

Trails For Hikers, Mountain Bikers & Horseback Riders

TRAIL	ACCESS	REMARKS
WATRIDGE LAKE 3.7 km one way 30 m/100 ft.	Mount Shark Day Use	An easy trail to a beautiful emerald lake.
WATRIDGE LAKE	Spray Lake West Campground	Follows the Spray Lake shoreline to Canyon Dam.

Trails For Mountain Bikers & Hikers

TRAIL	ACCESS	REMARKS
BANFF TRAIL 6 km one way 70 m/227 ft.	Canmore Nordic Centre parking lot	An easy forest trail through the Nordic Centre Trail System. Leads to the Banff Park boundary.
CANMORE NORDIC CENTRE 50+ km	Smith-Dorrien/Spray Trail	Site of the 1988 Winter Olympic Nordic events, this site has hiking and mountain biking trails in summer. Pick up a detailed map at the Day Lodge.
GOAT CREEK 19.3 km to Banff 150 m/500 ft.	Goat Creek Day Use	An intermediate forest trail crossing Goat Creek and the Spray River to join the Spray River Fire Road in Banff National Park. Most of this trail is in Banff National Park.
MOUNT SHARK 15 km one way	Mount Shark Day Use	A series of intermediate to advanced rolling trails with forest and views.

Backcountry Permits

Backcountry permits are required to camp at any of the backcountry campgrounds in Kananaskis Country. Permit information is available at any Kananaskis Country Information Centre, the backcountry reservation line (403) 678-3136, or the Kananaskis Country website www.cd.gov.ab.ca/parks/kananaskis

Trails For Hikers

TRAIL	ACCESS	REMARKS
BULLER CREEK 9 km one way 671 m/2100 ft.	Buller Mountain Day Use	Gradual uphill climb through trees and alpine terrain with great views. Continues over Buller Pass to Ribbon Lake
GEORGETOWN INTERPRETIVE 3.5 km one way	Canmore Nordic Centre	A forested trail to the banks of the Bow River and the site of the old mining town of Georgetown.
GRASSI LAKES INTERPRETIVE 3.5 km return	West of Canmore Nordic Centre on Smith-Dorrien/Spray Trail	A steep walk to reach two aquamarine lakes. Views of Canmore and the Bow Valley. Signs tell the history of Lawrence Grassi, master trailbuilder, who lived in Canmore and built the original trail.
KARST SPRING 0.8 km one way 30 m/100 ft.	Watridge Lake Trail	Branches off the Watridge Lake Trail 3.9 km from the trailhead. A walk through trees to a spring that gushes out of a wall of rock.

▼ Aerial View of Spray Reservoir



Be ELK Wary

All elk can be dangerous.

Do not approach elk or their calves.

Female elk can be especially aggressive during calving season in May and June. During autumn rut (September to November) male elk can also be aggressive.

Give elk plenty of room. Keep at a distance of at least 3 bus lengths.

Keep your dog on a leash.

WILDLIFE AND HIGHWAYS

While travelling through Kananaskis Country you may see wildlife gathering near or crossing the highway. To keep wildlife safe:

Keep your speed down. The posted speed limit on the Kananaskis Trail is 90 km/hr, but you may need to reduce this at dawn and dusk when animals are often crossing the road.

Avoid pulling over to view animals along the sides of the roads. This can habituate wildlife to people, potentially leading to an animal's death. It's also hazardous to other motorists.



Be BEAR Smart

If you're planning on some outdoor adventure, remember that you are travelling in bear country. Here are some important items to bear in mind:

Avoid surprise encounters. A loud shout regularly or singing loudly, is more effective than bear bells. Watch for fresh evidence of bears: tracks, droppings, diggings, or overturned rocks and logs.

If possible, travel in groups and during daylight hours.

Keep your dog on a leash.

You might consider carrying bear (pepper) spray.

Leave the area if you see a bear or if you see or smell a large dead animal.

If you encounter a bear, never run; it may trigger an attack. Slowly back away. You should appear passive; do not raise your voice or make direct eye contact. Climbing a tree is an option, but offers no guarantee of safety. Black bears are excellent climbers, and grizzlies have also been known to climb trees.

If the bear charges you, appear non-threatening. It may be one of a series of bluff charges. Stand your ground, and speak to the bear in a normal voice. If it continues to charge, try shouting or direct pepper spray into its face.

In the event of an attack by a grizzly, drop to the ground face down, interlace your fingers over the back of your neck and spread your legs to make it more difficult for the bear to turn you over. By playing dead, a grizzly will likely lose interest in you. If a black bear attacks you, fight it off with any weapon you have, including your fists.



Be COUGAR Alert

Cougars make Kananaskis Country their home. In order to be cougar alert: Keep children close to you.

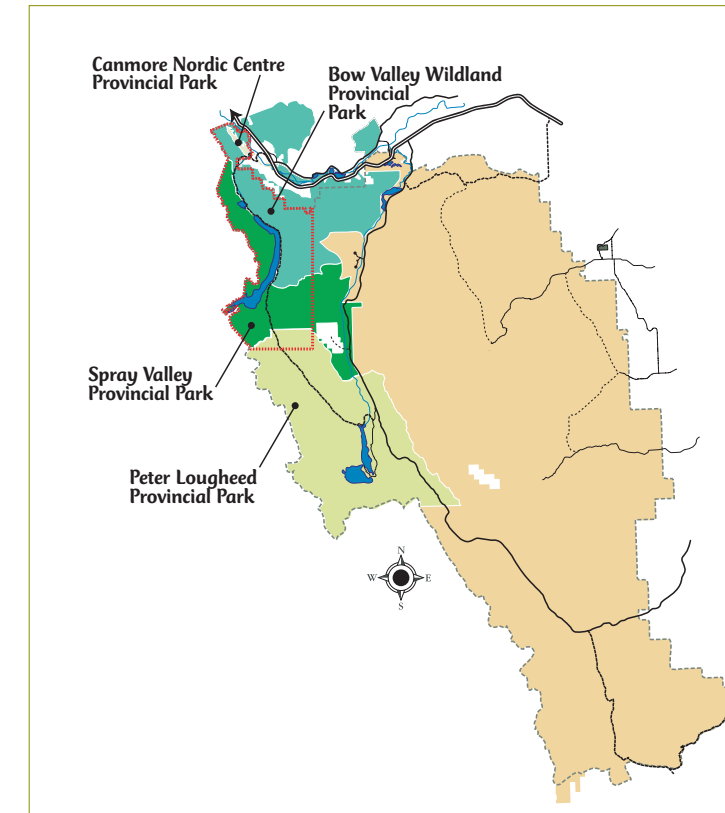
Avoid surprise encounters. Make noise to alert cougars of your presence. Cougars generally avoid people.

Keep your dog on a leash.

Avoid any area where you smell a dead animal.

The Spray Valley area is part of the Central Rocky Mountain Ecosystem. The wildlife that you see here move throughout this large ecosystem. To help protect the animals and the health of the ecosystem, please minimize your impact on the environment.

The way to the Spray Valley



For More Information

Barrier Lake Visitor Information Centre (403) 673-3985
Service Alberta Call Centre (toll free in Alberta) 310-0000

www.cd.gov.ab.ca/parks/kananaskis

Campground Reservations
Backcountry camping permits (403) 678-3136

Emergency

If you require Fire, Ambulance, Police or Mountain Rescue assistance, immediately call 9-1-1. Tell the operator you have an emergency in Kananaskis Country.

To report a sighting of a bear or a cougar:
Please call Kananaskis Dispatch at (403) 591-7755