



Informal trails located in the more remote northern portion of the park are not regularly maintained. Visitors are advised to contact the park office for information about conditions on these trails.

# Hypothermia and Frostbite

Hypothermia, the lowering of body temperature, is caused by exposure to the cold. As the body cools, it loses the ability to function normally.

Watch for signs of hypothermia even on warm days. Initial symptoms are shivering, confusion and clumsiness.

To avoid hypothermia, keep warm and dry. Dress in layers of easily removed, loose-fitting clothing and wear a hat. Carry extra socks and a sweater.

Frostbite is the freezing of living tissue. Fingers, feet, ears, nose and cheeks are most susceptible. The first sign of frostbite is skin turning red, then changing to greyish-white colour. To treat frostbite, gently warm the skin. This can be done by breathing on it, or placing it in the armpit area. Avoid rubbing or massaging as this destroys the skin cells.

## Further Information

In the event of heavy snowfalls and severe weather conditions, we suggest contacting the park office to confirm conditions of trails and roads.

# Contact

## Park Office

Phone: (780) 594-7856

## Group Use Reservations

Web: [reserve.albertaparks.ca](http://reserve.albertaparks.ca)

Toll Free: 1-877-537-2757

## General Provincial Park Information

Web: [albertaparks.ca](http://albertaparks.ca)

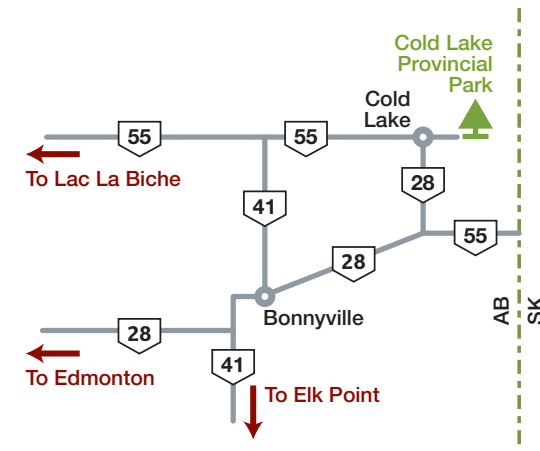
Toll Free: 1-866-427-3582

## Fire Bans in Alberta

Web: [albertafirebans.ca](http://albertafirebans.ca)

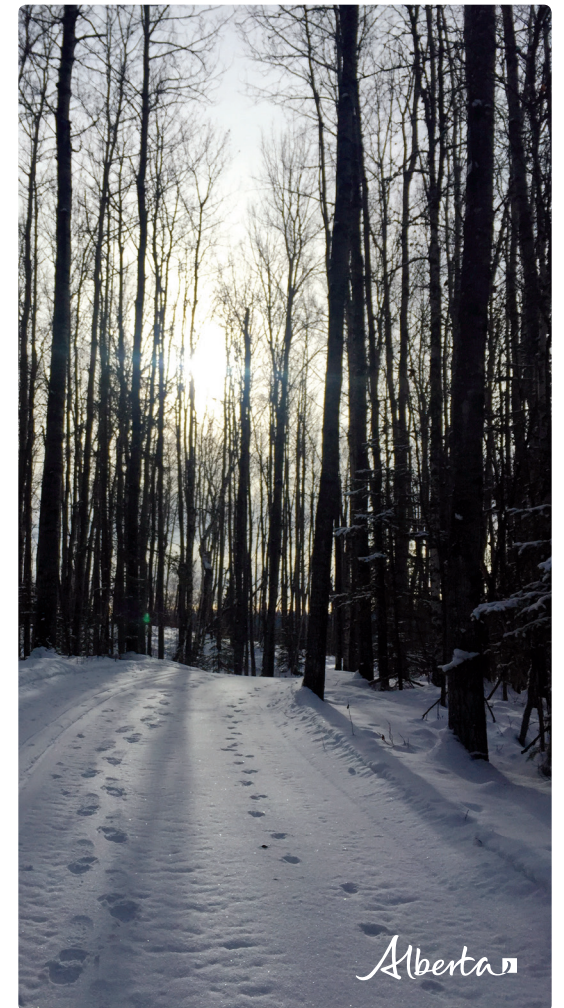
## Emergency (Police, Fire, Ambulance)

Phone: 911



# Cold Lake

## Provincial Park



# Winter Activities

## Cross-Country Skiing

There are nearly 10 km of groomed cross-country ski trails. The trails are not patrolled and skiers should be prepared for emergencies.

## Snowshoeing

Snowshoers are welcome to explore the park. There are no formal snowshoe trails. If cross-country ski trails are followed, please stay on the packed edge.

## Ice Fishing

Try your luck at catching pike, perch, lake trout, burbot and walleye.

### Note

Snowmobiles and ATVs may not be operated on provincial park lands. There is no winter camping at Cold Lake and alcohol is not permitted.

# Visitor Guidelines

Cold Lake offers a variety of ski trails. Most trails are rated as easy to intermediate. Watch for scenic views of Cold Lake and wildlife as you ski in the park. Watch for cars when crossing roads.

When Cross-Country Skiing:

- Downhill skiers have the right of way.
- Keep to the left while passing slower skiers.
- Step to the side when stopping.
- Refrain from walking on the tracks.
- Do not allow pets to walk in ski tracks. Pets must be restrained by a leash.

Ski trails are groomed occasionally depending on snow conditions. If you encounter the grooming machine, please step off the trail to let the machine pass.

Please respect wildlife and other park visitors by:

- Keeping your dog on leash and off the ski track.
- Obeying all signs.
- Using the firepits and stoves provided in the shelter and picnic areas.
- Packing out all your garbage and leave no trace of your passing.

