



Height of the Rockies Provincial Park

Trail Conditions Report

Updated: [May 15, 2026](#)

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 (access to Limestone Lakes) | 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. | Winter conditions. Wind-felled trees may be encountered. Expect snow. |
| 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. Use caution and do not attempt at high water levels. Be prepared for route finding up the valley. | Winter conditions. Wind-felled trees may be encountered. Expect snow. |
| 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. There are many creek crossings and re-routes to navigate up the valley. Use caution crossing creeks, and do not attempt at high water levels. | Winter conditions. Wind-felled trees may be encountered. Expect snow. |
| 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 | Winter conditions. Wind-felled trees may be encountered. Expect snow. |

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| | | | 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. | |
| 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. | Winter conditions. Wind-felled trees may be encountered. Expect snow. |
| 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. This route contains multiple washouts and river crossings. Use caution and do not attempt at high water levels. | Winter conditions. Wind-felled trees may be encountered. Expect snow. |
| 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. | Winter conditions. Wind-felled trees may be encountered. Expect snow. |
| 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 | Winter conditions. Wind-felled trees may be encountered. Still contains brushy sections and scree slopes. Route finding and advanced backcountry skills required. Expect snow. |