

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		

WILDLIFE VIEWING

Wildlife viewing and photography comes with responsibilities; the most important is respect to 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 warning signals. If you see the following defensive warning signals from wildlife, pull back further or leave the area. If you cause an animal to move, you are too close.

- Bears make a “woofing” noise, growl and pop their jaws or swat the ground.
- Bull elk and moose put their heads down and paw at the ground.
- Cow elk flatten their ears, stare directly at you and raise their rump hair.
- Even agitated deer can be dangerous and cause injuries to people.

These guidelines will cause the least impact on wildlife, ensuring they remain safe and wild. Traffic congestion around wildlife sometimes results in motor vehicle accidents. Drive carefully and be observant of other drivers.



TRAIL NAME

DESCRIPTION

9999	This trail follows Threepoint Creek, then turns south to open meadows along Ware Creek. The trail can be muddy. Access: North Fork Campground or Mesa Butte Equestrian Campground. 7 km loop, 90 m/300 ft.
BIG ELBOW	This is the east half of the well-known Elbow Loop. The old fireroad follows the Elbow River upstream past Big Elbow Backcountry Campground to Tombstone Backcountry Campground and trail junctions beyond. Views of Threepoint and Cougar Mountains, Mounts Glasgow and Cornwall, and Banded Peak. Access: Little Elbow Campground or Elbow Pass Day Use. 26.5 km one-way, 350 m/1,150 ft.
BOBCAT BOUNDARY RIDGE	Connector trail. 4.2 km one-way, 325 m/1065 ft. Connects Snagmore and the West Bragg Creek parking lot. From the south end, after a short descent from Snagmore, the trail climbs through mixed forest. Two false summits before you reach the top gate. From the north, steady climb all the way up. Access: From the north, access is from the Crystal Line XC ski trail south of the West Bragg Creek parking lot. From the south, access is from the Elbow XC ski trail or Snagmore. 5 km one-way, 131 m/430 ft.
BRAGGIN' RIGHTS	Twists all the way out to the junction with Merlin Trail. Access: N.W. corner of the West Bragg Creek parking lot. 3.7 km one-way, 220 m/722 ft.
COX HILL RIDGE	Climbs steadily to a superlative view at the summit of the ridge. Access: Dawson Equestrian Campground, Powderface Trail. 9 km one way 872 m/2834 ft.
CURLEY SANDS	Climbs Mesa Butte with good views of front ranges. Access: North Fork Campground or Mesa Butte Equestrian Campground. 3.5 km one-way. 150 m/500 ft.
DEATH VALLEY	Easy, scenic foothills trail. Often combined with Windy Point, Foran Grade and Sheep Trails (for 16 km total.) Also connects with Ware Creek and 9999. 12.5 km one-way, 220 m/720 ft.
DIAMOND T	Uphill through pine woods with a short detour to a foothills lookout. Access: Station Flats D.U. 4.3 km loop, 120 m/390 ft.
DEMI-TEL	Connects Long Distance to Snowshoe Hare, and/or Hostel Loop. Access: West Bragg Creek Parking Lot, 3.2 km one-way, 239 m/784 ft.
DISCONNECT	Connects Long Distance to Telephone Loop. 1.6 km one-way, 136 m/446 ft.
FORD CREEK	A mountain biking and equestrian trail, this trail follows the eastern foot of Nihahi Ridge. Access: Little Elbow Recreation Area, 18 km one-way, 590 m/1,935 ft.
FORD KNOLL	Climbs through the trees on the north side of the loop and descends through open meadows with views down the Elbow River valley. Access: Forgetmenot Pond picnic area. 4 km return 235 m/770 ft.
GORGE LINK	Windy trail with bridges. 2.6 km one-way.
HOG'S BACK	Strenuous climb with fords and views of black shale canyons. Combined with Threepoint Creek, it makes a 23.8 km loop. Can also be accessed from Wildhorse and Volcano Ridge. Bikes are NOT permitted on Hog's Back. 4.5 km one-way, 250 m/800 ft.
JUMPINGPOUND LOOP	Follows Jumpingpound Creek on the south side, and winds through forest and flowering meadows to the north. Access: Jumpingpound Creek picnic area, or Pine Grove Group Camp. 421 m/1368 ft.
LINK CREEK	Rolling terrain through mixed woods, with a steep climb to the top of Volcano Ridge. Link Creek can be combined with Volcano Ridge and Gorge Link for a 10 km loop. Access: Volcano Ridge D.U. or Ware Creek D.U., 11.5 km one-way, 510 m/1,675 ft.
LONG DISTANCE	In forest, but some parts are in meadows, clear cuts and in new growth forests. 8.6 km one-way, 320 m/1050 ft.
MERLIN VIEW LOOP	Good views. Access via Braggin' Rights. 6.1 km loop, 215 m/705 ft.
MOOSE CREEK LOOP	Signs exploring forests and forest management. Access: Spruce Woods D.U., 2.2 km return.
MOOSE MOUNTAIN	An old fireroad that follows Moose Ridge and switchbacks up Moose Dome. The final kilometre to the lookout is a steep, singletrack trail on loose rock. Access: End of Moose Mt. Road, 7.3 km one-way 470 m/1540 ft.

FIRE BANS

Campers and other outdoor enthusiasts should be aware that

when the fire hazard is extreme, or when a fire situation is serious enough that it poses a danger to the public, travel restrictions and/or fire bans may be implemented.

Restrictions are announced through various news media in the province and online at www.AlbertaFireBans.ca.

Fire bans prohibit the lighting of all wood, briquette and propane/natural gas fires. Depending on the severity of the fire hazard, a fire ban may include fires contained in fire facilities in designated camping and recreation areas. Citronella candles and torches may also be prohibited during a fire ban. Gas and liquid-fuelled cooking stoves are normally permitted during fire bans for cooking purposes only.

TRAIL NAME

DESCRIPTION

NIHAHI RIDGE	Switchbacks up to the shoulder of Nihahi Ridge, a quick dive across the open saddle and then straight up the ridge edge. Great views east down the Elbow River Valley and west up the Little Elbow River Valley. Access: Little Elbow Trail, 0.5 km west of campground, 2.5 km one-way, 390 m/1,280 ft.
NORTH FORK	Nice views of Volcano Ridge and the Ware Creek Valley. 5.5 km one-way, 240 m / 800 ft.
OLE BUCK LOOP	Follow the Reforestation Trail for 1 km to the trail on the left. Superb views of Moose Mountain. Access: Sibbald Lake Day Use. 2.4 km return, 168 m/546 ft.
PINEWOODS	Leads to a scenic viewpoint and winds through a stand of pines that was machine planted in 1974. Access: Spruce Woods Day Use. 4 km return.
POWDERFACE CREEK	This trail follows Powderface Creek up its narrow valley to the Three-trail Pass. The eastern half of the trail is gently rolling, but steeper, rockier terrain is encountered further west. Access: Powderface staging area, 6.2 km one-way, 510 m/1,673 ft.
POWDERFACE RIDGE	A strenuous climb from either end, with great views and flower-filled meadows at the top. Access: End of Highway #66 or Three-trail Pass, 7 km one-way, 640 m/2,100 ft.
PRAIRIE CREEK	The first two kilometres of this trail climb the edge of a cool, shaded canyon. Once over the promontory over the creek, the trail drops down and follows a series of beaver ponds and wide meadows. This trail can be muddy. Access: Beaver Lodge parking lot, Powderface staging area or Powderface Road, 9.2 km one-way, 180 m/590 ft.
PRAIRIE LINK	This is a cut-off between Powderface Creek and Prairie Creek Trails, shortening a 24 kilometre loop to 11. The trail climbs through forest over the saddle between the two trails. Access: Powderface Creek or Prairie Creek Trails, 3 km one-way, 85 m/280 ft.
RANGER SUMMIT RECONNECT	Uphill route on the south side of the West Bragg parking lot. 4.2 km one-way, 310 m/1000 ft. Connector. 1.6 km one-way, 104 m/ 341 ft.
RIDGEBACK 1	Access from Station Flats. 834 m one-way. 52 m/170 ft.
RIDGEBACK 2	Steep hill and meadows. 2.3 km one-way, Access from Ridgeback 1 or 3, 110 m/361 ft.
RIDGEBACK 3	Hilly sections. Multiple accesses. 4.1 km one-way, 240 m/787 ft.
RIDGEBACK 4	Easy trail with short climbs. 1.6 km one-way, Access: Ridgeback 3, 44 m/144 ft.
SNAGMORE	Connecting rolling trail with a few bridges. 4.8 km one-way, access via Sugar Mama or Elbow Trail, 167 m/548 ft.
SNAKES AND LADDERS	4.6 km one-way, Access: Ranger Summit, 302 m/991 ft.
SNOWSHOE HARE	2.1 km one-way. Connects Telephone Loop to Demi-Tel. Access: West Bragg Creek D.U.
STRANGE BREW	Connector trail. 3.6 km one-way, 31 m/102 ft.
SUGAR DADDY	Connects Strange Brew to Snagmore and crosses Elbow. 3.9 km one-way, 90 m/295 ft.
SUGAR MAMMA	Connects Bob to Snagmore and Elbow. 3.4 km one-way, 9 m/29 ft.
TELEPHONE LOOP	Some steep sections on east end. 12.7 km one-way, 431 m/1414 ft. Typically accessed from West Bragg Parking lot.
THREEPOINT CREEK	Follows Threepoint Creek through rolling foothills. It loops with Hog's Back for 23 km total. Note: no bikes are allowed on Hog's Back. Access: Mesa Butte Equestrian Campground, 12 km one-way, 270 m/900 ft.
TOM SNOW	A rolling trail through forest and meadows to Station Flats in the Elbow Valley. Access: Dawson Equestrian Campground. 29 km one way.
WARE CREEK	Leads to a series of meadows along Ware Creek. There are 3 creek fords within 1 km of the trailhead. Access: Ware Creek Day Use, 3.5 km one-way, 50 m/150 ft.
WILDHORSE	Access requires fording the Elbow River. From the ford at Big Elbow, follows around the north side of Forgetmenot Ridge, then up the valley to the east. Mountain bikers link it with the Quirk Creek fireroad through the off-highway vehicle zone. Access: Little Elbow Recreation Area, Cobble Flats picnic area, 16 km one-way 357 m/1,170 ft.

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.