

The **Mount Shark Trails System** offers you a challenging outing on trails that were developed for skiers interested in racing and training. There are six interconnected loops of varying lengths in which to choose.

The Mount Shark trailhead is a major starting point for skiers and hikers heading into Banff National Park and Mt Assiniboine Provincial Park in B.C. Access into these areas is gained via Watridge Lake Trail. Most of the trails in this system are intermediate, with some difficult and demanding sections. If you want to ski on an easy trail, Watridge Lake Trail is an easy rolling trail with some excellent views.

All or portions of these trails may be closed whenever there is a race being held here.

Trail and avalanche information can be obtained from albertaparks.ca/kananaskis OR Kananaskis Infoline at 403-678-0760

Ruedi Setz Memorial Biathlon Range:

The range, built in 1991, was named after Ruedi Setz, a nordic athlete and enthusiastic contributor to the development of the biathlon and cross-country skiing in Alberta. Ruedi was instrumental in the visualisation of this facility, used by athletes for practice and occasional races.

Watridge Lake Trail:

This is a recreational trail with access to Watridge Lake and Banff National Park and Mt Assiniboine Provincial Parks. Watridge Lake is 3.2km from the trailhead. To actually get down to the lake, you must descend a short, steep connector trail from the junction to the lake. Use caution when descending this trail as there may be skiers slowly working their way up.

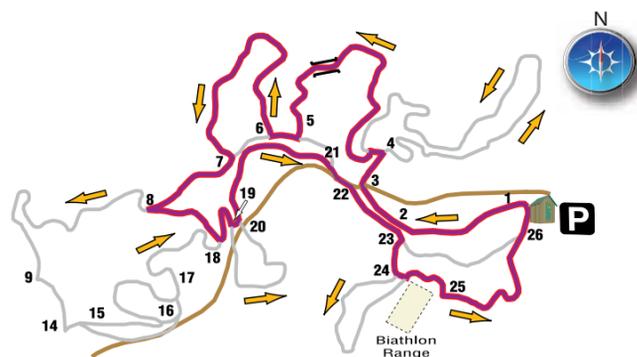
Grooming & Tracksetting:

All of these trails are groomed and track set during the winter.

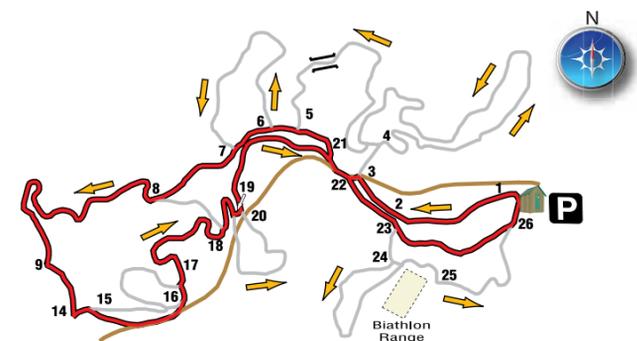
The last loop of the "Green 15 km Trail" is NOT groomed or trackset.

Please watch for grooming equipment on trails.

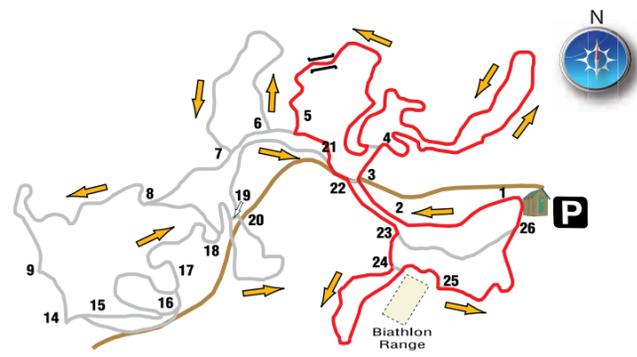
RED/PURPLE LOOP 5 km Difficult Mount Shark Trail System



RED/BLACK LOOP 5 km Intermediate Mount Shark Trail System



RED LOOP 5 km Difficult Mount Shark Trail System



Winter Safety Tips

Equipment failure may occur—be prepared.

- * Carry appropriate winter clothing, particularly a warm hat, even on pleasant days.
- * Carry high energy foods such as chocolate and/or dried fruit and plenty of water.
- * Carry an extra pair of winter socks. They can be the difference between cold feet and frostbite.
- * Insulated blankets and waterproof matches are invaluable in an emergency.
- * Be prepared, consider duct tape or even spare parts in case of equipment failure.

Travel beyond designated areas is not recommended, because of avalanche danger and the possibility of getting lost.

TRAIL ETIQUETTE

Yield to skiers coming downhill.
It's easier for an uphill skier to step off the trail than it is for the faster skier coming down.



Don't walk or snowshoe on ski tracks.
It ruins them for skiers. Instead, use the edges of ski trails.



Don't park on the trails.
If you stop to eat, change clothing, or take a photo—step off the trail, so others won't have to.



Watch your poles when passing.
It's sure nice when a skier steps off the track to let you by. Tuck your poles in when you pass.



When nature calls...
...and there's no outhouse? Carry a plastic bag to pack out your used paper and sanitary supplies.



Keep the trails clean.
Watch out for accidental litter at lunch or snack breaks.



Don't let the trails go to the dogs.
Remember—Fido isn't permitted on groomed trails. He's allowed only on non-groomed trails, provided he's on a leash and you remove his waste from the area.



Artwork freely adapted by Kananaskis Country, based upon original drawings by Doug Bevan.

NORSEMAN

XC SKI. HIKE. CLIMB.

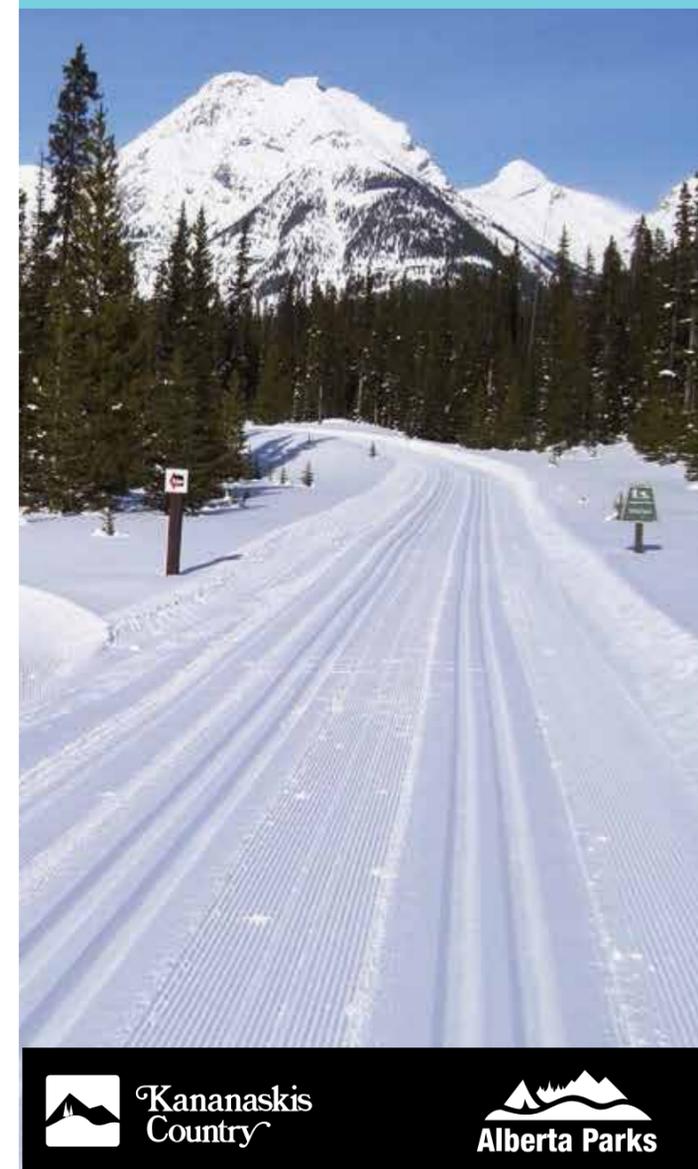
QUALITY GEAR.

EXPERT FITTING.

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4655 - 37th Street SW
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NorsemanOutdoorSpecialist.com

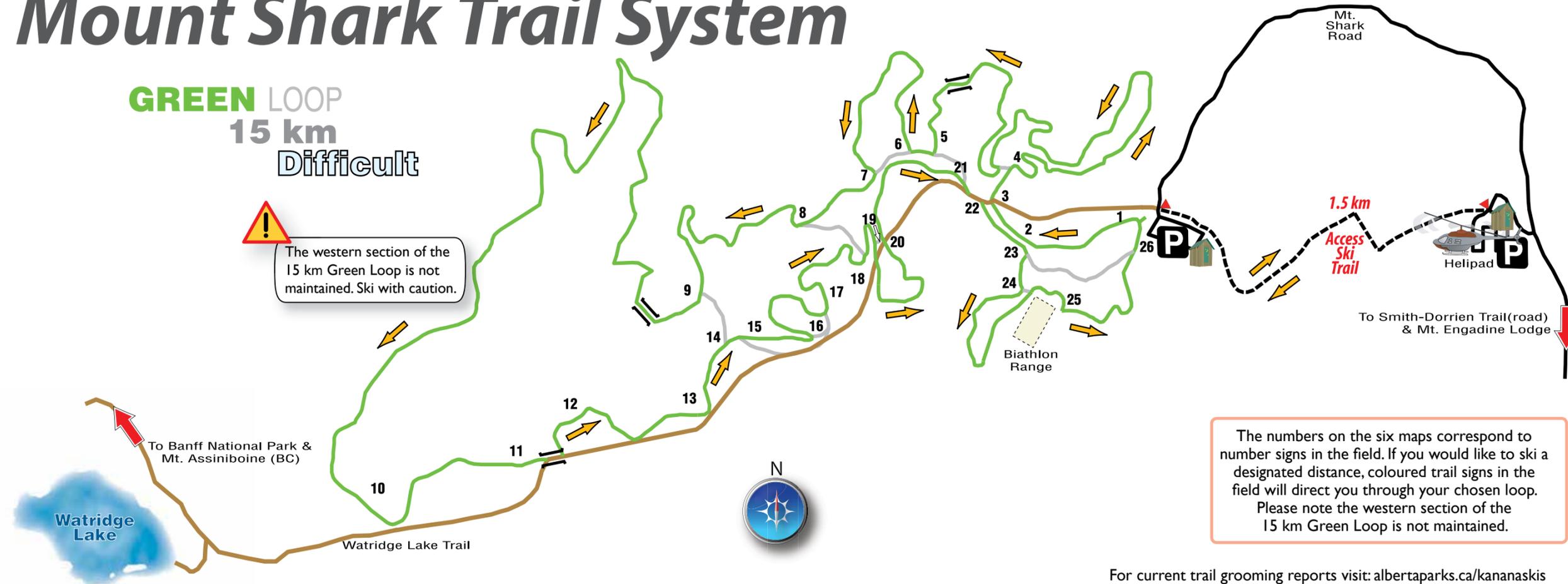
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Mount Shark Cross-country Ski Trails



Mount Shark Trail System

GREEN LOOP
15 km
Difficult



The numbers on the six maps correspond to number signs in the field. If you would like to ski a designated distance, coloured trail signs in the field will direct you through your chosen loop. Please note the western section of the 15 km Green Loop is not maintained.

For current trail grooming reports visit: albertaparks.ca/kananaskis

Legend

- | | |
|-------------------|---------------------|
| Parking | Travel Direction |
| Helipad | Watridge Lake Trail |
| Toilets | Mount Shark Road |
| Numbered Junction | Biathlon Range |
| | Bridge |

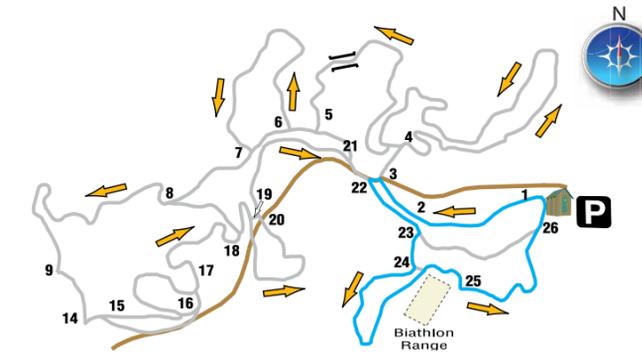
EMERGENCY
If you require Fire, Ambulance, Police or Mountain Rescue assistance, immediately call 9-1-1. Tell the operator you have an emergency in Kananaskis Country.

Wildlife Sightings
To report a sighting of a bear or cougar, please call Kananaskis Dispatch at 403-591-7755

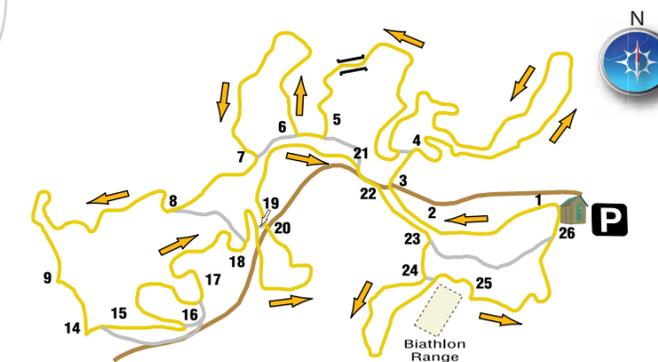
For more information
Visit www.albertaparks.ca/kananaskis
Kananaskis Infoline 403-678-0760

Travel beyond designated areas is not recommended because of avalanche danger and the possibility of getting lost.

BLUE LOOP
2 km
Easy
Mount Shark Trail System



YELLOW LOOP
10 km
Difficult
Mount Shark Trail System



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