



LEGEND		
	Unmaintained Trail	 Lookout
	Trans-Canada Trail	 Downhill Ski Area
	National Hiking Trail	 Parks Office
	Hiking Trail	 Kananaskis Information Centre
	Biking, Hiking Trail	 Boat Launch
	Horseback Riding, Biking, Hiking Trail	 Amphitheatre
	Biking, Hiking Trail (Barrier Free)	 Building
	Unpaved Road/ Highway	 Viewpoint
	Paved Road/ Highway	 Horseback Riding
	Provincial Park/ Protected Area Boundary	 Fishing
	Contour Lines 50 m	 Climbing
	Day Use Area	 Barrier-free Access
	Vehicle Access Camping	 Parking Lot
	Backcountry Camping	 Trans-Canada Trail
	Group Camping	 National Hiking Trail
	Road Closure	 Emergency Centre
	Kayak Launch	 Gas Station
	Canoe Launch	
	Interpretive Trail	
	Lodging	
	Hostel	

WILDLIFE VIEWING

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

Viewing Distances. Stay back at least:

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

These are the minimum distances from wildlife that are applicable in most cases.

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.

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.

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.

TRAIL NAME

BARIL CREEK *	Branches off of the northern side of Baril Loop Trail. Access: Etherington Creek day use area. 4 km one-way. 200 m / 656 ft. <i>This trail is not maintained for summer use.</i>
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BARIL LOOP *	This old logging trail leaves Etherington Creek, skirts around the base of a large hill and returns to tie back into Etherington Trail. Access: Etherington Trail or Baril Creek Trail. 10.4 km loop, 210 m / 700 ft. <i>This trail is not maintained for summer use.</i>
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CAT CREEK INTERPRETIVE	A short, easy hike with signs describing the natural history of the area. The trail ends at a beautiful 6 metre waterfall. <i>Horses and bikes are not permitted.</i>
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CATARACT CREEK *	This trail leads upstream through recently logged areas towards the head of Cataract Creek. A favourite area for moose. Access: Cataract Creek day use area. 8.4 km one-way. 275 m/900 ft. <i>This trail is not maintained for summer use.</i>
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CATARACT LOOP *	This trail allows you to travel into the head of Cataract Valley and connect onto the Etherington Trail or return via Cataract Trail. Access: Cataract Trail, Etherington Trail. 4.2 km loop. 175 m/600 ft. <i>This trail is not maintained for summer use.</i>
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CUMMINGS CREEK *	This old logging road follows Cummings Creek. It connects Wilkinson and Cataract Valleys and is accessed primarily via Cataract Creek Trail. There is additional access from Wilkinson Summit Trail. 9.2 km one-way. 305 m/1,000 ft. <i>This trail is not maintained for summer use.</i>
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ETHERINGTON CREEK *	A forested logging road through the Etherington Creek valley leading to the top of the watershed and descending into the Cataract Creek valley. Access: Etherington Creek day use area. 11.1 km one-way, 490 m/1600 ft. <i>This trail is not maintained for summer use.</i>
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FALLERS *	The trail passes through rolling terrain and forested areas, some of which were recently logged. Access: Cataract Creek or Oyster Excursion Trails. 6 km one-way. 170 m/560 ft. <i>This trail is not maintained for summer use.</i>
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LOGGERS *	An easy route follows an old logging road alongside a small tributary of Etherington Creek. Access: Etherington Trail. 3.5 km one-way. 60 m/197 ft. <i>This trail is not maintained for summer use.</i>
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OYSTER EXCURSION *	This route follows old logging roads and a seismic line from the Lost Creek Valley over a low mountain pass to the Oyster Creek watershed. Access: Lost Creek Trail, Fallers Trail or Pasque Trail. 11.2 km one-way. 245 m/800 ft. <i>This trail is not maintained for summer use.</i>
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PASQUE *	The route uses old logging roads, seismic lines and an old pack trail to connect the Wilkinson Creek and Oyster Creek watersheds. Access: Wilkinson Summit Trail. 9.2 km one-way. 730 m/2,400 ft. <i>This trail is not maintained for summer use.</i>
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PLATEAU MOUNTAIN	This trail is a wellsite access road leading to the summit of this “flat top” mountain which was left unglaciated during the last ice age. Observe unusual plants and rock formations. <i>Note that bicycles and horses are only permitted on the first 4.3 km of this trail.</i> Access: Forestry Trunk Road (formerly Highway #940), Wilkinson Summit. 6.7 km return. 250 m/ 750 ft. <i>This trail is non-designated, not signed, maintained or regularly patrolled.</i>
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RASPBERRY PASS *	Past logging activity is in evidence on this easy trail which connects the Etherington and Cataract Valleys. <i>Wet, boggy sections make this trail unsuitable for horses and mountain bikes.</i> Access: Cataract Trail, Etherington Trail. 7.5 km one-way. 125 m/400 ft. <i>This trail is not maintained for summer use.</i>
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SKYLINE *	This ridgetop route is aptly named Lost Trail and offers excellent views of the Upper Highwood and Upper Oldman Valleys. Access: Pasque Trail or Cummings Creek Trail or Wilkinson Summit Trail. 8.0 km one-way. 305 m/1,000 ft. <i>This trail is not maintained for summer use.</i>
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UPPER CATARACT FALLS	This easy trail follows Cataract Creek downstream from the campground through a long open meadow then through the forest on the east side of the creek to these scenic waterfalls. Access: Cataract Creek Campground behind campsite #27. 4.1 km one-way. <i>Because of loose footing, stay well back! This trail is non-designated, not signed, maintained or regularly patrolled.</i>
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UPPER RASPBERRY *	A close alternative route for Raspberry Pass Trail. <i>Horseback riders and mountain bikers are advised not to use this trail due to large wet areas that will be encountered.</i> Access: Cataract Trail, Etherington Trail. 4 km one-way. 125 m/400 ft. <i>This trail is not maintained for summer use.</i>
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VALLEY BOTTOM *	This route parallels the Forestry Trunk Road (formerly Hwy. #940) and provides the shortest and most direct route from Etherington Creek Area to Cataract Creek Recreation Area. 6 km one-way. 150 m/500 ft. <i>This trail is not maintained for summer use.</i>
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*** THESE TRAILS ARE PART OF THE CATARACT CREEK SNOWMOBILE TRAIL SYSTEM.**

SNOWMOBILING

Trail Safety

- Trails have been designed for all levels of snowmobilers but changing weather and snow conditions can increase their degree of difficulty.
- Use all trails with caution; hills and other natural hazards can be dangerous.
- Cross roadways with caution. Two-way traffic exists on all trails; please reduce speeds when encountering other trail users and nearing intersections.
- Watch for trail grooming equipment which may be present on major trails.
- Travel on undesignated trails is not recommended.
- For your own safety it is recommended that helmets be worn.
- Please use your headlights at all times; it is just as important to be seen as to be able to see. Don't drive after dark.
- Please drive slowly in and around staging areas and avoid excessive speeds on the trails.
- Don't exceed personal abilities!
- Snowmobilers in avalanche terrain should be equipped with snow shovels and probes, and should wear an avalanche transceiver and know how to self-rescue.

Personal Safety and Comfort

- Never travel alone. Also, make sure that someone knows where you are going and when to expect your return.
- In case of vehicle breakdown carry a repair kit, spare parts, extra fuel and a pair of snowshoes to make walking out easier.
- Proper clothing is essential. For maximum protection wear suitable cold weather clothing. Make sure your face and head are covered to prevent heat loss and reduce the risk of frostbite.
- An emergency kit, complete with first aid equipment, high energy food and a thermos filled with hot liquid should be carried on your snow vehicle at all times.
- Alcoholic beverages generate a false sense of warmth while reducing the body's natural ability to regulate internal temperatures. Drinking can be dangerous in the outdoors. Alcohol and snowmobiles don't mix.

Winter First Aid

Be familiar with the emergency treatment of hypothermia and frostbite. Hypothermia is the lowering of the body's internal temperature through exposure. Early symptoms include uncontrolled shivering, confusion, slurred speech, and loss of coordination. Advanced symptoms include irrational behavior, stupor, and unconsciousness. Hypothermia can result in death so always treat it as a medical emergency. Treatment consists of immediately preventing further heat loss and gradually rewarming the victim's body as follows:

- Get the victim into a warm shelter if possible.
- Remove wet clothing.
- Place as much insulation as posible between the victim and any cold surface. Use blankets, boughs or sleeping bags.
- Increase the victim's internal temperature slowly by using your own body heat.

Remove your clothing as well as the victim's and bundle together in a sleeping bag.

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 GPS files of your route.
- Make a trip plan and let a friend or family member know where you are going and when you plan to return.
- Ensure that you carry a safety communication device such as an emergency personal locator device or a cellular phone. Note that cellular service is limited in many areas of the mountains.
- Pack appropriate equipment for your outing. Some 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 and adequate food and water.
- Carry bear spray year round and know how to use it!

- Do not warm the extremities first. This sends cold blood back to the body's core and further reduces internal temperature. This temperature drop could be fatal.
- Conscious victims should be given sweet warm fluids. Carbohydrates are quickly converted to heat and energy. (Alcohol, caffeine and tobacco may actually worsen the condition).
- Get medical attention as quickly as possible. Frostbite is the freezing of flesh. The body's extremities are most often affected and treatment depends on the extent of frostbite. Initial signs of frostbite include a whitening of the affected area. The skin then takes on a waxy appearance and the area becomes numb in advanced frostbite.
- Take care of the victim's general condition by providing shelter, warmth and warm drinks.
- Gradually warm up affected areas with dry coverings or body heat. A steady warm hand may be applied to exposed skin. Do not rub or chafe a frostbitten area or permanent damage could result.
- Loosen the victim's gloves, boots or rings and anything else of a constricting nature. Advanced frostbite requires immediate medical attention. If you suspect that the extremities are frozen do not thaw the affected area. Thawing must be done under strict medical supervision.

Know The Law

- The Off-Highway Vehicle Act requires that all snowmobiles and off-highway vehicles be registered and insured if used on Crown Land. All OHVs require functioning head and tail lights and must have a licence plate affixed and visible.
- It is illegal to operate a snowmobile on snowplowed roads.
- Disturbing or chasing wildlife is an offense under the Wildlife Act.
- Only snowmobiles are permitted in the Cataract Creek Snow Vehicle Forest Land Use Zone. All-terrain vehicles are prohibited.
- It is a criminal offense to operate your snowmobile when your ability to do so is impaired by alcohol or drugs.
- It is illegal to consume liquor except at a temporary residence as defined under the Gaming and Liquor Act.

Courtesy Counts

- Private vehicles and trailers should be parked in facilities provided at the staging areas.
- Pack out all garbage and use garbage receptacles located at the staging areas.
- Please use the provided fire pits at staging areas and ensure your fire is extinguished when you leave it.
- You will protect the foothills and mountain area by keeping to the designated trails and bridges. The improper use of your over-snow machine can damage the natural environment.
- Notify staff of any trail hazards you encounter.
- For the future enjoyment of all visitors, please protect the environment and keep facilities in good condition.

While You Hike

- Stay on established trails and avoid trail braiding.
- Do NOT pick or collect wildflowers or other vegetation; take a photo-graph 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.

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