

CHC HIKING SCHEDULE 2017

Date		Main	Alternate
Apr 4	Trail	Sulphur Springs	Fullerton Loop - Allen-Bill
	Leader	Margaret Ford	Sue Stewart
	Trailhead	Travel 11.0 km west down Hwy 66 to Station Flats located on the right hand side of the road past the Elbow River bridge and Allan Bill Pond Parking.	Allen Bill Trailhead parking lot off Hwy 66
	Distance	12.3 km loop	5.5 km loop
	Elevation	235 m/ 502 m total	200 m
	Difficulty	Moderate	Easy
	Description	A classic Elbow Valley Trail that provides a little bit of everything as it travels across open meadows, through tight trees, with short quick descents and climbs, along with an amazing field of flowers as you run off of the trail's summit to the valley floor.	This pleasant walk meanders through open forest and bits of meadow, contouring and sometimes climbing steeply along the north side and later the south side of a little valley.
Apr 11	Trail	Prairie View Look-out	Prairie View Viewpoint
	Leader	Ingrid Schmidt /	Lorna Harrison /
	Trailhead	Hwy 40 Barrier Dam parking lot - approximately 10 km South of Hwy 1 on Hwy 40.	Hwy 40 Barrier Dam parking lot - approximately 10 km South of Hwy 1 on Hwy 40.
	Distance	14 km (return via Jewel Pass)	9.8 km return
	Elevation	625 m to lookout	500 m to lookout
	Difficulty	Moderate	Easy
	Description	Prairie View gives you an amazing view east to the prairies, hence the name, and a beautiful view of Barrier Dam. The fire lookout, offers a sweeping view north across the Bow Valley.	Prairie View gives you an amazing view east to the prairies, hence the name, and a beautiful view of Barrier Dam.
Apr 18	Trail	Grass Pass / Bull Cr. Hills	Prairie Creek
	Leader		Greg Gourlay/
	Trailhead	Hwy 22 to Hwy 541 for 37.6 km then turn south into Sentinel Recreation Area and park in first parking lot	Hwy 66, across from Elbow Falls parking lot
	Distance	15 km return	11.4 km return
	Elevation	719 m	252 m
	Difficulty	Moderate	Easy
	Description	Trail includes grassy slopes, mixed forest, rocky track and scrubby meadows. Wildflowers and panoramic views of the Great Divide make it a good early season hike.	Beautiful hike along the creek.
Apr 25	Trail	Ha Ling & Miners Peak	Grassi Lakes
	Leader	Suzanne Bedard / Margaret Ford	Ingrid Schmidt
	Trailhead	Goat Creek parking lot on the Smith-Dorrien (Hwy 742) above Canmore.	4.7 km south of Canmore on the Smith-Dorrien-Spray Lakes Road (Hwy 742)
	Distance	5.4 km return	4.0 km return
	Elevation	741 m	Minimal
	Difficulty	Moderate	Easy
	Description	Almost immediately the climb begins and does not end until the top.	Popular hike and very popular area for sport climbers. The trail leads to two small turquoise blue lakes. By taking the more difficult route, you will see a beautiful waterfall, views of Canmore and the Bow Valley.

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Date		Main	Alternate
May 2	Trail	Prairie Mountain Loop	Lake Minnewanka
	Leader	Tim Harbarenko / Margaret Ford	Ingrid Schmidt / Helene Turgeon (Co-Leader)
	Trailhead	Hwy 66, across from Elbow Falls parking lot	Lake Minnewanka parking lot.
	Distance	11.5 km loop	15.8 km return
	Elevation	789 m	minimal
	Difficulty	Moderate	Easy
	Description	Steady climb all the way to the top. Great views of Moose Mountain. Descend by alternate route and return along Prairie Creek.	This scenic trail travels along the north shore of Lake Minnewanka. At 7.8km, there is an option to climb Aylmer Lookout where a spectacular vista awaits with the lake sparkling below.
May 9	Trail	Yamnuska	Paradise Loop - Ann & Sandy Cross Conservation Area
	Leader	/ Lorna Harrison	Laurel & Bruce Pettigrew / Marc Gosselin (Co-Leader)
	Trailhead	Hwy 1A east of 1X turn off near Exshaw	Turn S off Hwy 22X on to 160 St. SW (Ann & Sandy Cross sign on 22X)
	Distance	10 km loop	8.8 km loop
	Elevation	900 m	Not sure!
	Difficulty	Moderate	Easy
	Description	Scenic hike to the chimney then along open rocky ridge, then enjoy scree descent. Some exposure with chains.	Seven rolling hills.
May 16	Trail	Powderface Ridge (car shuttle)	Foran Ridge / Windy Ridge
	Leader	Derek Cookson / Ginny Chenier (Co-Leader)	Laurel & Bruce Pettigrew / Helene Turgeon (Co-Leader)
	Trailhead	End of Hwy 66. Junction of Hwy 66, Powderface Road and Little Elbow. (car shuttle)	19.7km west of Turner Valley on Highway 546 Sandy McNabb Camp-Ground Entrance. (Winter Gate closed until May 14th)
	Distance	13.3 km one way	9.6 km return
	Elevation	651 m	212 m
	Difficulty	Moderate	Easy
	Description	A relatively short hike traversing Powderface Ridge from South to North. This is a visually high reward hike with views of Moose Mt, Prairie Mt, and the Elbow Valley all the way to Calgary.	A scenic trail hiked east to west, the Foran Grade Trail has excellent views of the Sheep River Valley and Windy Point Ridge. On a clear day you can see the skyline of downtown Calgary.
May 23	Trail	Wasootch Ridge	Baldy Pass
	Leader	Lorna Harrison / Ginny Chenier (Co-Leader)	Dave Loxam / Greg Gourlay
	Trailhead	Wasootch Creek parking lot on Hwy 40	Baldy Pass Parking lot on Hwy 40
	Distance	16 km return	13 km return
	Elevation	890 m	500 m
	Difficulty	Moderate	Easy/Moderate
	Description	A long ridge dividing Wasootch Creek and the south fork of Porcupine Creek.	Walk thru trees, with climb to view of valley.
May 30	Trail	Baldy Pass to South Baldy	Lillian Lake
	Leader	Suzanne Bedard / Derek Cookson	Ingrid Schmidt / Marc Gosselin (Co-Leader)
	Trailhead	South on Hwy 40 for approx. 13.5 km. Park at the Baldy Pass / Porcupine Group Campground parking lot.	Galatea Parking Lot on Hwy 40
	Distance	12 km return	12 km return
	Elevation	830 m	480 m
	Difficulty	Moderate	Moderate
	Description	Nice hike up to Baldy Pass (4.0km) then up the ridge for about 2 km which is a mix of easy and moderate terrain with a little bit of hands-on maneuvering.	This is a moderately difficult trail along the banks of Galatea Creek. The trail crosses many bridges before arriving at Lillian Lake.

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Date		Main	Alternate
Jun 6	Trail	Nihahi Ridge	Plain of Six Glaciers
	Leader	Derek Cookson / Margaret Ford	Sue Stewart / Lorna Harrison
	Trailhead	Parking Lot at the Little Elbow Campground area at the end of Hwy. 66	Chateau Lake Louise
	Distance	~8.2 km loop	14 km return
	Elevation	735 m	420 m
	Difficulty	Moderate	Moderate
	Description	The trail heads west on the <u>Little Elbow Trail</u> for approx. 2.2km to where the switch-backs begin. These eventually lead to an open meadow area and beyond with beautiful views of the mountains. This hike will terminate at the base of a scramble!	Follow lakeshore trail to the far end of Lake Louise to the Plain of 6 Glaciers Teahouse. Continue another 1.6 km to viewpoint.
Jun 13	Trail	Wind Tower	Ribbon Falls
	Leader	Derek Cookson / Margaret Ford	Lorna Harrison /
	Trailhead	Smith-Dorrien - Park off the highway by Spurling Creek, 18km from the Canmore Nordic Centre turn-off.	Ribbon Creek/Galatea Lake parking lot located on the road to Kananaskis Village, off of Hwy 40.
	Distance	10 km return	18.2 km return
	Elevation	1006 m	350 m
	Difficulty	Challenging	Easy / Moderate (due to distance)
	Description	A pleasant hike through the trees to the saddle for a gain of 400 m, followed by a steady climb up an open broad ridge of mostly rock and grass for the next 600 m	This popular trail follows Ribbon Creek up a narrow valley crossing several foot bridges and past numerous minor waterfalls to a close-up view of impressive Ribbon Falls.
Jun 20	Trail	Galatea Lakes	Ptarmigan Cirque
	Leader	Sue Stewart / Tim Harbarenko	Greg Gourlay
	Trailhead	Ribbon Creek/Galatea Lake parking lot located on the road to Kananaskis Village, off of Hwy 40.	Park at the Highwood Pass summit parking lot on Hwy 40 just south of the Upper Kananaskis Lakes turn off.
	Distance	17 km return	6 km loop
	Elevation	670 m	300 m
	Difficulty	Moderate	Easy
	Description	Spectacular creeks, water falls, lakes and mountain views.	Trail climbs to an alpine meadow where wildflowers abound and a small stream cascades over little 'benches'. The trail passes fossils and remnants of a prehistoric glacier.
Jun 27	Trail	Centennial Ridge to Pinnacles / Summit	Bourgeau Lake
	Leader	Suzanne Bedard / Lorna Harrison	Paul Butler / Helene Turgeon (Co-Leader)
	Trailhead	Upper Ribbon Creek parking lot located on the road to Kananaskis Village, off of Hwy 40.	Bourgeau Lake parking lot
	Distance	15 km to summit, 12 km to pinnacles	15 km return
	Elevation	1359 m to summit, 900 m to pinnacles	730 m
	Difficulty	Challenging due to length and elevation gain	Moderate
	Description	This trail is the highest maintained trail in the Canadian Rockies! (even higher than the celebrated "Skyline Trail")! There are very unusual rock formations and great views of the Spray and Kananaskis Valleys along the long ridge, then a steep trek to the summit.	Hike through trees past a creek and waterfalls to the lake for lunch.

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Date		Main	Alternate
Jul 4	Trail	Harvey Pass	Wind Ridge
	Leader	Lorna Harrison /	Paul Butler / Ginny Chenier (Co-Leader)
	Trailhead	Bourgeau Lake Trail Parking Lot (approx. 13km west of Mt. Norquay interchange)	South of Hwy 1 at Dead's man Flat, same trail head as Pigeon Mountain
	Distance	19.4 km return	8.4 km return
	Elevation	1035 m	~300 m
	Difficulty	Challenging	Easy
	Description	This pass offers spectacular views of Mount Assiniboine and surrounding area.	Pleasant walk through the trees and a flower-filled meadow to a viewpoint.
Jul 11	Trail	Healy Pass (Bus Ride \$\$)	Pickle Jar Lakes
	Leader	Sue Stewart / Ingrid Schmidt	Dave Loxam / Greg Gourlay
	Trailhead	Sunshine Ski Parking Lot (Reserve your seat on the bus early)	Hwy 40 south of Highwood Pass
	Distance	18 km to the pass return	10 km return
	Elevation	655 m	450 m
	Difficulty	Moderate/Challenging	Easy
	Description	Spectacular flower-filled meadows.	Hike through flower-filled meadows, over the ridge to four small fish-filled lakes
Jul 18	Trail	Grizzly Ridge II	Sparrowhawk Tarns
	Leader	Suzanne Bedard / Margaret Ford	Sue Stewart / Marc Gosselin (Co-Leader)
	Trailhead	The trail begins on the north bank of Ripple Rock Creek on Hwy 40. Parking is on the east side of the highway immediately south of the creek.	Smith-Dorrien Hwy(Hwy 742) - Sparrowhawk Parking Lot
	Distance	6.0 km return	10.2 km return
	Elevation	879 m	680 m
	Difficulty	Moderate	Moderate
Description	The trail climbs up through minor cliff banks, then breaks free of trees, crosses open slopes then rises steeply to a broad saddle between Grizzly Peak and Mount Evan-Thomas. Then a short hop to the summit.	Steady hike up through a valley to the ridge. There are 6, count-em, 6 little tarns to delight you, and a great view of Spray Lake and valley below.	
Jul 25	Trail	Piper Pass	Warspite Cascade (Black Prince cirque)
	Leader	Ingrid Schmidt / Margaret Ford	
	Trailhead	Elbow Lake parking area off of Hwy 40	Mount Black Prince Day Use area off the Smith-Dorrien
	Distance	9.8 km return	7.0 km loop
	Elevation	610 m	150 m
	Difficulty	Moderate	Easy
	Description		Short hike on a logging road leads to a thick forest then a valley view and grassy slopes. Warspite Lake (puddle) on the loop down has beautiful towering rock walls.

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Date		Main	Alternate
Aug 1	Trail	Reads Tower	Frozen lake
	Leader	Clark Reed / Greg Gourlay	Sue Stewart / Marc Gosselin (Co-Leader)
	Trailhead	Sparrowhawk Day Use area off Smith-Dorrien	Elk Pass parking lot off Kananaskis Lakes Road
	Distance	9.1 km loop	14 km return
	Elevation	1125 m	500 m
	Difficulty	Challenging	Easy
	Description	The trail ascends steeply through trees for the first hour. Then after a short level reprieve, a 30 minute grunt up a talus slope to the tower summit.	Take the trail to West Elk Pass, then up the cutline to Frozen Lake - deep blue lake in the arms of Mt. Fox. Climb to Taiga Viewpoint for expansive views.
Aug 8	Trail	Black Prince Lakes	Three Lake Valley (Chester)
	Leader	Clark Reed / Lorna Harrison	Sue Stewart / Helene Turgeon (Co-Leader)
	Trailhead	Mt. Black Prince Day Use area, 8 km north on Smith Dorrien from Kananaskis Lakes Road	Smith-Dorrien - Chester Lake parking lot
	Distance	10 km return	9 km return to Chester Lake 13.5 km to third lake
	Elevation	590 m (450 m in last 2 kms)	310 m to Chester Lake 555 m to third lake
	Difficulty	Challenging	Easy/Moderate
	Description	The hike begins with an easy stroll to Warspite Lake. Once through the lower cirque we must navigate a formidable headwall to the upper cirque and Black Prince Lakes.	Hike can be extended to the Three Lake Valley
Aug 15	Trail	Birdwood Traverse (car shuttle)	Burstall Pass (to base)
	Leader	Clark Reed /	/ Marc Gosselin (Co-Leader)
	Trailhead	Commonwealth Creek trailhead off the Smith-Dorrien	Burstall Day Use area 20 km north of the junction of the Smith Dorrien (Hwy. 742) and Kananaskis Lakes Road.
	Distance	18.3 km loop	11 km return
	Elevation	620 m	230 m
	Difficulty	Moderate	Easy
	Description	A long day but worth every drop of sweat. This hike includes 3 passes, numerous alpine lakes, an alluvial plain, 2 glaciers and views into Banff National Park.	A wide trail passes the Burstall Lakes to Willow Flats that may be moist with braids from a glacier-fed stream. The trail then enters a forest and climbs to open meadows.
Aug 22	Trail	Opal Ridge	Rawson Lake
	Leader	Suzanne Bedard / Margaret Ford	
	Trailhead	Boulton Creek Coffee Shop Parking Lot	Upper Kananaskis Lake parking lot - south end
	Distance	12.6 km	8 km return
	Elevation	960 m	300 m
	Difficulty	Challenging	Easy
	Description	Steep open climb to the ridge. Wall of fossils point of interest. Possibility of a loop to be determined.	Wide, smooth trail follows Upper Kananaskis Lake then turns into a forest and switch backs to emerald green Rawson Lake.
Aug 29	Trail	Midnight Peak	Stanley Glacier
	Leader	Derek Cookson /	
	Trailhead	500 m south of the Baldy Pass parking lot on Hwy 40	Hwy 93 just south of AB/BC border on east side of hwy.
	Distance	11 km return	8.4 km return
	Elevation	1000 m	364 m
	Difficulty	Moderate	Moderate
	Description	We start on South Baldy trail and at the pass go south towards Midnight. The climb takes us up through steep rocky terrain to the peak with great views.	Trail climbs through a regenerating forest to talus slopes beneath cliffs and glaciated peaks.

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Date		Main	Alternate
Sep 5	Trail	Tent Ridge	Tower Lake (Rockbound)
	Leader		Lorna Harrison / Ginny Chenier (Co-Leader)
	Trailhead	1.8 km west on the Mt. Shark Road. Park on the right hand side of the road. Access Mt. Shark Road via the Smith-Dorrien (Hwy 742) Trail from the Canmore side.	Bow Valley Parkway 0.2 km east of Castle Junction
	Distance	11.5 km loop	15.4 km return
	Elevation	823 m	680 m
	Difficulty	Challenging/some scrambling	Challenging
	Description	This horseshoe ridge walk takes in three summits grouped around Monica Basin.	A steady climb through a mixed forest to open meadows and the flower-fringed Tower Lake
Sep 12	Trail	Headwall Chester Loop	Moose Mountain (lower ridge)
	Leader	Sue Stewart / Ginny Chenier (Co-Leader)	
	Trailhead	Smith-Dorrien - Chester Lake parking lot	14.8 kms west of Hwy 22/66 junction on Hwy 66
	Distance	15 km loop	10.2 km return
	Elevation	823 m	~ 400 m
	Difficulty	Challenging - col extremely steep	Easy/Moderate
	Description	This has to be the most delectable valley with blue lakes, waterfalls and green meadows.	The trail starts by going down but loftier heights later in the hike give spectacular views. Option to hike to fire lookout.
Sep 19	Trail	Pocaterra Ridge (shuttle)	Giant Steps
	Leader		Lorna Harrison / Paul Butler
	Trailhead	Hwy 40 at the Highwood Pass	Paradise Creek parking lot, located 2.3 km up the Moraine Lake Rd.
	Distance	9.3 km one way	20 km return
	Elevation	550 m	400 m
	Difficulty	Moderate	Moderate
	Description	The trailhead is the highest point in Canada accessible by public road. Within half an hour, you are hiking in beautiful alpine meadows. A steep ascent takes you to the ridge and stunning views.	This is a hike into the beautiful Paradise Valley, which has the Lyle's Larch that hopefully will have turned to a golden yellow. The Giant Steps are a series of waterfalls on the north fork of Paradise Creek.
Sep 26	Trail	Junction Hill	Larch Valley
	Leader	Greg Gourlay /	Dave Loxam / Paul Butler
	Trailhead	Highwood Junction, N of Hwy 541	Moraine Lake parking lot
	Distance	8.5 km loop	8.5 km return
	Elevation	797 m	535 m
	Difficulty	Challenging	Easy
	Description	Sharp ascent to a rocky summit with views of the Great Divide. The descent is mainly open but steep. Hike ends with a 20 min walk along the highway.	Hike in the beautiful Valley of the Ten Peaks to the two pretty Minestimma Lakes.

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Date		Main	Alternate
Oct 3	Trail	Jumping Pound Ridge (shuttle or key exchange)	Powderface Ridge
	Leader	Sue Stewart /	Lorna Harrison / Helene Turgeon (Co-Leader)
	Trailhead	Dawson Day Use parking lot & Jumping Pound Summit parking lot	Hwy 66 just past Elbow Falls.
	Distance	17 km one way	~12.4 km return
	Elevation	~1200 m starting from the north ~650 m starting from the south (Hmm, tough decision)	~400 m
	Difficulty	Moderate	Easy
	Description	From the south, ascend to Jumpingpound summit, walk along the ridge, descend to a creek/valley and up the south face of Cox Hill, along the ridge of Cox Hill and then down- definitely the easier direction	Up to the shoulder on Powderface Ridge, and maybe slightly beyond, then back the same way.
Oct 10	Trail	Sulphur Mountain Ridge	Raven's End (Yamnuska)
	Leader		/ Ginny Chenier (Co-Leader)
	Trailhead	Banff Gondola parking lot	Hwy 1A east of 1X turn off near Exshaw
	Distance	Up to 21 km return to summit	7 km return
	Elevation	1625 m to summit	520 m
	Difficulty	Challenging	Moderate
	Description	Four peaks before summit. Distance and elevation will depend on the choice of peak reached. Some scrambling.	Fairly well marked by hiker's signals with a few steep sections. Warning: The hills are slippery when wet.
Oct 17	Trail	Old Baldy Ridge	Nihahi Ridge (to the saddle)
	Leader	Clark Reed /	Paul Butler
	Trailhead	Evan-Thomas trailhead parking lot off Hwy 40	Parking lot at the Little Elbow Campground area at the end of Hwy. 66.
	Distance	16 km return	8 km return
	Elevation	865 m	411 m
	Difficulty	Moderate	Easy
	Description	A forested ascent leads up the somewhat steep south shoulder of Old Baldy Ridge. After lunch we descend to the headwaters of McDougall Creek and follow the drainage out.	Walk along creek, then ridge to beautiful views. Hopefully alpine flowers will be in bloom.
Oct 24	Trail	King Creek Ridge	Upper Kananaskis Lake Loop
	Leader	Greg Gourlay / Dave Loxam	Paul Butler
	Trailhead	King Creek Day Use area parking lot - 40 km S on Hwy 40	North Interlakes parking lot
	Distance	7.0 km loop	16 km loop
	Elevation	729 m	60 m
	Difficulty	Moderate	Easy
	Description	Hike is relatively short but the first kilometer gains 2,200 ft (671 m) of gut-crunching, heart-pounding, relentless elevation.	Walk with beautiful views of the lake.
Oct 31	Trail	Wind-up TBA	Wind-up TBA
	Leader		
	Trailhead		
	Distance		
	Elevation		
	Difficulty		
	Description		