

## 2020 HIKING SCHEDULE

**PLEASE NOTE:** This hiking schedule was developed for SSOC's 2020 hiking season, which of course didn't take place because of COVID-19. The schedule has been posted to our website to give members some ideas of where to hike on their own in 2021. Before heading out on any of the hikes, be sure to check that the trails are open and what the current conditions are. Many thanks to the volunteers who developed the schedule.

**MONTH: MAY**

**MAY 6, 2020**

**AREA: ANN & SANDY CROSS CONSERVATION AREA**

| Trail                           | Groups      | Distance (km) | Elevation gain (m) | Time (hrs) |
|---------------------------------|-------------|---------------|--------------------|------------|
| Paradise Trail + Ranchers Trail | A1, A2, B1+ | 11            | 100                | 4-5        |
| Paradise Trail                  | B1, B2+, B2 | 8.6           | 75                 | 4-5        |
| Fescue Trail                    | C1+, C1     | 4.6           | 50                 | 3.5        |
| Ranchers Trail                  | C2          | 3.6           | 50                 | 3          |

|                       |                                     |
|-----------------------|-------------------------------------|
| <b>Departure time</b> | 8:00 am                             |
| <b>Return time</b>    | 3:30 pm                             |
| <b>Biffy stop</b>     | Bragg Creek Community Centre        |
| <b>Trailhead (s)</b>  | Cross Conservation Area parking lot |

**MAY 13, 2020**

**AREA: CANMORE**

| Trail  | Groups  | Distance (km) | Elevation gain (m) | Time (hrs) |
|--|---------|---------------|--------------------|------------|
| Three Sisters Pathway + Canmore Creek Trail + Bow River Loop connection + Larch Island extension | A1, A2  | 20 or AFATP   | 100                | 6          |
| Three Sisters Pathway + Canmore Creek Trail  | B1+, B1 | 16 or AFATP   | 100                | 6          |
| Three Sisters Pathway  | B2+, B2 | 13.3 or AFATP | 0                  | 5          |
| Canmore Creek Trail + Bow River Loop connection + Larch Island extension                         | C1+, C1 | 7             | 100                | 4          |
| Bow River Loop Trail + Larch Island extension  | C2      | 5             | 0                  | 3          |

|                       |  |
|-----------------------|--|
| <b>Departure time</b> | 8:00 am                                      |
| <b>Return time</b>    | 3:30 pm                                      |
| <b>Biffy stop</b>     | Canmore Visitors Centre                      |
| <b>Trailhead (s)</b>  | Mineside Trailhead (Bridge Rd. at Bow River) |

## 2020 HIKING SCHEDULE

**MONTH: MAY**

**MAY 20, 2020            AREA: ELBOW VALLEY**

| <b>Trail</b>  | <b>Groups</b> | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|---|---------------|----------------------|---------------------------|-------------------|
| Boundary Ridge Traverse: Boundary Ridge/Snagmore/Fullerton Loop to Allen Bill Pond                      | As, B1+       | 16                   | 520                       | 5                 |
| Boundary Ridge Traverse: Boundary Ridge/Snagmore to Allen Bill Pond                                     | B1s           | 11.3                 | 470                       | 4.5               |
| Boundary Ridge Traverse: Boundary Ridge/Strange Brew/Bobcat/Fullerton or Sugar Momma to Allen Bill Pond | B2+, B2       | 10.5                 | 240                       | 4                 |
| Snagmore/Fullerton Loop Trail   | B2+, B2, C1+  | 12.6                 | 300                       | 4.5               |
| Snagmore  | C1, C2        | 7.8                  | 200                       | 4                 |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 8:00 am   |
| <b>Return time</b>    | 4:30 pm   |
| <b>Biffy stop</b>     | West Bragg Creek Recreation Area, Allen Bill Pond |
| <b>Trailhead (s)</b>  | West Bragg Creek Recreation Area, Allen Bill Pond |

**May 27, 2020            AREA: KANANASKIS VALLEY**

| <b>Trail</b>  | <b>Groups</b>   | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|---|-----------------|----------------------|---------------------------|-------------------|
| Barrier Dam to Barrier Lake Lookout and return via Jewell Pass                            | A1, A2, B1+, B1 | 16                   | 625                       | 5.5 - 6           |
| Barrier Dam to Jewell Pass and return up and back   | B2+ B2s         | 13.6                 | 250                       | 5.5               |
| Barrier Dam to McConnell Ridge up and back  | B2+             | 12                   | 503                       | 5.5               |
| Barrier Dam to Pigeon Lookout (up and back)   | B2              | 10                   | 490                       | 5.0               |
| Barrier Dam to Jewell Bay and return (with optional trip to Jewell Falls if time permits) | C1, C2          | 8                    | 50                        | 3.5               |

|                       |                               |
|-----------------------|-------------------------------|
| <b>Departure time</b> | 8:00 am                       |
| <b>Return time</b>    | 5:00 pm                       |
| <b>Biffy stop</b>     | Stoney Nakoda Resort & Casino |
| <b>Trailhead (s)</b>  | Barrier Lake Day Use Area     |

## 2020 HIKING SCHEDULE

**MONTH: JUNE**

**JUNE 3, 2020**

**AREA: KANANASKIS LAKES**

| Trail                                     | Groups           | Distance (km) | Elevation gain (m) | Time (hrs) |
|---|------------------|---------------|--------------------|------------|
| Upper Kananaskis Lake to Forks Campground | A1, A2, B1+, B1  | 14.4          | 150                | 5          |
| Upper Kananaskis Lake to Hidden Lake      | B1, B2+, B2, C1+ | 12            | 100                | 5          |
| Upper Kananaskis Lake to Point Campground | B2+, B2, C1+     | 7.2           | 150                | 5          |
| Upper Kananaskis Lake Trail               | C1, C2           | AFATP         | undulates          | 2-3        |
| Canadian Mt. Everest Expedition Trail     | C1, C2           | 2.2 loop      | 104                | 2          |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 8:00 am   |
| <b>Return time</b>    | 5:00 pm   |
| <b>Biffy stop</b>     | Stoney Nakoda Casino  |
| <b>Trailhead (s)</b>  | North Interlakes Day Use, Upper Kananaskis Lake Day Use Areas |

**JUNE 10, 2020**

**AREA: ELBOW VALLEY**

| Trail   | Groups          | Distance (km) | Elevation gain (m) | Time (hrs) |
|---|-----------------|---------------|--------------------|------------|
| Prairie Mountain – descend W ridge & rtn via Prairie Creek                                      | A1, A2          | 11.2          | 686                | 4          |
| Prairie Creek to Powderface Trail road  | A1, A2, B1+     | 18.4          | 259                | 5.5        |
| Prairie Creek to Prairie Link to Powderface Creek to Three Trail Pass, rtn via Powderface Creek | A1, A2, B1+     | 18.2          | 500                | 6          |
| Powderface Creek to Three Trail Pass  | B1, B2+, B2     | 12.4          | 500                | 5          |
| Prairie Mountain  | B1, B2+         | 6.8           | 686                | 4.5        |
| Prairie Creek to Prairie Link, rtn Powderface Creek   | B1, B2, C1+, C1 | 11.4          | 150                | 4          |
| Powderface Creek to Prairie Link junction   | C2              | 5.6           | 150                | 3.5        |

|                       |  |
|-----------------------|--|
| <b>Departure time</b> | 8:00 am                                      |
| <b>Return time</b>    | 4:00 pm                                      |
| <b>Biffy stop</b>     | Elbow Falls Day Use Area                     |
| <b>Trailhead (s)</b>  | Hwy 66, across from Elbow Falls Day Use Area |

## 2020 HIKING SCHEDULE

**MONTH: JUNE**

**JUNE 17, 2020**

**AREA: CASTLE JUNCTION**

| Trail  | Groups                   | 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                       | 6.8 km return AFATP | Minimal            | 4.5        |

|                       |  |
|-----------------------|--|
| <b>Departure time</b> | 8:00 am  |
| <b>Return time</b>    | 5:00 pm  |
| <b>Biffy stop</b>     | Canmore Visitor Centre                                 |
| <b>Trailhead (s)</b>  | Stanley Glacier, Marble Canyon parking lot, Paint Pots |

**JUNE 24, 2020**

**AREA: BANFF**

| Trail   | Group                | Distance (km) | Elevation gain (m) | Time (hrs) |
|---|----------------------|---------------|--------------------|------------|
| C-level Cirque (option to go beyond on unofficial trail)      | A1, A2, B1+, B1, B2+ | 8-10          | 455-540            | 4.5        |
| Cascade Ponds/Johnson Lake/Bankhead                           | A1, A1, B1+, B1, B2+ | 13.4          | 200                | 4.5        |
| Cascade Ponds to Johnson Lake and return                      | B2+, B2, C1+, C1     | 8.4           | 200                | 4          |
| Johnson Lake Loop add-on                                      | All groups           | 2.8           | undulates          | 1          |
| Cascade Ponds to Lower Bankhead Interpretive Trail and return | C1+, C1, C2          | 5             | undulates          | 3-4        |

|                       |  |
|-----------------------|--|
| <b>Departure time</b> | 8:00 am  |
| <b>Return time</b>    | 3:30 pm  |
| <b>Biffy stop</b>     | Canmore Visitor Centre   |
| <b>Trailhead (s)</b>  | Upper Bankhead Parking, Cascade Ponds parking (all on Lake Minnewanka Drive) |

## 2020 HIKING SCHEDULE

**MONTH: JULY**

**JULY 1, 2020**

**AREA: SIBBALD**

| <b>Trail</b>   | <b>Groups</b> | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|--|---------------|----------------------|---------------------------|-------------------|
| Lusk Creek day use area to Dawson trailhead traverse | A1, A2        | 22.7                 | 1210                      | 6.5               |
| Cox Hill trailhead to Cox Hill summit and return     | A2, B1+, B1   | 14.4                 | 850                       | 5.5               |
| Lusk Creek trailhead to Lusk Pass and return         | B2+, B2       | 12.6                 | 470                       | 4.5               |
| Lusk Creek trailhead to Corral and return            | C1+, C1       | 8                    | 190                       | 3.5               |
| Lusk Creek Interpretive Trail                        | C2            | 6.8                  | 145                       | 3.5               |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 8:00 am   |
| <b>Return time</b>    | 5:00 pm   |
| <b>Biffy stop</b>     | Stoney Nakoda Casino  |
| <b>Trailhead (s)</b>  | Lusk Creek Day Use Area, Dawson Trailhead on Powderface Trail |

**JULY 8, 2020**

**AREA: HIGHWOOD PASS**

| <b>Trail</b>             | <b>Groups</b>   | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|--------------------------|-----------------|----------------------|---------------------------|-------------------|
| Pocaterra Ridge Traverse | A1, A2, B1+, B1 | 11                   | 840                       | 6                 |
| Pocaterra Ridge          | B1+, B1, B2+    | 12                   | 600                       | 5                 |
| Little Highwood Pass     | B1, B2+, B2     | 12                   | 300                       | 4.5               |
| Pocaterra Cirque         | B2, C1+         | 6                    | 300                       | 3.5               |
| Ptarmigan Cirque         | C1, C2          | 4.5                  | 230+                      | 3.5               |

|                       |                      |
|-----------------------|----------------------|
| <b>Departure time</b> | 8:00 am              |
| <b>Return time</b>    | 5:45 pm              |
| <b>Biffy stop</b>     | Stoney Nakoda Casino |
| <b>Trailhead (s)</b>  | Highwood Pass        |

## 2020 HIKING SCHEDULE

MONTH: JULY

JULY 15, 2020

AREA: ICEFIELDS PARKWAY

**\*\*SIGNATURE HIKE\*\***

**BUS #1**

| Trail   | Groups               | Distance (km) | Elevation gain (m) | Time (hrs) |
|---|----------------------|---------------|--------------------|------------|
| Helen Lake and Dolomite Ridge if time permits | A1, A2, B1+, B1, B2+ | 12            | 455                | 5          |
| Bow Glacier Falls                             | B2, C1+, C1          | 9.4           | 180                | 3-4        |
| Bow Summit and Bow Lake                       | C2                   | 6km+3.8       | 260                | 4.5        |

|                       |                                       |
|-----------------------|---------------------------------------|
| <b>Departure time</b> | 7:30 am                               |
| <b>Return time</b>    | 6:00 pm                               |
| <b>Biffy stop</b>     | Canmore or Lake Louise Visitor Centre |
| <b>Trailhead (s)</b>  | Helen Lake, Bow Summit                |

JULY 15, 2020

AREA: ICEFIELDS PARKWAY

**\*\*SIGNATURE HIKE\*\***

**BUS #2**

| Trail              | Groups                   | Distance (km) | Elevation gain (m) | Time (hrs) |
|--------------------|--------------------------|---------------|--------------------|------------|
| Nigel Pass - AFATP | A1, A2, B1+, B1, B2+, B2 | 15.2km        | 335m               | 5 hrs      |
| Parker Ridge       | C1+, C1, C2              | 5.4km         | 250m               | 3-4 hrs    |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 7:30 am   |
| <b>Return time</b>    | 7:00 pm   |
| <b>Biffy stop</b>     | Saskatchewan River Crossing (2.5 hrs from Calgary!) |
| <b>Trailhead (s)</b>  | Nigel Pass, Parker Ridge                            |

## 2020 HIKING SCHEDULE

**MONTH: JULY**

**JULY 22, 2020**

**AREA: SMITH DORRIEN**

| <b>Trail</b>            | <b>Groups</b>    | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|-------------------------|------------------|----------------------|---------------------------|-------------------|
| Tent Ridge Horseshoe    | A1, A2, B1+      | 10.6                 | 800                       | 5.5               |
| Rummel Lake and Pass    | B1, B1+, B1, B2+ | 15                   | 600                       | 5                 |
| Rummel Lake             | B2, C1+          | 10                   | 400                       | 4.5               |
| Tryst Lake              | B2+, B2          | 7.2                  | 400                       | 4.5               |
| Marushka Lake and Tarns | C1, C2           | 7.7                  | 210                       | 4                 |

|                       |                              |
|-----------------------|------------------------------|
| <b>Departure time</b> | 7:30 am                      |
| <b>Return time</b>    | 5:30 pm                      |
| <b>Biffy stop</b>     | Stoney Nakoda Casino         |
| <b>Trailhead (s)</b>  | Engadine, on road, Mt. Shark |

## 2020 HIKING SCHEDULE

MONTH: JULY

JULY 29, 2020

AREA: YOHO

**\*\*SIGNATURE HIKE\*\***

**BUS #1**

| Trail                                   | Groups          | Distance (km) | Elevation gain (m) | Time (hrs) |
|---|-----------------|---------------|--------------------|------------|
| Wapta Highline Circuit                  | A1, A2          | 19.7          | 880                | 6.0        |
| Emerald Lake to Yoho Lake via Yoho Pass | B1+, B1, B2+    | 16            | 500                | 5.5 – 6.0  |
| Emerald Basin Glacier & Hamilton Falls  | B2+, B2, C1, C2 | 12.4          | 340                | 5.0 – 5.5  |
| Emerald Lake Circuit                    | C1, C2          | 5.6           | Nil                | 4.0 – 5.0  |

|                       |                      |
|-----------------------|----------------------|
| <b>Departure time</b> | 7:30 am              |
| <b>Return time</b>    | 6:45 pm              |
| <b>Biffy stop</b>     | Stoney Nakoda Casino |
| <b>Trailhead (s)</b>  | Emerald Lake         |

JULY 29, 2020

AREA: YOHO

**\*\*SIGNATURE HIKE\*\***

**BUS #2**

| Trail   | Groups       | Distance (km) | Elevation gain (m) | Time (hrs) |
|---|--------------|---------------|--------------------|------------|
| Iceline Summit                                  | B1+, B1      | 14            | 700                | 5.5 – 6.0  |
| Twin Falls                                      | B1+, B1, B2+ | 18            | 300                | 5.5 – 6.0  |
| Yoho Lake Loop (incl. side trip to Hidden Lake) | B2+, B2, C1+ | 10.7          | 350                | 5.0 – 5.5  |
| Laughing Falls/Takkakaw Falls                   | C1, C2       | 8-10          | 125                | 3.5 – 5.0  |

|                       |                            |
|-----------------------|----------------------------|
| <b>Departure time</b> | 7:30 am                    |
| <b>Return time</b>    | 6:45 pm                    |
| <b>Biffy stop</b>     | Canmore Visitor Centre     |
| <b>Trailhead (s)</b>  | Takkakaw Falls parking lot |



## 2020 HIKING SCHEDULE

**MONTH: AUGUST**

**AUGUST 5, 2020      AREA: BANFF**

***OPTION #1***

| Trail   | Groups              | Distance (km) | Elevation gain (m) | Time (hrs) |
|---|---------------------|---------------|--------------------|------------|
| Eohippus Lake via Simpson Pass                    | A1, A2              | 23.7          | 775                | 6          |
| Healy Pass<br>(Option to return via Simpson Pass) | A2, B1+, B1         | 18.4<br>+ 2   | 730<br>+ 40        | 6          |
| Healy Meadows                                     | B1, B2+, strong B2s | 15.4          | 550                | 6          |
| Healy Creek Campground                            | B2, C1+             | 11            | 275                | 6          |
| Healy Creek Bridge                                | C1, C2              | 6.2           | 250                | 4          |

**AUGUST 5, 2020      AREA: BANFF**

***OPTION #2***

| Trail   | Groups      | Distance (km) | Elevation gain (m)    | Time (hrs)            |
|---|-------------|---------------|-----------------------|-----------------------|
| Citadel Pass (Additional option to proceed to Fatigue Pass if time allows)                              | A1, A2, B1+ | 18.6 +<br>4   | 386 (~800 cumulative) | 5.5                   |
| Howard Douglas Lake Campground  | B1, B2+     | 13.4          | +155/-245 loss        | 4.5                   |
| To Citadel Pass AFATP   |             | + 7           |                       |                       |
| Twin Cairns-Meadow Park/Sunshine Meadows Loop including Standish Viewpoint and Grizzly-Larix Lakes Loop | B1, B2+, B2 | 10.3          | 450                   | 4.5                   |
| Grizzly – Larix Lakes Loop, includes Rock Isle Lake viewpoint   | All groups  | 8             | 175                   | 4                     |
| Standish Viewing Deck (Standish Chairlift)-Grizzly-Larix Lakes - Rock Isle viewpoint to village         | C1+, C1, C2 | 6.3           | 150                   | 4                     |
| Rock Isle Lake viewpoint out and back   | C1, C2      | 3.6           | 121                   | 2                     |
| Standish Viewing Deck Loop (using Standish Chairlift)   | C2          | .8            | negligible            | chairlift up and back |

|                                 |                      |
|---------------------------------|----------------------|
| <b>Departure time</b>           | 7:30 am              |
| <b>Return time</b>              | 6:00 pm              |
| <b>Biffy stop and trailhead</b> | Sunshine Parking Lot |

## 2020 HIKING SCHEDULE

**MONTH: AUGUST**

**AUGUST 12, 2020      AREA: HIGHWOOD PASS**

| Trail             | Groups                    | Distance (km)                         | Elevation gain (m) | Time (hrs) |
|-------------------|---------------------------|---------------------------------------|--------------------|------------|
| Mount Lipsett     | A1, A2, B1+, B1, B2+      | 15                                    | 740                | 5          |
| Picklejar Lakes   | A1, A2, B1+, B1, B2+, B2, | 10.8 to 4 <sup>th</sup> lake and back | 430                | 5          |
| Running Rain Lake | B2, C1+, C1, C2           | 5.4                                   | 150                | 3          |

|                       |  |
|-----------------------|--|
| <b>Departure time</b> | 7:30 am  |
| <b>Return time</b>    | 6:00 pm  |
| <b>Biffy stop</b>     | Mount Kidd RV Centre   |
| <b>Trailhead (s)</b>  | Mount Lipsett, Lantern Creek Day Use Area, Running Rain Day Use Area |

**AUGUST 19, 2020      AREA: KANANASKIS VALLEY**

| Trail  | Groups       | 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 or AFATP  | 15            | 600                | 5-6        |
| Memorial Lakes – 1 <sup>st</sup> lake and waterfalls | B2+ or AFATP | 14            | 500                | 5-6        |
| Coal Mine Loop + Village Trails                      | B1, B2+, B2, | 10            | 400+               | 5          |
| Hummingbird Plume and Troll Falls                    | B1, B2+, B2  | 13.5          | 400                | 5          |
| Coal Mine Loop                                       | C1+, C1      | 5             | 250                | AFATP      |
| Troll Falls + Village Trails                         | C1+, C1, C2  | 3.5 km+       | 165 m+             | AFATP      |

|                           |                                   |
|---------------------------|-----------------------------------|
| <b>Departure time</b>     | 8:00 am                           |
| <b>Shuttle to village</b> | 12:30 pm                          |
| <b>Return time</b>        | 5:00 pm                           |
| <b>Biffy stop</b>         | Stoney Nakoda Casino              |
| <b>Trailhead (s)</b>      | Ribbon Creek Parking Lot, Galatea |

## 2020 HIKING SCHEDULE

**MONTH: AUGUST**

**AUGUST 26, 2020      AREA: HIGHWOOD PASS**

| <b>Trail</b>  | <b>Groups</b>   | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|---|-----------------|----------------------|---------------------------|-------------------|
| Piper Pass and return                                 | A1, A2, B1+     | 19.2                 | 617                       | 6                 |
| Tombstone Lakes                                       | A1, A2, B1+     | 20.                  | 625                       | 6                 |
| Rae/Sheep Lake Loop                                   | A1, A2, B1+     | 19.15                | 565                       | 6                 |
| Rae Lake (direct route)                               | B1+, B1, B2+    | 16.3                 | 350                       | 6                 |
| Rae Glacier   | B1, B2+, B2     | 8.8                  | 555                       | 4-5               |
| Elbow Lake/Big Elbow to Piper Creek Junction & return | B2, C1+, C1, C2 | 10                   | 250                       | 4                 |

|                       |                         |
|-----------------------|-------------------------|
| <b>Departure time</b> | 7:30 am                 |
| <b>Return time</b>    | 6:00 pm                 |
| <b>Biffy stop</b>     | Mount Kidd RV Park      |
| <b>Trailhead (s)</b>  | Elbow Pass Day Use Area |

## 2020 HIKING SCHEDULE

**MONTH: SEPTEMBER**

**SEPT. 2, 2020**

**AREA: SMITH DORRIEN**

| <b>Trail (Black Prince Day Use)</b>               | <b>Group</b> | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|---|--------------|----------------------|---------------------------|-------------------|
| Black Prince Lakes                                | A1, A2, B1+  | 10.4                 | 620                       | 5.0               |
| Black Prince Cirque                               | B1+, B1      | 7.8                  | 440                       | 5.0               |
| Avalanche Slope to base Warspite Cascade or AFATP | B2+, B2, C1+ | 3 – 3.5              | 180 – 300                 | 4 – 5             |
| Warspite Lake/Black Prince Circuit                | B2, C1, C2   | 5.5                  | 110                       | 3.5               |
| <b>Trail (Sawmill Day Use)</b>                    |              |                      |                           |                   |
| Sawmill to James Walker Creek                     | B1, B2+, B2  | 5-9+                 | 250-300                   | 4.0               |
| Sawmill – Graupel & High Rockies Loop             | B2, C1, C2   | 7.7+                 | 100                       | 3.5               |

|                       |  |
|-----------------------|--|
| <b>Departure time</b> | 8:00 am  |
| <b>Return time</b>    | 5:30 pm  |
| <b>Biffy stop</b>     | Mount Kidd RV Park                                     |
| <b>Trailhead (s)</b>  | Mount Black Prince Day Use Area & Sawmill Day Use Area |

**SEPT. 9, 2020**

**AREA: LAKE LOUISE**

| <b>Trail</b>                              | <b>Group</b>    | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|---|-----------------|----------------------|---------------------------|-------------------|
| Paradise Valley/Sheol Pass to Lake Louise | A1, A2, B1+, B1 | 14                   | 600                       | 5.5               |
| Big Beehive                               | B1, B2+,        | 10.2                 | 630                       | 4.5               |
| Lake Agnes                                | B2, C1+         | 7.0                  | 400                       | 4.5               |
| Mirror Lake                               | C1+, C1         | 5.4                  | 290                       | 4.0               |
| Lakeshore                                 | C2              | 4.0                  | 25                        | 3.0               |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 8:00 am   |
| <b>Return time</b>    | 5:30 pm   |
| <b>Biffy stop</b>     | Canmore Visitors Information Centre                           |
| <b>Trailhead (s)</b>  | Paradise Valley Parking Lot; Lake Louise Visitors Parking Lot |

## 2020 HIKING SCHEDULE

**MONTH: SEPTEMBER**

**SEPT. 16, 2020**

**AREA: CASTLE JUNCTION**

| Trail                       | Group            | Distance (km)     | Elevation gain (m)            | Time (hrs) |
|-----------------------------|------------------|-------------------|-------------------------------|------------|
| Rockbound Lake              | A1, A2, B1+, B1  | 16.8 out and back | 760                           | 5.5        |
| Tower Lake                  | B2+              | 15.4 out and back | 680                           | 5.5        |
| Tower Lake                  | B2               | AFATP             | 680                           | 5.5        |
| Johnston Canyon to Ink Pots | B2+, B2, C1+, C1 | 11.6              | 335<br>115 m loss to Ink Pots | 4          |
| Johnston Canyon Upper Falls | C2               | 6 or AFATP        | 135m                          | 4          |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 8:00 am   |
| <b>Return time</b>    | 5:15 pm   |
| <b>Biffy stop</b>     | Canmore Visitors Information Centre                   |
| <b>Trailhead (s)</b>  | Rockbound Lake Trailhead; Johnston Canyon Parking Lot |

**SEPT. 23, 2020**

**AREA: SMITH DORRIEN**

| Trail             | Group        | Distance (km) | Elevation gain (m) | Time (hrs) |
|-------------------|--------------|---------------|--------------------|------------|
| Headwall Lakes    | A1, A2, B1+  | 14 km         | 457 m              | 5-6 hrs    |
| Burstall Pass     | B1, B2+      | 15.6 km       | 470 m              | 5-6 hrs    |
| Chester Lake      | B2+, B2, C1+ | 9.0 km        | 300 m              | 4 hrs      |
| Elephant Rocks    | B1, B2+      | 11.0 km       | 350 m              | 5.0 hrs    |
| Three Lake Valley | B1           | 13.4 km       | 540 m              | 5.5 hrs    |
| Burstall Lakes    | C1, C2       | 5 km          | 100 m              | 3.0 hrs    |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 8:00 am   |
| <b>Return time</b>    | 5:30 pm   |
| <b>Biffy stop</b>     | Mt. Kidd RV Park Visitors Centre and trailheads     |
| <b>Trailhead (s)</b>  | Chester Day Use Area and Burstall Pass Day Use Area |

## 2020 HIKING SCHEDULE

**MONTH: SEPTEMBER**

**SEPT. 30, 2020          AREA: KANANASKIS VALLEY**

| <b>Trail</b>  | <b>Group</b>           | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|---|------------------------|----------------------|---------------------------|-------------------|
| Galatea Lakes   | A1, A2, B1+            | 17.5                 | 700                       | 6                 |
| Guinn's Pass  | A1, A2, B1+            | 18                   | 970                       | 6                 |
| Lillian Lake  | B1, B2+,<br>strong B2s | 12.4                 | 492                       | 4.5-5.5           |
| Galatea Trailhead, Terrace Trail to Kananaskis Village and village trails | B2, C1, C1+            | 8                    | 40                        | 4                 |
| Terrace Trail from Kananaskis Village                                     | C1, C2                 | AFATP                | 40                        | 4                 |

|                       |  |
|-----------------------|--|
| <b>Departure time</b> | 8:00 am                                  |
| <b>Return time</b>    | 5:30 pm                                  |
| <b>Biffy stop</b>     | Stoney Nakoda Casino                     |
| <b>Trailhead (s)</b>  | Galatea Day Use Area, Kananaskis Village |

## 2020 HIKING SCHEDULE

**MONTH: OCTOBER**

**OCTOBER 7, 2020      AREA: BANFF**

| Trail   | Groups           | Distance (km) | Elevation gain (m) | Time (hrs)  |
|---|------------------|---------------|--------------------|-------------|
| Sulphur Mountain up, return front side to Bow Falls via Upper Hot Springs Trail | A1, A2, B1+, B1  | 11.2<br>+ 2   | 725<br>+ 75        | 4.5<br>+.75 |
| Tunnel Mountain and return<br>Add Fenland Loop Trail                            | B1, B2+, B2, C1+ | 7.2<br>+2     | 300                | 3.5<br>+.75 |
| Hoodoos via Surprise Corner, return via Tunnel Campground Loop Trail            | B2+, B2,         | 13.2          | 100                | 4.5         |
| Bow Falls and return<br>Add Fenland Loop if time permits                        | C1+, C1, C2      | 6<br>+2       | minimal            | 3<br>+.75   |
| Cave and Basin and return<br>Add Fenland Loop if time permits                   | C1+, C1, C2      | 5.6<br>+2     | minimal            | 3<br>+.75   |

|                       |                                 |
|-----------------------|---------------------------------|
| <b>Departure time</b> | 8:00 am                         |
| <b>Return time</b>    | 5:15 pm                         |
| <b>Biffy stop</b>     | Canmore Visitors Centre         |
| <b>Trailhead (s)</b>  | Sulphur Mountain; Train Station |

**OCTOBER 14, 2020      AREA: BOW VALLEY**

| Trail  | Groups               | Distance (km) | Elevation gain (m) | Time (hrs) |
|--|----------------------|---------------|--------------------|------------|
| Yamnuska Trail to beyond chimney   | A1, A2, B1+, B1, B2+ | 10            | 650                | 5          |
| Yamnuska Trail to Chimney  | B2+, B2              | 9             | 600                | 5          |
| Bow Valley Administration and Visitor Centre to Bow River Interpretive Trail to Many Springs and Middle Lake | B1, B2+, B2, C1+, C1 | 9.6           | moderate           | 4          |
| Middle Lake and Many Springs Trail   | C1, C2               | 6-8           | undulating         | 4          |
| Flowing Waters and Montane   | C2                   | 3.5+          | 50                 | Watch time |

|                       |   |
|-----------------------|---|
| <b>Departure time</b> | 8:00 am   |
| <b>Return time</b>    | 4:15 pm   |
| <b>Biffy stop</b>     | Stoney Nakoda Casino                                    |
| <b>Trailhead (s)</b>  | Yamnuska, Bow Valley Administrative Centre, Middle Lake |

## 2020 HIKING SCHEDULE

**MONTH: OCTOBER**

**OCTOBER 21, 2020 AREA: SHEEP VALLEY**

| <b>Trail</b>  | <b>Groups</b>   | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|---|-----------------|----------------------|---------------------------|-------------------|
| Indian Oils to Upper Gorge Creek                      | A1, A2, B1+     | 18                   | 500                       | 5.5               |
| Mount Hoffman   | B1, B2+, B2     | 8.4                  | 470                       | 4.5               |
| Indian Oils to Seasonal Pond and Hill 617118 or AFATP | B2, C1+         | 11                   | 350                       | 4.5               |
| Dyson Falls   | B2, C1+, C1, C2 | 9                    | 160                       | 3.5               |
|   |                 |                      |                           |                   |
|   |                 |                      |                           |                   |

|                       |                              |
|-----------------------|------------------------------|
| <b>Departure time</b> | 8:00 am                      |
| <b>Return time</b>    | 5:45 pm                      |
| <b>Biffy stop</b>     | Bragg Creek Community Centre |
| <b>Trailhead (s)</b>  | Indian Oils Day Use Area     |

**OCTOBER 28, 2020 AREA: CATARACT**

| <b>Trail</b>   | <b>Groups</b>                                  | <b>Distance (km)</b> | <b>Elevation gain (m)</b> | <b>Time (hrs)</b> |
|--|--|----------------------|---------------------------|-------------------|
| Grass Pass to Bull Creek Hills Loop                    | A1, A2, B1+                                    | 13                   | 930                       | 5                 |
| Grass Pass – Gunnery Creek Circuit (counter-clockwise) | B1, B2+, B2                                    | 9.5                  | 510                       | 4                 |
| Grass Pass and return                                  | B2   | 5.4                  | 425                       | 4                 |
| Fir Creek  | C1+, C1, C2 plus walk to and from Sentinel PRA | 5.4<br>3.2           | 305                       | 4                 |

|                       |                              |
|-----------------------|------------------------------|
| <b>Departure time</b> | 8:00 am                      |
| <b>Return time</b>    | 5:30 pm                      |
| <b>Biffy stop</b>     | Bragg Creek Community Centre |
| <b>Trailhead (s)</b>  | Sentinel PRA                 |