



What will be your summer adventure?



**Wahoo, it's summer!!**

Last week Lindsey shared her adventure plans for her family's 7-day trip on the Milk River ([which you can still donate to here!](#)). But what we really want to know is what does **YOUR** Adventure for Wilderness look like this summer? Challenge yourself to hike, bike or paddle a certain number of kilometres. Or it could be a trip that you have been planning for ages that you are excited about finally doing. Or something else that gets you out into Wild Alberta. Whatever it is, we want you to add it to this summer's Adventures for Wilderness! Create your adventure on our [website](#) and use it to raise funds for a cause we can all get behind -- protecting the wild places that sustain and renew us.

If you have questions, or an idea for the kind of adventure where you share your unique skills with others please contact our office at 403-283-2025 or [a4w@abwild.ca](mailto:a4w@abwild.ca)

And don't forget about the adventures you can still join this weekend! Keep scrolling down for details and the links to register.

Happy Adventuring  
-The A4W Team



## Jumpingpound and Hounds

Calling all lovers of mountains, wildflowers, hikes, and dogs! Join us for a moderate trek up Jumpingpound Summit in Kananaskis. Dogs (on a leash), children, and adults who are children-at-heart are all invited to enjoy the woods, wildflowers, summit views, and company on this favourite jaunt. Prizes for the adventure's cutest four-legged participant!

[Join the pooch patrol](#)

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## Hiking White Rock Coulee

June 25, 2022 - With Heinz and Kris



Unger. Join us on a unique opportunity to access and see a remote, rarely visited Provincial Natural Area, with beautiful rock formations. A trip to Medicine Hat in the spring, probably with an over night stay, is an extra bonus. The hike leads down one branch of the White Rock coulee, then along the South Saskatchewan River across from the Suffield National Wildlife Area and back up through a different coulee. We will return to the vehicles hiking across the prairie.

[Coulee Hiking to Reveal Nature's Treasures](#)

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## Tryst Lake Hiking Adventure

July 12, 2022 - With Chris Saunders. This is a one day hike to one of the most beautiful lakes in Alberta and a chance to learn about this magnificent wilderness area. The views are spectacular and the alpine flowers should be beautiful. It is also a chance learn about the geography and plant life of the area.

This is the rescheduling of the *Rae Glacier* hike, originally to be held at the end of October 2021, which had to be postponed on the account of weather. If you were registered on the October hike, you are automatically registered in this one. If you weren't but would like to come along, we have more spaces, so



please sign up!

[Mountain magic](#)

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## Hiking into the Headwaters of Meadow Creek

August 17, 2022 - Join Heinz and Chris Unger for a day-long hike among the remote and a beautiful upper reach of Meadow Creek in the Ghost Wilderness area. These headwaters encompass an extensive set of wetlands with some new beaver dams. The views of nearby Black Rock Mountain and Devil's Head are amazing



[Discover your new favourite hike](#)

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## What is Adventures for Wilderness?

Adventures for Wilderness is AWA's annual program to engage Albertans in wilderness conservation. We believe an Adventure can be anything from climbing a mountain, to walking by the river, to enjoying the beauty of nature in your own backyard! Visit our website to learn about the Adventures this season and how you can support Alberta Wilderness Association.



[Learn more](#)



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*We live and work across the traditional lands of the First Nations and Métis peoples of Alberta, including Treaties 4, 6, 7, 8 and 10. We express gratitude and respect for these lands and commit to advancing reconciliation with Indigenous peoples to ensure justice, equality, and sustainability for all people and the natural world we rely on.*

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