



Let's Make Tracks

Let's Make Tracks is a hiking group for those who are strong, healthy, and fit enough to hike 8 – 10 km., with some elevation gain. Typically, about 3 – 4 hours. It is for those who recognize there is safety in numbers.

Carpooling & Hiking Pass

Be prepared to bring your own car. If people are comfortable with carpooling, it is suggested the “rider” pay \$15 per individual or \$15 per couple. If you wish to carpool, come prepared with a mask. Because of covid, no driver should feel obligated to offer anyone a ride. (Arranging carpooling is your responsibility. This group will not be organizing it).

If you bring your own car, a Kananaskis Conservation Pass is required in Kananaskis Country and the Bow Valley Corridor. You must register your vehicle’s license plate. It is \$15 per day or \$90 per year. The pass can be obtained beforehand at <https://www.kananaskis.org/kananaskis-conservation-pass/>. (Banff National Park also requires a Parks Canada pass).

If you are bringing a guest, please inform the organizer beforehand.

Hikes may be cancelled at the organizer’s discretion if the weather and/or air quality is poor. (Or if bears were reported on the trail a few days before!)

What to Bring

Each person should wear a good pair of runners or hiking boots (be prepared for mud or perhaps having to cross a stream) and bring a backpack with the following suggested items:

- **Bear spray, attached to a belt for easy access – this is a must! (at least one per couple although it is better if each person carries one)**
- Water (suggest minimum of 1 litre)
- Lunch/snacks
- Extra jacket and/or rain slicker (dress in layers to allow for temperature changes)
- Hat (and/or toque/gloves)
- Sunglasses
- Sunscreen
- Bug spray
- Band-aids (or duct tape) for potential blisters
- Avoid wearing cotton shirt, pants, and socks (cotton doesn’t dry if it gets wet)
- Hiking poles are great for saving your knees on the descent

General Hiking Rules

We hike as a group. No one turns back on their own.

When we get to an intersection on a trail, we stop, congregate and make sure everyone goes in the same direction.

No smoking, no alcohol or drugs.

No dogs.

Check www.alltrails.com to familiarize yourself with the proposed hike before you commit to coming. Do not commit to a hike that is beyond your ability.

Do not sign up for a hike if you have any Covid-19 symptoms, have been in contact with anyone with symptoms, or have returned from travel outside Canada within 2 weeks of this hike.

Be on time!!

Organizer: Marilyn Konyk - mkonyk@ikonyk.ca