

Contact

Visitor Centre
Open Year Round
Phone: 403-893-3833 ext 5.

Campsite, Group Camp, and Comfort Camping Reservations
Phone: 1-877-537-2757
Web: shop.albertaparks.ca

Alberta Parks Visitor Information
Web: albertaparks.ca
Phone: 1-877-537-2757

Illegal Activity/Public Safety (24/7)
Phone: 310-LAND (5263)

Fire Bans in Alberta
Web: albertaparks.ca/firebans

Emergency (Police, Fire, Ambulance)
Phone: 911

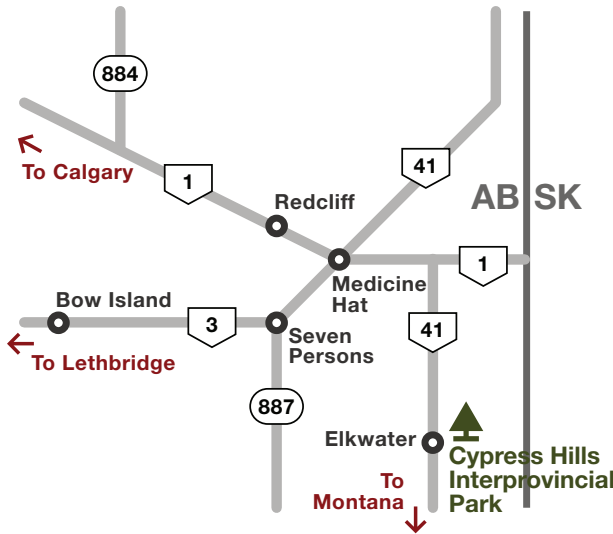


Photo Credit: Travel Alberta
Updated February 2025



Spruce Coulee Trail System

Explore the eastern side of the Cypress Hills with the Spruce Coulee trails system. These trails are multi-use and connect over to the Saskatchewan side of the Cypress Hills.

■ Spruce Coulee – Rodeo Loop

4.1 km loop
A loop trail that starts at the rodeo grounds and takes you right back after touring through spruce forest and open prairie. A great place to see wildlife.

■ Ridgetop – Highline – Spruce Coulee

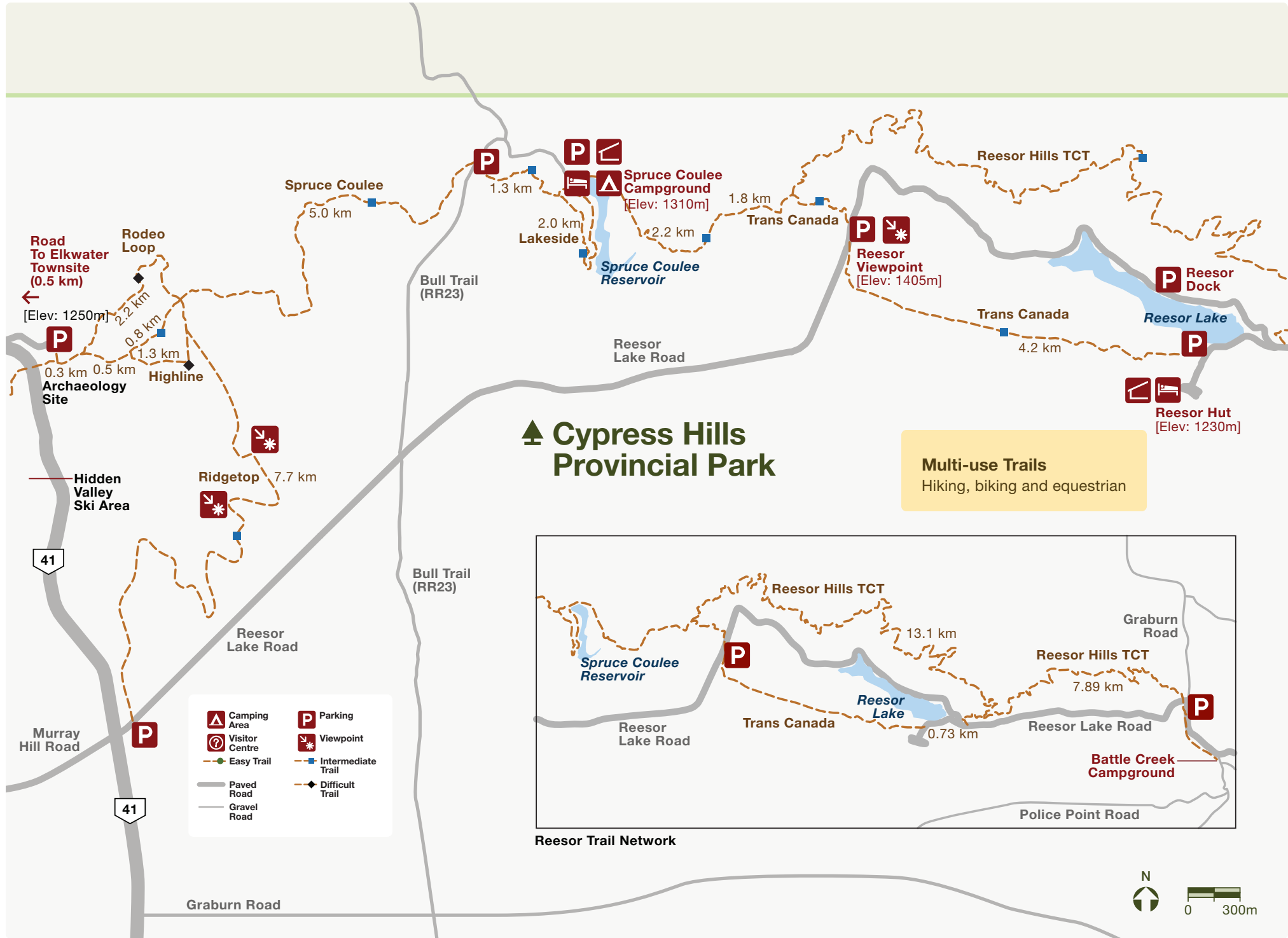
9.8 km one way
Start off on top of the Plateau as you hike past incredible viewpoints that look north into the prairie. The second part of this trail takes you through mature lodgepole pine forests and ends at the rodeo grounds.

◆ Sunset – Spruce Coulee – Trans Canada

17.1 km one way
This hike will take you 17.1 kilometres and almost the entire length of the park. Start at either end and travel through spruce and lodgepole pine forests to open prairie landscapes.

◆ Reesor Hills TCT – Trans Canada

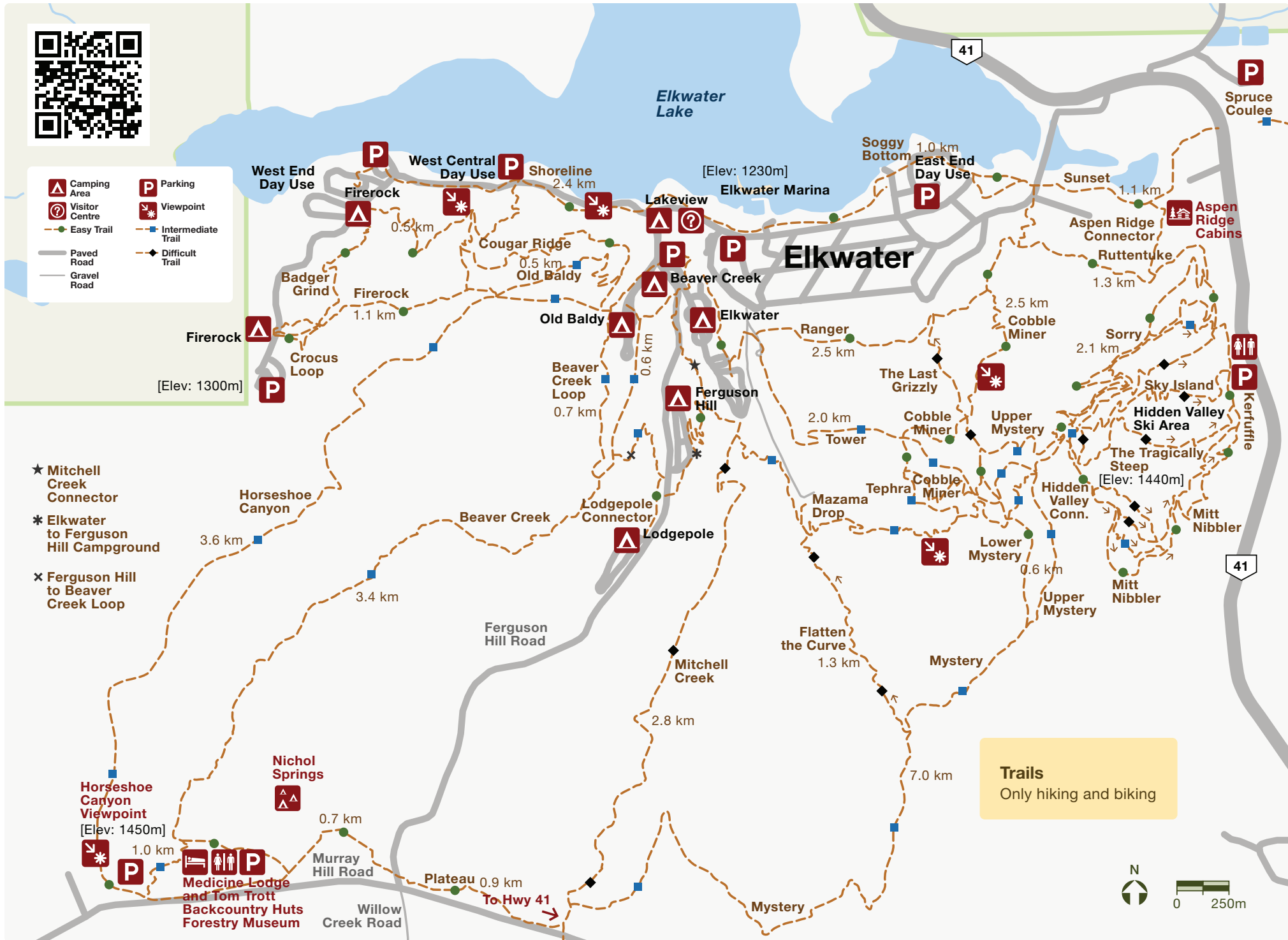
20 km loop
The hike with the best viewpoints in the park. The Reesor Hills trail will take you along the northern edge of the Cypress Hills across the open prairie and through mixed forests. Take the Trans Canada trail back to turn this hike into a loop.



Spruce Coulee trail system map

Cypress Hills Provincial Park

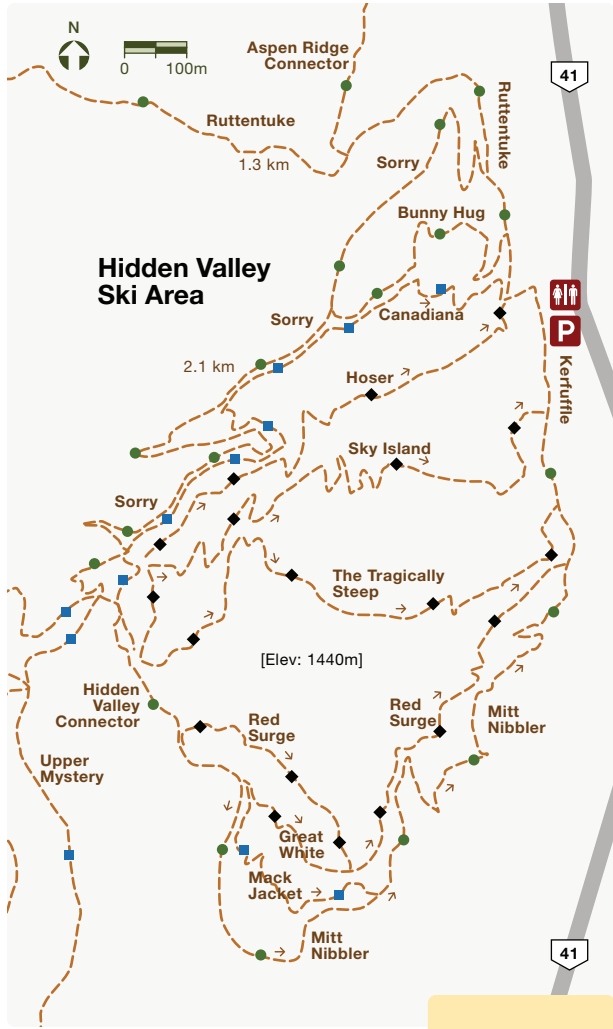




Elkwater trail system map

General Information

The final climb that is the Cypress Hills rises 200 m, the total elevation gain is 600 m above the surrounding prairie. Unique discoveries wait to be found in these prairie and montane environments during every season.



Hidden Valley summer trails

Your Adventure Awaits

Cypress Hills Interprovincial Park – Alberta trails have it all, from accessible hikes along paved paths to adrenaline pumping downhill mountain biking. This trails brochure contains some of our favourite trails and experiences that can be found in the park. However, many more can be found, so get out there and explore!

Elkwater Trail System

The trail system in Elkwater is great for day hikes and cross country rides where you can explore the montane environment of the Cypress Hills. Trails range from double track as found on Horseshoe Canyon, to single track experiences such as the Mystery and Mazama Drop trail.

- **Shoreline – Soggy Bottom**
🚶 3.4 km one way
A gentle paved path with beautiful views over Elkwater Lake. This trail takes you along the lakeshore and across a boardwalk.
- **Shoreline – Firerock – Old Baldy**
🚶 4.8 km loop
Feeling a little adventurous? Take this trail along the lakeshore and then stop at the Old Baldy viewpoint to view the Elkwater Townsite. A paved path, natural path and boardwalk with some short but steeper sections.
- **Beaver Creek Loop**
🚴 🚶 1.3 km loop
Explore a series of old beaver dams on this loop trail that takes you through lodgepole, poplar and spruce forests. The Eastern half of this trail is stroller-friendly.
- **Rangers – Soggy Bottom – Shoreline**
🚴 🚶 3.5 km loop
Loop Elkwater with this trail. It has everything from lakeshore sites to spruce forests. Follow the fire guard as you move through the forest. Keep an eye out for wildlife as they like to frequent this trail.

- **Horseshoe Canyon – Beaver Creek**
🚴 🚶 9.1 km loop
The Cypress Hills classic; hike up to the Horseshoe Canyon Viewpoint and then down through a cool spruce forest on the Beaver Creek trail.
 - ◆ **Horseshoe Canyon – Plateau – Mystery**
🚴 🚶 14.3 km loop
A great hike with a mix of lookouts and forest types. At 14.3 kilometres, this loop is a fantastic challenge as a day hike.
- Hidden Valley Ski Area**
The trails in the Hidden Valley Ski area are mountain bike specific with a mix of flow trails to technical single track. Hiking is not recommended except on Sorry, Ruttentuke and the Aspen Ridge connector.
- ## Trail Safety
- Trails are multi-use; be prepared to share the trail with others.
 - Stay on designated trails.
 - Respect all trail and area closures.
 - Cows are like wildlife – they will generally leave you alone but can become defensive if they feel calves are threatened.
 - Select trails based on your ability and the degree of difficulty shown on the map.
 - Be prepared for sudden changes in weather.
 - Please advise someone of your plans. Take along a map and a basic survival kit.
 - All wildlife can be dangerous. Do not approach, harass or attempt to feed wildlife or livestock.
 - Report any wildlife sighting encounters or an unusual behavior to the Visitor Centre.
 - Please pack out your litter.
 - Dogs must be kept on leash at all times.
 - Ride under control at all times and reduce your speed on corners, narrow spaces or when approaching pedestrians.

