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Mt Helena Trailhead

Options for Wellness

95 Reeder's Village Dr

Ambrose Accessible Trail Out & Back-

Short route on a wide trail and a mellow grade



1 Mile

Average Slope - 6.8 %

Calories Burned:

283-calories (kcal)

Prairie and Ambrose -

Medium length single track route with a moderate grade.



2.6 Miles

Average Slope - 8.5 %

Calories Burned:

459 -calories (kcal)

1906 (to the Summit) and Prospect Shafts down-

Medium length route on a wider trail with a moderately rigorous grade and spectacular views.

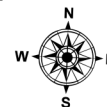


3.2 Miles

Average Slope - 14%

Calories Burned Hiking

668 -calories (kcal)



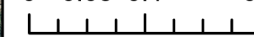
Average Fast Food Burger
300-400 calories

Average Beer or Soda-
150 Calories

Helena Interactive Trail Map



0 0.05 0.1 0.2 Miles



Disclaimer: Calories burned are estimated and based on a 150 lb person carrying a 2 pound pack, walking at 2.5 miles per hour. Trail slope grade was factored.

