

For those new to hiking in the mountains or if you have very limited experience we strongly encourage you to read this and if you have any questions at all please contact any of the trip coordinators listed on the Activities Schedule. We put this together for your safety and enjoyment of hiking.

It's a good idea to prepare yourself by doing some smaller hikes before signing up for the group hikes.

Preparing yourself will get you used to hiking on uneven ground, doing some short but steep elevation gains as well as some distance, all of which will help to ensure that you enjoy the day out with the group.

It's a good idea to make sure you can master a hike with 300-400 metre elevation gain before committing to hiking one with 600-700 metres of elevation. Lots of club trips are in the 600-700 metre range. Once you're comfortable with 600-700 metres of elevation gain, then you'll be able to tackle and enjoy the hikes with 800-1000 metre elevation gain.

The list below are some suggestions to get you and your muscles used to hiking. These are all well-travelled hikes and you're likely to have some company on the trail. Please note that elevation and distances are approximate, every website will have slightly different numbers.

Area	Hike	Elevation in metres	Distance in km	Website Links to Further Information
Banff	Tunnel Mountain	300	4.3	www.banff.com/banff-hiking/tunnel-mountain
Kananaskis	Chester Lake	325	10.2	www.trailpeak.com/trail-Chester-Lake-Peter-Lougheed-Provincial-Park-near-Kananaskis-AB-1532
	Kananaskis Fire Lookout	430	6.5	www.albertawow.com/hikes/kananaskis_fire_lookout/kananaskis_fire_lookout.htm (NB: there are multiple starting points & routes to get to the fire lookout, all with different distances and elevations)
	Nihahi Creek	197	13.1	www.bckor.ca/nihahi-creek.html
	Nihahi Ridge	375	8.2	www.trailpeak.com/trail-Nihahi-Ridge-near-Kananaskis-AB-2516
	Ptarmigan Cirque	225	4.5	www.trailpeak.com/trail-Ptarmigan-Cirque-near-Kananaskis-AB-1410
	Rawson Lake	275	7.8	www.trailpeak.com/trail-Rawson-Lake-near-Kananaskis-AB-1316
	Ribbon Creek to the Falls	375	22	www.trailpeak.com/trail-Ribbon-Falls-near-Kananaskis-AB-1627
Upper Kananaskis Lake Circuit	100	15.5	www.alltrails.com/trail/canada/alberta/upper-kananaskis-lake-trail	

	West Elk Pass to Fox Lake	200	12.2	http://canadianrockiestrailguide.com/elk-lakes-parks-refurbished-trail-system/
Nordegg & Hwy 11	Allstones Lake	450	12.9	www.trailpeak.com/trail-Allstones-Lake-near-Rocky-Mt-House-AB-2487
	Baldy Fire Lookout	460	8	https://explore.pursuitadventures.ca/explore/experiences/hiking/baldy-fire-lookout
	Siffleur Falls Trail to 3 rd falls	126	14	www.alltrails.com/trail/canada/alberta/siffleur-falls

CAMC's hike ratings are based on what the hiking books/trail guides indicate. However, a hike rated as moderate/intermediate may have some steeper sections (note: moderate and intermediate are really the same rating). Please remember that everyone is different and while the book rates it as moderate you could feel that it is difficult. We encourage you to look at the trail reports yourself (you can goggle them) and we also have a "Links" page on our website which has some good resources. Most experienced hikers will goggle a hike before they do it.

We have a lot of great information on our website. In particular new hikers should have a look at our "FAQs" Page and have a quick read of some of this information especially the "What goes in my daypack" document.