**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 to 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 to alert other users
  - Wear light-toned clothing with reflective tape material
  - Ensure your bike 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 on bike dry—riding and hiking in the mud wrecks the trails and your equipment
  - Learn the ratings and use the trail at your ability

- **BE COURTEOUS**
  - Not everyone has the same ability as you
  - Keep your pet on a leash while on the pathway – 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 neighborhood 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

**LEGEND**

- **Street**
- River/Creek/Water
- City Parks
- Non Manicured
- Trails (paved/shale or limestone)
- Easy Multi-Use Non-Paved Trails
- Moderate Multi-use Non-Paved Trails
- Advanced Multi-use Non-Paved Trails
- Place of Interest
- Parking
- River Access
- Washroom

**TRAIL FORMS**

**City of Medicine Hat**

- Parks and Recreation
- Canada’s sunniest city, Medicine Hat (www.medicinehat.ca), population 69,000 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 Nisku Creek Natural Park in the southwest corner past the TCT Pavilion in Strathcona Island Park, all the way to the Trans-Canada Highway.

**DOGS IN THE CITY**

- Tips to Enjoy Off-Leash Areas
  - Use “off-leash” areas only when accompanied by a responsible dog owner
  - 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 $550

**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 sidewalks, 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, Helm (if under 18)

- **Riding at Night Reminders**
  - At least one headlamp (but no 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.
Echo Dale to Campground Trail

Park yourself at either Echo Dale Regional Park or just outside the City Campground and tackle the wide open Echo Dale / TRAIL SANGSTER Map. Count on paved 6.2km trail.

Great views of the red cliffs and Echo Dale Regional Park or just turn yourself at either washroom or bike repair station. 2 River Access.

Place of Interest

Recommended Trail Connector

Easy Multi-Use Non-Paved Trails

Moderate Multi-use Non Paved Trails

Trans Canada Trail

South Ridge / South Boundary / Saamis Heights

The trails south of Highway 1 are long and nerveing. Start at the Visitor Center and travel along the coulee on Sunrise and Serra 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.

Mr. Burnside Trail

Mr. Burnside Trail was designed as a multiuse trail for access to the mountain lake 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.

If you feel adventurous after riding Mr. Burnside Trail, continue north along McCutcheon Dr NW and enjoy the pathway which takes you by the Big Medicine Co Centre and across Division Ave into Viteria Park at PortWinds. This is approximately 4.5km.

Saragoga Trail

Continue your travels past the City Campground and follow new 2.0km trail along the coulee side. 5.8km and then hit the inner trails for another connected trail system in the Ross Glen and Taylor areas. Ride the coulee side 5.8km and then hit the inner trails for another 5.0km.

There is a trail system in the Ross Glen and Taylor areas. Ride the coulee side 5.8km and then hit the inner trails for another 5.0km.

Police Point and Parkview Drive Trails

Police Point Park and travel the maze of trails. Feel adventurous, head west on Police Point Trail west and explore more trails; approximately 5km.

Parks & Recreation

Medicine Hat Trail Network (HTN) Map

City of Medicine Hat iMap

www.medicinehat.ca/trails

Emergency Contact Numbers

Complaint Line Bylaw 403-579-8481
Fish and Wildlife 403-579-3830
Parks and Recreation 403-529-8333
AllTrails
trailforks.com

All city parks and sports fields are on leash unless otherwise posted.  All trail names subject to change.