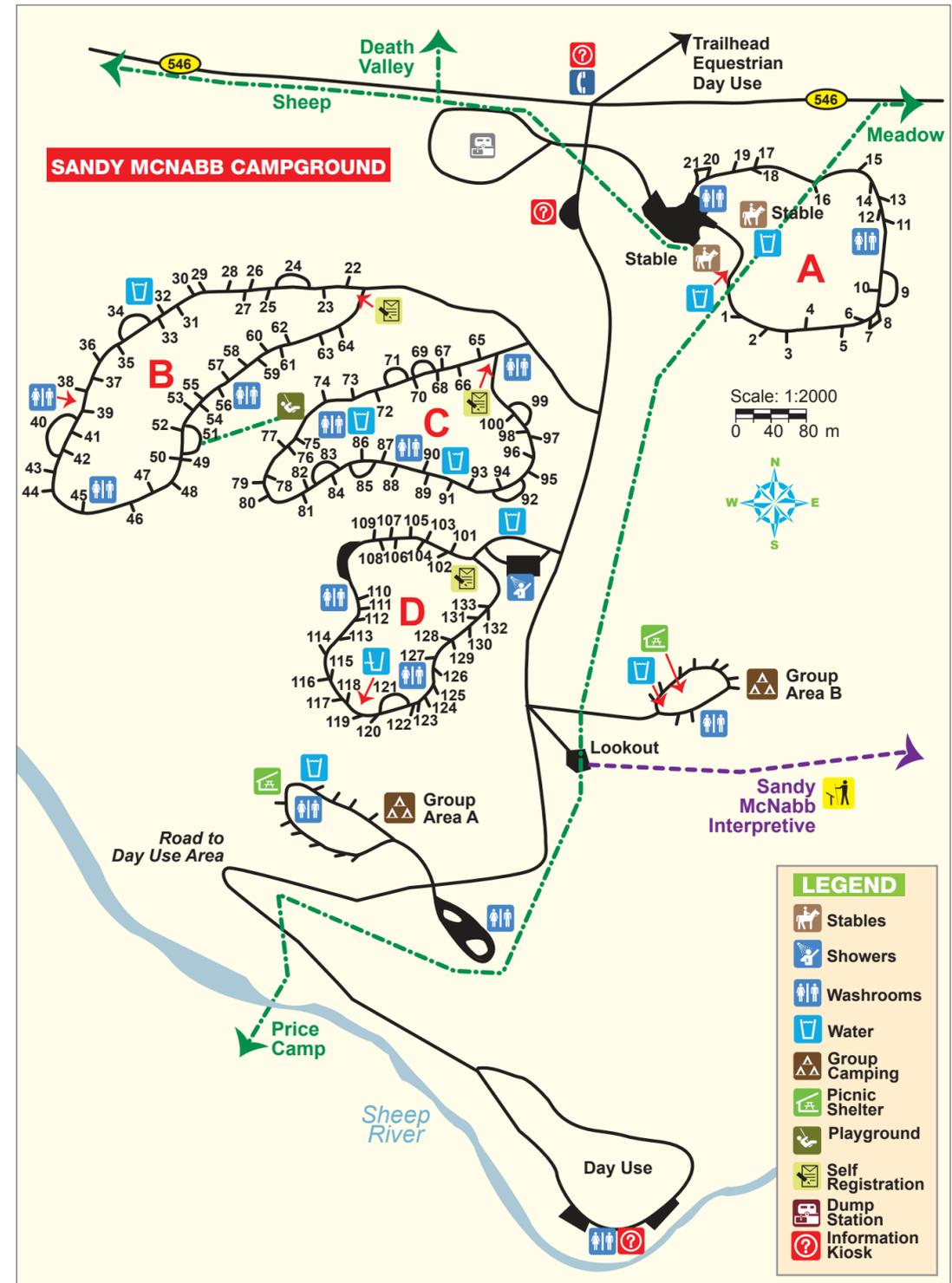


LEGEND	
	Unmaintained Trail
	Trans-Canada Trail
	National Hiking Trail
	Hiking Trail
	Biking, Hiking Trail
	Horseback Riding, Biking, Hiking Trail
	Biking, Hiking Trail (Barrier Free)
	Unpaved Road/ Highway
	Paved Road/ Highway
	Provincial Park/ Protected Area Boundary
	Contour Lines 50 m
	Day Use Area
	Vehicle Access Camping
	Backcountry Camping
	Group Camping
	Road Closure
	Kayak Launch
	Canoe Launch
	Interpretive Trail
	Lodging
	Hostel
	Lookout
	Downhill Ski Area
	Parks Office
	Kananaskis Information Centre
	Boat Launch
	Amphitheatre
	Building
	Viewpoint
	Horseback Riding
	Fishing
	Climbing
	Barrier-free Access
	Parking Lot
	Trans-Canada Trail
	National Hiking Trail
	Emergency Centre
	Gas Station

TRAIL NAME	DESCRIPTION
BLUEROCK CREEK	A strenuous hike with excellent scenery. Bench at the height of land (4.5 km from trailhead) has great views of Bluerock valley. Access: Junction Creek parking lot. 9 km one-way, 265 m/2060 ft.
BLUEROCK INTERPRETIVE	Views of mountains, river valleys, impressive creek canyons, water erosion and rock formations, as well as the remains of a sawmill. Access: Hwy. #546 at Bluerock Creek or west end of Bluerock Campground. 2 km one-way. <i>Horses and bikes are not permitted.</i>
CAT CREEK INTERPRETIVE	A short, easy hike with signs describing the natural history of the area. The trail ends at a beautiful 6 metre waterfall. <i>Horses and bikes are not permitted.</i>
DEATH VALLEY	Easy, scenic foothills trail. Often combined with Windy Point, Foran Grade and Sheep Trails (for 16 km total.) Also connects with Ware Creek and 9999. 12.5 km one-way, 220 m/720 ft.
FORAN GRADE	Best hiked from east to west, this ridge climb has excellent views of the Sheep Valley and Windy Point. An easy 8 km loop by descending Windy Point and returning to trailhead via Sheep. Access: Foran Grade parking lot east of Sheep Wildlife Sanctuary. 4 km one-way, 240 m/800 ft.
GORGE CREEK	A scenic trail along Gorge Creek with difficult sections west of Bluerock Creek. Combine with Volcano Ridge and Volcano Creek for 23 km loop, or with Bluerock and Indian Oils, 23 km. Access: Gorge Creek parking lot. 11.5 km one-way, 410 m/1350 ft.
GORGE LINK (GORGE/WARE CONNECTOR)	Mostly treed. Crosses several creeks. A popular 10 km loop combines Gorge Link (Gorge/Ware Connector) and Volcano Ridge. Access: Volcano Ridge parking lot. 4.5 km one-way, 85 m/275 ft.
GREEN MOUNTAIN	A gently rolling trail over a low pass. Wildflower meadows near east end. Access: 0.5 km past junction of Junction Mountain and Sheep Trails. 3.5 km one-way, 260 m/850 ft.
INDIAN OILS	Pleasant, but strenuous hike with excellent views. Combine with Gorge Creek and South Gorge Creek for 18 km loop. Access: Indian Oils, or Sheep Falls day use areas. 8.5 km one-way, 400 m/1300 ft.
JUNCTION CREEK INTERPRETIVE	A pleasant stroll with nice views of the Sheep River gorge and up Junction Creek. Signs describe area's natural and cultural history. Access: Junction Creek parking lot. 1.2 km loop, 213 m/710 ft. <i>Horses and bikes are not permitted.</i>
JUNCTION MOUNTAIN	A scenic trail following the Sheep River. Angling opportunities. Signs describe the river environment. Access: 3.4 km up Sheep from Indian Oils day use area. 17.8 km one-way, 790 m/2600 ft.
MIST CREEK	A steep, mostly forested trail crossing creeks to a scenic view at Rickert's Pass. Hwy. # 40 can be reached by continuing south. Access: 8 km up Sheep, west of Junction Creek day use area. 2.3 km one-way, 1555 m/1800 ft.
PRICE CAMP	Extremely boggy in wet years. Mostly forested. Access: Junction with Sheep, west or south of Sandy McNabb. 5.3 km one-way, 45 m/140 ft.
SANDY MCNABB INTERPRETIVE	A pleasant walk through mixed forest and meadow with viewpoints over the Sheep River valley. Access: Sandy McNabb Interpretive Trail parking lot. 1.7 km loop. <i>Horses and bikes are not permitted.</i>
SHEEP	Runs from one end of the Sheep Valley to the other. Segments of the trail are used in combination with other trails. Access: Sandy McNabb, Windy Point, Indian Oils, Sheep Falls or Junction Creek day use areas. 45 km one-way, 720 m/2400 ft.
SOUTH GORGE CREEK	Primarily used by equestrian users as part of a loop. Mostly forest; wet sections. Great flowers. Access: Gorge Creek, or Indian Oils Trails. 5 km one-way, 210 m/700 ft.
VOLCANO CREEK	Open meadows near Threepoint Mountain/Gorge Creek junction. Descending along creek, there are excellent views of Volcano Ridge. Access: Threepoint Creek, Gorge Creek or Volcano Creek Trails. 4 km one-way, 125 m/400 ft.
WINDY POINT	Winds through mixed woods and meadows from the junction with Death Valley to Foran Grade. A drop through meadows with views to the Sheep Trail. Access: Windy Point trailhead parking lot, or Foran Grade or Death Valley. 6 km one-way, 200 m/659 ft.



WILDLIFE VIEWING

Wildlife viewing and photography comes with responsibilities; the most important is respect to all wildlife.

Viewing Distances. Stay back at least:

- 100 metres from bears
- 50 metres from all other large species
- 200 metres from coyote, fox or wolf dens

These are the minimum distances from wildlife that are applicable in most cases.

However, it is up to each person observing wildlife to watch for defensive warning signals. If you see the following defensive warning signals from wildlife, pull back further or leave the area. If you cause an animal to move, you are too close.

- Bears make a "woofing" noise, growl and pop their jaws or swat the ground.
- Bull elk and moose put their heads down and paw at the ground.
- Cow elk flatten their ears, stare directly at you and raise their rump hair.
- Even agitated deer can be dangerous and cause injuries to people.

These guidelines will cause the least impact on wildlife, ensuring they remain safe and wild. Traffic congestion around wildlife sometimes results in motor vehicle accidents. Drive carefully and be observant of other drivers.

FIRE BANS

Campers and other outdoor enthusiasts should be aware that when the fire hazard is extreme, or when a fire situation is serious enough that it poses a danger to the public, travel restrictions and/or fire bans may be implemented. Restrictions are announced through various news media in the province and online at www.AlbertaFireBans.ca.

Fire bans prohibit the lighting of all wood, briquette and propane/natural gas fires. Depending on the severity of the fire hazard, a fire ban may include fires contained in fire facilities in designated camping and recreation areas. Citronella candles and torches may also be prohibited during a fire ban. Gas and liquid-fuelled cooking stoves are normally permitted during fire bans for cooking purposes only.

Hiking Safety

Before You Hike

- Plan Ahead!
- Research your route and check the weather forecast. Ensure you have adequate information to assist with route-finding such as maps, guidebooks or GPS files of your route.
- Make a trip plan and let a friend or family member know where you are going and when you plan to return.
- Ensure that you carry a safety communication device such as an emergency personal locator device or a cellular phone. Note that cellular service is limited in many areas of the mountains.
- Pack appropriate equipment for your outing. Some items to consider include proper footwear, extra layers of clothing including a hat or toque, protection from the sun, wind and insects, a flashlight or headlamp and adequate food and water.
- Carry bear spray year round and know how to use it!

While You Hike

- Stay on established trails and avoid trail braiding.
- Do NOT pick or collect wildflowers or other vegetation; take a photograph instead.
- Do not litter. This includes cigarette butts, seed shells and tissue.
- Occasional shouting will warn wildlife that you are in the area.
- This is especially important near noisy creeks and in dense forest.
- Shouts are more effective than a bell, whistle or horn.

