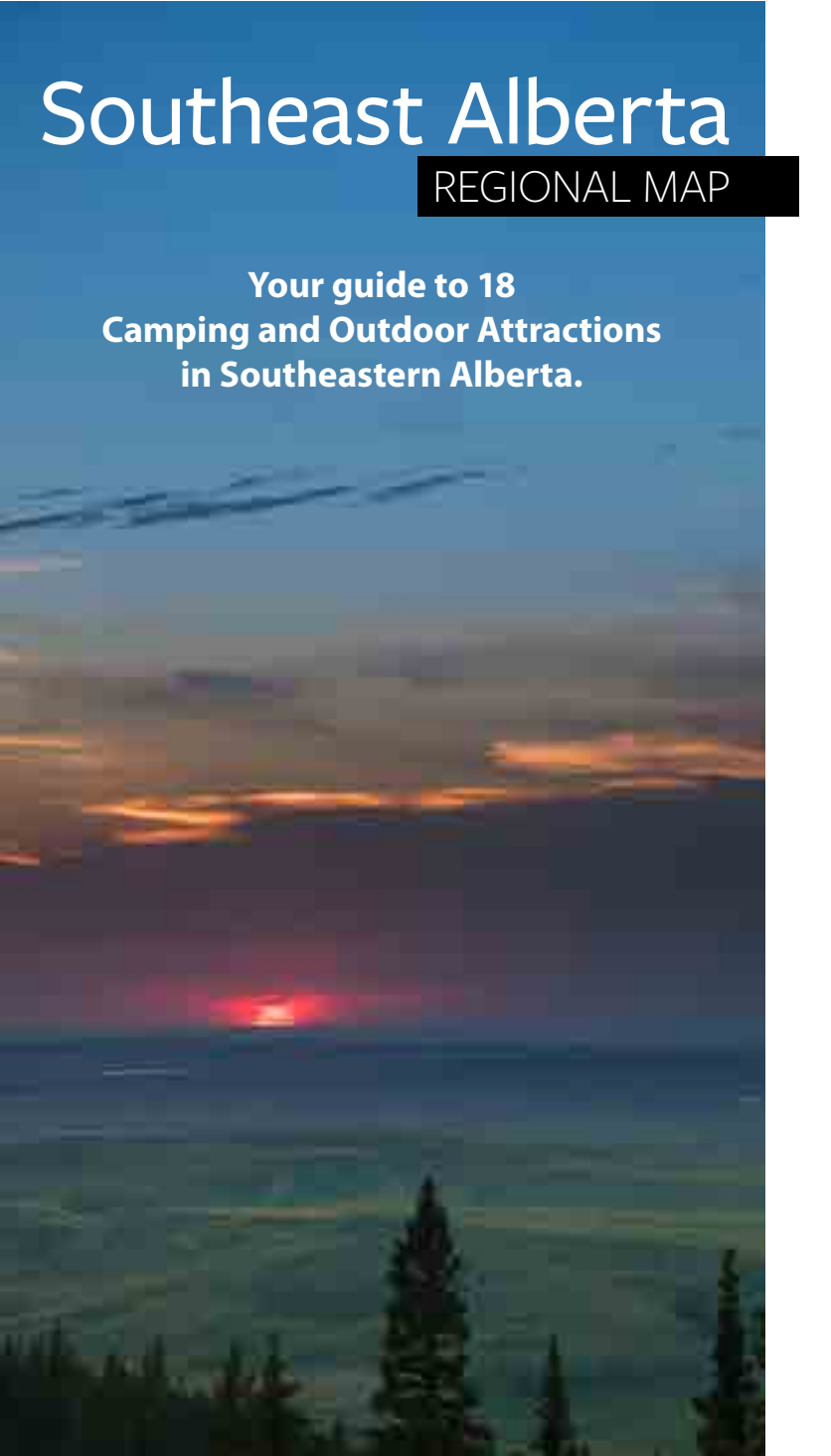


Bow Island	County of 40 Mile	Cypress County	Elkwater	Redcliff	Medicine Hat
1 Centennial Park	4 Red Rock Coulee	7 Sandy Point Park & Campground	10 Backcountry Cabins	13 Bike Trails & Skills Park (River Valley)	16 Mr Burnside Trail
2 Bow Island Swimming Pool	5 Etzikom Museum	8 Cavan Lake Campground	11 Mountain Bike Trails	14 Redcliff Campground	17 Echodale Regional Park
3 Pinto McBean (VIC)	6 40 Mile Park (camping)	9 Eagle Butte Road	12 Dark Sky Preserve	15 Riverview Golf Course	18 Gas City Campground





This complimentary map has been provided by these regional partners.



**Bow Island Centennial Park**  
▶ 403-545-2522 | bowisland.com

Easy access, large sites and few people are all draws for Bow Island's Centennial Park. Found just blocks from the Crowsnest Highway, the campground has two playgrounds, two outdoor cooking areas, free shower house, beach volleyball and a well-maintained soccer field. Most summer Sundays, the park becomes the hub of the community as many families take the opportunity to visit the park to relax. Kids play at the playground while the adults either play a game of soccer or sit in the shade and visit. An added attraction is "Market in the Park" which takes place every Wednesday, from the first week of July until the last week of August.



**Pinto McBean**  
▶ bowisland.com

Pinto McBean – the world's largest and most armed pinto bean – Bow Island's answer to the world's largest bottle of catsup (in Illinois, for you long-haul road-trippers). Pinto McBean celebrates the town's role in Southern Alberta's agriculture industry, which is a leader in beans and lentils. The fact that agriculture even exists here is a feat of human engineering thanks to an impressive canal system that delivers nearly a billion cubic metres of waters to farmers. Indeed, with the effort put forth to grow crops in this dry, sun-soaked land, the world's largest pinto bean is an apt, wonderful mascot and a deserving point of pride. Don't miss it.



**Bow Island Swimming Pool**  
▶ 403-584-0276 | bowisland.com/bow-island-swimming-pool

The sun sure burns hot during Southern Albertan summers making swimming pools welcome oases for any wary traveller. The Bow Island swimming pool is mere blocks from the Crowsnest Highway near Bow Island's surprising downtown. It is a crystal clear, cool oasis featuring a shallow kiddie pool, hot tub, diving board and climbing wall. The climbing wall is on the edge of the pool is a unique addition that will simultaneously exhaust, challenge and occupy everyone as long as your forearms can bear. It's equally challenging for a 6 or 36 year-old to reach the top so there's no excuse to give it a pass. You're not chicken, are you?



**Red Rock Coulee**  
▶ albertaparks.ca/parks/south/red-rock-coulee

Carve out some window time and take the thirty-minute drive from Medicine Hat to Mars. Maybe not Mars, but the landscape at Red Rock Coulee can sure look similar. Large, red, round boulders – some over 2 metres in diameter – are said to be among the largest in the world. The vegetation is sparse and hearty. Formed from shale, sandstone and sediment millennia ago when the land was the bottom of a prehistoric sea, these boulders have been exposed over centuries by water erosion, evident today as you walk along the dry, cracked earth below your feet. Three lonely, monolithic silhouettes of Montana's Sweetgrass Hills rise from the distant horizon. Get there at dawn or dusk and watch the light make the entire landscape glow with colour.



**Etzikom Museum**  
▶ 403.666.3737 | facebook.com/etzikommuseum

As much of the world pours billions of dollars into renewable energy today, the Etzikom Museum offers a glimpse into the wind energy industry when it was little more than a cottage industry. These early windmills once populated the Southern Alberta prairie, providing the ability for early homesteads to pump water and run basic operations. The rest of the museum is housed in a converted school – yet another example of prairie resourcefulness – and houses one of the best libraries you're likely to find, with rare books, including a bible from the 1880s and a collection of early edition Western novels by authors like Zane Grey and Louis L'Amour. As renewable energy moves more and more into our global consciousness, the Etzikom Museum is one of the best places to learn about its humble beginnings, born out of necessity on a dry, windy landscape.



**40 Mile Park**  
▶ 40mile.ca/departments/parks-and-recreation/40-mile-park

Water in Southern Alberta is a scarce resource, and is depended upon for agricultural livelihood of many. The Saint Mary River Irrigation District diverts nearly one billion cubic metres of water every year to farmers, ranchers and municipalities who need it. While water sustains the livelihood of Southern Alberta's hardworking people, the canal system that diverts all that water also provides recreation opportunities for everyone. 40 Mile Park is set along a reservoir and has become one of Southern Alberta's most popular boating, fishing, and RVing spots. The sites are big, the boat launch can handle dozens of vehicles, and the reservoir is big enough for everyone to get on the water.



**Redcliff Mountain Bike Trails**  
▶ www.trailforks.com/region/redcliff

Interwoven into the hoodoos and rugged, dusty cliffs of the South Saskatchewan River are the Redcliff mountain bike trails. In fact, it is these cliffs – many red from oxidation – from which the town of Redcliff gets its name. The trails here may be Southern Alberta's answer to Moab. They are built and maintained by a group of volunteers and national trail-building experts and are free for all to ride. There are multiple access points in Redcliff to the Green, Blue & Black runs, for trail head details see www.Trailforks.com. This is badlands mountain biking terrain at its finest.



**Mr Burnside Mountain Bike Trail**  
▶ www.trailforks.com/trails/mr-burnside

Riding the gentle edge of the South Saskatchewan River's northern slope, Burnside is a short green run that connects to Redcliff's rugged terrain and series of blue and black runs. Don't get complacent though, you're still in the Canadian badlands! Cactus can be found off the well-maintained trail and foreshadowing of what's to come in the way of rock features are fun ways to warm up and are easily to by-pass should the rest of your party not be as keen. It's a wide, flowy trail that runs in both directions so even if Redcliff isn't the ultimate destination, there's plenty of room for a quick there-and-back. Round-trip is about 11 kilometres, making it an easy way to get a quick run in.



**Sandy Point**  
▶ cypress.ab.ca Visitors > Local Tourism & Recreation

Sandy Point is the first and only rebuttal needed when the idea of the dull, flat prairie comes up. Yes, Sandy Point is proof that breathtaking landscapes can emerge under your feet. The South Saskatchewan river valley at Sandy Point is the Canadian Badlands at its finest. You approach it after 100 kilometres of rolling Alberta prairie, which is hypnotic and remarkable in its own right. Suddenly ranchers' fields and virgin prairie drop away as you descend into the valley. Hoodoos stretch East and West along the river and a bright green trestle bridge comes into view. Along the riverbank is a sleepy little campground, a great place to spend the night. Some even use it as a base or finishing point for canoe trips or fishing, with dozens more miles of badlands hoodoos for your eyes only.



**Cavan Lake Campground**  
▶ cypress.ab.ca Visitors > Local Tourism & Recreation

Cavan Lake is a quiet campground and recreation area a short drive from Medicine Hat. Ideal for the fisherman or anyone looking to set up camp and relax, you can choose from large sites in well-treed loop surrounding a playground and open park. Or alternatively, take a site with a view of the small prairie lake and watch the sun rise with coffee in hand. Cavan Lake provides firewood, non-potable tap water, 30 amp service and a boat launch for those looking to catch their dinner. Cavan Lake is a short twenty minute drive from both Medicine Hat and the Cypress Hills. For those looking for peace and quiet at what feels like their own private fishing hole, Cavan Lake is ideal.



**Eagle Butte Road**  
▶ cypress.ab.ca

There are ribbons of blacktop flowing across millions of kilometres of terrain around the world. Novels, poems and love songs have been written about life on the road. The road symbolizes freedom, and adventure. If those novels were written in Southern Alberta, Eagle Butte Road would have been the chapter about solitude and reflection. Cyclists tackle this road to reach Little Plume Church, a small Evangelical church atop a bluff overlooking the surrounding prairie and backed by the Cypress Hills. It's a slow grind to reach Little Plume, but the reward is a near-constant downhill returning home, to Medicine Hat. Eagle Butte. Little Plume. Medicine Hat. If those don't sound like names from Zane Grey's pen, then nothing does. But they're real, and they're here for you.



**Redcliff Riverview Golf Club**  
▶ 403. 548.7118 / golfriverview.com

Redcliff Riverview Golf Club tracks the South Saskatchewan River and delivers on the promise made by its name. The river views are indeed some of the badlands' best. Perched on cliffs overlooking the river, even experienced golfers may need another practice swing before sending their Calloway over a rugged, hoodoo-filled coulee. Although stunning, the view doesn't necessarily make things easier as the river below your feet can draw the eye towards the horizon. And depending on the time of year, you may be staring down storm clouds looming over a hundred kilometres away. Yes, Canada's badlands landscape can certainly play tricks on you. Keep your cool, admire the view, take a breath, and swing for the fairway.



**Echo Dale Regional Park**  
▶ 403-529-8333 | medicinehat.ca

Echo Dale Regional Park is one of Medicine Hat's most popular family destinations. Situated in the South Saskatchewan River valley with badlands views, two reservoirs provide swimming or watersport activities, including stand-up paddleboard, kayak or paddleboat rentals. The swimming is served by a cafeteria offering ice cream, snacks and even burgers and fries. Echo Dale Farm is a well-preserved early pioneer settlement complete with a wooden house, barn, blacksmith shop, and former entry to an early-era coal mine. Together, the grounds provide a glimpse into early pioneer life on the prairies. Easily accessible by foot or bike from Gas City Campground or by car via the well-travelled Holsom Road, Echo Dale Regional Park is a family favourite.



**Cypress Hills Cabins**  
▶ 403-893-3833 | www.cypresshills.com

Wake up to the morning sunshine and bird song in secluded settings. Feel like you are the only ones around for miles. Get a taste of adventure in the comfort of a cabin. There are over half a dozen Cypress Hills Backcountry and Front Country Cabins situated around the Provincial Park. Some you can drive to, some you have to walk to, some have the most basic of amenities and some are pretty much fully equipped. No need to bring your RV or a tent just your sleeping bags, food, water and a little adventurous spirit. Then explore your surroundings in one of the most unique natural settings in Alberta.



**Cypress Hills Mountain Bike Trails**  
▶ 403-893-3833 | www.cypresshills.com

Starting the descent and hitting the drop offs, laying down some crazy lines on the "Last Grizzly", getting to grips with some cross country adventure through montane forest high above the prairies...this is Mountain Biking in the Cypress Hills. Over 50km of trails with 240 meters of elevation gain from Elkwater you can bet there will be some challenging moments to get the rewards of the downhill trails. If this is not your thing then take an easier trail and explore some of the viewpoints like Horseshoe Canyon which looks out over the vast prairies or down to Montana Sweetgrass hills from "Head of the Mountain". An early start and late close to the biking season means you can get on the trails typically from May to October.



**Cypress Hills Dark Sky Preserve**  
▶ 403-893-3833 | www.cypresshills.com

The night sky tells and ancient story and in a few places you can see the details of that story more clearly than others. Cypress Hills Provincial Park is a Dark Sky Preserve where this story can be seen loud and clear. Watch as the day fades and the darkness comes alive with the light of night. Look in the Galaxy and search for shooting stars or see if you can recognize constellations or the planets in our own solar system. Maybe you will be treated to the dancing of the Northern Lights...the night sky comes alive in the Cypress Hills. October to May gives the best viewing although for the night owls the summer can still be a treat.



**Redcliff Campground**  
▶ 403.548.3232 | redcliff.ca/recreation

Redcliff once rivalled Medicine Hat as Western Canada's manufacturing hub, however between 1913-1915 fires, a cyclone and various other problems, caused many industries to close down. Dominion Glass was one of the surviving operations until it closed its doors in 1989. The factory still dominates Redcliff's skyline and sits a mere two blocks away from the Redcliff Campground. The campground is nestled in greenspace between the towns famous Greenhouses where you can buy fresh produce, and the recreation hub of the town including the Baseball Diamonds, Tennis Courts, and Aquatic Centre. Situated only two blocks from downtown, few places can compete with the Redcliff Campground for convenience and price.



**Gas City Campground**  
▶ 403. 529.8158 | medicinehat.ca

Perched high above the South Saskatchewan River, just minutes by foot from one of the best views of Medicine Hat's river valley is Gas City Campground. It is also the starting point for a path that tracks the bench above the South Saskatchewan River to Echo Dale Regional Park, an easy walk for any family looking to spend a day together. The unique campground name comes from Medicine Hat's long tradition of referring to itself as the Gas City, owing to early twentieth century discovery of natural gas that literally fuelled the city's early economic boom. English author Rudyard Kipling famously wrote that Medicine Hat had 'all hell for a basement,' when discussing the city's enormous potential. The fully treed, 97-site, full-service campground is only minutes from the Transcanada Highway.