



2019 Hiking Dates

Our Coordinators are not trained guides but volunteers who love the outdoors.

******Ensure you arrive 15 minutes before departure times******

******Meeting place – NW corner of Bower Mall Parking lot******

April 6	Pines/McKenzie Trails (Red Deer) Easy Bring hot dog or smokies	Some hills/ 11 km	9:30 am
April 20	Mystery & Meditation Hike Easy	El gain minimal/ 5-10 km Location is a mystery, expect a contemplative walk with time to observe nature	9 am
May 4	Cross Conservation Natural Area (Calgary) Easy Donations at trail head (i.e. \$2)	Some hills/ 10-12 km	8 am
May 18	Canadian Northern Track (DTC) Easy Miners Café in Nordegg for pie later	El gain minimal/ 10 km	8 am
June 1	Lady McDonald Teahouse Trail (Canmore) Difficult	El gain 853 m/ 8 km	6 am
June 14-16	Bob Creek Wildland PP (Whaleback) Moderate Book own O/N accommodation in Black Diamond or Longview area.	Contact coordinator rdramblers@gmail.com El gain 400-700 m/ varied hikes	N/A
June 29	Indian Falls & Whitegoat Falls (DTC) Moderate	Minimal El gain/ 10-15 km)	6 am
July 13-14	Siffleur Falls (DTC) - Saturday Easy to 1st falls then moderate/difficult Helen Lake/Cirque Peak (* Banff NP) - Sunday Moderate/difficult Book own O/N accommodation in area	Contact coordinator rdramblers@gmail.com El gain 126 m/ 8 km 1 st falls/ 15 km to 3 rd falls El gain 455 m/12 km to lake, 1040 m/16 km to peak	6 am
July 27	Rummel Lake and Pass (Kananaskis) Moderate	El gain 355-570 m/13.6 km	6 am
August 10	Grizzly Peak Trail (Kananaskis) Extra difficult	El gain 875 m/ 5.6 km	6 am
August 24	Ha Ling and Minors Peak (Canmore) Difficult	El gain 782 m/ 6 km	6 am
Sept 6-8	High Rockies Trail Highlights (Kananaskis) Moderate Coordinator has 18 beds held at Ribbon Creek Hostel. Contact coordinator to pay by July 1	Contact coordinator rdramblers@gmail.com http://kananaskistrails.com/high-rockies-trail/	N/A
Sept 21	Arethusa Cirque (Kananaskis) Moderate	El gain 338 m / 4.2 km + meandering	6 am
October 5	Mt Hoffman (Kananaskis) Moderate	El gain 481 m/ 8.km	8 am
October 19	RMH to Crimson Lake (DTC) Easy	El gain minimal/ 12 km	8 am

- **All hikes subject to change due to weather conditions or trail closures!!**
- The people listed with each hike with phone numbers are the coordinators, call with your questions.
- Any hikes marked with this asterisk * require park fees **be prepared to share the cost.**
- Kilometres listed are **round-trip** totals.
- Members who plan to attend overnight trips must contact coordinators and provide contact information. **Everyone is responsible for own car pool and accommodation arrangements for overnight trips.**