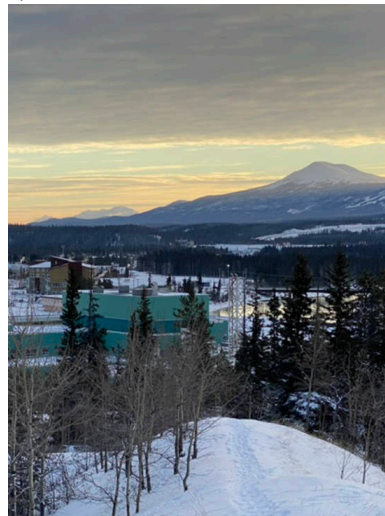


Whitehorse, the ^{Winter} Wilderness City



Hospital Healing Walks and Footbridge
Downtown's Park within a Park
Chadburn Lake Park & Hospital-Long Lake Trails

November, 2024



In partnership with the
Downtown Residents Association
Trails Committee



Whitehorse is in the traditional territories of
Kwanlin Dün First Nation and Ta'an Kwäch'än Council



Large Marble (*Euchloe ausonides*)



Whitehorse is entirely in the traditional territories of the Kwanlin Dün First Nation and the Ta'an Kwäch'än Council, who have, for thousands of years, been the original caretakers and stewards over these lands and waters

Having multilingual guides for the main healing loop and at least one of the longer loops will serve hospital needs, honour Whitehorse's increasingly multicultural character and promote respect for the land, for being on First Nation traditional territories.

A whitehorseWalks project to instill a love of walking, to better walking opportunities

Pundits say: walking is good for physical health • walking is good for mental health, depression • walking is a low intensity recreation with minimal impact on the natural environment • walkability is a reflection of a healthy community • forest bathing, walking in a forest is a healing activity • walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier • a walk in nature is good for your brain — a new study adds to the evidence • neighborhood walkability positively associated with social interaction, sense of community • walking builds a lifetime of skills that you can use anywhere you travel • walking, one of life's pleasures...

... Pages 1-6 are a walking vision for a progressive, healthy community

- ... creating a set of self-guided Hospital Healing Walks in the hills behind the hospital
- ... looking at downtown, neighbourhoods, free recreation, walkability, densification, vibrancy
- ... a footbridge from the hospital to the VRC, a downtown waterfront anchor for reconciliation, hospital wellness, downtown livability, commerce
- ... have this neighbourhood park turn downtown into a healthy, grounded in nature, subdivision

... Pages 7-32 are self-guided hospital healing walks

... Pages 33-37 are the start of a reference section: the land, groomed trails

Maps and individual walks, a work in progress

Mapping is from my GPS tracking of existing trails, tracks, roads and connecting various pieces.

The earliest [air photos](#) in this area start in the late 1940s. I was able to identify a number of roads (many are old logging roads). To give a base to the area, I named Old Road # 1, 2, 3, 4. There are many others that could have names. Intersections are another complex aspect with 5 or 6 trails and roads coming together almost being commonplace.

I used City lidar data to show the many kettles which play a significant role in the character of the area. Roads and trails often use high ground between kettles; some kettles have ponds or lakes. There are kettles within kettles.

- **Maps are a first draft.** An ongoing task will be ground truthing to verify directions, distance, timing, signage. Still to do is to create individual maps, possibly 3d with elevation graphs; better kettle base map; and better short descriptions.

See also Botanical photographs in the Hospital-Long Lake area, Downtown's neighbourhood forest

Overview

Descriptions of the walks 1
 Overview 2
 Natural Walking Trails at the Hospital 3
 Downtown and Walking in Nature 4
 Chadburn Lake Regional Park 5
 Building a Stronger Walking Community 6

Main Hospital Loop

1. Hospital Healing Walk — 5.1 km, 1.75 hr 7

A: 1–2 km (~ 1 mi), ~ .75 hr

2. Hospital Hill — 1.6 km, .75 hr 8
 3. Stay Close — 1.4 km, .75 hr 9
 4. Silence — 1 km, .5 hr 10
 5. Garden — 1.8 km, .75 hr 11
 6. Ski Bowl — 1.8 km, .75 hr 12
 7. Tranquility — 1.6 km, .75 hr 13
 8. Crocus Hill — 1.8 km, .75 hr 14

B: 2–3 km (~1.5 mi), ~1 hr

9. Rim of the Ravine — 2.7 km, 1 hr 15
 10. Little Broken Truck — 2.9 km, 1 hr 16
 11. Golf Course — 2.5 km, 1 hr 17
 12. Relativity — 2.2 km, 1 hr 18
 13. Lots of Kettles — 2.7 km, 1 hr 19
 14. Dunes 'n Ridges — 2.9 km, 1 hr 20

C: 4–5 km (3 mi), ~1.5 hr

15. Broken Truck — 5.2 km, 1.75 hr 21
 16. Booby Trap — 5.0 km, 1.75 hr 22
 17. Trails Less Trodden — 4.3 km, 1.3 hr 23
 18. Big Bowl — 5.4 km, 1.75 hr 24
 19. Snow Dump Loop — 5.1 km, 1.75 hr 25

D: 6–7 km (~4 mi), ~3 hr

20. A Little Wander — 6.4 km, 2 hr 26
 21. Booby Trap-B North — 7.0 km, 2.25 hr 27
 22. Hospital-Long Lake — 7.6 km, 2.5 hr 28
 23. No Shirt — 7.8 km, 2.5 hr 29

E: 10+ km (7+ mi), ~3.5–4 hr

24. Big Middle — 10.9 km, 3.5 hr 30
 25. Back 'n Forth — 12.3 km, 4.0 hr 31
 26. Views from the Edges — 13.7 km, 4.25 hr 32
 27. RIP-Power Line Hills — 10.6 km, 3.5 hr 33

Miscellaneous

- Winter Grooming — Hospital-Long Lake 34
 Kicksledding 35
 Surficial geology of the greater Whitehorse area 36
 7 Sq mi – Whitehorse 37
 Kettles, Contours, Intersections, Routes 38



Hospital-Long Lake Trail Network

- Hospital Healing Walk
- official City trails
- early roads
- B bench, artifact, bike feature
- S Trail access, switchbacks, signage
- F golf: greens, fairway
- selected walking loop
- icy spots, and some bypass routes
- proposed pedestrian bridge
- dry, wet kettles
- background orange, brown lines are trails, tracks/roads; thin red lines are electric; yellow are cutlines



Descriptions of the walks

Walk times are for an average walker with average abilities. Season, trail conditions, familiarity with trails, all will vary timings.

1. [Hospital Healing Walk](#)

5.1 km

absolutely beautiful big loop base walk winds around hospital; kettles, hills, ridges, forest, old roads, open slopes, sky, great views

2. [Hospital Hill](#)

1.6 km

short hike on Hospital Ridge, then down to the river; returning on Wickstrom Road

3. [Stay Close](#)

1.4 km

behind the hospital, a south slope path goes above a steep kettle; returning along the Hospital Ridge Trail

4. [Silence](#)

1 km

uses old roads going down into the Ski Bowl kettle, passing one of the old golf course greens

5. [Ski Bowl](#)

1.8 km

going down into Ski Bowl kettle, a ski jump in the 1940s, then up to a hillside looking over the kettle and Grey Mountain

6. [Garden](#)

1 km

old road down through lush Pot Hole meadow

7. [Tranquility](#)

1.6 km

a contour line route, gentle hills, benches, above Pot Hole kettle; minutes from hospital

8. [Crocus Hill](#)

1.8 km

quick workout with awesome views, hills, kettles; mostly on wide social tracks

9. [Rim of the Ravine](#)

2.7 km

half trails through the woods, and half, a long section of old road with panoramic views

10. [Little Broken Truck](#)

2.9 km

a taste of Broken Truck, Long Lake Ridge, kettles, ponds, old tracks, hills and views

11. [Golf Course](#)

2.5 km

imagine late '60s, the fairway clear cut, no trees, grass greens; this gentle hike mostly follows an old road that serviced the course

12. [Relativity](#)

2.2 km

this simple hike hides the hills; good for building distance stamina

13. [Lots of Kettles](#)

2.7 km

kettles, kettles everywhere; here's some you'll see often when starting at the hospital

14. [Dunes 'n Ridges](#)

2.9 km

short, fast, and fairly level, this hike explores the escarpment, sand dunes and old roads

15. [Broken Truck](#)

5.2 km

classic, easy to follow, with panoramic hills, lots of kettle lakes and easier routes in spots

16. [Booby Trap](#)

5 km

nice variety of trails on open ridges, through secluded woods, around kettles

17. [Trails Less Trodden](#)

4.3 km

As well as 7 greens and a lot of fairway, visits some trails less known but nice, many wide, flattish and good for socializing

18. [Big Bowl](#)

5.4 km

up the golf course, two pieces of Boogaloo, a nice path through a big open kettle with lots of sky; return on the long, wide Old Road #1

19. [Snow Dump Loop](#)

5.1 km

a really lovely hike along the sand dunes and Lower Boogaloo, with a couple of views of the Snow Dump Pond kettle; a nice trail

20. [Hospital-Long Lake](#)

7.5 km

popular loop on 2 ridge trails plus forested hills and shoreline trails around Long Lake

21. [Booby Trap-B North](#)

7 km

another popular loop incorporating parts of most of the major City trails in this area

22. [No Shirt](#)

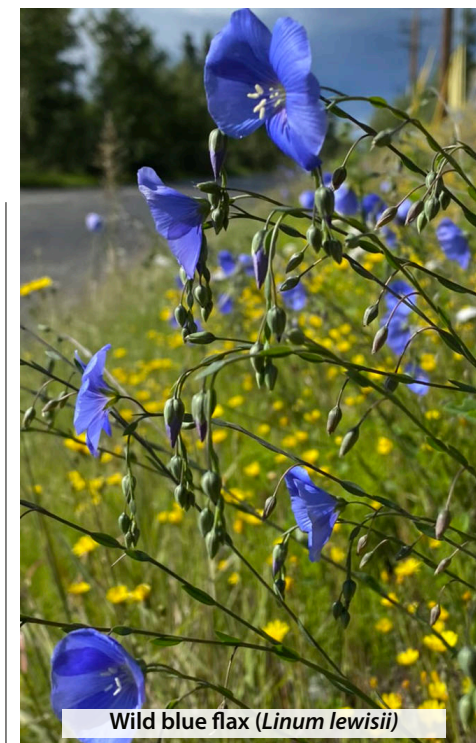
7.8 km

a very scenic loop with lots of ridge, dune and old logging road walking

23. [A Little Wander](#)

6.4 km

a satisfying journey on lesser used trails and old roads, lots flattish, but hilly also



Wild blue flax (*Linum lewisii*)

24. [Big Middle](#)

10.8 km

Almost all on official city trails, very scenic; gives a sense of how lucky we are with trails

25. [Back 'n Forth](#)

12.3 km

scenic, lovely forest sections, and mostly on official city trails

26. [Views from the Edges](#)

13.7 km

as the name says, a delightful look both out from the escarpments and hills, and in on Long Lake

27. [RIP-Power Line Hills](#)

10.6 km

going round the big area south of the power line and Hilarious; hiking on the service road for the power line shows that running a power line all the way to Faro was a big job



Overview

Exercise is pretty much the only fountain of youth. The great thing is that most people can improve physical performance at any age or ability (research supports this). The best exercise regimen is whatever you'll actually do. Be consistent. Make it part of your life. The goal is to maintain things like muscle mass, strength, mobility, flexibility, and balance. [Reddit thread](#)

1. Downtown walking realities

Review opportunities to enhance the downtown core reflecting its place as the centre of our Capital City 2022–2024 COW Strategic Priorities

- **Climate change:** despite need to change habits, vehicle use grows. Especially downtown, the inescapable message is cars are more important than the people who live here.
- **Density:** doesn't work for downtown without all-season walkability, access to nature, to outdoor recreation. We need more residents without adding to traffic; want music, events, food, people out of their vehicles, a vibrant downtown ...
- **Downtown south plan:** Fix disproportionate amount of social housing in south of downtown by building more market homes.
- **Escarpment trails:** we need our historic Airport Perimeter Trail — move the airport fence! This, and the last two years of an often-closed Lower Escarpment Trail makes downtown living less interesting, less fun, less healthy.
- **Wilderness city:** downtown walks are mostly urban paved paths, sidewalks; we need more variety, different experiences.
- **Winter city:** downtown fails at being winter-walkable; for days, weeks, it can be scary icy, with treacherous sidewalks, intersections. It's much less icy, less windy in the woods!
- **Outdoor nature time:** vs. ubiquitous screen time for our kids and ourselves. How to get people walking more; to make walking better, more fun, more everyday, more intriguing.
- **Downtown trails:** with no trail plan, how do we talk about or get a budget for trails, basic infrastructure for physical and mental health. We need fair balance between programming, recreation facilities, sports, and a non-paved trail network. One example, inclusive crushed gravel nature trails (Bert Law Park, Riverdale perimeter oxbow trail, Hospital)?
- **Hospital trails are disorientating:** medical staff (local and visiting), tourists, residents want to feel safe, not lost.
- **Hospital footbridge:** it's not a bridge for city growth past Long Lake, nor is it a relief vehicle bridge for Riverdale.
- **Tourism:** it feels like most tourism focus is about driving to other Yukon communities from Whitehorse.

2. Respect and gratitude for medical workers

- Behind the hospital, a delightful scenic warren of old logging roads and trails winds around kettles left by melting glaciers, creating a ready-made, stacked loop trail network, with wide routes where 2 or 3 can sociably walk abreast
- Hospital Healing Walks for wellness, recreation, respite
 - a central self-guided 1.5 hour, 5 km hospital healing walk
 - set of 25 self-guided walks based on the main 5-km walk
- Change tradition of hospital being just a place of sickness to also a place of wellness
- Building a footbridge at the hospital will integrate hospital staff and visitors into the general downtown community.

3. Footbridge between hospital and downtown

...integrating more First Nation ... themes, language and names into Downtown places, amenities, wayfinding, year-round and/or seasonal infrastructure, and transportation infrastructure (e.g., potential future *Chu Nii kwān/the Yukon River pedestrian bridge*).
City of Whitehorse, Official Community Plan, 2040

- Bridge a key network enabling investment that will unlock active transportation and recreation opportunities, not only for downtown and the hospital, but all city residents.
- Provide year-round recreation on hospital trails: outings like crossing the bridge for a walk in nature then back for a meal, or an evening stroll on the cliffs above the river, will be popular.
- It'll be a large benefit to downtown's Main Street core with people going back and forth to trails. Downtown walkability will be improved as people walk more, rather than drive.
- Bypass the Robert Campbell Bridge which can be bad to cross at times, with local icy sidewalks, muddy spray from fast vehicles, noise, pollution, dangerous road crossings.
- Chris Sorg said an iconic First Nation footbridge downtown would help make a strong downtown core; reconciliation: walking on the land, love and respect for being in nature.
- Who funds? Community, businesses, service groups, governments, community development, health, recreation, tourism, significant external funding, ...

4. Hospital-Long Lake — a park within a park

Action 2.1.4 Upgrade and develop facilities, trails, and associated infrastructure where needed to accommodate neighborhood locations, and changing demographics and preferences while maintaining ecological integrity.

City of Whitehorse, 2017 Chadburn Lake Management Plan

- Chadburn Lake Regional Park contains the Hospital-Long Lake area, downtown's neighbourhood forest.
- For city-wide recreation, there's 4 bus routes at the hospital.
- Relief from icy walking and winter winds will entice users to be outdoors more, a boon to families, healthy lifestyles.
- A couple of the 10+ km trails will be community feature trails, [perfect for residents and visitors](#), for reconciliation.
- **Interpretive opportunities:** befitting a central regional park
 - **Alternate 3rd space:** create outdoor experiential activities for families to help balance today's too-much-screen-time
 - **Guided walks:** as part of KD Cultural Centre, YCS,...
 - **Geology:** stories of glaciers, lakes, chunks of ice melting, kettles, kames, trails
 - **Naturalist knowledge:** guided, self-guided walks; bear and other animal awareness, safety; birds, squirrels; plants, medicinal plants; lichen, mosses, mushrooms; winter animal tracks, geocaching; science of forest bathing, ...
 - **Community walks:** First Nation stories through the ages, [Jane's Walks](#), street fairs, elderactive, singing, drums, art creation, family, mini walking festival, photography, talks with old photos, therapeutic slow walks, social healing walks, regaining stamina after medical events, there's even lovely spots for musical, theatrical events!...
- **Community stewardship:** maintenance, interpretation, signage
 - adopt-a-park by community associations or schools, youth groups, NGOs, Yukon Youth Conservation Corps (Y2C2)'s Make Change, Work Outside, City Parks
 - trail work: mix art, design, math, computers, biology, science with outdoor, healthy, physical traditional learning
 - with bridge, opportunities for social housing participation



Natural Walking Trails at the Hospital

Staff wellness, respite

...global health human resource shortage has had impacts on the recruitment and retention efforts...

Yukon Government, email from cabinet communications, Yukon News, March 24, 2023

...reaching out to attract health professionals to the Yukon and placing emphasis on the health, wellness and growth of our teams.
Yukon Hospitals Year in Review

*YG needs to do better when it comes to retaining health care staff
Seniors Action Yukon, News for Dec 1, 2023*

...staff want...to enjoy either a 2.5 km or 5 km trail walk, and know exactly where they are going, and know the approximate time for completing their loops.
WGH Wellness Committee

...focus on initiatives that help employees form healthier habits
... A workplace of choice
The Yukon's Health Human Resources Strategy, 2023

...advocate for exceptional performance in all aspects of the City's delivery of essential and support services... to create sport, recreation, and tourism expansion to meet the community's expectations
City of Whitehorse, 2022 – 2024 Strategic Priorities

...can have visitors in the emergency hallway. Hospital trying to find more nursing staff for emergency.
patient in emergency, March 15, 2024

Theme: Sharing trails with medical workers, gifting visiting medical workers with respite time in their neighbourhood.

The need: Hospital workers, as well as Crocus Ridge residents, have time constraints for walks. Some walk along Wickstrom Road, or go out and back along Hospital and Long Lake ridges. Notorious for being confusing, trails behind the hospital are challenging, not inviting. Wrong turns lead to steep hills; it's hard to find shorter loop walks. Getting lost or mixed up isn't really an option for a on-call or pre/post-shift hospital person out for a quick walk or run. Hospital folk do use the area — in winter look at the near vertical trails up the ridge by the new addition! Staff say they want a 5-km loop and shorter options. To keep close to the hospital, and use both the Long Lake and Hospital ridge trails, a shorter connector route was followed.

Statistics show hospital's importance.

What's available: A 5.1-km, 1.5-hr route circles the hospital, with many options for fast returns in case of emergencies. The route recognizes time constraints and also showcases the many old roads and trails behind the hospital. *People can share which parts of the loop are safer during freeze-thaw icy trails events.* As well as staff needs, the loop offers



respite walks for hospital visitors. Learning the route will create comfort for longer walks. Trail varieties will entice use.

There's many options: a 15-minute, 1-km walk into silence; a 35-minute scenic walk from the hospital, with a bench, clean forest air, a kettle, and gentle hills blocking the hustle and bustle of the hospital and downtown; spring walks on Riverdale's sand dunes with slopes of crocuses; an easy 50-minute walk along the fairways of the abandoned 60s 9-hole Grey Mountain Golf Course. There's even walks between the two major ridge trails.

Possibilities: Wellness aspects: nature as a daily habit, walking **challenges**, walks with most hills, winter animal tracks, lively walking meetings, memory games, bird ID, brisk intervals. There could be plant walks, a plant booklet or signage. A few vistas could feature mountain names. Staff and visitor photography exhibits with best area photos ...

We could improve on the current smoking shelter/bus stop beside the hospital front door. The flat area along the fence overlooking Wickstrom Road and the river — by the picnic tables behind the existing buildings — could be inclusive with a crushed gravel trail. Could there even be a dog walk?

Behind the hospital: with fire smarting, there could be a **Healing Forest**, with a meditative, reflective crushed gravel path — with curiosity, awe, gratitude and a deeper awareness of nature, incorporating First Nation traditional values. Or a walk designed around being visually impaired. Some communities offer **Mood Walks**, (Canadian Mental Health Association).

Hospital 2022-2023 stats

659	Staff
3,862	Admissions
18,392	Total patient days
3,841	Surgeries
414	Births
Visits	
36,326	Emergency Dept
35,109	Imaging
27,596	Laboratory
11,310	Specialist Clinic
3,709	Therapies
1,068	Chemotherapy



Staff on break along Wickstrom Road

Benefits: A network of awesome short healthy walks and hikes, fitting for a wilderness city, would show that residents value the physical and mental wellbeing of our health professionals. Our hospital could be a workplace of choice with trails of city-wide, maybe broader, significance and may help attract health professionals to work and live here.

The variety of walks created by having a stacked loop network here will encourage more walking, a primary motivation of whitehorseWalks. We could have a schedule of led walks with varying criteria for inclusive, interesting and appealing walks.

Walks are from the hospital's doors. Many people parking in the visitor parking lot to go for a hike would be disruptive to people needing to park to go to the hospital.



Tranquility



Downtown and Walking in Nature



Looking down Main and Steele streets

For a denser downtown, we need to attract more people, in a range of incomes and situations, to live, work and walk here. Living downtown needs to be desirable and affordable.

Downtown's neighbourhood forest, the Hospital-Long Lake area with its old logging roads and trails, is just a short car ride away. Shouldn't downtown residents of a wilderness city be able to get to natural settings, away from sidewalks, paved paths and roads, without having to drive, or even own a vehicle?

Accessibility or inclusivity? Serving wheelchair users, walking challenged, stroller folk, seniors, kids is not accessibility.

In the winter, there can be strong, sometimes brutally cold winds downtown— meanwhile, behind the hospital, in the forest, in hilly terrain, it can be lovely and out of the wind! Some trails are groomed in various fashions; many are nice for walking and snowshoeing. Behind the hospital, less-used old logging roads are often walkable even when others get icy.

In early Whitehorse years, most people lived downtown. In winter, the river froze over and people could walk across. The forest on the east side was logged for firewood. Behind where today's hospital is, there was winter recreation such as a ski jump and toboggan runs and a ski loop out to Long Lake. In the late 1950s, the dam and Robert Campbell Bridge were built and in 1985, the dam was expanded. Since then, the river downtown doesn't freeze and downtown residents have lost their access and familiarity with the woods here.

Footbridge — Visitor Reception Centre to hospital

Every successful waterfront has an anchor. An iconic First Nation footbridge between the hospital and downtown would not only be a symbol of reconciliation, it would make downtown a very desirable place to live.

Transportation Master Plan, 2024 (TMP)

The update to the TMP is almost finished. Downtown figures prominently in its coverage. A growing number of vehicles coming downtown, a filling Whistle Bend, traffic jams at Quartz, Second, Fourth, Robert Campbell Bridge, RSW — each expecting to park close to their destinations. Previous projections of non-vehicle travel have proven overly optimistic. This, and bad drivers, have downtown walkability under assault!

However, for this footbridge to the hospital, the TMP proposes it would only be needed in another 10-15 years, not seeing the full rationale for this bridge. It misses community development, that for downtown density, we need strong, vibrant commercial and residential components, and of course recreation and tourism.

It misses that the OCP suggests this footbridge be a meaningful way of incorporating recognition of First Nations' long presence by the river here, that a signature First Nation footbridge would be a significant step in reconciliation, in Moving Forward Together — a living symbol of *back to the river*. Think community pride.

The TMP also missed recognizing First Nation values and traditions along the river by recreating traditional foot trails. Whistle Bend, Range Point, Marwell, Porter Creek, Takhini, the university, all would use a riverside trail to connect to downtown. Not only a transportation corridor, this would be a significant linear recreational destination, popular for neighbourhoods along the way and also for tourism.

The TMP refers to location efficiency, working close to where you live. Recreation equity is a quality of life issue. The TMP should also consider location efficiency as living with walkable access to recreation. Downtown planning needs a recreational network that includes meaningful access to greenspace.

Tourism

Visitors seek authentic interactions; want to participate, learn, be active rather than passive consumers of entertainment or demonstrations. They want active engagement through shared experience, discovery and adventure often centred on Aboriginal understanding and knowledge of nature ...

Canadian Tourism Commission, 2015 presentation to TIA Yukon

Tourists like to do what locals do — things we create for ourselves, can work for tourists. They want safe, authentic experiences in nature and they want to know more about First Nation cultures. Some visitors currently use the Hospital-Long Lake trails, especially hospital visitors.

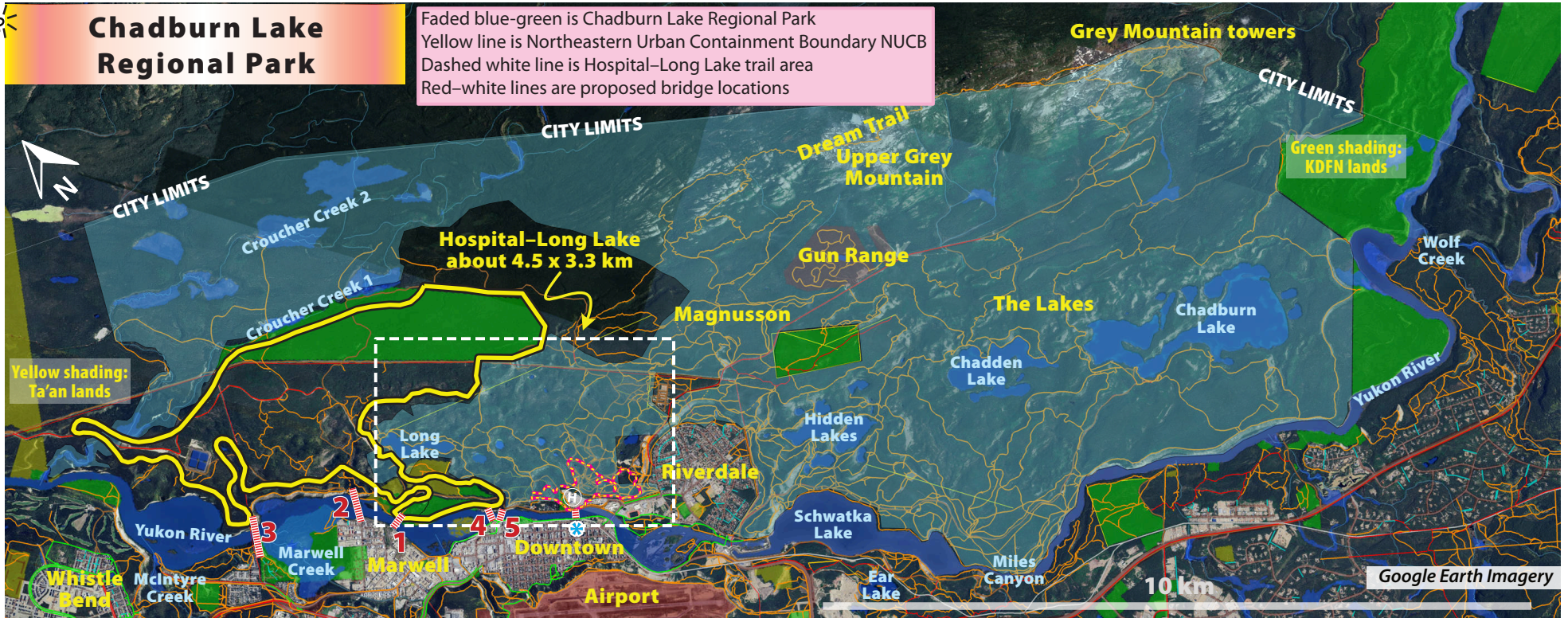
This footbridge will *enhance the downtown core reflecting its place as the centre of our Capital City*, a lively Main St.-kind of downtown, with a bridge beckoning to walk the high escarpment and trails across the river. This is especially fitting for a *Winter Wilderness City*, always happy to extend its tourist season into fall and winter. Staying downtown, and going snowshoeing, hiking, biking will be compelling.

Walking should be a stay-another-day focus for visitors to Whitehorse. For example, the [Canadian Volkssport Federation](#) promotes non-competitive participation in fitness walking. Members are in over 50 countries and walk self-guided Permanent Trails (local featured trails). The club looks for good 5-, 10-km trails, well signed, with clear descriptions. See [Whitehorse Permanent Trail #283](#). Looking at walking, we could have a [walking festival](#) here.



Chadburn Lake Regional Park

Faded blue-green is Chadburn Lake Regional Park
Yellow line is Northeastern Urban Containment Boundary NUCB
Dashed white line is Hospital-Long Lake trail area
Red-white lines are proposed bridge locations



Chadburn Lake Regional Park

Vision...places and spaces that inspire and motivate ... discover, enjoy, and value the natural world through outdoor recreation; that protect the integrity ... and that provide the foundation of Whitehorse's unique wilderness character and quality of life.

Goal #2: Promote outdoor recreation for human health and wellness **Action 2.1.4:** To provide low intensity recreational opportunities that will have minimal impact on the park's natural environment. **2017 Chadburn Lake Management Plan**

Create more accessible connections to access Grey Mountain trails within Chadburn Lake Park **City of Whitehorse, 2020 Trail Plan**

Nestled in our largest park, Chadburn Lake Regional Park, the Hospital-Long Lake trail network (dashed white line) has stillness, a sense of peace, of awe, a river, mountains, vast views, lakes, ponds, cliffs, ridges, open south slopes, forest, and fascinating kettle and kame glacial topography.

While some might think it's pristine wilderness, the tracks, old roads and trails here have long been walked by people.

Generations of First Nations have lived here over the millennia — the area shown in the above Google Earth image is entirely within First Nation traditional territories. Imagine guided walks that talk about what it was like as glaciers melted, creating huge lakes, then draining to create today's landscape, and how early people's nomadic lifestyles and ancient heritage routes adapted to these newly emerging lands.

City growth and Yukon River bridges

8,620 units and 18,964 people ... a low-density subdivision model
Northeastern Urban Containment Boundary (NUCB)
Pre-Feasibility Study: 2017 Final Report

Before the City starts building in the NUCB (yellow boundary on map), the study notes that we would need two new vehicle bridges (map red #s: 1,2,3) and possibly a pedestrian bridge (map #s: 4,5) at Shipyards Park. Once another vehicle bridge connects to the east side of the river, there'll be more traffic in Marwell, more traffic at Quartz-Industrial-Second-Fourth, even odder intersections, more parking needs, traffic jams, ...

The NUCB project is slated to be years away. The study says that bridges and west-side road works must happen first. Note that the

bridges discussed in this study are not the footbridge (map *) we need between the hospital and downtown.

The reason the TMP only sees a footbridge at the hospital in 2035-2040 is that it likely sees it as for this NUCB initiative, certainly a mistaken concept. With today's housing and worker shortages, social housing (both newly built and to be built), equitable recreation infrastructure is very important. The footbridge to the hospital accessing these special park within a park walking trails is needed today.

When the City develops the NUCB, recreational use of the Hospital-Long Lake area will grow. Having this special walking destination between the new subdivisions and downtown, supported by an iconic First Nation footbridge into downtown, would add to the vibrancy of downtown while encouraging less driving.

A special walking destination here might also lessen the strong pressure to expand recreational use further into the Croucher Creek lands as the city expands northward; nonetheless, we will need a recreation vision here today.



Building a Stronger Walking Community

Ice grips, poles, wildlife, tell people, 3 Words

Trail care, maintenance

Consider economic opportunities for trail development ...

City of Whitehorse, 2022 – 2024 Strategic Priorities

Goal #3: Support community stewardship, education, partnerships

Regional Parks Plan Strategies:

3.2.4: Explore volunteer trail and habitat steward, guided recreation activity, and BioBlitz programs.

3.2.6: Improve existing and develop new interpretation of natural and human history. **Chadburn Lake Management Plan**

Our park within a park — the Hospital–Long Lake area within the Chadburn Lake Regional Park — is all within Kwanlin Dün and Ta’an Kwächän Council traditional territories.

Contagious Mountain Bike and Klondike Snowmobile clubs are City trail stewards. There are motorized vehicle and bike network plans.

The City’s 2013 East Side trail consultation focused on motorized trails; Downtown Residents Association was not on the steering committee, nor have had an area trail task force.

There’s no plan for improving walking — walkers have no easy leverage, no society of walkers. Some things need bigger effort than clearing downed trees and encroaching branches. Improving trail access points and sidehill trails will encourage more walking in all seasons. So, how do we do this?

The big picture

Walking is a very low impact activity and is a natural use, a healthy connection to the land. Generations of First Nation people have been walking here for thousands of years.

City: Official designated trails. The City trail budget is tiny.

In this neighbourhood trail area, official City trails don’t always meet the needs of walkers (abilities, times). Loops are quite long with no easy shortcuts. Official trails don’t have safe all-season access to the escarpments. In one place, a trail is designated as 1-way for bikes rather than building a bypass or switchback. Icy trails can block an area if you don’t know the other trails. There’s minimal signage.

As part of the City’s Climate Change Action Plan, sidehill trails

and switchbacks should have all-season re-edging; for example, the Alsek/Lewes trail entrance desperately needs help!

Yukon Government: With a mandate for mental and physical health, access trail work along all the health, education-related buildings lining Hospital Road could involve the Yukon Government. Improving trail access would facilitate both short healthy walks by staff and respite walks for clients and family; for example, an enticing entrance for the start of Old Road #1 at the hospital. Building a scenic, inclusive trail, with benches, between the Thompson Center and Crocus Ridge residence (behind the buildings above Wickstrom Road) would encourage safe outings with walkers and wheelchairs.

KDFN: A staircase to access the Hospital Ridge Trail, or trail reroute to east end of that ridge?

Opportunities exist in naming and signage. Many walk names are placeholders. We need a simple multi-lingual signage system with nature words/icons, maybe animals, birds or plants, and maybe a numbering scheme to identify specific major points like complex intersections. More prominent kettles could be named, or may even have existing names.

Pedestrian bridge

The pedestrian bridge from the hospital to the VRC will require land. YG and the city, control lands at both ends.

The business community and service clubs (Rotary Centennial Bridge), has a vested interest in a strong downtown, especially service businesses, utilities, development corporations;

Government and reconciliation! Climate change action plans should see walkability, density, less driving as desirable. City tourism can feature downtown stay-another-day activities.

Downtown south’s major home owner, Yukon Housing, could use recreation equity in providing access to nature for its tenants, Being a major bridge backer would certainly contribute to ensuring their tenants have healthy neighbourhood recreation.

Community stewardship

A First Nation Education Commission large nature-based initiative around walking trails could instill a tremendous



amount of pride and provide real opportunities, built on traditional knowledge, that could develop engaging, meaningful land-based employment skills.

Could community associations (ie, Riverdale North–DRA) co-adopt a park’s trail area? They don’t have authority or resources to do trail work, but they have lots of local knowledge.

What about schools (Riverdale high schools, Wood St. experiential ed programs)? Are there other youth trail groups? YG’s Y2C2, Guides, Scouts, Cadets? Groups like YCS have nature walks and Yukon University could deliver land-based science, management courses.

Mostly Riverdale and downtown residents use many of these trails. In winter, some trails get well used, some are groomed, and become easier to follow. Local residents using hospital trails make it easier for hospital people to walk these trails.

As whitehorseWalks, I try to make appealing walks, easier to understand, especially for hospital needs. This booklet is to introduce others to being in nature, walking in the woods, sharing opportunities for families to be out in nature.

1. Hospital Healing Walk — 5.1 km, 1.75 hr

**Recreation, Respite, Reconciliation,
Health, Community Growth, Tourism**

Respect hospital parking, start at other trail access points if possible.



1. Start at the south end of the hospital's visitor parking lot where rutted Old Road #1 goes up the hill. As the road levels out above, bear right and follow the unmarked Long Lake Trail as it climbs up the ridge on the right. Go along the ridge, passing the wooden bench overlooking Crocus Ridge Residence and the Yukon River. *If icy, turn left at the bypass and go to the 6-way junction.*
2. Continue along the ridge, going past the Long Lake Ridge signpost at the top of the connector switchback, until the trail splits uphill to the left, climbing to the scenic top of Crocus Hill.
3. You'll see mountains, sand hills, the airport escarpment, sports fields, three schools, Riverdale... Go downhill as the trail heads east over the sand hills. At the bottom of the first dip, take the trail on the left above a kettle (*trail can be slippery*). At the 6-way junction, take the second trail on the right. Stay left on the main trail as it weaves through the woods until it comes out at the wide Old Road #3.
4. Turn left and follow Old Road #3, taking the first trail on the left, following as it heads uphill to a T-junction. Turn left. Continue, taking the second intersection on the right; follow the road as it descends the hill. Just before a trail comes down on your left, look for a path on your right going back uphill into the trees. Take it.
5. Follow the path through the forest until it comes out in the open above Pot Hole kettle. Just past the wooden bench, turn right and go uphill on the rutted road. Turn right at the T-intersection, and follow to the first, unmarked intersection on your left, the BT connector.



6. Turn left and go along this connector trail, heading downhill, crossing Old Roads #3 and #1, until you come out at the golf fairway and the Broken Truck signpost. Turn left onto the fairway and keep going ahead and downhill. About 60 m after passing a side road splitting downhill on the left, there will be a small trail going uphill on the right. Take it.
7. Follow the trail uphill, crossing over the hill and descending on the other side. Just as you start up the next hill, take the small side trail on your right. You'll come out at the Long Lake Ridge Trail. Cross and go downhill, eventually coming out at Old Road #4 behind the hospital. Cross and go uphill, intersecting a small trail just inside the trees at the top of the slope. Turn right.


8. Follow the trail going uphill, staying at the top of the slope above the valley with Old Road #4. The trail will bear left as you go higher, passing above a steep slope on your right. You'll come out on Old Road #4 again. Turn left and follow until it intersects the Hospital Ridge Trail over downtown.
9. Turn left and follow the ridge trail until you come to a telephone pole. Turn left and follow the trail going left and down to the back hospital parking area. *The rough descent trail can be icy or muddy, try bypass route if needed.*
10. Turn right at the back hospital entry road and continue down to Wickstrom Road. Just after the road sign for the ascending hospital road, turn up the small trail on the left, going below the overhanging patio. Follow it to the parking lots.

Check in: Do you feel better than when you set out?



A: 1–2 km (~ 1 mi), ~ .75 hr

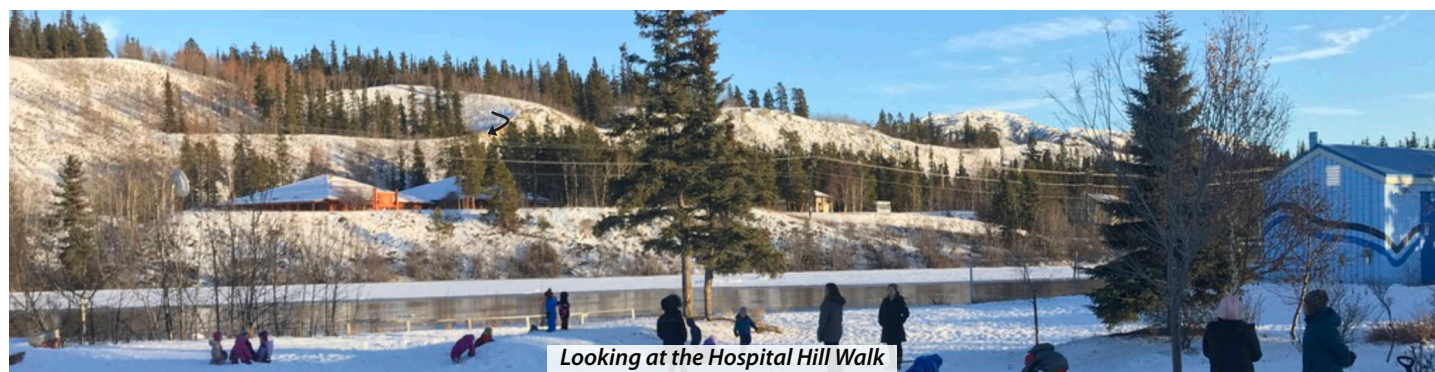
2. Hospital Hill — 1.6 km, .75 hr

Respect the hospital's parking needs, start at other trail access points if possible. 


1. Start behind the hospital. A gentler access is going up the slope to the right of the signposted trail access. Follow the trail on the ridge above the parking until it turns right onto the main Hospital Ridge Trail. (*The rough access trail can be icy or muddy; try bypass route if needed.*)
2. Follow the trail across the top of the hill and along the escarpment edge. Continue about 330 m until you see a trail branch off to the left (it's about 90 m before Old Road #4 on right).
3. Follow it down across the slope until you come to the edge of the church parking lot.
4. Bear left and follow Wickstrom Road along the river until you pass the mail boxes. Watch for a trail that goes left uphill. Take it up the slope, and along the road to the back of the hospital.



L: White spruce (*Picea glauca*)
R: Subalpine fir (*Abies lasiocarpa*)




Looking at the Hospital Hill Walk

 A: 1–2 km (~ 1 mi), ~ .75 hr

3. Stay Close — 1.4 km, .75 hr



Gorman's Beardtongue (*Penstemon gormanii*)

Respect the hospital's parking needs, start at other trail access points if possible. 

1. Start behind the hospital, at the north end of the staff parking lot where the remnants of Old Road #4 are hidden behind storage piles. On the left side of a tented enclosure, there's a small trail in the woods that meets the road; it bypasses the dirt pile blocking the end of the road.
2. Follow Old Road #4 for about 50 m, where you'll see a trail crossing the road.
3. Turn left and follow it up the side of the hill where you'll intersect a small trail just inside the big trees at the top of the slope.
4. Turn right and follow the trail climbing up along the top edge of the slope, keeping to the




right as you continue above Old Road #4. As you come into the trees, the trail will turn left. Continue climbing, staying near the edge and passing above the large steep slope on your right. You'll come out on Old Road #4 again.

5. Turn left, following until the road intersects the Hospital Ridge Trail overlooking downtown.
6. Turn left and follow the ridge trail until you come to a telephone pole.
7. Turn left and follow the trail bearing left and down to the back hospital parking area. (*The descent trail can be icy or muddy or slippery; try the bypass route if needed.*)



Coyote (*Canis latrans*)

 A: 1–2 km (~ 1 mi), ~ .75 hr

4. Silence

— 1 km, .5 hr



Mule Deer (*Odocoileus hemionus*)



One-sided wintergreen (*Orthilia secunda*)
Pink-flowered wintergreen (*Pyrola asarifolia*)



- Respect the hospital's parking needs, start at other trail access points if possible.*
1. At the south end of the hospital's visitor parking lot, look for the metal pipes making an entrance to the rutted Old Road #1 going up the hill. Follow it up for about 30 m until it starts to level out.
 2. Stay straight ahead as you pass the unmarked Long Lake Ridge Trail.
 3. Turn left at the old road going down into the kettle.
 4. Watch out for the 3 old metal fence posts on the left of the road; they're a hazard. Follow until you come out on the steep slope above the bowl.

5. This is the wartime ski jump area. It was also one of the greens in the abandoned Grey Mountain Golf and Country Club. Bear right down the slope and at the bottom, turn into the road on your right. Follow it.
6. You'll be at the intersection with the steel posts. Turn left and go back uphill. Then turn right and follow Old Road #1 back down to the parking lot.



Transverse Lady Beetle
(*Coccinella transversoguttata*)



A: 1–2 km (~ 1 mi), ~ .75 hr

5. Garden — 1.8 km, .75 hr

Respect the hospital's parking needs, start at other trail access points if possible.


1. Start at the south end of the hospital's visitor parking lot where the rugged start of Old Road #1 goes up the hill. As the road levels out above, go straight ahead, passing the unmarked Long Lake Ridge Trail as it crosses.
2. Take first road on right as the path levels out.
3. Turn left at first crossing, going down into the kettle; note the small fence along the steep road.
4. At the bottom, go into the meadow, bearing right to leave the meadow. The road up the slope is pretty steep so take it as a switchback. At the top is a T junction.
5. Turn right and follow the road down and around the kettle until it intersects with Old Road #1.
6. Turn left and go down into the visitor parking lot.



Road up leaving kettle



Tall Larkspur (*Delphinium glaucum*)

 A: 1–2 km (~ 1 mi), ~ .75 hr

6. Ski Bowl — 1.8 km, .75 hr



Ski Bowl, ca. 1940s, #9016;
YA, James Y.G. Quong fonds, 2006/140 #1-5-553



Out of the wind, a lodgepole pine
(*Pinus contorta latifolia*)

*Respect the hospital's parking needs,
start at other trail access points if possible.*

1. Start at the south end of the hospital's visitor parking lot where the rugged start of Old Road #1 goes up the hill.
2. As the road levels out above, go straight ahead, passing the unmarked Long Lake Ridge Trail. Bear right as the path levels out and then bear




left. When you come to a three-way intersection, take the left road going down into the kettle.

3. Watch out for the 3 old metal fence posts on the left of the road. Follow until you come out on the steep slopes above the bowl below.
4. This was a 1940s ski jump area. Go downhill and slowly bear left across the small meadow and onto the old road going up across the base of the slope. The meadow was one of the nine greens from the 60s-70s abandoned Grey Mountain Golf and Country Club here.
5. At the top of the hill, you'll come out at an intersection of six trails and roads. Take the second road on your left. This may have been

a service road for the golf course. (The third road on the left goes down into a kettle; this route is likely the fairway with a green at the bottom. It rejoins the service road above.) After about 160 m look for the small trail going off uphill on the left. Take it.

6. Stay on the trail as it goes up over the top of the hill and then descends the other side. Just as you start up the following hill, take the small side trail on your right. You'll come out at the Long Lake Ridge Trail.
7. Continue across, going downhill until you come out on Old Road #4 behind the hospital.
8. Turn left and watch for a small trail to your right that leads over to the staff parking area.

 A: 1–2 km (~ 1 mi), ~ .75 hr

7. Tranquility — 1.6 km, .75 hr

Respect the hospital's parking needs, start at other trail access points if possible.

1. Just before the south end of the hospital's visitor parking lot, look for the start of Old Road #1 going up the hill to your left. Follow the road up for about 30 m until it starts to level out.
2. At the unmarked Long Lake Ridge Trail, turn right and follow it up onto the ridge as it goes south over Hospital Road and the Crocus Ridge residence. You'll pass a nice well situated bench, great for a few moments of peaceful gazing over the river scene in front of you. After another 160 m you'll come to a trail to the left.
3. Take this and follow for about 75 m; take the small trail to the left that goes downhill (be careful as this section is sometimes slippery). It shortly come to a T-junction where you turn right onto a wide road.
4. Just opposite, there's a small trail that leads uphill into the woods. Follow it for about 90 m until it cuts a wide track. Cross and the trail continues a further 150 m through the forest.
5. Follow this trail 100 m as it goes along the open slope, coming out by a bench above Pot Hole kettle, named by locals back when this was a popular recreation area. It was likely a good tobogganing spot before becoming overgrown.


Sitting on the little bench, it's hard to believe that you're 7-8 minutes from the hospital front door!

While the area was popular in earlier days, since the generating capacity of the dam was increased, and with climate change, the river no longer freezes enough to cross, making this area much less usable from downtown. It does show that with a footbridge from the VRC to the hospital, that it would be used! Downtown residents would once again have access to nature trails,



6. Continue, crossing the old road coming up the hill. Going down is rocky and slippery. Cross and follow the trail straight ahead as it slowly curves uphill to meet a wide track.
7. Continue of this track, cross the wide track heading downhill and taking a small trail for about 80 m until the next wide track where a few trails come together.
8. Turning left, take the road that heads gradually downhill in the same direction you came from.
9. After about 225 m, you'll come out to a T-junction. Turn right and follow this until it comes out on Old Road #1; follow it down to the hospital parking lot.




 A: 1–2 km (~ 1 mi), ~ .75 hr

8. Crocus Hill — 1.8 km, .75 hr



Porcupine sign

Respect the hospital's parking needs, start at other trail access points if possible. 

1. Start at the south end of the hospital's visitor parking lot where the start of Old Road #1 goes up the hill. Continue ahead, crossing the unmarked Long Lake Ridge Trail. Follow the sandy bank on your right as it shortly turns into a road on the right.
2. Follow the road along around Pot Hole kettle. As it gradually climbs, you'll pass a couple of wide trails that come from above on the right and go down into the kettle. These were used as toboggan runs. Just as the road curves uphill to your left, you'll see a trail that comes down from the right.
3. Turn right and follow this trail up the hill. At the first junction turn right and then quickly go left.



After about 130 m, turn left at the intersection.

4. Follow the trail along the edge of a small kettle until you come to a 6-way intersection. (From this point to just above the switchback above Hospital Road, the trail can be slippery or icy. Try the bypass trails if this happens.)
5. Take the second trail on your right, crossing the slope above a deep kettle, coming out at the base of a small hill.
6. Turn right and go to the top of Crocus Hill.
7. Follow the trail downhill towards the hospital. Keep on the main trail along the edge until it comes out on Old Road #1.
8. Turn left and go down to the visitor parking lot.



Hospital and Hospital Hill from Crocus Ridge



B: 2–3 km (~1.5 mi), ~1 hr

9. Rim of the Ravine — 2.7 km, 1 hr

Respect hospital parking, start at other trail access points if possible.

1. Start at the north end of the staff parking lot behind the hospital where the entrance to Old Road #4 is hidden behind storage piles. On the left side of a tented enclosure, there's a small trail going into the woods that will meet the road, bypassing the dirt pile blocking the end of the road. Follow Old Road #4 about 50 m and you'll see a trail crossing the road.
2. Turn right and follow it about 170 m up the side of the hill until it intersects a small trail on your left.
3. Turn onto the left trail and follow it until it connects to the Long Lake Ridge Trail. Turn left. Continue ahead, passing by the small 'to Broken Truck' sign on the trail to your right.
4. As you cross above the open slope, you'll pass by another small side trail, on your left, going down the steep slippery slope. Note the wide views here. Continue ahead as the Long Lake Ridge Trail soon descends the hill. There'll be a Hospital Ridge Trail signpost on your left.
5. Turn left and follow the connector trail until it comes out on a bit of old road below the hill. Turn right and follow the trail straight ahead. Old Road #4 will soon merge with you on your left. Next, watch for a small trail on your left.
6. Turn left and follow the trail down the slope for about 200 m until it branches right, passing through some larger trees. Continue along above the edge of the slope for about 200 m until a trail branches on the left.
7. Turn left and follow the trail downhill until it intersects Old Road #4. Turn right and follow the road, taking a small trail on your right that will bring you out into the staff parking lot where you started.





B: 2-3 km (~1.5 mi), ~1 hr

10. Little Broken Truck — 2.9 km, 1 hr

Respect the hospital's parking needs, start at other trail access points if possible.

1. Start at the south end of the hospital's visitor parking lot where Old Road #1 goes up the hill.
2. As the road levels out, it crosses the unmarked Long Lake Ridge Trail. Continue straight ahead up the dirt track to the T-intersection at the top.
3. Turn right and follow to the first intersection on your left, the unsigned BT connector.
4. Turn left and go down the connector, crossing Old Roads #3 and #1. You'll next come out to the golf course fairway and a signpost marking the start of Broken Truck.
5. Continue ahead. Bear left at the signpost marking the start of Boogaloo Lakes. (At the right time of year, you'll hear frogs in the kettle below on your right.) Shortly, at the top of a hill overlooking the big kettle pond on your right, there's a signpost for the Long Lake Ridge Trail.
6. Turn left and follow this connector trail up until it intersects Long Lake Ridge Trail.
7. Turn left and follow about 400 m until a small clearing on your right with a trail going downhill. Go down until the first intersection.
8. Turn right and follow the trail until it comes out at Old Road #4.
9. Turn left and there'll soon be a small trail on your right heading into the back parking area.



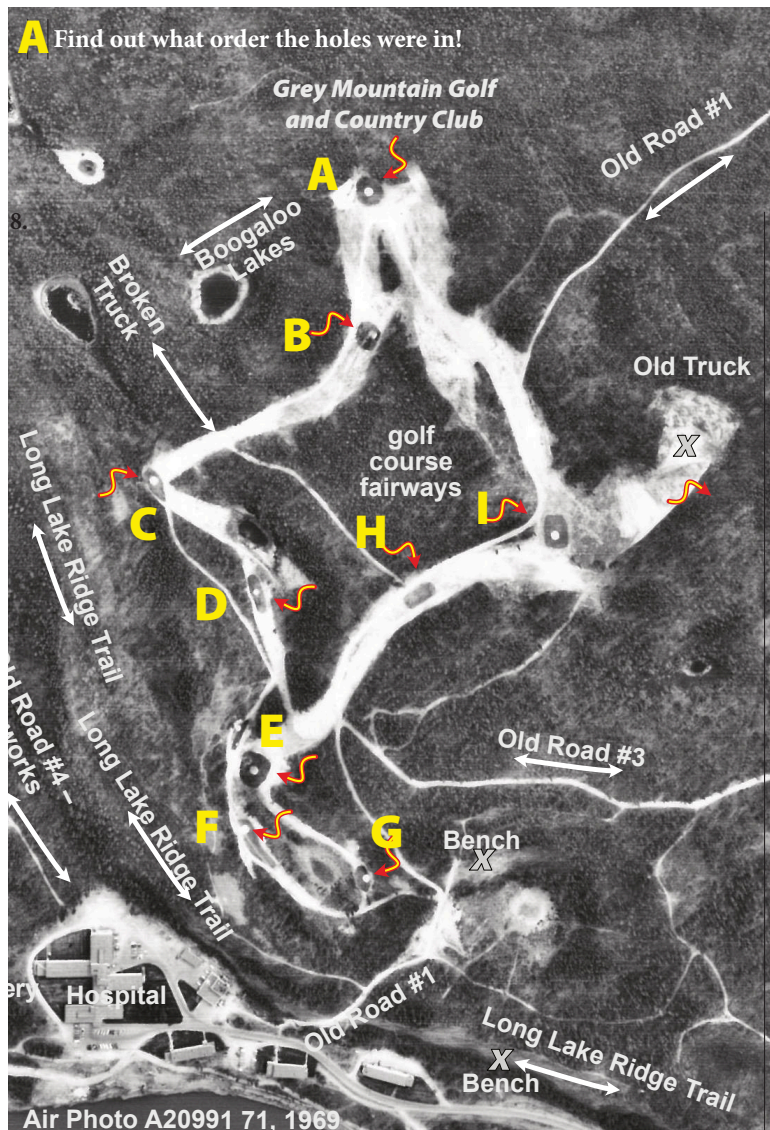


B: 2–3 km (~1.5 mi), ~1 hr

11. Golf Course — 2.5 km, 1 hr

Respect hospital parking, start at other trail access points if possible.

1. Start at the south end of the hospital's visitor parking lot where Old Road #1 goes up the hill. As the road levels out above, go straight ahead, crossing the unmarked Long Lake Ridge Trail. Follow the path back towards the hill ahead.
2. Turn left at the old road going down into the kettle. Watch out for the 3 old fence posts on the left of the road. Follow until you come out on the steep slope above the bowl.
3. This was the 1940s ski jump area. Go downhill and slowly bear left across the small meadow towards the old road across the base of the slope. The meadow was the grass green. Follow the road up the side of the hill.
4. At the top of the hill, you'll come out to an intersection of six trails and roads. Take the second on your left. This was a service road for the golf course. (The third road on the left goes down into the kettle; this route is the fairway with a green at the bottom.) The service road rejoins the fairway ahead. Continue, passing the signpost marking the start of Broken Truck.
5. Follow the fairway/road for about 315 m until the main road bears right at a junction. (Ahead and off to the left is another golf green and connections to the the Boogaloo Lakes trail).
6. For this loop, continue going right along the road as it slowly goes up the low hill. When the road presents three choices, take the middle road and you'll connect to Old Road #1.
7. Turn right and follow the road downhill as it curves to the right along the foot of the hill on your right. Continue past the Broken Truck connector trail and the road will come out above the Ski Bowl kettle.

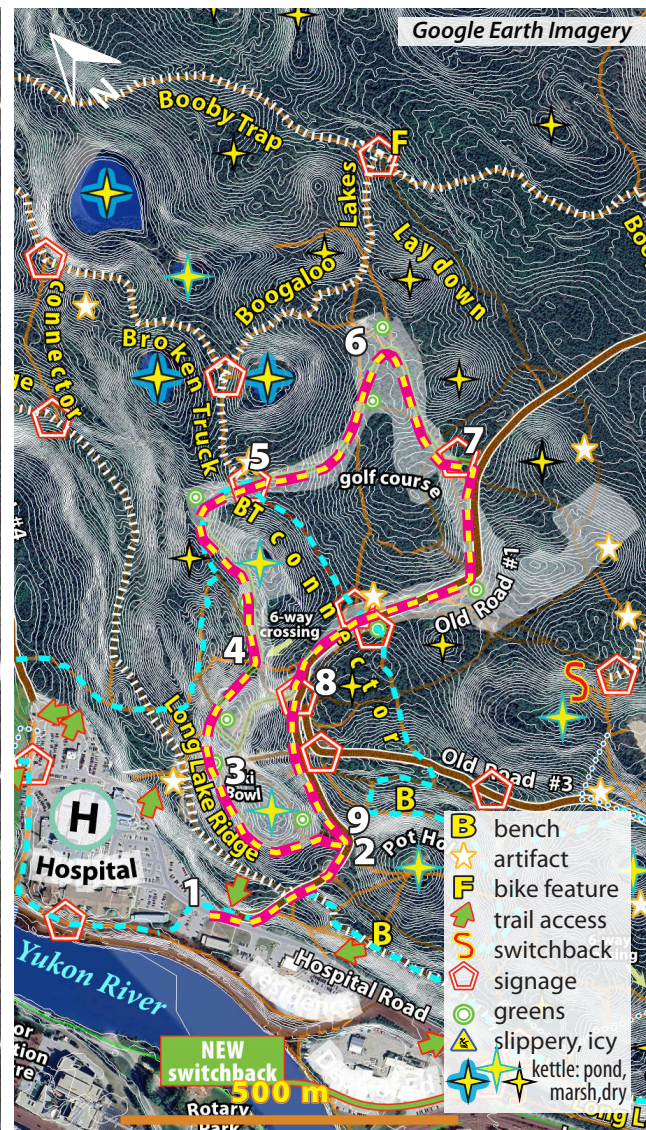


Continue ahead on Old Road #1, passing a couple of roads going down into the bowl. Follow the road down the side of the hill, where you'll find yourself at point #2 where you went down into the golf course.


9. Continue following Old Road #1 back to the parking lot.

This wide loop has many possibilities. As well being a wide, conversational loop from the hospital, there's a possibility of grooming for skate skiing, fat tire, kick sleds and of course, walking. It may also have a more direct connection, using Old Road #3, to the 'V' near Riverdale.

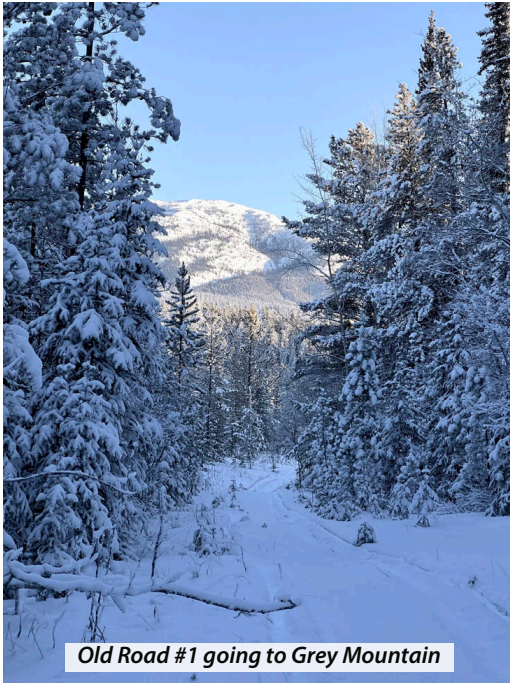
Would a disc-golf course work here? Would have to be shared.



Showy locoweed (*Oxytropis splendens*)

 **B:** 2–3 km (~1.5 mi), ~1 hr

12. Relativity — 2.2 km, 1 hr



Old Road #1 going to Grey Mountain

*Respect hospital parking,
start at other trail access points if possible.*

1. Start at the south end of the hospital's visitor parking lot where Old Road #1 starts up the hill. Continue ahead, crossing the unmarked Long Lake Ridge Trail. Shortly the sandy bank on your right bends right beside a road.
2. Follow this road along around Pot Hole kettle. As it gradually climbs, you'll pass a couple of trails that come from above on the right and go down into the kettle. These were toboggan runs. As the road bends left, a trail comes down from the right at a T-Junction; on the left side a small trail leads up into the forest.
3. Take this small trail; it'll stay mostly level until it come out on the open slopes above Pot Hole kettle. Continue past the small wooden bench,



crossing the steep road. Continue on the other side and the path will come out on a dirt track.

4. Continue forward about 50 m until you come on Old Road #3. Cross the road and look for a road coming in on your right. Turn right and follow it down about 300 m passing a large kettle on your right. You'll come out in a cleared area, part of the old golf course.
5. Follow the trail heading left over to the road curving around the base of the hill. This is Old Road #1. Turn left and follow this road all the way back down (about 800 m) to the hospital parking lot.



Old logging roads are perfect for socializing



B: 2–3 km (~1.5 mi), ~1 hr

13. Lots of Kettles — 2.7 km, 1 hr

Respect hospital parking,
start at other trail access points if possible.



1. Start at the south end of the hospital's visitor parking lot. Take Old Road #1 up the hill. Cross the unmarked Long Lake Ridge Trail and continue on the road ahead, passing the road on the right and a trail on the left. You'll be walking along the top edge of the kettle on your right.
2. When you come to a three-way intersection, take the middle road going left up the side of the hill. At the top is an open spot where you can look down into the kettles.
3. Turn right and quickly bear left across the wide intersection with Old Road #3. On the other side of the road take the track coming in on your right. Follow it through the woods, passing the unsigned BT connector and then a small kettle on your left. After the large kettle on your right, you'll come out in a cleared area with many roads and shortcuts, part of the old golf course. Directly across is another kettle.
4. Bear right and connect with a track heading to the right. Follow it up to the signpost showing the start of Lower Boogaloo.
5. Turn right and follow Lower Boogaloo switchback down the hill. At the bottom bear left to a sidehill trail. Over the next 200 m, Lower Boogaloo ascends about 25 m on this sidehill trail .
If the sidehill section is slippery, take the bypass trail going straight up the hill.
6. Cross the wide Old Road #3 and follow Lower Boogaloo into the forest; note the kettle on your right. Keep to the right until you come to a six-way intersection.
7. Take the second trail on your left that crosses the slope above a kettle. (*This section needs re-*



eding so be careful when slippery. If icy, take the bypass trail that also gets you around the icy trails surrounding Crocus Hill.) You'll come out at the base of a two small hills. Turn right and go up to the top of the scenic Crocus Hill.

8. Follow the trail to the right going down the hill. (*The section of Long Lake Ridge Trail above the switchback and over to Crocus Hill can be a ribbon of ice. Take the bypass shown on the map.*) Keep on this trail along the ridge, passing above the Pot Hole kettle on your right, until it comes out on Old Road #1. Turn left and go down to the visitor parking lot.



Yukon Lupine (*Lupinus kuschei*)




B: 2–3 km (~1.5 mi), ~1 hr

14. Dunes 'n Ridges — 2.9 km, 1 hr



Fall on the Grey Mountain Road

Respect hospital parking, start at other trail access points if possible. 

1. Start at the south end of the hospital's visitor parking lot where the start of Old Road #1 goes up the hill. Continue ahead, crossing the unmarked Long Lake Ridge Trail. A goes off to your right alongside the sandy bank.
2. Follow this road passing above Pot Hole kettle. As it gradually climbs, you'll pass a couple of cross clearings used in the '40s as toboggan runs. Just past a side trail that comes down from the right, follow the road as it curves uphill to the left. You'll come to a T-junction with a trail coming down the hill on your right.
3. Turn left and keep ahead until the road bends to the right. Pass by the first trail on your right.
4. Follow the road as it bends right, going downhill and eventually coming out to the wide open Old Road #3.
5. Stay on Old Road #3, crossing Lower Boogaloo. Take the road on your left going up the slope to the City's fenced-in pump house; follow left on the road as it passes above the slope over the Snow Dump Pond kettle to the gated entry.
6. After the gate, turn right up the slope, quickly looking for the lower cross trail. It stays along the same contour line, dipping at the V, and gradually going up to the top of Crocus Hill.
In the winter, if the lower trail across the first dune is snowed in or icy, follow the trail up and




across the top (bypass line on map) or go up the diagonal trail in the middle. Go down off the back edge and keep left on the trails at the pump house, eventually ending up in the V.

For the second dune, there's a safer non-icy route going down the other side of the dune. Stay on snow along the edges to get up to the top of Crocus Hill.

7. Turn right and down, following the trail along the escarpment edge until you come to the road going down to the hospital parking lot. If it was icy to get to Crocus Hill, it may be icy on the Long Lake Ridge Trail. See the bypass trail on the map for a route to try.



Sand dunes, viewed from Grey Mountain Road

 C: 4–5 km (3 mi), ~1.5 hr

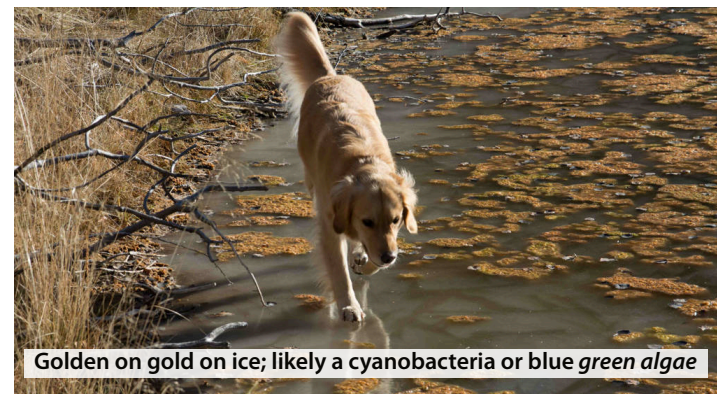
15. Broken Truck — 5.2 km, 1.75 hr

*Respect the hospital's parking needs,
start at other trail access points if possible.*


1. Start at the south end of the hospital's visitor parking lot where the start of Old Road #1 goes up the hill. Continue ahead, crossing the unmarked Long Lake Ridge Trail. A road bends right alongside the sandy bank on your right.
2. Follow the road along around Pot Hole kettle. As it gradually climbs, you'll pass trails that come from above on the right and go down into the kettle. These were toboggan runs. Just past a trail that comes down from the right as a T-Junction, turn left. This small trail goes up into the forest and stays more or less level until it come out on the open slopes above the Pot Hole kettle, with a small wooden bench.
3. Just past the bench, turn right and go uphill on the rutted old road. At the T-intersection, turn right and follow to the first intersection on your left, the unmarked BT connector.
4. Turn left. Continue down the connector, crossing Old Roads #3 and #1, until you come out at the golf fairway and the signpost marking the start of Broken Truck.
5. Continue ahead, passing a signpost over a large kettle lake. Continue along the top of the kettle. You'll soon pass the signpost for Booby Trap on your right. Stay going ahead on Broken Truck, eventually passing the truck itself, and shortly after that arriving at the Long Lake Ridge Trail.
6. Cross and take the signed easier route (less steep and rocky). At the top, continue and after 250 m, you'll be presented with small, easier route bypass on your left; however you'll miss an almost 360° viewpoint when there's no tree leaves! (If doing in the opposite direction, note the easier route sign is well hidden!) Continue ahead to the next signed trail intersection.




7. Stay ahead on the Long Lake Ridge Trail as it crosses over another large open slope with vast views. Soon you'll be passing above the hospital and will come to Old Road #1.
8. Turn right and go down to the visitor parking lot.



Golden on gold on ice; likely a cyanobacteria or blue green algae

 C: 4–5 km (3 mi), ~1.5 hr

16. Booby Trap — 5.0 km, 1.75 hr

Respect the hospital's parking needs,  start at other trail access points if possible.

1. From the south end of the hospital's visitor parking lot go up Old Road #1 until it levels out and intersects the unmarked Long Lake Ridge Trail.
2. Turn left and follow the Long Lake Ridge Trail as it climbs above the ski bowl. In about a kilometer there'll be a small connector side trail on your right labelled 'to Broken Truck.'
3. The connector to Broken Truck descends to a view of a pretty kettle lake. The connector is a bit steep, so watch your footing. At the signpost, go left as Broken Truck follows above the kettle lake. Continue until the signposted Booby Trap.
4. Turn right and follow it to the next intersection, marked by a signpost for Boogaloo Lakes.
5. Turn right onto Boogaloo Lakes and follow it until it intersects with Broken Truck. On the left side is a small kettle lake; in the spring, listen for the frogs croaking! Continue ahead, coming out at the signpost marking the start of Broken Truck. The wide clearing here dates back to when a few people tried to start a golf course here in the 1960s. Continue ahead along the unmarked BT connector.
6. You'll come out at a wide road, Old Road #1 which was incorporated into the golf course. Turn left, going past a yellow diamond trail sign. Very soon you'll branch over to the right. Keep on the main route past a variety of intersecting trails. Bear right to connect with a road heading to the right and going above a kettle. Follow it up to the signpost showing the intersection with Lower Boogaloo.
7. Turn right and take the Lower Boogaloo connector switchback down the hill. At the bottom follow the trail as it bears left to a



sidehill trail. Over the next 200 m, this sidehill trail ascends about 25 m.

If sidehill trail slippery, take the bypass trail going straight up the hill.

8. Cross over the wide Old Road #3 and follow the path opposite into the forest. Go straight ahead when you come to a six-way intersection. (*If icy, take the bypass trail that also gets you around the icy trails on the Long Lake Ridge Trail.*)
9. Turn right and stay along the edge on the unmarked Long Lake Ridge Trail until it comes out at Old Road #1. Turn left and go down to the visitor parking lot.



Wolf lichen (*Letharia lupina*)

C: 4–5 km (3 mi), ~1.5 hr

17. Trails Less Trodden — 4.3 km, 1.3 hr



Respect the hospital's parking needs, start at other trail access points if possible.

1. Start at the south end of the hospital's visitor parking lot where Old Road #1 goes uphill, passing the unmarked Long Lake Ridge Trail. Continue ahead until the 3-way intersection at the foot of the hill. Take the left road down into the kettle and then take the first right.
2. Follow the road, coming out into the bottom of the kettle. Bearing left, cut across the small meadow to the old road at the foot of the hill, following it all the way up to the top of the slope and the 6-way crossing there.
3. Go across and down along the kettle on the right, following the golf fairway. When you come back up the hill, turn right on the road and you'll soon be at the sign for Broken Truck.
4. Continue along the fairway road for about 325 m until the road turns abruptly right.
5. Turn right following the road. After about 180 m, bear left across a small hill. At the back of the hill, follow the old road through the woods and up the hill, to the next intersection.
6. Turn left and follow the unmarked Laydown road above the kettle on the left until the 4-way crossing



with Boogaloo North (not on signpost), Booby Trap and Boogaloo Lakes.


7. Turn right on Boogaloo North going alongside the bike feature. Follow until it intersects Old Road #1.
8. Turn right and follow Old Road #1 back down the hill. About 10 m after the first road on your right, there's an old road on your left.
9. Turn left and follow this road as it curves down the hill. At the bottom it intersects with another old road. Turn left and follow it to a large clearing.
10. Continue ahead and slightly right through this area of multiple roads and trails to an old road above a kettle. Soon you'll intersect the unmarked BT connector. Turn left uphill and follow the trail, crossing Old Road #3

and coming out above a slope.

11. Turn right and when a road branches left, downhill, take it and follow until it comes into the visitor parking lot.



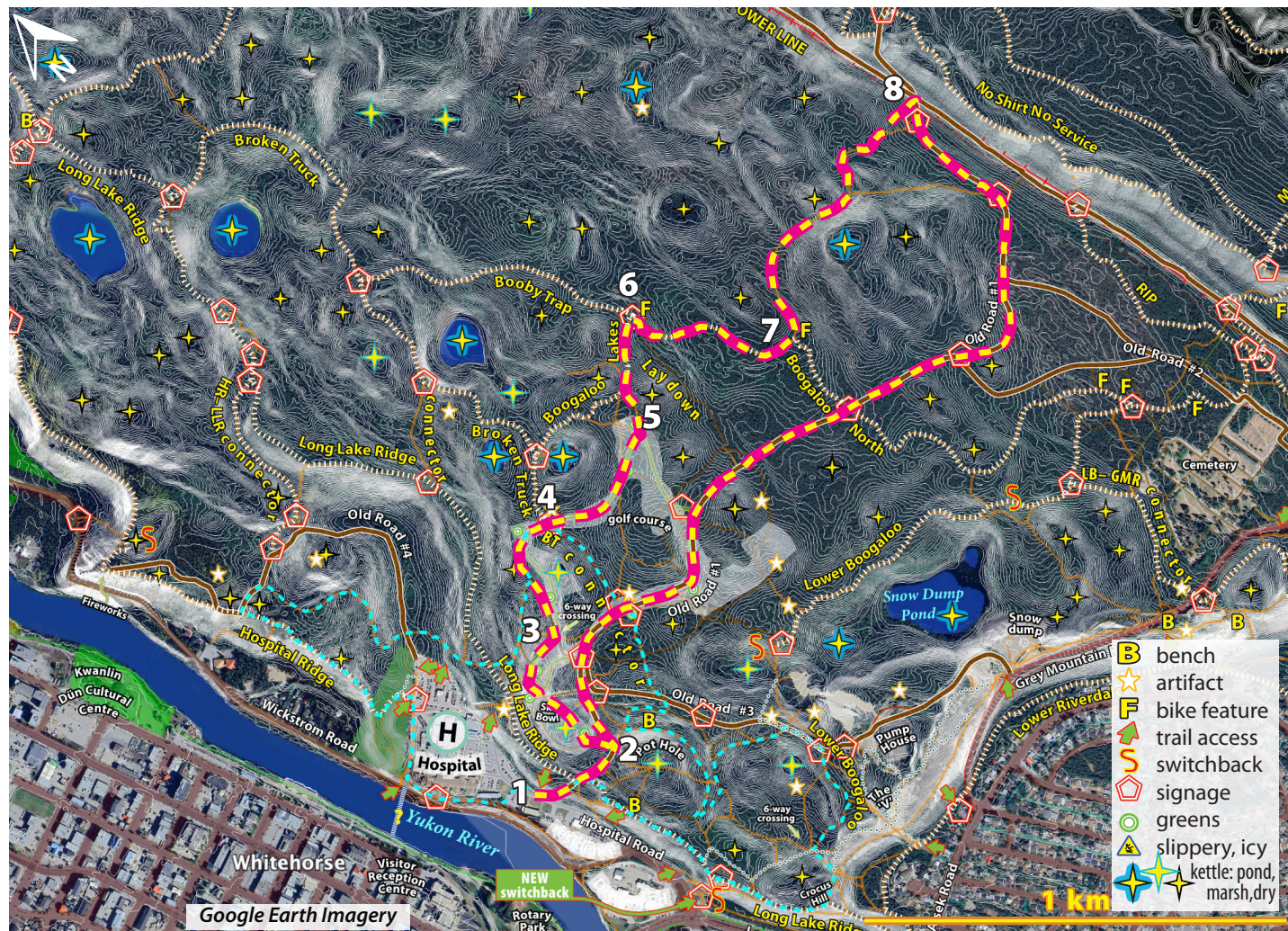
Star-flowered Solomon's Seal (*Maianthemum stellatum*)

 C: 4–5 km (3 mi), ~1.5 hr

18. Big Bowl — 5.4 km, 1.75 hr

Respect the hospital's parking needs,
start at other trail access points if possible.

1. Start at the south end of the hospital's visitor parking lot where Old Road #1 goes up the hill. As the road levels out, cross the unmarked Long Lake Ridge Trail and go straight ahead. Ignore the trail on the left.
2. Turn left at the old road going down into the kettle. Watch out for the 3 old fence posts on the left of the road. Take the second road on your right. Follow until you come into the bowl below the steep slopes. This was the 1940s ski jump area. Go downhill and slowly bear left across the small meadow towards the old road along the base of the slope. The meadow was once a golf course grass green.
3. At the top of the hill, you'll come out at 6-way intersection of trails and roads. Take the second road on your left. This seems to have been a service road for the golf course. (The third road goes down into the kettle; this route is likely the fairway with a green at the bottom. It rejoins the service road ahead.) Continue, passing the Broken Truck signpost.
4. Continue ahead along the fairway, for about 315 m until the main road bears right.
5. Off to the left is another golf green and a few trail connections to the the Boogaloo Lakes trail. Straight ahead and through some trees is an older track that goes downhill alongside a kettle. The trail intersects the Boogaloo Lakes trail. Turn right and follow it to the signpost for Boogaloo Lakes and Booby Trap.
6. Bear right along the bike feature and follow the Boogaloo North trail (not marked on signpost). After about 400 m, there's a small trail turning to the left.
7. Turn and follow this downhill and then uphill



as it slowly climbs above kettles on either side of it. Keep ahead as the trail comes out above the slope and works through the woods. Eventually you'll come out near where Old Road #1 meets the power line.

8. Turn right and follow Old Road #1, passing the signpost for Boogaloo North. Keep on the main road right down into the hospital's visitor parking area.



Soapberry - (l) female, (r) male (*Shepherdia canadensis*)

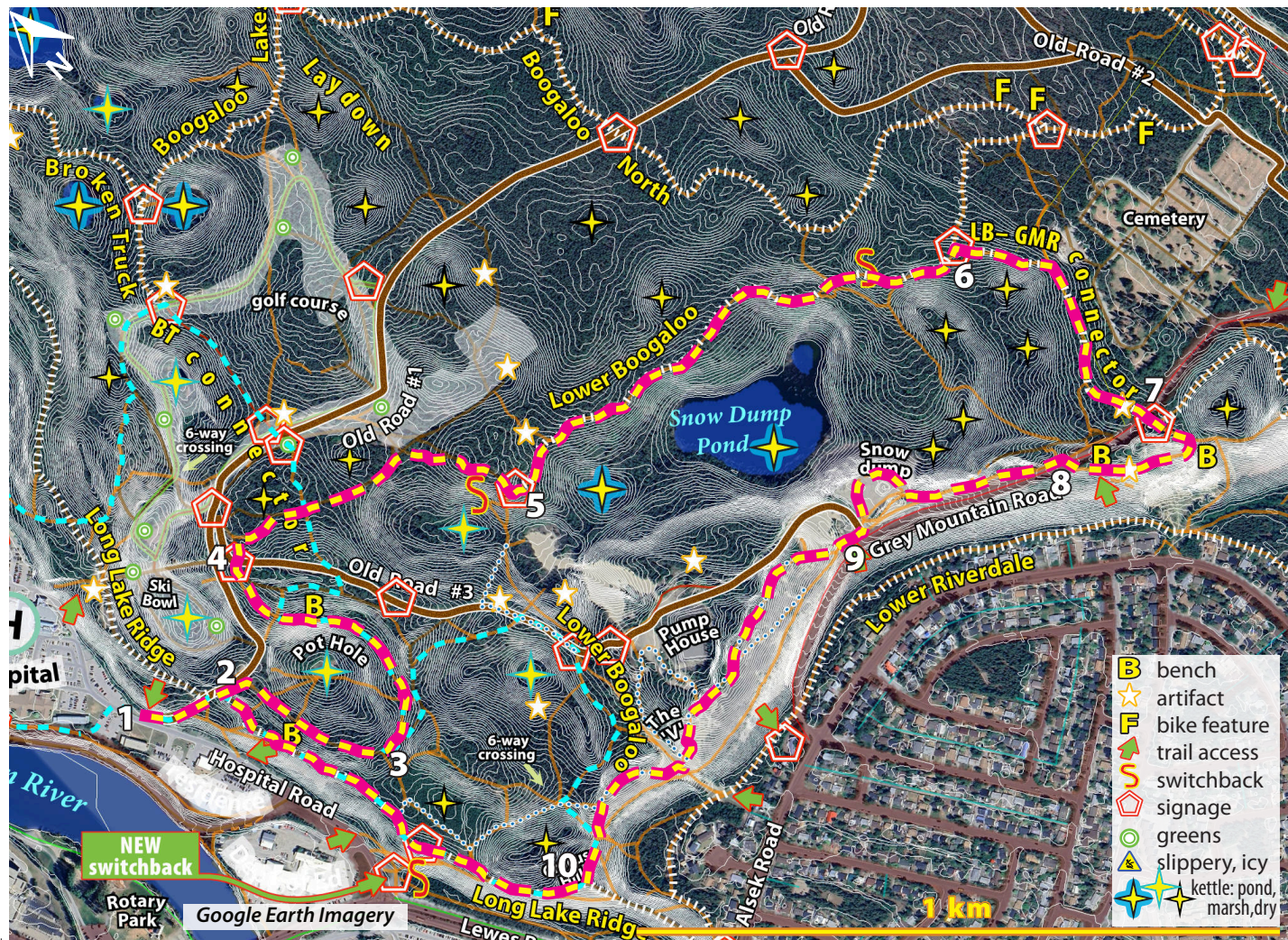
C: 4–5 km (3 mi), ~1.5 hr

19. Snow Dump Loop — 5.1 km, 1.75 hr



Respect the hospital's parking needs, start at other trail access points if possible.

1. Start at the south end of the hospital's visitor parking lot where the start of Old Road #1 goes up the hill. Continue ahead, crossing the unmarked Long Lake Ridge Trail. A road bends right alongside the sandy bank on your right.
2. Follow the road along around Pot Hole kettle. As it gradually climbs, you'll pass a couple of trails that come from above on the right and go down into the kettle. These used to be toboggan runs. Just past a trail that comes down from the right at a T-junction, turn left.
3. This small trail goes up into the forest and stays mostly level until it comes out on the open slopes above Pot Hole kettle. Continue past the small wooden bench, crossing the steep road. Continue on the other side as the path comes out on a dirt track. Continue forward about 50 m until you reach Old Road #3.
4. Diagonally cross the road, heading towards a road coming in on your right. Follow it. After passing the large kettle on your right you'll come out in a cleared area, part of the old golf course. Bear right to connect with a road heading to the right. Follow it to the signpost




showing the intersection with Lower Boogaloo.


5. Turn left and go up Lower Boogaloo (watch for small icy patches) until you come on the signpost 'To Grey Mountain Road'.
6. Turn right on this connector trail. Follow it to the Grey Mountain Road.
7. Cross the road and stay on the trail ahead until you come out at the bench overlooking Riverdale. Turn right and follow the trail along the top of the slope until you get to the bench and garbage cans at the viewpoint pullout.
8. Bear left and cross the road; walk on the sandy beach-like area above the road. Stay high as the trail wends down above the

snow dump clearing. If not in use as a snow dump, walk over to the edge of the clearing overlooking the small snow dump lake. Look for gulls high over the pond. The rest of the hike can have varying amounts of ice depending on the weather; try the bypass trails in this case.

9. Cross the road at the gate and go up the trail on the first sand dune. Follow it up and then down the dune. The trail descends at the "V", a popular toboggan run, and then goes up and down the next dune and then up to the top of Crocus Hill.
10. Turn right and follow the trail along the escarpment edge until you come to the road going down to the hospital parking lot.

 **D: 6–7 km (~4 mi), ~3 hr**

20. A Little Wander — 6.4 km, 2 hr

Respect hospital parking,
start at other trail access points if possible. 

1. Start at the south end of hospital visitor parking lot where Old Road #1 goes up the hill. After crossing the unmarked Long Lake Ridge Trail, take the first right and follow to the next crossing.
2. Turn left, going down into the kettle. At the bottom, go through the meadow, bearing right through the trees, leaving the kettle via a steep road up the slope. At the top is a T junction.
3. Turn right and take the trail on the left that goes uphill. Keep left at intersections until you descend to the 6-way intersection.
4. Turn hard right and follow the trail to Long Lake Ridge. Turn left and follow the trail uphill, climbing to the top of the scenic Crocus Hill.
5. Descend the trail going east over the sand hills. At the first dip, continue ahead, up and across the sand dune, descending, bearing left, to the “V”.
6. Go left; after about 75 m, follow the track on the right, uphill to the pump house access road.
7. Turn right; when the road ends, take the trail on the right which ends on the top of the sand dune. Go left; after about 90 m, take the trail going diagonally down.
8. Coming off the dune, there's two locked gates. Walk out by the edge of the small plateau for a lake view. The trail continues along the sandy piece of land between Grey Mountain Road and the snow dump. Across from the viewpoint over Riverdale is a small trail on the left going into the woods. Follow it down to the old road below.
9. Turn right, then take the first left, following the obvious trail that goes downhill and then back uphill to intersect the Lower Boogaloo trail.
10. Turn left; after about 80 m follow a trail on your right, crossing another branch of Lower




Boogaloo. Continue across, following the side trail uphill across the open slope and shortly bending to the right and then coming to Boogaloo North. Turn left and continue on this trail crossing Old Road #1 at the Boogaloo North signpost. You'll next come to the Boogaloo Lakes, Booby Trap signpost.

11. Take the unmarked BTrap connector on your left. It will quickly become a pleasant road above a large kettle on your right. After 400 m, just before the road splits in two, there's a small clearing on your right with an old road. Follow it downhill, coming out in a clearing above the old golf fairway.
12. Turn left; when the road splits, keep left. At Old Road #1, turn right and then a quick left onto a track on your left. Follow the


track as it goes downhill to a slight T junction.

13. Turn right; when the road bends to the right, take the trail that goes straight ahead on the left. As it comes into a big clearing, keep straight ahead as the old road slowly goes uphill, keeping right until you intersect Old Road #1.
14. Cross and take the trail on your left going over the ridge to the 6-way intersection below. Follow the old road (second on your left) that goes down. At the bottom, bear left, crossing the grassy meadow of the old golf green. Then, bear slightly left, following a road that goes down and then up by the remnants of a wire fence.
15. As road levels out, turn right on Old Road #1 and go down to the visitor parking lot.

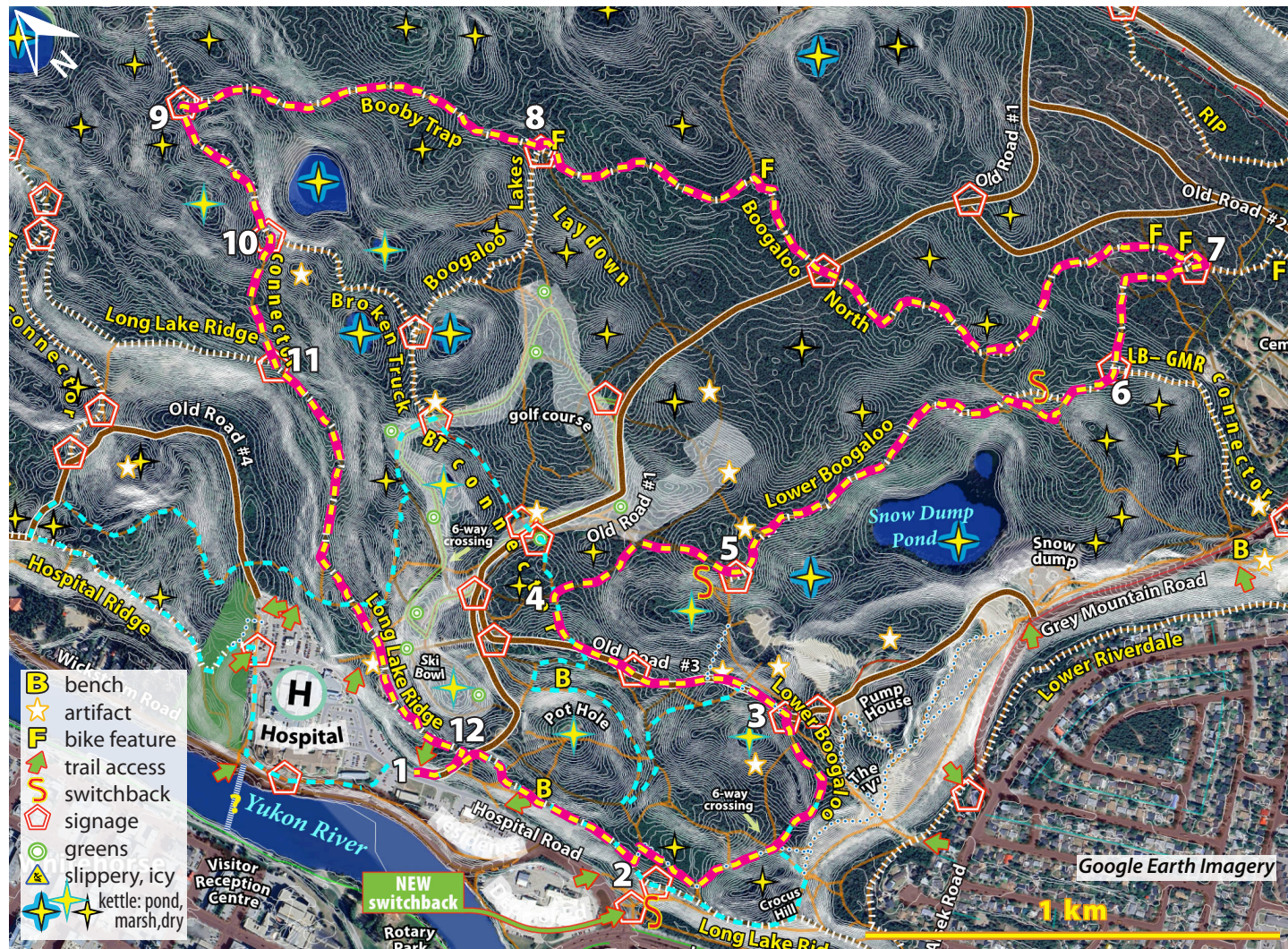
 D: 6–7 km (~4 mi), ~3 hr

21. Booby Trap–B North — 7.0 km, 2.25 hr



Respect the hospital's parking needs, start at other trail access points if possible. 

1. Just past the south end of the visitor parking lot, look for the start of Old Road #1 going up the hill to your left. Follow the road uphill for about 30 m until it starts to level out. As the unmarked Long Lake Ridge Trail crosses, turn right and follow it as it goes up along the ridge looking over Hospital Road and the Crocus Ridge residence. You'll pass a little wooden bench, great for peaceful views over the river. About 160 m after the bench, you'll come to a trail on your left.
2. Follow the trail and take the first right, then the next left. Continue, and when you reach a 6-way junction, go straight across on the Lower Boogaloo collector, following it to Old Road #3.
3. Turn left following Old Road #3 for about 250 m, passing a variety of intersecting trails. About 160 m after a metal sign, turn right on the unmarked Broken Truck connector and go downhill to the next intersection.
4. Turn right and continue alongside the large




kettle on your right. You'll come out in a cleared area with many roads and shortcuts, part of an old golf course. Bear right to connect with a road heading to the right. Follow it to the signpost at the start of Lower Boogaloo.

5. Watch for small icy patches. Go on Lower Boogaloo for passing ?? m until the 'to Grey Mountain Road' signpost.
6. Continue on the main trail (left), passing the area with bike features behind the cemetery. Watch for the big signpost showing the start of Boogaloo North.
7. Turn left and follow it, crossing Old Road #1 with its Boogaloo North signpost, until you arrive at a 4-way junction

and the Booby Trap, Boogaloo Lakes signpost.


8. Go on Booby Trap until it intersects the signposted Broken Truck.
9. Turn left and continue until you're high over a kettle lake on your left and a signpost indicating 'to Long Lake Ridge Trail'.
10. Turn right, continuing until you intersect Long Lake Ridge Trail.
11. Turn left and follow Long Lake Ridge Trail, going down and up along the ridge until it comes out at Old Road #1 above the hospital's visitor parking.
12. Turn right and go down the hill.

 D: 6–7 km (~4 mi), ~3 hr

22. Hospital-Long Lake — 7.6 km, 2.5 hr



Long Lake

Respect the hospital's parking needs, start at other trail access points if possible. 

1. From the back corner of the staff parking lot, follow Old Road #4 as it goes up the valley between the Hospital and Long Lake ridge trails. As the road gets steeper and starts to turn left, a road branches to the right.
2. Take the branching road and near the base of the hill, take the trail on the left. Follow until it intersects the signposted Long Lake Ridge Trail.
3. Turn left and follow the trail, passing two 'easier routes' and the signposted Broken Truck trail. After 900 m there's a signpost, then a 4-way intersection. On your left in front of a little knoll with a bench is the unmarked Blowdown trail.
4. Turn left on Blowdown. You'll quickly come to a signpost for the Long Lake Loop trail. Turn right and you'll come to the lake.
5. Turn right and follow Long Lake Loop as it circles the lake. Sections of the lakeshore trail can get icy; sometimes a snowmobile has gone on the lake packing a walkable route, sometimes people



have walked the lake near the shore and there's a track. This can get you past the east side sections of icy trail.


6. After the trail crosses a little footbridge, take the signed right fork, Long Lake Heights. The trail wanders through the woods before returning to the lake by a signpost. Continue along along the shoreline Long Lake Loop.
7. Watch for the trail heading uphill on your right going to parking. The area around the parking lot is crisscrossed with roads and trails. Take the track across the hill paralleling the shore.
8. There's a signpost for the Hospital Ridge Trail. Keep going ahead and go up the switchback. The trail levels out above as it crosses

over to the river. You soon come out to an expansive view of the valley.

9. Keep going along Hospital Ridge towards town passing Blowdown. The airport level was once the bottom of a large glacial lake. As the lake drained, the river cut through the bottom making pairs of clay cliffs, one on either side of the river. Look for the companion one on the other side of the river nearer Two Mile Hill. Stay along the ridge as you come out at fireworks point, opposite Shipyards Park.
10. Continue along the ridge over downtown. At the telephone pole, turn left and keep left until the trail descends to the parking lot. If icy or muddy, try bypass route. Turn right and come down at the hospital's back parking lot where you started.

 E: 10+ km (7+ mi), ~3.5–4 hr


24. Big Middle — 10.9 km, 3.5 hr

Respect the hospital's parking needs,  start at other trail access points if possible.

1. Start at the foot of Old Road #1 and turn right on the Long Lake Ridge Trail at the top of the slope. *If it is icy, take the bypass about 60 m before the switchback signpost, shown on map.* Follow it to the top of Crocus Hill and take in the spectacular views there.
2. Follow the trail east down the hill and take the first left. At the 6-way junction, take the second trail, the unmarked Lower Boogaloo collector, on the right and follow it towards Old Road #3. Cross and follow the sidehill trail down to the bottom and back up the switchback. *(If sidehill is slippery take bypass shown on the map.)*
3. Follow Lower Boogaloo, (watch for small icy patches) passing the 'to Grey Mountain Road' signpost, until arriving at the bike features.
4. Continue ahead, going by the Boogaloo North signpost and crossing Old Road #2 and RIP, until you are in the power line corridor.
5. Cross and follow the signposted Upper Boogaloo, heading up the \searrow slope. Watch for a trail branching off on your left and heading up the open hillside to the intersection of the Magnusson Red and No Shirt, No Service trails. Take in the views.
6. Follow No Shirt, No Service along the top of the slope until it comes out at Fat Tire Fever.
7. Turn left and quickly take the trail to the right. Follow this trail. At the first main intersection, turn left onto the Bypass trail. Follow it until you come out above the power line. Take Hula Girl until it comes out at the power line.
8. Cross and take the signposted Hilarious trail until it arrives at the bench and signpost for the Long Lake Ridge Trail. Bear left and quickly right for Blowdown.
9. Continue ahead until Blowdown comes out at the signposted Hospital Ridge Trail, looking out over the Yukon River.
10. Turn left and follow the trail south along the ridge. At the big uphill, take the small switchback up to fireworks point. Follow along the ridge with great downtown views until the trail splits at a telephone pole. Bear left coming down the rough descent trail *(if icy or muddy, try bypass route)* to the parking lot. Turn right and go along the hospital entry road.
11. Just after the road sign at the entrance to the back parking lot and delivery area for the hospital, go up the small trail on the left, just below the patio overhanging the bank. Go behind the first two buildings and come out at the parking lots.




Looking south towards downtown from Hospital Ridge Trail

 E: 10+ km (7+ mi), ~3.5–4 hr

25. Back 'n Forth — 12.3 km, 4.0 hr



Broken Truck pond

Respect hospital parking, start at other trail access points if possible. 

1. From the visitor parking lot, walk over between buildings #2, #4 to the trail above Wickstrom Road. Turn right and follow it across and down and then up the hospital's back entry road. Go back into the parking lot until the signposted Hospital Ridge Trail on your left.
2. Take the rough trail up the slope, (if muddy or icy, try bypass route) following until it turns right onto the ridge. Follow until the fireworks area.
3. Turn right along the back corner and use the little switchback to go down the hill. Follow the trail along the escarpment edge until the first of the pair of signposts for the Blowdown trail.
4. After the Blowdown trail entrances, stay along the edge until the next Hospital Ridge signpost.
5. Turn right; after going down a long switchback, you'll arrive at a Long Lake driveway to a dock.
6. There's many trails beside the lake. Follow the shoreline going around the north end of the lake going to the signposted Long Lake Heights.



7. Turn left and follow until you come to a little bridge. After the bridge take the left fork and do the second part of the Long Lake Heights trail, coming out above the lake by the Hilarious trail signpost and a small bench on a knoll.
8. Go along Hilarious. After about 400 m look for a small trail on your right at the bottom of a dip.
9. Turn right and follow through the little forested kettle. Turn left at Broken Truck; you'll soon pass the actual truck. Continue past the Booby Trap signpost, continuing to the signposted Boogaloo Lakes.
10. Turn left up the hill. After 400 m, you'll pass a signpost in a 4-way junction. Go ahead, passing a bike feature. Continue,

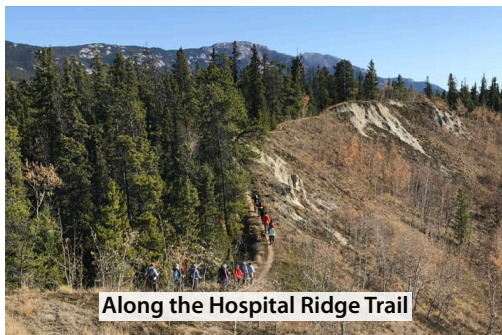
crossing Old Road #1, to the Lower Boogaloo signpost.

11. Turn left and come down the delightful Lower Boogaloo (watch for small icy patches) until the signpost at the lower end of Lower Boogaloo.
12. Cross and descend the switchback (if icy try the bypass trails) and then up the sidehill trail. At the top, cross Old Road #3 and take the marked trail going to Long Lake Ridge Trail. Follow it, bearing right and straight ahead until you come to a 6-way intersection. Take the second trail on your left (if icy try the bypass) across the slope above the kettle, coming to the base of Crocus Hill. Turn right, going to the top.
13. Go right, down the hill, intersecting the Long Lake Ridge Trail. Keep going along the edge until you come out on Old Road #1. Turn left and go down to the visitor parking lot.



E: 10+ km (7+ mi), ~3.5–4 hr

26. Views from the Edges — 13.7 km, 4.25 hr



Along the Hospital Ridge Trail

Respect hospital parking, start at other trail access points if possible.



- From the visitor parking lot, walk between buildings #2, #4 to the trail above Wickstrom Road. Turn right and follow it as it goes down and crosses the back entry road to the hospital.
- Go back into the parking area. At the signposted entry trail, take the rough trail up the slope, (try bypass route if needed) following until it turns right onto the Hospital Ridge Trail. Follow along the ridge until you come to the fireworks area.
- Turn right along the back corner and use the little switchback to go down the hill. Keep on the trail along the escarpment edge until the signpost for the Blowdown trail.
- Turn right and go ?? m until the signposted Long Lake Loop trail.
- Turn left and at the lake, turn left again. Stay on the Long Lake Loop trail going completely around the lake. You'll pass two Long Lake Heights trail signposts and a little bridge.
- When you're back where you started on the Long Lake Loop trail, turn left; at Blowdown, turn left again. You'll come to a bench in a clearing at a 4-way trail junction.
- Follow the signposted Hilarious trail above



- B** bench
- ★ artifact
- F** bike feature
- A** trail access
- S** switchback
- signpost
- G** greens
- ⚠** slippery, icy
- ★** kettle: pond, marsh, dry

kettles on both sides of the trail. You'll soon come out under the power line.

- Bearing right and cross, following the Hula Girl trail. You'll come out again at the power line at a big vista. Continue on the Bypass trail, eventually coming out at another expansive viewpoint, and then at Fat Tire Fever/Old Road #1.
- Turn left and shortly there'll be a signpost for the No Shirt No Service. Turn right and follow it, until you arrive at the junction with the Magnusson Red trail.
- Continue along the edge of the ridge and turn downhill to intersect with the Upper Boogaloo trail. Turn right and follow the braided trail downhill, passing under the power line.


- Turn left at the signposted RIP. Follow RIP until it intersects with the Grey Mountain Road.
- Cross and stay on the trail ahead until it intersects with the Upper Riverdale trail. Turn right and follow along the edge until you come out at the Grey Mountain Road viewpoint.
- Cross the road and walk downhill along the sandy ridge between the edge of the road and the snow dump. There's a great view of the pond.
- If icy try the bypass trails. Take the high scenic paths over the tops of the sand hills, and up to Crocus Hill.
- Turn right leaving Crocus Hill and follow the Long Lake Ridge Trail back to the hospital's visitor parking lot.

E: 10+ km (7+ mi), ~3.5-4 hr

27. RIP-Power Line Hills — 10.6 km, 3.5 hr



Along the power line road

Respect the hospital's parking needs, start at other trail access points if possible. 

1. Start at the foot of Old Road #1 and turn right on the Long Lake Ridge Trail. Follow to the top of Crocus Hill. *If it is icy, about 60 m before the downtown's switchback signpost, take the bypass.*
2. Follow the trail east down the hill and take the first left, then at the 6-way junction, take the second trail on the right, the Lower Boogaloo collector. Follow it towards Old Road #3. Cross and follow the connector down to the bottom and back up the switchback. *(If downhill section is slippery, take the bypass.)*
3. Follow Lower Boogaloo to 'to Grey Mountain Road' signpost. *Watch for small icy patches.*
4. Turn right, eventually crossing Grey Mountain Road.
5. Keep ahead, turning left at the Upper Riverdale trail signpost. Take the RIPURT connector and you'll end up at Grey Mountain Road.
6. Cross and take the signposted RIP trail until it comes out under the power line. Turn left and follow the road under the power line. Stay on



the road with its steep hills until you come to the Hilarious trail.

7. Turn left and follow the signposted Hilarious trail until it arrives at the bench at Long Lake Ridge Trail.
8. Continue ahead and take the signposted Broken Truck trail passing the signposted Booby Trap trail. Just past the big kettle on your right is the signpost for the connector to the Long Lake Ridge Trail.
9. Turn left and follow to the Hospital Ridge Trail.
10. Turn left and follow until the trail intersects Old Road #1.
11. Turn right and descend the road to the parking lot.



Upper Riverdale, w/sand dunes, Mount Sumanik and Haeckel Hill behind

Winter Grooming — Hospital-Long Lake

Active living in a winter city means doing things outdoors in the winter — and with bitter, winter winds and icy surfaces, it helps to know options for viable winter walks! Of course, variety and easy access are good for everyone, especially us walkers! Often walkers are the main (only) trail groomers.

For the hospital area, grooming is important so staff and visitors can follow the nearby trails. More use makes trails easier to follow.

[This map](#) is a snapshot of trails that might be groomed, ranked by the groomers' priorities. Grooming can last a long time, but trails can easily look untouched! Has it been packed by snowmobile, snowdog, elan, snowshoes, foot traffic? In actuality, trail status varies wildly. Is it in the open, does it go through the woods? Shoulder seasons, sun, snow, wind, mid-winter melts, and use, are all involved.

Trail groomers: The City of Whitehorse (COW) maintains paved paths. But most grooming is by volunteers who love being outdoors in the winter, in nature and like to share that joy with others. In addition to snowshoe packing, under MOUs with COW, KSA and [CMBC](#) can use motorized equipment to groom trails.

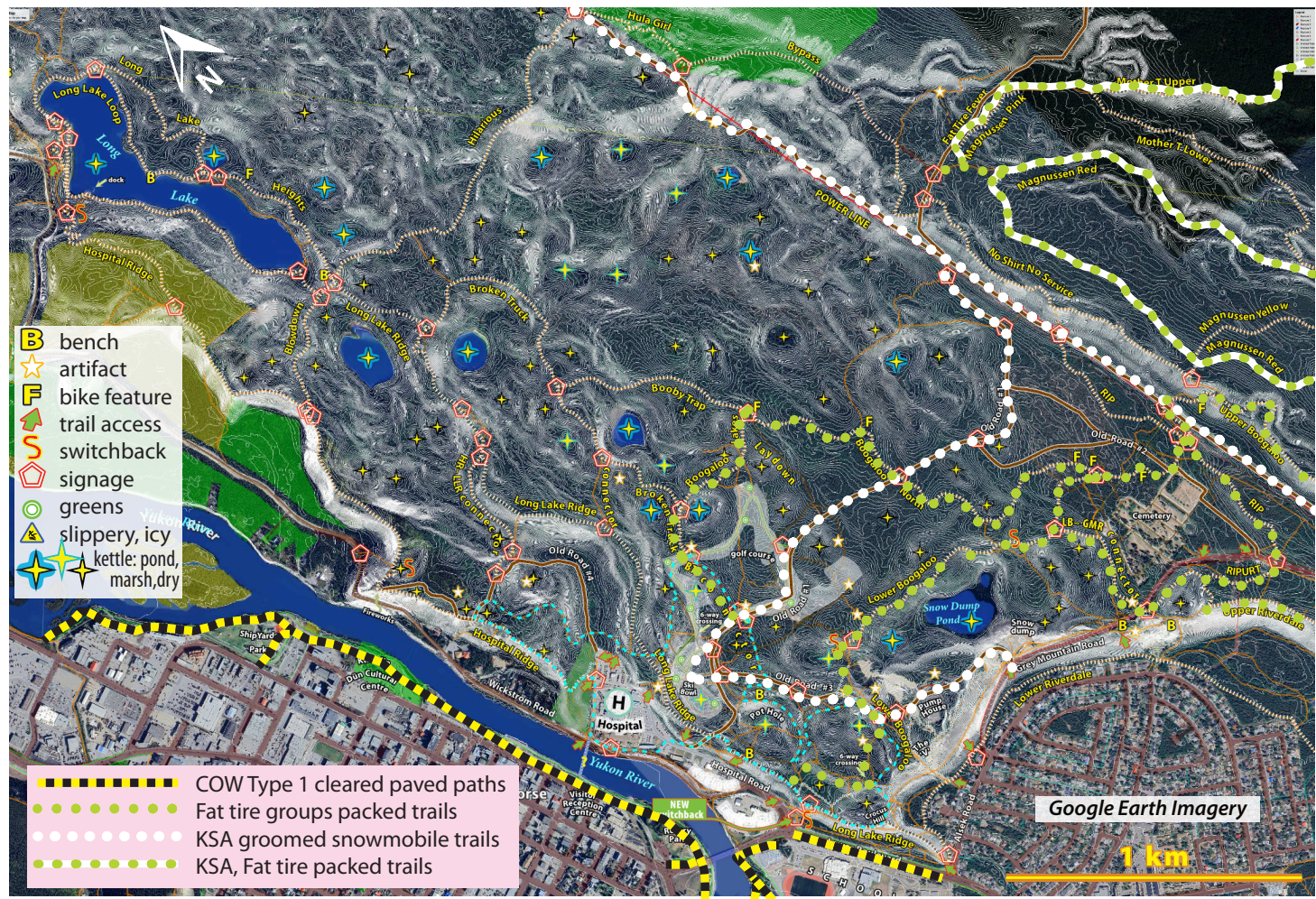
Note that access trails are often not recognized by the City and aren't groomed. Sometimes a trail access is used for piling snow!

Using groomed trails: If you start to sink through a soft groomed trail, turn back. It can be disheartening for groomers (often volunteers) have to fill the ruts and holes.

Who can use? [Colin McCann \(CMBC\)](#) said "grooming is ...getting people out and about, not [making] barriers."

Note: ATVs can't be on trails Nov 1–Mar 31.

Dotted green lines: [Fat tire](#) bikers under



CMBS, and others. For latest grooming: see [Trailforks](#) or [history](#). Some trails, such as at Wolf Creek campground, are snowshoe-packed as an act of neighbourhood love, and most important, climate awareness! KSA (dotted green-white) groom some connector (old road) MMU trails and some non motorized trails.

Generally, there may be more done than shown, and some grooming might not be as timely as volunteers might wish.

Dotted white lines: Guided by the City [MMU network](#), [members groom](#) Chadburn ski trails, Whistle Bend, TCT snowmobile trails, and connector trails to TCT Copper Haul road. Grooming is not on a schedule — it's when volunteers have time. Snowmobile grooming requires a depth of snow and base to cover rocks etc. so is set on trail conditions for snowmobiles. See [Trail Status](#).

Safety: Cold, being out an extended time, dark, snow, mist, wind-swept snow can all add to the possibility of getting lost. Carry a compass and know how to use it. [What3words](#) is a free app that could be useful in an emergency. Note: batteries die in the cold.

Should you need to drive to access groomed trails? Riverdale neighbourhood trails aren't groomed. Could this be better? A crushed gravel, accessible Riverdale Perimeter Trail would be popular for socializing conversational walking, as well as fat tire bikes. Grooming these green walkways and major greenspace trails could make this a kick sled paradise! For more on recreational trail use, on trails in nature, see whitehorseWalks [trails in Riverdale](#) and [Whitehorse Centre](#).

Kicksledding



Kicksledding on Long Lake Ridge Trail

An exploration in possibilities

Are there some kicksled routes behind the hospital? An advantage of kicksledding here is people at the hospital can participate. As well they would be close to downtown and Riverdale. Presently downtown kicksled use can be tricky as trails sometimes need gritting, which doesn't work for kicksleds.

Not being either a kicksledder or fat tire biker, I'm not sure if fat tire grooming works for kicksledding (ie it's too narrow), or if fat tire grooming could be a bit wider. Keeping trails usable by all, means having more users to keep trails packed down. Better for all.

There are many old logging roads — often flattish, wide — behind the hospital. I've identified some



initial ideas as red dashed lines. Some are wider snowmobile groomed (green dashed lines), some more narrow fat-tire (purple dashed lines). There's also an abandoned 9-hole golf course.

One step will be to identify where an inevitable hill might be a showstopper, or it may just be a route for more advanced users.

There's also options behind the cemetery on the Grey Mountain road using RIP and Old Road #2, and various other pieces of road behind the cemetery.

If your group is looking for trail grooming advice or support please do contact us any time! KSA says



Kicksledders, Pilot Mountain in background



7 Sq mi – Whitehorse

Geoscape Whitehorse

GLACIERS AND STREAMS: Architects of our valley

1. The big chill

About 20 000 years ago, an ice sheet up to 2 km thick covered southern Yukon Territory. Glacier ice flowed northward along the Yukon River valley, overtopping Mount McIntyre, Canyon Mountain (locally known as Grey Mountain), and Golden Horn Mountain. Rock surfaces were scratched by stones frozen into the base of the glacier.

Mysterious valleys
Long, narrow valleys on the sides of the Whitehorse valley are mysterious – they seem too large to have been carved by the small streams that now occupy them. Geologists believe that these valleys were carved by streams flowing from a melting glacier at the end of the Ice Age. The flat floors of these meltwater valleys contain wetlands that are an important plant and animal habitat.

Did you know?
The silt cliffs along the Yukon River expose sediments deposited in a glacial lake at the end of the Ice Age.

2. Thawing out

As the climate warmed, about 15 000 years ago, the glaciers covering southern Yukon Territory thinned and retreated to the south. Less than 2000 years later, glacier ice began to disappear from the Yukon River valley at Whitehorse. North-flowing meltwater, however, was dammed by a remnant mass of glacier ice near present-day Lake Laberge, and a large glacial lake developed in the Takhini and Yukon river valleys. Streams flowing from melting ice transported large amounts of silt and sand into the lake. The silt deposits accumulated on the lake floor, in some places to a thickness of more than 90 m. These deposits are exposed in bluffs which border the Yukon River and surround downtown Whitehorse. They form the flat surface on which the Whitehorse airport is located. Next time you are at the airport, imagine yourself on a muddy lake bottom with icebergs floating overhead!

3. The river rules

About 12 000 years ago, the glacial lake drained and the Yukon River reclaimed the valley. The river eroded into the soft lake silt, creating the cliffs that border the downtown area. Downtown Whitehorse is built over sand and gravel that were deposited by the shifting channels and periodic floods of the Yukon River over thousands of years.

Buried ice cubes
Large blocks of stagnant ice that become isolated from the snout of a melting glacier may be partly or completely buried by silt, sand, or gravel. When the ice blocks melt, they leave depressions on the landscape, called **kettles**. Kettles deep enough to extend below the water table form kettle lakes.

Late Wisconsinan McConnell glaciation of the Whitehorse map area

Seven Square Miles, Alan Taylor, October 16, 2018, 39 Photos in Focus, The Atlantic

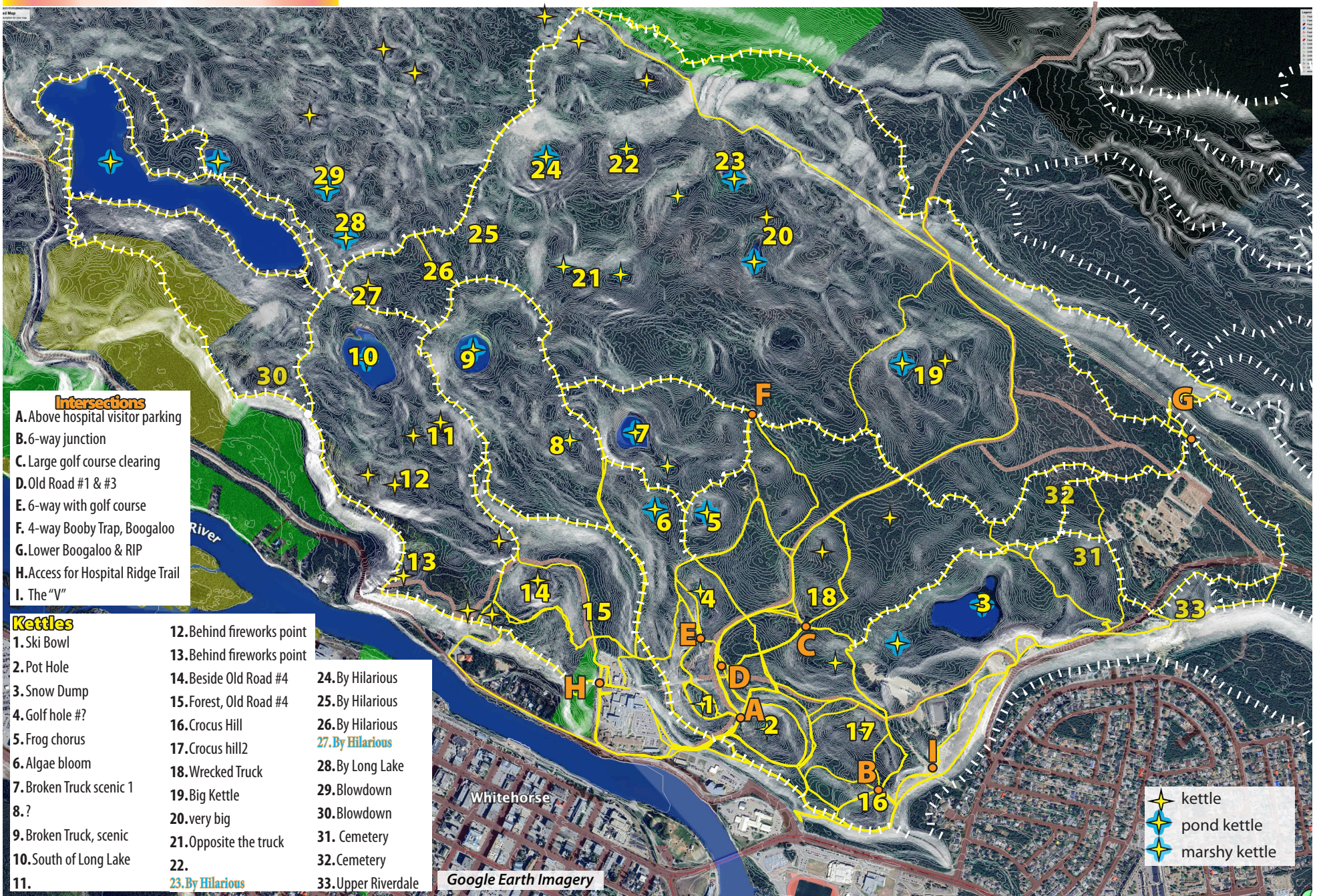
“Spending time looking at the varying and beautiful images of our planet from above in Google Earth, zooming in and out at dizzying rates, I thought it would be interesting to compare all of these vistas at a fixed scale—to see what New York City, Venice, or the Grand Canyon would look like from the same virtual

height. So, the following images are snapshots from Google Earth, all rectangles of the same size and scale, approximately three and a half miles (5.6 kilometers) wide by two miles (3.2 kilometers) tall—showing seven square miles (18.1 square kilometers, or 4,480 acres) of the surface of our planet in each view.”

The background image is approximately the area of images in this article.



Kettles, Contours, Intersections, Routes



- Intersections**
- A. Above hospital visitor parking
 - B. 6-way junction
 - C. Large golf course clearing
 - D. Old Road #1 & #3
 - E. 6-way with golf course
 - F. 4-way Booby Trap, Boogaloo
 - G. Lower Boogaloo & RIP
 - H. Access for Hospital Ridge Trail
 - I. The "V"

- Kettles**
- | | | |
|-------------------------|----------------------------|---------------------|
| 1. Ski Bowl | 12. Behind fireworks point | 24. By Hilarious |
| 2. Pot Hole | 13. Behind fireworks point | 25. By Hilarious |
| 3. Snow Dump | 14. Beside Old Road #4 | 26. By Hilarious |
| 4. Golf hole #? | 15. Forest, Old Road #4 | 27. By Hilarious |
| 5. Frog chorus | 16. Crocus Hill | 28. By Long Lake |
| 6. Algae bloom | 17. Crocus hill2 | 29. Blowdown |
| 7. Broken Truck scenic | 18. Wrecked Truck | 30. Blowdown |
| 8. ? | 19. Big Kettle | 31. Cemetery |
| 9. Broken Truck, scenic | 20. very big | 32. Cemetery |
| 10. South of Long Lake | 21. Opposite the truck | 33. Upper Riverdale |
| 11. | 22. | |
| | 23. By Hilarious | |

- kettle
- pond kettle
- marshy kettle