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Alberta's Parks & Protected Areas

...it's in our nature!

A forest of promises

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It's in Our Nature!

Come and visit our vast forests, pristine lakes, wide open prairies and magnificent Rocky Mountains. You can experience any and all of these places when you visit Alberta's provincial parks, recreation areas, natural areas, wilderness areas and ecological reserves.

This guide is your companion for exploring Alberta's natural spaces. Browse these pages to find a new place to visit or an old friend. Flip to the map and facility guide to find out details about distances, services, camping and other facilities. Then pack your vehicle and set off for unforgettable vistas, peaceful campsites and experiences you'll savour long after you return home.

Nature appreciation in Alberta's parks and protected areas;
Government of Alberta

Rock climbing in Kananaskis Country;
Government of Alberta

Cold, clean waters of the Rocky Mountains,
Government of Alberta

Minister's Message

Gary Mar,
Minister of Environment

I am pleased to provide this 2000 edition of the *Alberta's Parks and Protected Areas* travel guide for your use and enjoyment. Albertans are justly proud of our network of parks and protected areas. Some of the most beautiful landscapes in North America are preserved within this network, and these areas provide almost unlimited opportunities for outdoor adventure.

Since initial publication of this travel guide in 1998, Alberta's parks and protected areas network has grown in size, with the

addition of 12 wildland parks, one ecological reserve, two provincial parks and six natural areas. The protected areas network is our legacy, and we will continue to add to it as appropriate to ensure that Alberta's geographical diversity is preserved for future generations.

Alberta's diversity makes it one of the world's most attractive destinations for nature-based outdoor recreation, and for learning first-hand about our natural world.

Visit our vast forests, mountains, foothills and open prairies. View the incredibly stark beauty of our badlands. Climb a mountain in the rugged eastern slopes of the Rockies. Sunbathe or build a sandcastle on a beach in one of the many provincial parks and recreation areas located on Alberta lakes. Experience the beauty of unspoiled wilderness and the challenge of self-reliance in one of our many wildland parks, or catch trophy fish in a northern Alberta lake.

Whatever destination and activity you choose, this guide and its companion map will make planning your trip easy. So, if you enjoy the "great outdoors," pay us a visit. You will not be disappointed! We look forward to seeing you.

Gary G. Mar

Gary G. Mar, Q. C.
Minister of Environment

What is Alberta's Parks and Protected Areas Network?

In the Beginning....

The roots of Alberta's parks and protected areas date back to 1930 when the first Provincial Parks Act was legislated. Early parks were small recreation facilities that provided Albertans with scenic spots to swim and picnic. Later, several other government agencies built camping and recreation facilities. Eventually, as the role of the departments of Transportation, Environment and Forestry changed, many of their sites were incorporated into the parks and protected areas network.

Alberta's parks and protected areas protect important landscapes and preserve our natural, historical and cultural heritage. The network includes a spectrum of lands from purely recreational sites to pure wilderness. Within this

network are the lofty peaks of Kananaskis Country and the White Goat Wilderness Area, the cool forests of Notikewin Provincial Park, the waving grasslands of Kennedy Coulee Ecological Reserve, the rugged foothills of William A. Switzer Provincial Park and the ghostly hoodoos and ancient rock art of Writing-on-Stone Provincial Park. These and other areas are set aside to protect the plants and animals that live there, and to provide opportunities for heritage appreciation, tourism and outdoor recreation. They are special places where Albertans and visitors from the four corners of the world can enjoy our natural, historical and cultural heritage.

Canoeing at William A. Switzer
Provincial Park; D. Dodge

A scientist surveys for leopard frogs in Kennedy Coulee Ecological Reserve; Cleve Wershler

Mountain meadow in Kananaskis Country; D. Traweek

Hoodoos at Writing-on-Stone Provincial Park; Government of Alberta

The parks and protected areas network currently (2000) protects over 14,000 sq. km of Alberta's land area (excluding national parks), which captures approximately half of the province's environmental diversity.

Protected Areas Today

The changes in departmental objectives as well as public attitudes and expectations have driven the evolution of the parks and protected areas network. It now includes lands from small day use areas just barely over 1 ha in size, to wild and rugged mountain wilderness sites as large as 450,000 ha. Each year, over 8 million people visit our parks and protected areas, mostly on day trips.

Protecting Special Places

In 1995, the Alberta government announced the Special Places program, an initiative anchored by four internationally recognized goals (see page 7). Special Places will balance environmental priorities with economic realities to meet our objective of sustainable development.

Through the Special Places program we are setting aside areas representing Alberta's six natural regions and 20 sub-regions. The result will be a network of protected areas that represents the province's environmental diversity.

Alberta's existing provincial parks, wilderness areas, ecological reserves, wildland parks, natural areas, Willmore Wilderness Park and national parks are already part of this network.

New parks and protected areas are especially important in natural regions that are currently under-represented. Special Places are still needed in virtually every natural region except the Rocky Mountains. A number of sites are being reviewed and more will be considered in the coming years.

Recreation and Protected Areas Network Goals Recognized Internationally

Preservation: To preserve and protect in perpetuity a network of representative, special and outstanding natural landscapes and features as well as landscape-related prehistoric, historic and cultural resources in Alberta.

Heritage Appreciation: To provide opportunities to explore, understand and appreciate the natural, historical and cultural heritage of Alberta, and to enhance public awareness of our natural environment, and our relationship to and dependence on it.

Outdoor Recreation: To provide a variety of intensive and dispersed outdoor recreation opportunities and related facilities and services.

Tourism: To encourage residents and visitors to discover and enjoy the natural, historical and cultural resources of the province through a variety of recreation opportunities, facilities and accommodation services.

Ancient native rock art preserved at Writing-on-Stone Provincial Park; G. Milani

Little Fish Lake Provincial Park provides a natural setting for a relaxing afternoon; Government of Alberta

An interpreter speaks to a group of cub-scouts at Lesser Slave Lake Bird Observatory; Steve Lane

Spectrum

A Spectrum of Protected Areas

The province's network of parks and protected areas covers over 14,000 square kilometres. The network includes a spectrum of protected spaces, from ecological reserves established around fragile environments requiring the most protection possible, to recreation areas where facilities for intensive outdoor recreation activities are provided. In between these two ends of the spectrum are provincial parks, natural areas, wilderness areas and wildlands.

In time, all natural regions and subregions will be represented within this spectrum.

Ecological Reserves

Since 1981, some of Alberta's rarest and most fragile landscapes, plants, animals and geological features have been given special protection under the Ecological Reserves Program. While these reserves, like Holmes Crossing and Plateau Mountain, were established primarily to allow scientific research, visitors interested in photography, watching wildlife and other low impact activities are welcome to visit.

The unusual nature of many of these reserves requires skillful stewardship. The Ecological Reserves Program is managed by a team of resource experts from Alberta Environment and Alberta Agriculture, Food and Rural Development.

Wilderness Areas

Alberta's parks and protected areas include three wilderness areas, Siffleur, Ghost River and White Goat, bordering Banff and Jasper national parks. Together the three encompass 1000 sq km of rugged terrain and fragile environments. Within their boundaries no developments of any kind are permitted. Travel here is only by foot. Fishing, hunting and trapping are not allowed. Collection, destruction or removal of plant or animal material, fossils or other objects of geological, ethnological, historical or scientific interest is strictly prohibited.

Athabasca Dunes Ecological Reserve; Archie Landals

Kakwa Wildland Provincial Park, one of Alberta's first wildland parks; Government of Alberta

Not all Parks and Protected Areas are equal – some must remain in a pristine wilderness state while others can sustain varying degrees of recreational use.

Wildland Parks

These parks, like Kakwa and Fort Assiniboine Sandhills, are large and undeveloped. Experienced horse trippers, backcountry campers, cross-country skiers and mountain bikers will find lots to explore with few signs of people, or facilities.

Provincial Parks

Provincial parks lie in the middle of the spectrum. They protect provincially significant natural, historical and cultural landscapes and features. They also provide opportunities for a variety of activities from hiking to swimming to camping. Families often visit parks for a day or more to enjoy the outdoors and to take part in recreational activities and interpretive programs.

Some of our best loved parks are Dinosaur, Peter Lougheed, Lesser Slave Lake and Cypress Hills.

Natural Areas

Alberta's Natural Areas are protected lands with a dual purpose: to allow some recreation but also to preserve aspects of the province's biological and physical diversity. Though not as strictly protected as provincial parks and ecological reserves, they are not highly developed for recreational use either. In many cases Natural Areas, like La Saline and Harper Creek, are in remote or inaccessible locations. Visitors to more accessible areas, like Wagner or the Upper J. J. Collett, are welcome to use these places for hiking, cross-country skiing, snowshoeing, berry picking, birdwatching, photography, enjoying nature and school field trips. Some Natural Areas are fragile, others can support a variety of outdoor activities.

Provincial Recreation Areas

Recreation areas support a range of outdoor activities in natural, modified or man-made settings. Wayside and Access Sites serve as rest stops for travellers, local picnic sites and as staging areas and access sites to rivers, lakes, reservoirs and adjacent Crown land.

Protected Areas Partners

We are committed to protecting natural, historical and cultural landscapes while providing opportunities to explore and learn about our heritage through heritage interpretation and environmental education.

In trying to keep a balance among all four goals, we have discovered the value of partnership with Albertans. For more than a decade now, volunteers have played a major role in the parks and protected areas network. They assist in many aspects of stewardship, from acting as hosts in our campgrounds, to maintaining and nurturing natural areas, to creating interpretive programs that add meaning to park visits to serving on public advisory boards. Local business people follow high standards set by the government and add their own creative ideas to operate provincial campgrounds in parks and recreation areas. Businesses and private citizens also offer donations to trust funds like the Park and Wildlife Ventures.

Together these partners help us to meet all of our goals. This allows the parks and protected areas network to dedicate more energy to the preservation of the land and the creation of heritage appreciation opportunities. Through their enthusiasm and dedication, Albertans have shown that protection of the environment is not just the role of the government, but the responsibility of all Albertans.

A volunteer interpreter leads an interpretive walk at Whitney Lakes Provincial Park; Government of Alberta

Our private campground operators welcome visitors from all over the world; D. Dodge

Volunteer stewards training for management of Milk River Natural Area; Joyce Gould

Become Involved With Alberta's Parks and Protected Areas

Are you a history buff, an avid hiker, an archaeology addict, a wildlife watcher? Do you enjoy meeting new people, having your ideas heard and setting the groundwork for new parks and protected areas initiatives? Then consider volunteering for:

- greeting and providing information to visitors from around Alberta and the world at our parks by becoming a Volunteer Host
- leading environmental programs and special events
- adopting a Protected Area by becoming a Volunteer Steward
- serving on advisory boards, or
- joining a co-operating association.

You can make a difference by becoming personally involved with the protection and preservation of our wildlands.

Interested? Give us a call at 427-7009, or talk to the park staff next time you're visiting your favourite protected area.

Do Bears Sit In The Woods?

The answer is no. Bears, particularly grizzly bears, roam a surprisingly large territory in search of food, shelter and potential mates. Their territories know no boundaries and their survival depends upon the secure habitat found in national and provincial parks, as well as in forest areas managed for broader industrial and human use. 🍃 The Foothills Model Forest organization and its partners are conducting important research into

the habits and habitats of grizzlies and other species of indigenous wildlife. This will ensure that the varied needs of wildlife as well as people are met for present and future generations. 🍃 Why grizzlies? Grizzly bears represent an important umbrella species. Generally, if their population is doing well, other species are also doing well. Researchers are

using methods such as

DNA sampling of collected

grizzly hair and feces to establish population

characteristics. Large-scale co-operative studies

such as this will serve as the basis for determining how bears and humans can coexist in this region—today, and in the future. 🍃 If you would like more information on the

Foothills Model Forest or the grizzly bear study, please visit our

Website at www.fmf.ab.ca or call (780) 865-8329.

The boundary shown on this background map represents the home range of just one of the grizzly bears studied in Jasper National Park.

- 1 Long Beach Model Forest
- 2 McGregor Model Forest
- 3 Foothills Model Forest
- 4 Prince Albert Model Forest
- 5 Manitoba Model Forest
- 6 Lake Abitibi Model Forest
- 7 Eastern Ontario Model Forest
- 8 Waswanipi Cree Model Forest
- 9 Bas-Saint-Laurent Model Forest
- 10 Fundy Model Forest
- 11 Western Newfoundland Model Forest

THE FOOTHILLS MODEL FOREST

The Foothills Model Forest organization comprises a diverse group of over 40 partners, including principal sponsors Alberta Environmental Protection, the Canadian Forest Service, Jasper National Park, and Wildwood of Canada Limited (Hinton Division).

With some 2.75 million hectares (27,500 square kilometres) under study, the Foothills Model Forest landbase is the largest such site in the world. This large-scale working model of sustainable forest management focuses on promoting ecologically sound forest practices and developing and applying new knowledge and technologies.

Jasper National Park is one of five national parks involved in the Canadian Model Forest Network. Through its involvement, Jasper National Park is able to promote and conduct ecosystem-based management with its partners in the Foothills Model Forest.

PART OF A GROWING NETWORK

The Government of Canada, through the Canadian Forest Service of Natural Resources Canada, has taken a leadership role in sustaining and enhancing our forests. The Foothills Model Forest is part of a network of 11 Canadian, and a growing number of international, partnerships generating new ideas and on-the-ground tools for the practice of sustainable forest management.

foothills
model forest
a growing understanding

Albertans Benefit!

Public involvement is critical to successful protected areas management; Government of Alberta

In our protected places, present and future generations can experience, understand and appreciate their natural heritage and interdependence with their environment.

Areas most protected from human impact, like ecological reserves, act as living laboratories and preserve ecological processes and biological diversity. They serve as scientific benchmarks to evaluate the sustainability of resource management practices upon which our continued prosperity relies.

A quiet moment at Saskatoon Island Provincial Park; Government of Alberta

Our physical, spiritual and emotional health improves through opportunities for outdoor recreation in protected natural landscapes. Our quality of life rises, if only by the knowledge that these areas remain wild and undisturbed for our descendants and us.

A Canadian Heritage Rivers System management planning team field trip along the Clearwater River, recently nominated to the CHRS; Government of Alberta

Visitors from all over the world come to Alberta, drawn by the excitement of adventure in a rare place of unspoiled natural landscapes and abundant wildlife. Tourism based on our world-renowned natural resources generates huge economic benefits for all Albertans. Our parks and protected areas, scattered across the province, entice travellers into many regions and municipalities. Our continued reputation as a community that values and protects our wild and natural spaces is vital to achieving our tourism potential.

Research is an important component of park management; Government of Alberta

Natural Regions

The Natural Regions Of Alberta

Boreal chickadee,
Boreal Forest Natural
Region; K. Morck

Elk are abundant in
the Foothills Natural
Region; G. Milani

Aspens in autumn,
Parkland Natural
Region; Government
of Alberta

Milk River Natural
Area, located in the
Grassland Natural
Region; Joyce Gould

Alberta is renowned for the beauty and diversity of its natural resources. Landscapes vary from hot, dry badlands, to vast, unbroken forests, to alpine tundra and massive icefields.

These landscapes can be divided into six distinctly different natural regions, each having several subregions. Classification of these regions is based on geology, landforms, soils, hydrology and other factors like climate, vegetation and wildlife.

The **Grassland Natural Region**, in the southeast corner of the province, runs north to Coronation and west to Calgary. This is the hottest, driest and windiest natural region in the province, where grasses and shrubs are the most common types of plants.

The **Rocky Mountain Natural Region** lies along the Continental Divide. Here fast flowing streams and rivers dissect towering mountain ranges and feed Alberta's major river systems. Thick coniferous forests are found at lower elevations, and alpine tundra at higher elevations.

To the east and parallel to the mountains lies an area of lower hills and ridges covered by coniferous forests. This is the **Foothills Natural Region**.

East of the **Foothills Natural Region** and north and west of the **Grassland Natural Region**, a mosaic of wetlands, rich grasslands and deciduous forests forms the **Parkland Natural Region**. It extends north to Edmonton and St. Paul, and west to Rimbey and Olds. A small area of Parkland can also be found around Peace River and Grande Prairie.

By far the largest natural region in the province is the **Boreal Forest Natural Region**. The mysterious boreal forest is the most extensive forest type in Canada and one of the least understood. Here, vast stands of aspen, balsam poplar and white spruce are broken up by lakes and large areas of muskeg where black spruce and tamarack are the dominant tree species.

The **Canadian Shield Natural Region** stretches into Alberta in its northeast corner. This small portion of the vast Canadian Shield is formed of granite covered with thin soils, patchy coniferous forests, shifting sand dunes and many small, shallow lakes.

Our towns, cities, highways and industries have changed all of these natural regions, yet within minutes of any community you can still find undisturbed natural areas. Alberta has large tracts of wilderness, and the single largest protected areas in the world are found in the Rocky Mountains and Wood Buffalo National Park.

Many natural regions, like the Foothills, are not well represented yet in our recreation and protected areas network.

If you are interested in finding out more about Alberta's natural regions, contact one of our offices and inquire about purchasing our set of six posters and resource manual.

Sand dune at Lake Athabasca, located in the Canadian Shield Natural Region; Archie Landals

Natural Regions Map

GRASSLAND NATURAL REGION

Cushion cactus thrive in the warm, dry Grassland climate; Cleve Wershler

This area is found in southern Alberta from the south and east borders, west to the Rocky Mountains and north to the Parkland Natural Region in the central part of the province.

Terrain is flat to gently

rolling with some large hills. Rivers in this area have carved deep valleys with coulees, ravines and badlands. Within the region, there are four subregions: the **Mixed Grass**, **Dry Mixed Grass**, **Northern Fescue**, and **Foothills Fescue**.

This region is typically the warmest and driest in Alberta. It is also a geologist's dream with badlands, exposed bedrock, carved sandstone cliffs, ancient boulders and other remains of glacial retreat

punctuating the relatively flat plain. Even though much of the grasslands have been cultivated, nature enthusiasts exploring the parks and natural areas here are greatly rewarded with an abundance of birds and grassland residents like cottontail, pronghorn and ground squirrel. Wildflower fans too will not be disappointed, with mauve blankets of prairie crocus in the spring, yellow splashes of golden bean and prickly pear cactus in early summer, jewel-hued scarlet mallow in summer and the purples and yellows of aster and goldenrod in the fall.

For watching wildlife, head for the **Dry Mixed Grass Subregion** to see birds like horned lark, longspurs, sharp-tailed grouse and Baird's sparrow. Richardson's ground squirrel are never far away in this mix of medium tall grasses like spear grass and western wheat grass and short grasses like blue grama. Look for pronghorn in sagebrush communities and for the kangaroo rat and western

hognose snake in sandy areas. Badlands provide nesting sites for golden eagle, prairie falcon and rock wren while wetlands attract a profusion of birds, amphibians and garter snakes. Many of the same species are found throughout the Grassland Natural Region.

Kennedy Coulee Ecological Reserve preserves Dry Mixedgrass habitat; Joyce Gould

Young Richardson's ground squirrel; Cleve Wershler

Cottonwoods line the river valleys in the Foothills Fescue Subregion; Government of Alberta

The badger makes its home in the Grassland Natural Region; Government of Alberta

An interpreter explains the petroglyphs that line the valley walls at Writing-on-Stone; Cleve Wershler

The **Mixed Grass Subregion** is slightly moister and cooler and extends in a band from south of Drumheller to the Montana border. It skirts the Cypress Hills, Sweetgrass Hills and Milk River Ridge.

Rolling and hilly terrain shaped by melting glaciers is the domain of rough fescue grass. Along with June grass, western porcupine grass, northern wheat grass, and Hooker's oat grass, the expanses of fescue in the **Northern Fescue Subregion** host many different wildflowers including prairie crocus, prairie sagewort, mouse-ear chickweed, prairie smoke and wild blue flax. This subregion stretches from Three Hills to the Saskatchewan border. Some parkland plants and animals creep into this subregion.

The **Foothills Fescue Subregion** sweeps into the foothills and covers the Porcupine Hills, Sweetgrass Hills and parts of the Cypress Hills plateau. Winters are milder here where warm Chinook winds drastically alter winter temperatures and melt the snowpack. Fescues and oat grasses dominate providing food for ground squirrel and elk. Narrow-leaf cottonwood forests, found nowhere else in Canada, line the major southern rivers and provide nesting sites for hawks and other birds and shelter for many animals. In spite of the warmer winters, wildlife watchers will find fewer animal species here than in other parts of the Grassland Natural Region.

The Foothills Fescue Subregion gives way to the Montane Subregion of the Rocky Mountain Natural Region in southwestern Alberta; Government of Alberta

Dry Mixed Grass Subregion

The Milk River valley, which runs through Writing-on-Stone, is home to the pronghorn antelope; Government of Alberta

Writing-on-Stone Provincial Park

A landscape can enrich the human soul! From steep sandstone cliffs and strange rock formations called hoodoos, to native prairie grasslands and the meandering Milk River, Writing-on-Stone Provincial Park is a setting that provokes as well as satisfies, intrigues as well as calms. It's

no wonder that native people have held this place sacred for thousands of years.

The Blackfoot call it AISINAIHPI "where the drawings are". According to legends, the hundreds of carvings and paintings covering the sandstone cliffs were put there by spirits that inhabit the rocks.

In the late 1800s, men of the NWMP outpost here upheld the law and were renowned for their fairness in dealing with the various Plains tribes. But, it wasn't easy. Long days, and weeks of boredom were only occasionally interrupted by surprised whiskey smugglers travelling up the coulees from Montana, only to find themselves in the backyard of the local law.

The reconstructed Northwest Mounted Police outpost is a monument to their connection with this valley; G. Milani

Mystical hoodoos, sculpted over thousands of years by wind and rain, come in many strange shapes; James Martin

Close-up of an ancient
petroglyph, G. Milani

Today the park is the keeper of this precious history and a wealth of outdoor experiences. Come and explore the rugged backcountry coulees, or take a leisurely walk along the self-guided interpretive trail. Wildlife viewing is superb! Cottontail, pronghorn, deer, and an amazing variety of birds and other animals make this valley their home. Spend an evening floating down the Milk River by canoe or raft. There's really no better way to meet and observe the wildlife.

When the sun goes down, listen for the coyote choir and the nocturnal inquiries of Alberta's provincial bird, the great horned owl!

Highlights:

- largest concentration of native rock art on the North American plains
- a "Great Canadian Park" on Discovery Channel
- interpretive displays, events and walks to special, restricted access areas
- tour a reconstructed 1885 NWMP outpost

A panoramic view of the sandstone
cliffs at Writing-on-Stone Provincial
Park; Government of Alberta

Dry Mixed Grass Subregion

Dinosaur Provincial Park

At the entrance to Dinosaur Provincial Park, there is a viewpoint where you can park and walk to the edge of Alberta's own Grand Canyon! At your feet, the Red Deer River Valley is cloaked with rugged, but fragile rock formations and lush cottonwood groves. Amazing wind and water carved rock sculptures expose rich fossil beds that help to solve the 75 million year old puzzle of the earth's past. This is a very special place!

The endangered riparian habitat of the Red Deer River, the vast expanse of sculpted badlands and the priceless bounty of fossils are all found together in Dinosaur Provincial Park. The United Nations added the park to the World Heritage Site List in 1979, recognizing its value to citizens of the world.

Highlights:

- awe-inspiring moonscape of badlands
- nearly 300 species of plants and animals including 35 fossil dinosaurs
- most dinosaur fossils in one spot on earth
- interpretive events, self-guided trails and guided bus tours

This is a place you will want to explore! The Field Station of the Royal Tyrrell Museum is a good starting point. Or start with a walk along one of five different trails. Take a guided tour into those mystical badlands for a close up look. Call in advance to reserve your spot! Visit the preparation lab in the field station or attend amphitheatre presentations for the story of the park's fascinating heritage.

A hoodoo at Dinosaur Provincial Park; Government of Alberta

Visitors enjoy the panoramic view of Dinosaur Provincial Park's unique landscape; Government of Alberta

Evening sun brings out the eerie "moonscape" of the badlands; R. Chamney

Rattlesnake Monitoring Project

The rattlesnake is an integral part of this grassland ecosystem. As predators, they keep populations of small animals in check; as prey, they feed other animals. Unfortunately, human disturbance and destruction of habitat has placed these snakes in danger.

The prairie rattlesnake plays a role in the ecological balance here, at the northern limit of its range. Park rangers have been recording sightings and monitoring snake activity for over five years. In 1996, partners from the Canadian Wildlife Service and Operation Grasslands Community introduced new methods of tracking snakes. We now can locate and protect their winter quarters or hibernacula, collect information about travel patterns and create a data bank of the physical characteristics of each snake. As we find out more about these fascinating animals, our management practises change. Our park is able, more than ever to protect the prairie rattlesnake and ensure its future survival.

When you're visiting Dinosaur Provincial Park, be sure to ask park staff how the project is progressing.

Prairie rattlesnake;
Cleve Wershler

YOU ARE IN RATTLESNAKE COUNTRY

You probably will never see a rattlesnake. These shy creatures attack only when surprised or threatened. A rattlesnake detected in time is not dangerous, provided you and the other members of your party, including your dog, avoid it. Keep in mind the following:

DO

- watch where you are walking
- examine an area before you sit down to rest
- stay in open areas

- prod grasses or bushes before going through them to allow snakes to move away
- stop young children from running ahead or climbing hills

DO NOT

- handle an injured or dead rattlesnake
- move if you hear a rattling sound until you know the snake's location – then move away
- lift any rocks or logs, or reach into any holes

Dry Mixed Grass Subregion

Red Rock Coulee Natural Area

The Bull's Head is a gentle but distinct rise in the surrounding plains of southeastern Alberta. On its western slope, Red Rock Coulee cuts a jagged path into the upland grassland. Bedrock lies close to the surface and exposes a fragile environment of hoodoos, carved formations, bentonitic clays, green and grey sandstone layers, dark grey shales and thin bands of ironstone. Most fascinating though, are the sandstone concretions, rounded red boulders up to 21/2 m across. Under ancient waters sand, calcite and iron oxide built up around a core of shell, leaf, and bone forming a ball that grew ever larger in the circulating water. The iron oxide gave the boulders their red colour.

This is a fascinating area with intriguing rock formations and fossils. Hikers and geology enthusiasts will find this area an excellent spot to explore.

Highlights:

- an eerie landscape of badlands, hoodoos and huge red boulders
- excellent location for an environmental education field trip
- among the world's largest concretions

Rock formation known as a concretion; Joyce Gould

Concretions formed by glaciers dot the landscape at Red Rock Coulee Natural Area; June Markwart

Panoramic view of Red Rock Coulee; Joyce Gould

Hand Hills Ecological Reserve and Little Fish Lake Provincial Park

The ecological reserve, in the largest natural fescue grassland ecosystem left in Canada, is located in the Hand Hills. Occasional aspen groves and shrublands punctuate the otherwise grass covered landscape. There are over 250 plant species here, including several rare ones, a variety of reptiles, amphibians, and mammals and over 130 bird species.

The Hand Hills were used by native people as a source of stone for their tools. Sharp-eyed explorers may find a quarry site, teepee rings and hearths.

There are no facilities in this ecological reserve but nearby lies Little Fish Lake Provincial Park with its quiet, shady campground. The park is an important staging area for snow goose, Ross's goose, white pelican, loons, tundra swan, and mergansers. Watch for pronghorn, mule deer, white-tailed jackrabbit, Richardson's ground squirrel, badger and long-tailed weasel.

Sorry, there is no fishing or swimming in this prairie pothole.

Northern leopard frog;
Cleve Wershler

Little Fish Lake
Provincial Park is ideal
for a quiet get-away;
Government of Alberta

The shooting star is one of
the many flowers you'll find
at Little Fish Lake Provincial
Park; Government of Alberta

Highlights:

- protects a fescue grassland ecosystem
- watch for peregrine falcon, piping plover, ferruginous hawk and long-tailed weasel
- patches of uncommon crowfoot violet, small flowered evening primrose, yellow paintbrush and mountain shooting star
- important staging area for migratory northern birds

Swainson's hawk;
Government of Alberta

Little Fish Lake;
Government of Alberta

Fish Creek Provincial Park

This large park, within Alberta's largest city, includes about 20 km of the Fish Creek Valley. Don't be fooled by its location though, this park is rich in historic and natural sites and is a great escape from the hustle and bustle of downtown Calgary.

You'll find wetlands, spruce forests, poplar woods and grasslands. Great blue heron and Alberta's provincial bird, the great horned owl, are just two of many important species here. Other bird species, beaver, hare, red squirrel, coyote and deer make this their home.

Ancient teepee rings, buffalo kill sites, and the first white settler's cabin provide historical evidence of Calgary's early years. A successful ranch operation was located here as well as Alberta's first factory, a woollen mill, built and operated by William Shaw.

These natural and cultural features provide an excellent setting for learning about our history. From September to June, Fish Creek Environmental Learning Centre provides hands-on activities for school and youth groups.

The creek for which the Park is named;
Government of Alberta

Trail adjacent to Fish Creek
Learning Centre;
Government of Alberta

The restored Bow
Valley Rancho House;
Government of
Alberta

Highlights:

- Alberta's largest urban provincial park
- 46 km of hiking, cycling and equestrian trails
- swimming and skating at Sikome Lake
- interpretive displays, programs and self-guided trails
- restored 1800s Bow Valley Ranch house
- dynamic programs for schools and youth groups at the Fish Creek Environmental Learning Centre

ROCKY MOUNTAIN NATURAL REGION

Bighorn sheep are common in the Rocky Mountain Natural Region; Cleve Wershler

The Rocky Mountain Natural Region is likely the best known natural region in Alberta. Visitors come from around the world to marvel at the beauty or challenge themselves at adventure sports in some of the most rugged topography in Alberta. From

Waterton Lakes National Park in the south to its most northern reaches in Kakwa Wildland Park, elevations rise from major river valleys 1000 metres above sea level to 3700 metre peaks along the Continental Divide.

The **Montane Subregion** covers the lower reaches of this natural region. There it endures winds and relatively little rain and snowfall. Winter Chinook winds often melt the snow, leaving grass exposed or under only a thin covering. The mosaic of grassy

meadows, aspen, lodgepole pine, Douglas fir and mixedwood forests in these dry valleys provides critical winter habitat for such animals as elk, bighorn sheep, deer and coyote. Wetlands are home to moose, beaver, muskrat and waterfowl as well as osprey.

The Montane gives way rapidly to the cooler, moister **Subalpine Subregion**. Closed forests of lodgepole pine, Engelmann spruce, subalpine fir and, in places, larch, tamarack and whitebark pine provide shelter, but modest food sources, for elk and deer. Instead, look for black bear, cougar, marten, snowshoe hare, red squirrel and in some areas, mountain caribou and wolverine. The heavy snowfalls in these areas create obstacles for many animals. Only those with long legs like moose, or whose big, splayed feet can support them on the surface, like hare, lynx, and caribou, remain in the Subalpine year-round. Birds too, become scarcer in the winter but gray jay, Clark's nutcracker, common raven, boreal chickadee and spruce grouse are not too hard to find. Avalanche paths are particularly rich in both plants and animals.

View of Rawson Lake, Peter Lougheed Provincial Park; Roy Finzel

A reflective moment for a cross-country skier at Boulton Creek in Kananaskis Country; Cleve Wershler

Horseback riding in the Rockies is the best you'll find anywhere; Government of Alberta

Rapids on the Elbow River; Government of Alberta

The **Alpine Subregion** is the domain of the hardy – plant, animal and visitor, alike. Short summers, cool temperatures and drying winds prevent trees from growing here. Shrubs like willow and a profusion of wildflowers cover alpine meadows with heathers, grouseberry, moss campion, white mountain avens and lichen. Mountain goat, bighorn sheep, mountain caribou, grizzly bear, hoary marmot, Columbian ground squirrel and ptarmigan, gray-crowned rosy finch, horned lark and American pipit call the Alpine Subregion home, at least in summer. Many alpine animals hibernate, migrate or move to the Subalpine or Montane subregions for the winter.

Plan Your Backcountry Trip

When travelling in a backcountry or wilderness area, know what lies ahead.

- Take along a map and compass, and know how to use them.
- Leave a copy of your route and estimated return with someone responsible.
- Discuss your plans with Natural Resources Service staff.
- Practise minimum impact camping.
- If you packed it in, pack it out.
- Be aware of the dangers of wild animals.
- Mountain weather can change suddenly – carry appropriate clothing and equipment.

Subalpine & Alpine Subregions

Peter Lougheed Provincial Park

Whether you are driving the Highwood Pass, hiking or bicycling along aspen and spruce lined trails, or exploring a windswept ridge, the Kananaskis Valley is spectacular!

Travel on Canada's highest driveable pass to view alpine meadows surrounded by rugged peaks. Or take an easy hike along a self-guided interpretive trail. There are at least ten in Peter Lougheed Provincial Park that range from a few metres to 5 km in length. Cycle more than 12 km of paved trails; mountain bikers will find many challenging routes! Many kilometres of backcountry trails lead avid outdoors people deep into the alpine wilderness protected in this park.

Hardy plants such as the lichen on these rocks grow in the harsh environment of the Rockies; James Martin

Kananaskis Country, located in the Rocky Mountain Natural Region; Cleve Wershler

The visitor centre provides information about these activities and many more! Whitewater canoeists and kayakers can try the Kananaskis River while river backwaters and lakes invite the dedicated angler. Join park interpreters armed with interesting tidbits about this mountain habitat on a guided walk or at evening amphitheatre presentations. Displays, exhibits and interpretive signs along roadways and trails help create an understanding of this wild, fragile and complex environment.

Mountain goats are well suited to the rugged terrain of the Rockies; Government of Alberta

Highlights:

- a “Great Canadian Park” on Discovery Channel
- spectacular sightseeing, including Canada’s highest driveable mountain pass
- hiking, cycling, mountain biking, cross-country skiing, mountain climbing, canoeing
- award winning interpretive programs and displays, including signs along roads and trails

View of Upper Kananaskis Lake from Rawson Lake; Roy Finzel

Subalpine & Alpine Subregions

Willmore Wilderness Park

Imagine the view from one of the peaks on the Continental Divide – a meadow of blooming alpine flowers, thundering waterfalls, roaring river rapids and dark forests. The diversity of plants and animals, the craggy peaks and cliffs and the vast expanse of Willmore Wilderness Park leave a lasting impression on all who view them.

Staging areas like Rock Lake (see page 33) offer glimpses of the wonders beyond. Trails for hiking and horseback riding criss-cross the eastern part of this park. High peaks and dense forests block access to the west end and you'll find few trails west of the Smoky River. There is little trail maintenance and no designated campsites: visitors must be prepared for wilderness travel.

A trip into Willmore draws you into Alberta's rich human history. On the Thoreau Creek Pass Trail, old coal mining cabins are excellent subjects for photographers and painters. Old trapper cabins and grave sites are the legacy of the courageous men and women who lived and died in this harsh paradise.

Highlights:

- A "Great Canadian Park" on Discovery Channel
- Alberta's largest protected wilderness area outside of the national parks (4597 sq. km)
- spectacular glacier covered peaks, meadows, rolling foothills and wild rivers
- over 700 km of trails for hiking and horseback riding

Rock Creek valley, Willmore Wilderness Park; Lorna Allen

Trail riding is one of the best ways to experience Willmore; Government of Alberta

View into Willmore from Hell's Gate (Sulphur Gates) staging area; Lesia Boyko

Hiking in Willmore requires stamina and careful preparation; Government of Alberta

Subalpine & Alpine Subregions

Elbow-Sheep Wildland Provincial Park

Imagine 793 square kilometres of wilderness in the spectacular foothills and front ranges of the Canadian Rocky Mountains. There are no roads, only trails for hiking, mountain biking and horseback riding.

In addition to its namesake, the Rocky Mountain bighorn sheep, you may be lucky enough to spot grizzly and black bear, elk, mountain goat, marten and snowshoe hare. Whistling marmots taunt you from their rocky perches. Keep your eyes peeled for ptarmigan, pika, Columbian ground squirrel and spruce grouse. Your camp may be visited by gray jay, pine siskin, boreal chickadee and red squirrel and at night, you may be treated to a wolf howl.

In the high country, alpine meadows ablaze with pink and white heather, white mountain avens and pink moss campion are the perfect place for photographing the breathtaking panorama of peaks and valleys that surround you.

H i g h l i g h t s :

- spectacular wilderness
- trails for hiking, mountain biking and horseback riding
- stop at the Elbow Valley Information Centre for trail updates
- abundant wildlife

Tread Lightly!

With more and more people recognizing the physical and mental benefits of "getting away from it all" in the backcountry, we need to know how we affect the environment. Tread Lightly! is a program creating that kind of awareness – protecting wild lands through education and the promotion of minimum impact recreational practises.

Through educational materials and advertising, Tread Lightly! promotes minimum impact principles that can apply to motorized and non-motorized outdoor recreation activities. By adopting these principles, we can all help to ensure that the wild lands we value remain wild forever.

Take the Tread Lightly! pledge:

Travel only on designated roads.

Respect the rights of others.

Educate yourself.

Avoid stream banks, meadows and wildlife.

Drive and travel responsibly to protect the environment and preserve opportunities to enjoy outdoor recreation on Public Lands.

For more information about how you or your group can Tread Lightly!, or to become a Tread Lightly! Canada member, call Recreation and Protected Areas at (780) 427-7009 or write to:
Tread Lightly! Canada
P.O. Box 22049 Westmount Station
Waterloo, ON N2L 6J7

Rock Lake Provincial Recreation Area

Nestled in the mountains, just 5 km east of Willmore Wilderness, Rock Lake is a perfect access point for hikers and equestrian travellers, with special facilities for horses. Hike high above the shoreline, for breathtaking vistas of the deep, blue lake and the rugged mountains to the west or fish the lake for trout or pike.

Highlights:

- staging area for equestrian riders and hikers entering Willmore Wilderness
- quiet, picturesque lake tucked in the lower Rocky Mountains
- trails to explore the recreation area and into Willmore Wilderness

Rock Lake is a beautiful and un-crowded camping destination; Government of Alberta

Kakwa Wildland Park

If you seek the beauty of wilderness and the challenge of self-reliance, this park is for you. Access is a fair weather road that leads to Kakwa Falls. Four wheel drive vehicles are recommended. Other than trails for hiking or horseback riding and a day use area at the falls, there are no developed facilities.

Wildlife typical of wilderness – caribou, bighorn sheep, mountain goat and grizzly bear – roam throughout. The Kakwa River is a spawning ground for bull trout, a species now limited to cold, clean mountain streams.

Highlights:

- Alberta's northernmost Rocky Mountains
- spectacular 30 metre high Kakwa Falls
- dramatic, rugged wilderness
- 300 year old Englemann spruce

The Kakwa
River; Mel Kozun

The spectacular 30 metre-high Kakwa Falls; Government of Alberta

Montane Subregion

Bow Valley Provincial Park

Located on the floor of the scenic Bow Valley, the Bow River is famed as a trout fishing paradise. Explore river habitats and montane environments on one of the seven interpretive trails.

Long before the surrounding mountain areas emerge from winter, the 2 km Many Springs Trail transports you into a world of crocuses, orchids and primroses. The bubbling spring water remains above freezing year-round and it's not uncommon to see early arrived ducks paddling in these open puddles.

Enjoy a walk or bike ride along the many roads and trails. You'll see that the montane environment is one of contrasts and diversity. White spruce and aspen forests, limber pine and Douglas fir are interspersed with grasslands painted with wildflower brushstrokes. These lowlands provide valuable wintering grounds for elk and deer. You'll also find many songbirds, beaver, muskrat and Columbian ground squirrel.

The warm waters of Bow Valley's mineral springs remain open year-round; Cleve Wershler

Beauvais Lake Provincial Park

As early as 1881, newcomers settled near Beauvais Lake. Trails lead to these early homestead sites and to beaver ponds, wooded slopes and lakeside walks where you may see grizzly and black bear, elk, moose, eagle, osprey, numerous songbirds and many other species. A new 3 km trail leads along Mill Creek Canyon to a small backcountry campground. Along the way, many different wildflowers and birds will keep any nature enthusiast intrigued.

Highlights:

- a "Great Canadian Park" on Discovery Channel
- world class trout fishing in the Bow River
- spectacular views of the surrounding Rocky Mountains
- award winning interpretive shows and guided walks

Highlights:

- over 15 km of hiking and cross-country ski trails
- excellent rainbow trout fishing year-round
- diverse montane environment

Beauvais Lake Provincial Park preserves a diverse montane landscape; Government of Alberta

Cypress Hills Interprovincial Park

Where else on the Canadian prairies can you smell pine trees and see a carpet of prairie flowers? Where else can you gaze across the prairie landscape from the highest point of land east of the Canadian Rockies, sharing the same view once enjoyed by Plains natives, Metis hunters, Mounties and early ranchers?

In 1859, Captain John Palliser described the Cypress Hills as “an oasis in the desert.” The hills today are an island of mixed forest and fescue grassland surrounded by short grass prairie and ranchland protected in Alberta and Saskatchewan as Canada’s only Interprovincial Park.

In summer, hike the many trails, enjoy boating, fishing and other water sports, or participate in guided interpretive hikes, evening shows and special events. In winter, cross-country skis replace sneakers on the trails. Downhill skis and snowboards carve their marks at Hidden Valley Ski Hill.

Highlights:

- a “Great Canadian Park” on Discovery Channel
- preserves some of the prairie’s most unusual ecosystems and landscapes
- rich in Canadian history
- a winter playground with downhill and cross-country skiing, ice fishing, winter camping, snowshoeing and tobogganing
- extensive interpretive and educational programs
- Canada’s only interprovincial park

Montane Subregion

The town of Elkwater, on the shores of Elkwater Lake; E. Bork

A variety of trails allow visitors to explore this unique area; Government of Alberta

Conglomerate rock formations line coulee walls; June Markwart

Cypress Hills Provincial Park protects a unique “oasis” in the grassland; Government of Alberta

FOOTHILLS NATURAL REGION

Lodgepole pine is a common tree species in the Foothills Natural Region; Government of Alberta

The Foothills Natural Region follows the eastern edge of the Rocky Mountains and also includes outlying areas like the Swan Hills, Pelican Mountains and Clear

Hills. The natural region is divided into two subregions, the **Upper Foothills** and the **Lower Foothills**. The **Upper Foothills** covers the higher elevations in the foothills and the outlying hills. The Lower Foothills spread eastward across lower elevations and occasionally westward along river valleys.

The **Upper Foothills Subregion** receives more precipitation and is cooler in summer and winter than the Lower Foothills. Its coniferous forests, populated by white spruce, black spruce, lodgepole pine and subalpine fir, shelter animals also found in the mountains or the boreal forest: pine siskin, white crowned sparrow, ruby crowned kinglet, black bear, grizzly, and elk.

In the **Lower Foothills**, boreal chickadee, spruce grouse, red squirrel, moose, yellow-bellied sapsucker, purple finch and rose-breasted grosbeak inhabit its mixedwood forests.

Representing the Foothills Natural Region are parks like Brown-Lowery in the south, Pierre Grey's Lakes in the north and Lesser Slave Lake in the outlying Pelican Mountains. All provide beautiful settings for wildlife watching, as well as outdoor activities that range from hiking, horseback riding and canoeing to beach activities and fishing.

The foothills and Rocky Mountains are home to the elusive grizzly bear; Grant Santos

Mule deer browse in an open meadow in the Foothills; Cliff Wallis

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Lower Foothills Subregion

Carson-Pegasus Provincial Park

Carson-Pegasus is a beautiful park in the rolling Lower Foothills with a diverse range of habitats, from old growth forests mixed with stands of poplar, willow and birch, to black spruce bogs. A seawall running the length of the peninsula on McLeod Lake, is a great spot for fishing and walking. Stairs connect this walkway with the top of the peninsula, where you can continue along the roads and trails in the campground. Additional trails in the backcountry take you for peaceful walks along aspen and spruce shaded paths. In winter, try these routes on cross-country skis.

Both lakes have always been popular fishing spots: McLeod Lake, for rainbow trout and Little McLeod, for pike, yellow perch and whitefish. Historically, natives used this area for fishing, hunting and social activities as early as the 1600s. Today, you can guide your boat to the perfect spot as the mist is rising off

Deciduous and coniferous forests are the backdrop for your adventures at Carson-Pegasus Provincial Park; Government of Alberta

Canoeing and kayaking are very popular at Carson-Pegasus; Government of Alberta

the lake at dawn, or linger for that one last bite as the final rays of the sun reflect off the mirror smooth surface. Join the anglers on the seawall, shaded from the afternoon sun and cast your line. Maybe you'll hook "the big one".

If you're not fishing or hiking, you can while away the afternoon at the small, sandy beach on the west side of the peninsula. Pick up a family adventure pack and spend the afternoon bagging bugs or spotting sparrows with the help of these handy nature kits.

Highlights:

- one of Alberta's most popular year-round trout fishing spots
- hiking or cross-country ski trails along the lakeshore or through the rugged forest of aspen and spruce
- a shoreline seawall provides anglers of all ages and abilities easy access to great fishing
- one of a few provincial parks who use horseback mounted patrols

Fishing from the seawall
on McLeod Lake;
Government of Alberta

Mounted park ranger patrols are a
rare sight in Alberta's parks and
protected areas, but you're sure to
spot them at Carson-Pegasus;
Government of Alberta

Lower Foothills Subregion

Crimson Lake Provincial Park

Just west of Rocky Mountain House, Crimson Lake Provincial Park is home to sandhill crane, elk, deer, moose, beaver and other foothills wildlife. In the skies above Twin Lakes osprey dive for trout, while great blue heron wade in the shoreline marsh.

Spend a day hiking or mountain biking the Amerada Trail to really get a feeling for this diverse environment. You'll discover bogs, fens, sand dunes and a beaver pond while travelling this 10 km loop through spruce, lodgepole pine and tamarack forests. Trailside exhibits tell about the petroleum industry active in the park. Or take a short trip to the boardwalk or the beaver pond, just part way along the trail. Join a guided walk or spend an evening at the Hearth for stories and singing around the campfire.

Whether wildlife watching or hiking, trout fishing or paddling your canoe, your days will be memorable.

Highlights:

- view displays at the visitor centre, or take out a self guided Family Adventure Pack
- the 10 km Amerada Trail completely encircles the lake
- interpretive events are offered each week from May to September
- fish for rainbow trout at Twin Lakes
- visit the nearby Rocky Mountain House National Historic Site

Marten Mountain at Lesser Slave Lake Provincial Park

Experience foothills in the boreal forest on a visit to Marten Mountain. Lesser Slave Lake Provincial Park protects Alberta's easternmost example of the Foothills Natural Region.

Hike Lily Lake Trail through an old growth forest to the lake stocked with trout. This is an interesting transition zone blending eastern and western boreal forests. Eastern trees like balsam fir are found next to typical western trees like the white spruce. This anomaly attracts eastern neotropical birds, not normally found in Alberta.

Highlights:

- interpretive viewpoint offers panoramic views of the valley and lake
- guided hikes into Lily Lake
- Walk Through Time self-guided trail
- unusual eastern neotropical birds

Brown-Lowery Provincial Park

Hiking trails perfect for exploring the Lower Foothills criss-cross this area of mixedwood forest, open grassy meadows, wetlands and balsam poplar stands.

Wildflowers and birds thrive in this diverse habitat. You'll notice signs of deer, elk, and coyote that roam throughout the park and occasionally see the track of a cougar or bear.

Highlights:

- diverse terrain and vegetation provide habitats for a variety of foothills wildlife
- excellent view of the Rockies from Eagleview Lookout
- close proximity to Calgary

You may spot a cougar at Brown-Lowery Provincial Park; Government of Alberta

Upper Foothills Subregion

William A. Switzer Provincial Park

High pine-topped ridges and kettle holes, remnants of retreating glaciers, surround a chain of five small lakes nestled on the eastern slopes of the Rocky Mountains. In these foothills, mountain plants and animals combine with boreal forests, creating an inviting landscape, and unique opportunities for nature enthusiasts. Add forest trails for hiking and bicycling, meadows of colorful wildflowers, and friendly staff for a getaway that is hard to beat.

Take a canoe trip down the meandering Jarvis Creek and connecting lakes, where interpretive signs inform you about wetland habitats and their inhabitants. Watch wildlife from a viewing blind, keeping an eye out for elk, deer, moose, otter, lynx, beaver, black and grizzly bears, wolves, owls, songbirds, ospreys and bald eagles. In winter, travel the trails on cross-country skis or snowshoe to discover evidence of the Park's animals. Any time of year, you can count on a unique, uncrowded and unforgettable experience.

Highlights:

- an uncrowded alternative en route to the Canadian Rockies
- self-guided interpretive trails and summer interpretive programs
- wildlife viewing platforms
- exceptional canoeing on Jarvis Creek or one of the interconnected lakes
- 30 km groomed cross-country ski trails

Pierre Grey's Lakes Provincial Recreation Area

This beautiful chain of five lakes invites you to fish for brook trout and rainbow trout. Bring your rowboat or canoe to enjoy the peace and tranquility here.

Hiking trails lead into cool, dark forests of spruce, pine and fir, where prickly rose, fireweed and twinflower provide flashes of colour. Keep a watchful eye for spotted sandpiper, ruby-crowned kinglet, great gray owl, hawk owl, gray jay, junco and white-crowned sparrow. Waterfowl like loon, bufflehead and goldeneye thrive in the abundant wetlands and Canada geese nest here. In winter, look for woodland caribou.

Highlights:

- brook trout and rainbow trout in stocked waters
- remains of a trading post built and operated by Pierre Grey in the late 1800s
- great bird and wildlife watching
- 15 km of groomed cross-country ski and hiking trails

The scenery around Pierre Grey's Lakes Recreation Area is a photographers dream; Government of Alberta

This landscape is typical of William A. Switzer; Government of Alberta

PARKLAND NATURAL REGION

Dry Island Buffalo Jump
Provincial Park is a mosaic of
flora and fauna; Terry Krause

The **Parkland Natural Region** is the transition area between the grasslands of the southeast and the boreal forests to the north. In Canada, this natural region is found only in the prairie provinces. The Parkland Natural Region is divided into three subregions, **Central Parkland, Foothills**

Parkland and Peace River Parkland, based on geographic location and differences in plant communities.

The types of wildlife you are likely to see in this natural region depend, in part, on its neighbours. In the south, the **Parkland Natural Region** shares wildlife with the grasslands, to the west with the foothills, and in the north with the boreal forest.

The **Peace River Parkland** is an island surrounded by boreal forest. Deep, rich soils and plenty of wetlands and waterways make this a highly productive agricultural area. Most of the landscape is cultivated, and native vegetation is scarce but the lakes and ponds provide a major nesting area for the rare trumpeter swan.

Historically, Albertans have played in and around lakes in the Parkland at several provincial parks and recreation areas.

Red-tailed hawk, a
common sight in the
Central Parkland
Subregion;
Government of
Alberta

Coyote; Cleve
Wershler

Saskatoon Island Provincial
Park, in the Peace River
Parkland Subregion, is the
most northerly park
preserving this type of
habitat; Government of
Alberta

Parkland Natural Region is typified by extensive aspen forests.
Government of Alberta

Central Parkland Subregion

Dwarfed aspen trees are a result of the windy, warm, dry climate and sandy soils of Dillberry Provincial Park; Government of Alberta

Berry picking at Dillberry; Government of Alberta

Dillberry Lake Provincial Park

About an hour south of Lloydminster, Dillberry Lake Provincial Park, is one of Alberta's best kept secrets and a great family destination.

After crossing bare prairie, you'll discover a small sandy lake surrounded by willow and poplar stands. These aspen have adapted well to growing on sand dunes in a warm, dry climate. They have grown low to the ground, escaping some of the drying effects of the wind. Their dwarfed shapes lend an air of mystery, like an enchanted forest.

The lake is a glistening freshwater treat in a region of alkaline lakes and supports yellow perch and rainbow trout. Both mule deer and white tailed deer are common here, as are coyotes, beavers and ground squirrels. Wetlands and shoreline habitats are key to wildlife survival in this dry region.

Leaves of Three - Let Them Be!

Beware! Poison ivy is harmful to most people. The plant, common to Dillberry Lake Provincial Park, is covered with an oil which irritates the skin. Rashes, blisters and swelling may result.

If you touch poison ivy directly or with your clothes, wash immediately with warm water and strong laundry soap. Your pets can carry the irritating oil on their fur. They should be washed after contact with poison ivy.

If you develop a rash:

- wash frequently with soap and rubbing alcohol
- resist the temptation to scratch
- in severe cases or if the affected area is near the eyes, contact a physician

Poison ivy is recognized by its groups of three, drooping leaflets growing from a woody stem.

While many lakes in the Central Parkland Subregion are alkaline, Dillberry is a pleasant freshwater lake, with yellow perch and rainbow trout; Government of Alberta

Trails throughout the park allow walkers and cyclists to explore Dillberry and other small lakes. During June, watch for the colourful blooms of the prickly pear cactus on the sunny, sandy hillsides. After building the castle of your dreams on the beach, launch your canoe and paddle along the shoreline to spot ducks in the numerous marshes.

Highlights:

- excellent family destination
- sand dunes and refreshing lake waters
- strange, dwarf trees
- hiking, cycling and canoeing

Dillberry Lake Provincial Park is an excellent family destination; Government of Alberta

Willow and poplar trees help to stabilize the fragile sand dunes; Government of Alberta

Central Parkland Subregion

Dry Island Buffalo Jump Provincial Park

A flat-topped mesa called a “dry island” rises 200 metres above the Red Deer River. In the distance, you can see the grassy clifftop of an ancient buffalo jump. Its easy to picture tall teepees and, nearby, a group of natives processing buffalo hides and meat. Historically natives here hunted bison by stampeding them over these high cliffs. Hunting this way

provided enough meat, skins and other products to sustain a group of natives sometimes for an entire winter.

Today, in this river valley picnic area, you'll find aspen alongside white spruce, desert-like badlands next to undisturbed prairie grassland. Search for an interesting variety of wildlife and plants on well-travelled game trails then relax in the shade of mature cottonwoods.

The flat-topped mesa, called a “dry island”, rises 200 metres above the Red Deer River; Terry Krause

Buffalo bones, evidence of a fascinating past; Government of Alberta

Highlights:

- the most northerly and exceptionally high buffalo jump of 45 metres is over 3000 years old
- Badlands, Aspen Parkland, Grasslands and white spruce forest
- over 400 species of flowering plants, 148 species of birds and at least 84 species of fish, amphibians, reptiles, and mammals
- spot turkey vultures and prairie falcons

A visit to Dry Island Buffalo Jump Provincial Park is rewarded by exceptional views of the surrounding landscape; Government of Alberta

Aspen poplar line the rolling river valley of Vermilion Provincial Park; Government of Alberta

Vermilion Provincial Park

Just minutes away from the town of Vermilion, you can explore 767 hectares of Aspen Parkland. Families and nature enthusiasts enjoy walking along the many trails to watch for great blue heron, Richardson's ground squirrel, deer or Swainson's hawk. Look for fairy bell, rose and other wildflowers growing in forests of aspen, balsam poplar and introduced white spruce.

Highlights:

- a stocked trout pond
- 16 kms of hiking, biking and cross-country ski trails
- school environmental education programs

Beaverhill Natural Area

Each spring bird enthusiasts watch in awe as huge feathery white clouds appear and noisily descend on Beaverhill Lake. This annual arrival of the snow goose is awaited with great excitement and anticipation.

Beaverhill Natural Area was established to protect the rich marshes that provide precious habitat for waterfowl and shorebirds. This is a birder's paradise.

Highlights:

- internationally recognized as a resting area for hundreds of thousands of migrating birds
- home of the April snow goose festival
- location of the Beaverhill Bird Observatory

J.J. Collett Natural Area

In the rolling hills of central Alberta, J.J. Collett Natural Area provides a quiet retreat.

Among these shady forested hillsides, wetlands and sunny grasslands, sand dunes have struggled for years to stabilize against the elements. A thin vegetative cover is all that keeps these stable dunes from reverting back to bare, shifting sand. When visiting the area take care not to disturb this fragile protection.

Highlights:

- excellent setting for orienteering, nature observation and plant and wildlife studies
- mosaic of shrublands, aspen stands and meadows typical of the Aspen Parkland
- trail network

Central Parkland Subregion

Wagner is internationally recognized for its orchids; Government of Alberta

An interpretive trail winds through the woods at Wagner Bog Natural Area; Government of Alberta

Wagner Natural Area

The Wagner Natural Area near Edmonton is a naturalist's treasure of peatland, wetland, black spruce and mixed forest. Explore this area along the self-guided Marl Pond Trail on the edge of a sensitive wetland.

Visit in every season. In autumn the golden needles of the larch reflect in the marl ponds. Winter is a tranquil time when signs of wildlife are easier to see and the arrival of spring is signalled by the musical din of songbirds and mating frogs.

Highlights:

- internationally recognized because of the variety of orchids and carnivorous plants
- natural spring waters create calcium rich marl pond
- self-guided interpretive trail
- close to Edmonton

Big Knife Provincial Park

As you drop into the Battle River Valley, your first view is of badlands and grassland, but take a closer look: an old forest of spruce and cottonwood lines Big Knife Creek.

Walk along one of the trails through grassy open flats dotted with bright gaillardia or through groves of young aspen mixed with saskatoon, silverberry and wild rose. Explore the forest where great horned owl make their homes. You might even catch a fleeting glimpse of a deer grazing near your path.

Highlights:

- mosaic of landscapes
- marshes provide habitat for great blue heron, white pelican, and other water birds
- remains of bootlegger's cabin

Peace River Parkland Subregion

Saskatoon Island Provincial Park

In spring, saskatoon bushes are covered with white fragrant blossoms; in summer, with the sweet purple berries. Saskatoon Island Provincial Park has been and still is a favourite berry picking spot with the people of the Peace River region.

At higher water levels prior to the 1920s, this park was an island. Now, it sits on a neck of land between two small shallow lakes, Saskatoon Lake and Little Lake. The lakes provide excellent habitat for many bird species and important migratory bird nesting and staging areas. From a viewing platform, you can see trumpeter swan and other waterfowl, as well as beaver.

Camping, hiking, birdwatching and water sports are popular activities and in winter, you can skate and cross-country ski.

Highlights:

- the rare trumpeter swan nest on Little Lake
- great saskatoon berry picking
- one of the first provincial parks in Alberta

Kleskun Hill Natural Area

Since the early 1900s, grainfields have largely replaced the natural grasslands in the Peace River Parkland leaving only scattered examples. Kleskun Hill, 100 metres above the plains surrounding Grande Prairie, protects one of the largest areas remaining of native upland vegetation.

You can take in the scenic vistas from this high vantage point, or wander among the hills where you'll see coloured rock layers, the sediments from prehistoric lakes and seas.

Highlights:

- the most northerly location of badlands in Alberta
- one of the most diverse and extensive areas of native upland vegetation remaining in the Peace River Parkland

Saskatoon Island, one of Alberta's first provincial parks, is a popular camping destination; Government of Alberta

Two shallow lakes in the Park, Saskatoon Lake and Little Lake, provide habitat for waterfowl; Government of Alberta

Alberta's Watchable Wildlife

When was the last time you stopped by the side of the road to watch a deer or a moose? Perhaps you enjoy watching birds, or even fish?

More and more people head into the outdoors each year, just to watch wildlife. In fact, this is one of the fastest growing forms of outdoor recreation in North America. It's a fun way to get out, experience nature and get some exercise. But sometimes it's difficult to find a good wildlife watching area, or to find a new one.

We have identified wildlife watching sites around the province to make them a little easier to find. Parks and protected areas are a great place to start. Many sites are identified on major roadways by a Wildlife Watching sign. These sites vary in accessibility, location and facilities. A Wildlife Viewing Guide, available at local bookstores, provides information about more than 60 wildlife viewing areas across the province. It includes where to go, what to look for and tips on how to view and photograph wildlife in an ethically responsible manner. This information is also available on the Internet at <http://www.gov.ab.ca/env/nrs/wildlife/view>

Wildlife Watching Tips

Successful watching requires certain skills and knowledge. Here are a few tips.

- Go to an area where you are likely to see wildlife: in parks, near water or feeding areas.
- Going out in the morning or near dusk are best.
- Be patient and quiet.
- Try to become invisible by not moving and by wearing muted clothing.
- Use all of your senses.
- Read wildlife signs like tracks and droppings.
- Use appropriate viewing guides and equipment.
- Use a field notebook to record your sightings.

For more information on specific viewing opportunities or the program in general, please contact your nearest Natural Resources Service office.

Foothills Parkland Subregion

Police Outpost Provincial Park lies at the base of the sacred Chief Mountain; B. Danielson

Police Outpost Provincial Park and Outpost Wetlands Natural Area

Once home to a North West Mounted Police post established to control whisky smuggling into Canada, this park is one of the few protected areas that has both Fescue Parkland and Foothills Fescue vegetation. Plant seekers will find at least 400 different plants including several rare species in the wetlands and grasslands.

Chief Mountain towers over several kilometres of hiking trails where deer, coyote, elk and bears can be spotted. Around the lake, aspens, shrubs and marshy wetlands sustain a thriving bird and wildlife community. Drop your line into Outpost Lake to catch a rainbow trout.

Nearby, the Outpost Wetlands Natural Area combines wetland with aspen forest and meadows where mountain bluebird, loons, American goldfinch and moose make their homes. You might even see a rare blue flag or a sandhill crane.

H i g h l i g h t s :

- rare plant species of the fescue grasslands and wetlands
- excellent vantage point to view sacred Chief Mountain
- site of the marking of the Canada-US boundary in the 1870s
- interpretive trail
- hiking and cross-country skiing

Chain Lakes Provincial Park

Chain Lakes Provincial Park is 500 hectares of willow, aspen and grassland in the Willow Creek Valley west of Nanton.

Wildlife watching here is unbeatable! The park attracts moose, deer, elk, bear and cougar as well as white pelican, osprey, cormorant, great blue heron, kingfisher, short-eared owl and wild turkey, to name just a few! The wetlands and surrounding grasslands abound with over 260 different plants. Grass fires are always a danger so open fires are not allowed.

Highlights:

- year-round fishing for rainbow trout
- excellent wildlife watching
- a forested oasis amid the rolling grasslands
- tremendous views of the Rockies

Big Hill Springs Provincial Park

Tucked into the rolling terrain of the foothills, this picnic area is something of a surprise. Visitors for the day arrive at a grassy meadow where occasional aspens give shade for picnic lunches. But a little effort reveals a delightful wonder. Follow a bubbling stream and an interpretive trail up the forested hillside and explore this oasis.

Highlights:

- a self-guided interpretive trail tells the rich cultural and natural history of the Big Hill Springs
- bubbling stream in a beautiful foothills setting

The falls on Springs Creek, Big Hill Springs Provincial Park; Government of Alberta

An interpretive trail along the creek makes for a pleasant walk; D. Traweek

BOREAL FOREST NATURAL REGION

Labrador tea grows in the poorly drained bogs of the Boreal Forest Subarctic Subregion; S. Andrews

The Boreal Forest Natural Region is Alberta's largest, covering 60% of the province. Its diversity is evident in six subregions: the **Dry Mixedwood, Central Mixedwood, Wetland**

Mixedwood, Boreal Highlands, Peace River Lowlands and Subarctic. The most common characteristic of all subregions is extensive wetlands. Generally, bedrock is deeply buried under glacial deposits and the terrain is relatively flat with scattered groups of hills. In certain areas other features exist such as dunes, hills, plateaux, river floodplains and deltas.

The Boreal Forest Natural Region covers 35% of Canada. It is the largest forested natural region in the world and stretches across much of Canada, northern Europe, northern China and Russia. Its contribution to the global environment through its absorption of carbon dioxide, other gases and chemicals and its production of oxygen, has earned it the nickname "lungs of the planet".

The differences between the subregions in the Boreal Forest Natural Region are often subtle. The **Dry Mixedwood Subregion** stretches north from the Parkland Natural Region. Its flat and gently rolling terrain is covered in mixed stands of aspen and white spruce, with balsam poplar in low, wet areas and balsam fir in its northern regions. Wetlands dot this patchwork. The rich mix of habitats attracts both parkland and boreal forest species. Typical mammals include moose, snowshoe hare, lynx and weasel.

The **Central Mixedwood Subregion** is the largest subregion in Alberta. You'll find many of the same plant species here as in the Dry Mixedwood Subregion, only in different proportions. One reason to visit this area is the bountiful wildlife. Walk through the forests and shrublands near swamps and lakes and you'll see the greatest variety: moose, beaver, snowshoe hare, black bear, lynx, wolf, least chipmunk, ermine, and in some locations, fisher, woodland caribou, wolverine and river otter. Birds include nuthatches, gray jay, pine siskin, crossbills, chickadees and warblers.

To experience a 6 month long winter, visit the **Wetland Mixedwood Subregion**, where the length of snow cover is one of the longest in the province. Between the snow and the rains of summer, moisture is the dominant trait of this area. While aspen, balsam, spruce and fir all grow here, wetlands cover more area with peatlands, willow-sedge wetlands and black spruce bogs. The lack of extensive forests keeps wildlife numbers low, however, waterfowl, including sandhill crane and rare whooping crane, and mosquitoes are abundant.

The Boreal Forest provides important habitat for a variety of wildlife, including moose; Government of Alberta

The **Boreal Highlands Subregion** covers plateaux and hills within the Central Mixedwood and Wetland Mixedwood subregions with coniferous forests and some poplar. Jack pine grows in dry upland sites. Bogs, fens and lakes are common and host a variety of nesting and migrating waterfowl. Wildlife is similar to that of the Central Mixedwood Subregion.

The tops of the Birch Mountains, Caribou Mountains and Cameron Hills are part of the **Subarctic Subregion**. This region most closely resembles parts of the Northwest Territories. Black spruce is the most common tree, growing alongside Labrador tea and lichen in poorly drained acidic bogs. Permafrost is common and influences the formation of palsas and peat plateaux. The harsh environment and the scarcity of poplar forests keeps wildlife away. Only red squirrel, snowshoe hare, moose, black bear and woodland caribou are common. Birds however, manage to find all they need for survival and the brave birdwatcher will see a great variety including warblers, surf scoter, loons and bald eagle.

Jack pine grows in dry upland sites in the Boreal Highlands Subregion; C. Bradley

In sharp contrast, the **Peace River Lowlands Subregion** extends along the Peace, Birch and Athabasca rivers and the Peace-Athabasca Delta. White spruce and jack pine dominate. Much of the area is wet, with periodic flooding of the rivers creating a mosaic of marshes, wet meadows and shrublands along their shores and in the delta. This patchwork of wetlands and drier upland forests attracts a rich wildlife population including wood bison, white pelican, muskrat, tundra swan and ducks. Some animals, like the round whitefish and short-jawed cisco, are found nowhere else in Alberta.

Willow-sedge wetlands are common in the Wetland Mixedwood Subregion; D. Dodge

Boreal owl; Government of Alberta

Dry Mixedwood Subregion

Whitney Lakes Provincial Park

Recreate the kind of family vacation you remember as a child – lazy days on the beach, hours spent exploring trails and evenings around the campfire. On sunny summer afternoons, the white sand beaches of Whitney and Ross lakes are dotted with sun seekers and sand castles. Nature trails take hikers through cool stands of jack pine and spruce or across open grasslands. For those who really want to escape, head off the beaten track to Borden Lake and while away the afternoon adrift in your canoe.

The terrain here rolls, with valleys filled by brilliant blue lakes. The wetlands and forests of pine, white spruce, aspen, birch and willow attract deer, moose, beaver, red squirrel, flying squirrel and a variety of songbirds and waterfowl. Take a walk along the Ross Lake Interpretive Trail and learn more about this forest community.

The Whitney Lakes region is steeped in history. Follow the historic Carlton Trail along the park's southern edge, or trace the events of the Northwest Rebellion at nearby Frog Lake. At Elk Point, an interpretive centre tells the story of two rivals – the Hudson's Bay Company and the North West Company. It's here you can feel a link to the places and events that made Canadian history.

Highlights:

- surrounded by Western Canadian history
- canoeing, fishing and boating
- extensive hiking and biking trails
- white sand beaches
- nearby Fort George-Buckingham House Interpretive Centre

Ft. George-Buckingham House Interpretive Centre tells the story of a rich cultural history; Government of Alberta

Interpretive trails allow you to explore the vastness of the Boreal forest; Government of Alberta

Boating is a popular activity at Whitney Lakes Provincial Park; Government of Alberta

Aerial view of Whitney and Ross Lakes; Government of Alberta

Dry Mixedwood Subregion

Picnic site on the beach at Cold Lake Provincial Park; Government of Alberta

Cold Lake Provincial Park

On a beautiful summer day, a visitor to Cold Lake Provincial Park can wander the lakeshore and watch sailboats skimming across the water. The appeal of this boreal forest park is irresistible, drawing visitors to its towering spruce and pine forests, sandy beaches and northern sunsets. But Cold Lake Provincial Park's greatest treasures have beaks and wings!

The diversity of habitats here provides a home to over 200 species of birds. Despite its name, Cold Lake acts as a large thermal basin, where warm air temperatures keep the lake from freezing over and make it possible to observe many migratory bird species well into December. The boreal forest is the breeding ground for neotropical migrants, making the birdwatching especially inviting in late May to mid-June. Some neotropical migrants that normally spend their summers in eastern Canada visit Cold Lake.

Many visitors find Cold Lake a fishing paradise with trout, northern pike, walleye and yellow perch only four of the 22 fish species found there.

Highlights:

- one of Alberta's largest and cleanest freshwater lakes
- home to over 200 bird species
- interpretive viewpoints offer panoramic views of the park and its inhabitants
- great fishing

Lesser Slave Lake Provincial Park

Just 2 1/2 hours north of Edmonton you'll find white sand beaches, a freshwater ocean called Lesser Slave Lake, kilometres of hiking and cross-country skiing trails, boreal forest wilderness, sand dunes and a neotropical migratory bird research station. Lesser Slave Lake Provincial Park is open year-round with special events throughout the seasons, such as the spring Songbird Festival, the Alberta Open Sandcastle Competition, and Christmas in the Park.

The 23 km Freighter Lakeshore Trail is an easy hike that follows a route used by fur traders and gold seekers. Skirting the lake, hikers are treated to spectacular views and a good chance of seeing wildlife. In winter, a snowy wonderland invites beginner and intermediate skiers to try track set cross-country ski trails.

Highlights:

- a "Great Canadian Park" on Discovery Channel
- seven km long white sandy beach, the best beach in Alberta
- migratory bird research station
- home of the Alberta Open Sandcastle Competition
- interpretive programs, environmental education programs and year-round special events
- breathtaking views from Marten Mountain

The Alberta Open Sandcastle Competition at Lesser Slave Lake Provincial Park; June Markwart

Explore the sandy white beach at Hilliard's Bay Provincial Park, located on the northwest shore of Lesser Slave Lake; D. Dodge

Hilliard's Bay Provincial Park

White sand beaches, thick forest and plentiful wildlife: this is Hilliard's Bay. An important nesting area for great

horned owl and great gray owl, you can watch bald eagle soar above the trees and over the sparkling waters of Lesser Slave Lake. In fact, the north shore of Lesser Slave Lake contains the highest density of bald eagle's nests east of the Rocky Mountains.

Beautiful beaches are perfect for swimming and waterside activities the entire family will fondly remember. Hike along secluded trails, canoe the shoreline or sleep under the towering spruce and pine.

Highlights:

- bald eagles soar overhead
- white sand beaches
- Boreal Forest Interpretive Trail

Pond on the west bank of the Peace River, Notikewin Provincial Park; C. Bradley

Notikewin Provincial Park

Cradled in a dramatic 150 metre deep valley created by the Peace and Notikewin rivers, this excellent representative of the boreal forest holds

a patchwork of forest types, wetlands and grassy meadows. Numerous plants thrive, including the unusual ostrich fern and joe-pye weed. Warblers, pileated woodpecker, barred owl, moose, bear and other wildlife make their homes here.

A rich history includes aboriginal battles, famous explorers, rival fur trade companies, and steamboat travel.

Highlights:

- ammonite beds are evidence of the warm marine climate of an earlier age
- adventure and wilderness abound in this rugged, boreal forest terrain
- views of deep river valley

There
Are
Bears
Out
There!

Remember, when travelling in forested areas, you are in bear country.

Bears are most active at night, so you are unlikely to see a bear during your visit. Bears investigate campgrounds for food and garbage left on picnic tables, in tents, poured into fire pits but not burned and left in coolers outside. Bears accustomed to prowling the campground and finding food lose their fear of people. They may not hurt you, but they might hurt the next person camping at your site.

When you are in bear country, pick up and read the brochures and heed all warnings. The information may save you, and the next visitor, much trouble and pain. Report all bear sightings to park staff.

Here are just a few of the things you can do to be safe in bear country.

In Campgrounds

- Always store food out of reach of bears. Never store food in a tent or tent-trailer where you are sleeping and never cook or eat in or near your tent.
- Do not burn or bury food scraps; do not litter. Place all garbage in suitable containers provided in campgrounds.

In the Backcountry

- While hiking, make noise, talk loudly or sing. This will alert bears of your approach so that you don't surprise them. Be especially careful in dense brush or forest and near running water.
- Cook away from the campsite; wash cooking equipment immediately and dispose of the dishwater at least 100 metres from the campsite. Clothes worn when cooking should be kept in plastic bags, preferably stored away from the campsite.
- Hang food from a tree branch, well away from your campsite.

If you encounter a bear, there are no hard and fast rules. Bears react to humans in different ways in different situations. Talk quietly and slowly back away; give the bear enough time and room to leave on its own. If the bear continues to move toward you, drop your backpack or other belongings - this may distract the bear.

If you are planning a trip into bear country and would like to have information sent to you in advance, call the Environmental Protection Information Centre.

Sir Winston Churchill Provincial Park

This island park, circled by white sand beaches, juts into Lac la Biche. Trails wind their way from one end of the island to the other through moss-covered old growth forest, past spring orchids and summer's raspberries.

Birdwatchers come to find wood warblers and other songbirds. At Pelican Viewpoint, a telescope and recorded presentation introduce the pelican and cormorant that inhabit the rocky islands just off shore.

Highlights:

- spectacular birdwatching
- double crested cormorant, white pelican and western grebe nest here
- variety of interpretive programs
- near Lac la Biche Mission Historic Site

Saskatoon Mountain Natural Area

From the top of Saskatoon Mountain, 150 m above the surrounding lands, visitors can see the Rockies. A forest of white spruce, poplar and white birch is interspersed with wetlands bordered by alder and willow. Surrounded by land that has been cultivated for many years, Saskatoon Mountain Natural Area is a haven for wildlife. Forty-six bird species have been seen. Red squirrel, moose, mule deer and snowshoe hare also make their homes here.

Evidence shows that people lived here 9500 years ago after travelling along the ice free corridor from northern Asia to North America during the last ice age.

Highlights:

- highest point of land in the area
- site of earliest human habitation in northern Alberta
- good wildlife watching

Long Lake Provincial Park

Long Lake is a spectacular remnant of the last ice age some 10,000 years ago. The steep and irregular terrain of the glacial meltwater channel harbours poplar forests, jack pine, black spruce and willow sedge bogs. These rough treed slopes and gullies are some of the most productive moose habitat in Alberta.

Hikers and explorers enjoy the lakeside trail that hugs the shore and offers excellent views. Facilities provide comforts for boaters, anglers and other water sport enthusiasts.

Highlights:

- excellent family destination
- water sports, hiking and wildlife watching
- located in one of the largest glacial meltwater channels in Alberta

Trail through the 300-year old forest at Sir Winston Churchill Provincial Park; D. Dodge

lakeside trail at Long Lake Provincial Park allows visitors to explore this glacial meltwater channel; D. Dodge

Dry Mixedwood Subregion

Cooking Lake-Blackfoot Recreation Area

A great picnic area near Edmonton, Cooking Lake-Blackfoot Recreation Area straddles the rolling Cooking Lake Moraine. Visitors can explore the park by canoe, horseback, mountain bike, cross-country ski or foot.

The forests and sloughs are home to moose, elk, deer, fisher, beaver, coyote and a variety of birds from great blue heron to migrating tundra swan to warblers. Watch for cattle in fenced pastures. In fall, hunting is allowed so wear highly visible clothing.

Highlights:

- home of the annual Birkebeiner cross-country ski festival
- trails for hiking, horseback riding, cross-country skiing and mountain biking
- a portion of the Waskahegan Trail network
- near Elk Island National Park and the Ukrainian Cultural Village

Miquelon Lake Provincial Park

This family oriented park offers a beach, aspen forest for hiking and biking and programs and events throughout the year. In winter, visitors can skate, snowshoe or, explore the ski trails.

The unusual knob and kettle terrain of the Cooking Lake Moraine is a direct result of receding glaciers. Its wetlands and forests provide rich habitat for moose, elk, deer, fisher and over 250 species of plants. Some 275 bird species include waterfowl like the double crested cormorant, trumpeter swan, great blue heron and a multitude of migratory birds.

Highlights:

- extensive trails in hilly terrain
- year-round interpretive programs and events
- excellent location for school environmental study trips

This aspen grove is typical of the vegetation found at Miquelon Lake Provincial Park; Government of Alberta

The small "pot hole" ponds of the Cooking Lake Moraine provide safe settings for canoeing; G. Milani

Lakeland Provincial Park and Recreation area protects almost 600 square kilometres of boreal mixedwood and old-growth forest; Government of Alberta

Lakeland Provincial Park and Provincial Recreation Area

Just east of Lac La Biche, a two lane road wanders through tall spruce and aspen into the heart of lake country and Alberta's newest park. Almost 600 square kilometres of boreal mixedwood and old growth forest are protected within Lakeland Provincial Park and Provincial Recreation Area.

And for good reason! The scenery is spectacular. The lakes are clear and quiet. And the wildlife is abundant.

Lakeland boasts over eleven lakes, with Jackson, Blackett, Dabbs and Kinnaird offering backcountry canoeing. Enjoy this peaceful solitude, take in the scenery and watch wildlife. Camp on the islands where you can relax on secluded sandy beaches.

Try a different trail year-round – for hiking and mountain biking in summer and cross-country skiing, snowshoeing and access to ice fishing in winter.

Highlights:

- extensive year-round trail network
- a backcountry canoe circuit
- hundreds of loons on Touchwood Lake
- fourteen varieties of wild orchids, two are rare

Cross Lake Provincial Park

Cross Lake Provincial Park protects an abundance of black spruce bogs, fens and marshy wetlands interspersed among stands of pine, white spruce, mature poplar and mixedwood areas. You'll get a glimpse of a mule deer and perhaps a white tail deer, moose or black bear. Smaller animals like beaver, hare and red squirrel are abundant. The lake supports a multitude of waterfowl including loons and nesting pairs of osprey and bald eagle.

Extensive hiking trails pass through the different forest landscapes that skirt the wetlands, including a rugged 3.5 km trail to George's Point. Dusk and nightfall bring the lonesome calls of the loon and the singing of the coyote.

Highlights:

- a good representative of Alberta's northern boreal forest near Edmonton
- great wildlife watching with bird viewing platforms
- hiking and canoeing

Walk or boat into a small tenting area on George's Point at Cross Lake Provincial Park; Government of Alberta

Waterfowl are abundant at Cross Lake Provincial Park; Government of Alberta

Central Mixedwood Subregion

Pembina River Provincial Park

Hugging the banks of the towering Pembina River gorge, the rich habitat of this riverside park supports a large wildlife community. Owls, hawks, grouse, marten, deer, coyote and others may be seen at water's edge or under forest cover.

The river meanders in a wide curve, making this a great place for canoeing. Or walk the interpretive trail through aspen and balsam forest for spectacular views.

Highlights:

- spectacular Pembina River gorge
- Pembina River Gorge Interpretive Trail
- great canoeing
- one of a few provincial parks that use mounted horse patrols

View of the breathtaking Pembina River gorge from Pembina Provincial Park; Government of Alberta

CANADIAN SHIELD

The rare pitcher plant grows in the Shield environment; Government of Alberta

Entering Alberta only in its northeast corner, the **Canadian Shield Natural Region** is the least visited natural region in Alberta. Within this Natural Region are the **Athabasca Plain** and the **Kazan Upland subregions**.

This is a landscape of rock barrens and sand dunes, of peat bogs and permafrost. In both subregions, there are peatlands that range from relatively dry bogs with jack pine, black spruce, Labrador tea and reindeer lichen to wetter areas of black spruce, tamarack, Labrador tea and sphagnum moss.

The **Athabasca Plain Subregion** is an area of superlatives: extensive sandy beaches along Lake Athabasca, some of the largest kames in the world, the biggest active dune network in Alberta and the largest longitudinal dunes in the province. These ancient, stabilized dunes are especially interesting since they run in the opposite direction to the prevailing winds and more recent dunes. Only rivers are small here.

The Canadian Shield Natural Region provides habitat for amphibians such as the chorus frog; Cliff Wallis

The Kazan Upland Subregion supports many bird species, including the spotted sandpiper; K. Morck

Granite cliff at Wylie Lake, located north of Lake Athabasca; Archie Landals

Athabasca Plains Subregion

The environment surrounding Alberta's largest lake, Lake Athabasca, is different from the main uplands. White spruce forests line the lakeshore and jack pine forests grow in sandy areas. Many rare plants, some found nowhere else, grow in this subregion. Sandhill crane and Arctic and Caspian terns are known to breed here.

The **Kazan Upland Subregion** has extensive outcroppings of granitic bedrock. Glacial ice has polished and grooved the rock surfaces. Rockbasin lakes are common and the few rivers are small and slow moving. Vegetation is mostly lichens, sphagnum moss and Labrador tea with some open forests of jack pine on sand plains and rocky hills. Black spruce bogs and peatlands lie in depressions in the landscape. In the jack pine forests, wildlife includes the common nighthawk, gray jay, common raven, boreal chickadee, snowshoe hare, Canada lynx and black bear. In the wetlands and open waters common loon, lesser scaup, bufflehead, Bonaparte's gull, spotted sandpiper, alder flycatcher, rusty blackbird, moose, beaver and mink can be found. Bald eagle and osprey nest near lakes and golden

eagle nest high up on cliffs, as do peregrine falcons. The arctic loon is a subarctic species that is known to nest in the area. Willow ptarmigan, barren ground caribou and Arctic fox are found here in winter.

This highly complex and fragile region is relatively untouched, due to its remoteness and inaccessibility. In 1998, three new wildland parks were designated in the Kazan Upland Subregion: Colin-Cornwall Lakes, La Butte Creek and Fidler-Greywillow.

Bald eagles are found in many parts of Alberta, including the Canadian Shield region; June Markwart

Andrew Lake, located in northeastern Alberta, near the Alberta/Northwest Territories border; Archie Landals

Athabasca Dunes Ecological Reserve

Athabasca Dunes Ecological Reserve protects the largest active dune network in the province and the ecology and genetic diversity of this area.

The 16 square km dune field is made up of parallel transverse dunes approximately 12 metres high. Sifting east and southeast up to 1.5 m a year, they fill kettle lakes and other water bodies and cover the forests and more stable dunes in their path.

There are also jack pine forests and bogs where black spruce, tamarack, Labrador tea and pitcher plants grow. Significant plants here include American dune grass, bladderwort, tansy, rush and starwort.

Red squirrel are common. Beaver, muskrat, black bear, red fox, lynx, wolf, moose, river otter and mink also frequent the area. The small lakes that dot the region have nesting loons and other birds including common tern, nighthawk, willow ptarmigan, Bonaparte's gull and greater yellowlegs.

Highlights:

- kames over 60 metres high are among the largest in the world
- largest active sand dunes in Alberta

Egg Island Ecological Reserve

This tiny island in Lake Athabasca is a major breeding grounds for the Caspian tern. These birds probably have nested here since the turn of the century. Other species found here include large numbers of California gull, arctic tern and the parasitic jaeger.

Egg Island is made up of gravelled terraces and ridges and rises only about two metres at its highest point. Its windward side is quite bare, while on the leeward side gooseberry, willow, raspberry, aspen and balsam poplar provide some cover. Fireweed, nettle, cinquefoil, goosefoot and bluegrass are other plants noted on the island.

The island is remote and difficult to reach and because of its importance as a breeding area for Caspian tern, any visit must be timed to avoid the nesting season. Research is an important aspect of Ecological Reserves, and this area has been the subject of census and monitoring activities.

Highlights:

- The only consistent nesting site in Alberta for the rare Caspian tern

The biggest active dune network in Alberta is located in the Canadian Shield Natural Region (Athabasca Dunes Ecological Reserve); Archie Landais

Alberta's Outdoor Classrooms

Alberta's parks and protected areas are ideal outdoor classrooms; James Martin

Wildlife "checklists" are available at many parks and protected areas to help visitors identify the species they see; Government of Alberta

Children can learn about nature first-hand in Alberta's "outdoor classrooms"; Government of Alberta

Where should you go to find out more about a great horned owl, a lodgepole pine, a dinosaur fossil or a natural region? Well, you could go to a library or surf the Net. Or, you could take a trip to your nearest park or protected area and hear an owl, smell a pine or touch a fossil.

Parks and protected areas are natural classrooms where you can learn about nature or history through firsthand experience. You can explore on your own, borrow a Discovery or Family Adventure Pack full of activities and field guides or take part in a guided walk or an evening amphitheatre program. Visit park interpretive centres to find interesting displays and programs. Follow an interpretive trail where signs or a booklet will tell you about the area you are passing through. Read a park newspaper to find out about the park you're visiting, special events and programs and about neighbouring parks. Stop in at the "Friends of the Park" bookstore in Cypress Hills, Dinosaur and other provincial parks for the latest read on everything from wild orchids to wild landscapes.

Come with a group, your family, friends or class. Some parks have group facilities and offer environmental education programs for special groups.

And who knows, soon you'll be able to answer those all important questions like How many creatures live in a handful of soil? or What is the connection between a lodgepole pine, a woodpecker and a bark beetle? or Is that deer a buck or a doe? or Why is it important to have Special Places protected in Alberta?

Find out more about our environmental education and interpretation activities by calling the park nearest you or by checking out our web site.

"Bark rubbing" gives this young visitor a memento of his visit.
Government of Alberta

Parks Day

The third Saturday in July is a special day for parks across Canada - it's Parks Day! On this day, staff and volunteers help us with all kinds of activities to show you why parks are special. Activities include nature walks, interpretive events, fire fighting demonstrations, sand sculpting contests, pancake breakfasts and evening campfire programs.

The common theme tying provincial and national parks events together right across Canada is "Take A Hike". Participating parks offer a variety of "hikes". Some are used as fund-raisers. Most are just a fun way to get together and learn about our rich natural and cultural history. The hikes are designed so that all members of the family can enjoy them. Although we use the word hike, our staff get really creative! Some hikes are canoe trips, horseback rides, bicycle rides, hayrides ... the list goes on and on.

Join us, at one of our parks, on the third Saturday of July - to help celebrate Parks Day! We'll see you there!

To find out more about Parks Day in Alberta, visit our web page at <http://www.gov.ab.ca/env/parks.html>.

Natural Regions of Alberta Poster Series

Six posters make up this set. These full color, artist representations depict the vegetation, wildlife, geography and other unique characteristics that make each of our natural regions special.

Each poster is 77 x 62 centimetres in size and suitable for framing for your office, school or your den. Posters are available for purchase.

For more information on how to order the posters, contact:

FEESA, an Environmental Education Society, 1100, 10506 Jasper Avenue, Edmonton, Ab., T5J2W

Phone (780) 421-1497

Or visit the FEESA website at: www.telusplanet.net/public/feesa

It's our
nature
to conserve,
protect and
enhance.

Our vision for the future is an Alberta where government, business and citizens work together to conserve and protect this precious resource.

You can help create this lasting legacy.

Together, we can ensure that our fish, wildlife and natural habitat are preserved for future generations of Albertans and visitors to enjoy.

Alberta Conservation
Association

Funded by Alberta Anglers, Hunters,
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For more information,
please contact the ACA at
1-877-969-9091.

(Highway 40 and Secondary Highway 734)

Winding through forested foothills, the Forestry Trunk Road provides access to some of the most beautiful and rugged country in Alberta. Over 1000 km long, this primarily gravel road runs from Grande Prairie in the north to the Crowsnest Pass in the south. Along the way are sights you won't soon forget. Travelling the Trunk Road you may see deer, moose, bear, red squirrel and other mountain and foothills wildlife. Take time to admire the incredible scenery and sample a variety of outdoor activities.

The views along the Trunk Road will take your breath away, so don't forget your camera! Picture the sheer cliffs and roaring rivers of **Willmore Wilderness Park** from **Hell's Gate (Sulphur Gate) Staging Area**. Take in the panorama of the Bighorn Range from the **Brown Creek** viewpoint, or **Seven Mile Flats** that spread out below Corkscrew Mountain. From the top of **Coliseum Mountain** find secluded Shunda Lake, the Brazeau Range and the North Saskatchewan River Valley.

More than 30 rustic campgrounds, staging areas, viewpoints and picnic sites provide basic needs and serve as base camps for adventurers heading into the backcountry. Hike, ride horseback, or mountain bike along old exploration roads and pack trails. Canoe or raft the North Saskatchewan River, fish for trout in clean mountain streams or savour the solitude of a walk in the woods.

The Trunk Road boasts several outstanding spots. **Athabasca Lookout Nordic Centre** just north of Hinton, offers a world-class cross-country ski trail network with spectacular views of the Rockies. At

Whitehorse Creek, south of Cadomin, hikers and equestrian users begin the 36 km trail to Miette Hot Springs in Jasper National Park. **Aylmer**, just south of Nordegg, is an ideal launching site for the 2-day canoe trip to Rocky Mountain House on the North Saskatchewan River. At **Ram Falls**, you can contemplate the plunging waters and perhaps catch a glimpse of the local bighorn sheep. And **Livingstone Falls Recreation Area** is a popular spot for hikers and sightseers who come to see the unique "sliding" falls on the Livingstone River.

West of Calgary, **Kananaskis Country** is a 4250 sq km area where you can ski, hike, fish, climb, take a backcountry horseback trip, go kayaking, rafting, or canoeing. Four provincial parks and campgrounds, trails and staging areas provide an abundance of year-round fun. The Trunk Road will take you through spectacular mountain terrain.

The Forestry Trunk Road takes you back to the past. At abandoned coal mines and towns near Nordegg, Cadomin and Robb and in the Crowsnest Pass imagine the prosperity and the hardships. All along the Trunk Road, long deserted fire patrol cabins, ranger stations and fire lookouts make excellent subjects for artists and photographers.

If you seek a route off the beaten track, where you can travel at a leisurely pace, take in the wonders of nature and explore history, the Forestry Trunk Road has what you're looking for.

Ram Falls, named for the bighorn sheep which live in the area; Lesia Boyko

The Corkscrew Mountain section of the Forestry Trunk Road provides excellent views of Seven Mile Flats; Government of Alberta

Waiparous Creek, located along
the Trunk Road north of
Cochrane; Lesia Boyko

Canadian Heritage Rivers

Canada is a nation with a rich river heritage. Much more than flowing water, rivers are the threads that bind the fabric of nature and humanity into Canada. Before railways linked the country, rivers were our national transportation network. Now we swim them, fish them, challenge their rapids and wilderness, and seek peace of mind and solitude along their shores.

In Alberta, the portions of the Athabasca and North Saskatchewan rivers within Jasper and Banff national parks respectively, are designated Heritage Rivers. Work is ongoing to increase the numbers and kilometres of Heritage Rivers in Alberta. In 1997, sections of the Clearwater and Christina rivers in northeastern Alberta were nominated and a background study was being conducted for the Peace River.

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Alberta
ENVIRONMENTAL PROTECTION

Our Partners: Park and Wildlife Ventures

Alberta's Park and Wildlife Ventures is a non-profit organization that acts as custodian and steward of lands with natural heritage, recreational, educational, scenic or productive value.

This unique organization, together with other Canadian land trust organizations, is working to form the Canadian Land Trust organization. While relatively new in Canada, land trusts are well established in other parts of the world. In the United States, for example, there are over 900 land trusts that protect millions of acres.

Albertans who wish to make contributions to protect our valuable resources for future generations can now do so through land trusts. In addition to parks and other legislated protected areas, parcels of private land can be protected. Park and Wildlife Ventures brings together landowners, community groups, industry, government agencies, volunteers and donors to meet conservation goals and the specific needs of communities and landowners.

Alberta Park and Wildlife Ventures uses a responsible asset management strategy for land, partnerships, donors and general operations. Donations of land, money or other assets are managed through this land trust for conservation and the enjoyment of future generations.

For more information about how you can contribute, please contact Alberta Park and Wildlife Ventures at: (403) 422-1097.

**ALBERTA
SPORT, RECREATION
PARKS & WILDLIFE
FOUNDATION**
Enhancing Alberta's Communities

Alberta's great outdoors

PARKS and PROTECTED AREAS

Alberta contains rich and varied landscapes and an abundance of natural resources. We have vast forests, pristine lakes, mountains, foothills and open prairies. Wildlife is

plentiful. Numerous species of small animals, birds and fish make their home here. Rocky Mountain bighorn sheep, mountain goat and grizzly bear roam the high country. Elk and deer forage in open areas. Moose feed in bogs and marshes and you'll find black bear in forested areas across the province. This diversity makes Alberta one of the best destinations in North America for nature-based outdoor adventure and natural heritage appreciation.

Alberta's provincial parks and recreation areas range from highly developed campgrounds to undeveloped wild lands, wilderness areas and ecological reserves. Camping, picnicking, hiking, mountain biking, fishing, canoeing, boating, water skiing, photography, sightseeing, horseback riding, snowshoeing and cross-country skiing are activities you can enjoy in Alberta's great outdoors.

Facilities and Services Campgrounds

The campgrounds located in provincial parks and recreation areas are normally equipped with picnic tables, fire rings, potable water, toilet facilities, garbage containers and fish cleaning stands (where applicable). Additional amenities, such as electrical hookups and boat launches may also be available (for more information, refer to the facility matrix).

Day Use Areas

Day use areas usually provide picnic tables, potable water, toilets and fire rings. Overnight camping is not permitted in day use areas

Group Use Areas

Many provincial parks and recreation areas have camping and day use facilities for larger groups. They are ideal for company or club functions and family reunions. In addition to standard camping facilities, most group campgrounds are equipped

INFORMATION

For more information:

For more information about facilities, services and recreational opportunities available at parks and recreation areas contact:

Parks and Protected Areas Division
2nd floor Oxbridge Place
9820-106 Street
Edmonton, Alberta, Canada

Parks and Protected Areas Division
 2nd floor Oxbridge Place
 9820-106 Street
 Edmonton, Alberta, Canada
 T5K 2J6
 Phone: (780) 427-7009
 Fax: (780) 427-5980

Coming soon, visit our **new web site** at
www.gov.ab.ca/env/parks

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TransCanada

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Note: You can access Alberta Government offices toll-free from anywhere in the province by dialing 310-0000 and then entering the local seven digit number you need. For RITE operator assistance, dial 310-0000 and then enter zero or hold.

* Provincial Parks and Recreation Areas information was accurate at the time of printing. Changes may occur which affect campground operations.

company or club functions and family reunions. In addition to standard camping facilities, most group campgrounds are equipped with shelters. Group day use areas provide picnic facilities such as tables, fire rings and potable water. To reserve a group use area, contact the appropriate reservation office. Group use areas may be reserved Monday to Friday, 8:15 AM to 4:30 PM, beginning the first working day in January, except for Kananaskis Country, where the group use reservation service begins the first working day in February.

Camping Fees

The basic **overnight camping fee** ranges from \$5.00 to \$17.00 per night. There is an additional fee, up to a maximum of \$3.00 per night, for each of the following services: pressurized water hook-ups, electrical hook-ups, sewer hook-ups, non coin-operated showers and horse corrals.

Backcountry camping fees are \$3.00 per person per night in designated backcountry campsites in Kananaskis Country.

Group camping fees range from \$50.00 to \$130.00 per night for the first 10 units (not including firewood) and 10% of the per night rate for each unit over 10. Discounts are available from Monday to Thursday for student/youth groups, adult mentally handicapped groups and seniors groups.

Group day use fees range from \$25.00 to \$65.00 per day (not including firewood). Discounts are available Monday to Thursday for student/youth groups, adult mentally handicapped groups and seniors groups.

Firewood Fees

The sale of firewood was introduced in 1994 to help offset costs and to encourage conservation of firewood by reducing consumption. Two methods are used to charge for firewood:

- a concession operator provides direct sale of firewood, either from a central location or by delivery of wood at predetermined times; or
- a surcharge is added to the overnight camping fee and access to firewood is available at the campground.

Reservations

Basic Campsite Reservations—Reservations may be made at a number of provincial campgrounds (normally beginning the first business day in May), by calling the appropriate reservation office from 8:15 a.m. to 4:30 p.m. Monday through Friday. A fee must be paid in advance to confirm your reservation. (Refer to facility matrix for parks/recreation areas offering reservation service.)

Foothills Model Forest

The Foothills Model Forest is located in west-central Alberta and centered in the town of Hinton, 285 km west of Edmonton. It is 2.75 million ha in size (see south-half map). For more information about the Foothills Model Forest, visit their web site at <http://www.fmf.ab.ca> or call (780) 865-8330.

km 10
miles 10

CITY
 TOWN
 VILLAGE
 HAMLET
 PRIMARY HIGHWAY
 PRIMARY HIGHWAY
 PRIMARY HIGHWAY
 SECONDARY HIGHWAY
 SECONDARY HIGHWAY
 OTHER ROAD

NOTE: FO

**REPORT
 POA**

In Alberta Dial To

PARKS AND PROTECTED AREAS 2000

Scale 1 : 1 000 000

CITY		NATIONAL PARK	
TOWN		PROVINCIAL PARK OUTSIDE ALBERTA	
VILLAGE		LARGE PROVINCIAL PARK	
HAMLET		PROVINCIAL PARK	
PRIMARY HIGHWAY - DIVIDED		RECREATION AREA	
PRIMARY HIGHWAY - PAVED		RECREATION AREA (privately operated)	
PRIMARY HIGHWAY - GRAVEL		RECREATION AREA (day use)	
SECONDARY HIGHWAY - PAVED		NATURAL AREA	
SECONDARY HIGHWAY - GRAVEL		ECOLOGICAL RESERVE	
OTHER ROAD			

NOTE: FOR DETAILED INFORMATION ABOUT RECREATION OPPORTUNITIES IN KANANASKIS COUNTRY,
CONTACT THE KANANASKIS COUNTRY OFFICE IN CANMORE AT (403) 678-5508.
DIAL 310-000 TO BE CONNECTED FROM ANYWHERE IN ALBERTA.

**REPORT A
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N O R T H W E S T T E R R I T O R I E S

CAMERON

INDIAN CABINS

WOOD

BUFFALO

NATIONAL

PARK

BIRCH MOUNTAINS

BIRCH

THICKWOOD HILLS

PELICAN MOUNTAINS

Ecological Reserve
Natural Area
Provincial Park
Recreation Area
Recreation Area (day use)
Recreation Area (privately operated)
Scale 1 : 1 500 000
km 0 10 20 30 40 50 60 70 80 90 100
miles 0 10 20 30 40 50 60 70 80 90 100

PARKS and Protected Areas

LA BUTTE CREEK
WILDLAND

COLIN-CORNWALL LAKES
WILDLAND

URANIUM
CITY

FIDLER - GREYWILLOW
WILDLAND

EGG ISLAND

FIDLER - GREYWILLOW
WILDLAND

DORE
LAKE

FORT
CHIPEWYAN

RICHARDSON
RIVER

RICHARDSON

MAYBELLE
RIVER
WILDLAND

ATHABASCA
DUNES

RIVER
DUNES
WILDLAND

PEARSON
LAKE

SIX LAKES

MARGUERITE CRAG AND TAIL
WILDLAND

S

A

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K

A

T

PROVINCIAL

P

C

H

E

W

CLEARWATER

RIVER

FORT
MURRAY

CHRISTINA
RIVER

ENGSTROM

MISEIEUTIN

GREENTREE

CASCADE
RAPIDS

WHITEMUD
FALLS

WHITEMUD
FALLS

GREGOIRE
LAKE

INGINGSTONE

MAQUA
LAKE

ENGSTROM
LAKE

Regulations

To protect the plants and animals, and to ensure that all visitors can enjoy their stay at provincial parks and recreation areas, please observe the following:

1. Please drive cautiously and obey all speed limits. Children may be playing in the area and campground roads are used as paths.
2. Keep all vehicles on designated roads to prevent damage to trees and other vegetation.
3. Off-highway vehicles are not permitted except in designated areas.
4. Campfires are permitted in designated receptacles only. Never leave your campfire unattended.
5. Help yourself and other campers to enjoy the peace and tranquility of our parks and recreation areas. Refrain from disorderly behavior and excessive noise. Quiet hours are from 11:00 p.m. to 7:00 a.m.
6. In accordance with the *Alberta Gaming and Liquor Act*, consumption of alcohol is restricted to registered campsites.
7. To protect your pet, local wildlife and other campers, please keep your pet on a leash during your stay and while using trails. Pets are not allowed on public beaches, in swimming areas or in public buildings. Please be considerate and pick up after your pet.
8. Campers must limit their stay to not more than 16 consecutive days.
9. Discharging of firearms is strictly prohibited in provincial parks and recreation areas, unless indicated by notice. Any firearms must be in a "taken down" or encased condition.
10. Enjoy the natural beauty and recreation facilities in parks and recreation areas. Please protect them for your next stay and for other visitors.

Fire Prevention

One thoughtless moment can destroy vast areas of forest and grassland, and can devastate wildlife. Never leave a campfire unattended. Make sure your fire is "dead out" before you leave. Never smoke while walking or riding on trails. Stop in a safe place, grind the butt on a rock and make sure all sparks are extinguished.

When the fire hazard is extreme, or when a forest fire situation is so serious that it poses a danger to the public, travel restrictions and/or campfire bans may be put into effect.

If you see an unattended campfire or a wildfire in a forested area, report it immediately to the nearest ranger station, or in forested areas, call collect 427-FIRE (3473).

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Minimize Your Impact

Aim at leaving an area cleaner than you found it. Use garbage bins where they are provided. Refrain from washing or bathing within 30 metres of any lake, stream, beach or public water supply.

In backcountry areas, visitors are asked to pack out all garbage and litter that cannot be completely burned. **NEVER BURY GARBAGE OR LITTER.**

For more information about minimum impact use, pick up a copy of our "Tread Lightly!" brochure, or contact Tread Lightly Canada at P.O. Box 22409 Westmount Station, Waterloo, Ontario, N2L 6J7.

Use Waters Wisely

Although the clean, cold streams running in rocky channels at high altitudes are usually quite free from impurities, you have no guarantee. To be safe, drink water from wells or taps found in campgrounds. When using other water, purify it either by boiling or by treating with halogen tablets.

Special Areas of Interest

The Badlands

Alberta's badlands are the largest and most spectacular example of this type of landscape in Canada. They are located on the southern Alberta plains and are comprised of amazing wind and water-carved rock sculptres known as hoodoos. These rock formations expose rich fossil beds and provide scientists with invaluable information about earth's past. Dinosaur Provincial Park, a United Nations "World Heritage Site", ensures that the badlands landscape and its 75 million year-old dinosaur and other fossils are preserved for future generations.

Kananaskis Country

Southwest of Calgary, the 3,100 square kilometre Kananaskis Country provides a multitude of recreational opportunities. It offers camping, overnight fixed-roof accommodation, downhill and cross-country skiing facilities, motorized trails, golfing, and many other activities. For detailed information about Kananaskis Country, please contact:

Kananaskis Country
#201, 800 Railway Avenue
Canmore, Alberta, T1W 1P1
(403) 678-5508

or **Barrier Lake Visitor Centre**
Kananaskis Trail, Hwy. 40
(403) 673-3985

Forestry Trunk Road

Winding through forested foothills, the Forestry Trunk Road (Hwy. 40, Secondary Hwy. 734) provides access to some of the most beautiful and rugged country in Alberta. Over 1,000 km long, this primarily gravel road runs from Grande Prairie in the north to the Crowsnest Pass in the south. Along the way are sights you won't soon forget. Travelling the Trunk Road you may see deer, moose, bears, red squirrels and other mountain and foothills wildlife. Take time to admire the incredible scenery and sample a variety of outdoor activities.

Facility Matrix

Provincial Parks and Provincial Recreation Areas

Aspen Beach Provincial Park*	on Gull Lake, 17 km west of Lacombe on Hwy. 12	Reservations: 1-887-277-3645
Beauvais Lake Provincial Park	11 km west and 8 km south of Pincher Creek off SH 507	
Beaver Lake Provincial Recreation Area	6 km southeast of Lac La Biche	Reservations: (780) 623-9222
Beaver Lake Group Camp	6 km east of Lac La Biche	Reservations: (780) 623-4739
Big Hill Springs Provincial Park	10 km north and 7 km east of Cochrane on Secondary Hwy. SH 567	
Big Knife Provincial Park*	8 km west and 13 km south of Forestburg on SH 855	
Bigelow Reservoir Provincial Recreation Area	15 km north of Trochu on Hwy. 21, then 20 km west on SH 587	
Bleriot Ferry Provincial Recreation Area	23 km NW of Drumheller on SH 837 at the ferry crossing	
Brown-Lowery Provincial Park	35 km NW of Turner Valley off SH 762	
Buck Lake Provincial Recreation Area	5 km west of Buck Lake Village on Hwy. 13, 10 km north on Hwy. 22, then 5 km SE	
Buffalo Lake Provincial Recreation Area	21 km north of Stettler on Hwy. 56 and 7 km west	
Bullshead Reservoir Provincial Recreation Area	26.5 km NW of Elkwater	
Calhoun Bay Provincial Recreation Area	8 km east and 5 km north of Buck Lake Village on Buck Mountain Road	
Calling Lake Provincial Park	65 km north of Athabasca on SH 813	
Carson-Pegasus Provincial Park*	6 km west of Whitecourt on Hwy. 43, 11 km north on Hwy. 32, then 5 km east	Reservations: (780) 778-2664
Castle River Provincial Recreation Area	8 km west of Pincher Creek off Hwy. 3, on SH 510	
Chain Lakes Provincial Park	38 km SW of Nanton on SH 533	Reservations: (403) 646-2829
Coal Lake North Provincial Recreation Area	10 km east of Hwy. 2A on SH 617, SE of Leduc	
Coal Lake South Provincial Recreation Area	13 km east of Wetaskiwin on Hwy. 13	
Cold Lake Provincial Park*	3 km east of Cold Lake (North) off Hwy. 28	
Cooking Lake-Blackfoot Provincial Recreation Area	24 km east of Sherwood Park on Hwy. 16	
Crane Lake East Provincial Recreation Area	25 km west of Cold Lake along Hwy. 55 and 6 km north	Reservations: (780) 826-7165
Crane Lake West Provincial Recreation Area	25 km west of Cold Lake along Hwy. 55 and 5 km north	Reservations: (780) 826-7165
Crimson Lake Provincial Park	14 km west and 6 km north of Rocky Mountain House on SH 756	Reservations: (403) 845-2330
Cross Lake Provincial Park	8 km north and 19 km NE of Jarvie off SH 663	Reservations: (780) 681-2331
Cypress Hills Provincial Park*	70 km SE of Medicine Hat on Hwy. 41	Reservations: (403) 893-3782
Dickson Dam (Gleniffer Lake) Provincial Recreation Area	18 km west of Innisfail south of Hwy. 54 at Dickson Dam	Reservations: (403) 343-6841
Dillberry Lake Provincial Park*	15 km south of Chauvin on Hwy. 17	
Dinosaur Provincial Park*	48 km NE of Brooks	Reservations: (403) 378-3700
Dry Island Buffalo Jump Provincial Park	16 km east of Huxley off Hwy. 21	
Dunvegan Provincial Park and Historic Site	21 km SW of Fairview on Hwy. 2	
English Bay Provincial Recreation Area	18 km north of Cold Lake	
Engstrom Lake Provincial Recreation Area	80 km south of Fort McMurray on SH 881	
Fallen Timber Provincial Recreation Area	25 km NW of Cremona on SH 582	
Figure Eight Lake Provincial Recreation Area	25 km West of Peace River on Hwy. 2A	
Fish Creek Provincial Park	in Calgary off Bow Bottom Trail	
Fork Lake Provincial Recreation Area	55 km southeast of Lac La Biche on SH 867	
Fort Vermilion Provincial Recreation Area	10 km west of Ft. Vermilion off Hwy. 88	
Franchere Bay Provincial Recreation Area	5 km north of Bonnyville on Hwy. 41, 18 km west on SH 660 & 2 km south	
French Bay Provincial Recreation Area	11 km east of Cold Lake (South) & 3 km north	
Garner Lake Provincial Park*	5 km north of Spedden, off Hwy. 28	
Ghost Lake Provincial Recreation Area	22 km west of Cochrane on Hwy. 1A on Ghost Lake	Reservations: (403) 932-6051
Gooseberry Lake Provincial Park	12 km north of Consort and 2 km east of Hwy. 41	
Gregoire Lake Provincial Park	19 km south and 10 km east of Ft. McMurray off Hwy. 63 on SH 881	
Gunn Provincial Recreation Area (Grizzly Junction)	1 km east of Gunn on Hwy. 43	
Hangingstone Provincial Recreation Area	35 km south of Fort McMurray on Hwy. 63	
Hanmore Lake Provincial Recreation Area	16 km north of Smoky Lake on Hwy. 855, 1.6 km west and 3.8 km north	
Heart River Dam Provincial Recreation Area	42 km southeast of McLennan	
Hilliard's Bay Provincial Park	8 km east of Grouard off SH 750	Reservations: (780) 751-2551
Honeymoon Creek Provincial Recreation Area	40 km north of Crowsnest on SH 940 then 13 km west	Reservations: (403) 562-3289
Hornbeck Creek Provincial Recreation Area	15 km west of Edson on Hwy. 16	
Horseshoe Canyon Provincial Recreation Area	15 km west of Drumheller on Hwy. 9	
Indian Graves Provincial Recreation Area	18 km off Hwy. 22 on SH 532 (in Kananaskis Country)	Reservations: (403) 931-3245
Island Lake Provincial Recreation Area	14 km west of Coleman on Hwy. 3	
James River Bridge Provincial Recreation Area	16 km north of Sundre on old Hwy. 22	
James Bay	4 km north of Sylvan Lake on Hwy. 20	Reservations: (403) 887-5522
Jasper Reservoir Provincial Recreation Area	62 km SW of Lethbridge on Hwy. 5	
Kananaskis Provincial Recreation Area	14 km north of Elk Point on Hwy. 41	
Kananaskis Island Provincial Park*	13 km south of Brooks off SH 873	Reservations: (403) 362-2962
Kananaskis Provincial Recreation Area	4 km west of Kitscoty off Hwy. 16	
Lac Beauport Provincial Park	40 km NE of Lac La Biche off Hwy. 36	
Lac Beauport Provincial Recreation Area	40 km NE of Lac La Biche off Hwy. 36 (Ironwood, Pinhurst, Seibert, Touchwood Lakes)	
Lac McLeod Provincial Recreation Area	50 km NE of Vulcan on Hwy. 23	
Lac Montezuma Provincial Recreation Area	3 km west of Condor on Hwy. 11	
Lac Montezuma Provincial Park*	6 km north of Slave Lake on Hwy. 88	
Lac Montezuma Provincial Park	19 km east of Champion off SH 529	Reservations: (403) 897-3933
Lac Montezuma Provincial Recreation Area	34 km east of Champion off SH 529	
Lac Montezuma Provincial Park*	50 km SE of Drumheller on SH 573	
Lac Montezuma Provincial Park*	20 km south of Boyle on SH 831	Reservations: (780) 576-3959
Lac Montezuma Provincial Recreation Area	25 km NW of Pincher Creek	
Lac Montezuma Provincial Recreation Area	40 km south of Fort McMurray, access from SH 881	
Lac Montezuma Provincial Recreation Area	4 km west of Lundbreck & 27 km north at the jct. of Hwy. 22 & SH 517	

Camping Units	Day Use Units	Services	Activities	Trails
586	-	BR, CR, E, G, I, P, S	B, C, F, SW	H/C, X
95	37	BH, BR, G, I, P, YR	B, C, F	H/C, X
87	-	BR, CR, E, S	B, BW, C, F, SW	-
-	-	BH, CR, E, G, YR	B, C, F, SW	-
-	4	YR, I	-	H/C
60	45	BR, P	B, C, F, SW	H/C
-	5	YR	F	-
35	-	YR	C, F, SW	-
-	-	-	-	H/C
27	5	BR, YR	B, C, F	-
40	-	P	B, C, F, SW	-
-	-	BH, YR	C, F	-
50	5	BH, P, YR	B, C, F	-
25	10	BR, P	B, C, F	-
182	14	BR, CR, E, G, I, P, S, YR	B, C, F	H/C
20	-	-	C, F	-
120	18	BR, G, P, YR	B, C, F	-
10	-	BR, YR	B, C, F	-
14	-	BR	B, C, F	-
117	35	BR, E, G, I, P, S, YR	B, C, F, SW	H/C, X
-	60	BH, YR	BW, C	EQ, H/C, X
26	-	BR	B, C, F, SW	-
24	-	BR	B, C, F, SW	-
210	yes	BH, BR, CR, E, G, I, P, S, YR	B, C, F, SW	H/C, X
130	26	BR, CR, E, G, P, S	B, C, F, SW	H/C
435	yes	BR, CR, E, G, I, P, S, W, YR	B, C, F, SW	H/C, X
75	13	BR, G, CR	B, C, F, SW	H/C
235	135	BR, E, G, P, S, YR	B, C, F, SW	H/C, X
128	yes	CR, E, G, I, P, S, YR	C	H/C
-	50	BH	C, F	-
67	15	BR, E, I, P	B, C, F	-
30	-	HR	B, C, F, SW	-
12	3	BH, YR	B, BW, C, F	H/C
20	-	-	C, F	-
19	10	BR, P, YR	B(e), C, F, SW	H/C
-	299	I, P, YR	F, SW	H/C, EQ, X
43	-	BR, P	C, F, SW	-
10	-	-	F	-
200	10	BR, P, S	B, C, F, SW	-
10	-	BR	B, C, F, SW	-
66	24	BR, P, S	B, C, F, SW	H/C
32	5	BR, CR, E	B, C, F	-
82	60	E, G, P, S, W	F	-
140	40	BR, E, G, I, P, S, YR	B, BW, C, F, SW	H/C, X
26	26	-	-	-
57	4	-	BW, F	H/C
30	-	BR, P	B, C, F	-
4	2	BH	B, C, F	-
189	22	BR, CR, E, G, P, S, YR	B, C, F, SW	H/C
-	-	G	-	EQ
33	-	-	-	-
-	6	YR	-	-
27	-	CR	F	-
41	-	-	B, C, F, SW	-
8	-	-	C, F, SW	-
200	-	BH, CR, E, G, I, P, S,	B, C, F	H/C, X
-	4	BR	B, C, F, SW	-
46	-	BR	B, C, F, SW	-
166	35	BR, CR, E, G, P, YR	B, BW, C, F, SW	H/C
-	-	-	-	-
-	10	YR	C, SW	H/C, X
233	-	BH, BR, P, YR	B, C, F, SW	H/C
100	4	BR, P	B, C, F	-
12	-	-	-	-
113	16	E, G, I, P, S, YR	B, BW, C, F, SW	H/C, X
193	74	BR, CR, G, P, S, YR	B, C, F, SW	H/C
25	9	BR	B, C, F, SW	-
100	-	P, YR	-	-
220	91	BR, CR, E, G, P, S, YR	B, C, F, SW	EQ, H/C
53	3	-	C, F, SW	-
13	5	BH	BW, C, SW	H/C
12	-	BH	-	-

The Narrows Provincial Park
Thunder Lake
Tillebrook
Tolman Bridge Provincial Park
Travers Reservoir Provincial Recreation Area
Twelve Foot Davis Provincial Recreation Area
Twin Lakes Provincial Recreation Area
Vermilion Provincial Recreation Area
Wabamun Lake Provincial Recreation Area
Waterton Reservoir Provincial Recreation Area
Whitney Lakes Provincial Recreation Area
William A. Switzer Provincial Recreation Area
Williamson Provincial Recreation Area
Willow Creek Provincial Recreation Area
Winagami Lake Provincial Recreation Area
Wolf Lake Provincial Recreation Area
Woodford Provincial Recreation Area
Writing-On-Stone Provincial Recreation Area
Wyndham-Carseland Provincial Recreation Area
Young's Point Provincial Recreation Area
KANANASKIS COUNCIL
Bow Valley Provincial Recreation Area
Bragg Creek Provincial Recreation Area
Peter Lougheed Provincial Recreation Area

Forest Parks

Allison
Athabasca Lookout National Park
Atlas Road (winter only)
Aylmer
Beaver Creek
Beaver Mines Lake
Beaverdam
Big Berland
Big Mountain Creek
Bison Flats Remote
Blackstone
Brazeau Reservoir
Brazeau River
Brown Creek
Burnt Timber
Bustard Island Remote
Calling River
Carbondale (winter only)
Carrier Creek
Cascade Rapids Remote
Castle Falls
Castle River Bridge
Chain Lakes
Chambers Creek
Chinook
Christina River Remote
Chrystina Lake
Clausen's Landing Remote
Coalspur
Crescent Falls
Crow Lake
Cutoff Creek
Deadhorse Meadows
Deer Creek Group Camp
Dore Lake
Dry Haven
Dutch Creek
Eagle River
Eccles Pond
Elk Creek
Elk Creek Fish Pond

Figure Eight Lake Provincial Recreation Area	25 km West of Peace River on Hwy. 2A	19	10	BR, P, YR	B(e), C, F, SW	H/C	Aylmer
Fish Creek Provincial Park	in Calgary off Bow Bottom Trail	-	299	I, P, YR	F, SW	H/C, EQ, X	Beaver Creek
Fork Lake Provincial Recreation Area	55 km southeast of Lac La Biche on SH 867	43	-	BR, P	C, F, SW	-	Beaver Mines Lake
Fort Vermilion Provincial Recreation Area	10 km west of Ft. Vermilion off Hwy. 88	10	-	-	F	-	Beaverdam
Franchere Bay Provincial Recreation Area	5 km north of Bonnyville on Hwy. 41, 18 km west on SH 660 & 2 km south	200	10	BR, P, S	B, C, F, SW	-	Big Berland
French Bay Provincial Recreation Area	11 km east of Cold Lake (South) & 3 km north	10	-	BR	B, C, F, SW	-	Big Mountain Cree
Garner Lake Provincial Park*	5 km north of Spedden, off Hwy. 28	66	24	BR, P, S	B, C, F, SW	H/C	Bison Flats Remote
Ghost Reservoir Provincial Recreation Area	22 km west of Cochrane on Hwy. 1A on Ghost Lake Reservations: (403)932-6051	32	5	BR, CR, E	B, C, F	-	Blackstone
Gooseberry Lake Provincial Park	12 km north of Consort and 2 km east of Hwy. 41	82	60	E, G, P, S, W	F	-	Brazeau Reservoir
Gregoire Lake Provincial Park	19 km south and 10 km east of Ft. McMurray off Hwy. 63 on SH 881	140	40	BR, E, G, I, P, S, YR	B, BW, C, F, SW	H/C, X	Brazeau River
Gunn Provincial Recreation Area (Grizzly Junction)	1 km east of Gunn on Hwy. 43	26	26	-	-	-	Brown Creek
Hangingstone Provincial Recreation Area	35 km south of Fort McMurray on Hwy. 63	57	4	-	BW, F	H/C	Burnt Timber
Hanmore Lake Provincial Recreation Area	16 km north of Smoky Lake on Hwy. 855, 1.6 km west and 3.8 km north	30	-	BR, P	B, C, F	-	Bustard Island Ren
Heart River Dam Provincial Recreation Area	42 km southeast of McLennan	4	2	BH	B, C, F	-	Calling River
Hilliard's Bay Provincial Park	8 km east of Grouard off SH 750 Reservations: (780) 751-2551	189	22	BR, CR, E, G, P, S, YR	B, C, F, SW	H/C	Carbondale (winte
Honeymoon Creek Provincial Recreation Area	40 km north of Crownsnest on SH 940 then 13 km west Reservations: (403) 562-3289	-	-	G	-	EQ	Cartier Creek
Hornbeck Creek Provincial Recreation Area	15 km west of Edson on Hwy. 16	33	-	-	-	-	Cascade Rapids Re
Horseshoe Canyon Provincial Recreation Area	15 km west of Drumheller on Hwy. 9	-	6	YR	-	-	Castle Falls
Indian Graves Provincial Recreation Area	18 km off Hwy. 22 on SH 532 (in Kananaskis Country) Reservations: (403) 931-3245	27	-	CR	F	-	Castle River Bridge
Island Lake Provincial Recreation Area	14 km west of Coleman on Hwy. 3	41	-	-	B, C, F, SW	-	Chain Lakes
James River Bridge Provincial Recreation Area	16 km north of Sundre on old Hwy. 22	8	-	-	C, F, SW	-	Chambers Creek
Jarvis Bay	4 km north of Sylvan Lake on Hwy. 20 Reservations: (403) 887-5522	200	-	BH, CR, E, G, I, P, S,	B, C, F	H/C, X	Chinook
Jensen Reservoir Provincial Recreation Area	62 km SW of Lethbridge on Hwy. 5	-	4	BR	B, C, F, SW	-	Christina River Ren
Kehiwin Provincial Recreation Area	14 km north of Elk Point on Hwy. 41	46	-	BR	B, C, F, SW	-	Chrystina Lake
Kinbrook Island Provincial Park*	13 km south of Brooks off SH 873 Reservations: (403) 362-2962	166	35	BR, CR, E, G, P, YR	B, BW, C, F, SW	H/C	Clausen's Landing
Kitscoty Provincial Recreation Area	4 km west of Kitscoty off Hwy. 16	-	-	-	-	-	Coalspur
Lakeland Provincial Park	40 km NE of Lac La Biche off Hwy. 36	-	10	YR	C, SW	H/C, X	Crescent Falls
Lakeland Provincial Recreation Area	40 km NE of Lac La Biche off Hwy. 36 (Ironwood, Pinchurst, Seibert, Touchwood Lakes)	233	-	BH, BR, P, YR	B, C, F, SW	H/C	Crow Lake
Lake McGregor Provincial Recreation Area	50 km NE of Vulcan on Hwy. 23	100	4	BR, P	B, C, F	-	Cutoff Creek
Leslieville Provincial Recreation Area	3 km west of Condor on Hwy. 11	12	-	-	-	-	Deadhorse Meadow
Lesser Slave Lake Provincial Park*	6 km north of Slave Lake on Hwy. 88	113	16	E, G, I, P, S, YR	B, BW, C, F, SW	H/C, X	Deer Creek Group
Little Bow Provincial Park	19 km east of Champion off SH 529 Reservations: (403) 897-3933	193	74	BR, CR, G, P, S, YR	B, C, F, SW	H/C	Dore Lake
Little Bow Reservoir Provincial Recreation Area	34 km east of Champion off SH 529	25	9	BR	B, C, F, SW	-	Dry Haven
Little Fish Lake Provincial Park*	50 km SE of Drumheller on SH 573	100	-	P, YR	-	-	Dutch Creek
Long Lake Provincial Park*	20 km south of Boyle on SH 831 Reservations: (780) 576-3959	220	91	BR, CR, E, G, P, S, YR	B, C, F, SW	EQ, H/C	Eagle River
Lundbreck Falls Provincial Recreation Area	25 km NW of Pincher Creek	53	3	-	C, F, SW	-	Eccles Pond
Maqua Lake Provincial Recreation Area	40 km south of Fort McMurray, access from SH 881	13	5	BH	BW, C, SW	H/C	Elk Creek
Mavcroft Provincial Recreation Area	3 km west of Lundbreck & 27 km north at the jct. of Hwy. 22 & SH 517	12	-	BH	C, F	-	Elk Creek Fish Pon
Midland Provincial Park	6 km west of Drumheller on SH 838	-	50	I, YR	C, F	H/C	Elk River
Minnie Lake Provincial Recreation Area	2 km north, 6.5 km east and 1 km north of Glendon on SH 660	8	-	BR	B, C, F, SW	-	Engstrom Remote
Miquelon Lake Provincial Park*	3 km south of New Sarepta on Hwy. 21 and 20 km east on SH 623 Reservations: (780) 672-7308	275	169	BH, BR, CR, E, G, I, P, S, YR	B, C, F, SW	H/C, X	Fairfax Lake
Moonshine Lake Provincial Park	27 km west of Spirit River on Hwy. 49 and 7 km north on SH 725	110	71	BH, BR, E, G, P, YR	C, F, SW	H/C, X	Fallen Timber Sou
Moose Lake	5 km north and 10 km west of Bonnyville on SH 660 then 2 km south	59	20	BR, E, G	B, C, F, SW	H/C	Falls Creek Remote
Muriel Lake Provincial Recreation Area	14 km south of Bonnyville on SH 657	22	-	BR	B, C, F, SW	-	Fawcett Lake
Nojack Provincial Recreation Area	2 km west of Nojack along Hwy. 16	24	-	-	-	-	Fickle Lake
North Buck Lake Provincial Recreation Area	4 km north of Caslan off SH 663 Reservations: (780) 689-3981	125	-	BR, CR, P	B, C, F, SW	-	Fish Lake
Notikewin Provincial Park	37 km north of Manning on Hwy. 35 and 30 km east on SH 692	19	20	-	B, C, F	H/C	Freeman Lake
O'Brien Provincial Park	10 km south of Grande Prairie on Hwy. 40	-	40	P	B, C, F, SW	H/C, X	Freeman River
Oldman River Provincial Recreation Area	5 km NW of Ft. McLeod	40	40	BH	C, F	-	Ghost Airstrip Grou
Oldman Dam Provincial Recreation Area	13 km north of Pincher Creek on SH 785	157	76	BH, BR, E, G, P, S, W, YR	B, C, F, SW	-	Goldeye Lake
Paddle River Dam Provincial Recreation Area	12 km south off Hwy. 43, south of Mayerthorpe	-	15	BR, YR	B, C, F, SW	-	GreenTree Remote
Park Lake Provincial Park	17 km NW of Lethbridge on Hwy. 25 then west and north on SH 101	40	60	BR, E, G, P, YR	C, F, SW	H/C	Grovedale Fish Pon
Payne Lake Provincial Recreation Area	15 km SW of Cardston on Hwy. 5	30	30	BH, BR, YR	C, C, F	-	Harlech
Peaceful Valley Provincial Recreation Area	12 km south of Pigeon Lake off SH 771 Reservations: (780) 361-1250	-	-	Wheel-chair accessible day use lodge and trails		-	Holmes Crossing
Pembina River Provincial Park*	2 km NW of Entwistle on Hwy. 16A Reservations: (780) 727-3643	132	35	CR, E, G, I, P, S, YR	C, F, SW	H/C, X	Horborg
Pigeon Lake Provincial Park*	5 km west and 10 km north of Westeros Reservations: (780) 586-2644	316	72	BR, CR, E, G, P, S, W, YR	B, C, F, SW	H/C, X	Hornbeck Creek (v
Pines Provincial Recreation Area	12 km north of Fox Creek on Hwy. 43	-	5	-	F	-	Hummingbird
Police Outpost Provincial Park	10 km south and 23 km west of Cardston on Hwy. 2	46	50	BR, P, YR	B, C, F	H/C	Iosegun Lake
Queen Elizabeth Provincial Park*	3 km north and 5 km west of Grimshaw off Hwy. 35	55	33	BR, E, G, P, YR	B, BW, C, SW	H/C, X	Jackfish Lake
Raven Provincial Recreation Area	16 km east of Caroline off Hwy. 54	16	-	-	C, F, SW	-	Jackknife Springs
Red Lodge Provincial Park	15 km west of Bowden on SH 587 Reservations: (403) 224-2547	120	36	CR, P, S	C, F, SW	-	James-Wilson
Rochon Sands Provincial Park*	25 km north of Stetler on SH 835	69	25	BR, G, P	B, C, F, SW	-	Kakwa Falls
Saskatoon Island Provincial Park	19 km west and 3 km north of Grande Prairie off Hwy. 2 Reservations: (780) 766-3485	96	64	BR, CR, E, G, P, S, YR	B, C, SW	H/C, X	Kakwa River
Sir Winston Churchill Provincial Park*	13 km NE of Lac La Biche off SH 881 Reservations: (780)623-4144	72	34	BR, CR, I, P, S	B, C, F, SW	H/C, X	Kootenay Plains
St. Mary Reservoir Provincial Recreation Area	78 km SW of Lethbridge on Hwy. 5	130	yes	BR, G, P	B, C, F, SW	-	Krause Lake
Strathcona Science Provincial Park	east of Edmonton on Hwy. 16 then south on 17st.	-	47	YR	-	H/C	Lambert Creek
Swan Haven Provincial Recreation Area	NE shore of Sylvan Lake	-	5	BR, YR	B, C, F, SW	-	Lawrence Lake
Sundance Provincial Park (Emerson Lakes Campground)	56 km northeast of Hinton on Emerson Creek Road	13	2	-	B(e), C, F,	H/C	Little Sundance Cre
Sylvan Lake Provincial Park	in the town of Sylvan Lake	-	50	P, YR	B, C, F, SW	-	Little Sundance
Tas River Provincial Recreation Area	16 km SW of Caroline on SH 591	34	-	-	AS, C, F, SS, SW	EQ	Livingstone Falls

Matrix Legend

Camping Units: (t) = tenting only; (r) = random

Day Use Units

Services	BH - hand boat launch	L - loading/unloading ramps
	BR - boat launch ramp	P - playground
	CR - campsite reservations	S - showers
	E - electrical hookups	W - water hookups
	G - group camping &/or day use	WU - warm-up shelter
	HR - hitching rails	YR - open year-round
	I - interpretive programs/trails	* "Service Best" Certified

Activities	AS - ATV staging	C - canoeing/kayaking
	B - power boating;	F - fishing
	(e) = electric motors only	SS - snowmobile staging
	BW - birdwatching	SW - swimming

Trails	A - ATV	SM - snowmobile
	EQ - equestrian	X - cross-country skiing
	H/C - hiking/cycling	

			Camping Units		Day Use Units	Services	Activities	Trails
	The Narrows Provincial Recreation Area	3 km south of Mirror on Hwy. 21, 3 km east and 1 km north	61	-	-	-	C, F	-
H/C, X	Thunder Lake	21 km west of Barrhead on Hwy. 18 Reservations: (780) 674-4051	127	73	BR, CR, E, G, I, P, S	B, C, F, SW	H/C, X	
H/C, X	Tillebrook	7 km east of Brooks on Hwy. 1 Reservations: (403) 362-4525	120	-	CR, E, P, S	-	H/C, X	
	Tolman Bridge Provincial Recreation Area	22 km east of Trochu along SH 585	69	-	P, YR	C, F, SW	-	
H/C	Travers Reservoir Provincial Recreation Area	14.5 km east of Little Bow P.P. on SH 529, then 6.4 km south	20	-	BR	B, C, F	-	
H/C	Twelve Foot Davis Provincial Park and Historic Site	2 km east of Peace River	-	1	YR	-	-	
	Twin Lakes Provincial Recreation Area	65 km north of Manning on Hwy. 35	49	-	BH	B(e), C, F, SW	-	
H/C	Vermilion Provincial Park*	in the town of Vermilion, at jct. of Hwy. 16 & 41, go north on Hwy. 41 1.5 km Reservations: (780) 853-4372	111	60	CR, E, G, I, P, S, W, YR	C, F, SW	H/C, X	
	Wabamun Lake Provincial Park*	3 km east and 1 km south of Wabamun Reservations: (780) 892-2702	287	93	BR, CR, E, G, I, P, S, YR	B, C, F, SW	-	
	Waterton Reservoir Provincial Recreation Area	50 km SE of Pincher Creek on SH 505	25	20	BR, P	B, C, F, SW	-	
	Whitney Lakes Provincial Park*	27 km east of Elk Point on SH 646	211	26	BR, G, I, P, S, YR	B, C, F, SW	H/C, X	
	William A. Switzer Provincial Park*	3 km west and 19 km north of Hinton on Hwy. 40 Reservations: (780) 865-5152	220	45	BH, BR, CR, E, G, I, P, S	B, C, F, SW	H/C, X	
	Williamson Provincial Park	17 km west of Valleyview and 2 km north off Hwy. 34 Reservations: (780) 957-2216	60	22	BR, CR, E, P, YR	B, C, F	-	
H/C	Willow Creek Provincial Park	6 km west and 8 km south of Stavely on SH 527 Reservations (403) 549-2162	40	10	CR, P	F, SW	H/C	
	Winagami Lake Provincial Park	25 km southeast of McLennan Reservations: (780) 523-3008	64	50	BR, CR, G, P, YR	B, C, F	H/C, X	
	Wolf Lake Provincial Recreation Area	55 km NW of Bonnyville, 6.5 km west of Iron River along Hwy. 55 & 40 km north	63	-	BR	B, C, F	-	
	Woolford Provincial Park	11 km NE of Cardston on Hwy. 5, 14 km south on Hwy. 503	30	6	G, P	C, F	-	
	Writing-On-Stone Provincial Park*	32 km east and 10 km south of Milk River on SH 501 Reservations 1-887-887-3515	75	15	BH, CR, E, G, I, P, S, YR	C, F, SW	H/C	
	Wyndham-Carseland	2 km east and 2 km south of Carseland on Hwy. 24	196	15	BR, G, P, YR	C, F	H/C, X	
H/C, X	Young's Point Provincial Park	26 km west of Valleyview and 10 km north off Hwy. 34 Reservations: (780) 957-2216	92	26	BR, CR, E, P, S, YR	B, C, F, SW	H/C, X	
EQ, H/C, X	KANANASKIS COUNTRY							
	Bow Valley Provincial Park	28 km east of Canmore Reservations: (403) 673-2163	258	13	BH, CR, E, G, I, P, S, YR	C, F	H/C	
	Bragg Creek Provincial Park	SW of Bragg Creek Hamlet	-	84	YR	C, F	H/C	
H/C, X	Peter Lougheed Provincial Park	43 km SE of Canmore Reservations: (403) 591-7226	496	189	BR, CR, I, P, S	B, C, F	EQ, H/C, X	

Forest Provincial Recreation Areas

Allison	9 km north of Crowsnest	-	10	WU, YR	-	H/C, X	Lovett River	40 km south of Robb on Hwy. 40	Reservations: (780) 794-3958	17	-	CR	C, F	-
Athabasca Lookout Nordic Centre	20 km north of Hinton on Hwy. 40 and 1 km west	-	-	G, YR	-	H/C, X	Lovett River Staging Area (winter only)	42 km south of Robb on Forestry Trunk Road		-	-	L	SS	-
Atlas Road (winter only)	11 km NW of Crowsnest	-	-		SS	SM	Lynx Creek	20 km south of Crowsnest		28	5	-	F	H/C
Aylmer	11 km south of Nordegg on the Forestry Trunk Road (SH 734)	7	-	BH, HR, L	C, F	H/C, EQ	Mason Creek	25 km east of Grande Cache on Hwy. 40		-	5	-	F	-
Beaver Creek	40 km north of Pincher Creek	-	3	YR	AS, F, SS	H/C	McLeod River	21 km west of Robb on Robb/Hinton road		22	-	G	F	-
Beaver Mines Lake	30 km west of Pincher Creek and 5 km south off SH 774	97	5	BR	B, C, F, SW	EQ, H/C	Medicine Lake	50 km north of Rocky Mountain House	Reservations: (780) 388-2223	48	2	BR, CR, YR	B, BW, C, F, SS, SW	H/C
Beaverdam	5 km east of Nordegg on Hwy. 11	10	2	-	C, F	H/C	Minnow Lake	30 km south of Hwy. 16 on Wolf Lake road		5	-	BR, G	C, F	H/C
Big Berland	70 km NW of Hinton on Hwy. 40	18	2	-	F	EQ, H/C	Miseieutin Remote	52 km east of Fort McMurray on the Clearwater River		4 (t)	-	-	B, C, F, SW	-
Big Mountain Creek Group Camp	40 km south of Grande Prairie on Hwy. 40	-	-	G, L, YR	F, SS	H/C, SM	Mitchell Lake	19 km south of Rocky Mountain House		5 (t)	-	BH	B(e), C, F	-
Bison Flats Remote	120 km SE of Grande Prairie on the Smoky River - No road access	7 (t)	-	BH	B, C, F	-	Mountain Park	50 km SW of Robb		-	11	L	AS	-
Blackstone	30 km north of Nordegg on Forestry Trunk Road	10	2	YR	AS, C, F, SS	EQ, H/C	Musreau Lake	80 km south of Grande Prairie on Hwy. 40	Reservations: (780) 532-1261	69	12	BR, CR, YR	AS, B, C, F, SS	EQ, H/C
Brazeau Reservoir	60 km SW of Drayton Valley	69	-	BR, G, YR	AS, B, C, F, SS	-	North Ghost	55 km NW of Cochrane on Forestry Trunk Road		179	-	G, YR	F	H/C, X
Brazeau River	72 km north of Nordegg on Forestry Trunk Road Res. (780) 484-6659	12	-	CR	AS, C, F	EQ, H/C	North Ram River	32 km south of Nordegg on Forestry Trunk Road		19	-	G	AS, F, SS	EQ, H/C
Brown Creek	45 km north of Nordegg on Forestry Trunk Road Res. (780) 484-6659	9	-	CR, YR	AS, F	EQ, H/C, X	North Wabasca	142 km north of Slave Lake		35	8	BR	B, F, SS, SW	-
Burnt Timber	65 km SW of Sundre on Forestry Trunk Road	30	-	-	F	H/C	Nose Lake Remote	130 km south of Grande Prairie on Nose Mountain Road		6 (t)	-	-	C, F	-
Bustard Island Remote	315 km north of Fort McMurray on Lake Athabasca	2 (t)	-	-	B, C, F	-		(3 km walk into lake from road)						
Calling River	90 km north of Athabasca	4	-	-	B, C, F, SW	-	Obed Lake	55 km west of Edson on Hwy. 16		7	5	BH, BR	B, C, F	-
Carbondale (winter only)	25 km SW of Crowsnest	-	-	-	SS	SM	Oldman River North	40 km north of Crowsnest		10	4	G, L	F, SS	EQ, H/C
Cartier Creek	22 km SW of Sundre Reservations: (403) 335-3467	19	-	CR	C, F	-	Ole's Lake	8 km east of B.C. border on Hwy. 64		16	14	BH, P, YR	C, F, SW	X
Cascade Rapids Remote	95 km east of Fort McMurray along the Clearwater River	11 (t)	-	-	B, C, F, SW	H/C	Pearson Lake Remote	135 km north of Fort McMurray		3 (t)	-	-	B, C, F, SW	-
Castle Falls	30 km west of Pincher Creek	46	4	-	C, F	H/C	Pembina Forks	63 km SE of Robb on Hwy. 40		20	6	-	F	-
Castle River Bridge	25 km west of Pincher Creek	30	2	-	C, F	H/C	Peppers Lake	84 km SW of Rocky Mountain House		16	-	BH, HR, L	B(e), C, F	EQ, H/C
Chain Lakes	45 km NW of Athabasca	20	4	BR	B(e), F, SW	-	Phyllis Lake	16 km west of Caroline off Hwy. 54		8	-	BH, YR	AS, C, F, SS, SW	-
Chambers Creek	30 km west of Rocky Mountain House on Hwy. 11 Res. (403) 845-2781	26	2	G, YR	AS, C, SS, WU	EQ, H/C, SM	Pierre Grey's Lakes	120 km north of Hinton on Hwy. 40		83	5	BR, G, WU, YR	B(e), C, F	H/C, X
Chinook	12 km west & north of Crowsnest	74	6	YR	C, F	H/C, X	Pinto Lake Remote	On the NW shore of Pinto Lake along Pinto Lake Trail		3(r, t)	-	-	-	EQ, H/C
Christina River Remote	25 km east of Fort McMurray on the Clearwater River	2 (t)	-	-	B, C, F, SW	H/C	Prairie Creek	41 km SW of Rocky Mountain House on SH 752		50	5	G, I	AS, F, SS	EQ, X
Chrystina Lake	15 km NE of Swan Hills	10	-	BR	C, F	-	Racehorse	25 km north of Crowsnest on Forestry Trunk Road		38	2	-	F	H/C
Clausen's Landing Remote	103 km north of Fort McMurray on Athabasca River	4 (t)	-	-	B, C, F	-	Rainbow Lake	45 km south of Rainbow Lake off Hwy. 58		16	3	-	B, C, F, SW	-
Coalspur	8 km south of Robb off Hwy. 40	8	-	-	F	-	Ram Falls	64 km south of Nordegg Reservations: (403) 845-6919		54	20	CR	AS, F, SS	EQ, H/C
Crescent Falls	18 km west of Nordegg on Hwy. 11, then 6 km north	31	6	-	F	H/C, EQ	Red Deer River	60 km SW of Sundre Reservations: (403) 335-3467		64	4	CR	AS, C, F	H/C
Crow Lake	78 km north of Wandering River on Hwy. 63	17 (t)	-	BH	C	-	Richardson River Remote	246 km north of Fort McMurray on the Athabasca River		2(t)	-	-	B, C	-
Cutoff Creek	68 km west of Caroline on Cutoff Creek forestry road	-	-	HR, L	F	EQ, H/C	Rock Lake	86 km NW of Hinton off Hwy. 40 Reservation 1-877-865-3310		93	7	BH, BR, CR, HR, L	B, C, F, SW	EQ, H/C
Deadhorse Meadows	139 SW of Grande Prairie	5	-	-	-	EQ, H/C	Running Lake	7 km east and 22 km north of Worsley		17	9	YR	B(e), C, F, SS, SW	X
Deer Creek Group Camp	45 km SW of Sundre Reservations: (403) 335-3467	-	-	G	AS, C, F	EQ	Saunders	20 km east of Nordegg on Hwy. 11 and 8 km south		7 (t)	-	BR	AS, C, F, SS	-
Dore Lake	17 km NE of Fort Chipewyan	10	-	-	C, SW	-	Seven Mile	48 km SW of Caroline Reservations: (403) 845-6919		36	2	CR	C, F	EQ, H/C
Dry Haven	14 km west of Nordegg on Hwy. 11	14	-	-	F	H/C	Sheep Creek	170 km south of Grande Prairie on Hwy. 40 Res: (780) 827-6521		9	-	CR	-	-
Dutch Creek	30 km NE of Crowsnest on Forestry Trunk Road	43	4	-	F	H/C	Shunda Viewpoint	27 km east of Nordegg on Hwy. 11A		6	-	-	AS, SS	-
Eagle River	11 km NW of Whitecourt on Hwy. 32	-	-	G, L, YR	AS, F, SS	SM	Shuttler Flats	80 km south of Grande Prairie on Two Lakes Road Res: (780) 831-1214		-	-	G, YR	AS, C, F, SS	EQ
Eccles Pond	60 km west of Edson off Hwy. 16	-	8	-	-	-	Siffleur Falls	67 km west of Nordegg on Hwy. 11		-	20	-	F	H/C
Elk Creek	65 km SW of Rocky Mountain House Res. (403) 845-6919	13	5	CR	F	EQ, H/C	Simonette River	10 km south of Goodwin Corner		9	-	-	F	-
Elk Creek Fish Pond	78 km SW of Rocky Mountain House	-	3	-	F	-	Smoke Lake	9 km SW of Fox Creek off Hwy. 43		47	5	BR, YR	B, C, F, SS, SW	X
Elk River	17 km SW of Lodgepole on SH 620 and 47 km west Res. (780) 484-6659	16	2	CR	AS, F	EQ	Smoky River	35 km east of Grande Prairie on Hwy. 34		12	-	-	B, C, F	-
Engstrom Remote	72 km east of Fort McMurray on the Clearwater River.	4 (t)	-	-	B, C, F	-	Smoky River South	1 km north of Grande Cache on Hwy. 40 Reservations: (780) 827-6521		22	-	BR, CR	B, C, F	-
Fairfax Lake	50 km SE of Robb on Hwy. 40 Reservations: (780) 794-3958	39	-	BR	B, C, F	-	Snow Creek Group Camp	17 km west of Nordegg Reservations: (403) 721-2333		-	-	G, YR	AS, F, SS	H/C, X
Fallen Timber South	70 km NW of Cochrane on Forestry Trunk Road.	63	1	L, WU, YR	AS, F, SS	A, H/C, SM	South Fork	28 km SW of Rocky Mountain House off SH 752		22	7	-	AS, F, SS	EQ
Falls Creek Remote	13 km from Hwy. 11 along Pinto Lake Trail	3(r, t)	-	-	-	EQ, H/C	South Ghost	43 km NW of Cochrane		-	5	L, YR	AS, SS	-
Fawcett Lake	18 km north of Smith Reservations: (780) 829-2211	58	4	BR, G, YR	AS, B, C, F, SS, SW	H/C	Southview	140 km south of Grande Prairie on Hwy. 40		8	-	-	-	-
Fickle Lake	39 km SW of Edson off Hwy. 47	41	7	BR, I	B, F	H/C	Strachan	31 km SW of Rocky Mountain House		27	8	-	AS, F, SS	-
Fish Lake	8 km west of Nordegg on Hwy. 11 Reservation: (403) 721-2333	92	2	BR, CR, I, YR	B(e), C, F	H/C, X	Struble Lake	23 km SW of Rocky Mountain House		-	-	BR, YR	C, F	X
Freeman Lake	16 km south of Swan Hills off Hwy. 32 and west 11.5 km.	6	4	-	C, F	-	Sulphur Gates	10 km north of Grande Cache off Hwy. 40		11	-	HR, L	-	EQ, H/C
Freeman River	16 km south of Swan Hills on Hwy. 32	10	6	YR	F, SS	H/C	Sulphur Lake	32 km west and 24 km north of Dixonville		11	15	BR, G	B, C, F	H/C
Ghost Airstrip Group Camp	50 km NW of Cochrane Reservations: (403) 932-6051	0 km	-	G, YR	F, SS, WU	H/C	Swan Lake	65 km SW of Rocky Mountain House		16	10	BR	AS, B, C, F, SS	-
Goldeye Lake	11 km west of Nordegg on Hwy. 11	44	3	BR, YR	B(e), C, F, SW	H/C, X	Syncline Group Camp	28 km SW of Crowsnest Reservations: (403) 627-2920		-	-	G	-	H/C, X
GreenTree Remote	35 km east of Fort McMurray on the Clearwater River	2 (t)	-	-	B, C, F, SW	-	Tanasiuk	40 km north of Calling Lake at Rock Island Lake		51	7	BR	B, C, F	-
Grovedale Fish Pond	20 km south of Grande Prairie	-	14	-	F	-	Thompson Creek	83 km SW of Nordegg on Hwy. 11		55	6	-	F	H/C
Harlech	13 km east of Nordegg on Hwy. 11	17	-	-	AS, F, SS	H/C	Trapper Lea's	30 km south of Swan Hills on Hwy. 33		18	-	L, YR	SS	-
Holmes Crossing	3 km south of Fort Assiniboine on Hwy. 33	8	7	-	F	-	Two Lakes	114 km SW of Grande Prairie on SH 666		86	-	BH, BR	B, C, F	-
Horburg	35 km west of Rocky Mountain House off Hwy. 11A	11	-	BH	AS, B, C, F, SS	EQ, H/C	Upper Shunda Creek	3 km NW of Nordegg off Hwy. 11 Reservations: (403) 721-2333		25	-	-	AS, F, SS	H/C, X
Hornbeck Creek (winter only)	6 km west and 10 km north of Edson	-	-	WU	-	X	Waiparous Creek	48 km NW of Cochrane on the Forestry Trunk Road		57	-	G	F	H/C
Hummingbird	8 km west of Ram Falls on Onion Lake Road	-	-	L	F	EQ, H/C	Waiparous Valley Viewpoint	75 km NW of Cochrane		-	3	YR	-	-
Iosegun Lake	11 km north of Fox Creek off Hwy. 43	52	7	BR, L	B, C, F, SS, SW	SM, X	Waskahigan River	35 km south of Valleyview on Hwy. 34		24	-	-	C, F	-
Jackfish Lake	53 km west of Rocky Mountain House on Hwy. 11 Res. (403) 845-2781	5	-	BR, G, YR	AS, B, C, F, SS	-	Watson Creek	30 km SW of Robb on Hwy. 40		38	-	-	F	-
Jackknife Springs	8 km south of Lodgepole	-	2	-	-	H/C	Weald	37 km SW of Edson on Hwy. 47 Reservations: (780) 723-6209		-	-	G	F	-
James-Wilson	40 km west of Sundre on Forestry Trunk Road Res. (403) 335-3467	17	4	G	AS, F, SS	EQ, H/C	Whitehorse Creek	38 km SW of Robb		26	-	HR, L	F	EQ, H/C
Kakwa Falls	161 km SW of Grande Prairie Reservations: (780) 827-6521	-	7	-	-	H/C	Whitemud Falls Remote	107 km east of Fort McMurray on Clearwater River		4(t)	-	-	B, C, F, SW	-
Kakwa River	100 km south of Grande Prairie on Hwy. 40	14	-	-	F	-	Wild Horse Group Camp	65 km SW of Sundre		-	-	G	-	EQ, H/C
Kootenay Plains	64 km west of Nordegg on Hwy. 11	24	4	G	F	H/C	Wildhay Group Camp	48 km NW of Hinton Reservations: (780) 865-3310		-	-	G	F	-
Krause Lake	7 km SW of Swan Hills Reservations: (780) 333-4477	-	-	G, L, YR	AS, C, SS	A, H/C, SM	Wildhorse Lake	25 km SW of Hinton off Hwy. 16		23	6	BR	C, F	H/C
Lambert Creek	30 km south of Edson on Hwy. 47	7	-	-	F	-	Wolf Lake West	54 km south of Hwy. 16 on Wolf Lake Road Reservations: (780)723-6209		32	-	BR, CR	B, C, F, SW	H/C
Lawrence Lake	48 km north of Athabasca	27	5	BR	B, C, F	-								
Little Sundance Creek	19 km west of Edson on Hwy. 16 and 17 km north on Swanson Road	8	7	-	F	-								
Little Sundance	19 km west of Edson and 3 km north on Swanson Road	-	-	WU, YR	SS	SM								
Livingstone Falls	60 km north of Crowsnest on Forestry Trunk Road	22	2	-	F	H/C								

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For More Information

For more information about the Parks and Protected Areas Network contact:

Parks and Protected Areas Division

2nd floor Oxbridge Place

9820 - 106 Street

Edmonton, Alberta, Canada

T5K 2J6

Phone: (780) 427-7009

Fax: (780) 427-5980

Or visit our web site at: <http://www.gov.ab.ca/env/parks>

For information about facilities, services and recreational opportunities available at provincial parks and recreation areas, refer to the enclosed map, or contact: Parks and Protected Areas Division at (780) 427-7009 or the Environmental Protection Information Centre at (780) 944-0313.

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