

## 2019 HIKING SCHEDULE

**Month: May**

**Coordinators: Sharon Gravelle, Kathy Grigoriu, Michael Ostrander, David Thacker**

**Date: May 1, 2019**

**OUTING: OKOTOKS – SHEEP RIVER VALLEY**

**Departure time:** 8:00 am

**Return time:** 4:00 pm

**Biffy stop:** Pason Centennial Arena, Pit toilets along Sheep River Valley Trail

**Trailhead:** Pason Centennial Arena

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Sheep River Valley + Max Bell Parkway + gravel extension + Crystalridge	A1, A2, B1+	18	30	4.5
Sheep River Valley + Max Bell Parkway + gravel extension	B1, B2, C1+, C1	10	20	4
Sheep River Valley. Possibility to get a heritage walking tour. To be followed up with the town Museum Specialist.	C2	6 – 8	20	3

**Date: May 8, 2019**

**OUTING: BOW VALLEY – EXSHAW CREEK**

**Departure time:** 8:00 am

**Return time:** 4:30 pm

**Biffy stop:** Stoney Nakoda Casino

**Trailheads:** Mount Allen Drive Parking Lot; Grotto Pond (for second bus)

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Exshaw to approach to Exshaw Pass	A1, A2, B1+	Up to 26	Up to 948	6 or AFATP
Exshaw to Fable Creek	B1, B2+, B2	10	400	4.5
Exshaw to Exshaw Creek	C1+, C1, C2	7	100	3
Exshaw east along Bow River	C2	6	minimal	3
<b>If a second bus:</b>				
Grotto Canyon + Grotto Creek extension	B2, C1+	10	300	4
Grotto Canyon	C1, C2	6	128	3

## 2019 HIKING SCHEDULE

**Month: May**

**Coordinators: Sharon Gravelle, Kathy Grigoriu, Michael Ostrander, David Thacker**

**Date: May 15, 2019**

**OUTING: WEST BRAGG CREEK - TRAVERSE**

**Departure time: 8:00 am**

**Return time: 4:00 pm**

**Biffy stop: Bragg Creek Community Centre, trailheads**

**Trailheads: West Bragg Creek Recreation Area, Allen Bill Pond**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Boundary Ridge + Snagmore + Fullerton Loop to Allen Bill	A1, A2, B1+	15.6	520	5
Boundary Ridge + Snagmore to Allen Bill	B1	11.2	320	4
Boundary Ridge + Bobcat/Fullerton or Sugar Momma to Allen Bill	B2	9.5	240	4
Snagmore + Fullerton loop	B2, C1+	12.6	300	4
Snagmore	C1, C2	7.8	200	3.5

**Date: May 22, 2019**

**OUTING: BANFF – SUNDANCE CANYON**

**Departure time: 8:00 am**

**Return time: 5:00 pm**

**Biffy stop: Banff Train Station**

**Trailheads: Banff Train Station**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Sundance Canyon + Tunnel Mountain	A1, A2, B1+	17	400	5.5
Sundance Canyon	B1, B2+, B2, C1+, C1	12 or AFATP	145	4
Hoodoos Trail, via Surprise Corner to Hoodoos viewpoint, returning via Tunnel Campground Loop trail	B1, B2+, B2	13.2	100	4
Commonwealth Walkway "Blue Walk"	C2	AFATP	100	3.5
Cave and Basin National Historic Site	C2	4.8+	negligible	3.0

## 2019 HIKING SCHEDULE

**Month: May**

**Coordinators: Sharon Gravelle, Kathy Grigoriu, Michael Ostrander, David Thacker**

**Date: May 29, 2019**

**OUTING: ELBOW VALLEY – PRAIRIE MOUNTAIN/PRAIRIE CREEK-THREE TRAIL PASS/PRAIRIE CREEK TO POWDERFACE TRAIL/POWDERFACE CREEK-THREE TRAIL PASS/PRAIRIE CREEK/POWDERFACE CREEK**

**Departure time: 8:00 am**

**Return time: 4:30 pm**

**Biffy stop: Bragg Creek Community Centre**

**Trailheads: Elbow Falls**

<b>Trail</b>	<b>Group</b>	<b>Distance/km</b>	<b>Elevation gain/m</b>	<b>Time/hrs</b>
Prairie Mountain – descend west ridge and return via Prairie Creek	A1, A2 B1+	11.2	710	4
Prairie Creek to Powderface trail road and return	A1, A2, B1+, B1	18.4	259	5.5
Prairie Creek to Prairie Link to Powderface Creek to Three Trail Pass. Return via Powderface Creek	A1, A2, B1+	18.2	500	6
Powderface Creek to Three Trail Pass and return	B1, B2+, B2	12.4	500	5
Prairie Mountain - return via Prairie Mountain trail	B1, B2+	6	710	4.5
Prairie Creek to Prairie Link, return Powderface Creek	B1, B2, C1+, C1	11.4	150	4
Powderface Creek to Prairie Link junction and return	C2	5.6	150	3.5

## 2019 HIKING SCHEDULE

**Month: June**

**Coordinators: Sandra Barker, Dave and Pat Thomson, Michael Woolnough**

**Date: June 5, 2019**

**OUTING: CASTLE JUNCTION – MOOSE MEADOWS TO INK POTS/JOHNSTON CANYON TO INK POTS/JOHNSTON CANYON**

**Departure time: 8:00 am**

**Return time: 4:45 pm**

**Biffy stop: Canmore Visitor Information Centre**

**Trailheads: Moose Meadows Day Use Area, Johnston Canyon**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Moose Meadows to Ink Pots/Larry's Cabin, return via Johnston Canyon	A1, A2, B1+	16	500	4.5
Moose Meadows to Ink Pots, return via Johnston Canyon	B1+, B1, B2+,	12	400	4
Johnston Canyon to Ink Pots	B2+, B2, C1+, C1	11.6	335	4
Johnston Canyon	C2	6	135	4

**Date: June 12, 2019**

**OUTING: CANMORE – MOUNT LADY MACDONALD/MONTANE TRAVERSE/GRASSI LAKES/HIGHLINE**

**Departure time: 8:00 am**

**Return time: 4:15 pm**

**Biffy stop: Stoney Nakoda Casino (Bus 1), Canmore Visitor Information Centre (Bus 2)**

**Trailheads: Cougar Creek near parking lot for Mount Lady MacDonald and Montane Traverse, Grassi Lakes Parking Lot, Quarry Lake Park, Canmore Legion**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Mount Lady MacDonald	A1, A2, B1+, B1	8-10 km	880-1115	4.5-5.5
Montane Traverse	B1, B2+, B2	10+ or AFATP	undulating	4.5
Grassi Lakes/Highline	B1, B2+, B2	20.4 return or AFATP	undulating	4.5
Grassi Lakes/Powerline	C1+, C1	AFATP	undulating	4.5
Three Sisters Pathway	C2	6.7 one-way or AFATP	Undulating	4.5

## 2019 HIKING SCHEDULE

**Month: June**

**Coordinators: Sandra Barker, Dave and Pat Thomson, Michael Woolnough**

**Date: June 19, 2019**

**OUTING: BOW VALLEY – PIGEON MOUNTAIN/WINDY POINT OF WIND RIDGE/BOW VALLEY PROVINCIAL PARK**

**Departure time: 8:00 am**

**Return time: 4:15 pm**

**Biffy stop: Stoney Nakoda Casino**

**Trailheads: Wind Valley Day Use Area, Bow Valley Administration and Information Centre, Middle Lake Day Use Area**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Pigeon Mountain	A1, A2, B1+	14.8	990	5-5.5
Windy Point	B1, B2+	11.8	420	4.5
Bow Valley Administration and Visitor Centre to Bow River Interpretive Trail, then up to Many Springs and Middle Lake	B1, B2+, B2, C1+, C1	9.6	moderate	4
Middle Lake and Many Springs Trails	C2	6	undulating	3.5

**Date: June 26, 2019**

**OUTING: CASTLE JUNCTION – STANLEY GLACIER AND PAINT POTS**

**Departure time: 8:00 am**

**Return time: 5:00 pm**

**Biffy stop: Canmore Visitor Information Centre**

**Trailheads: Stanley Glacier; Marble Canyon Parking Lot, Paint Pots**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Stanley Glacier Ridge	A1, A2, B1+	13.8	670	4.5
Stanley Glacier Basin (and to viewpoint and optional caves)	B1, B2+, B2	8.4 (+2.1)	365 (+185)	4.5
Marble Canyon including interpretive trail to Paint Pots	B1, B2+, B2, C1+, C1, C2	6.1	40	4.5
Paint Pots and along trail to Marble Canyon return to Paint Pots	C2	AFATP	minimal	4.5

## 2019 HIKING SCHEDULE

**Month: July**

**Coordinators: Keith Campbell, Bob Hager, Stephanie Perry, Don Wilson**

**Date: July 3, 2019**

**OUTING: CATARACT – MOUNT BURKE/RASPBERRY RIDGE/CATARACT CREEK**

**Departure time: 7:30 am**

**Return time: 5:15 pm**

**Biffy stop: Mount Kidd RV Centre**

**Trailheads: Lost Creek Logging Road entrance in front of gate - Raspberry Ridge and Upper Cataract Creek Trail; Cataract Creek Campground - Mount Burke**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Mount Burke	A1, A2, B1+, B1	11.2	950	5
Raspberry Ridge	B1+, B1, B2+	12.3	650	5
Raspberry Ridge to meadows or AFATP	B2	10	~500	4
Upper Cataract Creek	B2, C1+, C1, C2	14.6 or AFATP	Undulating	5

**Date: July 10, 2019**

**OUTING: SPRAY VALLEY – READ’S TOWER/ SPARROWHAWK TARNs/HIGH ROCKIES TRAIL**

**Departure time: 8:00 am**

**Return time: 5:10 pm**

**Biffy stop: Canmore Visitor Information Centre**

**Trailhead: Sparrowhawk Day Use Area**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Read’s Tower	A1, A2, B1+	8	950	5
Read’s Tower Ridge	B1	7	800	5
Sparrowhawk Tarns (or to 1 <sup>st</sup> tarn)	B1, B2+	13.7 or AFAP	720	5
High Rockies Trail	B2, C1+, C1	10	300	5
High Rockies Trail	C2	6	200	5

## 2019 HIKING SCHEDULE

**Month: July**

**Coordinators: Keith Campbell, Bob Hager, Stephanie Perry, Don Wilson**

**Date: July 17, 2019**

**OUTING: KANANASKIS VALLEY – MEMORIAL LAKES/HUMMINGBIRD PLUME/KOVACH AND VILLAGE TRAILS**

**Departure time: 8:00 am**

**Return time: 5:10 pm**

**Biffy stop: Stoney Nakoda Casino, Trailheads**

**Trailheads: Ribbon Creek Parking Lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Memorial Lakes – 3 <sup>rd</sup> lake	A1, A2, B1+	16	690	5-6
Memorial Lakes – 2 <sup>nd</sup> lake	B1	15	600	5-6
Memorial Lakes – 1 <sup>st</sup> lake and waterfalls	B2+	14	500	5-6
Hummingbird Plume and Troll Falls	B2	13.5	400	5
Kovach via Ribbon Creek to village	B2, C1+, C1	7.9	200	3
Village via Terrace, Kovach, and Aspen	C2	5.2	100	2

**Date: July 24, 2019**

**OUTING: SMITH-DORRIEN – TENT RIDGE/RUMMEL LAKE AND PASS/TRYST LAKE/COMMONWEALTH CREEK**

**Departure time: 8:00 am**

**Return time: 6:00 pm**

**Biffy stop: Mount Kidd RV Park**

**Trailheads: Junction of Mount Shark Road and Smith-Dorrien for Rummel Lake; .8 km past Engadine Lodge for Tryst Lake parking lot; 1.8 km up Mount Shark road from turn-off for Tent Ridge**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Tent Ridge Horseshoe	A1, A2, B1+, B1	10.6	800	5.5
Rummel Lake with option to proceed to Rummel Pass	As, B1+, B1, B2+, B2	10 (+5km to pass)	400m (+200m to pass)	5.5
Tryst Lake	B2+, B2, C1+	7.2	397	4.5
Commonwealth Creek	C1, C2	AFATP	Minimal	4.5

## 2019 HIKING SCHEDULE

**Month: July**

**Coordinators: Keith Campbell, Bob Hager, Stephanie Perry, Don Wilson**

**Date: July 31, 2019 – Signature Hike**

**OUTING: YOHO NATIONAL PARK – EMERALD LAKE/HAMILTON LAKE**

**Departure time: 7:30 am**

**Return time: 6:45 pm**

**Biffy stop: Canmore Visitor Information Centre, trailhead**

**Trailhead: Emerald Lake**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Hamilton Lake	A1, A2, B1+, B1	12	850	5
Hamilton Falls/Emerald Basin to Glacier	B1, B2	12.4	340	5
Emerald Lake Circuit	All	5.6	negligible	AFATP

**Date: July 31, 2019 – Signature Hike**

**OUTING: YOHO NATIONAL PARK – YOHO PASS TO EMERALD LAKE/LAUGHING FALLS/TAKAKKAW FALLS**

**Departure time: 7:30 am**

**Return time: 6:45 pm**

**Biffy stop: Canmore Visitor Information Centre, trailhead**

**Trailhead: Takakkaw Falls**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Yoho Pass Trail traverse to Emerald Lake	B1, B2+, B2	12.8	530	6
Yoho Valley Trail to Laughing Falls and return	B2, C1+, C1	8.8	125	3.5
Takakkaw Falls	C1, C2	5	50	3
Emerald Lake Circuit in the afternoon for those doing Laughing Falls/Takakkaw Falls	B2, C1+, C1, C2	5.6	Negligible	AFATP



## 2019 HIKING SCHEDULE

**Month: August**

**Coordinators: Dale and Mary Hobbs, Debbie Lopushinsky, Cheryl Rowe**

**Date: August 7, 2019**

**OUTING: ICEFIELDS PARKWAY – MOLAR PASS/BOW GLACIER FALLS/BOW LAKE**

**Departure time: 7:30 am**

**Return time: 5:30 pm/6:30 pm**

**Biffy stop: Lake Louise Village**

**Trailheads: Mosquito Creek, Bow Lake Parking Lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Molar Pass	A1, A2	20.6	532	6
Molar Meadows	A1, A2, B1+	18	482	5+
Molar Pass Junction	B1, B2+, B2	13.8 or AFATP	367	5+
Bow Glacier Falls	B1, B2+, B2, C1+, C1	10	163	4.5
Bow Lake Shoreline	C2	4	minimal	4

**Date: August 14, 2019**

**OUTING: SMITH-DORRIEN – BULLER PASS TRAVERSE/BULLER PASS/HIGH ROCKIES TRAIL**

**Departure time: 8 am**

**Return time: 5:15 pm**

**Biffy stop: Canmore Visitor Information Centre**

**Trailhead: Buller Mountain Day Use Area**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Buller Pass Traverse to Galatea	A1, A2, B1+	17	1100	5.5+
Buller Pass	A1, A2, B1+, B1	15	670	5
Buller Meadows	B2+, B2	AFATP	450-670	5
High Rockies Trail – north or south	B2, C1+, C1, C2	6-10	undulating	4

## 2019 HIKING SCHEDULE

**Month: August**

**Coordinators: Dale and Mary Hobbs, Debbie Lopushinsky, Cheryl Rowe**

**Date: August 21, 2019**

**OUTING: SPRAY VALLEY – OLD GOAT GLACIER/HA LING PEAK AND MINERS PEAK/HIGH ROCKIES TRAIL**

**Departure time: 8 am**

**Return time: 4:45 pm**

**Biffy stop: Canmore Visitor Information Centre**

**Trailheads: Goat Creek Day Use, Spray Lakes West Campground**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Old Goat Glacier	A1, A2, B1+, B1, B2+	9.4	700	5
Ha Ling Peak/Miners Peak	A1, A2, B1+, B1, B2+	7.6	732	5
High Rockies Trail to Spray Lakes Dam	B2+, B2, C1+	10.8	200	4-5
High Rockies Trail from Spray Lakes West Campground to Goat Pond and return	C1, C2	7.6	100	4

**Date: August 29, 2019 – Signature Hike**

**OUTING: LAKE LOUISE-Moraine Lake – Wenkchemna Pass/Eiffel Lakes/Larch Valley/Minnestimma Lakes/Lower Consolation Lakes**

**Departure time: 7:30 am**

**Return time: 6:30 pm**

**Biffy stop: Lake Louise Village**

**Trailhead: Moraine Lake Parking Lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Wenkchemna Pass	A1, A2, B1+	19.4	716	6
Eiffel Lakes	B1, B2+	12.6	399	5
Larch Valley/Minnestimma Lakes	B2, C1+, C1	5.4	352	4.5
Lower Consolation Lakes	C1, C2	5.8	65	4.5

## 2019 HIKING SCHEDULE

**Month: August**

**Coordinators: Dale and Mary Hobbs, Debbie Lopushinsky, Cheryl Rowe**

**Date: August 29, 2019 – Signature Hike**

**OUTING: LAKE LOUISE-Saddleback/Plain of the Six Glaciers/Lake Agnes/Lake Louise Lakeshore**

**Departure time: 7:30 am**

**Return time: 5:30 pm**

**Biffy stop: Lake Louise Village**

**Trailhead: Lake Louise Visitor Parking Lot**

<b>Trail</b>	<b>Group</b>	<b>Distance/km</b>	<b>Elevation gain/m</b>	<b>Time/hrs</b>
Saddleback option to go up Saddleback Mountain	B1, B2+, B2	7.6 1.8	595	5
Plain of the Six Glaciers Teahouse	B1, B2+, B2, C1+, C1	11	375	5
Lake Agnes Teahouse	B2, C1+	8.2	383	4-5
Lake Louise Lakeshore option to add Fairview Lookout	C2	4 or AFATP 2	minimal 150	4

## 2019 HIKING SCHEDULE

**Month: September**

**Coordinators: Brian Barnett, Egil Bjornsen, Elizabeth Eng, John Langman**

**Date: September 4, 2019**

**OUTING: SMITH-DORRIEN – RUMMEL LAKE/ HIGH ROCKIES TRAIL/ WATRIDGE LAKE & KARST SPRING/THREE LAKES VALLEY/CHESTER LAKE/ELEPHANT ROCKS**

**Departure time: 8 am**

**Return time: 5:50 pm**

**Biffy stop: Mount Kidd RV Centre, trailheads**

**Trailheads: Chester Day Use Area, Junction of Smith-Dorrien and Mount Shark Road, Mount Shark Parking Lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Rummel Lake and return via HRT to Chester Day Use Area	A1, A2, B1+	15.2	550+	5
Chester Lake to Three Lakes Valley	A1, A2, B1+, B1	13	544	5-6
HRT from Rummel to Chester Day Use Area	B1, B2+, B2	8.7	160+ undulating	4.5
Chester Lake and Elephant Rocks	B1, B2+, B2, C1+	10.6	350	5
Chester Lake	B2, C1	8.6	300	5
Watridge Lake/Karst Spring	B2, C1+, C1, C2	7.5/12	undulating	3-4

**Date: September 11, 2019**

**OUTING: KANANASKIS LAKES – FOX AND FROZEN LAKES/RAWSON LAKE/BLEWBERRY HILL/UPPER KANANASKIS LAKESHORE**

**Departure time: 8:00 am**

**Return time: 5:30 pm**

**Biffy stop: Mount Kidd RV Centre, trailheads**

**Trailhead: Elk Pass, Upper Kananaskis Day Use Area**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Fox and Frozen Lakes	A1, A2, B1+, B1, B2+	12.2 16	200 480	4.5 5.5
Rawson Lake	B2+, B2, C1+	7.8	320	4.5
Blueberry Hill	B1, B2+, B2, C1+	14.4	300	5

## 2019 HIKING SCHEDULE

Upper Kananaskis Lakeshore	B2, C1+, C1, C2	AFATP	Minimal	4.5
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**Month: September**

**Coordinators: Brian Barnett, Egil Bjornsen, Elizabeth Eng, John Langman**

**Date: September 18, 2019**

**OUTING: HIGHWOOD PASS – MIST RIDGE/ELBOW LAKE**

**Departure time: 7:30 am**

**Return time: 5:45 pm**

**Biffy stop: Mount Kidd RV Centre**

**Trailheads: Mist Creek Recreation Area, Elbow Lake Day Use Area**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Mist Ridge (South Summit)	As, B1s, B2s	18.4 or AFATP	655	6
West Hill to Pickle Jar Saddle (aka Col 544000)	B1+, B1	10	634	5.5
Elbow Lake and Big Elbow Trail	B2, C1+, C1, C2	6	150	3
Extension to Edworthy Falls from Elbow Lake	B2, C1+, C1	5.6	75	2.5
Big Elbow Trail to Piper Junction	B2, C1+, C1	10	250	4

**Date: September 25, 2019**

**OUTING: CASTLE JUNCTION – TAYLOR LAKE/BOOM LAKE**

**Departure time: 8:00 am**

**Return time: 6:15 pm**

**Biffy stop: Canmore Visitor Information Centre, trailheads**

**Trailhead: Taylor Lake Day parking lot; Boom Lake parking lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Taylor Lake to Panorama Ridge	A1, A2	20.9	1025	6
Taylor Lake to Panorama Meadows	B1+, B1	15	700	6
Taylor Lake	B2+	12	585	5
Boom Lake	B2, C1+, C1, C2	11	200	4

## 2019 HIKING SCHEDULE

**Month: October**

**Coordinators: Anne Cawood, Ron Hanson, Peter Tattersall, Lee Tremblay**

**Date: October 2, 2019**

**OUTING: ELBOW VALLEY – FORGETMENOT RIDGE/NIHAHI RIDGE/NIHAHI CREEK/FORD KNOLL/LITTLE ELBOW**

**Departure time: 8:00 am**

**Return time: 4.00 pm**

**Biffy stop: Elbow Falls Day Use Area (if two buses); Forgetmenot Pond**

**Trailheads: Forgetmenot Pond parking lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Forgetmenot Ridge	A1, A2, B1+, B1	11.5	705	5
Nihahi Ridge	B1, B2+, B2	9.6	365	4.5
Nihahi Creek to canyon or AFATP	B1, B2+, B2, C1+, C1	11-13	150-220	4-4.5
Ford Knoll Loop	B2, C1+, C1	5.3	235	3
Little Elbow to waterfalls (8 km) or AFATP	C1+, C1, C2	3-10	50-100	4

**Date: October 9, 2019**

**OUTING: BANFF-CASCADE AMPHITHEATRE/FORTY MILE CREEK/UPPER STONEY SQUAW LOOP**

**Departure time: 8:00 am**

**Return time: 4:45 pm**

**Biffy stop: Canmore Visitor Information Centre, trailhead**

**Trailhead: Mount Norquay Parking Lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Cascade Amphitheatre	A1, A2, B1+, B1	15	640	5.5
Forty Mile Creek Bridge to Junction of Elk Lake Trail and Cascade Amphitheatre Trail and beyond AFATP	B1, B2+, B2, C1+, C1, C2	8.6	300	4
Upper Stoney Squaw Loop	B2, C1+, C1	4.6	300	4

## 2019 HIKING SCHEDULE

**Month: October**

**Coordinators: Anne Cawood, Ron Hanson, Peter Tattersall, Lee Tremblay**

**Date: October 9, 2016 (If a second bus)**

**OUTING: BANFF –JOHNSON LAKE/CASCADE PONDS/ BANKHEAD INTERPRETIVE AREA**

**Departure time: 8:00 am**

**Return time: 4:00 pm**

**Biffy Stop:** Canmore Visitors Centre, Johnson Lake

**Trailhead:** Johnson Lake

**Pick Up Places:** Cascade Ponds, Johnson Lake

Trail	Group	Distance	Elevation Gain	Time
Johnson Lake Loop	All	3.0	undulating	varies
Cascade Ponds from Johnson Lake	B1, B2, C1+, C1	4.2	minimal	varies
Johnson Lake to Cascade Ponds via bus	C1, C2	Explore the ponds	negligible	2.0
Cascade Ponds to Bankhead Interpretive Trail and return to Cascade Ponds With option of retracing Cascade trail back to Johnson Lake	B1, B2	5 out and back Add 4.2 back to Johnson Lake	75	2.0

**Date: October 16, 2019**

**OUTING: SHEEP VALLEY – INDIAN OILS TO UPPER GORGE CREEK/MOUNT HOFFMAN/DYSON FALLS**

**Departure time: 8:00 am**

**Return time: 5:30 pm**

**Biffy stop:** Bragg Creek Community Centre and trailhead

**Trailhead:** Indian Oils Day Use Area

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Indian Oils to Upper Gorge Creek	A1, A2, B1+	18	500	5.5
Mount Hoffman	B1, B2+, B2	8.4	470	4.5
Dyson Falls	B2, C1+, C1, C2	9	160	3.5

## 2019 HIKING SCHEDULE

**Month: October**

**Coordinators: Anne Cawood, Ron Hanson, Peter Tattersall, Lee Tremblay**

**Date: October 16, 2019 (If a second bus)**

**OUTING: SHEEP VALLEY – DEATH VALLEY TRAIL/WINDY POINT TRAIL/FORAN GRADE TRAIL/LONG PRAIRIE LOOP**

**Departure time: 8:00 am**

**Return time: 5:30 pm**

**Biffy stop: Bragg Creek Community Centre, trailhead**

**Trailhead: Foran Grade; Sandy McNabb Campground Day Use Area for Long Prairie Loop**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Death Valley Trail, Windy Point Trail, Foran Grade Trail	A1, A2, B1+	16	300+	4.5
Foran Grade and Windy Point Ridge	A1, A2, B1+, B1	13	480	4.5
Foran Grade Loop	B1, B2+, B2, C1+, C1	9.2	230	4
Long Prairie Loop	C2	6.4	220	4

**Date: October 23, 2019**

**OUTING: \_SIBBALD - DEER RIDGE AND EAGLE HILL/ DEER RIDGE AND OLE BUCK/DEER RIDGE AND SIBBALD VIEWPOINT/OLE BUCK LOOP AND SIBBALD VIEWPOINT**

**Departure time: 8:00 am**

**Return time: 4:00 pm**

**Biffy stop: Trailhead**

**Trailhead: Sibbald Lake Day Use Area**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Deer Ridge and Eagle Hill Loop	A1, A2, B1+	17.5	619	5
Deer Ridge and Ole Buck	B1, B2+	11.8	410	4.2
Deer Ridge (and possibly Sibbald Viewpoint)	B2	7.1 (+ 3.6 return)	229	4
Ole Buck Loop and Sibbald Viewpoint	C1+, C1, C2	9.7	177	4



## 2019 HIKING SCHEDULE

**Month: October**

**Coordinators: Anne Cawood, Ron Hanson, Peter Tattersall, Lee Tremblay**

**Date: October 23, 2019 (If a second bus)**

**OUTING: SIBBALD – JUMPINGPOUND LOOP/JUMPINGPOUND TRAIL EAST**

**Departure time: 8:00 am**

**Return time: 4:00 pm**

**Biffy stop: Trailhead – Pine Top Day Use Area; biffy may be closed depending on time of year.**

**Trailhead: Pine Top Day Use Area**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Jumpingpound Loop	A1, A2, B1+, B1, B2+, B2, C1+, C1	9.8	304 m	2.5-3.5
Jumpingpound Trail (south side route)	C1, C2	9.2	minimal	3.5

**Date: October 30, 2019**

**OUTING: WEST BRAGG CREEK – LONG DISTANCE LOOP-TELEPHONE LOOP/BRAGGIN' RIGHTS-MERLIN VIEW LOOP/ RANGER SUMMIT-STRANGE BREW-BOUNDARY RIDGE LOOP/MOUNTAIN ROAD-MOOSE CONNECTOR-MOOSE LOOP/HOSTEL LOOP**

**Departure time: 8:00 am**

**Return time: 3:15 pm**

**Biffy stop: Trailhead**

**Trailhead: West Bragg Creek Recreational Area parking lot**

Trail	Group	Distance/km	Elevation gain/m	Time/hrs
Long Distance/Telephone Loop	A1, A2, B1+, B1	16	500	4
Braggin' Rights-Merlin View Loop	B1+, B1	14.5 (out and back)	180	4
Ranger Summit/Strange Brew/Boundary Ridge Loop	B2+, B2	9.3	400	3.5
Mountain Road/ Moose Connector/Moose Loop	B2+, B2, C1+, C1	up to 11.6	80	4
Hostel Loop and Various Trails	C2	3.7+	45+	watch time