



**KICKING HORSE**  
MOUNTAIN RESORT



**Map Legend**

- Sensitive Alpine Environment
- Easiest
- More Difficult
- Most Difficult
- First Aid
- First Aid Phone  
for assistance call 250-439-5420
- Guest Services
- Washrooms
- Restaurant
- Après
- Phone
- Repairs / Rentals
- Hiking Trail
- Grizzly Bear Refuge

**KHMR Bike Trails**

- It's a 10
- Pioneer
- Road Runner
- Super Berm
- Buffalo Jump
- Northern Lights
- Home Run
- School Marm
- Stick Rock
- Claim Jumper
- Easy Rider
- Chute to View
- Time Travel
- Rock 'n' Roll
- Stump Jumper
- Chain Reaction
- LYM
- Hop A Long
- Rock Garden
- Dirt Devil
- Gale Force
- Training Wheels
- Blaster
- Kranky Pants
- Showdown
- Magic Carpet Ride
- Upper Kranky Pants
- Wild Rose

**Catamount Chair is OPEN for Biking!**



**Bear Aware!**

**Bugablu Bungee**

Image base layer: © 2008 Province of British Columbia, © 2008 Tele Atlas, © 2008 Google.

1 Km

**CANYON CREEK OUTFITTERS**

Canyon Creek Outfitters, the exclusive rental outlet at Kicking Horse, offers a great selection of rental bikes from Specialized and Norco. Whether you need to rent a bike, protective gear or the full package, we've got you covered. Located in the Gondola Plaza, Kicking Horse Mountain Resort.

www.KickingHorseResort.com  
250.439.5417

Toll Free: 1.866.SKI.KICK (754.5425)  
www.KickingHorseResort.com



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Eagle's Eye & Gondola Top  
7,700ft. (2,347 m)

Crystal Bowl (in red) is a sensitive alpine environment. Please stay on marked trails. This area is closed to mountain biking. Riding privileges will be revoked.



Spiral Tap

**Bike Park STATS:**  
11% Green Trails  
53% Blue Trails  
36% Black Trails

**Resort Hiking Trails**

- CPR Ridge Walk**  
Rating: Easy  
Return Time: 20 - 30 Minutes  
Description: This trail begins at the top of the Golden Eagle Express Gondola and heads down the ridge, parallel to the gondola line. Be sure to take in the lookout points offering spectacular views of the Columbia River Valley, Blaeberry Valley and Rocky Mountains.
- Dogtooth Ridge Hike**  
Rating: More Difficult (This Trail Leaves the controlled recreational area)  
Return Time: 1 - 6 Hours (Depends on turnaround point)  
Description: Follow "It's a Ten" roadway for approx 200 metres. then follow the trail up to the left and along the ridgeline. At the Y, go right to the top of the Blue Heaven Lookout or continue left on a well-defined alpine trail. This trail continues North on the backside of the ridge for several kilometers, eventually ending in the Gorman Lake area. Wild flowers and fantastic mountain vistas can be found all along this trail.
- Terminator Ridge Hike**  
Rating: Most Difficult - Scree and large rocks in places  
Return Time: 2 - 3 Hours  
Description: From the Gondola top, head South along the ridge. This well defined trail cuts below Terminator ridge and heads to the Super Bowl saddle. Continue to follow the main ridge up through a light scramble section. The trail culminates on T2 summit lookout, at the top of an alpine meadow. Enjoy the spectacular views of the Columbia wetlands to the south with the Rocky and Purcell Mountains on either side.
- It's a Ten - Top to Bottom Hike**  
Rating: Easy  
Return Time: 4 - 6 hours up, 1-3 hrs down  
Description: This well marked, 10 km trail, follows the Ten road from the bottom of the resort to the top, gaining 3,700 feet in elevation. Hikers can start at the bottom or take the Gondola to the top and head down. Please be advised that Mountain Bikers also use the road and have right of way.
- Bowl Over Loop**  
Rating: Intermediate  
Return Time: 2.5 hours  
Length: 3.5 km  
Description: This new trail for Summer 2009 links into the CPR ridge hiking trail. The Bowl over loop starts at the top of the Golden Eagle Express Gondola and makes its way down CPR Ridge dropping in elevation until you reach Tower 15 of the Golden Eagle. Views along the ridgeline are magnificent with vistas of the Dogtooth Range, Blaeberry Valley, Golden, Rocky Mountain and the Columbia Valley. Truly magnificent. From Tower 15 you start your heart pumping ascent up through the natural beauty of Bowl over. Gaining elevation with every step, you will be taken in with the scope of the size of Bowl over itself. The trail heads up through large rocks, alpine meadows and along natural moraine features before its steep final leg that finishes you back up at the summit of Kicking Horse.

Day Lodge  
Base Elevation: 3,900ft. (1,190 m)

Rental Shop

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