

Special Interest Sites

1. Bassano Dam
2. Brooks & District Museum
3. Cornstalk Icon
4. Devil's Coulee Dinosaur & Heritage Museum
5. EID (Eastern Irrigation District) Historical Park
6. Esplanade Arts and Heritage Centre
7. Etzkom Museum and Historical Windmill Centre
8. Galt Historic Railway Park
9. Galt Museum and Archives
10. Gem of the West Museum
11. Golden Prairie Arboretum and CDSC Grounds
12. Hays Reservoir - Important Bird Area
13. Helen Schuler Nature Centre
14. Lake Newell and Kitsim Reservoir - Important Bird Area
15. Lethbridge High Level Bridge
16. McGregor Lake and Travers Reservoir - Important Bird Area
17. Nikka Yuko Japanese Garden
18. Nobleford Area Museum
19. Pakowki Lake - Important Bird Area
20. Pinto MacBean Icon
21. Prairie Tractor and Engine Museum
22. Redcliff Museum
23. Saamis Archaeological Site
24. Saamis Teepee Icon
25. Sammy and Samantha Spud Icon
26. Treketera Museum
27. Sunflower Icon
28. Taber Irrigation Impact Museum
29. Tom Trott Memorial Forestry Museum
30. The Badlands Guardian
31. Vulcan & District Historical Society Museum and Archives
32. Vulcan Starship Enterprise FX6-1995-A Icon
33. Wind Gauge Icon
34. World's Largest Putter
35. Police Point Park Nature Centre
36. Alberta Birds of Prey Centre

Cypress Hills Interprovincial Park

Straddling the Alberta-Saskatchewan border, **Cypress Hills Interprovincial Park** (www.cypresshills.com) is an island of cool, moist greenery perched more than 600 metres above the surrounding prairie, making it the highest point between the Rocky Mountains and Labrador. This unique mix of forests, wetlands and rare grasslands is home to more than 220 bird, 47 mammal and 700 plant species, including more types of orchids than anywhere else on the prairies. Untouched by glaciation, the Cypress Hill landscape is an erosional plateau, resulting from millions of years of sedimentary deposits, followed by an equally long period of erosion.

An archaeological project, which began in the 1970s, has revealed human habitation of the hills for more than 8,500 years. Some of the archaeological evidence from the Stampede Site dig is available for viewing at the **Cypress Hills Visitor Centre** in Elkwater townsite. On the Saskatchewan side of the interprovincial park, **Fort Walsh National Historic Site** recreates life at a North West Mounted Police post in the 1880s, when the Mounties arrived to quell unrest between American whisky traders and Aboriginal groups.

Some 70 km of trails crisscross the park and can be explored on foot, mountain bike, horseback, cross country skis or snowshoes. They range from short walks through pine forests to trails that meander around lakes and flower filled meadows. In the Alberta portion of the park, the **Trans Canada Trail** follows the Spruce Coulee Trail for 32 km through forest and wetlands between the Saskatchewan border and Elkwater Lake, passing Reesor Lake along the way.

The wheelchair accessible **Shoreline Trail** (2.4 km) follows the south shoreline of Elkwater Lake, offering bird watching opportunities from the paved trail and boardwalks. The remaining park pathways are on natural surfaces, with easily accessed trailheads. A pleasant short walk is the 1.3 km **Beaver Creek Loop**, which winds through poplar and spruce forest past a beaver pond.

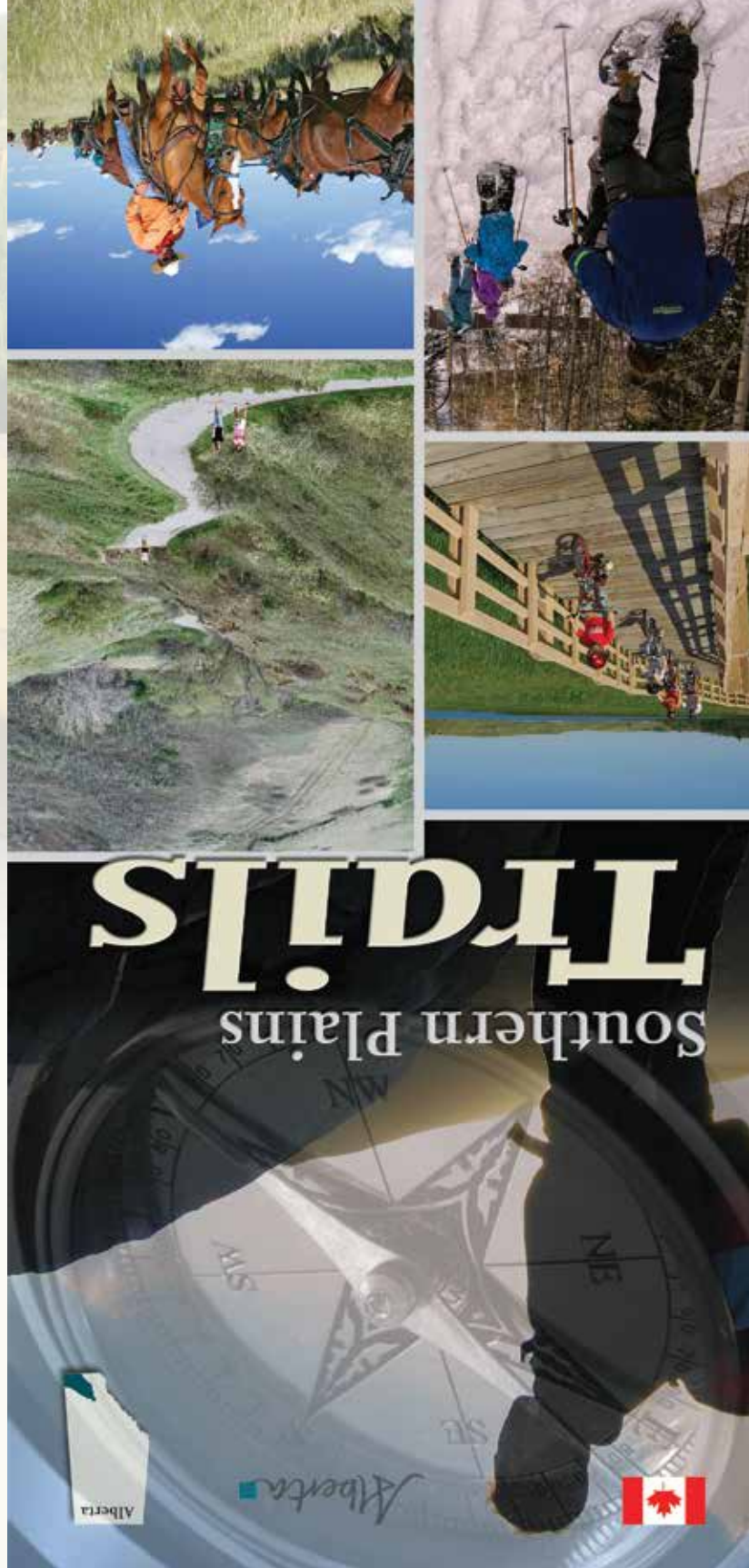
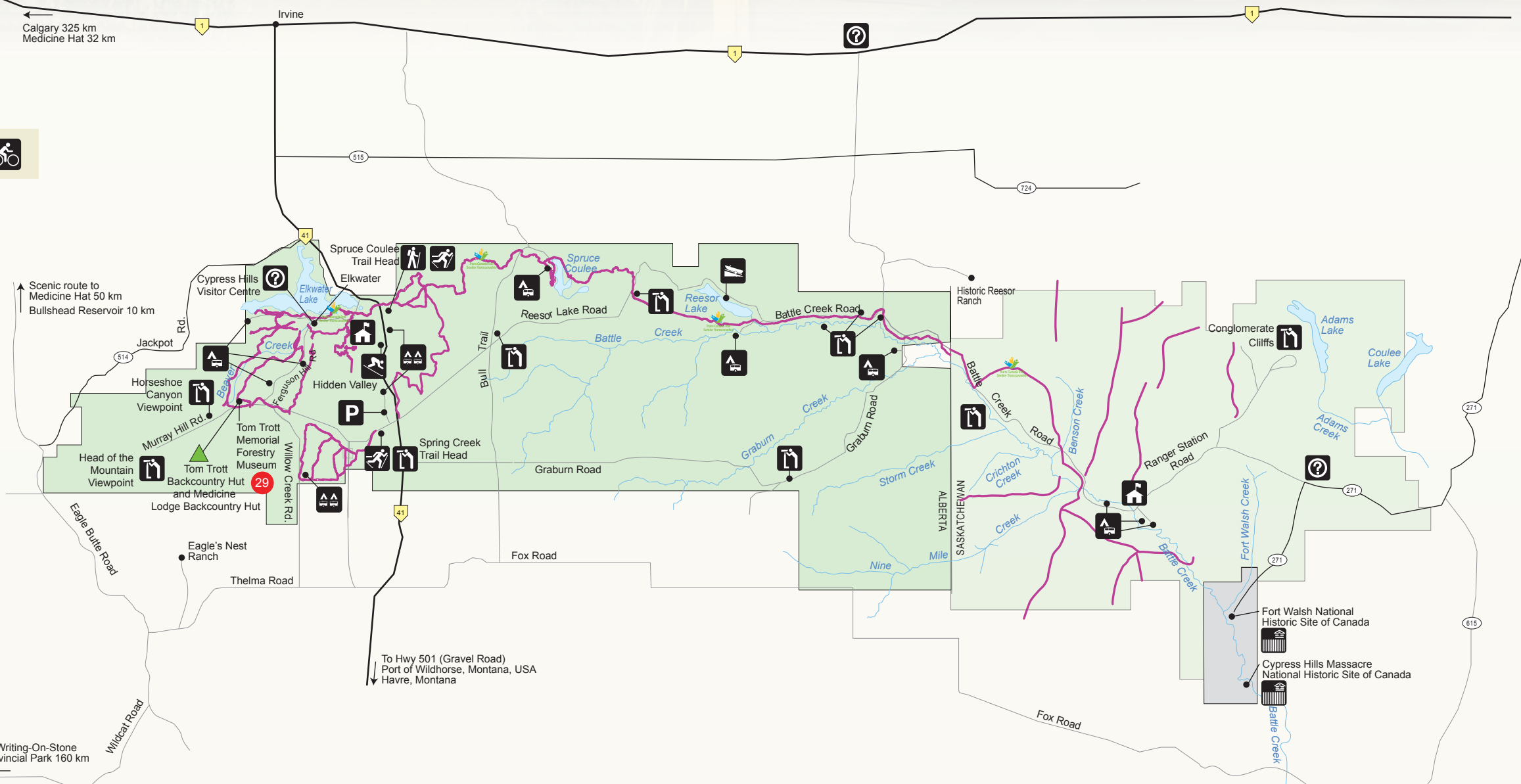
A more strenuous outing, popular among mountain bikers, is the **Horseshoe Canyon Trail** (4.1 km one way), climbing through open fields and mixed forest to a plateau, with a spectacular view of an old landslide in the canyon and rolling grasslands to the north. This route links with **Firecrack Trail**, which features grasslands, mature poplar and spruce forest, and a large glacial erratic. Experienced mountain bikers and overnight hikers can also enjoy the 8.4 km (one way) **Spruce Coulee Trail**, which follows an old road through woodlands and open fields, with tenting sites and a picnic shelter along the way.

In winter, some 30 km of cross country ski trails are groomed and track set in two trail systems. One, **Spring Creek**, offers a variety of trails and two warm up shelters for novice skiers. More experienced skiers can tackle the trails in the Spruce Coulee Trail system, the challenging hills along the **Rodeo Loop Trail** (2.2 km) or the advanced **Highline Trail** (1.3 km one way). Snowshoers and backcountry skiers can also explore ungroomed park trails. There are also two backcountry huts, each accommodating 8-10 people, available for rent through the visitor centre.

Several other winter recreational opportunities are available in the park. A luge track has been built above the Discovery Centre in Elkwater and the Old Baldy Campground loop turned into a 750 metre skating track. The Hidden Valley ski resort is located in the park, with a toboggan hill nearby.

A number of park trails are suitable for snowshoeing. Snowshoes can be rented at the Visitor Centre, as can cross country ski packages, kicklesds and bikes.

Cypress Hills Interprovincial Park



The Alberta Trail Mapping Partnership is made possible through the combined efforts of and funding from the following organizations, under the auspices of the Alberta Recreation Corridor and Trails Designation Program:

Alberta (AB) Culture and Tourism
AB Environment and Sustainable Resource Development (ESRD)
Alberta TrailNet Society
Alberta Off-Highway Vehicle Association
Alberta Snowmobile Association

Gratitude is expressed to all local clubs, groups, organizations, individuals and municipalities for their review, comments, assistance with data and updates in developing this map.

For more information or for copies of the map, please contact Alberta TrailNet at www.albertatrailnet.com; 1-877-987-2457.

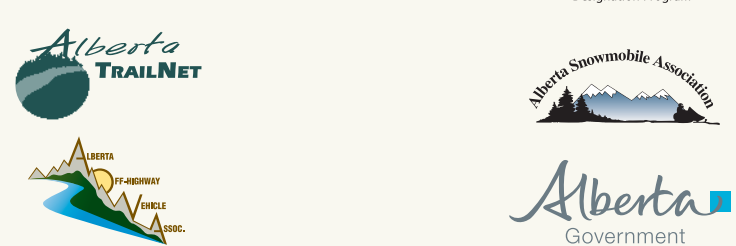
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Trail layer provided by the City of Medicine Hat.

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In plain language, this document provides you with a variety of recreation facility locations and activities. None of the maps are intended for navigational purposes. The trail locations come from various sources and do not represent Government of Alberta or Alberta TrailNet standards.

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Know Before You Go

There is limited maintenance on many trails. To maximize enjoyment of these trails, gather additional details about the trails, current conditions, local sites of interest, area services and access points from nearby communities and recreation associations (see website information in the text that accompanies this map). Further visitor information can be obtained from:

Travel Alberta: www.travelalberta.com; 1-800-ALBERTA
Alberta Parks: www.albertaparks.ca
ESRD: www.esrd.alberta.ca
Alberta Parks Campground Reservations: online www.reserve.albertaparks.ca or toll-free 1-877-537-2757

Refer to other websites and visitor information phone numbers within the text.

Trail closures may be in effect due to flooding or other hazardous conditions. BEFORE YOU GO check ESRD website (www.esrd.alberta.ca/recreation-public-use) and Parks website (www.albertaparks.ca) for trail alerts and closure notices.

If you are seeking information regarding recreational access to public lands visit www.esrd.alberta.ca/recreation-public-use or contact the ESRD Information Centre 310-ESRD (3773 toll free), or email ESRD.Info-Centre@gov.ab.ca.

This map includes designated, managed trails; many can be used year round. Trail quality and difficulty of use can vary considerably, with surface materials ranging from pavement and groomed snow to dirt and corduroy. Some trails are signed and regularly maintained; others are not. Even maintained trails can be challenging when wet or covered in fresh snowfall.

Similarly, major access roads range from paved highways to good gravel to poorer gravel roads, which may not be regularly maintained. Temperatures can range from winter lows of -40 Celsius to summer highs in the upper 30s. Precipitation and harsh conditions can occur at any time. Bugs can be bothersome, especially in wet and shaded areas in late spring and summer.

You may encounter wildlife, including cougars, bobcats, rattlesnakes and large ungulates. Fall hunting is permitted in many areas; be aware, and dress and behave appropriately. There are many sensitive and endangered species as well as fragile landscapes in this region. Use respect and obey all regulations. For further information regarding species at risk, visit www.esrd.ab.ca. Trails may be remote from services or help. Carry sufficient food, water, clothing, first aid and emergency/survival supplies, repair gear, navigation equipment and a mobile phone. Note: mobile phones may not have reception in all areas. The recreational trails shown on this map are unsupervised and are used at the personal responsibility and risk of persons using them.

