kayakers and rafters on the river. Length: 2 km one-way.



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.