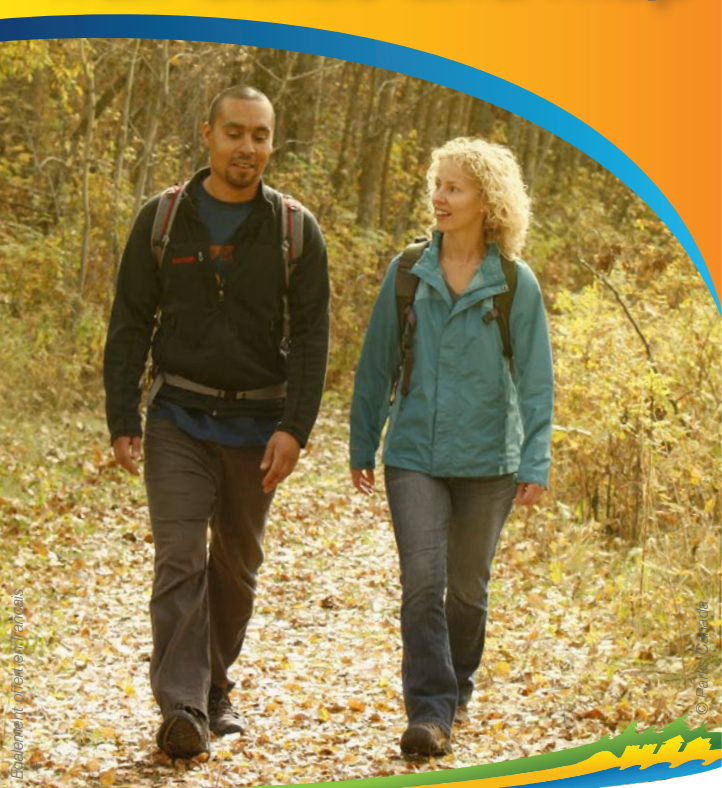


ELK ISLAND NATIONAL PARK Trail Guide and Map



Trail Safety

Plan Ahead and Prepare

You are responsible for your safety

- Get advice at the Visitor Centre.
- Study trail descriptions and maps before starting.
- Check the weather forecast and current trail conditions.
- Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, maps and gear.
- Carry a first aid kit, insect repellent and sunscreen.
- Tell somebody where you are going, when you will be back and who to call if you do not return.
- Travel with a friend or group.

Stay on Maintained Trails

To prevent trail damage, stay on the trail and avoid shortcuts.

Leave What You Find and Take What You Bring

- Pack out all garbage, including diapers, wrappers and dog waste.
- Natural and cultural resources such as mushrooms, fossils, artifacts, horns, antlers, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy.

Share the trail

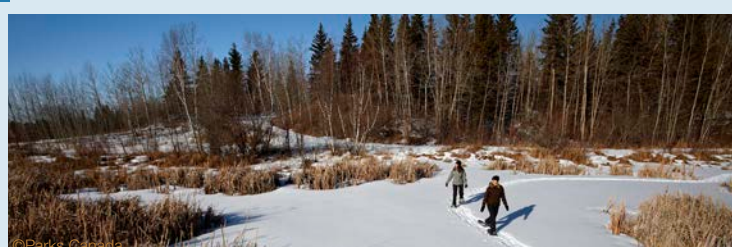
- Cyclists yield to hikers. Cyclists and hikers yield to wildlife.
- Cyclists can come upon wildlife quickly; slow down, stay alert and make noise.

Winter Use

Winter fun is easy to find in Elk Island. Spot wildlife tracks in the snow, and wildlife through the bare branches. Look for geocaches and admire the frost as it sparkles in the sunlight.

Things to remember:

- Services are limited in the park in the winter. For your safety be prepared for your visit.
- Avoid thin ice or slippery paths.
- Dress warm and wear appropriate footwear.
- Washrooms are available at the Visitor Centre, theatre, and most trail heads.
- Use caution around wildlife when skiing or snowshoeing on the trails.
- A warming shelter is available at Tawayik Lake.



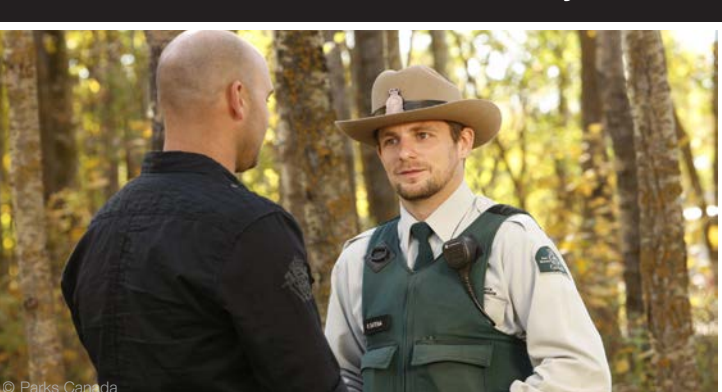
Picnicking in the Park

For your safety and enjoyment: help keep the wild in wildlife.

- Store all food in vehicle when not in use.
- Use food storage lockers when available.
- Keep a tidy camp or picnic site.
- Dispose of waste water in toilets.
- Dispose of garbage or recycling in appropriate bins.



Park Information and Safety



Park Regulations

National parks are special places protected for the enjoyment of all Canadians. Park regulations are designed to protect you and the park, for future generations.

Please be aware of the following regulations:

- It is illegal to pick flowers or mushrooms, cut down trees, limb branches or otherwise cause damage to natural objects, living things or cultural artifacts.
- It is illegal to entice, touch or approach, harass or feed wild animals in the park. Please respect wildlife by giving them their space.
- A valid park pass is required during your visit. Please purchase your pass at the visitor centre, park gates or at the automatic payment machines.
- Please obey all posted speed limits while driving in the park.

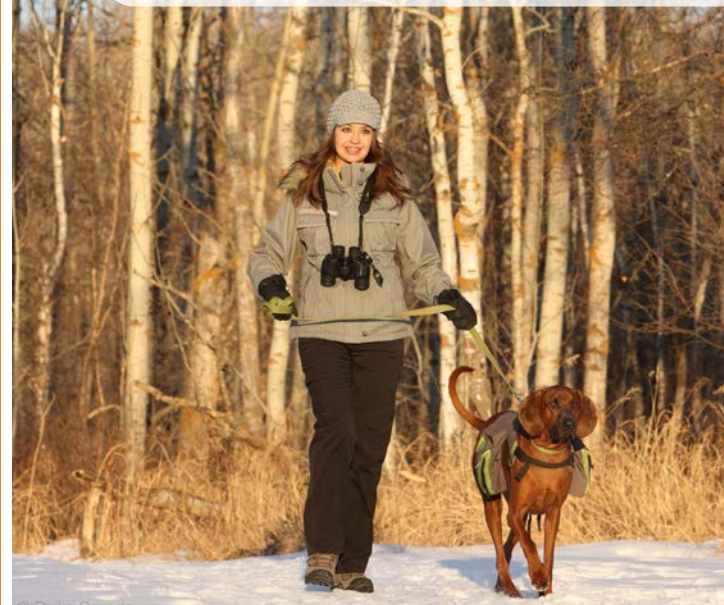
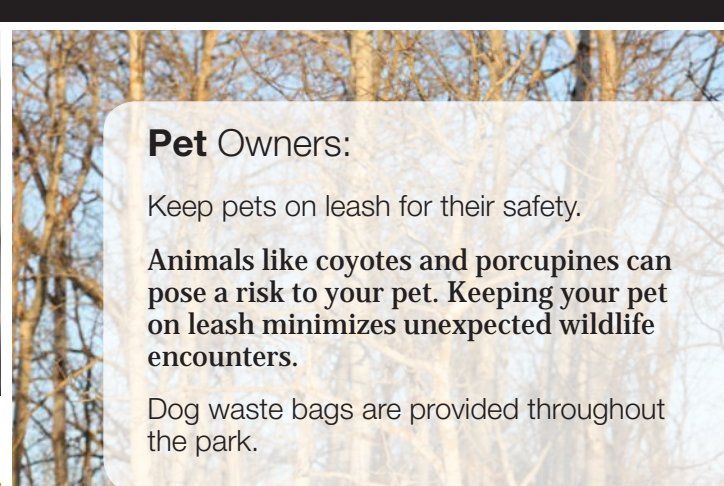


Being Wildlife Wise

Bison and elk are wild animals. Even though they look docile they can be dangerous and unpredictable. Approaching wildlife is unlawful and puts yourself and others at risk.

Follow these simple safety tips:

- Keep at least 30 metres (330 ft) away from large animals. Stay in your vehicle, drive slowly. Do not approach wildlife on foot.
- Bulls can be aggressive during the mating season (the rut) (bison: July/August; and elk: September/October). Do not approach bison or elk while hiking. Make them aware of your presence, walk slowly around them at a safe distance, always keeping an eye on them. If necessary, return to the trail head.
- Never enter a herd of bison on foot or come between two animals, especially a cow and her calf.



Elk Island's Wildlife



Watching Wildlife

Elk Island National Park boasts some of North America's best wildlife viewing.

Follow these recommendations to improve your opportunity to catch a glimpse of a bison, bird, beaver, or other amazing animals in the park:

- Plan your visit around dawn and dusk; times of day that may provide a better chance of sighting wildlife. Many animals shelter in the trees during the warmest parts of the day.
- Drive slowly on the parkway, or better yet, go for a hike. Opportunities to view wildlife improve if you're moving more slowly.
- Take advantage of rainy days. Wildlife like moose and waterfowl don't mind wet weather.
- Appreciate the little things! Elk Island is home to small mammals, birds, frogs and butterflies. Keep a lookout for these spectacular creatures, too.
- When you do spot larger wildlife like bison, remember to view them safely from 30 metres (330 ft) away. Give them space and keep the animal's line of travel or escape route clear.



If you are approached by a predator:
Large predators do not typically reside in Elk Island. However, black bears, cougars and wolves have been known to pass through the park.

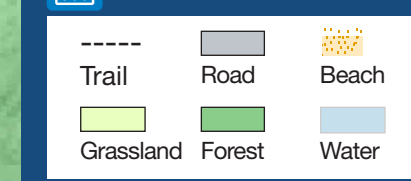
- Yell, don't run, and slowly move away.
- Do anything you can to make yourself look bigger.
- Fight back aggressively.

Astotin Lake Area



Legend

- P Parking
- Washrooms
- Outhouse
- Telephone
- Accessible
- Golf
- Hiking
- Snowshoeing
- Playground
- Exhibit
- Lookout
- Picnic Area
- Picnic Shelter
- Beach
- Canoeing
- Sailboating
- Kayaking
- Portage
- Food Locker
- Restaurant
- Trailer Dumping
- Interpretation
- Astotin Theatre
- Recreational Vehicles
- Trailers
- Camping
- Walk-in-Camping
- Group Camping
- Overflow Camping
- Firewood



Camping



Sandy Beach Campground

Sandy Beach Campground offers 76 unserviced camp sites including RV and walk-in-tenting sites. Group camping is also available.

Campground fees include:

- Flush toilets
- Hot showers
- Food storage lockers
- Picnic shelters

Firewood is provided with the purchase of a fire permit.

To reserve your campsite call 1-877-RESERVE or visit www.reservation.parksCanada.gc.ca.



More Information

CONTACT INFORMATION:

Site 4, R.R. 1
Fort Saskatchewan, AB T8L 2N7
Visitor Centre, Information and Gift Shop 780-922-5790
Website www.parksCanada.gc.ca/elkisland

Sandy Beach Campground (seasonal) 780-992-0017
Parks Canada Campground 1-877-737-3783
Reservation Service (1-877-RESERVE)
1-866-787-6221 (TTY) www.reservation.pc.gc.ca

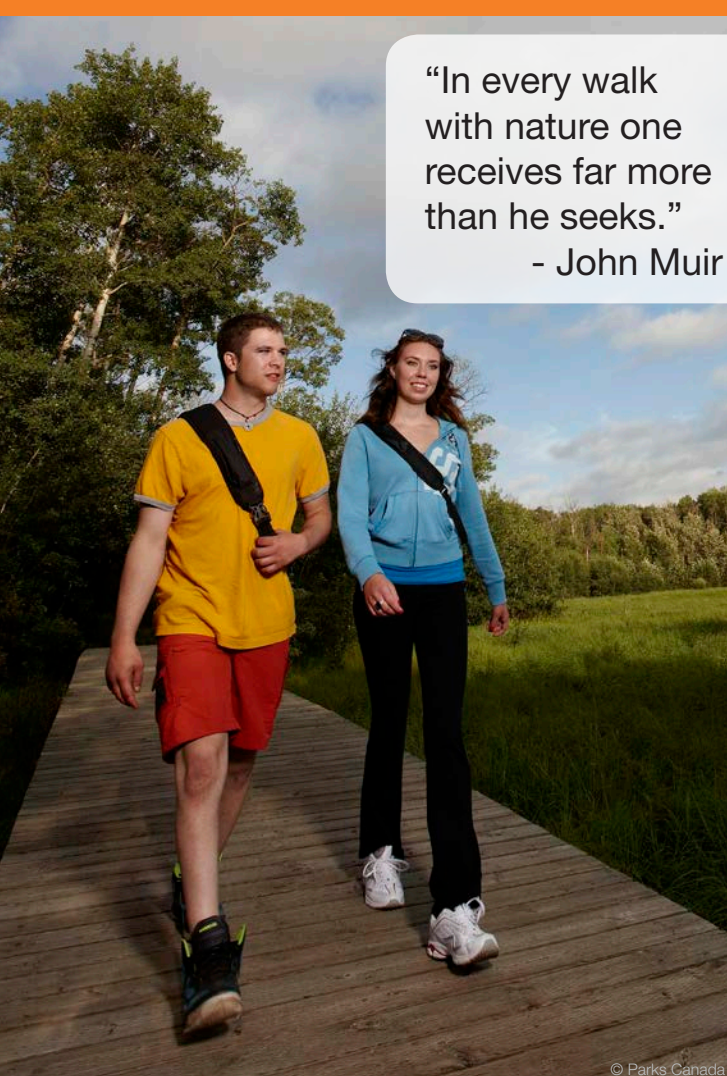
Elk Island Golf Course 780-998-3161
National Information Service 1-888-773-8888

Coordinates 53°36'52"N 112°51'58"W

EMERGENCY:

RCMP/Fire/Ambulance 911
24-hour Emergency 1-877-852-3100
Report-A-Poacher 1-800-642-3800
Weather 780-468-4940

Hit the Trails



"In every walk with nature one receives far more than he seeks."
- John Muir

80km of Trails to Explore

Elk Island's trails offer unique and memorable experiences. Watch the ever busy beaver as it constructs its dam; listen to the songbirds sing you a tune; or breathe in the fresh air as you watch the sun set over Astotin Lake. Most of the park's trails offer parking, exhibits, view points, washrooms, and garbage facilities.

During winter, trails are available for cross-country skiing, snowshoeing and hiking. Visit www.parksccanada.gc.ca/elkisland for more information.



Park Map

Legend

Information	Exhibit	Trailer Dumping
Parking	Lookout	Interpretation
Washrooms	Picnic Area	Astotin Theatre
Telephone	Picnic Shelter	Visitor Centre
Accessible	Winter Warming Hut	Recreational Vehicles
Outhouse	Beach	Trailers
Golf	Canoeing	Camping
Hiking	Sailboating	Walk-in-Camping
Cross-country Skiing	Kayaking	Group Camping
Snowshoeing	Portage	Back-country Camping
Playground	Food Locker	Overflow Camping
Firewood	Restaurant	Gift Shop
Trail	Water	Park
Hike	Drive	

Geocaching Elk Island



High-Tech Treasure Hunt

Geocaching is a fun high-tech adventure where participants use a GPS device to hunt for containers called caches.

Eight geocaches have been set in Elk Island! Caches range from quick grabs to challenging half day finds. Locate all 8, crack the code and receive a geocache coin. Visit www.geocaching.com to find out where Elk Island's caches are hidden.

Pack Elk Island on Your Back



Family Adventures

These family day packs come with binoculars, an animal identification guide, a pond dipping kit, trail maps and information about other attractions in the area.

Pick up a pack at the Astotin Theatre and spend a fun-filled day with your family! (Offered June-August)



Trails

- Hayburger Trail** (3-4h)
10 km, flat terrain

Exhibits, spruce bog, aspen forest and meadows. Remain on the trail; areas of quicksand may be encountered. Good for viewing bison and moose.
- Simmons Trail** (1-2h)
3.5 km, moderate terrain

Aspen forest, meadows and beaver ponds. Good for viewing bison, moose and elk.
- Shirley Lake Trail** (3-4h)
10.5 km, moderate terrain

Aspen forest and meadows. Good for viewing bison, moose and elk.
- Moss Lake Trail** (3.5-4.5h)
13 km, moderate terrain

Picnic tables, camp-fire and exhibits. Mixed wood forest, great for viewing beaver and waterfowl.

- Amisk Wuche Trail** (1-1.5h)
2.5 km, moderate to steep terrain

Boardwalks through marsh and forest. Rich in aquatic and bird life.
- Lakeview Trail** (1-2h)
3.5 km, gentle terrain

Poplar and spruce forest, great views of Astotin Lake, islands, beaver and waterfowl.
- Beaver Pond Trail** (1-2h)
3.5 km, gentle terrain

Aspen forest and sedge meadows, good for viewing bison, moose, beaver and waterfowl.
- Living Waters Boardwalk** (.05-1h)
300 m boardwalk, gentle terrain

Floating boardwalk and exhibits. Great view of Astotin Lake, islands, beaver, waterfowl, and aquatic life.

- Tawayik Lake Trail** (4-5h)
16.5 km, moderate terrain

Picnic tables, picnic/warming shelter, campfire, exhibits, and lookout. Aspen forest and meadows; great for viewing elk, bison and waterfowl.
- Shoreline Trail** (2-3h)
6 km return, gentle terrain (pavement)

Parking lot across from Golf Course. Mixed wood forest, good view of islands, beaver and waterfowl. Beaver Bay picnic Area; picnic tables and campfire.
- Wood Bison Trail** (4-5h)
16 km, moderate terrain

Aspen forest, great for viewing wood bison, moose, elk and birds.



Trail Rating

- Easy
- Moderate
- Difficult

Did you know?
Elk Island sends bison to other parks and reserves across North America and the world

Highway 16 (Yellowhead)

Edmonton 35 km

Vegreville 54 km

Did you know?
Elk Island manages Canada's conservation recovery herds for plains and wood bison

Astotin Lake Area



See map other page

West Gate

Park Operations

Astotin Lake

North Gate

Moss Lake

Oster Lake

Tawayik Lake

Little Tawayik Lake

Bison Loop Road

South Gate

Visitor Centre

Flyingshot Lake

Lamont 5 km

Did you know?
Elk Island is home to North America's largest land mammal; the wood bison

Did you know?
Elk Island is Canada's only fully fenced national park



10km

6.2 mi

