



### CONTACT INFORMATION:

- **Kananaskis Country:**  
[www.AlbertaParks/Kananaskis](http://www.AlbertaParks/Kananaskis)
- **Kananaskis Information Line:**  
403-678-0760
- **Kananaskis Wildlife Sightings:**  
403-591-7755
- **Alberta Parks Campgrounds Reservations:**  
[www.Reserve.AlbertaParks.ca](http://www.Reserve.AlbertaParks.ca)  
Phone: 1-877-537-2757
- **Kananaskis Backcountry Campground Reservations**  
[www.AlbertaParks.ca/backcountryPermits](http://www.AlbertaParks.ca/backcountryPermits)
- **Canmore Nordic Centre:**  
[www.CanmoreNordicCentre.ca](http://www.CanmoreNordicCentre.ca)  
Phone: 403-678-2400
- **Friends of Kananaskis:**  
[www.Kananaskis.org](http://www.Kananaskis.org)



### ROAD CLOSURES:

**HIGHWAY #40:**  
Closed December 1<sup>st</sup> to  
June 14<sup>th</sup> inclusive from  
Kananaskis Lakes Trail to  
the Highway House Junction.

**POWDERFACE TRAIL/ROAD:**  
Closed December 1<sup>st</sup> to May 14<sup>th</sup>,  
inclusive south of Dawson.

### 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](http://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.

## BOW CORRIDOR & KANANASKIS VALLEY



### 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                  |
| Unpaved Road/ Highway                  | Building                      |
| Paved Road/ Highway                    | Viewpoint                     |
| Contour Lines 50 m                     | Horseback Riding              |
| Day Use Area                           | Fishing                       |
| Vehicle Access Camping                 | Climbing                      |
| Backcountry Camping                    | Barrier-free Access           |
| Group Camping                          | Parking Lot                   |
| Road Closure                           | Trans-Canada Trail            |
| Kayak Launch                           | National Hiking Trail         |
| Canoe Launch                           | Emergency Centre              |
| Interpretive Trail                     |                               |
| Lodging                                |                               |
| Hostel                                 |                               |
| Gas Station                            |                               |



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. Note: 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 one-way km
BOW VALLEY BIKE PATH (PAVED)	This is a paved trail through rolling terrain with good forest and meadow views. Length: 4.2 one-way km
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 to Mt Allen summit, 16.9 to Highway #1 km Elevation Gain: 1,340 m / 4,400 ft.
ELK FLATS	This trail goes through forest and meadows with views. Length: 1.9 one-way km
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 return km
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 one-way km
HEART CREEK INTERPRETIVE	This trail follows the narrow creek canyon over 7 bridges to a hidden waterfall. Length: 1.3 one-way km
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 turnoff. Jewell Pass Trail is often combined with Prairie View Trail to make a loop. Length: 2.9 one-way km 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 one-way km
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 one-way km Elevation Gain: 421 m / 1,368 ft.
QUAITE VALLEY	This pleasant trail accesses Heart Creek Interpretive Trail 0.8 km from the trailhead and Quaité Valley Backcountry Campground 4.5 km from the trailhead. The trail beyond the campground continues to Jewell Pass. Length: 4.0 one-way km
STONEY	This is a long, open trail following the power line. Equestrian camping is available at Jewell Bay Backcountry Campground. Note: Stoney Trail is closed annually from April 15-June 15, from (and including) Jewel Bay Campground south to Lorette Creek. Length: 22.5 one-way km

CANMORE AREA TRAILS	
TRAIL NAME	DESCRIPTION
DOUGLAS FIR BENCH	This trail provides a connection for hikers and bikers between Montane Traverse and the parking area near the cemetery in Canmore. Note: This trail is closed from December 1 to June 15 for wildlife protection. Length: 1.6 km one-way
GOAT CREEK	This is a forest trail crossing Goat Creek and the Spray River to join the Spray River Fire Road in Banff National Park. The trail goes to Banff town site; most of it is in the national park. Length: 19.3 one-way km Elevation Gain: 150 m / 500 ft.
GRASSI LAKES INTERPRETIVE	This trail climbs through forested terrain before reaching a very steep section with excellent views of a waterfall and the town of Canmore. Signage along this route tells the history of Lawrence Grassi who built the original Grassi Lakes Trail. Note: The Grassi Lakes Trail is located in a Wildlife Corridor and travel is restricted to designated trails only. Length: 3.5 km return Elevation Gain: 125 m / 410 ft.
GRASSI LAKES UPPER	This trail is one of two distinctly different routes to the shallow, aquamarine Grassi Lakes. This is the easier trail and follows an old road through dense forest. Note: The Grassi Lakes Trail is located in a Wildlife Corridor and travel is restricted to designated trails only. Length: 1.6 km Elevation Gain: 125 m/410 ft.
GROTTO MOUNTAIN	Only a short portion of this trail near the start is maintained. The vast majority is a scramble route. <i>Note:</i> As with all unmaintained routes, losing your way or footing can have serious consequences. Ensure that you know the way up and down prior to heading out. Length: 2.7 km Elevation Gain: 1425 m
HA LING	This trail provides access to scramble up Ha Ling Peak, a common landmark that overlooks the town of Canmore. Only the bottom portion of this trail is maintained. The final 900 m traverses through loose, rocky terrain. Length: 3.0 km Elevation Gain: 1200 m
HIGHLINE	This is a challenging trail that traverses along the slopes of Ehagay Nakoda Range. It's primarily forested with a few good views at drainage crossings. Length: 8.0 km Elevation Gain: 323 m
HORSESHOE LOOP	This is one of the few named trails east of Cougar Creek. The trail is popular with mountain bikers and walkers alike. Length: 4.8 km Elevation Gain: 147 m
JOHNNY’S	Johnny's Trail connects Montane Traverse trail with the Highway 1A in the Town of Canmore. Length: 1.5 km Elevation Gain: 200 m
MEANDER	This trail provides access to Montane Traverse Trail, just east of Harvie Heights. Length: 2.0 km
MONTANE TRAVERSE	This trail takes you from Cougar Creek parking lot high to Harvie Heights via Tibits Quarry Trail with some amazing views of the Rundle Mountain Range. Length: 7.7 km Elevation Gain: 275 m
“NO NAME”	“No Name Trails” describes the system of trails east of Cougar Creek Length: Depends on routes taken Elevation: Depends on routes taken
RECLAIMER	This trail is popular with downhill biking enthusiast and is steep with a few short flat sections. The trail ends at the Grassi Lakes parking lot. Length: 1.6 km Elevation: -151 m from trailhead
RIDERS OF ROHAN	This steep, loose, rocky trail is popular with mountain bikers and connects Whiteman's Pond to Quarry Lake parking lot. The Highline trail crosses Riders of Rohan at the mid-point and near the bottom. Length: 1.6 km Elevation: 272 m
HARVIE HEIGHTS RIDGE TRAVERSE	This short trail connects Tibits Quarry to Meander Trail. Length: 1.0 km
TIBITS QUARRY	The Tibits Quarry trail connects Montane Traverse to Harvie Heights. Length: 2.1 km

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 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 one-way km 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 <sup>st</sup> and late June to allow the trail to dry and prevent damage. Length: 6.3 to Lillian Lake, 1.5 more to Upper Galatea Lake km 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
KOVACH	This trail makes a good ride or a great intermediate cross-country ski with some difficult hills. Length: 5.1 km
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

KANANASKIS VALLEY TRAILS	
TRAIL NAME	DESCRIPTION
RUTHIE’S	This short trail connects Troll Falls to Skogan Pass. In winter, it's often skied. 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 one-way km 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 5 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 one-way km

SPRAY VALLEY TRAILS	
TRAIL NAME	DESCRIPTION
BULLER CREEK	This trail is a gradual uphill climb through trees and alpine terrain with great views. The trail continues over Buller Pass to Ribbon Lake. Length: 9 one-way km Elevation Gain: 671 m / 2,100 ft.
SPRAY ROAD WEST	This follows the west Spray Lakes shoreline to Canyon Dam. 10.8 km
WATRIDGE LAKE	This is an easy trail to a beautiful emerald lake. Length: 3.7 one-way km Elevation Gain: 30 m / 100 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.