

The Trails

Hwy. 1 Canmore, Bow Valley

- 1 Grassi Lakes – 8
- 2 Ha Ling Peak – 13
- 3 Teahouse Ridge – 17
- 4 Grotto Canyon – 21
- 5 Raven's End – 24
- 6 Bow Valley Provincial Park Loop – 28
- 7 Heart Mountain Circuit – 32
- 8 Wind Ridge – 37

Hwy. 40 Peter Lougheed Prov. Park

- 13 Upper Kananaskis Lake – 57
- 14 Rawson Lake – 61
- 15 Indefatigable Trail – 63
- 16 Ptarmigan Cirque – 67
- 17 Pocaterra Tarn – 70

Hwy. 40 The Highwood

- 22 Mist Ridge – 89
- 23 Picklejar Lakes – 94
- 24 Mount Burke – 98
- 25 Grass Pass – 102

Hwy. 66 The Elbow

- 28 Elbow Valley/Riverview Loop – 113
- 29 Moose Mountain – 117
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- 31 Powderface Ridge – 125
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- 33 Forgetmenot Ridge – 133

Hwy. 40 Kananaskis Valley

- 9 Barrier Lake Lookout – 41
- 10 Centennial Ridge of Mount Allan – 46
- 11 Ribbon Falls – 50
- 12 Lillian Lake – 53

Hwy. 742 The Smith-Dorrien

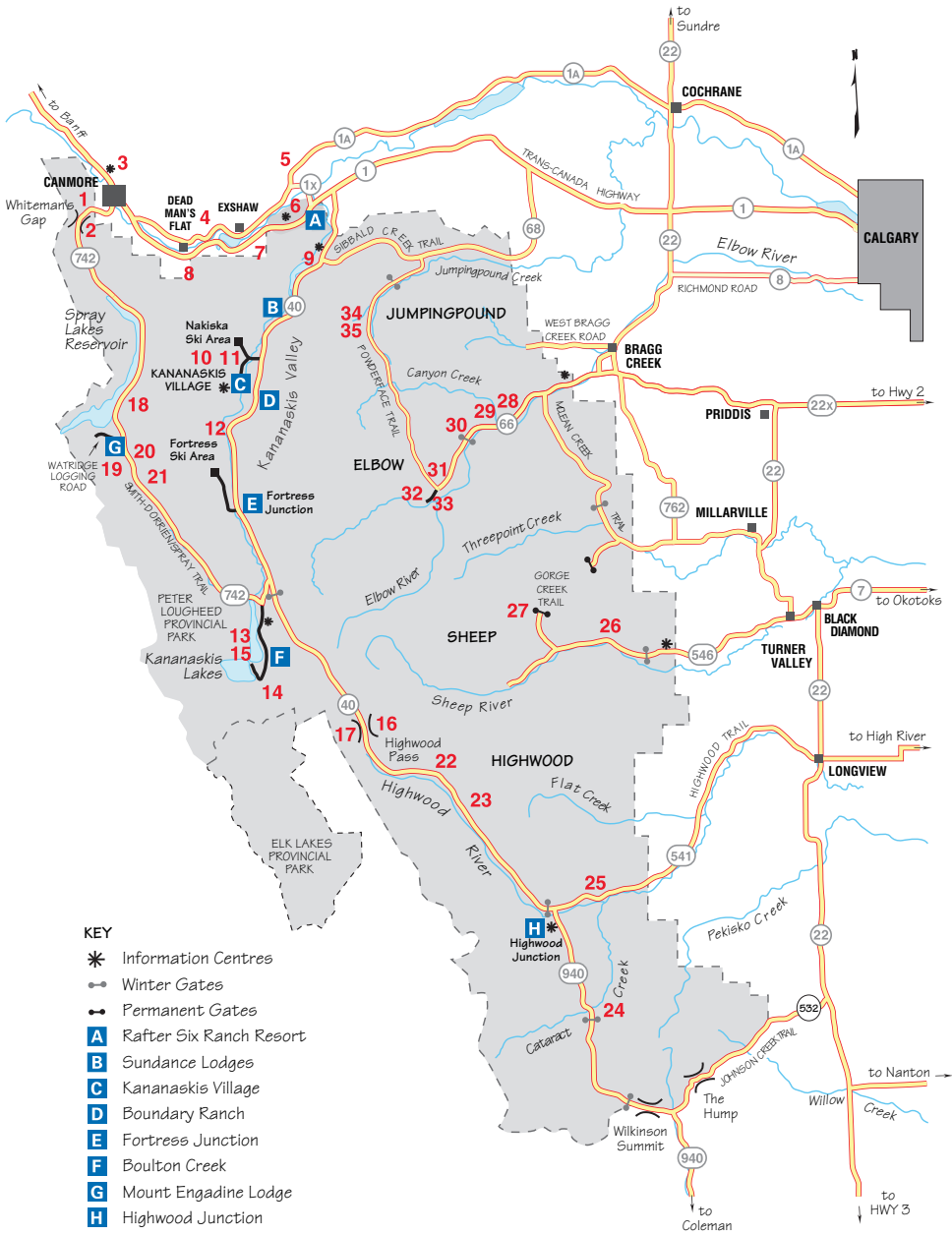
- 18 South Buller Pass – 74
- 19 Burstall Pass – 78
- 20 Chester Lake – 82
- 21 Headwall Lakes – 85

Hwy. 546 The Sheep

- 26 Foran Grade Loop – 106
- 27 Volcano Ridge Loop – 109

Hwy. 68 The Jumpingpound

- 34 Jumpingpound Mountain – 137
- 35 Cox Hill – 141



19 *Burstall Pass*

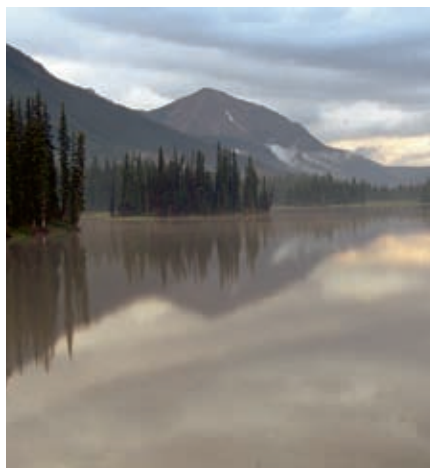
Distance 15 km return
Height gain 472 m
High point 2380 m
Moderately strenuous
Summer, fall

Start: Hwy. 742 (Smith-Dorrien-Spray Trail) at Burstall Pass parking lot.

Difficulty: Overall a good well-marked trail. On the alluvial flat the route is marked with posts and you can expect to do some icy-cold paddling. Grades are moderately easy with one steep haul up the headwall above the flat. Remnant snow is likely in early summer.

1. From the parking lot head out on a trail that crosses Mud Lake dam. Note the canal on the left side transporting Burstall Creek water into the Smith-Dorrien Creek system. In the open, the trail—now reverted to logging road—wends left to an unsigned junction. Keep left. (The logging road to right leads to Hogarth Lakes.)

2. Climb a hill to the next junction and turn right. (The logging road ahead is the route followed up French Creek to the Haig Icefield.)



A long approach along a logging road, then trail, gains you the cheerful green and white karst country of alpine meadows. By biking to the end of the logging road, the hiking can be cut down to 9.2 km.

3. In spruce forest, the Burstall Creek logging road settles into a long gentle climb past numerous skid trails you are unlikely to mistake for the trail. To your right Burstall Creek is out of sight in a canyon. After the grade levels, keep straight at a T-junction. (To right a logging road crosses Burstall Creek—no bridge—to join with the Hogarth Lakes roads.)

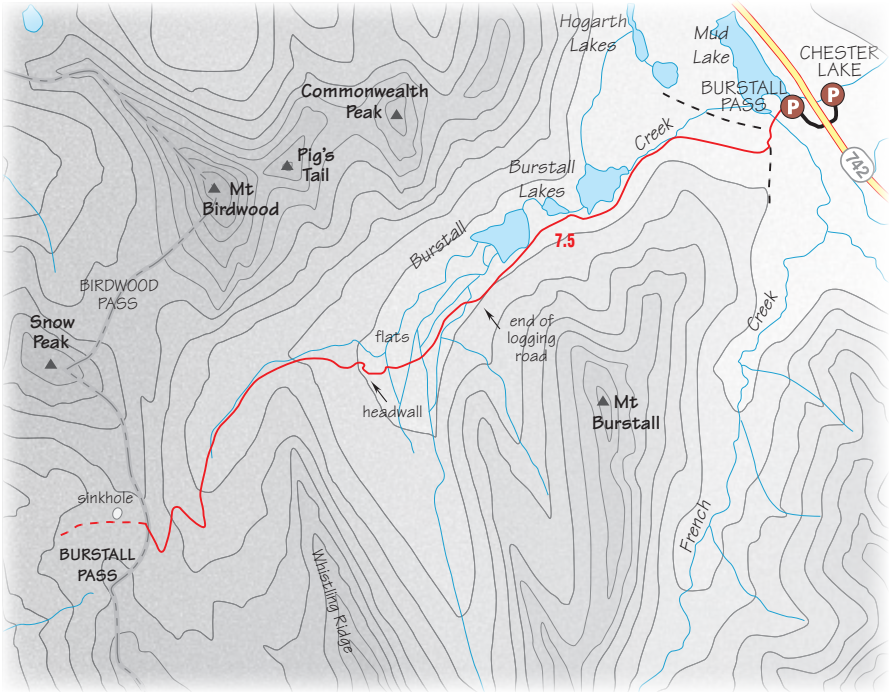
4. The road continues fairly flat with one uphill, travelling below avalanche slopes on the left, and Burstall Lakes on the right. The three lakes can't be seen from the road and are hardly worth the effort of a detour, being muddy coloured. The logging road ends at bike locks.

5. A trail continues, heading downhill to a bridge over Burstall Creek. Enter a large alluvial flat where the way forward is marked with red markers on posts. Shortly, cross the flat below the Robertson Glacier, the source of all the stones and wandering glacial streams that defeat any attempts at bridge building. This is where you may have to paddle a braid or two. Look left for a view of the glacier slung between mounts Robertson and Sir Douglas. The good trail resumes in trees to the left of the avalanche slope.

6. A steep twisty climb up the timbered headwall gains you the big flat meadow below Birdwood Pass. To your right is Mount Birdwood.

Left: Mud Lake from the dam at 1. Its unattractive grey colour results from debris brought down by the Robertson Glacier.

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Above: When you cross the flats at 5, look left for a view of the Robertson Glacier, a popular ski destination in winter. Photo David Wasserman.



Right: The trail up the headwall at 6. Photo David Wasserman.

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7. Cross the meadow to the mouth of a draw. The trail resumes climbing, more easily this time, up the right bank through trees and flowery glades.

8. The ground levels momentarily at treeline. Ahead is a barren karst landscape of rock scattered with clumps of spruce and larch. Glaciated Mt. Sir Douglas is just starting to poke up above the horizon. At a post the main trail turns right. (The trail ahead leads toward South Burstall Pass, a more distant objective.)

9. In the final climb, the trail heads up through a few trees onto a rocky crest, zigs left, then right, approaching Burstall Pass from the south. A signpost marks the spot.

Right: At 6 you cross the flat meadow below Mt. Birdwood.

Below: The trail ascends the verdant valley at bottom left to Burstall Pass at right centre. In the distance Mt. Sir Douglas rises above South Burstall Pass.





Top: Whistling Ridge from the pass. Photo David Wasserman.

Centre: Reaching Burstall Pass. In the background are Mt. Birdwood, Pig's Tail and Commonwealth Peak.

Right: Beautiful Leman Lake from the viewpoint west of the pass.

