



Height of the Rockies Provincial Park

Trail Conditions Report

Updated: [May 29, 2023](#)

Height of the Rockies Provincial Park is a remote mountain paradise. Together with Elk Lakes, Height of the Rockies Park protects 71,532 hectares of mountain wilderness located along the Great Divide on the British Columbia-Alberta boundary. The two parks border on Banff National Park and Peter Lougheed Provincial Park to the north in Alberta. Important features include 26 peaks over 3000 metres, over 60 alpine and subalpine lakes, many glaciers, extensive alpine meadow areas, valley bottom meadows, and several old growth stands.

The trails within Height of the Rockies Provincial Park are located in a remote mountain wilderness. Extreme and unexpected weather can occur at any time. Be prepared for all types of weather and have proper backcountry supplies and knowledge to survive in the wilderness. Many of the trails are 'routes' and require advanced route finding skills. **Please be prepared for wilderness navigation.**

Height of The Rockies Trails and Routes

Trail Section	Approx. Distance (one way)	Elevation Change (Approx.)	Trail Information	Trail Condition
Joffre Creek Trail	12 km	+1100m -175m	Access to the trailhead is at the end of Palliser River FSR. The Joffre trailhead has been moved to the same location as the Palliser trailhead. These trails begin a short ways up from the FSR trailhead and then divert after crossing the Joffre River. Use caution crossing this river, and do not attempt at high water levels.	Be careful around newly re-routed sections. Wind-felled trees will be encountered. FSR and Trailhead areas are clear of snow. May encounter snowy conditions at higher elevations
Palliser Route	20 km	+1080m -255m	This route follows the Palliser River upstream through the Palliser Valley, until meeting up with the Great Divide Trail at Leroy Creek. From here the route continues on to Palliser Pass. This route contains many river crossings. Be prepared for route finding up the valley.	Route finding required. Multiple river crossings. Maintained by Guide Outfitter in late Summer/ Fall annually. Last cleared Summer 2022. FSR and trailhead areas are clear of snow. May encounter snowy conditions at higher elevations.
Queen Mary Trail	12 km	+1285m -440	To access trailhead turn left (north) at approx. km 54 of the Palliser FSR. Trail follows Queen Mary Creek upstream and then climbs steeply up to the Lake.	A section of trail was washed out in 2022 near the trailhead. Maintained by Guide Outfitter in late Summer/ Fall. Last cleared Summer 2022. There are many river crossings and re-routes to navigate up the valley. Use caution crossing creeks, and do not attempt at high water levels. FSR and trailhead areas are clear of snow. May encounter snowy conditions at higher elevation.

Ralph Lake Trail	6 km	+935m -80m	A new trailhead location has been developed. To access trailhead, turn left (north) at approx. KM 40 of the Palliser FSR. Follow the Albert FSR to KM 58. Follow Shag Main FSR for 1 KM, trailhead will be at the end of the road. Shag Main FSR is steep in sections, 4x4 is recommended.	Wind-felled trees will be encountered. FSR and trailhead areas are clear of snow. May encounter snowy conditions at higher elevations.
Middle Fork/ White	16 km	+1050m -350m	Access is off the Middle Fork of the White River FSR. Trail follows the White River upstream to Sylvan Pass. Use caution crossing river, and do not attempt at high water levels.	Wind-felled trees may be encountered. FSR and trailhead areas are clear of snow. May encounter snowy conditions at higher elevations.
Forsyth Creek Trail (Connor Lakes)	15 km	+865m -530m	Trail is accessed East of the Elk River FSR, approaching Connor Lakes from the south of the Park. The route follows a deactivated industrial road to the Park boundary.	There are washouts along this trail, including the bridge at the trailhead. River crossings are dangerous and not recommended by BC Parks due to fluctuating water levels. Wind-felled trees may be encountered. Snow patches at higher elevations. FSR and trailhead areas are clear of snow. May encounter snowy conditions at higher elevations.
Maiyuk Trail (Connor Lakes)	7 km	+580m -310m	Access trailhead at the end of the Middle Fork of the White FSR. Trail climbs east up Maiyuk creek up and over to Connor Lakes.	Wind-felled trees may be encountered. FSR and trailhead areas are clear of snow. May encounter snowy conditions at higher elevations.
Beattie Lake / Leroy Creek (S. Kan Pass to N. Kan. Pass) ROUTE	10 km	+880 -800	North side of Beatty Col impassable, do not attempt. Instead travel West and around into the Leroy Creek drainage and up to North Kan Pass	Wind-felled trees may be encountered. Still contains brushy sections and scree slopes. Route finding and advanced backcountry skills required. May encounter snowy conditions at higher elevations.