

Medicine Hat has 155km of Trails

Medicine Hat Heritage Trail Network (HTN)
With over 155km of trails, Medicine Hat has a variety of outdoor activities to get to including open play areas, playgrounds, off-leash areas, and sports fields via the 155km of the Heritage Trails Network. To walk the entire trail system at an average 5km/hr, it would take you about 31hrs to complete.



Trail Map App
Trail Forks at trailforks.com



The City of Medicine Hat has uploaded and drawn in its trails to "Trail Forks." This popular app is used by mountain bike clubs and municipalities throughout North America. Download the app and find the region "Medicine Hat" and be instantly connected to all our local trails. Use this app to track your experience and report trail issues.

Birding Trails
Interested in birds? Take a walk through any of our parks and paddle or float down the South Saskatchewan River for many species of birds, osprey, gulls, and waterfowl. For more details on maps and descriptions of Alberta Birding trails see www.natureline.info/gn/birding.php

Parks and Trails Ambassador Program
The Medicine Hat Police Service, in partnership with the City of Medicine Hat Parks and Recreation Department has an excellent volunteer opportunity as a Parks and Trails Ambassador. This is for any person who has a heart for animals and an interest in the safety and well-being of all parks and trails users. For more information: medicinehatpolice.com/posts/post/431

MOUNTAIN BIKE TRAILS



ECHO DALE REGIONAL PARK

Echo Dale Regional Park is the largest of Medicine Hat's parks, and is located approximately 6km west of Medicine Hat along the South Saskatchewan River. The park has two man-made lakes: one for swimming and one for paddle boating and fishing. A volleyball court and many picnic spots with fire pits are available. There are also many kilometers of hiking trails throughout the coulees, one of which leads to the Gas City Campground. Access to the South Saskatchewan River is available via motorized and non-motorized boat launches.

The Echo Dale Historical Farm features the Woolfrey House, blacksmith shop, Ajax Mine, and a barn and animals representative from the historic time period.

DOGS IN THE CITY

Tips to Enjoy Off Leash Areas

- Use courtesy to all other users
- Bring lots of water for your dog(s)
- Do not bring food or dog toys into the areas to avoid conflict with other dogs
- Do not bring glass containers into an off leash area
- Dogs, while in an off leash area, must be under the control of the dog handler at all times

Dog Owner's Responsibility

- Dogs 3 months of age or older must be licensed
- A current license tag must be worn at all times if that dog is off the property of the owner/person responsible for the dog
- The dog(s) must be on a leash while off the property of the owner/person responsible for the dog, unless in a designated off leash area
- Pick up after your dog(s); consider others and the parks hygiene. Failure to pick up after a dog carries a fine up to \$350

Canada's sunniest city, Medicine Hat (www.medicinehat.ca; population 63,000) has more than 155km of pathways included on the City of Medicine Hat's Heritage Trail Network. The HTN links nine major parks and numerous other green spaces throughout the city. These paved, shale and gravel trails provide plentiful opportunities for walking, cycling, mountain biking, jogging, inline skating, skateboarding, sightseeing and bird watching.

The Trans Canada Trail (TCT) traverses much of Medicine Hat, from Ross Creek Natural Park in the city's southeast corner, past the TCT Pavilion in Strathcona Island Park, all the way to the Trans-Canada Highway.

City of Medicine Hat Parks and Recreation
(403) 529-8333
parks@medicinehat.ca
www.medicinehat.ca/en/parks-recreation-and-culture/parks-recreation-and-culture.aspx

Emergency Contact Numbers
Complaint Line Bylaw
403-529-8481
Fish and Wildlife 403-529-3680



Last Updated: June 2022

SHARE THE TRAILS

BE ALERT

- Be aware of your surroundings
- Make sure you can hear others
- Avoid using cell phones or ear buds (use only one ear bud or keep the volume low)
- Watch for wildlife
- Look both ways when entering a pathway
- Be aware of other users stopping limitations
- Watch for slippery sections covered by ice, loose gravel, or silt
- Be sure the trail is clear of obstructions

BE PREDICTABLE

- Sound your bell or call out when passing
- Slow down not to alarm other users
- Wear light-toned clothing with reflective tape material
- Ensure your bicycle has lights and reflectors if you're riding near dawn or dusk

BE SAFE

- Travel at an appropriate speed (recommended speed limit is 20km/h) and slow down to a reduced speed when passing others
- Keep to the right and allow others to pass
- Yield to other trail users
- Ride or hike dry – riding and hiking in the mud wrecks the trails and your equipment
- Learn the ratings and use the trails at your ability

BE COURTEOUS

- Not everyone has the same ability as you
- Keep your pet on a leash while on the pathway – not everyone is comfortable with other pets
- Move off the trail to the right when stopping
- Smile or wave at other trail users – this indicates you've seen/heard them and contributes to our neighbourly feel
- Keep to the pathways to protect wildlife and habitat
- Do not disturb or feed wildlife
- Pick up after yourself, including your pet's waste

Ride SMART

Trail users who are operating a human powered vehicle (i.e. bicycle, skateboard, scooter) or electric powered vehicles (i.e. e-bikes, e-scooters) are considered to be a vehicle with the same rights and responsibilities as motor vehicles. These vehicles are not permitted on sidewalks except where specifically permitted by a traffic control device such as a sign, or when accompanying a child. If you must use the sidewalk, walk your vehicle on it. Please remember to slow down and watch for pedestrians when using the Heritage Trail Network throughout Medicine Hat.

Required Bicycle Equipment
Horn/Bell; Brakes; Helmet (if under 18)

Riding at Night Reminders

- At least one headlamp (but not more than two)
- One red tail lamp mounted on rear
- At least one red reflector mounted on the rear

Share the pathway and share the responsibilities; those who show courtesy and consideration towards one another have an enjoyable experience

Parks & Recreation Heritage Trail Network Map



Parks & Recreation

Heritage Trail Network (HTN) Map



Mr. Burnside Trail

Mr. Burnside Trail was designed as a multiuse trail with excellent access to the mountain bike trails in Redcliff. Mr. Burnside Trail is approximately 6km from Redcliff to 3rd St NW. Parking available at the end of 3rd St North West. Access trail below parking lot at trail head.

McCutcheon Trail

Take a ride along the top of the north coulee to see a great view of our City. This trail is approximately 2.5km and can be accessed from the NW Riverside Trail.

Big Marble Go Centre/ Viterra Trail

If you feel adventurous after riding McCutcheon Trail, continue north along McCutcheon Dr NW and enjoy the pathway which takes you by the Big Marble Go Centre and across Division Ave into Viterra Park in Northlands. This is approximately 4.5km.

TransCanada Trail

This trail takes you from Southeast Medicine Hat along Ross Creek Coulee Trail, into Strathcona Island Park and then along the South Saskatchewan River. Once you cross under the TransCanada Bridge follow new lower river trail towards Redcliff.

Devonian Trail

This short 2.0km path along the river is scenic and simple. Continue your travels past Athletic Park and view Lions Park from the top of the berm. Parking at Strathcona Island Park.

Police Point and Parkway Drive Trails

Look for natural scenery, check out Police Point Park and travel the maze of trails. Feel adventurous, head west on Police Point Trail west and explore more trails; approximately 5km.

Saratoga Trail

Park at the Memorial Arboretum or Kin Coulee Park and travel this beautiful 2.4km scenic trail.

Echo Dale to Campground Trail

Park yourself at either Echo Dale Regional Park or just outside the Gas City Campground and tackle the wide open Echo Dale / Campground paved 6.2km trail. Great views of the red cliffs and South Saskatchewan River from this path.

Ajax Coulee Trail

If you are not finished riding after Saratoga Park Trail, jump on Ajax Coulee Trail as it winds up a deep coulee with lots of twists and turns. You end up on 12th St SW to be picked up or turn around for the fun 1.2km ride down.

South Ridge/ South Boundary/ Saamis Heights

The trails south of Highway #1 are long and relaxing. Start at the Visitor Center and travel along the coulee on Sunrise and Sierra Trails. Have a quick stop at Saamis Heights Park and continue south OR east to eventually get to 13th Ave SE; and travel south to do a loop around and head back to the Tourism Center via South Ridge Drive SE. All in, this route is about 15km.

Ross Creek Coulee Trail

"Get lost" in the winding but connected trail system in the Ross Glen and Taylor areas. Ride the coulee side 5.8km and then hit the inner trails for another 3km. Parking at Ross Glen Towne Centre.

LEGEND

- Street
- River/Creek/Water
- City Parks
- Non Manicured
- Trails (paved/shale or limestone)
- On Street Bike Lanes
- Recommended Trail Connector
- Easy Multi-Use Non-Paved Trails
- Moderate Multi-use Non Paved Trails
- Advanced Multi-use Non Paved Trails
- Trans Canada Trail
- Incline Area
- Place of Interest
- Parking
- River Access
- Bike Repair Station
- Bike Wash Station
- Washroom

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403-529-8333

For online trail maps visit



alltrails.com



trailforks.com

or

City of Medicine Hat iMap
www.medicinehat.ca/trails