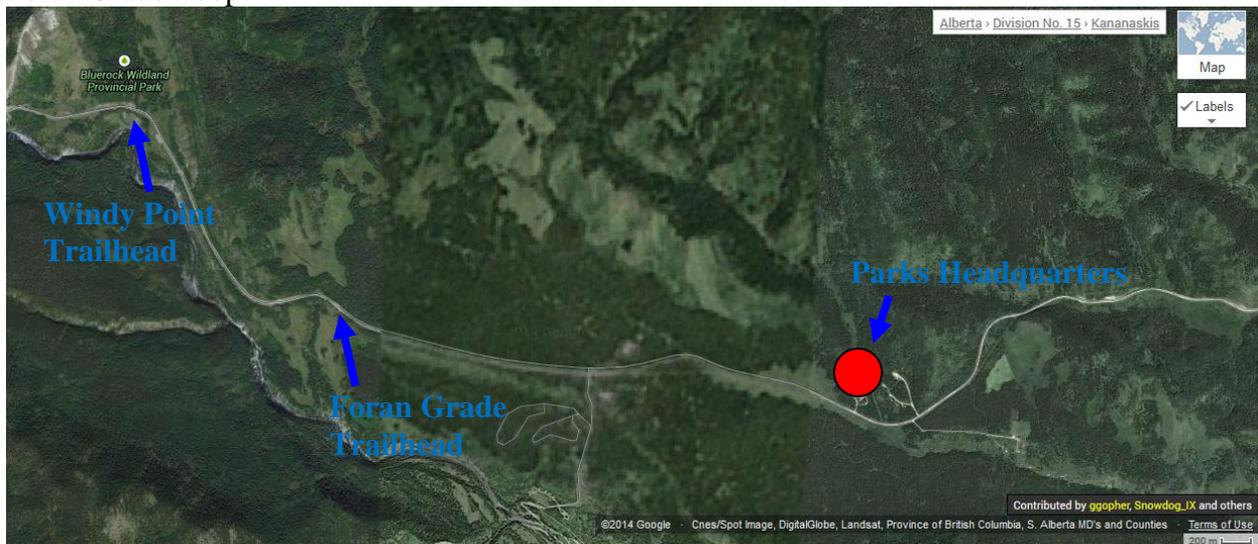


## Directions to the Sheep River area of the Bluerock Wildland Provincial Park

Drive to Turner Valley, AB (off Hwy 22) which is 65-78 km from Calgary depending on your location. After you drive into Turner Valley from the north on Hwy 22, drive through town to a 4-way stop which has a sign for Hwy 546 to the west. There is an Esso station at the intersection. If you have come from the north, and are looking across at the Esso station, turn right at the 4-way stop. If you have come through Okotoks, and the Esso station is on your left, go straight through the 4-way stop. Follow this road (Sunset Blvd) as it curves to the right up a small hill and you will see a sign for Kananaskis country – you are now heading west on Hwy 546. This highway turns into Township Road 194a.

Continue along Township Rd/Sheep River Rd to the Sheep River Park Headquarters. You will see a blue information sign on your right indicating the headquarters are coming up around the corner. Turn right into the next gravel driveway you see – this is the parking lot where CPAWS staff will meet you. Here we will use the outhouses, and gather for a safety talk. Then CPAWS staff will hop back on the bus with everyone and drive another 2 km to the trailhead. For new bus drivers, we will have them drive to the pick-up point first, which is the Windy Point trailhead and the spot at which we end the hike (3km down from the Foran Grade trailhead), then have them turnaround in the pullout and drop us at the Foran Grade trailhead.

The boundary of the Sandy McNabb Recreation Area is approximately 17 kilometers from Turner Valley. The trailhead is approximately 2 kilometers inside the park, about 1.6 kilometers west of the winter gates. There is pullout on the right side of the road. This is the start of the Foran Grade Loop.



### Important phone numbers:

**CPAWS Office: 403-232-6686**

**CPAWS Lead Guide: Julie (403) 968-4816**

**CPAWS Guides: Lauren: (403) 679-9208; Justin: (587) 580-8709**

## About the trail

The Foran Grade Loop begins in the Bluerock Wildland, and you see heavy grazing and lots of cows or signs of cows in this less protected parkland. As you climb up the ridge, you enter aspen groves and begin to notice changes as you eventually cross into the more protected Sheep River Provincial Park. The top of the ridge has a mix of pine forests and aspen groves, and boasts spectacular views. The elevation gain to the top is 250 - 300m, and the trek totals about 5km. Below is a GPS track of the hike – note that we actually end at the Windy Point trailhead.

