

Evergreens Seniors Outdoors Club Summer Hiking Schedule 2019

– updated July 4, 2019

All trips by bus except those noted (in April) as carpool

Carpool trips – meet at trailhead at 9:30am

April 11 – AGM – Confederation Park Carpool - Day Leader Hugh Powell

April 18 – Glenbow Ranch Carpool - Day Leader John McLean

April 25 – Cross Conservation Area Carpool - Day Leader Bob & Sheila Perkins

Bus Trips

All bus trip departures: **8:00 am Rosemont; 8:15 am Montgomery**

5 hours hiking time (last drop off to first pickup) unless noted – 5.5 Hrs in red ; less than 5 hrs in brown; some trips where return to Calgary may be 6pm or later are noted.

May 2 – West Bragg Creek, Day Leader Greg McKenzie

BB and pickup – Bragg Creek Community Centre; bus dropoff/pickups: West Bragg parking

A, B1 Braggin' Rights/Merlin View/Reconnect/Long Distance 15km 600m

B1, B2 – Boundary Ridge/Strange Brew/Ranger Summit 8.5km 350m

C – Braggin' Rights/Long Distance/Demi-tel/Snowshoe Hare 7km 150m - Art

May 9 – Banff Townsite, Day Leader Keith Bagnall

BB – Banff bus station; bus dropoff/pickups: Bus Station, Upper Hot Springs parking; bus stays at Upper Hot Springs

A, B1, B2 – Sulphur Mountain, 11 km, 655 m – option to take gondola down (free this day)

B2 – Tunnel Mountain, 8km, 260 m

C – Bus Station to Bow Falls - minimal elevation

May 16 – Wasootch Ridge, Kananaskis Village area, Day Leader Kiyoko Miyanishi

BB- Barrier Vistor Information Centre; bus dropoff/pickups: Wasootch Day Use, Ribbon Creek, Kananaskis Village

1 – A/B1 Wasootch Ridge (to 2nd cairn) - 11 km 760 m elevation gain – option to go further

2 – B1/B2 Hummingbird Plume Lookout (13 km 475 m)

3 – B2 Ribbon Creek AFATP, then come back on Kovach to the village. 12 km and 200 m

4 - C – Troll Falls-Ruthie's-Hidden or other trails in Village area 7km 150m

May 23 – Drumheller and area – 4 hours hiking time, Day Leader Glen Campbell;

BB - Badlands Community Centre, 80 Veterans Way, Drumheller or Tyrrell Museum

Bus dropoff/pickups: Badlands Community Centre; Royal Tyrrell Museum; Horsethief Canyon

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1. A, B1: Horsethief Canyon badlands, north of Royal Tyrrell Museum on Hwy 838 (N Dinosaur Trail). Supposed 19th century outlaw hiding place. A few set trails but no signage, afatp. The bus will remain at the Canyon parking lot.
2. B2: Royal Tyrrell Museum, 6.5 km to Pioneer Trail Centre, 160 3 St W, Drumheller, or continue SE along Red Deer River and back to Pioneer Trail Centre, afatp. Negligible elevation change.
3. C: From Badlands Community Centre, pathways along Red Deer River, riverside park and return, 4 km, or continue downstream for 2 km and return to Pioneer Trail Centre, 7 km. Negligible elevation change.

May 30 – Sheep Valley area, 4.5 hrs Day Leader Keith Bagnall

BB & pickup – Turner Valley Library; bus dropoff/pickups: Sheep River Station

A, B1 – Long Prairie Ridge & Sandy McNabb hills – 12km, 500m

B1 – Long Prairie Ridge-Pine Ridge-Macabee loop – 11km, 300m

B2– Long Prairie Ridge-Pine Ridge loop – 8.2km, 150m

C – Long Prairie Loop, 6km 150m

June 6 – Dry Island Provincial Park, Long drive – possible 6pm return Day Leader: Bernie Nemeth

Note that this trip is weather dependent

BB Three Hills Community Centre (to be arranged); bus dropoff/pickups: Dry Island parking

A- Dry Island 9 km 200 m

B1/B2 -Buffalo Jump 7.5 km 270 m Start at parking area and visit the buffalo jump.

B2/C -Hiking in the valley

C – Dry Island Area AFATP

June 13 – Bow Valley PP and Yamnuska, 4.5 hrs Day Leader Craig Barnstable

BB - at trailheads; Bus dropoff/pickups: Yamnuska trailhead, BVPP-Middle Lake parking

A – Yamnuska East Ridge past ‘chimney’ and return 11km 800m

B1/B2 – Yamnuska East Ridge 7km 440m

B1/B2 from Middle Lake parking lot to Moraine Trail, Bow River Trail, to Many Springs; then to Elk Flats and back to Middle Lake Parking Lot, 8.5 km, 75m

C - Middle Lake to Bow River and return – 5km minimal elevation

June 20 – Little Elbow area Day Leader Kyra Fisher

BB & pickup – Bragg Creek Community Centre; Bus dropoff/pickups: Little Elbow Parking

A – Nihahi Ridge – south summit, 11 km, 750m (minor scramble)

B1/B2 – Nihahi Ridge viewpoint, 8 km, 450 m

B2/C – Little Elbow to former Blue Bridge or up Nihahi Creek Trail AFATP 10km 75m

June 27 – ~~Raspberry Ridge / Mt. Burke~~ Changed to Elbow Falls area – 4 hr hike due to thunderstorm risk in weather forecast – Day Leader Nardi Meden

A – Mt. Burke, 12 km, 884m

B1 – Raspberry Ridge, 9 km, 650 m

B2/C – Raspberry Ridge trail - afatp

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July 4 – Mt. Lipsett / Highwood Pass area, 5.5 hrs, Day Leader Greg Peter Kubica – Cancelled due to low signup (weather forecast)

BB Mt. Kidd; Bus dropoffs: Mt. Lipsett, Highwood Pass; Pickups: Highwood Pass, Mt. Lipsett, Hwy 40 4.5km north of Mt. Lipsett trailhead

A – Mt. Lipsett horseshoe 10 km 800 m (some bushwhacking)

B1– Mt. Lipsett 14 km 720 m

B2 – Mt. Lipsett AFATP

C – Ptarmigan Cirque 5 km 230 m or other trails in Highwood Pass area

July 11 – Sunshine Meadows / Healy Pass, 5.5 hrs - Day Leader Barb Brunton

BB – Banff Bus Station; Bus dropoff/pickups: Sunshine parking

NOTE: Must buy Gondola/Standish Chair ticket at Sunshine parking lot (2019 price: \$37 for seniors)

A – Healy Pass from either parking or top of gondola 19km 660m

B1/B2 – Sunshine Village to Simpson Pass 11.2km 280m

B2/C - Loop up Rock Isle Trail then Garden Path Trail, including Grizzly, Laryx and Rock Isle lakes, 8 km 150m

C – Banff trails from Bus Station

July 18 – BBQ – Short hikes in Kananaskis Village area, Day Leader Cheryl Whitehead

July 25–Takakkaw Falls / Emerald Lake (long drive – 6pm return), Day Leader Steve Whittingham

BB – Field Visitor Centre; Bus dropoff: Takakkaw Falls, Emerald Lake; bus stays at Emerald Lake no other pickup

A – Takakkaw Falls to Emerald Lake via Burgess trail, 17 km, 725 m

B1/B2 – Takakkaw Falls to Emerald Lake via Yoho trail, 12 km, 290 m

B2 – Emerald Basin 9km 300m

C – Around Emerald Lake, 6 km minimal elevation gain

August 1– Bow Lake, Helen Lake, 5.5 hours (long drive – 6pm return), Day Leader Greg McKenzie

BB Lake Louise visitor Centre; Bus dropoff/pickups: Helen Lake trailhead; Num-ti-jah Lodge

A – Bow Hut, 16 km 400m

B1 – Helen Lake and ridge above lake, 14 km 550 m

B2 – Helen Lake, 12 km 422 m

B2 – Bow Glacier Falls 9.4 km 100m

C – Bow Lake to Bow Glacier View Point 8 km 90 m

August 8 – Buller Pass area, Day Leader Eric Leavitt

BB Mt. Kidd; Bus dropoff: Buller Day Use PL; pickups: Buller Day Use

A – North & South Buller Passes 16km 820m

B1 – (South) Buller Pass 13km 670 m

B2 – Meadows before Buller Pass 11km 500m

C – Buller Pond to Spray Lake & return 3km 30m and/or High Rockies Trail AFATP

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August 15– Icefields - Wilcox Pass/ Tangle Creek, Parker Ridge (long drive – 8pm return) - Day

Leader: Eric Leavitt

BB Lake Louise Visitor Centre; Bus dropoff/pickups: Nigel Pass parking; Parker Ridge trailhead; Wilcox Pass parking; bus returns to Wilcox Pass after 4 hrs and returns to Icefields Visitor Centre to wait – Eric pls update this.

A – Nigel Pass, 14 km, 300 m

A,B1 – Wilcox Pass / Tangle Creek, 12 km, 370 m

B2 – Wilcox Pass and return, 8 km, 390 m

B2,C – Parker Ridge, 5.4km 250m

C – Wilcox Pass (2.4km ret. To first viewpoint; 8km return to pass) AFAP

August 22 – Cory/Edith Pass and Banff, 5.5 hrs Day Leader Steve Whittingham

BB Banff Bus Station; Bus dropoff/pickups: Cave & Basin; Cory Pass; bus stays at Cory Pass

A,B1 – Cory/Edith Pass & Gargoyle Valley, 13 km, 1,000 m

B2 – Cory Pass trail to downstep and return 7km, 550m (steep)

C – Cave & Basin area trails AFATP

August 29 – Old Goat Glacier / West Wind Pass, 4.5 hrs Day Leader: Peter Kubica

BB Mt. Kidd; Bus dropoff/pickups: Spray Lake West Side Road PL, Spurling Creek (bus returns to Spray Lake West Side Road PL

A/B1 – Old Goat Glacier 11 km, 720m

B2 -West Wind Pass 6km 380m

C – Old Goat Creek to falls, return to Spray Lake shore 5km 100m

September 5 – Highwood Pass area, Day Leader Gary Kerr

BB Mt. Kidd; Bus dropoff: Elbow Pass PL, Highwood PL – pickups: Highwood PL, Elbow Pass PL and Little Highwood PL

A – Pocatererra Ridge S to N, 11 km, 750m

B1 – Grizzly Col, 8 km, 518 m

B2 – Rae Glacier, 8 km, 400 m

C – Elbow Lake, 3 km, 137 m

September 12 -- Burstall Lakes area, 5.5 hrs, Day Leader Jane Heward

BB Mt. Kidd; Bus dropoff/pickups: Burstall day use

A – Col overlooking French Glacier plus Piggy Plus 15 km 700 m

A/B1 – Burstall Pass 15 km 500 m

B1 – Piggy Plus 12.5 km 500m Great view of Robertson Glacier Valley

B2 – Meadows before Burstall Pass 11km 250m

C – Burstall Lakes and alluvial fan 7 km. 150 m.

September 19 – Moraine Lake & Larch Valley, Day Leader Marilyn Hardie

BB – Lake Louise Visitor Center; Bus dropoff: Moraine Lake; pickups: Moraine Lake & Paradise Valley trailhead

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A+ - Sentinel Pass, Lake Annette, Paradise Valley 17 km, 720m

A – Wenkchemna Pass AFATP 19km, 720m

B1 – Eiffel Lake (Valley of 10 peaks), 13 km, 365 m

B2 – Larch Valley, 6 km, 400 m

C – Larch Valley AFAP

September 26 – Upper Kananaskis / Rawson Lake area, Day Leader Norman Wardlaw

BB Mt. Kidd; Bus dropoff: Upper Kananaskis Lakes day use, North Interlakes PL; pickups: Upper Kananaskis Lakes day use

A/B1 Rawson Lake/Rawson Ridge (Sarvail Ridge) 11 km 670 m

B2 Rawson Lake 8 Km 305 M

B2 Upper Kananaskis Lake Trail – North Interlakes PL to Upper Lake Day Use 11km 100m

C - Mt Everest Exhibition Tr loop 3.5 Km 100 m

October 3 – Stanley Glacier and Marble Canyon, Day Leader Jill Johnston

BB – Banff Bus Station; Bus dropoffs: Stanley Glacier, Paint Pots; pickups Paint Pots, Stanley Glacier; bus waits at Paint Pots

A - Stanley Glacier Trail and beyond 10 km 400m elevation gain

B1, B2 - Stanley Glacier 8.4 km 365 m

B2/C - Paint Pots to Marble Canyon 6.8 km 40 m elevation

C – Paint Pots & Marble Canyon trails (2km 25m plus 1.6 km 40m)

October 10 – Rummel Lake, Tryst Lake; Day Leader Al Millar

BB Mt. Kidd; Bus dropoffs: Rummel Lake trailhead, Tryst Lake trailhead; pickups Engadine Lodge, Rummel Lake trailhead (bus waits at Engadine Lodge – confirm ok with Lodge)

A,B1 – Rummel Pass 16 km, 560 m

B1/B2 – Rummel Lake 10 km, 350 m

C – Tryst Lake, 6 km, 260 m

October 17 – Bull Creek Hills / Grass Pass area & Turner Valley (Long drive but should be back before 6pm), Day Leader Bernie Nemeth

BB & pickup Turner Valley Library; Bus dropoffs: Grass Pass, Gunnery Creek; pickups: Grass Pass (Sentinel Day Use), K Country Boundary flags; Turner Valley library (bus waits at Sentinel Day Use if open)

A – Bull Creek Hills traverse: Grass Pass to Marston Creek 10 km 780m

B1 - Grass Pass to Bull Creek Hills 10.5km 700m

B2 Grass Pass Trail, return via Gunnery Creek, 7.5 km, 350m

C – Gunnery Creek 6.5 km 350m AFATP

C – Turner Valley to Black Diamond and back AFATP - 8 Km negligible elevation

October 24– Barrier Lake area Day Leader Kiyoko Miyanishi

BB – Barrier Lake Visitors Centre (check opening time); Bus dropoff/pickups: Barrier Lake Day Use

A - Jewell Pass - Prairie View loop (incl. Barrier Lookout) 16km 630m

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B1 – Prairie View Trail to Barrier Fire Lookout 14km 630m

B2 – Prairie View trail to McConnell Ridge viewpoint overlooking Barrier Lake, 10 km 500m

B2 – Jewell Pass trail to Jewell Falls 10 Km 75m

C - Stony Trail to Jewell Bay 8km 50m

October 31 – Canmore and area Day Leader Mike Gervais

BB – Canmore Visitors Centre; Bus dropoff: Cougar Creek, Grassi Lakes; Pickups: downtown (Legion), Cougar Creek

A, B1 – Mt. Lady Macdonald 8 Km 855m SIGNIFICANT ELEVATION GAIN IN SHORT DISTANCE

B1 – Montane Trail and return to Cougar Creek trailhead – 7.5km 250m

B2 – Grassi Lakes then hike downtown 7 km. 245 m

C - from Grassi Lk. Trail head: east from power plant / Quarry Lk./Canmore Cr/ Legion - 6km

November hikes will be added if weather permits.

**** Possible alternate hikes if planned hike cannot be done due to conditions or closures **:**

Chester Lake

BB Mt. Kidd; Bus dropoff/pickup Chester parking

A,B1 – Chester Lake, Elephant Rocks and beyond, 12+ km, 500 m

B2 – Chester Lake, 8.6 km, 300 m

C – Burstall Lake Loop, 5.2 km, 91 m OR Chester Lake AFATP

Banff - Lake Minnewanka, 5.5 hours

BB - Canmore visitors Centre; bus pickup/dropoffs; Lake Minnewanka PL, Upper Bankhead PL

A – From the Lake to Aylmer Lookout AFATP 24km 580m PLEASE WATCH YOUR TIME!

B1 - Lake Minnewanka Trail to campsite Lm8, 15.8 km, 150m.

B2 - C Level Cirque, 8 km, 455m

C - Stewart Canyon, 5.4 km, minimal elevation change

Elbow Falls Area

BB & pickup – Bragg Creek Community Centre; Bus dropoff/pickup Powderface PL; Powderface Ridge PL

A, B1 – Powderface Ridge (south to north) 15km, 800m

B1 - Powderface Creek (from the east) 14km 500m AFAP

B2 - Powderface/Prairie Creek Loop, 11 km, 210m OR Elbow Valley Trail AFATP and back

C - Prairie Cr.' Lookout' / Beaver Flats / Elbow Falls – 7 km. 125 m

Optional Prairie Mountain

from Paradise Valley parking lot (Moraine Lake Road)

A – Paradise Valley, Giant Steps, 20 km, 385 m

B1, B2 – Lake Annette, 11.4 km, 245 m

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C – from Moraine Rd follow Fairview ski trail to Lk. Louise, 4.3 km, 70 m/Fairview Lookout from Lk. Louise, 1 km, 140m. Also alternate from Lake Louise Plain of 6 Glaciers AFAP

Black Prince Area – larch season

BB: Mt. Kidd

A/B1 – Black Prince Lakes, 9km, 590 m

B2 – Black Prince Lakes, AFATP

B2/C – Warspite Lake Trail, 5 km, 100 m

Arnica Lake

BB: Banff Bus Station; Bus dropoff/pickups: Vista Lake parking

A – Arnica Lake & Upper Twin Lake, 16km 1075m

B1 – Ridge above Arnica Lake, 13km 900m

B2 – Arnica Lake, 10km 710m

C – Vista Lake, 3 km – 150m

Sibbald Area

BB: Trailheads Bus dropoff/pickups: Pine Top Day Use; Sibbald Lake Day Use

A – Eagle Hill 14km, 480m

B1, B2 Jumpingpound Loop 9km, 250m

C Jumpingpound Loop-short (via Jumpingpound Connector) 5.5km 250m