

Alpenglow Nature Hikes

Lighting your way to the natural wonders of Alberta

Cypress Hills - 2019

Introduction

Cypress Hills of southern Alberta is an island oasis surrounded by a sea of grass. It rises 200 meters above the surrounding prairie. The transition from the warmth and dryness of the surrounding grasslands to the cooler, moisture conditions found at the higher elevations provides for a great variety of habitats for the naturalist to explore. There are over 700 species of plants (including 14 species of orchids) and animals to be discovered while hiking the many trails that traverse the area.



The Elkwater Lodge situated at the western edge of the hills will provide very comfortable lodging during our stay. It is situated close to Elkwater Lake providing for a nice evening stroll along its shore or for the more adventurous and opportunity for kayaking or paddle boarding. To satisfy your hunger the lodge's Bugler restaurant is renowned for its tasty meals. The lodge suites also include a kitchenette.



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Itinerary:

Note: The exact itinerary will depend on trail and weather conditions.

June 24th

4:00 PM - Meet at Elkwater Lodge, check in

6:00 PM - Dinner

8:00 PM - Lakeshore stroll

June 25th

8:00 AM - Breakfast, prepare or purchase lunches

9:30 AM - Hike for the day (trail TBD)

4:00 PM - Return to lodge.

6:00 PM - Dinner

June 26th

8:00 AM - Breakfast, prepare or purchase lunches

9:30 AM - Hike for the day (trail TBD)

4:00 PM - Return to lodge.

6:00 PM - Dinner

June 27th

8:00 AM - Breakfast

9:00 AM - Check out of lodge, half day hike in area. Option to visit Red Rock Coulee.

Drive back to Calgary



References

Elkwater Lodge: <http://www.elkwaterlakelodge.com/>

Cypress Hills: <https://www.albertaparks.ca/parks/south/cypress-hills-pp/>

Red Rock Coulee: <https://albertaparks.ca/parks/south/red-rock-coulee-na/>

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