

Mindful Mountain Hiking Schedule 2016

Hiking Orientation

Find out what to expect and allay fears about hikes being too challenging. Members name hiking as a high point in their wellness journey

Date: Wednesday June 1 from 7:00 – 9:00pm

Location: Carma House – 1404 Home Road NW

Register online on GameTime or call the front desk at 403-521-5292

Registration for this hike opens June 6

Hike #1: Ranger Summit Traverse – Kananaskis

Date: Wednesday July 6

Meeting Times & Locations: Carma House 7:30 AM or Petro-Canada 8AM

Description: A relatively new trail built specifically for hikers and mountain bikers alike, this trail is a great way to warm up your legs for the hiking season. Never steep, but always scenic, the high point of the loop provides fabulous views of the Elbow-Sheep Range to the west.

Total Hiking Distance: 10 km

Elevation gain: 347meters

Distance from Carma House: 45km

Registration for this hike opens June 20

Hike #2: Powderface Ridge - Jumpingpound area; Kananaskis Country

Date: Wednesday July 20

Meeting Times & Locations: Carma House 7:30 AM or Petro-Canada 8AM

Description: Considered to be one of the best ridge traverses in the Elbow Valley, this route offers exceptional panoramas along the east edge of the Rocky Mountains. The wildflowers are abundant and brilliant.

Total hiking distance: 9.2 km

Elevation gain: 300 meters (approx 1000 feet)

Terrain profile: Steady moderate uphill to first saddle; undulating subalpine ridge; easy to moderate descent.

Driving time to trailhead: 75 minutes. Involves a 7 km drive on gravel road.

Registration for this hike opens June 27

Hike #3: Sunshine Meadows - Banff National Park

Date: Wednesday July 27

Meeting Times & Locations: Carma House 7:30AM or Petro-Canada 8AM

Description: On this amazing hike, we let a shuttle bus do much of the work getting us to the alpine environment of Sunshine Meadows. If you think it is great to ski there in the winter, you will be astonished at the beauty of the endless alpine meadows carpeted with flowers of all kinds. The hiking itself is gentle on well-maintained paths and the views of Mt Assiniboine, as well as many other peaks, are breath-taking.

Please note that there may be a \$27 cost for the shuttle bus. Price subject to change.

Total hiking distance: maximum 8.5 km

Elevation gain: 240 meters (approx 800 feet)

Terrain profile: Gentle to moderate uphill to the first viewpoint; gently rolling terrain through alpine meadows

Approximate driving time to trailhead: 75 minutes