Hike of the Week – West Wind Pass and Windtower

**Stats:**

* 8 or 10km
* 400m or 900m
* 3-6hrs

**Driving Directions:**

* Follow Hwy 1 west towards Canmore. Take the Three Sisters exit to Canmore, following the signs for the Nordic Centre. When you turn onto Hwy 742 towards the Nordic Centre reset your trip odometer and continue for 25.6km. The road transitions to gravel and goes up some switchbacks. Don’t let the switchbacks deter you, most of the road is in very good condition. At 25.6km the trailhead is on the left side of the road marked by a small sign to the left of the creek. If you reach Sparrowhawk Day Use Area you have gone too far.

**Route Description:**

* Park on the side of the road. The route is an out and back. Follow the obvious trail uphill along the side of the creek. As you climb views will open up. The Pass is a great picnic area with excellent views. Stop here, or go further if you are feeling adventurous. Follow the trail across rocky meadows before it turns steeply upwards. Continue to follow the steep, rocky trail to the summit of Windtower. Return the same way.

**Recommended Gear:**

* Hiking boots or trail runners.
* Layers of clothing, the pass and the Windtower extension are above treeline which means you will be exposed to the weather.
* Bear spray. This is prime grizzly habitat.
* Food and water.
* Hiking poles will be beneficial, especially for the Windtower extension.

**Trip Report:**

Want to see some pictures? Check out this link which includes a description of the Windtower hike.

http://www.explor8ion.com/book/export/html/438