TRAIL ETIQUETTE

Yield to skiers coming downhill.
It's easier for an uphill skier to step off the trail than it is for the faster skier coming down.

Don't walk or snowshoe on ski tracks.
It ruins them for skiers. Instead, use the edges of ski trails.

Don't park on the trails.
If you stop to eat, change clothing, or take a photo—step off the trail, so others won't have to.

Watch your poles when passing.
It's sure nice when a skier steps off the track to let you by. Tuck your poles in when you pass.

When nature calls...
...and there's no outhouse? Carry a plastic bag to pack out your used paper and sanitary supplies.

Keep the trails clean.
Watch out for accidental litter at lunch or snack breaks.

Don't let the trails go to the dogs.
Remember—Fido isn't permitted on groomed trails. He's allowed only on non-groomed trails, provided he's on a leash and you remove his waste from the area.

Artwork freely adapted by Kananaskis Country, based upon original drawings by Doug Bevan.

TRAILS INFORMATION

Amos—2.5 km—Easy
A narrow winding trail that offers three ski loops by connecting with Wheeler, Lynx or Woolley Trails.

Blueberry Hill—3.2 km—Difficult
From Elk Pass parking lot, follow the Elk Pass Trail for about 5 km to the Blueberry Hill junction. From this junction, you will gain 305 m in elevation before reaching the trail end. The run is long and can be fast. The view from the summit is superb.

Boulton Creek—2.7 km—Intermediate
From North end trail climbs onto the west ridge above the creek before decending to valley bottom for the southern 1.2 km.

Braille—2.0 km—Easy
This trail follows the powerline from the William Watson Lodge area, crosses Lodgepole Trail once and then links up with it again 1.3 km later.

Come Along—1.9 km—Intermediate
A narrow, hilly trail through the forest. For those skiing this part of the valley, this trail offers more challenge than Pocaterra Trail.

Elk Pass—7.3 km—Intermediate
This trail takes the ambitious skier to the Alberta/British Columbia border and rises 240 m in elevation. Spectacular views and excellent snow conditions are the rewards after the long uphill just beyond the Elk Pass Trailhead.

Fox Creek—1.6 km—Intermediate
This trail offers an easier route to Elk Pass than the Elk Pass Trail, since it bypasses a difficult hill in the first 1.5 km of the Elk Pass Trail.

Hydroline—3.9 km—Intermediate
Another connector between Patterson Trail and the junction of Elk Pass and Tyrwhitt Trails. Groomed for skating.

Lodgepole—4.2 km—Easy
An easy run through lodgepole pine forest. There is one steep, challenging hill near the junction with Meadow Trail. Watch for cars when crossing the roads.

Lookout—5.2 km—Difficult
From the junction of Pocaterra and Tyrwhitt Trails, it is a hard, steady uphill climb (215 m elevation gain) to the fire lookout and fantastic views of the valley. The downhill sections to Hydroline and Tyrwhitt are very difficult and for accomplished skiers only.

Lower Lake—1.4 km—Easy
This easy trail provides access to the Lower Lake Group Camp.

Lynx—1.8 km—Intermediate
One-third of this trail is considered intermediate in difficulty. An interesting ski loop of about 10 km is made by starting from the Pocaterra ski parking area and taking Pocaterra Trail to Lynx and then returning via Woolley and Meadow Trails. Exciting roller coaster terrain makes this trail a nordic favourite.

Meadow—4.3 km—Intermediate
This trail passes through rolling forest terrain. Watch for tricky curves on the hill approximately 1 km along the trail from the Visitor Centre Trailhead. Be careful when crossing the park roads.

Moraine—2.4 km—Intermediate
This trail, when combined with a short section of the Fox Creek Trail and the Boulton Creek Trail, makes for an enjoyable 4.6 km loop.

Packers—2.8 km—Difficult
Skiing this trail from the Boulton area to Pocaterra Trail is relatively easy, but the reverse course can be difficult, especially under icy conditions.

Patterson—0.9 km—Intermediate
This linkage trail provides access from Hydroline to Elk Pass Trails.

Pocaterra—10.6 km—Intermediate
This popular trail connects to six other trails providing a variety of ski loops.

Rolly Road—1.5 km—Intermediate
This trail begins with a steep uphill climb. Once you reach the hilltop, Rolly Road is just as the name suggests.

Sinclair—2.0 km—Intermediate
This is a pleasant ski with a few fast downhill sections through a lodgepole pine forest.

Spruce Road—0.8 km—Easy
This short trail is an easy ski in the vicinity of the William Watson Lodge.

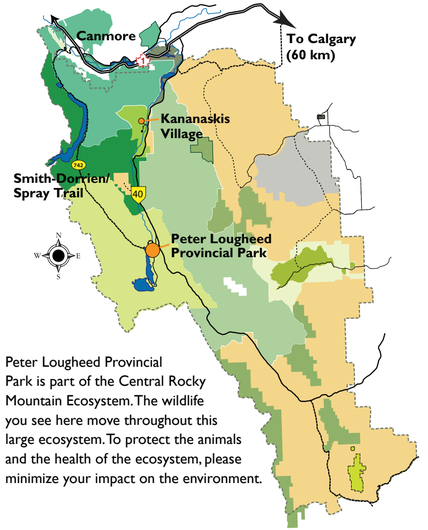
Tyrwhitt—4.8 km—Intermediate
This trail runs through the gently rolling Tyrwhitt Valley from the south end of the Pocaterra Trail to Elk Pass. The trail is at the 1981 m elevation level and considerable snow accumulation allows for skiing as late as May. For your safety, please do not stop between the "Avalanche Danger" signs.

Wheeler—4.7 km—Intermediate
This is one of the most popular trails in the park. You'll encounter one difficult steep section on the Wheeler Trail, particularly if conditions are icy.

Whiskey Jack—3.8 km—Intermediate
A few abrupt downhills make for fast descentes on this challenging, exciting trail.

William Watson Lodge Access—0.6 km—Easy
This short trail connects Spruce Road and William Watson Lodge to the rest of the park trails.

Woolley—2.3 km—Intermediate
This trail links the Meadow and Lynx Trails and bypasses the Elkwood parking area. An enjoyable loop can be created by combining the Woolley Trail with the Amos and Meadow Trails.



Peter Lougheed Provincial Park is part of the Central Rocky Mountain Ecosystem. The wildlife you see here move throughout this large ecosystem. To protect the animals and the health of the ecosystem, please minimize your impact on the environment.

Winter Safety Tips

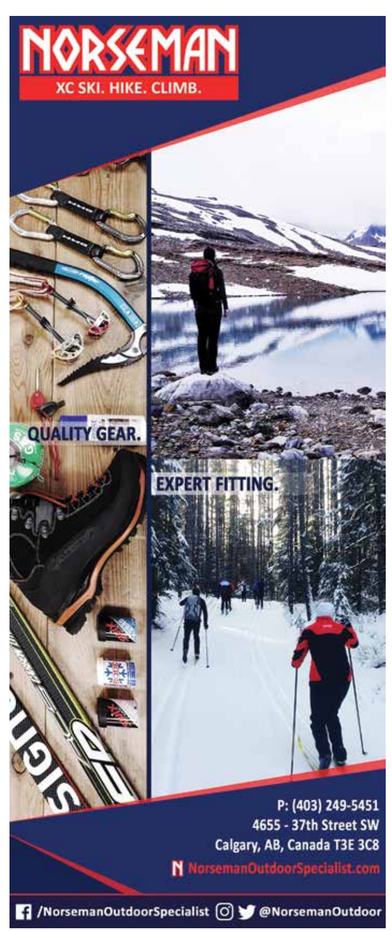
- Carry appropriate winter clothing, particularly a warm hat, even on pleasant days.
- Carry high energy foods such as chocolate and/or dried fruit and plenty of water.
- Insulated blankets and waterproof matches are invaluable in an emergency.
- Be prepared, consider duct tape or even spare parts in case of equipement failure.

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.

Wildlife sightings
To report a sighting of a bear or cougar, please call Kananaskis Dispatch at 403-591-7755

For more information
Visit: www.albertaparks.ca/kananaskis
Kananaskis Infoline 403-678-0760

Travel beyond designated areas is not recommended because of avalanche danger and the possibility of getting lost.



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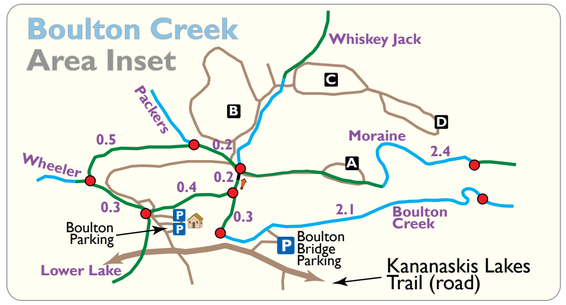
Peter Lougheed Provincial Park
Cross-country Ski Trails

Kananaskis Country

Alberta Parks

Photo by: Bob Truman

Peter Lougheed Provincial Park Cross-Country Ski Trail System



Watch for grooming equipment on trails

Dogs prohibited on trails

For current trail grooming reports visit: albertaparks.ca/kananaskis

Graphics

- Parking Lot
- Peter Lougheed Park Discovery Centre
- Viewpoint
- Road
- Access Road
- 4.5 — Distance between junctions in km
- Downhill / Uphill

Trail difficulty

- Easy
- Intermediate
- Difficult

Legend

Total one-way distance

Amos	2.5 km
Blueberry Hill	3.2 km
Boulton Creek	2.7 km
Braille	2.0 km
Come Along	1.9 km
Elk Pass	7.3 km
Fox Creek	1.6 km
Hydroline	3.9 km
Lodgepole	4.2 km
Lookout	5.2 km
Lower Lake (Group Camp)	1.4 km
Lynx	1.8 km
Meadow	4.3 km
Moraine	2.4 km
Packers	2.8 km
Patterson	0.9 km
Pocaterra	10.6 km
Rolly Road	1.5 km
Sinclair	2.0 km
Spruce Road	0.8 km
Tyrwhitt	4.8 km
Wheeler	4.7 km
Whiskey Jack	3.8 km
William Watson Lodge Access	0.6 km
Woolley	2.3 km

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