

## Welcome to the trails of the Cataract Creek Snow Vehicles Zone.

*Cataract Creek is managed as a Snow Vehicles Zone within a Forest Land Use Zone. This ensures that its recreation values are maintained for public use.*

The area is part of the Central Rockies Ecosystem. The wildlife that 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.

There are natural hazards in the Cataract Creek area; you are responsible for your own safety. Find out from conservation officers or from any Kananaskis Country Visitor Information Centre of hazards that may be in the areas you are travelling.

Snowmobile use within Kananaskis Country is restricted to trails at McLean Creek, Sibbald Flat, Cataract Creek, Powderface Trail linking McLean Creek to Sibbald Flat, and Big Elbow Loop.

Designated trail junctions are signed; refer to the map to assist in finding your location.

## 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 use caution and 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 & 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 possible 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.
- 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.**

## Cataract Creek Staging Areas

Cataract Creek is located approximately 125 km southwest of Calgary. To reach the first two staging areas turn west on Secondary Road #541 from Highway #22 at Longview. Follow #541 to Highway #940; Etherington Creek staging area is 7 km south on Highway #940, and Cataract Creek is a further 8 km past Etherington Creek.

Primitive winter camping is available at Etherington Creek and Cataract Creek staging areas.

## Staging Areas Facilities

Snowmobile staging areas have picnic tables, group fire circles, garbage receptacles and toilet facilities for your convenience. Cataract Creek also has a picnic shelter. Check the symbols on the map before choosing an area.

Primitive winter camping is allowed at designated areas but electricity is not provided. Camping fees are in effect. Remember to bring all your supplies with you. Gasoline, groceries and other supplies are not available at staging areas.

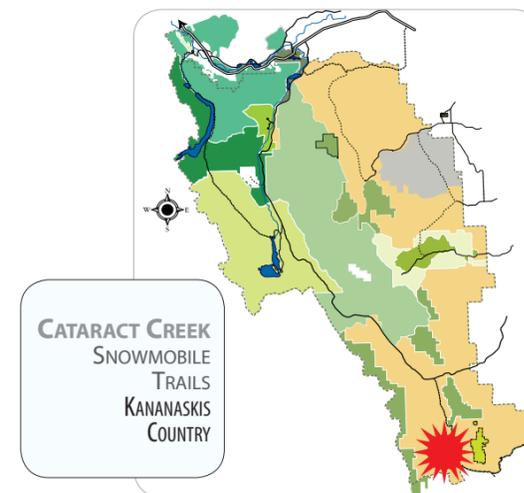
## Know The Law

- 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*.

## Emergency Numbers

**24 Hour Emergency Rescue/Ambulance/Fire**  
Dial 0 and ask for Emergency (403) 591-7767 collect

**R.C.M.P. (Turner Valley Detachment)**  
Dial 911 and ask for Turner Valley R.C.M.P.



## Courtesy Counts

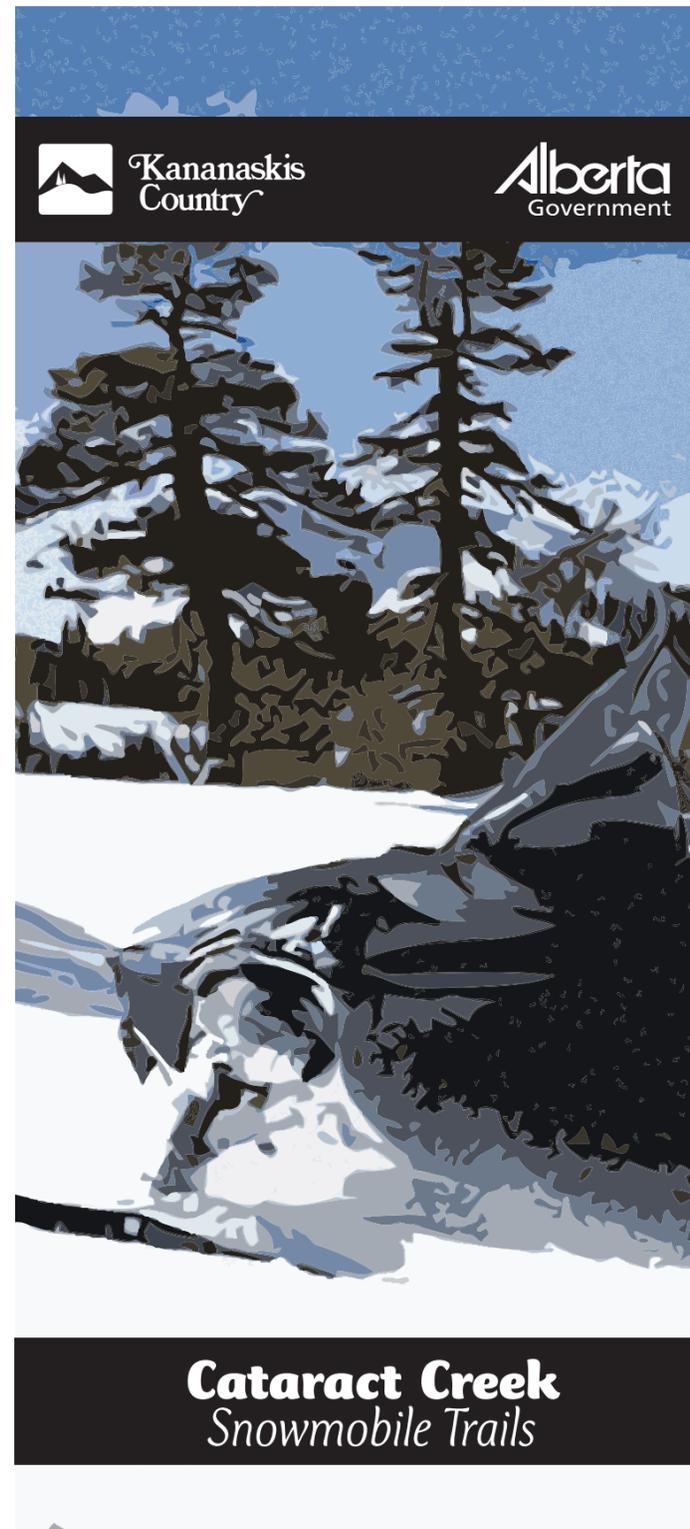
- Private vehicles and trailers should be parked in facilities provided at the staging areas.
- Pack out all garbage and use garbage receptacles located at the staging areas.
- Please use the provided fire pits at staging areas and ensure your fire is extinguished when you leave it.
- You will protect 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.

## For More Information

[www.cd.gov.ab.ca/parks/kananaskis](http://www.cd.gov.ab.ca/parks/kananaskis)

**Elbow Valley Visitor Information Centre** (403) 949-4261  
*(Saturdays & Sundays only during winter)*  
**Barrier Lake Visitor Information Centre** (403) 673-3985  
**Sheep River Park Office** (403) 933-7172  
Box 535  
Turner Valley, Alberta T0L 2A0

**Sustainable Resource Development**  
Lands  
8660 Bears paw Dam Road NW  
Calgary, Alberta T3L 1S4

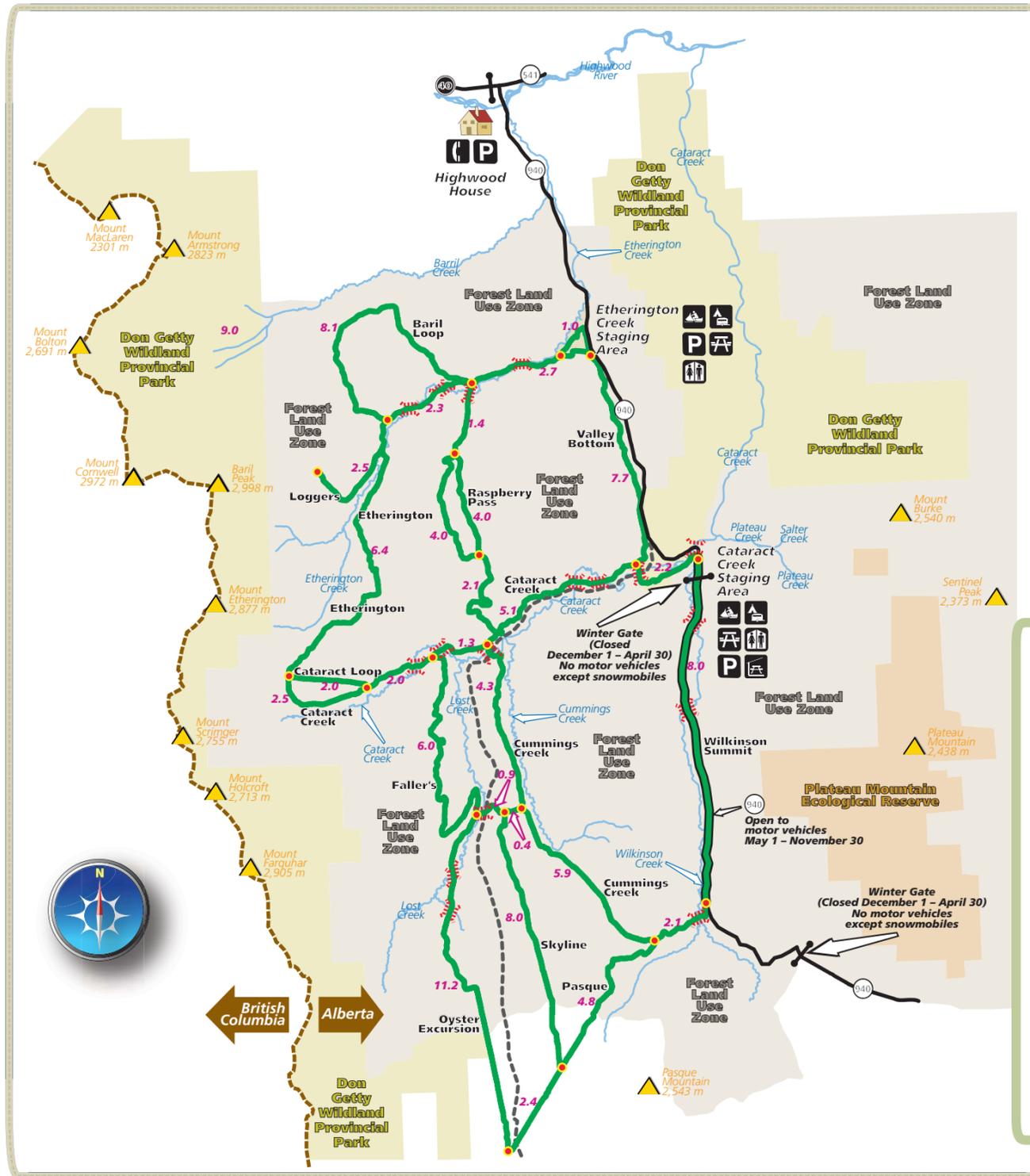


# Cataract Creek

## Snowmobile Trail System



The Cataract Creek Snowmobile Trail System is based on a two-way traffic. Please watch your speed.



### Before starting on your trip

- ✓ Check your machine's oil and gas levels and state of repair.
- ✓ Ensure that you are properly equipped. Take along a map of the area, a first aid kit, tool kit, tow rope, and an emergency kit. Be prepared.
- ✓ First aid kit may contain band-aids, triangular bandages, gauze pads, and an instruction booklet.
- ✓ Tool kit may include screw-driver set, wrench set, duct tape, tire repair kit, spark plug, and spark plug wrench, vice grips to be used as an emergency shift or brake lever, spare chain or belt, and a tow rope.
- ✓ Emergency kit may include matches, food, emergency blanket, waterproof clothing, hatchet, and a small flashlight.
- ✓ In winter, also take a hot drink and a pair of snowshoes to make walking out easier, should the need arise.
- ✓ DO NOT leave valuables unattended in vehicles. Thefts have occurred.

	<b>Parking</b>		<b>Provincial Boundary</b>
	<b>Camping</b> (Vehicle Access)		<b>Forest Land Use Zone</b>
	<b>Toilet</b>		<b>Don Getty Wildland Provincial Park</b>
	<b>Day Use Area</b>		<b>Plateau Mountain Ecological Reserve</b>
	<b>Picnic Shelter</b>		<b>Snowmobile Trail</b>
	<b>Telephone</b>		<b>Distances between trail junctions</b> (best estimate)
	<b>Staging Area</b>		<b>Bridge</b>
	<b>Highwood House</b> (open May 1 – Thanksgiving)		<b>Winter Gate</b> (Closed December 1 – April 30) No motor vehicles except snowmobiles
	<b>Compass</b>		<b>Highways #940, #541, #40</b>
			<b>Logging Road</b>
			<b>River/Creek</b>
			<b>Summit</b>