

Hike of the Week – Elbow Lake

Stats:

- 3km or more
- 150m
- 1hr+

Driving Directions:

- Follow Hwy 1 west to Hwy 40. Turn south on Hwy 40 and drive 62km to the Elbow Pass Day Use Area. The parking area is on the left hand side of the road.

Route Description:

- Walk up the wide trail for 1.5km. The trail is continually uphill, but there is a bench half way up with a nice viewpoint if you'd like to take a break. Elbow Lake is a beautiful destination on its own or you can continue on for one of the advanced options.

Advanced Option:

- Continue to Rae Glacier. Follow the Elbow lake trail around to the right through the campsite. Follow the creek up for 2.5km and about 400m of climbing. The glacier is almost gone so make sure to get up there before it's a glacier graveyard.
- Continue to Rae Lake or Piper Pass. These are 20km, full day hikes in beautiful high-alpine terrain. Come see me for details.

Recommended Gear:

- Comfortable shoes. If you choose one of the advanced options, hiking boots or trail runners.
- Layers of clothing. Elbow Lake is at high-altitude and weather changes very quickly.
- Bear spray. This is prime grizzly habitat
- Food and water. This is a great area for a picnic.
- Hiking poles will be beneficial

Trip Report:

Want to see some pictures? Check out this link which includes a description of the hike to Elbow Lake, as well as a side trip to Edworthy Falls.

<http://hikingwithbarry.com/2010/05/02/edworthy-falls-%E2%80%93-elbow-lake-%E2%80%93-kananaskis-country-%E2%80%93-hiking-alberta>