

A SPECTACULAR LANDSCAPE

*Nestled in the Canadian Rockies, Peter Lougheed Provincial Park is an area of striking contrast where snow-capped peaks loom over quiet valleys.*

There are over 75 km of groomed cross-country ski trails in the Kananaskis Lakes area of Peter Lougheed Provincial Park. Most trails are designed to be easy or intermediate—containing few difficult sections—and vary from 0.6 to 10 km one-way. The Pocaterra Hut and the Visitor Information Centre are ski information and warm-up centres.

Kananaskis Country has additional cross-country ski areas near Peter Lougheed Provincial Park: Mount Shark has groomed and track set trails and is excellent for skate skiing and race training. (42 km north on the Smith-Dorrien/Spray Lakes Trail); Canmore Nordic Centre, site of the 1988 Winter Olympic Games Nordic events; and north on Highway #40 are 60 km of groomed trails at Ribbon Creek.

*For information about any of these great cross-country ski areas or for information about snowshoeing, stop at one of our Visitor Information Centres or phone 403-591-6322.*



TRAIL INFORMATION

Please use the trail map on the reverse side to plan your ski route. Maps and additional trail information are posted at all intersections of designated trails.

**AMOS—2.5 km—Easy/Intermediate**

A narrow winding trail that offers three ski loops by connecting with **WHEELER**, **LYNX** or **WOOLLEY TRAILS**.

**BLUEBERRY HILL—3.2 km—Difficult**

From Elk Pass parking lot, follow the Elk Pass Trail for about 5 km to the **BLUEBERRY HILL** junction. From this junction, you will gain 305 m in elevation before reaching the trail end. The run is long and can be fast. The view from the summit is superb.

**BOULTON CREEK—2.5 km—Easy/Intermediate**

This trail follows **BOULTON CREEK** for about 2 km, passing through willow thickets and evergreen forest. Dippers, one of the few winter resident birds in the valley, are often seen along this trail.

**BRILLE—2.0 km—Easy**

This trail follows the powerline from the **WILLIAM WATSON LODGE** area, crosses **LOGGEPOL** **TRAIL** once and then links up with it again 1.3 km later.

**COME ALONG—1.5 km—Intermediate**

A narrow, hilly trail through the forest. For those skiing this part of the valley, this trail offers more challenge than **POCATERRA TRAIL**.

**ELK PASS—7.3km—Intermediate**

This trail takes the ambitious skier to the Alberta/British Columbia border and rises 240 m in elevation. Spectacular views and excellent snow conditions are the rewards after the long uphill just beyond the **ELK PASS TRAILHEAD**.

**FOX CREEK—1.6 km—Easy**

This trail offers an easier route to **ELK PASS** than the **ELK PASS TRAIL**, since it bypasses a difficult hill in the first 1.5 km of the **ELK PASS TRAIL**.

**HYDROLINE—3.9 km—Intermediate**

Another connector between **PATTERSON TRAIL** and the junction of **ELK PASS** and **TYRWHITT TRAILS**. Groomed for skating.

**LOGGEPOL—4.2 km—Easy**

An easy run through lodgepole pine forest. There is one steep, challenging hill near the junction with **MEADOW TRAIL**. Watch for cars when crossing the roads.

**LOOKOUT—5.2 km—Difficult**

From the junction of **POCATERRA** and **TYRWHITT** Trails, it is a hard, steady uphill climb (215 m elevation gain) to the fire lookout and fantastic views of the valley. The downhill sections to **HYDROLINE** and **TYRWHITT** are very difficult and for accomplished skiers only.

**LOWER LAKE—1.4 km—Easy**

This easy trail provides access to the **LOWER LAKE GROUP CAMP**.

**LYNX—1.9 km—Intermediate**

One-third of this trail is considered intermediate in difficulty. An interesting ski loop of about 10 km is made by starting from the **POCATERRA** ski parking area and taking **POCATERRA TRAIL** to **LYNX** and then returning via **WOOLLEY** and **MEADOW TRAILS**. Exciting roller coaster terrain makes this trail a nordic favourite.

**MEADOW—4.3 km—Intermediate**

This trail passes through rolling forest terrain. Watch for tricky curves on the hill approximately 1 km along the trail from the **VISITOR CENTRE TRAILHEAD**. Be careful when crossing the park roads.

Peter Lougheed Provincial Park is part of the Central Rocky Mountain Ecosystem. The wildlife you see here move throughout this large ecosystem. To help protect the animals and the health of the ecosystem, please minimize your impact on the environment.

**MORAINE—2.4 km—Intermediate**

This trail, when combined with a short section of the **FOX CREEK TRAIL** and the **BOULTON CREEK TRAIL**, makes for an enjoyable 4.6 km loop.

**PACKERS—3.1 km—Difficult**

Skiing this trail from the **BOULTON** area to **POCATERRA TRAIL** is relatively easy, but the reverse course can be difficult, especially under icy conditions.

**PATTERSON—0.9 km—Intermediate**

This linkage trail provides access from **HYDROLINE** to **ELK PASS TRAILS**.

**POCATERRA—10.5 km—Easy/Intermediate**

This easy and popular trail connects to nine other trails, so a variety of ski loops are made available for beginners to experts.

**ROLLY ROAD—1.5 km—Intermediate**

This trail begins with a steep uphill climb. Once you reach the hilltop, **ROLLY ROAD** is just as the name suggests.

**SINCLAIR—2 km—Intermediate**

This is a pleasant ski with a few fast downhill sections through a lodgepole pine forest.

**SPRUCE ROAD—0.8 km—Easy**

This short trail is an easy ski in the vicinity of the **WILLIAM WATSON LODGE**.

**STROIL—0.8 km—Difficult**

This trail links **COME ALONG** and **POCATERRA TRAILS**. Try the short uphill on **STROIL** to get the long quick downhills that **COME ALONG** has to offer.

**TYRWHITT—4.5 km—Intermediate**

This trail runs through the gently rolling **TYRWHITT VALLEY** from the south end of the **POCATERRA TRAIL** to **ELK PASS**. The trail is at the 1981 m elevation level and considerable snow accumulation allows for skiing as late as May. For your safety, please **do not stop between the "Avalanche Danger" signs**.

**WHEELER—4.7 km—Intermediate**

This is one of the most popular trails in the park. You'll encounter one difficult steep section on the **WHEELER TRAIL**, particularly if conditions are icy.

**WHISKEY JACK—4.5 km—Intermediate**

A few abrupt downhills make for fast descentes on this challenging, exciting trail.

**WILLIAM WATSON LODGE ACCESS—0.6 km—Easy**

This short trail connects **SPRUCE ROAD** and **WILLIAM WATSON LODGE** to the rest of the park trails.

**WOOLLEY—2.3 km—Intermediate**

This trail links the **MEADOW** and **LYNX TRAILS** and bypasses the **ELKWOOD** parking area. An enjoyable loop can be created by combining the **WOOLLEY TRAIL** with the **AMOS** and **MEADOW TRAILS**.

**To report a sighting of a bear or a cougar:**

Please call Kananaskis Dispatch at 403-591-7755

**For more information:**

Peter Lougheed Visitor Information Centre 403-591-6322

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

[www.Kananaskis-Country.ca](http://www.Kananaskis-Country.ca)

Winter Safety Tips

It's easy to be deceived by a beautiful day and find yourself unprepared for extreme winter conditions that can develop quickly.

Skiers are strongly urged to consider the following tips for their own safety:

- \* Carry appropriate winter clothing, particularly a warm hat, even on pleasant days.
- \* Carry high energy foods such as chocolate and/or dried fruit and plenty of water.
- \* Insulated blankets and waterproof matches are invaluable in an emergency.
- \* Be prepared, consider duct tape or even spare parts in case of equipment failure.

Travel beyond designated areas is not recommended because of avalanche danger and the possibility of getting lost.

**EMERGENCY**

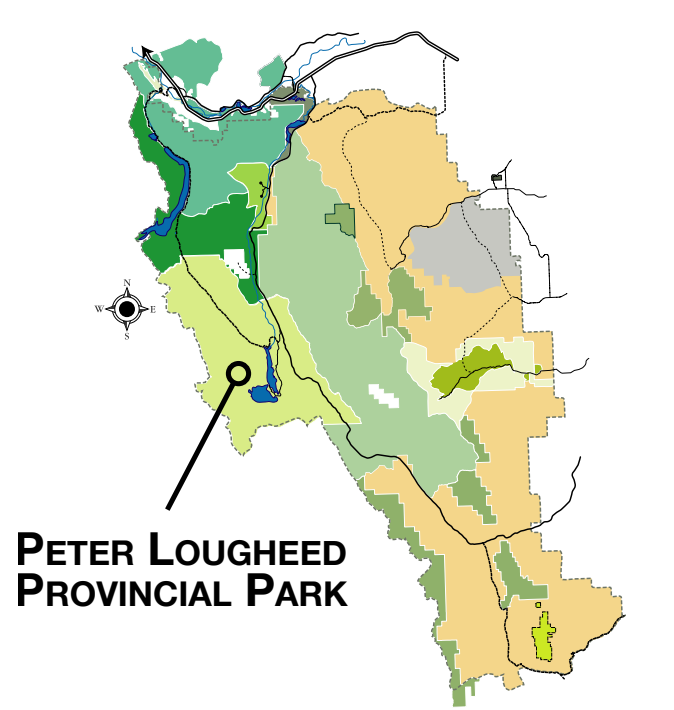
If you require Fire, Ambulance, Police or Mountain Rescue assistance, immediately call 9-1-1. Tell the operator you have an emergency in Kananaskis Country. Be aware cell phones do not currently work in Peter Lougheed Provincial Park.



FOR MORE INFORMATION

Visit or contact the  
Peter Lougheed Provincial Park  
Visitor Centre (403-591-6322)  
where these brochures are available.

PETER LOUGHEED PROVINCIAL PARK LOCATOR IN KANANASKIS COUNTRY



PETER LOUGHEED PROVINCIAL PARK

WINTER TRAIL ETIQUETTE

These are guidelines appropriate to all trail users.

- ▶ Don't walk or snowshoe on designated ski trails ...it's dangerous for all users and ruins the groomed trails.
- ▶ Keep the trails clean Watch out for accidental litter at lunch or snack breaks.
- ▶ Don't let the trails go to the dogs Remember—Fido isn't permitted on groomed trails. He's allowed only on non-groomed trails, provided he's on a leash and you remove his waste from the area.
- ▶ When nature calls... ...and there's no outhouse? Carry a plastic bag to pack out your used paper and sanitary supplies.
- ▶ Don't park on the trail If you stop to eat, change clothing, or take a photo—step off the trail, so others won't have to.
- ▶ Watch your poles when passing It's sure nice when a skier steps off the track to let you by. Tuck your poles in when you pass.
- ▶ Yield to skiers coming downhill It's easier for an uphill skier to step off the trail than it is for the faster skier coming down.

Peter Lougheed Provincial Park Cross-country Ski Trails

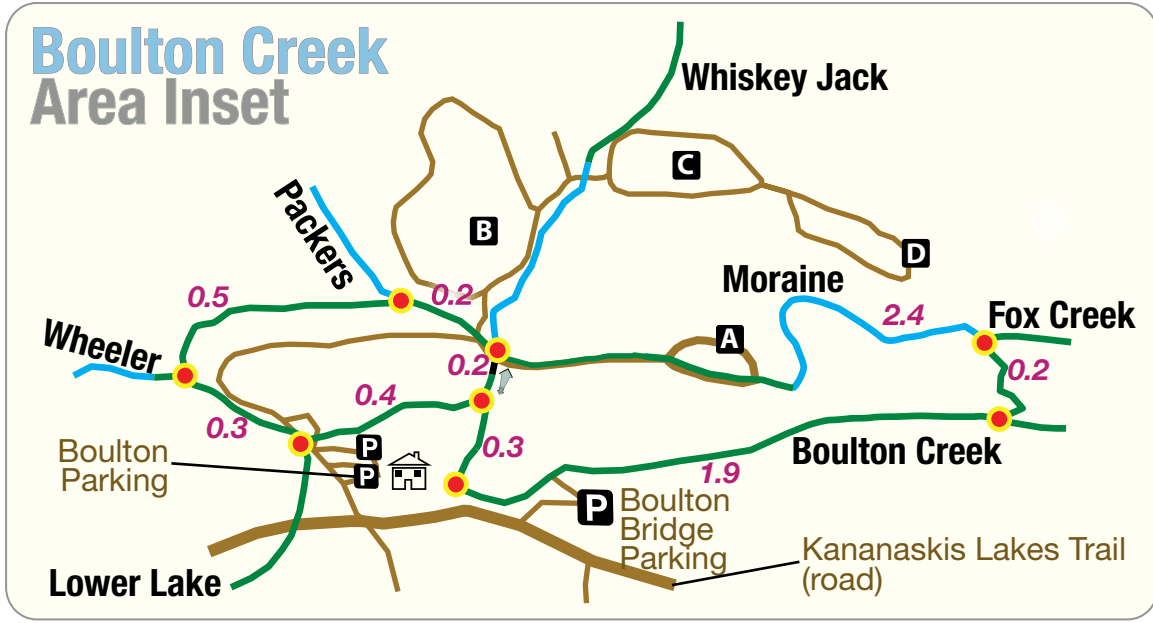


Kananaskis  
Country



Alberta Parks

# Peter Loughheed Provincial Park Cross-Country Ski Trail System



## Legend

Total one-way distance

Amos		2.5 km
Blueberry Hill		3.2 km
Boulton Creek		2.5 km
Braille		2.0 km
Come Along		1.5 km
Elk Pass		7.3 km
Fox Creek		1.6 km
Hydroline		3.9 km
Lodgepole		4.2 km
Lookout		5.2 km
Lower Lake (Group Camp)		1.4 km
Lynx		1.9 km
Meadow		4.3 km
Moraine		2.4 km
Packers		3.1 km
Patterson		0.9 km
Pocaterra		9.7 km
Rolly Road		1.5 km
Sinclair		2.0 km
Spruce Road		0.8 km
Stroil		0.8 km
Tyrwhitt		4.5 km
Wheeler		4.7 km
Whiskey Jack		4.5 km
William Watson Lodge Access		0.6 km
Woolley		2.3 km

### Trail difficulty

- Easy
- Intermediate
- Difficult
- Mixed Easy/Intermediate

### Graphics

- Parking
- Visitor Information Centre
- Viewpoint
- Road
- Access Road
- Distance between junctions in km
- Downhill
- Uphill