

Trail information

Astotin Lake Recreation Area

Legend

- Hiking
- Cycling
- Picnic area
- Picnic shelter
- No dogs
- Accessible
- Easy
- Moderate
- Difficult

Larger trail numbers on map indicate trailheads. All trailheads outside the Astotin Lake Recreation Area have parking, outhouses and garbage facilities.

1 Hayburger Trail

11.6 km loop (3-4 hours) – Flat terrain
A wagon path until the 1930s, this trail winds through open forest and meadows. Keep an eye out for bison and moose where the trail crosses into a black spruce forest.

2 Simmons Trail

2.6 km loop (1-1.5 hours) – Rolling hills
This trail goes through aspen forest and hills. Open areas along the trail offer the opportunity to watch beavers and muskrats in action.

Note: This trail begins on the north side of Tawayik Road 100 m east of the Tawayik parking lot.

3 Shirley Lake Trail

11.6 km loop (3-4 hours) – Rolling hills
This trail is teeming with life. Listen for the frogs and birds as you walk amongst aspen forest and meadows.

4 Moss Lake Trails

Walk amongst the songbirds and take the winding trail through the forest. The west side of the trail is challenging, and the grasslands there are ideal for seeing a bison or two.

4A Moss Lake Moderate Trail

4.8 km loop (1.5-2.5 hours) – Hills

4B Moss Lake Difficult Trail

12.6 km loop (3.5-4.5 hours) – Hills

5 Amisk Wuche Trail

2.7 km loop (1-1.5 hours) – Moderate to steep terrain
This loop is short and sweet. Follow it through aspen, birch and spruce trees, go over beaver ponds on floating boardwalks and take in sweeping views at the top of hills.

6 Lakeview Trail

3.7 km loop (1-2 hours) – Limited steep sections
Watch for changing plant life as the trail bends through aspen and black spruce forest. With its panoramic views of Astotin Lake, this trail is perfect for photos.

7 Beaver Pond Trail

3.6 km loop (1-2 hours) – Flat terrain
Open aspen forest and sedge meadows along this trail are ideal for spotting birds or beavers in the summer. Watch for bison grazing in the winter.

8 Living Waters Boardwalk

400 m loop (15-30 minutes) – Boardwalk
Start behind the Astotin Theatre and take the boardwalk over the water of Astotin Lake. Watch for beavers and birds or peer into the water to see aquatic life.

9 Tawayik Lake Trail

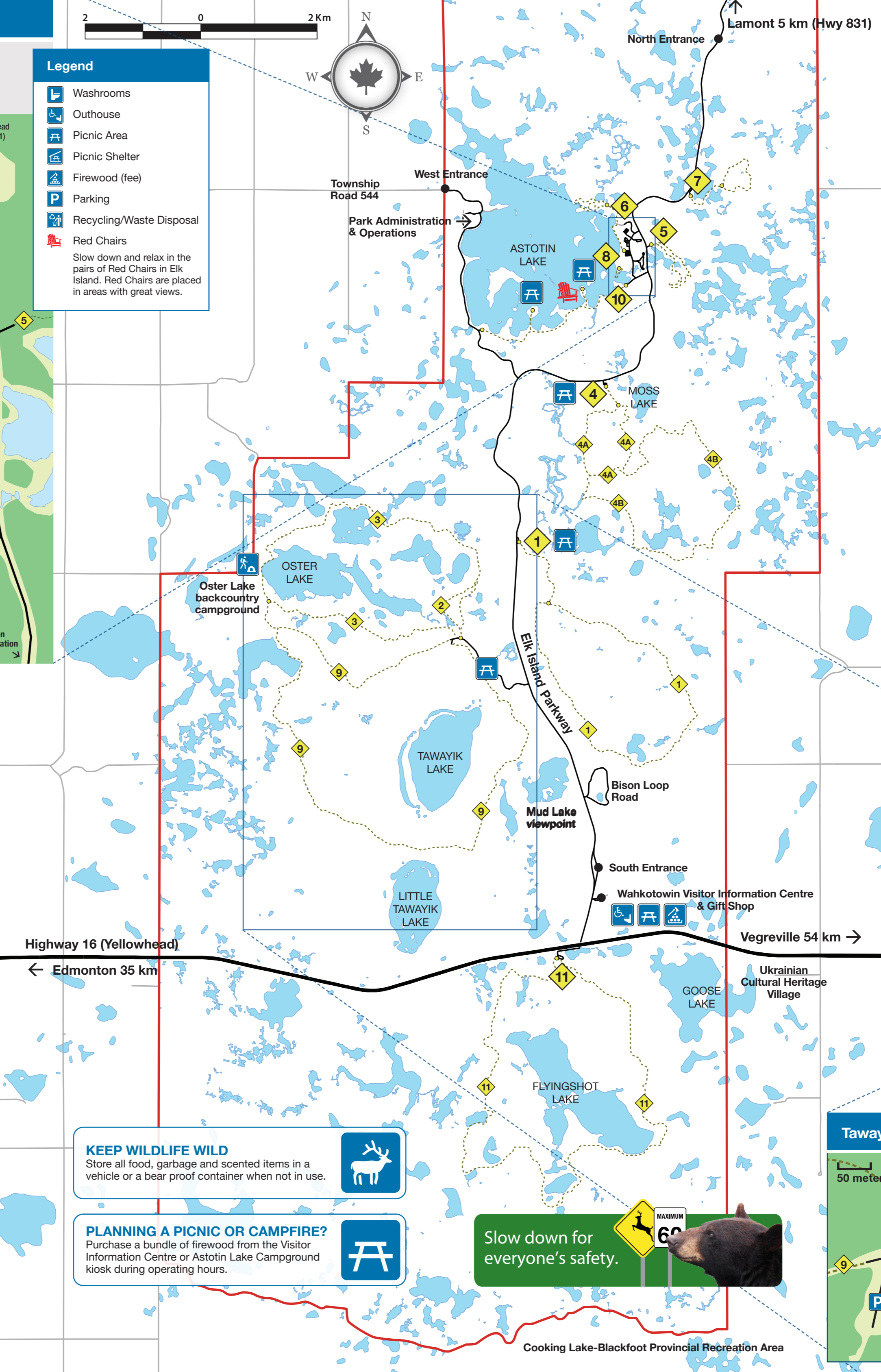
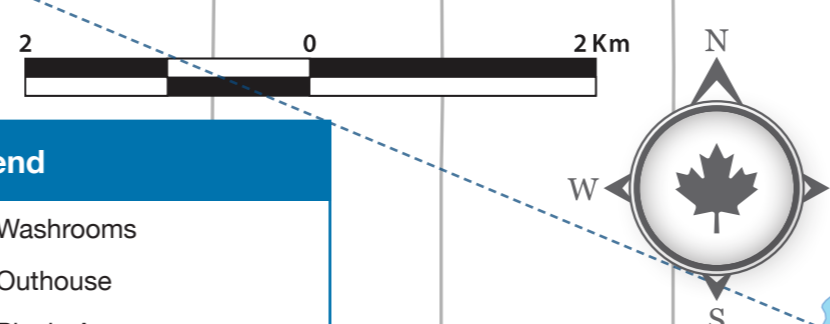
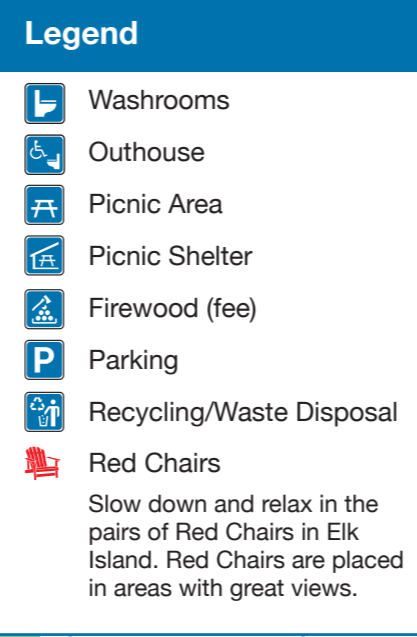
15.1 km loop (4-5 hours) – Rolling hills
Winding through an aspen forest and meadows, this trail is great for seeing birds and bison. Fire pits and picnic tables are available near the trailhead. For your safety, dogs may not be allowed on the south portion of the trail. Please check the important bulletins page on the park website for updated information.

10 Shoreline Trail

6 km return (2-3 hours) – Flat terrain
This paved trail follows the original road around Astotin Lake. Short paths off this trail lead to clearings that are great for observing waterfowl or picnicking on the shore of Astotin Lake.

11 Wood Bison Trail

15.6 km loop (4-5 hours) – Rolling hills
Go south of Highway 16 to spot North America's largest land mammal, the wood bison. This trail is challenging and goes through aspen forests, wetlands and along ridges.



Safety while at Elk Island

Safety is a shared responsibility

- Trails and beaches are not patrolled: use at own risk. Wear a lifejacket on Astotin Lake and other waterbodies.
- Be self-reliant: prepare for changing weather conditions and emergency situations. Conditions can change from minute to minute and place to place.
- Review the website or contact the Visitor Information Centre to check for closures and restrictions.
- Stay hydrated: bring enough water and food to last through an emergency or unexpected delay.
- Do not rely on a cellular telephone: cell coverage varies and may not be available in all areas of the park.
- Respect animals space: stay at least 100m from wildlife.
- Stay alert: be aware of surroundings and avoid using headphones.
- Food and scented items must be attended at all times when not in use or stored in a vehicle or bear proof container.
- Clean as you go by placing garbage and recyclables inside bins.
- Fires are only permitted in designated fire pits.

National Park Regulations

Follow all National Park regulations. More information is available online under the Canada National Parks Act and at Parks Canada visitor centres.

Preserve the park. Leave flowers, rocks, antlers, artifacts and all other objects undisturbed.

NO DRONE ZONE!
All Parks Canada places are "no drone zones." Leave drones at home and enjoy Elk Island National Park from the ground!

KEEP WILDLIFE WILD
Store all food, garbage and scented items in a vehicle or a bear proof container when not in use.

PLANNING A PICNIC OR CAMPFIRE?
Purchase a bundle of firewood from the Visitor Information Centre or Astotin Lake Campground kiosk during operating hours.

Slow down for everyone's safety.

Use your thumb

Protect yourself and wildlife by giving animals space. Animals in the park are wild and may react to perceived threats when startled, threatened or protecting their young. To determine if you are at a safe distance use your thumb:

1. Hold your fist straight out in front of you
2. Raise your thumb
3. Cover the animal with your thumb

If the animal is totally covered by your thumb, you are a safe distance away (about 100 m). If your thumb does not cover the animal you are too close and should back away.



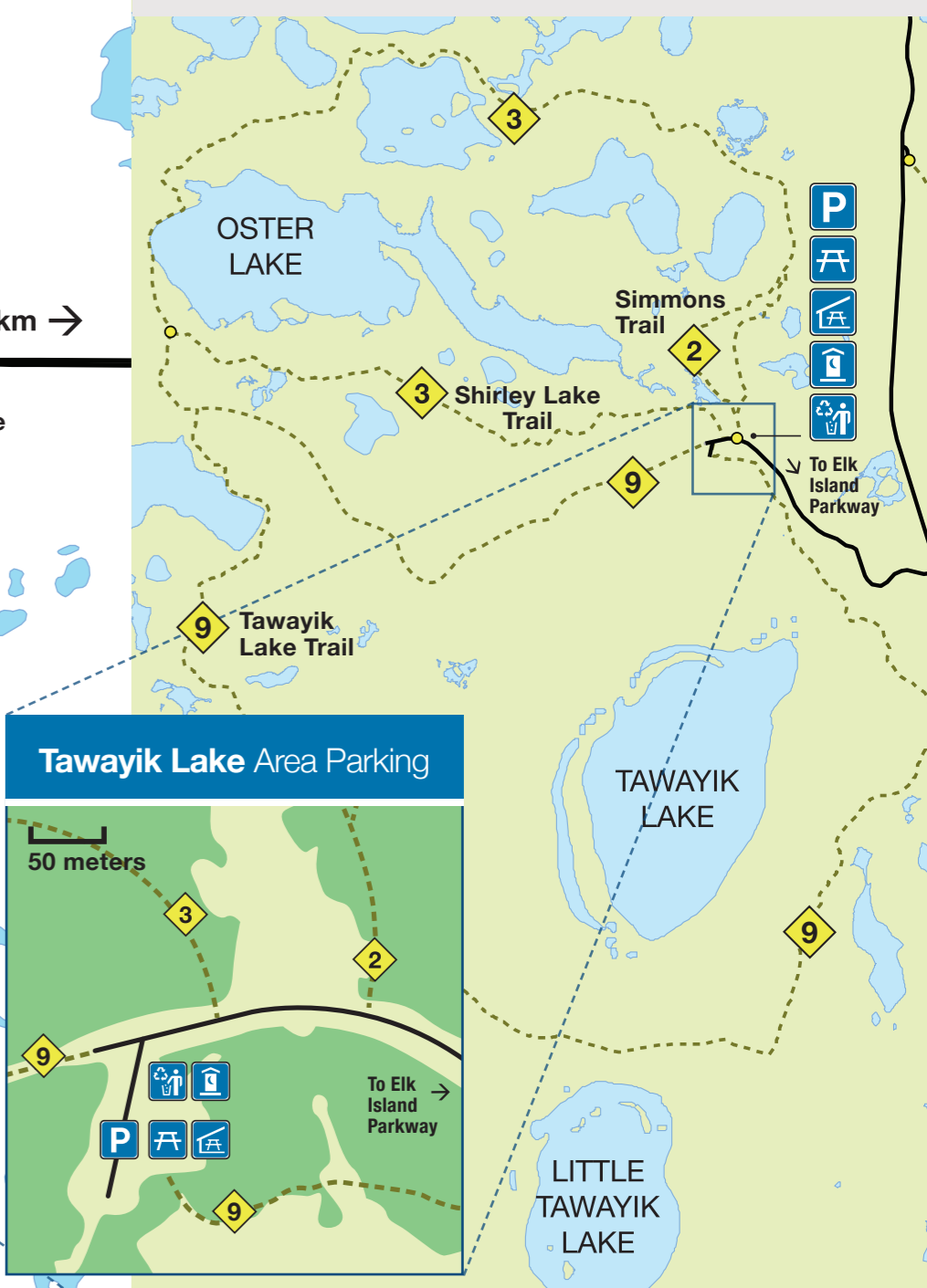
Reduce the spread of invasive plants

Invasive species are non-native and spread rapidly to take over new areas. You can help reduce the spread of invasive plants by removing any dirt or seeds from your footwear and equipment before you arrive, before you travel to new areas of the park and before you leave the park.

Boot brush stations are now available at trailheads.

Tawayik Lake Area

- Trail
- Road
- Forest & Grassland
- Water



Tawayik Lake Area Parking

Cooking Lake-Blackfoot Provincial Recreation Area