

HIKES		No.	Return	Elev.	1999	2000	2001	2002	2003	2004
		Km	Gain							
A	Ann & Sandy Cross Conservation Area	A1	4 to 9			4-May				
	<i>Sandy Cross Lake</i>		<i>16-17-800</i>					<i>June 21</i>		
B	Bow Valley Park	B1	16.5-19		20-May				<i>May 18</i>	
	Burstall Pass + <i>Sandy Pass</i>	B9	16	472		<i>July 20</i>			<i>July 24</i>	
	Bowmont Park see City Hikes									
	Buller Pass	B3	15	671						
	Boom Lake alt. Stanley Glacier	B2	10.2	170						
	Bow Falls - Sundance Canyon	B4		min.						
	Baldy Pass	B5	15.5	490	24-Jun					
	Boulton Cr. Whiskey Jack, Pocaterre	B6	15.4	290			<i>Sept 16</i>			
	Bow Falls - Golf Course Drive	B7	11.3	min.						
	Bryant Creek - Watridge Lake	W1	20.3	195						
	Banff Golf Course - Nordic Centre	R2	16 one way							
	Banff Tunnel Min. Hoodoos	H1	9.6							
	Bourgeau Lake	B8	11	570						
	Bourgeau Lake	B8	15	725			<i>July 15</i>			
	Black Prince Lakes	B10	9	591						
	Buller Pass - Guinn Pass - <i>Galatea</i>	B3	18	930	22-Jul	<i>Aug 24</i>			<i>Aug 19</i>	
C	Cannmore Nordic Centre		12 min		12-Aug					
	Chester Lake-Rummel Lake	R4	11	310		<i>June 29</i>			<i>July 20</i>	
	"C" Level Cirque	C2	7.8	450		<i>June 22</i>				
	Confederation Park see City Hikes									
	Castle Lookout	C7	7.4	520						
	Cascade Amphitheatre	C6	15.4	500						
	Cox Hill from Dawson	C5	14	872						
	Consolation Lake (for C's)	C4	6	65						
	Cascade Fire Road	C3	13	115						
	Cross Conservation see Ann and Sandy Cross..									
	<i>CHESLEY LAKE</i>		<i>11.45</i>	<i>310</i>			<i>July 13</i>			
	<i>Cross - East of Pass</i>							<i>July 18</i>	<i>July 17</i>	

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HIKES		No.	Return Km	Elev. Gain	1999	2000	2001	2002	2003	2004
H	Healy Pass see also Sunshine S7	H4	18.4	655						
	Hoodooos-Tunnel Min.	H1	10-Jan	min						
	Headwall Lakes	H2	14.8	420						
	Heien Lake	H3	13.8	556						
	Hummingbird Plume Viewpoint	S5	14.5	396	13-May					
	Hamilton Lake	H4	11	850						
	Ha Ling (Canmore)	H5	5	732	10-Jun					
I	Inglewood Bird Sanctuary see City Hikes	I1	16.5	694		<i>Aug 31</i>				
	Iceline - Yoho Lake									
J	Johnston Canyon - Inkpots	J2	11.8	335						
	Jewel Pass-Prairie View-Barrier Lake Loop	J1	13.6	616	14-Oct					
	James Walker Creek	J3	10	274						
	Jumping Pound Ridge	J4	12	534		<i>June 8</i>	<i>Sept 30</i>	<i>June 11</i>	<i>June 12</i>	
K	Karst Springs-Watridge Lodge	W1	9	100						
	added extension Bryant Creek		20.3	195			<i>Sept 13</i>			
L	Lake Minnewanka	L1	15.6	45	27-May		<i>Sept 30</i>			
	Lake Louise hikes	L3								
	Larch Valley - Sentinel Pass	L2	11.6	720						
	extension Paradise Valley		17.4	725	19-Aug					
	Lake Louise to Saddleback Fairview	L4	10.4	1020						

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				Km	Gain						
M	Mount Indefatigable	M1	8.6	482	1-Jul	Oct 19					
	Mount Rundle (alt. Sulphur Mtn)	H1	10.6	460							
	Mount Kidd Lookout										
	Mount Hunter Lookout - Wapta Falls	M2	5.9	407							
	West Ridge										
N	Nose Hill Park see City Hikes										
	Ninah Ridge	N2	9-Jul	350+	2-Sep						
	HOODS RIBBON CREEK										
O											
P	Platnigan Cirque-Highwood Pass	P5	5	229		Sept 7					
	Plain of the Six Glaciers	P1	11	370	9-Sep	July 13					
	Paradise Valley, Lake Annette, Giant Steps, and Saddleback Loop	P2	18.1	385							
	Picklejar Lakes	P3	10.4	380	16-Sep						
	Powderface Ridge, Little Elbow Trail	P8	11	640							
	Paget Lookout - Sherbrooke Lk	P4	11.2	518							
	Prairie View see Jewel Pass	J1									
	see also Quait Cr.	Q1									
	Peter Loupheed x Country Trails	P6	21	210							
	Pigeon Mountain	P7	16	990							
	Pescadore Ridge	P9									
Q	Quait Cr-Prairie View Trail-Barrier Lake	Q1	14.2	480	17-Jun	May 25					

HIKES		No.	Return	Elev.	1999	2000	2001	2002	2003	2004
			Km	Gain						
R	Ribbon Creek Falls	R1	22	350	5-Aug	Oct 12	Sept 27			
	Rundle Riverview Trail-Canmore Nordic Centre	R1	14	100		Sept 14				
	Rockbound Lake	R3	16.7	731						
	Rafter 6 Trails	R4	10	350				Sept 14		
	Rummel Lake Pass		9	326			June 7			
	R1005014 Lake-Camp-Road									
S	Smuts Pass	S9	10	467						
	Sheep River Hikes	S4								
	Saddleback to Lake Louise from Paradise Valley	P2	12.1	610					June 26	
	Spray River Loop	S1	11.4	min						
	Sulphur Springs, Riverview Trail MODS 6117	E2	9	213			June 7			
	Stanley Glacier (alt. Boom Lake)	S3	8.4	365			May 10			
	Stoney Trail	S2	17	79	29-Apr					
	Sundance Canyon from Bow Falls	B4		min		June 1				
	Skogan Pass-Hummingbird Plume Viewpoint	S5	20.6	625						
	Sunburst Trail	S5	20.6	625						
	Stoney Squaw Trail (Banff)	C6	5	185						
	Saddleback from Lake Louise	S6	16	600						
	Sparrowhawk Tarns	S10	10.2	671						
	Sandy McNabb	S8								
	Sentinel Pass-Paradise Valley see Larch	L2								
	SUNSHINE									
T	Terrace Trail-Troll Falls-Kovack Link-Ribbon	T1	10.5-14.9		6-May	July 27	May 30			
	Tombstone Creek see Elbow Lake	E1	14.6	150		Sept 28				
	Twin Falls see Icecline	I1								
	Trust Lake	T2	16	260						
	TransCanada Trail to Deadmans Flat				8-Jul					
	Temple Lake	L2	5.4	675	23-Sep					

Sulphur mountain

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CITY HIKES		No. Return	Elev.	1999	2000	2001	2002	2003	2004
		Km	Gain						
Around Glenmore Reservoir		16		7-Oct					
Bowmont Park, access Home Road									
Confederation Park - Queen's Park				8-Apr	6-Apr				
Edworthy Park to Eau Claire		15							
Fish Creek, Elbow Drive - Sikome Lake		15							
Fish Creek, Glenfield - Shannon Terrace		14.6							
Fish Creek, Mallard Point									
Fish Creek, Voiers - Shannon Terrace		11.3							
Fish Creek, Voiers - Sikome Lake									
Fort Calgary to Beaverdam Flat				15-Apr					
Fort Calgary to Inglewood Bird Sanctuary									
Home Road to Bowness Park		12			20-Apr				
Inglewood Bird Sanctuary - Carburn Park		16							
Inglewood Bird Sanctuary - Eau Claire		15							
NoseHill				28-Oct					
Sandy Beach to Lindsay Park									
Shouldice Park to Bowness Park		15							
Stanley Park to Eau Claire		18							
Stanley Park to Glenmore Landing		14		22-Apr	13-Apr				
Weaselhead - Glenmore Landing		15							
Zoo Parking - SALT - Lunch		6.5	30						