

**Unpaved Birchwood Trails**  
Maintained for cross country skiing by Ptarmigan Nordic Ski Club

**Suncor Evergreen and Squirrel trails**  
are NOT groomed for skiing

**Paved Multi-Use Trails**

**Steep Slopes**

**Trail Distances (km)** approximate  
Between trail junctions/trailheads

**Trailhead**

**Outdoor Green Gym**

