

Hikes offered to the Norseman clients with Full Circle Adventures.

May 15th Edible and Medicinal Plant hike

Discover the Edible and Medicinal plants of Kananaskis country and the early explorers and First nation's people who may have used them. Right in our own backyard the relationship between plants and people goes back hundreds of years for us to rediscover.

Time: meet at 9:00 am **Price:** \$63 **Location:** Yamnuska ridge

Distance: 3.5 km and 450 meters. Short but steep - a gentle to moderate.

June 12th – 2nd edible and Medicinal Plant hike

Explore the trail of an early rancher through Stoney and Kootenai land. Times have changed but the landscape remains. Wildflowers flourish on this slope!

Time: meet at 9:00am **Price:** \$63 **Location:** Grass Pass

Distance: 6.4 km 425m elevation - Moderate.

June 19th – Ridge walk, wildflowers and the splendor of the eastern slopes. From the western edge of the foothills and the eastern edge of the Rockies, the views are fabulous. On top of that, the wildflowers are in their prime. Take in the colors, the peaks and the natural history along the spine of the Foothills on this great ridgetop hike.

Time: Meet at 9:00 am **Price:** \$63 **Location:** Powderface Ridge

Distance: 9.2 km and 450 meters. Moderate +, a good day!

June 27th – 3rd Edible and Medicinal Plant hike

Captain John Palliser and his men found the Kootenai "resorting" along the Upper lake shore. Berries and herbs enhanced the taste of the fish once caught in these mountain lakes.

Time: meet at 8:30 am **Price:** \$63 **Location:** Rawson Lake

Distance: 6.8 km 400 meters - Moderate

July 4th – Wildflowers of the Rockies.

High in the backcountry the flowers continue to blossom as the warmth of summer slowly spreads across the north and east facing slopes. Discover the orchids, rock rose and more on our hike into the high country. Views of Glaciers, the rugged peaks of Mt. Burstall and the Royal Group add splendor to this classic hike in the Rockies!

Time: Meet at 8:30 am **Price:** \$63 **Location:** Burstall Pass

Distance: 15 km 470 meters - More difficult.

July 17th – Ridge walk into the Rockies, a bird's eye view. Eagle migration, wildflowers and tabletop mountains are all part of this summer hike to the path of the Eagles. The unique geology of the eastern slopes and the air currents here carry the Eagles along on their migration routes. Learn to step lightly on this unique habitat, home to Bighorn Sheep, wildflowers and the Golden Eagles flyway.

Time: Meet at 9:00 am **Price:** \$63 **Location:** Plateau Mtn.

Distance: 8.6 km 250 m – Gentle to Moderate

August 7th – Ridge walk, the Eastern slopes of the Rocky Mountains.

View the changing seasons and the rolling clouds on this great ridgewalk looking over Moose Mountain. The mountain building process shows up stunningly from here as we hike through changing terrain and views.

Time: meet at 9:00 am **Price:** \$63 **Location:** Jumping pound ridge.

Distance: 9.5 km 300m - Moderate

August 8th – Summer edibles in the Canadian Rockies

This gentle hike through the end of the foothills covers diverse wildlife habitat. Aspen forest and Pines are part of the canopy, while grasses, shrubs, berries and fall flowers make up the understory. Discover the amazing range of edible plants, seeds and berries. Soak your feet in the creek above the waterfall!

Time: meet at 9:00 am **Price:** \$63 **Location:** Dyson Falls **Distance:** 9 km 200m - Gentle

August 14th – Mighty rivers, ancient Petroglyphs and wildlife habitats

This trail takes us across the Highwood River into the ancient lands of the Kootenai people. We follow the creek up the valley to a sacred vision quest site. Discover a time long ago but not lost as we explore the ancient valleys of the Highwood.

Time: meet at 8:30 am **Price:** \$63 **Location:** Zephyr Creek. **Distance:** 8 km 200m – Gentle

August 28th – Summer edibles for Bears, birds and the first humans of the Rocky Mountains.

Surrounded by the beauty of the autumn colors, this hike in the lower Highwood Valley to the pristine Picklejar lakes covers diverse terrain for wildlife and humans alike. Discover the edible plants, roots and berries that the early people and Bears all enjoyed for the fall harvest.

Time: meet at 8:30 am **Price:** \$63 **Location:** Picklejar Lakes **Distance:** 8.4 km 450 meters - Moderate