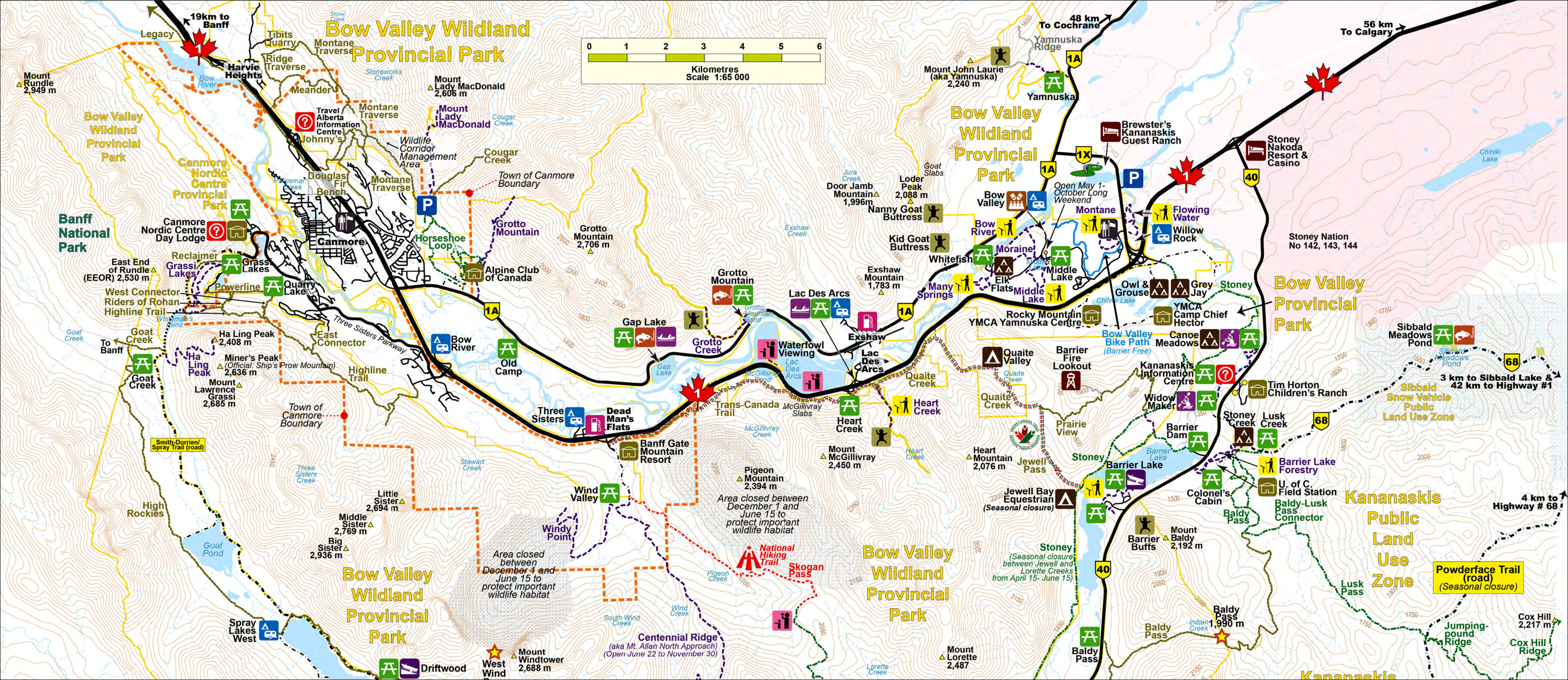




LEGEND	
	Unmaintained Trail
	Trans-Canada Trail
	National Hiking Trail
	Hiking Trail
	Biking, Hiking Trail
	Horseback Riding, Biking, Hiking Trail
	Biking, Hiking Trail (Barrier Free)
	Unpaved Road/ Highway
	Paved Road/ Highway
	Provincial Park/ Protected Area Boundary
	Contour Lines 50 m
	Day Use Area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

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!

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. <i>Note:</i> 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 km one-way. 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. <i>Note:</i> 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 easiest trail and follows an old road through dense forest. <i>Note:</i> 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 is 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: (minus) -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 Gain: 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

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.



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 Quaite 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.