

Views over downtown, 4.6 km

This loop trail in the valleys and hills above the hospital is part of a project to designate a well-marked set of loop walks from the hospital. These knee and hip friendly routes will give people the chance to get out on some of our great hiking trails in spite of age or infirmity. They'll also give hospital visitors respite time in nature without getting lost. The trails may be challenging, but less difficult than one would think considering the glacial topography. At this point they are not wheelchair friendly.

This loop returns along the ridge above the Waterfront Trail and features lots of expansive views! One day, we'll build a pedestrian bridge from the hospital to downtown.

Trailhead: The trailhead is on Wickstrom Road. Cross

the Robert Campbell bridge going towards Riverdale, then turn left onto Hospital Road at the first set of lights. Take the first left onto Wickstrom Road. Park at the small riverside pullout opposite the back entrance road to the hospital. The hospital parking lot is often busy so try not to park there.

- 1: Walk along the road about 70 m and take the small trail on your right going up the hill.
- 2: Walk about 250 m along the road beside the wooded hillside on your left.
- 3: Turn left on the snowmobile trail just before the small storage tent. Follow along an old road for about 600 m through the woods. After about 400 m, the road starts going steadily uphill. Peek through the trees to see the Long Lake Ridge trail high above you. The last 200 m of hill is not too steep (about 25m) — a good workout.
- 4: When you come to a fork, go right and continue the last of the climb onto the Connector trail. After about 60 m, the connector trail branches left.
- 5: The trail slowly goes uphill, about 10m, for about 370 m following above a deep depression on the left.

6: Turn left at the city trail post, and follow the Long Lake Ridge trail for about 60 m. Watch for a somewhat hidden easier trail on your right; follow the easier route; it rejoins the ridge trail in about 200 m.

7: After another 250 m, you'll come to a sudden steep downhill; turn left and take another small, easier route (unmarked at the top). You'll come back to the ridge trail opposite the start of the Broken Truck trail.

8: Turn left and follow the Long Lake Ridge Trail for about 350 m.

9: Just before you come out at the bench on a hill above the end of Long Lake, bear left onto the Blowdown Trail.

An option here would be to go right around Long Lake.

10: After 500 m, take the right fork and you'll intersect the Hospital Ridge Trail and the first of a series of great views over the Long Lake Road, the Yukon River, downtown, Shipyards Park and the industrial Marwell area. Turn left and follow the trail about 650 m.

11: When you get a sudden steep uphill, take the small switchback to the left for a slightly easier route. You'll come out on the fireworks hill. Keep to the trail along the edge of the ridge for about 1 km as it passes above the downtown waterfront.

12: As you come up towards the First Nation cemetery, take the left fork just before the graves as the trail descends the hill all the way down to the road and the end of the hike.

