

Evergreen Seniors Outdoor Club 2017 Summer Hiking Schedule

TRAIL DESCRIPTIONS **D=** Daffern's Kananaskis trail guides – **3rd Edition Volume 1** or **2** or **4th Edition-Volumes 1 to 5** –

Also Canadian Rockies Trail Guide, **7th Edition**, Trail # **Note**, All distances are round trip return, Elevations are overall Height gain / Loss

Dates

6th April AGM – Rosemount CC Hike around Confederation Park

13th April

Bow Valley Provincial Park D-4thE-V3-#23 BB Visitors Centre.

A -Bow River Daffern's V3 4thE - #23

B -Many Springs D-4thE V3#23E 3 Hours

C -Middle Lake #23C 1 Hour

20th April

Banff –Springs Hotel, Cave and Basin and Gondola Base BB Bus Station

A -Sulphur Mount. 6Km up 700M Gondola down? 7thE 10 2 .5 Hours up & ½ H down

B -Sundance Canyon loop, 9 Km 100M 7thE – #9 3.5 hours

C -Tunnel Mt 6Km Bow Falls Tr. Marsh Loop 4 Km ½ day

27th April

Mesa Bute Gem Map 8 D-3rdE V2 #296 & #297 (Highway 549)

A -Ware Creek & North Fork 10 Km Height gain 250M & loss 240 #291 #292 #293

B -Square (Mesas)Bute .& Curly Sands Bute #296 10 Km Height gain 140 M & height loss 175M

C -Curly Sands Trail 8 Km #297 Height Gain 140 M & loss 175 M

4th May

Grotto Pond highway 1A D 3rd V1 #27 Gem Trek Map #6 BB Bow Valley Visitors Centre

A -Grotto Canyon 13Km 670 M Creek Crossings 1A Exshaw 4.5 Hours

B- Grotto Creek to Waterfall 2.5 Hours

C -Grotto Pond 5 Km

11th May

Lac des Arc Hart Creek / Mountain BB Bow Valley Visitors Centre

Gem Trek Map #6

A -Hart Mountain 12 Km 911M D-4thE-V3-#41 5 Hours

B -Bow Link Tr to the "Vault" 6 Km 91M #43 3.5 Hours

C -Hart Creek Tr. 4Km - #42 2 Hours

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18th May

Elbow Falls BB Elbow Falls Parking

Highway 66 mm D-4thE-V2

A -Prairie Mount.7 Km 700Mm, #19 4 Hours

B -Prairie Creek to Prairie Link 12Km Loop 260 M #22 4 Hours

C -Prairie Creek Tr AFAP 11.5 Km 260 M #20 4 Hours or AFAP

25th May

Barrier Lake Highway 40 BB Barrier Lake Visitors Centre

D-4th E-V1 Gem Trek Map #6

A -Prairie View to Jewel Pass loop 15 Km 500M #7 5 Hours

B -Jewel Pass 13 Km 260 M #8 4.5Hours

C -Stony Trail AFAP 80 M #18 3.5 Hours

1st June

Drumheller BB Pioneer Centre

A -Horse Thief Canyon AFAP

B -Horseshoe Canyon

C -Tyrell Museum Trails

8th June

Canmore BB Visitors Centre

Gem Map 6 D-4thE-V3-#69

A -Mt Lady McDonald 8 Km 855M #69

B -Cougar Creek Canyon AFAP D-4thE-V3-#70 (creek crossings)

C -Bench land Trails, Various D-4thE-V3-#66

OR Grassi Sulphur Springs Loop #59

15th June

Bull Creek Hills / Grass Pass (Road opens 14th June) BB Highwood Junction

D -3rdE V2#261 and D -4thE – V5 -#4 Highway 541 - Gem Trek #9

A- Grass Pass to Bull Creek Hills 10.5 Km 700 M 4 Hours

B- Grass Pass 6.5 Km 425 M 3 Hours

C –Grass Pass AFAP

22nd June

Spray Lakes BB Buller Mountain Day Use Area

Gem Map #6 D-3rdE-V1

A -Sparrow Hawk Tarns -#68 10 Km

B -Read Ridge D-3rdE-#67 8 Km Loop 646 M

C -Sparrow Hawk Creek Tr. AFAP

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29th June

Highwood Pass Sentinel Day Use area parking D-4thE-V5-

A -Grass Pass #3 6 Km 430M to Gunnery Creek Trail #3B

B -Gunnery Creek 6 Km 400M 6Km to Pass #7

C –

6th July

Bow Lake BB Bow Lake

Canadian Rockies Trail Guide-7thE – Gem Trek Map #3

A -Hellen Lake #5 14 Km 550M

B -Bow Glacier Falls #57 10 Km 295 M

C -Bow Lake Trail #57 7 Km 95 M

13th July BBQ ??

20th July

Sunshine Meadows 7thE

A -Healy Meadows 15 Km 160 M #29

B -Quartz Hill 11 Km 200 M #28

C -Larix Lake 8.5 Km 105 M Rock Lake 5Km

27th July

Castle Junction – BB Banff Bus Station

Highway 93 Canadian Rockies Trail Guide 7th Edition Gem Trek #5

A -Twin Lakes 605 M 14 Km 7thE - #33 5.5 Hours

B -Arnica Lake 10 Km -120M loss then+580M gain 7thE -#34 4.5 Hours

C -Boom Lake 10.5 Km 175 M or Vista Lake – 100 M 7thE-#37 3 Hours

3rd August

Highwood Pass Gen Map 7 D-3rdE V1 #112

A -Pocaterra Ridge from Little Highwood pass to Highwood Meadows 11 Km 1040 M

B -Arethusa Cirque to Ptarmigan Cirque 7 Km 275 M D-4thE-V5 - #36 Pick up at Highwood Meadows

C -Ptarmigan Cirque 5 to 8 Km 210 M

10th August

Yamnuska D-3rdE- V1 -#30 D- 4thE –V3- #25 and GEM Map #6

A -The Circuit 11 Km 900M

B -Cliff bottom Trail 8 Km 500M

C -To Notch (Ravens End) #25A 7 Km 460 M or AFAP

17th August

Takakkaw Falls / Emerald Lake 7thE - #155 Gem Trek map #4

A -Wapta Highline Trail to Burgess Pass to Emerald Lake 18 Km 800M

B -Yoho Pass to Emerald Lake 11,5 Km 310M

C -Hamilton Falls 2Km, to Lake. Tr 12Km 850 M From Emerald Lake OR Emerald Basin Tr 9,5Km 225 M

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24th August

Galatea Creek 10 foot bridges Gem Trek Map 6 D -4thE –V1 - #30

A -Guinn's pass 16.5 Km 950 M D -4thE –V1-#31

B -Galatea Lakers 16.5 KM 775 M D- 4thE –V1 -30A

C -Lillian Lake 12.6 Km 492 M #30

31st August

Lake Louise BB Chateau Lake Louise Parking

A -Mount St Piran 13 Km 930 M

B -Plain of 6 Glaciers and Tea House 11 Km 340 M or via Lake Agnes Tea Houser 15 Km

B -Lake Agnes Tea House 7Km 400M-and (Beehive ? +1.6 Km and +130M)

C Lake Shore 5.3 Km + 2 Km +40 M to Highline tr.

7 September

Evan Thomas Creek D – 4thE – V1 - #35 Gem Trek Map #6

A -Evan Thomas Pass 28Km 760 M or AFAP

B -Evan Thomas to Wedge Connector and Wedge Pond 8 Km and 24M

C -To Boundary Ranch #38A (and Restaurant) 6.8 Km

14th September E7th #21 Gem Map #5 BB Canmore

Rockbound Lake 17 Km 760 M 5.5 Hours

Tower Lake 15 Km 680 M 5 Hours

Johnson Canyon 12Km 215 M to Ink Pots, or AFAP

21st September

Moraine Lake Gem Trek Map #4

A -Sentinel Pass. 12 Km 724 M To Paradise Valley 18 Km - 585 M

B -Larch Valley 5 Km 450 M 7thE - #46

C -Eiffel Lake 11.5 Km 450 M 7thE - #47& #48 OR Consolation Lake 6.6 Km 65 M

28th September

Kananaskis from Ribbon Creek Tr D – 3rdE V1 -#49 D -4thE –V1 #26 Gem Trek Map 6

A -Memorial Lakes 17 Km 690 to 3rd Lake #26

B -Memorial 2nd lake 14 Km 585 M

C -Ribbon Falls 16.5 Km 375M D -4thE – V1 #25 or AFAP

5th October

West Brag Creek to Allen Bill (66) D -4thE –V2 Gem Trek Map #8

A -Elbow Trail #4 to Fullerton Loop #7 then Allen Bill 13Km Height gain 170 – Loss150

B -Sulphur Springs Trail to Allen Bill #13 9 Km Height Gain 230 M Loss 137 M

C -Fullerton Loop from Allen Bill #7 6.6 Km 220 M

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12 October

Sibbald Flats D-4thE-V2 #

A -Eagle Hill / Cox Hill #80 7.5 Km Height Gain 390 M Loss 91 M

B -Deer Ridge #81 7.1 Km loop Height gain 229 M Loss 206 M

C -Old Buck Loop 4.7 Km Height gain / loss 177 M

19th October

Gorge Creek HW546 W from Turner Valley D-4th E-V4- #43 D 3rdE V2 - #283 Gem Trek Map 8

A -Mount Ware #46 15.5 Km 450 M

B -Volcano Ridge 11.5 Km 350 M V4 -#50

C -Gorge Creek Trail V4 -#43 10 Km 410 M or AFAP

26th October

West Brag Creek Gem Trek Map 8

A -Telephone Trail 16 Km 200 M

B -Tom Snow Trail via Moose Connector AFAP

C -Hostel Loop Trail 4 Km +Sundog Loop 3.5 Km

2nd November

Kananaskis Lakes Gem Trek Map 7 Upper Lake Parking lot.

A -Around Upper Kananaskis Lake 15.5 Km 100M

B -Three Island Lake trail; 22 Km 150 M or AFAP

C -Rawson Lake 8 Km 305 M

9th November

Glenbow Ranch (Car Pool)

16th November

Glenmore Reservoir (Car Pool) from the parking lot at the West end of 90th Av SW

15.5 Km around the park.

11 Km East to Heritage Park and return..

23rd November