

Day Trails For Bikers & Hikers

TRAIL	ACCESS	REMARKS
BALDY PASS 4 or 6.9 km to pass– 490 m/1592 ft. elevation gain	Porcupine/Baldy Pass Trailhead parking or Wasootch parking	An easy trail; then steep through trees to a good view at the pass. Bike carry required.
BOW VALLEY Park Bike Path 4.4 km one way	Bow Valley Park Visitor Centre or Bow Valley Campground road	Rolling terrain with forest and meadows. Good views. Paved trail.
EVAN-THOMAS 1.7 km one way	Evan-Thomas Trailhead	A forested trail linking to the Wedge Connector.
BILL MILNE PAVED BIKE PATH 9.7 km one way	Kananaskis Village, Wedge Pond, Mt. Kidd RV Park or Kovach Pond	This paved path goes from the village, along Ribbon Creek, passes near the golf course and Mt. Kidd RV Park to Wedge Pond.
HIDDEN COAL MINE 2 or 2.4 km– 246 m/800 ft. elevation gain	Ribbon Creek parking lot	A forested route to the site of a coal mine which operated from 1947 to 1952. This site is reclaimed but offers great views.
JEWELL PASS 2.5 km one way– 250 m/812 ft. elevation gain 7.1 km from dam	Barrier Dam Day Use	Cross the dam and follow Stoney Trail south to the turnoff. The trail goes by secluded Jewell Falls. Beautiful views of Barrier Lake.
PRAIRIE VIEW 5.9 km one way– 421 m/1365 ft. elevation gain	Barrier Dam Day Use	This trail switchbacks through the trees to a spectacular viewpoint and on to traverse a plateau before the downhill to Jewell Pass. Bike carry required.
QUAITE VALLEY 5.7 km one way	Barrier Dam Day Use	A pleasant trail to Quaité Valley backcountry campground.
RIBBON CREEK/ LINK/KOVACH/ TERRACE LOOP 5.1 km return	Heart Creek Trailhead/Barrier Dam Day Use	Scenic views of Ribbon Creek and Mt. Bogart, an ancient forest, a new forest and a fun run on a mountain bike.
SKOGAN PASS 10.2 km to pass, 19.4 km to Hwy. #1– 624 m/2050 ft. elevation gain	Ribbon Creek parking lot	A scenic route over Skogan Pass. Various forest types, flowers and spectacular views.
SKOGAN/MARMOT BASIN ROUTE 4.9 km one way– 620 m/1040 ft. elevation gain	Ribbon Creek or Banff Gate Mountain Resort	Views of the Kananaskis Valley and the cliffs along Marmot Creek, ending in an old, lichen draped forest.
SKOGAN/RUTHIE'S/ TROLL FALLS/HAY MEADOW LOOP 4 km return	Ribbon Creek Day Use	Kananaskis Valley viewpoints along Skogan Pass Trail. Troll Falls is secluded. Hay Meadow passes by the Kananaskis River.
SKOGAN/ SUNBURST/HIGH LEVEL LOOP 12.7 km return– 400 m/1300 ft. elevation gain	Ribbon Creek Day Use	A wonderful loop hike combining all three trails. Wonderful views throughout, especially at the top of Sunburst Trail.
TERRACE/KOVACH/ ASPEN LOOP 7.4 km return– 100 m/325 ft. elevation gain	Ribbon Creek Day Use	Views of the Kananaskis Valley with two picnic spots at great viewpoints.
TERRACE (SOUTH) 9.5 km one way	Kananaskis Village	Views of the Kananaskis Valley, golf course and Mt. Kidd.
TERRACE/TERRACE LINK LOOP 3 km return	Kananaskis Village	A forested trail with occasional views.
WASOOTCH CREEK 1 km one way	Kananaskis Village	
WEDGE CONNECTOR 2.4 km one way	Kananaskis Village	

Day Trails For Hikers

TRAIL	ACCESS	REMARKS
BARRIER LAKE FORESTRY INTERPRETIVE TRAILS 2.3 km return	Colonel's Cabin at U. of C., Kananaskis Field Station	An easy trail with two loops and viewpoints. Signs explain local environment and forestry.
BARRIER LAKE INTERPRETIVE 1.5 km one way	Barrier Lake Day Use (upper or lower)	A short, uphill hike to a ridge, giving excellent views of Barrier Lake and Kananaskis Valley.
BOW RIVER INTERPRETIVE 2.5 km one way	Bow Valley Campground or Whitefish Day Use	A scenic trail following the Bow River. Angling opportunities. Signs describe the river environment.
CENTENNIAL RIDGE 6.4 km to summit, 16.9 km to Hwy. #1– 1340 m/4400 ft.	Ribbon Creek parking (take Hidden Trail for .2 km) or Banff Gate Mtn. Resort from Hwy. #1	A steep trail over the top of Mt. Allan with panoramic views. Allow 4-6 hours to summit (2819 m/9249 ft.) 6-9 hours for total length of trail. Difficult.
EAU CLAIRE INTERPRETIVE 1.5 km return	Eau Claire Campground	An easy trail along the Kananaskis River.
ELK FLATS 1.9 km one way	Moraine Trail, Mary Springs Trailhead or Elk Flats Day Use	Trail has forest and meadows with views.
FLOWING WATER INTERPRETIVE 2 km loop	Willow Rock Campground	Good views of the mountain and Kananaskis River. Observation deck over beaver pond. Signs describe water cycle.
GALATEA CREEK 6.3 km to Lillian Lake– 457 m/1500 ft.	Galatea parking lot	A strenuous day hike past canyons and waterfalls with great views. Lillian Lake is nestled in the trees. 1.5 km further to the Upper Galatea Lake.
GROTTO CREEK 1.9 km one way	Grotto Mountain Day Use on Hwy. #1A	Trail initially follows a small powerline, passes Baymag Plant and winds up a narrow canyon with vertical rock walls and a waterfall.
HEART CREEK INTERPRETIVE 2 km one way	Off Lac des Arcs overpass on Hwy. #1	Trail follows the narrow creek canyon over 7 bridges to a hidden waterfall.
HEART MOUNTAIN 2.8 km one way 745 m/2450 ft.	From Heart Creek Trail, see above. Difficult	Climbs steeply up Heart Mountain for superb views of the Bow Valley and Heart Creek Valley.
MIDDLE LAKE INTERPRETIVE 2.5 km loop	Many Springs Trailhead in Bow Valley Provincial Park	Trail encircles a wetland basin with uncommon plants; observation deck over boil springs. Signs describe environment.
MONTANE INTERPRETIVE 2.2 km loop	Middle Lake in Bow Valley Provincial Park	Meanders through forest and meadows, skirts Middle Lake.
MORaine INTERPRETIVE 1.5 km one way	Bow Valley Park Visitor Centre	A gentle trail through forest and meadows. Signs describe montane forest community.
MOUNT KIDD INTERPRETIVE 1.2 km return	Middle Lake or Bow Valley Campground	Scenic mountain views. The trail follows the crest of a glacial ridge. Signs describe glacial features.
RIBBON CREEK 8.1 km to falls/10.1 km to lake–350 m/1137 ft.	Mt. Kidd RV Park	A short trail giving access to the Kananaskis River and onto an island. Signs describe water power.
WEDGE POND 1 km return	Ribbon Creek parking lot	A spectacular valley hike hemmed in by massive cliffs on Mt. Kidd & Mt. Bogart. Ribbon Falls is at the backcountry campground. Mountain bikes permissible for 5 km. Bike rack available.
WIDOWMAKER 2 km one way	Wedge Pond Day	

Overnight Trails For Hikers

TRAIL	ACCESS	REMARKS
GALATEA CREEK 6.5 km to Lillian Lake–457 m/1500 ft. 1.5 km more to Upper Galatea 154 m/500 ft.	Galatea parking lot	See Day Hikes section. Camping at Lillian Lake. Trail rises steeply for 1.5 km to the Upper Galatea Lake in a spectacular alpine cirque.
GUINN'S PASS 3.0 km one way 457 m/1500 ft.	From Ribbon Lake or Galatea Creek trails	This spectacular trail connects Ribbon Lake and Lillian Lake backcountry campgrounds. Outstanding views.
QUAITE VALLEY 5.7 km (3.7 km to camp from Heart Creek Trailhead)	Heart Creek Trailhead or Barrier Dam Day Use	A pleasant trail to Quaité Valley backcountry campground.
RIBBON FALLS/ LAKE 8.1 km to falls one way–350 m/1137 ft. and 10.1 km to lake one way–594 m/1930 ft.	Ribbon Creek parking lot	See Ribbon Falls day hike. From the falls a steep hike to the cliff with two chains which must be negotiated to reach the lake.

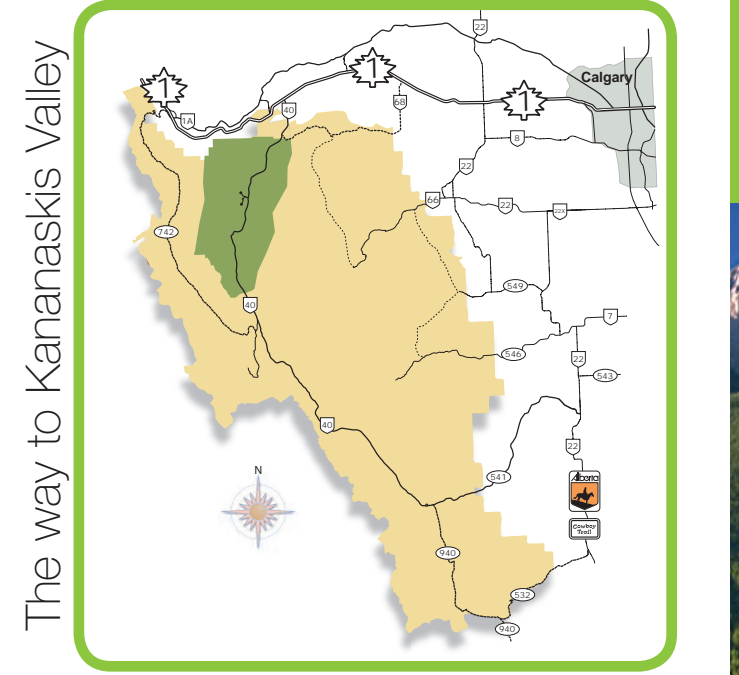
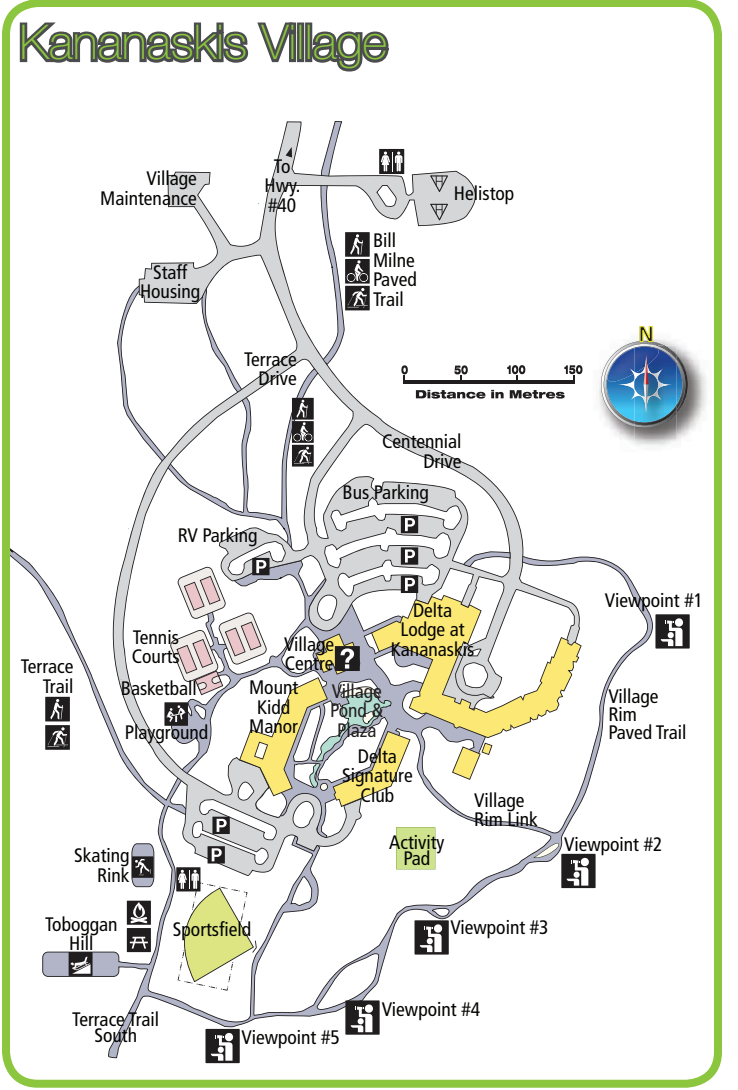
Trails For Horseback Riders, Bikers & Hikers

TRAIL	ACCESS	REMARKS
EVAN-THOMAS 14 km to pass one way	Evan-Thomas Trailhead	An unmaintained extension of the 1.7 km Evan-Thomas trail. A long way in the trees, then open views and creek crossings. Spectacular at and near the pass.
STONEY/ RUTHIE'S/ SKOGAN PASS 18.4 km one way, 624 m/2050 ft.	Stoney parking or Banff Gate Mountain Resort	A steady uphill climb. Spectacular views. Goes over the top of Skogan Pass.
STONEY 21.3 km one way	Stoney parking lot, Barrier Dam Day Use or Grouse/ Owl Group Camp	A long, open trail following the

The Kananaskis Valley is managed as a Natural Heritage Site within Alberta's network of recreation and protected areas. This ensures that its provincially significant natural, cultural, and historical resources are protected, while providing quality recreational and educational experiences for visitors.

The valley is part of the Central Rocky Mountain Ecosystem. The wildlife 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.

There are natural hazards in the Kananaskis Valley. You are responsible for your own safety. Find out from conservation officers or from any Kananaskis Country visitor centre of any hazards that may be in the areas you are travelling.



Backcountry Campgrounds Facilities	PICNIC TABLES	WATER	TOILETS	FIREPIT/FIREWOOD	PACKRACKLOOKER	FISHING	MTN. BIKING TRAILS
QUAITE VALLEY	•	•	•	•	•	•	•
LILLIAN LAKE*		•	•	•	•	•	
RIBBON FALLS*		•	•	•	•	•	
RIBBON LAKE*		•	•	•	•	•	
JEWELL BAY*	•	•	•	•	•	•	•

*Seasonal Closure

For More Information

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

<http://www.Kananaskis-Country.ca>

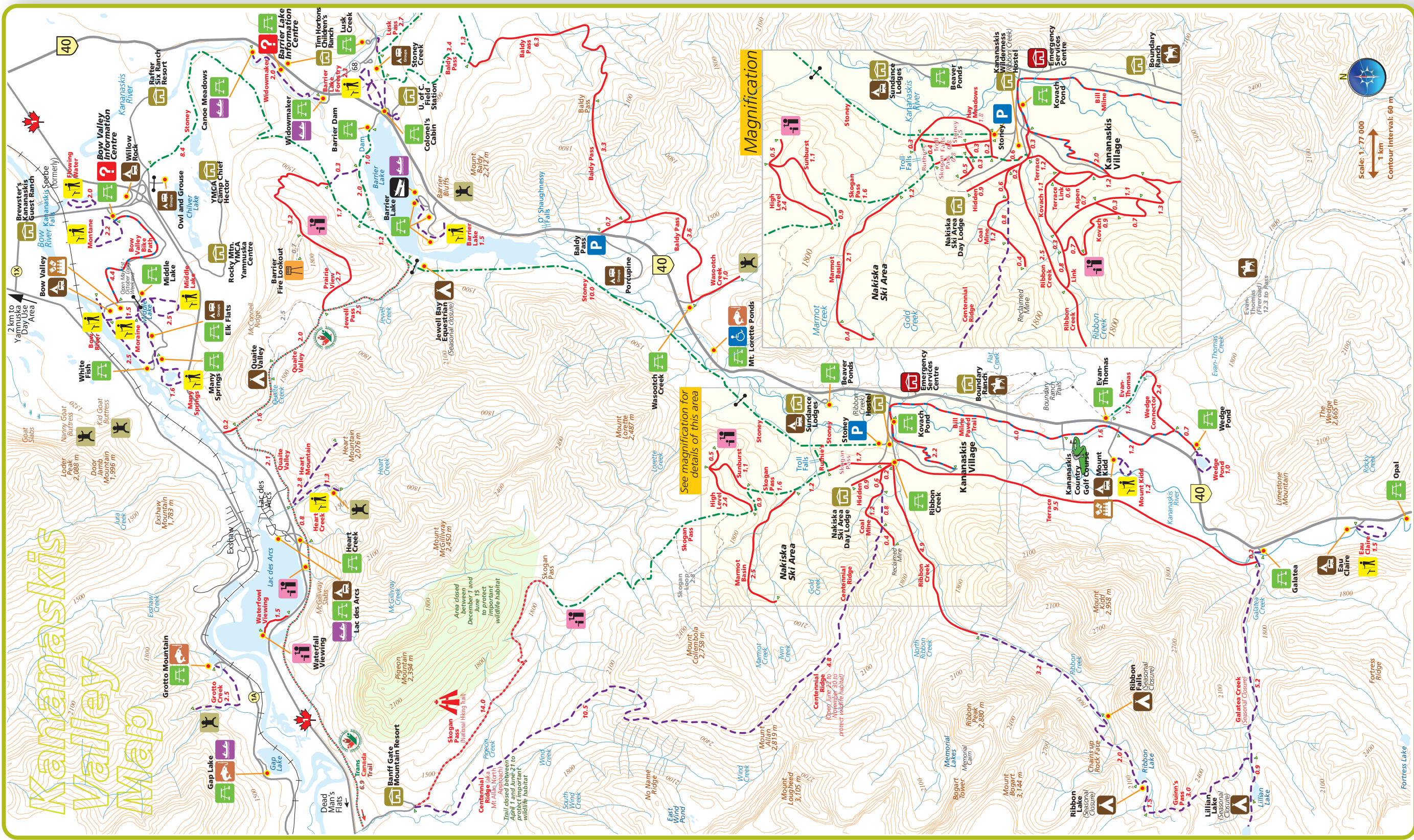
Campground Reservations
Group Campgrounds 403-673-2163
Backcountry camping permits 403-678-3136

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.

Kananaskis Valley Summer Trails





Legend

	Group Camping		Hiking Trail Only
	RV/Tent Camping		Horse Riding, Biking & Hiking Trail
	Tent Camping		Biking & Hiking Trail
	Day Use Area		Trans Canada Trail Hiking Trail Only
	Facility Building		Hiking Trail Not Maintained
	Interpretive Amphitheatre		National Hiking Trail
	Visitor Information Centre		Horse Riding, Biking & Hiking Trail
	Fishing		Paved Bike Trail
	Horse Riding		Distances Between Trails Junctions
	Interpretive Trail		Trans Canada Highway
	Viewpoint		Highways #1A, #1X, #68
	Fire Lookout		Highway #40
	Boat Launch Facility		Access Road
	Canoing		Gate
	Emergency Centre		Creek
	Sport Climbing		River
	Parking Lot		Lake
	Golf Course		Dam
	Seasonally Closed Area to Protect Wildlife Habitat		Falls
	Railway Track		Contour Line
			Elevation in metres

Please minimize your impact and leave no trace...

To enhance your enjoyment of the scenery and to ensure it's just as beautiful the next time you visit, please minimize your impact and leave no trace by following park regulations and policies:

- Stay on trails; do not take shortcuts on switchbacks.
- Keep pets on a leash at all times.
- Do not pick flowers or remove natural objects.
- Pack out what you pack in, as well as any additional litter you may find.
- Wash and relieve yourself at least 60 metres from a water source when facilities are not available.
- Do not feed any wild animals.
- Open fires are not permitted in Provincial Parks.
- Use constructed firepits or cook on your portable stove when these facilities are not provided.
- Scavenging for firewood is prohibited.
- Random camping is not allowed.

Always go prepared

Take along a basic survival kit: flashlight, map, first-aid kit, extra food, clothing, whistle, and raingear. Remember, the weather can change at a moment's notice.

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 http://tpr.alberta.ca/parks/kananaskis/backcountry_camp.asp