Hike of the Week – Rawson Lake

**Stats:**

* 8km
* 300m
* 3-4hrs

**Driving Directions:**

* Follow Hwy 1 west to Hwy 40. Turn south on Hwy 40 and drive 50km to the winter gates. Turn right on Kananaskis Lakes Trail and drive 13km to the Upper Kananaskis Lakes parking lot.

**Route Description:**

* Follow the trail west along the shoreline of Upper Kananaskis Lake. Cross a small bridge and come to a signed junction. Follow the trail uphill (left) to Rawson Lake.

**Advanced Option – Sarrail Ridge:**

* Continue to follow the trail around the lake to the far side where a very steep trail climbs up the grassy slope to the ridge. From the ridge enjoy panoramic views of Upper and Lower Kananaskis Lakes, Hidden Lake and Rawson Lake.
* The grassy slope is frequented by grizzly bears so bring your bear spray and travel in groups. This slope is very steep, so you must wear shoes with good traction and poles are highly recommended.

**Recommended Gear:**

* Comfortable shoes. If you choose to go up Sarrail Ridge, hiking boots or trail runners.
* Layers of clothing. It is often quite cool by Upper Kananaskis Lake but you will warm up during the climb up to Rawson Lake.
* Bear spray. This is prime grizzly habitat
* Food and water. The lake is a great area for a picnic.
* Hiking poles if continuing on to Sarrail Ridge.

**Trip Report:**

Want to see some pictures? Check out this link which also contains information on fishing regulations.

http://www.albertawow.com/hikes/Rawson\_Lake/Rawson\_Lake.htm