

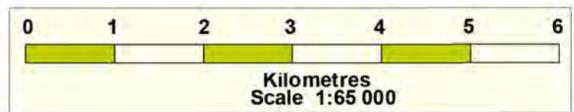
# Spray Valley Provincial Park

# Elbow-Sheep Wildland Provincial Park

# Peter Lougheed Provincial Park

# Height of the Rockies Provincial Park (B.C.)

# Elk Lakes Provincial Park (B.C.)



Road to Fortress Closed

Closed Dec. 1 - June 14 inclusive

Private Property

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.*



**Alberta Parks**

## TRAILS FOR MOUNTAIN BIKERS & HIKERS

<b>BURSTALL PASS</b>	This trail takes you through forests and willow flats, then climbs steeply to alpine meadows and Burstall Pass. Flowing water may cover the trail through the willow flats. Bikes are allowed to the end of the old logging road only (2.7 km). DAY USE ONLY. Access through Burstall Pass day use on the Smith-Dorrien/ Spray Trail. 7.4 km one way 470 m/1550 ft. elevation gain.
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<b>CHESTER LAKE</b>	This forested trail leads to an alpine meadow and lake below Mt. Chester. Bikes are allowed only on the first 2 km of the trail which follows a logging road. DAY USE ONLY. Access through Chester Lake parking lot on the Smith-Dorrien/Spray Trail. 4.6 km one way 300 m/1000 ft. elevation gain.
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<b>ELBOW LAKE</b>	This is a steep forested trail (old road) to Elbow Lake and the campground. It provides access to excellent biking trails in eastern Kananaskis Country. This is the only trail in the Park which allows equestrian use. Watch for horses on the trail. Access through Elbow Pass Junction picnic area on Hwy. #40. 1.4 km one way 120 m/400 ft.
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<b>ELK PASS</b>	The Elk Pass Trail climbs to the pass on an old fire road. You have the option to continue into BC. and Elk Lakes Provincial Park. Elk Lakes headquarters is 6 km from the Alberta/BC border. Bikes are not permitted in Elk Lakes P.P.. Access through Elk Pass parking lot. 6.1 km one way 210 m/700 ft. elevation gain.
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<b>HIGH ROCKIES</b>	This trail is the westernmost section of the TransCanada Trail in Alberta and runs from Goat Creek Day Use area to Elk Pass on the BC/AB border. With exceptional views and numerous jump-out points at the various day use areas along the Smith-Dorrien/Spray Trail (road) this trail may just become your favourite new trail in Kananaskis Country.
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<b>LOOKOUT</b>	This trail takes you up to the Fire Lookout and a panoramic view of the area. Access through Junction of Whiskey Jack and Pocaterra Trails. 2.4 km one way 200 m/650 ft. elevation gain.
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<b>PAVED BICYCLE TRAILS</b> <i>(Barrier-free)</i>	Lodgepole, Wheeler and Lakeside Trails form 12 km of paved trails that connect most of the campgrounds in the park. Access through campgrounds and the Peter Loughheed Park Discovery Centre.
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<b>POCATERRA</b>	This trail goes through open meadows and forested areas; has dramatic views of Mt. Wintour and the Opal Range. Connects with Lookout, Whiskey Jack and Rolly Road Trails as well as Hwy. #40. Access through Pocaterra Hut parking lot. 7.9 km one way 250 m/950ft. elevation gain.
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<b>ROLLY ROAD</b>	This trail climbs steeply from the parking lot area, then descends gradually to Pocaterra Trail 1.9 km further. It provides a nice view of the Spray Range. Watch for occasional vehicles on the road. Access through Pocaterra Hut parking lot. 1.9 km one way.
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<b>SAWMILL NETWORK</b>	This challenging system of trails is a series of old logging roads with steep climbs and swift descents. DAY USE ONLY & UN-MAINTAINED. Access through Chester Lake parking lot and Sawmill picnic area.
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<b>THREE ISLE LAKE TRAIL</b>	Follow the Three Isle Lake Trail for 2.2 km then join Upper Lake Trail for 1.4 km to Point Campground. It has a rocky section where it crosses the Palliser rockslide. Bikes are not allowed beyond Point Campground. Access through North Interlakes picnic area. 3.6 km one way to Point Campground.
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<b>WHISKEY JACK</b>	This trail connects with Lookout and Pocaterra Trails. It is a rough descent because of drainage channels cut across the trail. There are also steep sections. Combined with Pocaterra Trail, this is an excellent biking route. Access through Boulton Creek Trading Post parking lot. 4.5 km one way 210 m/700 ft. elevation gain.
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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.

## DAY HIKES (NO BIKES PERMITTED)

<b>1982 CANADIAN MOUNT EVEREST EXPEDITION</b>	This is a short climb through mature forest to a high lookout point between the Upper and Lower Kananaskis Lakes. Access through White Spruce parking lot. 2.1 km loop, 120 m/400 ft. elevation gain.
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<b>BLACK PRINCE CIRQUE</b>	This trail climbs to a seasonally variable cirque lake through forested and open areas. The first section follows an old logging road. Access through Smith-Dorrien/Spray Trail. 4.2 km loop, 90 m/300 ft. elevation gain.
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<b>BOULTON CREEK</b>	This trail takes a short climb to Boulton Creek Cabin then follows a ridge for a view of the mountains to the south and west, then returns along the creek. Access through Boulton Creek Bridge picnic area. 4.9 km loop.
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<b>HIGHWOOD MEADOWS</b> <i>(Barrier-free)</i>	This short trail follows, at times, a boardwalk through a fragile alpine meadow. Barrier-free. Access through Highwood Meadows parking lot on Hwy. #40. 0.6 km one way.
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<b>KANANASKIS CANYON</b>	This trail winds its way through pine forests to the old Kananaskis River Canyon. The trail returns on the old riverbed along walkways and stairs. Access through Canyon Campground near entrance of Loop B. 0.8 km loop.
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<b>LOWER LAKE</b>	This is an enjoyable lakeside walk with views of the Spray Range. Access through William Watson Lodge or Canyon picnic area. 3.5 km one way.
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<b>MARL LAKE</b> <i>(Barrier-free)</i>	This trail winds its way through forest and wetland to Marl Lake. Due to steepness of grades and distance we recommend a companion for wheelchair users of this barrier-free trail. Access through Elkwood Amphitheatre parking lot, or Elkwood Campground. 1.5 km loop.
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<b>PTARMIGAN CIRQUE</b>	This steep trail leads you to a fragile alpine meadow and a spectacular view of the surrounding mountains. Fragile environment, stay on the trail. Access through Highwood Meadows parking lot on Hwy. #40. 4.5 km loop 210 m/700 ft.
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<b>RAWSON LAKE</b>	After leaving Upper Lake Trail, it is a long, steady climb through a subalpine forest. The trail terminates at a beautiful alpine lake surrounded by mountain peaks and alpine meadows. Check current regulations for fishing closures. DAY USE ONLY. Access through Upper Lake picnic area. 3.9 km one way 320 m/1050 ft.
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<b>ROCK GLACIER</b>	A short stop at an unusual rock formation. Access through pull off on Hwy. #40. 150 m one way.
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<b>ROCKWALL</b> <i>(Barrier-free)</i>	This paved path leads to a lookout point that overlooks Rockwall fen and the Opal Range. Barrier-free. Access through Park Discovery Centre. 0.5 km loop.
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<b>SPRUCE ROAD</b> <i>(Barrier-free)</i>	This paved path leads through pine and spruce forests. An audiotape guide is available from the William Watson Lodge. Barrier-free. Access through William Watson Lodge. 1 km loop.
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<b>UPPER LAKE</b>	The south shore of this lakeside trail passes Sarraill Falls, through stands of spruce and fir. On the north side, the trail crosses the Palliser rockslide, on the way to Point Campground. This trail circumnavigates Upper Kananaskis Lake and takes in Lower Kananaskis Falls. Access through Upper Lake or North Interlakes picnic area. 15.7 km loop.
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<b>LITTLE ELBOW INTERPRETIVE</b>	From Forgetmenot Pond, the trail takes strollers through the picnic area to the Little Elbow River, and follows upstream to the end of Little Elbow Campground. Signs describe river ecology. Access through Forgetmenot Pond picnic area, Little Elbow picnic area. 2.5 km one way.
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## TRAILS FOR HORSEBACK RIDERS, BIKERS, HIKERS

<b>BIG ELBOW</b>	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 through Little Elbow Recreation Area. 26.5 km one way 350 m/1,150 ft.
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<b>LITTLE ELBOW</b>	Half of the popular Elbow Loop, the Little Elbow Trail is an old fireroad that follows west and south along the Little Elbow River, over Tombstone Pass to Tombstone backcountry campground. Views of Mounts Romulus, Remus, Glasgow & Tombstone. Access through Little Elbow Recreation Area. 23 km one way 400 m/1,310 ft.
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<b>NIHAHI CREEK</b>	Follows beside and above the creek behind Nihahi Ridge. When the packed-dirt trail exits onto the dry upper creek bed, a sharp left downstream leads hikers to the Nihahi Creek Canyon with its water-polished rock walls. Hikers can follow the canyon for a kilometre before having to retrace steps. Access through Little Elbow Trail. 2.4 km one way 240 m/790 ft.
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<b>FORD KNOLL</b>	Climbs through the trees on the north side of the loop and descends through open meadows with views down the Elbow River valley. Access through Forgetmenot Pond picnic area. 4 km return 235 m/770 ft.
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<b>FORD CREEK</b>	A mountain biking and equestrian trail, this trail follows the eastern foot of Nihahi Ridge. Access through Little Elbow Recreation Area. 18 km one way 590 m/1,935 ft.
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<b>POWDERFACE RIDGE</b>	A strenuous climb from either end, with great views and flower-filled meadows at the top. Access through End of Highway #66 or Three-trail Pass. 7 km one way 640 m/2,100 ft.
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<b>SHEEP</b>	Runs from one end of the Sheep Valley to the other. Segments of the trail are used in combination with other trails. Access through Sandy McNabb, Windy Point, Indian Oils, Sheep Falls or Junction Creek picnic areas. 44.8 km one way 720 m/2400 ft. elevation gain.
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<b>MIST CREEK</b>	A steep, mostly forested trail crossing creeks to a scenic view at Rickert's Pass. Hwy. #40 can be reached by continuing south. Access: 10 km up Sheep Trail, 1.3 km west of Junction Creek Day Use. 13.2 km one way 1555 m/1800 ft. elevation gain.
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## BACKCOUNTRY CAMPGROUNDS (PERMIT REQUIRED—RESERVATION YEAR ROUND)

<b>ELBOW LAKE</b>	1.3 km via Elbow Lake Trail from Elbow Pass Day Use. (125 m elevation). <b>No equestrian camping.</b> 15 sites. Picnic tables, water, toilets, firepit/firewood, 12 storage lockers. Open June 15 to November 30.
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<b>POINT</b>	3.4 km via Upper Kananaskis Lake Circuit from North Interlakes Day Use. (25 m elevation). On Upper Kananaskis Lake. 20 sites. Picnic tables, water, toilets, firepit/firewood, 16 storage lockers. Open year round.
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<b>FORKS</b>	7.3 km via Upper Kananaskis Lake Circuit/Three Isle Lake Trail from North Interlakes Day Use. (100 m elevation). On Upper Kananaskis River. 15 sites. Picnic tables, water, toilets, firepit/firewood, 16 storage lockers. Open June 15 to November 30.
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<b>THREE ISLE</b>	10.3 km via Upper Kananaskis Lake Circuit/Three Isle Lake Trail from North Interlakes Day Use. (500 m elevation). Steep headwall. Continues to South Kananaskis Pass, BC. 16 sites. Picnic tables, water, toilets, 16 storage lockers. Open June 24 to November 30.
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<b>TURBINE CANYON</b>	15.1 km via Upper Kananaskis Lake Circuit/Three Isle Lake Trail/ Maude-Lawson Trail from North Interlakes Day Use. (500 m elevation). Continues to Maude Lake and North Kananaskis Pass, BC. 12 sites. Picnic tables, water, toilets, 12 storage lockers. Open June 24 to November 30.
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<b>ASTER LAKE</b>	10.8 km via Upper Kananaskis Lake Circuit/Aster Lake Route from Upper Lake Day Use (550 m elevation). 5 sites. Water, toilets, 8 storage lockers. Open June 15 to November 30.
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<b>MOUNT ROMULUS</b>	7.4 km via Little Elbow Trail from Little Elbow Recreation Area. 14 sites. 4 picnic tables, firepits, pack rack/lockers and toilets. Water. Open year round.
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<b>TOMBSTONE</b>	7.7 km via Big Elbow Trail from Elbow Pass Day Use. 11 sites. 4 picnic tables, firepits, pack rack/lockers and toilets. Water. Open Jan. 1 to Aug. 20.
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<b>BIG ELBOW</b>	18.9 km via Big Elbow Trail from Elbow Pass Day Use. 6 sites. 4 picnic tables, firepits, pack rack/lockers and toilets. Water. Open year round.
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<b>LILLIAN LAKE</b>	6.3 km via Galatea Creek Trail from Galatea Day Use. Strenuous hike. 15 sites. Firepits, pack rack/lockers and toilets. Lake for water. Of the 15 sites, 9 are raised wooden tent pads equipped with cables and hooks to attached your tent and fly. The cables slide and can be tightened. Open June 25 to November 30.
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