

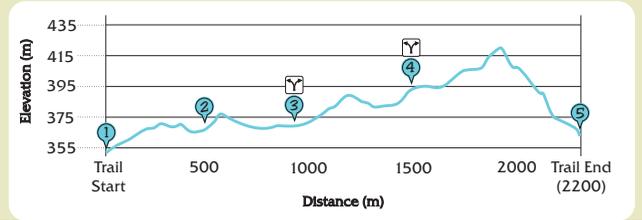
A Quick Guide to Reading



A picture speaks a thousand words

An elevation profile is simply a trail picture showing the changes in elevation (ups and downs) for the path you are about to hike. All designated trails in Regional Parks have an accompanying profile that essentially informs you about how the *elevation changes over the trail distance*.

Other important trail features, like trail junctions or rest areas, may also be shown on the profile. The number flags on the profile refer to locations on the map. Use them to help orient the profile to where it would actually be on the map.



An Elevation Profile

Don't let a trail profile scare you off!



At a glance, a profile can be deceptive and look harder than it really is. If you're not sure how to read it, you could miss out on a really great hike!

It's ALL in the Numbers!

You can't just look at the 'hills' formed by the profile and make your decision on that, because the numbers on the bottom and side (distance & elevation) make a huge difference in how those hills form. If there is ample room for the profile, the intervals between the numbers for distance and elevation can be less making the profile more realistic. However, having a profile that is the actual length of the trail is not realistic, so the intervals have to be bigger to fit it on the paper. The bigger the interval between numbers, the more pronounced or deceiving the hills will be.



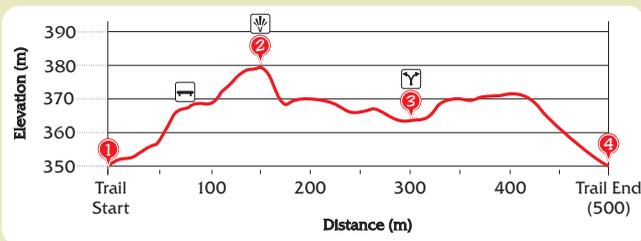
Take a minute to do the math!

Important information to know:

1. Total trail length = 500m; Total elevation change = 30m
2. Most of the elevation gain occurs in the first 150m
3. The start and finish of the trail is at the same elevation
4. The intervals for distance and elevation are different

What is this profile telling you?

There is a bit of a steep climb at the beginning of this trail with a bench ☺ to rest on near the half-way point. At the top of the climb 📍 there is a viewpoint 📍, so the climb may be worth it. From the viewpoint, the trail drops down and levels out for about 1/2 of the hike. At point 📍 there is a junction 📍 where another trail joins this one so make sure you stay on the right path! Finally, there is a bit of a steep downhill section to bring you to the end of the trail 📍.



Sample Trail Profile

Things to Consider

Hike with a friend. If going solo, let others know where you're going.

Hike at your own pace: no one is timing you. So if you want to do a harder hike at a slow pace, **YOU CAN!**

Turn around whenever you like!

Both long & short trails can have challenging sections mixed with flat, easily walkable terrain.

- 📍 If this is a loop trail, you are back at your starting point! (number on the start and end flags are the same)
- 📍 If this is a linear trail, you will have to turn around and hike back to the start. (number on the start and end flags are different)