

# GRANDE CACHE & AREA TRAILS MAP

**DISCLAIMER:** Neither the Author nor The MD of Greenview makes any warranties, expressed or implied, nor assumes any responsibilities for the accuracy of the trail information contained on this Map. Many of the trails are unmarked and unmaintained. Some of the trails described are remote and users may encounter conditions due to weather and other factors that were not present when the original trail maps were created. There are inherent risks and potential hazards using all trails and any portion of a trail may be unsafe. Users assume the entire responsibility and risk for use of the information in this Guide and the trails. The Author and The MD of Greenview disclaims all responsibility and liability for death, injury or other damage that may be sustained by anyone using the information on this map and the trails described.

**WARNING:** Some sections of the Death Race (CDR) Trails cross active mining areas, which are not accessible for public use. Obey all signs and proceed accordingly.

--- CDR Leg 1	Trailhead	Canoeing	Hospital
--- CDR Leg 2	Horse Trail	Kayaking	Information
--- CDR Leg 3	Canadian Death Race Trails	Boating	Recreation Centre
--- CDR Leg 4	Kids Race	No Motorized Boating	Landmark
--- CDR Leg 5	ATV's	Waterfall	Backcountry Camping
--- Other Trails	Nordic Ski	Scenic Spot	Summitview School
--- Fire Road	Waterfall	Golfing	Sheldon Coates Elementary School
--- Cutlines	Playground	Baseball	Grande Cache Community High School & SonRise Christian Program/Grande Cache Municipal Library
--- Rivers	Toboggan	Spray Park	RV Sewer Pump-Out Station
--- Creeks	Campground	Swimming	Picnic Area
--- Highway	Police	Fishing	
--- Town Roads			
--- Gravel Roads			
--- Train Tracks			

## PIERRE GREY'S LAKES TRAILS MAP

Pierre Grey's Lakes Provincial Park (32 km Southeast of Grande Cache on Hwy 40) Pierre Grey's Lakes is a great place to hike, bike, canoe, fish, or just relax. The lakes are located 32km south of Grande Cache, on the east side of Hwy 40. There are 4 camping areas and many km of trails to explore. For camping and reservation details, contact Alberta Parks at [www.albertaparks.ca](http://www.albertaparks.ca).

The trails wind along the shores of sparkling trout-filled lakes, and through old-growth lodgepole pine and spruce forest; important habitat for the remaining caribou which inhabit this area. Access to the trails can be easily gained from almost any campsite. You can also visit what's left of Pierre Grey's trading post, a 1.6 km walk from the Norris Boat Launch, or a 3.1 km walk from the McDonald Day-Use Area.

## GRANDE CACHE TRAIL HEAD MAP

This map shows the trail heads in Grande Cache, including trails like Griffith Trail, The Goat Path, and Father Son Time. It also shows local roads, schools, and recreational areas.

The main map covers the Grande Cache area and surrounding regions, including Willmore Wilderness Park and Pierre Grey's Lakes. It shows a network of trails, roads, and natural features.

**WILLMORE WILDERNESS PARK**

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**PLEASE BE ADVISED!**

Local trails are what you might call 'raw': the access roads and trails are not always well-maintained, the trailheads and parking areas may not be well-signed trailheads or well-defined, and the trails are not maintained or well-traveled. It's recommended that you have some basic navigational skills and purchase the appropriate 1:50,000 topographic map; contact the Tourism & Interpretive Centre (1-877-827-3790) or Alberta Parks (780-865-8395).

Mountain weather is very unpredictable, so hikers should carry some essentials: sweater, rain jacket, hat or toque, gloves, insect repellent, extra water, a first aid kit, and a map and compass (or GPS). Many of the trails described are within cellular range, so bring your phone. This is bear country, and you should be bear aware. Hike in a group. Make noise. Avoid smelly foods. Learn about bear habits, and the best way to avoid, or react in, an encounter. Carry pepper spray - to be used as a last resort should an encounter occur. Know how to use pepper spray. Demonstrations available. Contact Grande Cache Tourism Centre for more information regarding hiring a guide and navigation courses.

Consider hiring a qualified guide if you are not experienced with mountain travel, lack navigational skills, are not comfortable with the possibility of encountering a bear, or if you would simply like to get more out of your experience.

Alpine areas are particularly fragile; damage is often visible for many years due to harsh conditions and a short growing season. Try to stay on trails, or step on rock; instead of delicate wildflowers and fragile lichen. Please respect the trails, other hikers, and wildlife. Please leave no trace (pack out all litter and bury or pack out toilet paper). Enjoy your hike!

**NOTE:** Motorized vehicles are NOT permitted in Willmore Wilderness Park. ATV's not permitted in Provincial Recreation Areas.

### TRAIL SKILL LEVEL

All trails have been designated a skill level represented by **Green - Easy**, **Blue - Moderate**, **Black - Difficult**

Colours have been incorporated into the directional signage along with some trails having designated uses.

### DIRECTIONAL SIGNAGE

**Easy Skill Level**

**10 GRIFFITH TRAIL**

Hiking Permitted  
Mountain Biking Permitted  
OHV Permitted

**Moderate Skill Level**

**39 THE GOAT PATH**

Hiking Permitted  
Mountain Biking Permitted

**Difficult Skill Level**

**46 FATHER SON TIME**

Hiking Permitted  
Mountain Biking Permitted

### EASY

- BACKDRAFT
- CREEK 2 PEAK
- CUL DE SAC
- ELDERS TRAIL
- ELK RIDGE
- FENCE LINE
- FIRE BREAK ROAD
- GINGER PRINCESS
- GREAT ESCAPE
- GRIFFITH TRAIL
- HILLS DISTRICT
- MIDDLE EARTH
- PHOENIX
- POWER POND TRAIL
- RABBITS FOOT
- RIVERVIEW
- SIDEKICK
- SIERRA
- SULPHUR RIM TRAIL
- THE BLUFF
- THE GEORGE
- THE HOLE
- THE TOLLIES
- TOBOGGAN HILL
- WEBSTER

Trails are wide in width and may have gentle climbs with some obstacles such as rocks, roots and some small drops to navigate.

### MODERATE

- ANTON'S RIDGE
- BACK 9
- BUCK ROGERS
- BUCKSAW RIDGE
- FORTY
- HAIR STRAIGHT
- BACK 300
- MIRKWOOD
- MT. LOUIE
- RIVER DROP
- SADDLES
- SIDEWINDER
- SLYTHERIN
- SULPHUR SLIDE
- THE GOAT PATH
- THE VIEW
- TREE LINE
- VICTOR
- WEST SIDE

Trails vary from wide to narrow and may have steep slopes with some obstacles such as rocks, roots and medium drops to navigate.

### DIFFICULT

- COWLICK CREEK
- EI GRANDE
- FATHER SON TIME
- POWERLINE

Increasingly steeper slopes on narrower trails. Trail surface may have loose debris and difficult obstacles such as rocks, roots and large drops, jumps and sharp corners.

## 1 GRIFTHS TRAIL: Short Hike

**Approximate Distance: 15 – 15 km**

This scenic trail surrounds the Hamlet of Grande Cache and is popular for hiking, running, and biking with several access points and viewpoints. Please follow the trailhead signage and directional markers as you enjoy exploring this trail.

**TRAILHEAD:** The main trailhead sign is located on the north side of Hoppe Avenue, located in the southwest corner of the community, situated just before the Grande Cache Institution sign. If driving, park within the gravelled area on the north side of the road, across from the trailhead.

**Additional Access Points:**

**Sheldon Coates School:** Starting from the school parking lot, cross the field north towards the cut line. Once there, you will follow the cut line of approximately 30 m, which will lead you to the trail. **Taboggan Hill:** You will find access to the trail on the corner of 105 St. and 105 Ave.

**Golf Course Road:** The trail can be accessed from Memorial Drive on the corner as the road veers left towards the Grande Cache Campground and Grande Cache Golf & Country Club. **Highway 40 North:** Head north of the "Welcome to Grande Cache" sign, and you will find access to the trail on either side of the highway.

## 2 LAKES TRAIL: Short Hike

**TRAILHEAD:** The trail starts on the south side of Hoppe Ave., just west of Highway 40. It goes south behind the houses and heads down the hill towards Victor Lake. You can also access the trail from the Tourism Centre. Cross the highway towards the metal building on the west side of the highway. The trail is just to the left of this building. No trail head sign. Our newest trail, going from the town site to Victor Lake and on to Grande Cache Lake. The first part of the trail is downhill, ending at the old airstrip on Victor Lake. From the east end of the lake, the trail follows the canal from Victor Lake to Grande Cache Lake. Once past a bridge across the canal (the Mt. Louie Trail intersects here) look for the trail markers branching off to the west. The next section of trail cuts through the trees to the side of Highway 40. The trail follows the highway to the beach at Grande Cache Lake.

## 3 MOUNT LOUIE: Day Hike

**(1,844 m / 6,050 ft) Approximate Distance: 5.5 km (one-way) Elevation Gain: 714 m / 2,350 ft**

Mount Louie makes a great day hike and is well worth the effort. This moderately steep trail runs directly up a northwest-facing ridge. Watch your footing as you step across erosion-resistant conglomerate rock ***Continued next panel...***

**Mount Louie, cont...** that you will encounter along the way. Impressive views that can be seen early on, combined with alternating terrain, make this trail a favourite among locals.

**TRAILHEAD:** Drive approximately 4 km south of Grande Cache along Hwy 40. Turn right into the Cowlick Creek Staging area, where you will find parking and an access road leading to the trail. Turn right at the end of the access road and continue along the canal between Grande Cache Lake and Victor Lake until you arrive at the bridge crossing. Watch for waterfowl and other wildlife who are known to frequent this area. Once you have crossed the bridge, the trail will cut through a black spruce-filled boggy area before gaining higher ground surrounded by tall aspen and poplar trees. At about the 11 km mark, the trail will branch off to the left onto a lesser trail, and make sure to stay left onto the Mt. Louie trail. The trail will begin to ascend the rocky ridge and gain elevation.

**CAUTION:** The rocky trail can become quite slippery when wet, please proceed with caution. At approximately 3.5 km, the trail will lead you into a dense forest; watch for red markers adorning the trees to ensure that you are still following the trail. Once you emerge from the forested area onto open slopes, you will continue the final push towards the summit. Once you arrive at the summit, allow yourself enough time to rest and take in the breathtaking views. Be sure to sign the guest book located inside the Mt. Louie cairn box and take a 'selfie' with the cairn box if you are or are planning to participate in the Passport to the Peaks Program.

## 4 COWLICK CREEK: 2-4 Days

**Approximate Distance: 16 km (one-way) / Elevation Gain: 150 m / 500 ft** An extended access point to the Willmore Wilderness Park. Cowlick Creek Staging area offers a natural trail experience. It is the desired route by backpackers and those on horseback wanting to explore the trails mainly through valleys with minimal elevation gain.

**TRAILHEAD:** Drive south from Grande Cache on Hwy 40 for approximately 4,0 km and turn west into the Cowlick Creek Staging Area, where you will find parking and an access road. Follow the road to the canal and continue right, cross the bridge, and continue west until you reach the Mt. Louie junction. At the junction, you will veer right and continue; the trail will ascend at first until eventually, it will begin descending. At approximately 6.5 km, the trail will converge with another wider trail and lead you through dense forest before descending to Cowlick Creek. Here you will notice a campsite and several more located along the creek. However, a more established campsite is located farther along the trail. Once you reach the upper meadows and flats, where the trail becomes less defined, you will experience amazing views.

## 5 SULPHUR RIM TRAIL: Day Hike

**Approximate Distance: 7.5 km circuit / Elevation Loss: 30 m / 100 ft**

The Sulphur Rim Trail is a multi-use trail designed for ATV use as well as Nordic skiers and hikers. The trail is located within the boundaries of Grande Cache. The trailhead is located 3.2 km west of Hwy 40 on the left side of Hoppe Avenue before the Grande Cache Institution. You will notice several trail junctions that are well marked along the way. Once you reach the halfway point, the trail will follow the rim of the Sulphur Canyon for a short distance. This section opens to some of the most breathtaking views. You can also create a larger loop by exiting onto Firemen's Park Road and head back towards the hamlet, entering the hamlet on 104 Street up to Hoppe Avenue. This loop is approximately 15 km in total.

## 6 SULPHUR GATES: Short Hike

**Approximate Distance: 0.2 km (one-way)**

A short hike with breathtaking views!

**TRAILHEAD:** Drive approximately 6 km north from Grande Cache on Hwy 40 and turn left onto Sulphur Gates Road. Follow the gravel road approximately 6.8 km's to the far southeast corner of the Sulphur Gates Staging Area where you will find parking and washroom facilities. You will see a trail that branches into two directions, the right leading into the Willmore Wilderness Park and the left that leads to the Sulphur Gates lookout platforms, veer left. Follow this wide, well-groomed trail until you arrive at the steep 75 metre cliffs overlooking the confluence of the Smoky and Sulphur Rivers. Allow yourself enough time to take in this spectacular view and enjoy! **CAUTION:** Make sure to stay within the parameters of the guardrails and keep children and/or pets within arms reach as you ascend to the uppermost platforms.

## 7 EATON FALLS: Day Hike

**Approximate Distance: 3.5 km (one-way) / Elevation Gain: 15 m / 50 ft**

The trail is a very old fire access road that begins on the southwest corner of the Sulphur Gates Staging Area (please see 'Sulphur Gates' for directions). Fairly soon into the trail you will overcome several hills and gullies, most individuals should be able to manage these inclines by taking their time. The trail is wide and open which allows for great visibility and offering plenty of views to distract from the efforts along the way. Approximately 2 km in, the trail will come to a junction and the access to Eaton Falls will veer onto a lesser trail to the right for about 500 metres until finally reaching the falls. Once there you will observe that the falls themselves are cut deeply into sedimentary rock. ***continued next panel...***

*(Lightning Ridge, cont...)* Mount Stearn, turn and follow the trail west towards Lightning Ridge. Choose a route that follows the southerly erosion scars, steep at first while mellowing gradually above the scar. Angle right as you climb. At the top you will see a saddle that separates you from the summit to the north. Proceed to climb the trail to the summit. Make sure to keep your eyes open for lightning-struck rock along the way which is the reason for the ridge's name. **CAUTION:** Lightning is known to strike on this ridge, retreat and take cover in the event of a thunderstorm. Once you arrive at the summit, sign the guest book, take a photo, and enjoy a break while taking in the breathtaking view.

## 12 AMBLER MOUNTAIN: Day Hike

**(1,905 m / 6,250 ft) Distance: 3.8 km / 2.4 miles one way.**

**Gain: 381 m / 1,250 ft** Ambler Mountain is one of the smaller mountains within the immediate region. However, it does reach 1900 m and just reaches into the alpine. This trail is great for those who are novice hikers, hiking with family or anyone looking to summit a mountain within a day. **TRAILHEAD:** Drive approximately 8 km north of Grande Cache on Hwy 40 and turn left onto Beaverdam Road. Proceed with caution as this logging road can get a bit rough in areas, especially during bouts of extreme weather. After driving up the road for approximately 6.5 km you will reach a low pass and begin to descend. As soon as the road begins to descend watch for a signed area that has trails on either end of the roadway. To the right, is the trail to Mount Hamell, to the left you will find the 'Ambler Loop' trail. Park your vehicle here at the crossroad and embark on the 'Ambler Loop' trail for 0.5 km until you reach the actual Mount Ambler trailhead which veers to the left. The trail is well used by ATVs and wanders through damp subalpine forest for a short distance before it climbs emerging on a ridge overlooking Bergamot Creek Valley on the right. The trail will then head left skirting the upper Bergamot, until it finally swings back diagonally across the northern flank of Ambler Mountain. With the trail being on the north face snow can be expected until early to mid June. In late July and early August, you will be greeted by a variety of wildflowers. You will encounter a series of switchbacks that will lead you into a windswept alpine environment. From here you can take in the amazing view of Lightning Ridge. The trail will become indistinct, so it is best to take note of where the trail leaves off for your return trip before continuing onwards. Ambler Mountain maintains two minor summits each with breathtaking views.

You will need to proceed to the second minor summit to reach the Ambler Mountain cairn box. Once you reach the cairn, sign the guest book, snap a photo, and enjoy a break as you take in the views.

## CANADIAN DEATH RACE (CDR) TRAILS

The Canadian Death Race is 118km course that teams of 1 to 5 racers run every August long weekend, over a 24 hour period. The course is divided into 5 sections, or 'legs'. Below is how to hike or train on each leg, omitting most highway and street portions that form part of the official course. Directions are noted as abbreviations: ie, (S) for South. Most of the course is marked with orange flagging and paint, once you leave a roadway.

<b>CDR-1</b>	<b>LEG 1: The Downtown Jaunt</b> Distance 14.2 km Elevation: +244m / -287m <b>Description:</b> New start route for 2022! Approximately 1 km of initial pavement, followed by trail and 8 km of gravel road. It includes a net elevation loss of 500 feet, rolling hills with flat sections, several creek crossings, and one significant downhill. The course will start in downtown Grande Cache at Central Park. It then continues past Grande Cache Lake and Peavine Lake, mainly on quad trails, and includes a section along a ridge with a spectacular view of Peavine Lake and the mountains of Willmore Wilderness Park. After crossing Washy Creek and skirting the north end of the CN rail yard through a deep mud bog, enter the first full aid station and relay exchange zone.
<b>CDR-2</b>	<b>LEG 2: Flood &amp; Grande Mountain Slugfest</b> Distance 29.6km (~25.7 Marathon) Elevation: +1,624m / -1,526m <b>Description:</b> Includes about 1 km of pavement. The rest is dirt trail with rocky and swampy sections and approximately 6 km of hard packed dirt road. Net elevation gain is 500 feet, but the total elevation change is well over 6000 feet. This leg of the race is characterized by long sustained climbing with about 3 km of very rough terrain and two creek crossings. The trail from the summit of Flood Mountain to the summit of Grande Mountain is the roughest piece of trail in the Death Race. The power line down the front of Grande Mountain leading back into town is the most dangerous part of the entire course. This is due to the steep, rocky drop-offs and unstable footing while running downhill. The Slugfest is the most technical section and is rated the second hardest leg of the Death Race (although many rate this leg as the hardest of all). The Near Death Marathon course bypasses the Flood Summit Loop but otherwise is the exact same Legs 1 and 2 and finishes at the Start/Finish Line at the end of Leg 2.

*Eaton Falls, cont...*

**CAUTION:** Refrain from venturing under the cliff edges as rocks can dislodge from above, keep children and/or pets close by and always utilize caution near water sources.

## 8 KVASS FLATS / CORRAL CREEK: 1-4 Days

**Distance: 12.2 km / Elevation Gain: 90 m / 300 ft**

**TRAILHEAD:** Head towards Eaton Falls (see entry above). Where the trail junctions with the falls to the right, continue straight down the main trail which is an old fire access road leading straight into Kvaas Flats. The trail will open into a wide meadow. You will know you have arrived once you get there. Once you reach the flats, there are camping opportunities used by outfitters in the area, or continue to follow the trail towards Corral Creek. For a different experience, head left from the main trail onto a lesser trail approximately 4.5 km into the hike. This option leads you closer to the Smoky River and is a nice trail that leads to Kvaas Flats. From the flats, you can then loop back onto the main trail and head back to complete a 12.5 km day hike (assuming that a stop at Eaton Falls was included). Please allow approximately 4-5 hours to complete this loop.

## 9 MOUNT MAWDSLEY: 1-3 Days

**(2,134 m / 7,000 ft) Distance: 11.2 km / 7.0 miles one way. Gain: 1,174 m / 3,850 ft**

Hikers are required to pass a river crossing to reach the trailhead and a canoe is required. Avoid using this trail in the spring when waters run fast and high.

**TRAILHEAD:** Drive north from Grande Cache on Hwy 40 for approximately 6 km and turn left onto Sulphur Gates Road. Follow this gravel road until you reach the staging area. You will carry/drag your canoe onto the trail that heads into Willmore Wilderness Park. Head down the old fire access road approximately 100 m to a small creek. Follow this small creek until you reach its outlet into the Smoky River. Diagonally, cross the gravel bar in your canoe until you find yourself across from the evident landing site on the far bank.

**CAUTION:** No obvious landing sight opposite of the gravel bar is a clear indicator that the river is too high to cross safely. Pick up on the trail and follow the markers closely, the trail can become quite vague in areas. You will eventually cross a small stream and begin to climb upward onto a rocky spine. Stay on the crest of this spine until the trail levels off. You will notice an intersecting trail which cuts through a slight dip. Head right and follow this trail until you reach an old hunting camp. There is more than one trail leading from this camp so make sure you take the trail to the right.

## 13 MOUNT HAMELL: Day Hike

**(2,130 m / 6,986 ft) Approximate Distance: Depends on route**

**Elevation Gain: 1,128 m / 3,700 ft.** You will notice this striking mountain to the north of Grande Cache. This trail makes for a diverse hiking experience. The trail will lead you through small peaceful meadows to extremely unforgiving barren rock faces. The trail is great for the summer months but also features several icefalls during the winter. There are multiple routes to the summit and below you will find two of the most popular routes while very different from one another. Equally impressive is the incredible folded rock strata which makes up the east face of the mountain and the upper walls of Hells Creek gorge. From the summit of Mount Hamell on a clear day, you will notice Mount Robson to the south and the Sir Alexander group to the west.

**13a) Mount Hamell (South Access Road): Day Hike**

**Distance: 9.8 km / 6.0 miles one way** The trail follows a forest look-out access road that leads up the south face of the mountain. While the grade is manageable, the distance is longer than the alternate route listed in the entry below, therefore this route will take more time to reach the summit.

**TRAILHEAD 1:** Head approximately 10.2 km north on Hwy 40 from Grande Cache and turn left at the far end of a grassy flat. The access road will enter the forest on the right. Park at this point and continue along by foot. Follow the red markers and make sure to head left at the first junction located approximately 0.3 km in and then head right at the following junction located approximately 0.2 km farther along. You will now follow the trail leading up to the summit of Mount Hamell. **TRAILHEAD 2:** Drive 8.2 km north on Hwy 40 from Grande Cache turning left onto Beaverdam Road. Drive according to weather and road conditions as this road is known to be quite rough, especially during extreme weather. Continue along Beaverdam Road for approximately 6.8 km until you notice a well travelled trail to your right, just as the road begins to descend from the top of the pass. This trail is longer, but you do save yourself approximately 1,700 ft of climbing overall. **CAUTION:** These trails are often frequented by ATVs's so proceed around blind corners and steep hills with caution.

**13b) Mount Hamell (Northeast Ridge): Day Hike** For a more challenging climb up Mount Hamell, this route is one of many natural goat trails. Ascending steeply up the northeast ridge this route is for those who enjoy a challenge and are comfortable on steep, exposed rocky ledges.

**TRAILHEAD:** Drive 12.5 km north on Hwy 40 from Grande Cache and turn left opposite to the gun range. Follow this road a short distance to the signed trailhead. The trail is deceiving at first, starting out wide and level through dense forest. It will change just before the ***continued next panel...***

<b>CDR-3</b>	<b>LEG 3: Old Mine Road (AKA "City Slicker Valley")</b> Distance 20.5 km Elevation: +345m / -632m <b>Description:</b> A bit of pavement to start and the rest is a dirt road with several creek crossings. One creek runs right down the trail as you descend the first part of the Mine Road, making for very slippery, rocky, terrain for 30 meters. This section passes through the lowest point in the race, hitting the very bottom of the Smoky River valley floor, with knee deep water for 25 meters. (If it's a wet summer, it's worse!) With a net elevation loss of over 600m, this section is the fastest and easiest of the race and one of the most beautiful, offering stunning views of the Smoky River valley.
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<b>CDR-4</b>	<b>LEG 4: Hamell Assault</b> Distance 35.2 km Elevation: +1,576m / -1,549m <b>Description:</b> This is mostly dirt trail and hard packed gravel. While the net elevation gain is almost zero, the total elevation change is well over 1,500m, which comes practically all at once. The ascent of Mount Hamell is broken into two very long climbs, with one small reprieve as you gain the shoulder of the mountain at the mid-point. At the forestry tower on the summit of Mount Hamell, runners check in and then continue toward the spectacular cliff bluffs at Hells Canyon, where they must retrieve a prayer flag as proof they have made the turnaround point. The descent is strewn with boulders and deep ruts. The downhill is not that technical, but any falls will be on very unforgiving ground. (Read the waiver section about being in remote areas and not being rescued in time to prevent serious injury or death.) This entire leg is fantastically scenic.
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*Mount Mawdsley, cont...* Leading out to the southeast before changing directions heading southwest. Pay attention to the red markers along the way. After approximately 45 minutes, you will reach a small, clear stream and if you look to the left of the trail, through the trees, you will see a rocky ridge. Once you have crossed the stream, watch for the trail that branches left and ascends the steep final length to the treeline before turning left and traversing the upper slopes. Force your way up the rocky slopes by following the treeline around to attain the shoulder. Make your way to the cairn box where you can sign the guest book and take a photo with the cairn.

## 10 MOUNT STEARN: Day Hike

**(2,013 m / 6,604 ft) / Approximate Distance: 7.6 km (one-way) Elevation Gain: 1,006 m / 3,300 ft**

Mount Stearn is located to the west of Grande Cache. A hike with several transitions, from steep wooded inclines to vast alpine meadows. Atop the summit, you will experience breathtaking views of Grande Cache, Willmore Wilderness Park, and Lightning Ridge.

**TRAILHEAD:** Drive approximately 6 km heading north from Grande Cache on Hwy 40 and turn left onto Sulphur Gates Road. Continue along this road for approximately 3.6 km until you are just past the gravel pit. Park across from the marked trailhead. The trail follows up the crest of a ridge parallel a small stream for a short time before ascending through diverse montane forest. Other than a few steep areas, the overall grade is quite manageable. The forest will begin to noticeably change from combinations of pine and aspen to dense spruce and subalpine fir around the 2.8 km mark. This identifies the transition into the subalpine zone. The trail will lead to an old campsite which makes for a great location to enjoy a break before winding its way upwards. Suddenly you will emerge from the trees into meadows adorned with wildflowers (depending on the season). The trail will lead again through subalpine fir until it finally breaks free into the open meadow where the trail temporarily splits, one direction leads a lesser trail along a small stream to the right and the other maintaining slightly higher ground to the left. The trail continues with a manageable grade to the head of the valley and a knoll where it directs westward towards Lightning Ridge. The shoulder of Mount Stearn is located to the left. Pick a route leading up the grassy slopes then continue walking towards the summit knob. At the knob you will encounter a short scramble to the top where you will find the Mount Stearn cairn box.

**13b) Mt. Hamell, Northeast Ridge, cont...**) banks of Hells Creek when it veers to the right and leads you straight up a steep rocky slab. The next section climbs steeply up the northern rim of the deep gorge to access the main northeast ridge. The scramble to the ridge itself can be quite tricky so proceed with caution. Once at the top of the ridge you can take a break and know that you have successfully climbed the hardest portion of this trail. While still steep, the trail continues up the narrow spine. The angle will ease off and the route becomes straightforward until you reach a sandy-coloured scree slope. Here you will notice a multitude of crisscrossed goat trails, watch for the red markers to ensure that you remain on the trail. The trail becomes flat for a period where you can marvel at the amazing rock strata of the east face. Watch to the left for a marked route as you approach the north slope leading you through the last section of subalpine fir. You will make your way up the steep, yet grassy slope, then continue for a short distance along the top ridge to the summit. The fire look-out building located at the top is occupied all summer, and while visitors are often appreciated, please be respectful. Here you will find the Mount Hamell cairn box, sign the guest book, take a photo, and enjoy a break while taking in the view. **CAUTION:** This ridge is known for its heavy tick infestation in the spring, take precautions, dress accordingly and check your person and pets frequently. Conglomerate rock can become quite slick when wet as well as loose pebbles can create tricky footing. Be extra cautious during your descent and watch your footing very carefully.

## 14 TWIN FALLS: Short Hike

**Approximate Distance: 0.6 km (one-way) Elevation Gain: 50 m / 150 ft** This is a short, pleasant trail that leads you to a small but scenic set of waterfalls that reveal themselves out of a gorge located on the east side of Mount Hamell. To access the trailhead, you will drive approximately 11.3 km north on Hwy 40 from Grande Cache. At this point you will notice a small access road located on the left side of the Hwy that you will turn left on and continue for approximately 0.7 km along until you reach the powerline and Hells Creek (the road will come to a dead-end at this point). The trail from this area will lead you up the south side of Hells Creek to a viewpoint of Twin Falls.

Stay alert for wildlife including mountain goats and bighorn sheep who are known to frequent the hillside as well as deer and elk who frequent the nearby wooded area. **CAUTION:** Hells Creek is prone to mud slides during and after extremely heavy rainfall or during periods of thaw that often occur during the spring. Do not descend into the creek during these times. In addition, the steep banks erode easily and may be unstable, proceed with extreme caution.

## GRANDE CACHE & AREA

# TRAILS MAP



## Local Multi-Use Trails And Other Activities

**www.mdgreenview.ab.ca**

The preceding text and the trails shown on the Grande Cache Trails Map were modified from "Selected Hiking Trails Guide" by Terry Deamer.