

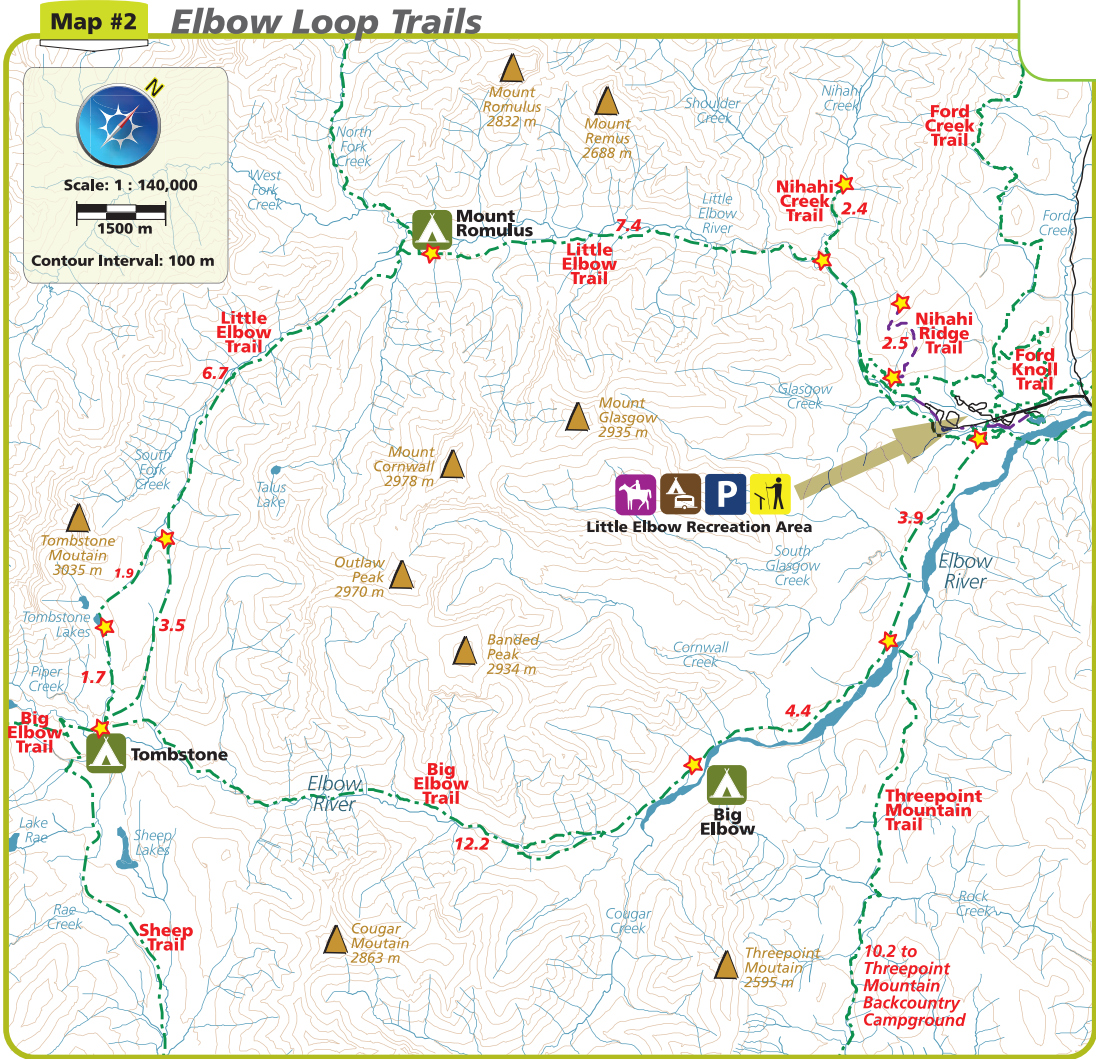
Trails For Hikers		
TRAIL	ACCESS	REMARKS
BEAVER FLATS INTERPRETIVE 1.5 km one way	Beaver Lodge picnic area/Beaver Flats Campground	A flat trail running alongside a series of active beaver ponds with an abandoned beaver lodge next to the trail. Signs describe beaver life.
ELBOW FALLS INTERPRETIVE 1 km return	Elbow Falls picnic area	A short, paved loop that takes you to the viewpoints over Elbow Falls. The upper (left-hand) part of the loop is wheelchair accessible. Signs describe water erosion and management.
FULLERTON LOOP 7 km return 213 m/692 ft.	Allen Bill day use area	You have a choice of getting a workout climbing the ridge edge, or taking the more gradual route up the valley behind. On top of the ridge, there are views to Moose Mountain, west down the valley and south across the Elbow River.
LITTLE ELBOW INTERPRETIVE 2.5 km one way	Forgetmenot Pond picnic area, Little Elbow picnic area	From Forgetmenot Pond, the trail takes strollers through the picnic area to the Little Elbow River, and follows upstream to the end of Little Elbow Campground. Signs describe river ecology.
MCLEAN CREEK INTERPRETIVE 1.2 km return	McLean Creek amphitheatre	A short stroll through pine and spruce forest, wetlands and meadows.
NIHAHI RIDGE 2.5 km one way 390 m/1,280 ft.	Little Elbow Trail, 0.5 km west of campground	Switchbacks up to the shoulder of Nihahi Ridge, a quick dive across the open saddle and then straight up the ridge edge. Great views east down the Elbow River Valley and west up the Little Elbow River Valley.
PADDY'S FLAT INTERPRETIVE 2.2 km return	Paddy's Flat Campground	This trail runs from the campground through mixed woods down to the river and back up to the campground. Riverview Trail is accessed off the west end of the interpretive trail. Brochure describes ecology of Elbow River Valley.
TOMBSTONE LAKES 2 km one way 180 m/590 ft.	Little Elbow Trail, Tombstone backcountry campground	From the campground, the trail follows up Tombstone Creek to the first of the lakes nestled in the arms of Tombstone Mountain. Access to the upper lake is along the north side of the lower lake.

Day Trails For Bikers & Hikers		
TRAIL	ACCESS	REMARKS
RIVERVIEW 4 km one way 102 m/300 ft.	Paddy's Flat Loop Trail, Elbow Valley across from Paddy's Flat Campground turnoff or west of Moose Mountain Road.	This trail meanders through aspen and mixed woods up the escarpment above the Elbow River. Aptly named, this trail has great views of the river canyon. It is also a good wildflower trail.

Trails For Horseback Riders, Bikers & Hikers		
TRAIL	ACCESS	REMARKS
BIG ELBOW 26.5 km one way 350 m/1,150 ft.	Little Elbow Recreation Area	This is the east half of the well-known Elbow Loop. The old fireroad follows the Elbow River upstream past Big Elbow backcountry campground to Tombstone backcountry campground and trail junctions beyond. Views of Threepoint and Cougar Mountains, Mounts Glasgow and Cornwall, and Banded Peak.
THREEPOINT MOUNTAIN 10 km one way 460 m/1,510 ft.	Big Elbow Trail	After fording the Elbow River, this trail climbs steeply over the pass between Threepoint and Forgetmenot mountains, and down to Threepoint backcountry campground.
TOM SNOW 30 km one way 210 m/700 ft.	Station Flats staging area, Dawson Campground	The main connector trail between the Elbow River Valley and Sibbald Creek Valley, this trail winds through foothills to the east and north around Moose Mountain. Used mainly for mountain biking and equestrian.

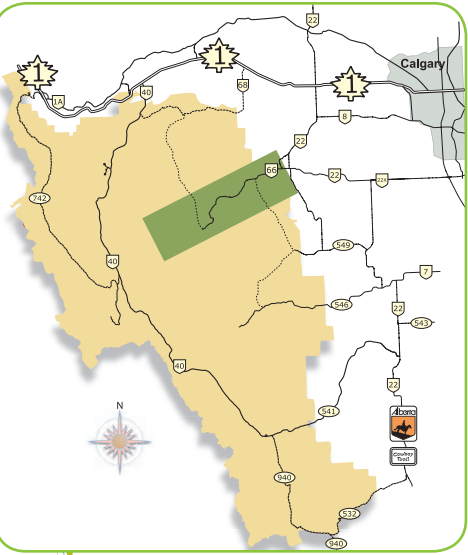
Trails For Horseback Riders, Bikers & Hikers		
TRAIL	ACCESS	REMARKS
DIAMOND T LOOP 5 km return 120 m/390 ft.	Station Flats staging area	Uphill through pine woods, with a short detour to a foothills lookout.
FORD CREEK 18 km one way 590 m/1,935 ft.	Little Elbow Recreation Area	A mountain biking and equestrian trail, this trail follows the eastern foot of Nihahi Ridge.
FORD KNOLL 4 km return 235 m/770 ft.	Forgetmenot Pond picnic area	Climb through the trees on the north side of the loop and descend through open meadows with views down the Elbow River valley
ELBOW VALLEY 10 km one way 365 m/1,200 ft.	Station Flats staging area, Paddy's Flat Campground, Elbow River Boat Launch, Elbow Falls, Powderface picnic areas	Roughly paralleling the highway, the trail winds up and down through forests and meadows. It forms popular loops with Sulphur Springs Trail or Riverview Trail. A ford across Canyon Creek is required.
LITTLE ELBOW 23 km one way 400 m/1,310 ft.	Little Elbow Recreation Area	Half of the popular Elbow Loop, the Little Elbow Trail is an old fireroad that follows west and south along the Little Elbow River, over Tombstone Pass to Tombstone backcountry campground. Views of Mounts Romulus, Remus, Glasgow & Tombstone.
MOOSE MOUNTAIN 7.3 km one way 470 m/1540 ft.	End of Moose Mt. Road	An old fireroad that follows Moose Ridge and switchbacks up Moose Dome. The final kilometre to the lookout is a steep, single-track trail on loose rock.
NIHAHI CREEK 2.4 km one way 240 m/790 ft.	Little Elbow Trail	Follow beside and above the creek behind Nihahi Ridge. When the packed-dirt trail exits onto the dry upper creek bed, a sharp left downstream leads hikers to the Nihahi Creek Canyon with its water-polished rock walls. Hikers can follow the canyon for a kilometre before having to retrace steps.
POWDERFACE CREEK 6.2 km one way 510 m/1,673 ft.	Powderface staging area	This trail follows Powderface Creek up its narrow valley to the Three-trail Pass. The eastern half of the trail is gently rolling, but steeper, rockier terrain is encountered further west.
POWDERFACE RIDGE 7 km one way 640 m/2,100 ft.	End of Highway #66 or Three-trail Pass	A strenuous climb from either end, with great views and flower-filled meadows at the top.
PRAIRIE CREEK 9.2 km one way 180 m/590 ft.	Beaver Lodge parking lot, Powderface staging area or Powderface Road	The first two kilometres of this trail climb the edge of a cool, shaded canyon. Once over the promontory over the creek, the trail drops down and follows a series of beaver ponds and wide meadows. This trail can be muddy.
PRAIRIE LINK 3 km one way 85 m/280 ft.	Powderface Creek or Prairie Creek Trails	This is a cut-off between Powderface Creek and Prairie Creek Trails, shortening a 24 kilometre loop to 11. The trail climbs through forest over the saddle between the two trails.
SULPHUR SPRINGS 5.2 km one way 215 m/705 ft.	Elbow Valley Trail, Moose Mountain Road	The west end of the trail climbs along the escarpment over Canyon Creek through aspen stands, then the trail winds through spruce forest down to the east junction with Elbow Valley Trail.
TRAIL CREEK 2.5 km one way 275 m/900 ft.	Ford Creek Trail, Powderface Road, Three-trail Pass	A connector between Ford Creek Trail, the gravel road and the Powderface Trails (creek and ridge). East of the highway, it climbs steadily through forest to the Three-trail Pass, offering views of Nihahi and Compression Ridges to the west.
WILDHORSE 16 km one way 357 m/1,170 ft.	Little Elbow Recreation Area, Cobble Flats picnic area	Access to this trail requires fording the Elbow River. From the ford at Big Elbow, the trail follows around the north side of Forgetmenot Ridge, then up the valley to the east. Mountain bikers link this trail with the Quirk Creek fireroad through the off-highway vehicle zone.

Backcountry Campgrounds Facilities						
	Number of sites	Picnic tables	Water	Toilets	Firewood/Firepit	Pack Rack/Locker
Big Elbow	6	4	4	4	4	4
Mt. Romulus	14	4	4	4	4	4
Tombstone	11	4	4	4	4	4



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.



Elbow Valley Visitor Information Centre
403-949-4261

Service Alberta Call Centre
(toll free in Alberta)
310-0000

Kananaskis Country Campgrounds
403-949-3132

Backcountry Camping Permits
403-678-3136

For More Information
www.Kananaskis-Country.ca

Cover Photo:
Hiking the upper reaches of the Elbow River — Eric Kuhn

- ## Hiking Safety
- ### Before You Hike
- Plan Ahead!
 - Research your route and check the weather forecast. Ensure you have adequate information to assist with route-finding such as maps, guidebooks or a GPS file of the route.
 - Make a trip plan and let a friend or family member know where you are going and when you plan to return. Canada's AdventureSmart website includes excellent trip planning resources.
 - Ensure that you are carrying a safety communication device such as an emergency personal locator device or a cellular phone. However, note that cellular service is limited in many areas including the mountains.

- Pack appropriate equipment for your outing. Items to consider include: proper footwear, extra layers of clothing including a hat or toque, protection from the sun, wind and insects, a flashlight or headlamp, adequate food and water, and an emergency shelter.

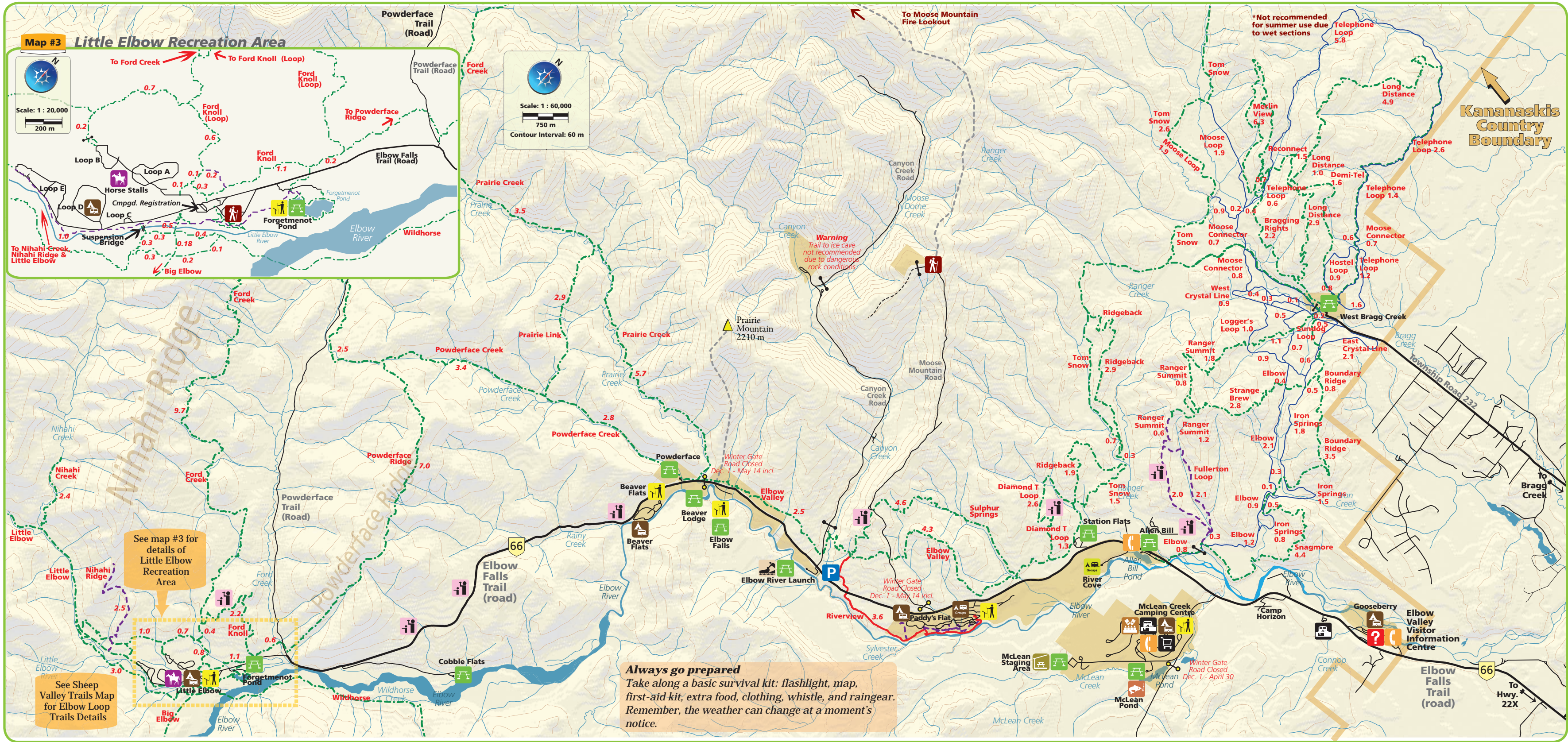
- Carry bear spray year round and know how to use it! Watch this how-to video.

While You Hike

- Stay on established trails and avoid trail braiding.
- Share the trail with other users. During breaks, step off the trail so others can pass.
- Do NOT pick or collect wildflowers or other vegetation including deadfall. Picking or collecting rocks, fossils and artifacts is NOT permitted. Take a photograph instead!
- Do not litter. This includes cigarette butts, seed shells and tissue.
- Occasional shouting will warn wildlife that you are in the area.
- This is especially important near noisy creeks and in dense forest.
- Shouts are more effective than a bell, whistle or horn.

- If you decide to take your dog into the backcountry
- Your dog must be kept on a leash at all times.
- Your dog's waste must be packed out or buried.
- Wildlife regard your pet as either prey or predator.





Wildlife Viewing

Wildlife viewing and photography comes with responsibilities; the most important is respect to all wildlife.

Viewing Distances

These are the minimum distances from wildlife that are applicable in most cases. **Stay back at least**

- 100 metres from bears
- 50 metres from all other large species
- 200 metres from coyote, fox or wolf dens

However, it is up to each person observing wildlife to watch for defensive warning signals. If you see the following defensive warning signals from wildlife, pull back further or leave the area. If you cause an animal to move, you are too close.

- Bears make a "woofing" noise, growl and pop their jaws or swat the ground.
- Bull elk and moose put their heads down and paw at the ground.
- Cow elk flatten their ears, stare directly at you and raise their rump hair.
- Even agitated deer can be dangerous and cause injuries to people.

Other Wildlife Viewing & Photography Guidelines

- Never approach the den site of any species.
- Do not surround, crowd or follow an animal.
- Do not stalk or pursue wildlife.
- Never follow an animal into the bush.
- Do not try to entice wildlife by feeding or by simulating animal calls (e.g. elk bugling).
- Choose the best time of day. Early morning and late afternoon/evening are the best times for viewing many species of birds and mammals.
- Use viewing guides and equipment. Make use of binoculars and spotting scopes to get a close-up look. Bring field identification guides to help you identify what you see.
- If you don't have a telephoto lens for your camera (at least 300-400 mm), show the animal in its natural surroundings.
- The best way to safely photograph wildlife is from a vehicle or observation area.
- Never put people (especially children) at risk by posing them with wildlife.

Traffic & Parking

- If you see a wildlife grazing at roadside, please don't stop. Drive by slowly instead.
- If you must stop to view roadside wildlife
- Avoid stopping along roadways during periods of high traffic volume.
- Do not stop at or near hill crests, corners, or sharp curves and intersections.
- Pull vehicles well onto the shoulder and park safely off the driving lanes. Use roadside pull-offs and parking areas to help avoid traffic congestion around wildlife.
- Use your hazard lights.
- Remain in your vehicle.
- Stay at least 100 metres away even if you're in a vehicle. Wildlife need their space.
- If you get out of your vehicle, do not trample vegetated areas.

These guidelines will cause the least impact on wildlife, ensuring they remain safe and wild. Traffic congestion around wildlife sometimes results in motor vehicle accidents. Drive carefully and be observant of other drivers.