

Crocus Hill - Broken Truck, 4.1 km

Crocus Hill - Booby Trap, 5.2 km

A walk in the valleys and hills above the hospital. This knee and hip friendly route was chosen so people could get out on some of our great hiking trails in spite of age or infirmity. It's challenging, but less difficult than one would think considering the geography here.

Trailhead: Start at the switchback at the corner of the Hospital Road and Lewes Boulevard. The hospital parking lot is often busy so try not to park there. Options for parking depends on day and time, however the skateboard park has parking, as does Rotary Peace Park.

Note: There's no sidewalk on the trail side of the intersection and in the winter there's no direct route over to the trail head.

Alternate trailhead: You can also start the trail from the foot of the Grey Mountain Road by the kiosk (see red dotted line). Go past the wooden barrier, along the trail behind the Alsek Road homes, then follow the broad sandy path up the hill. A local toboggan spot, the sandy route up has soft footing; walking improves once you cut left into the forest on the heights above.

- 1: Take the left trail up by the kiosk.
 - 2: Go left along the ridge towards the hospital.
 - 3: Left and down leads into the hospital parking lot, across from the new ambulance station.
 - 4: Following the Broken Truck Connector starts you on a long descent to the valley below. It's not too steep, but watch your footing.
 - 5: After a nice view of the kettle lake, the downhill continues, with a short steeper piece at the top of the hill.
- Option:** Add a km to your hike by following the green dashed line on the map.

6: The big city trail post has a map. Keep going straight across. The red lines on the map are MMU (motorized multiuse).

Picture this area back when it was a golf course!

7: You come out to a wide track. Turn left. There's a yellow diamond trail sign telling that this is a multi-use (motorized) trail. Follow it. Very soon you'll branch over to the right.

8: Keep on the more main route past a variety of intersecting trails.

9: Take the nice switchback down the hill. Winter trail use shows that this alternative route is also popular with fat tire bikes.

10: Over the next 200 m this new city trail ascends about 25 m. This shows how thoughtful trail improvements can really make walking possible for a wide range of abilities.

11: Cross over the wide motorized rouet and follow the path opposite into the forest. You'll be on the Long Lake Ridge Trail Connector.

12: Keep straight through this 6-way trail junction. *Option: A small bit of trail improvement (yellow arrow) would allow accessing (yellow dashed line) more scenic trail.*

13: There's a nice viewpoint over the school and river here. Going down leads to the switchback off the ridge to the trailhead kiosk (#1) below.

