Hike of the Week – Prairie Mountain

**Stats:**

* 7km, 700m of climb
* 2.5-4hrs

**Driving Directions:**

* From West Calgary: Follow Hwy 1 West to the Hwy 22 intersection. Turn south on Hwy 22 and continue until you reach the 4 way intersection in Bragg Creek. Turn left, continuing south on Hwy 22. At the T-intersection turn right (west) onto Hwy 66, continue until you reach the winter gate. Park in the Elbow Falls parking lot.
* From South Calgary: Follow the 22X southwest, staying straight at the intersection with Hwy 22 south. Continue onto Highway 66 and drive until you reach the winter gate. Park in the Elbow Falls parking lot.

**Route Description:**

* Walk up the road past the winter gate for about 100m. The trail starts just before the guard rail and heads straight up the mountain. There are a few different trail options, but as long as you are going up the mountain, you are going the right way. The trail is very steep but the view at the top is worth it. Return the same way.

**Going Further:**

* You can add about 5km to your trip by making a loop. Continue past the summit and head down the ridge. Look to your left, there will be a large cairn and some flagging tape marking the way down. Continue to follow the well-marked trail all the way to the valley. Turn left when you reach the valley and enjoy the rolling hills of the Prairie Creek Trail. You will finish your loop right next to where you began the day.

**Recommended Gear:**

* Be prepared for ice! Bring traction aids, either studded shoes or microspikes.
* Extra layer of clothing, the summit is usually windy
* Food and water
* Poles

**Trip Report:** Want to see some pictures? Check out Hiking with Barry’s report http://hikingwithbarry.com/2011/01/05/prairie-mountain-kananaskis-country-hiking-alberta