

# Hike of the Week – Lady Macdonald

## **Stats:**

- 6-8km
- 800-1100m of climb
- 3-7hrs

## **Driving Directions:**

- Follow Hwy 1 west towards Canmore. Take Exit 91 into Canmore and immediately turn left onto Bow Valley Trail. Take your first left onto Elk Run Boulevard. Cross Cougar Creek and take the first exit out of the traffic circle. The parking lot is on your immediate right, next to Cougar Creek.

## **Route Description:**

- Walk up the creek about 1km. The Lady Macdonald Trail is on your left. Be careful to check the signs so that you don't go up Montane Trail. The well-defined trail is very steep and climbs quickly up the mountain. The views open up quickly and give you a good chance to stop and catch your breath. Continue on the trail as it climbs through forest, a boulder field, and finally turns left on to a ridge which will take you to an old helicopter pad. Enjoy a picnic here and return the same way, or continue on with the advanced option.

## **Advanced Option:**

- This is an option for the sure-footed and fearless. Do not attempt in poor weather or windy conditions. Continue up the trail following the path up the steep, rocky slope to the summit ridge. Stop here or continue on the knife-edge ridge to the true summit.

## **Recommended Gear:**

- Hiking boots or sturdy trail runners.
- Layers of clothing. The summit/heli-pad is several degrees cooler than the forest trail and can be very windy.
- Bear spray
- Food and water
- Hiking poles will be beneficial

## **Trip Report:**

Want to see some pictures? Check out Hiking with Barry's trip report. (Side note: the teahouse no longer exists.)

<http://hikingwithbarry.com/2010/04/08/mount-lady-macdonald-%E2%80%93-canmore-%E2%80%93-hiking-alberta>