

# General Information

The Cypress Hills gently rises 600 meters above the surrounding prairie landscape of southeastern Alberta. This elevation gives the small community of Elkwater the perfect winter environment to enjoy winter trails and wildlife.

Within the park you will find lodging and facilities to accommodate your winter stay. You will also discover a variety of activities within the park such as a snow luge, skating trail, outdoor ice rink and ski resort. The Visitor Centre has rental equipment to get you out enjoying the trails and the fresh air.

# Trail Conditions

Real time Ski trail grooming information can be found at <http://skitrails.info/report/cypresshills>.

# Trail Safety

- Be Cougar Smart.
- Respect all trail and area closures.
- Select trails based on your ability and the degree of difficulty shown on the map.
- Please advise someone of your plans. Take along a map and a basic survival kit.
- All wildlife can be dangerous. Do not approach, harass or attempt to feed wildlife or livestock.
- Report any cougar sightings or any unusual observations to park staff.
- Dogs must be kept on leash at all times.

# Winter Safety Tips

- Extreme winter weather conditions can develop quickly, so be prepared for anything. 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.
- Be prepared. Consider duct tape or even spare parts in case of equipment failure.
- Frostbite is the freezing of skin usually affecting the hands, feet, and face. The signs of frostbite are burning, tingling, itching, numbness or pain in the area. The skin may appear white and feel hard, and is cold to the touch. Warm the affected area using body heat.

# Backcountry Huts

Three backcountry huts are available for overnight rental and can be accessed by ski or snowshoe. Tom Trott and Medicine Lodge Huts are located at the top of the plateau, just 3.5 km from the Elkwater townsite. Spruce Coulee Hut is located by Spruce Coulee campground, accessible from Reesor Lake Rd or Spruce Coulee trailhead. To book, call the Visitor Centre at (403) 893-3833 or email [cypresshills@gov.ab.ca](mailto:cypresshills@gov.ab.ca). Bookings can be made up to one year in advance.



# Contact

## Visitor Centre

Open Year Round

Phone: (403) 893-3833

Web: [cypresshills.com](http://cypresshills.com)

## Campsite Reservations

Open sites are first-come first-served in winter

Toll Free: 1-877-537-2757

Web: [reserve.albertaparks.ca](http://reserve.albertaparks.ca)

## General Provincial Park Information

Web: [albertaparks.ca](http://albertaparks.ca)

Toll Free: 1-866-427-3582

Phone: (780) 427-3582

## Fire Bans in Alberta

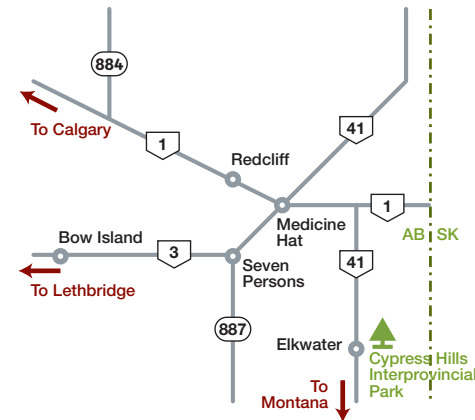
Web: [albertafirebans.ca](http://albertafirebans.ca)

## Emergency (Police, Fire, Ambulance)

Phone: 911

## 24 Hour Park Help Line

Phone: (403) 893-HELP (4357)



Updated October 2016

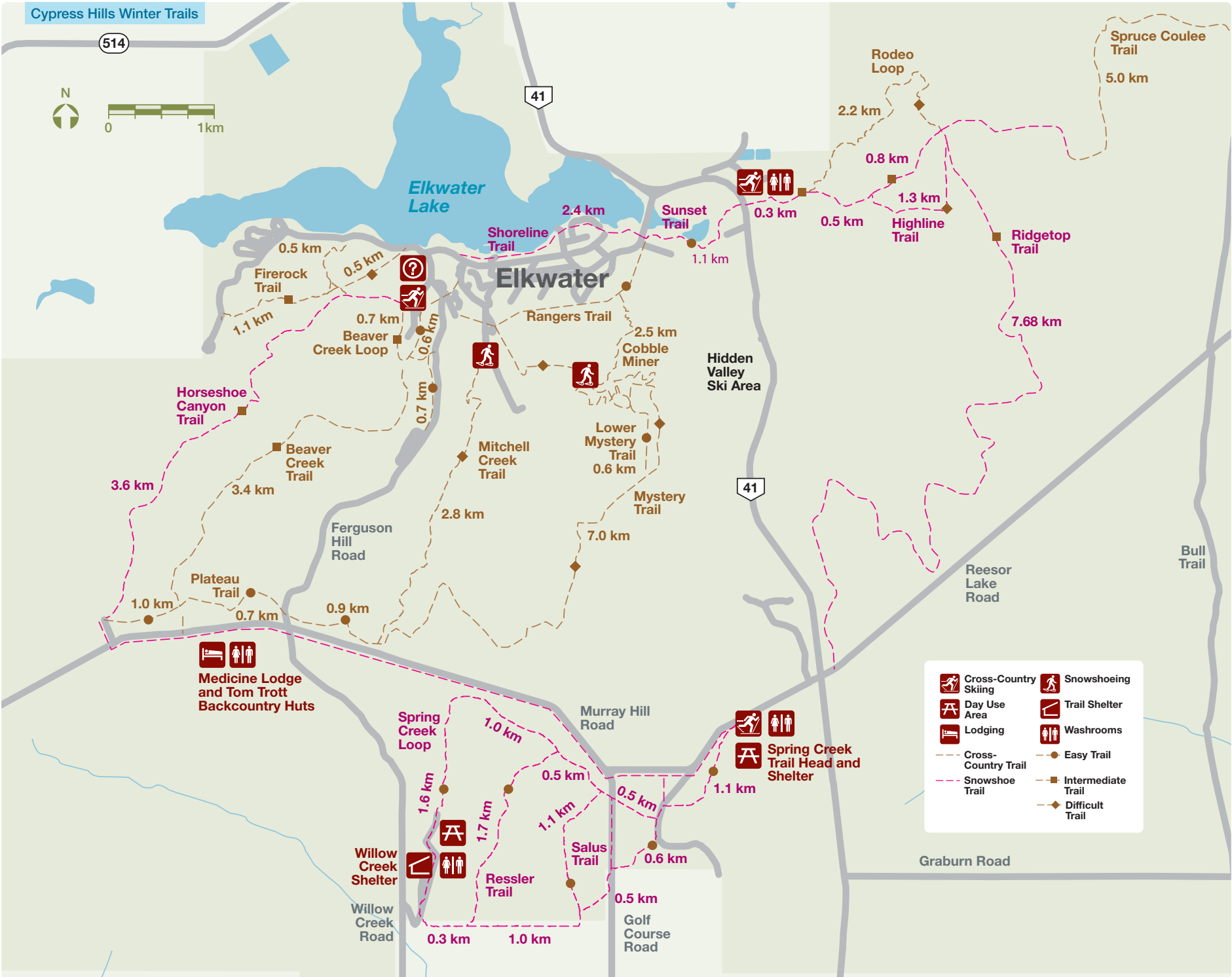
ISBN: 978-1-4601-2512-0



# Cypress Hills

## Interprovincial Park





# Rentals

Looking to try out a winter activity but don't have the equipment? Cross country ski, snowshoe, kicksled and ice skate rentals are available at the Visitor Centre.

