6 **AGOSTO**	**CALGARY – BANFF** **Totale Km percorsi in Auto : _____** **Totale Km percorsi a Piedi : _____** **Totale mt dislivello a Piedi : _____** **Stato : Alberta**	**INFO Clima** **Banff** **Alba : 06:15** **Tramonto : 21:21** **Temperature : 7°/15°**

07.30 AM – Ritiro Auto – National Rental Car
Ore 7.30, all'apertura dell'autonoleggio, ritiro auto presso la National Car Rental di Calgary, 120 10th avenue SW. Per numeri e info dettagliate vedi foglio di prenotazione. Numero di prenotazione confermata #190660310

08.30 – 10.00 Calgary/Banff – 126Km
Poco dopo l'abitato di Canmore si trova l'ingresso del Banff National Park ed il Banff Information Service dove è possibile fare la "Entry Annual Pass" 67,70 CAD$ a testa e prendere materiale informativo vario. Arrivo a Banff, Check-in in Hotel per scaricare le valige e approvvigionamento cibo per pranzo al sacco.

11.00 – 12.00 Banff/Moran Lake – 70Km - Trasferimento a Moran Lake (Lake Louise Area)

12.30 – 16.30 – Escursione a Piedi
Sentiero **n°43 Larch Valley,** 2,8km, 465m dislivello, 3h andata e ritorno, eventualmente se c'è tempo proseguire per il **sentiero Sentinel Pass n°44** (Intero da Moran Lake, 5,8Km, 725m dislivello, 5h andata e ritorno. (Attenzione, controllare lo stato del sentiero e al centro visite segnarsi per formazione di piccolo gruppo)

17.00 – 18.00 – MoranLake/Banff – 70Km – Rientro a Banff

18.30 Banff Gondola
Funivia che porta in circa 10min in vetta della Sulphur Mountain per il panorama su tutta la vallata di banff

A fine giornata in alternativa alla Banff Gondola a seconda delle condizioni meteo e del tempo a disposizione

18.30 Banff Upper Hot Springs
Sorgenti termali e relativo stabilimento con piscina calda sulfurea, bagno turco, sauna e trattamenti.

NOTE

Nel caso di cattivo tempo o scarsa visibilità in vetta (speriamo di no) ci sono una serie di sentieri in piano nella "Banff Area" da poter percorrere ad esempio il **n°2 Aylmer Lookout,** 11,6km, dislivello 560m, 7/8h andata e ritorno o, in caso di miglioramento condizioni meteo è possibile da questo sentiero intercettare il **n°1 Aylmer** Pass di 13,3Km, dislivello 810m, 8/9ore andata e ritorno.

Nel Caso non sia possibile eseguire l'escursione a MoranLake per mancanza di persone :

11.00 - 11.30 Banff/Johnston Canyon - 30Km – Trasferimento a "Castle Junction Area"

12.00 – 16.00 Escursione a Piedi
Sentiero n°19, Ink Pots, 5,9Km, 215mt di dislivello, 4h stimante.
In pratica fare il primo tratto della Icefields Parkway fino a Castle Junction con questo sentiero ed eventualmente anche il n°20 (Silverton Falls 1h)
Proseguire poi come da programma sopra.

The Fox Hotel and Suites ****s
461 Banff Avenue
Banff
Phone : 1-403-760-8500
Web : http://www.bestofbanff.com/fox-hotel-suites/index.html

Banff National Park of Canada

BANFF NATIONAL PARK is the birthplace of Canada's national park system, created around the warm mineral springs near Banff townsite. Visit the Cave and Basin National Historic Site for the full story.
Established in 1885 Size: 6641 km² (2564 sq. mi.)

TRANS-CANADA HIGHWAY 1

Speed limit: 90 km/h (55 mph)
Drive with care on this busy highway. Look for animal overpasses between Banff and Lake Louise, built to connect habitat and allow safe animal passage.
Trans-Canada Highway construction is underway. Obey construction speed-zone signs and flag people. Anticipate some delays.

1 The Town of Banff
ALL SERVICES

Explore Canada's first national park community.
Population 8721

2 The Village of Lake Louise
MOST SERVICES

Experience the hospitality of this hiker's haven.
Population 1500

BOW VALLEY PARKWAY 1A

Speed limit: 60 km/h (37 mph)

Experience life in the 'scenic' lane. Roadside interpretive panels at pull-offs along the way connect you to the diversity of life and life forces that flow through the Bow Valley.

Bow Valley Parkway Seasonal Road Restriction from March 1 to June 25, evenings 6 pm - 9 am, helps protect wildlife at a critical time of year. This voluntary travel restriction is in effect between the east exit on the 1A near Banff for 18 km to Johnston Canyon. When travelling east from Lake Louise to Banff, connect to the Trans-Canada Highway at Castle Junction. **Access to commercial facilities along the parkway during this time is best from Castle Junction.**

Interpretive Displays

Distance (km) from	Banff	Lake Louise	
Backswamp	3	49	
Mule Shoe	6	46	✔
Prescribed Burn	8	44	
Sawback	11	41	✔
Hillsdale	13	39	
Pilot Pond	16	36	
Moose Meadow	21	31	
Castle Cliffs	26	26	
Storm Mt.	28	24	✔
Baker Creek	40	12	
Morant's Curve	48	4	

3 Johnston Canyon

25 km (30 min) from Banff
A paved trail and exciting cat-walks cling to the canyon walls.
- 1.1 km (20 min) to the Lower Falls
- 2.7 km (1 hr) to the Upper Falls

For safety's sake, stay on the trail and away from the edge.

ICEFIELDS PARKWAY 93

Speed limit: 90 km/h (55 mph)
This spectacular 230-km drive along the backbone of the continent passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or winter tires are required in winter. **No services November to March**. A park pass is required. No commercial trucks are allowed.
- Watch for reduced speed limits in congested zones and places frequented by wildlife.
- Ask for the *Icefields Parkway* brochure, your guide to peak names, icefield names and other points of interest.

4 Crowfoot Glacier

34 km (25 min) from Lake Louise
A century ago, the 'crowfoot' had three 'toes' of ice. Since then the glacier has melted back and the lower toe has been lost. These days the middle toe is disappearing, too.

5 Bow Pass ("Bow Summit") and Peyto Lake Viewpoint

40 km (30 min) from Lake Louise
This is the highest road pass in the four mountain parks at 2088 m (6849') above sea level. A short, uphill walk from the parking area leads to a view of Peyto Lake, glacially-fed and brilliantly turquoise.

6 Mistaya Canyon

72 km (50 min) from Lake Louise
Only 10 minutes by trail from the road. Look for rounded potholes and a natural arch on the canyon walls.

7 Saskatchewan Crossing and Viewpoint

77 km (55 min) from Lake Louise
Fuel, food and accommodation are available from April to late October. At the viewpoint located just south of the resort, enjoy spectacular views and learn about Howse Pass National Historic Site.

8 Columbia Icefield

130 km (1.5 hr) from Lake Louise
Plan to spend at least an hour. Please turn to the Jasper National Park information on pages 10 and 11.

Banff Information Centre
224 Banff Avenue
403-762-1550

Lake Louise Visitor Centre
Samson Mall
403-522-3833

Emergency telephone: 911
TTY: 1-866-787-6221

www.pc.gc.ca/banff

BANFF NATIONAL PARK CAMPGROUNDS

	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1 Tunnel Mt. Village I	May 1 - Oct. 1	618			●		●	●	●	●	●	$27.40
2 Tunnel Mt. Village II	Year Round	188		all	●		●	●	●		●	$32.30
3 Tunnel Mt. Trailer	May 1 - Oct. 1	321	all		●		●	●	●		●	$38.20
4 Two Jack Main	May 15 - Sept. 8	380			●			●		●		$21.50
5 Two Jack Lakeside	May 15 - Sept. 14	74			●		●		●	●		$27.40
6 Johnston Canyon	May 29 - Sept. 14	132			●		●	●	●	●		$27.40
7 Castle Mountain	May 15 - Sept. 8	43			●					●		$21.50
8 Protection Mountain	June 26 - Sept. 1	89			●				●	●		$21.50
9 Lake Louise Trailer*	Year Round	189		all	●		●	●	●		●	$32.30
10 Lake Louise Tent	May 15 - Sept. 28	206			●		●	●	●	●	●	$27.40
11 Mosquito Creek	Year Round	32				●			●	●		$15.70
12 Waterfowl Lakes	June 19 - Sept. 7	116			●			●	●	●		$21.50
13 Rampart Creek	June 26 - Sept. 1	50				●			●	●		$15.70

*Soft-sided camping in winter only (mid-November to mid-April)

Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis.
FULL H-U = full hook-up • **DIS ACC** = disabled access • **INTERP PROG** = Interpretive program
FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.

CAMPSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at www.pccamping.ca or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.

EMERGENCY - 24 hr
Ambulance, fire
RCMP (Police)
WARDENS
911

AREA CODE 403
Warden office 403-762-1470

LEGEND
- Park information centre
- Point of interest
- Hot springs
- Ski area
- Campground
- Hostel
- Accommodation

1

The Nature of the Trans-Canada Highway

Trans-Canada Highway construction is underway. Please obey construction-zone signs and flag people. Anticipate some delays.

To improve safety for people and wildlife, the Trans-Canada Highway is being upgraded in stages through Banff National Park. The most recent upgrade from a two-lane to four-lane divided highway is underway near Lake Louise.

There is no other location in the world with as many and different types of wildlife crossings, or with the largest data set on wildlife use of crossings.

For details on highway twinning and wildlife crossings in the park:
www.pc.gc.ca/transcanada

CRIME STOPPERS 1-800-222-TIPS (8477)
HELPING PROTECT OUR ENVIRONMENT crimestoppers.ab.ca

Banff Townsite

As a base camp to Banff National Park, the town of Banff is unique. The footprint of the Town of Banff is just 3.93 km^2 , which means everything is just 10 minutes away... So park your car and enjoy the town! You can walk or ride Banff Public Transit wherever you go. Elevation: 1384 m (4540')

1 Banff Information Centre

224 Banff Avenue 403-762-1550
Check out our daily video featuring Banff National Park.

- Parks Canada information 403-762-1550
- Banff/Lake Louise Tourism 403-762-8421
- Friends of Banff gift shop

Jan. 1 - May 14, 9 am - 5 pm
May 15 - June 17, 9 am - 7 pm
June 18 - Sept. 9, 8 am - 8 pm
Sept. 10 - Sept. 23, 9 am - 7 pm
Sept. 24 - Dec. 31, 9 am - 5 pm
Closed December 25

2 Cave and Basin National Historic Site

311 Cave Avenue (1 km from downtown Banff)
403-762-1566
The birthplace of Canada's national park system

- Thermal mineral springs
- Interpretive boardwalk trails
- Exhibits and video
- Interpretive programs available - see page 9
- Café open in the summer

May 15 - Sept. 30, 9 am - 6 pm daily
Oct. 1 – May 14
weekends, 9:30 am - 5 pm
weekdays, 11 am - 4 pm
Closed Dec. 25, 26 and Jan. 1
Admission charged

3 Banff Park Museum National Historic Site

91 Banff Avenue (by Bow River Bridge) 403-762-1558

A showpiece of early architecture and natural history interpretation

- Collection of natural specimens
- Hands on Discovery Room
- Interpretive programs available – see page 9

May 15 - Sept. 30, 10 am - 6 pm daily
Oct. 1 - May 14, 1 pm - 5 pm daily
Closed Dec. 25, 26 and Jan. 1
Admission charged

4 Cascades of Time Gardens

101 Mountain Avenue (Behind the Park Administration Building)
Historic gazebos, rustic bridges and rundle stone paths entwine in a garden of colourful flowers. In bloom from June to September. Interpretive Programs available – see page 9

5 Sulphur Mountain

4 km from town, Mountain Ave

- Hike the trail (visit the Banff Information Centre for trail details) or take the gondola (403-762-2523 for hours, fees).

6 Buffalo Nations Museum

1 Birch Avenue 403-762-2388
Native history, art and culture
Admission charged

7 Whyte Museum of the Canadian Rockies

111 Bear Street 403-762-2291
Mountain history, culture and archives
Admission charged

8 Vermilion Lakes

1 km from town, turn off the Mount Norquay Road south of the Trans-Canada Highway
Guided nature strolls of the Bow Valley's biggest wetland are offered here in summer. Register in advance at Friends of Banff stores, 403-762-8911.

9 UPPER HOT SPRINGS POOL

4 km from town, Mountain Ave
1-800-767-1611
Enjoy the splendid heritage bath house and pool.

- Towels, bathing suits, lockers for rent
- Day Spa 403-760-2500, cafe, and gift shop on site

May 15 - Sept. 13, daily, 9 am - 11 pm
Sept. 14 – May 20, 2010
Sunday - Thurs, 10 am - 10 pm
Friday - Sat, 10 am - 11 pm
Admission charged

10 Bow Falls & Banff Springs Hotel National Historic Site

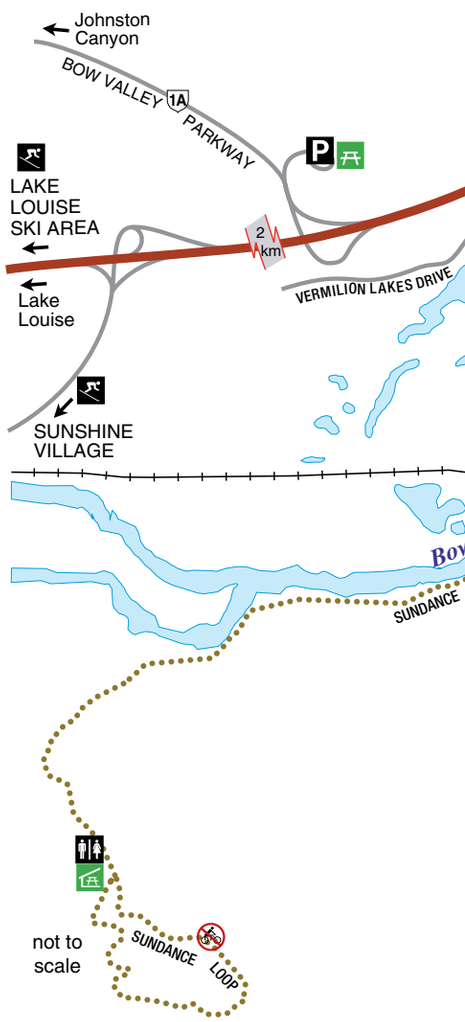
Magnificent views from either side of the Bow River

11 Bankhead

8 km (12 min) from Banff
Once the site of a huge coal-mining operation

- Lower Bankhead: now a quiet 1.1-km (30 min) interpretive trail loops among the ruins
- Upper Bankhead: a popular picnic area and trailhead
- Not accessible by car November 15 to April 15

SEASONAL RESTRICTION MARCH 1 TO JUNE 25 – Travel along a 17-km section of the 1A to Johnston Canyon is restricted from 6 pm to 9 am in the spring to protect wildlife. See page 14.



12 Lake Minnewanka

10 km (15 min) from Banff

A place once known as *Lake of the Water Spirits*

- Enjoy a leisurely lakeside stroll to Stewart Canyon 1.4 km (30 min return).
- Boat tours of the lake are available May 9 to Oct. 4. (403-762-3473 for hours, fees)

13 Johnson Lake

14 km (20 min) from Banff

Explore this easy 3-km lakeside trail year round.

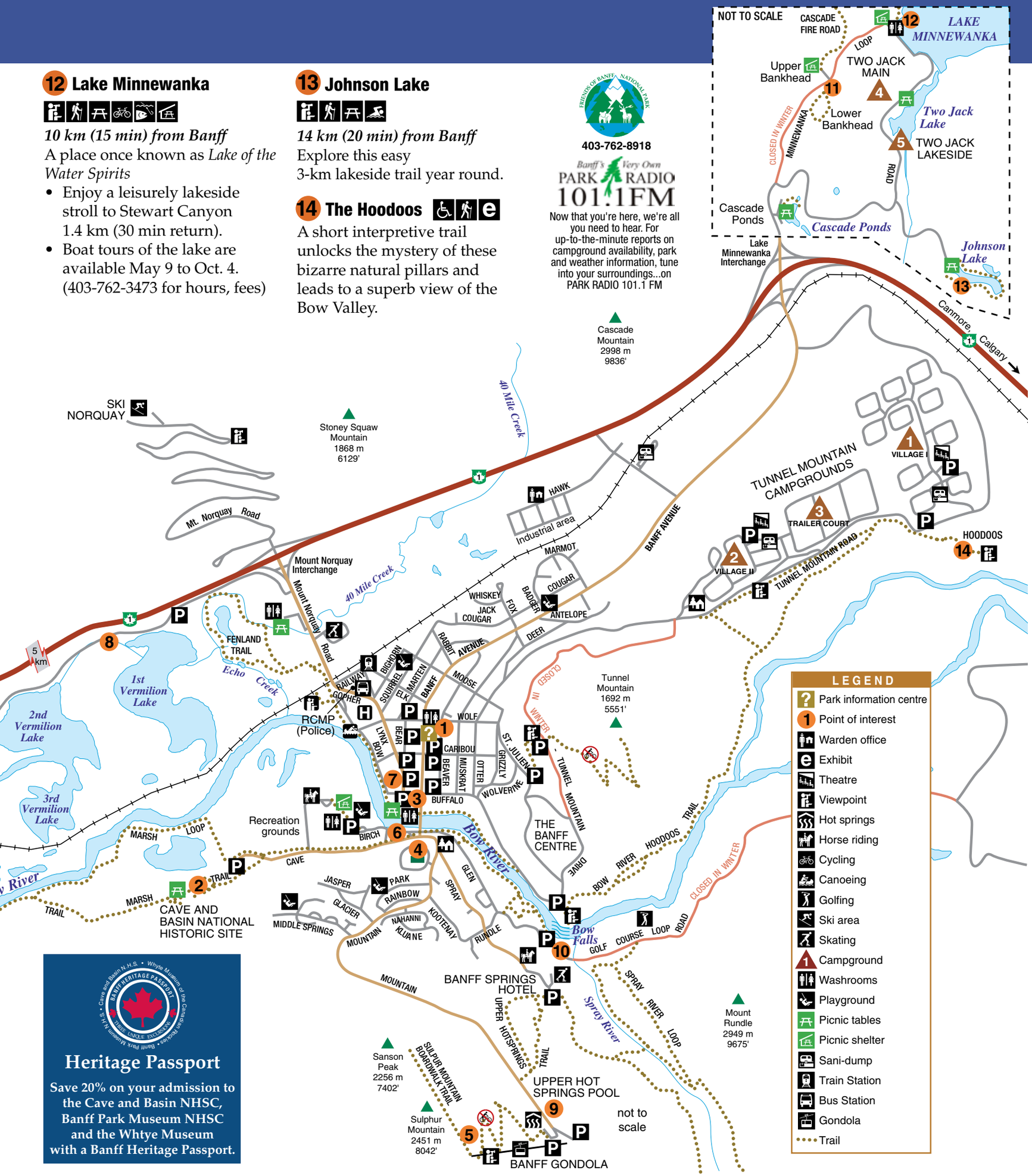
14 The Hoodoos

A short interpretive trail unlocks the mystery of these bizarre natural pillars and leads to a superb view of the Bow Valley.

403-762-8918

Banff's Very Own PARK RADIO 101.1FM

Now that you're here, we're all you need to hear. For up-to-the-minute reports on campground availability, park and weather information, tune into your surroundings...on PARK RADIO 101.1 FM



Heritage Passport

Save 20% on your admission to the Cave and Basin NHSC, Banff Park Museum NHSC and the Whtye Museum with a Banff Heritage Passport.

Village of Lake Louise

Lake Louise Visitor Centre
Samson Mall
403-522-3833

Known to the Stoney people as "Lake of the Little Fishes," **Lake Louise** was given its present name in 1884. It honours Princess Louise Caroline Alberta, sixth child of Queen Victoria.
Elevations: Village: 1540 m (5052'), Lake: 1731 m (5680')

1 Lake Louise Visitor Centre by Samson Mall

Parks Canada information: 403-522-3833. Banff/Lake Louise Tourism: 403-762-8421
Exhibits explain the geology and history of the Canadian Rockies.
April 1 – April 30, 9 am - 4 pm
May 1 – June 18, 9 am - 5 pm
June 19 – Sept. 6, 9 am - 8 pm
Sept. 7 – Sept. 12, 9 am - 7 pm
Sept. 13 – Sept. 26, 9 am - 5 pm
Sept. 27 – March 31, 2010, 9 am - 4 pm

2 Lake Louise - the Lake

5 min from the village of Lake Louise

The view from the lakeshore is known the world over. Prepare for crowds! But walk half a kilometre along the shore to leave the crowds behind.

3 Moraine Lake and Valley of the Ten Peaks

Go before 10 am or after 5 pm to avoid the crowds. Road closed early October to late May.

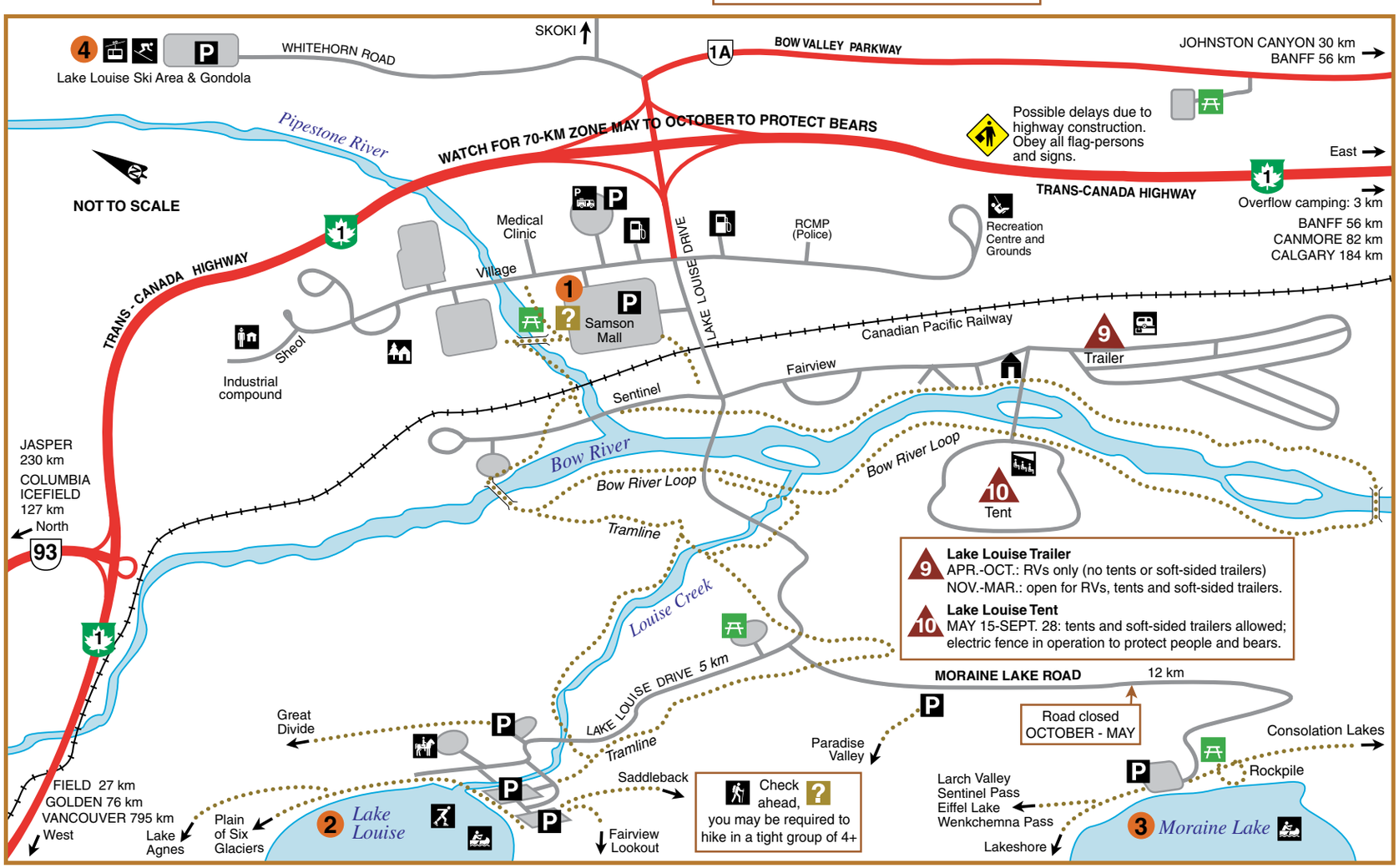
Check Ahead: Hikers must be in a tight group of four or more when grizzly bears are using habitat in Larch, Consolation & Paradise valleys.

Avoid parking pressure ...
During July and August, lots at Lake Louise and Moraine Lake can be full from 11 am - 4 pm any day of the week. Our advice? Go earlier or later in the day.

4 Lake Louise Sightseeing Gondola

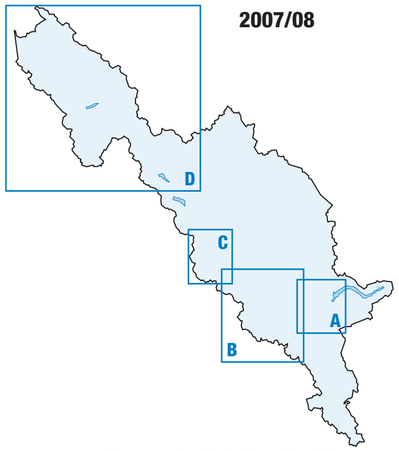
4.5 km from the village

403-522-3555. Gondola runs June to September.



DAY HIKES IN BANFF NATIONAL PARK

2007/08



WHAT YOU NEED TO KNOW BEFORE YOU HIKE IN BANFF NATIONAL PARK

PLAN AHEAD AND BE PREPARED.

☑ **Check detailed trail descriptions in trail guide books.**
Guidebooks can be purchased from the Friends of Banff National Park.
**The Canadian Rockies Trail Guide*, 2007
(Brian Patton and Bart Robinson)
Classic Hikes in the Canadian Rockies, 2003
(Graeme Pole)
Backcountry Banff, 2001 and *Hiking Lake Louise*, 2005
(Mike Potter)
Walks and Easy Hikes in the Canadian Rockies, 2004
(Graeme Pole)

Parks Canada Parcs Canada

Canada

☑ **Purchase a topographic map**
Topographic maps provide detail for safe backcountry travel. Maps can be purchased from the Friends of Banff National Park.

☑ **Check the Weather Report**
Mountain weather can change quickly and is difficult to predict. You need to be prepared for any and all weather conditions.

☑ **Check Trail Conditions**
Trails may be temporarily closed for public safety or environmental reasons, such as aggressive wildlife. Other trails may remain open, but have warnings placed upon them for similar reasons. Be extra cautious when travelling on these trails.

☑ **Purchase a fishing permit**
National Park Fishing Permits are required. Know the National Park Fishing Regulations.

☑ **Safety is your responsibility**
The park is managed as a natural area, and hazards are part of the wilderness. You are ultimately responsible for your own safety, so please be careful. Hike with companions. Tell someone where you are going and when you plan to return. Bring enough food and water. Pack extra clothing in case the weather changes. Carry this guide with you. For more information about public safety, consult park staff.

☑ **Carry enough drinking water**
At least one litre per person of safe drinking water on any hike, two litres or more if you are going to be out all day. Surface water can be contaminated with Giardia, an intestinal parasite.

TRAVEL ON DURABLE SURFACES.

Please take the extra steps and stay on the trail. Shortcutting between trail switchbacks damages the soil and plant life, and causes erosion and trail maintenance problems.

*Trail details and trailhead descriptions for this brochure are courtesy of Brian Patton.

DISPOSE OF WASTE PROPERLY.

All garbage must be packed out, including diapers, sanitary napkins, tampons, food waste and foil.

If you need to relieve yourself, select a spot well away from trails and at least 100 m from water sources. To dispose of human waste, dig a hole 12 to 16 cm deep with a stick, the heel of your boot or a small trowel. Make sure you reach the dark-coloured, biologically active soil layer. Fill the hole with soil afterward and do not pack it down. Use as little toilet paper as possible. Pack out used toilet paper or burn it if the fire hazard is not extreme.

LEAVE WHAT YOU FIND.

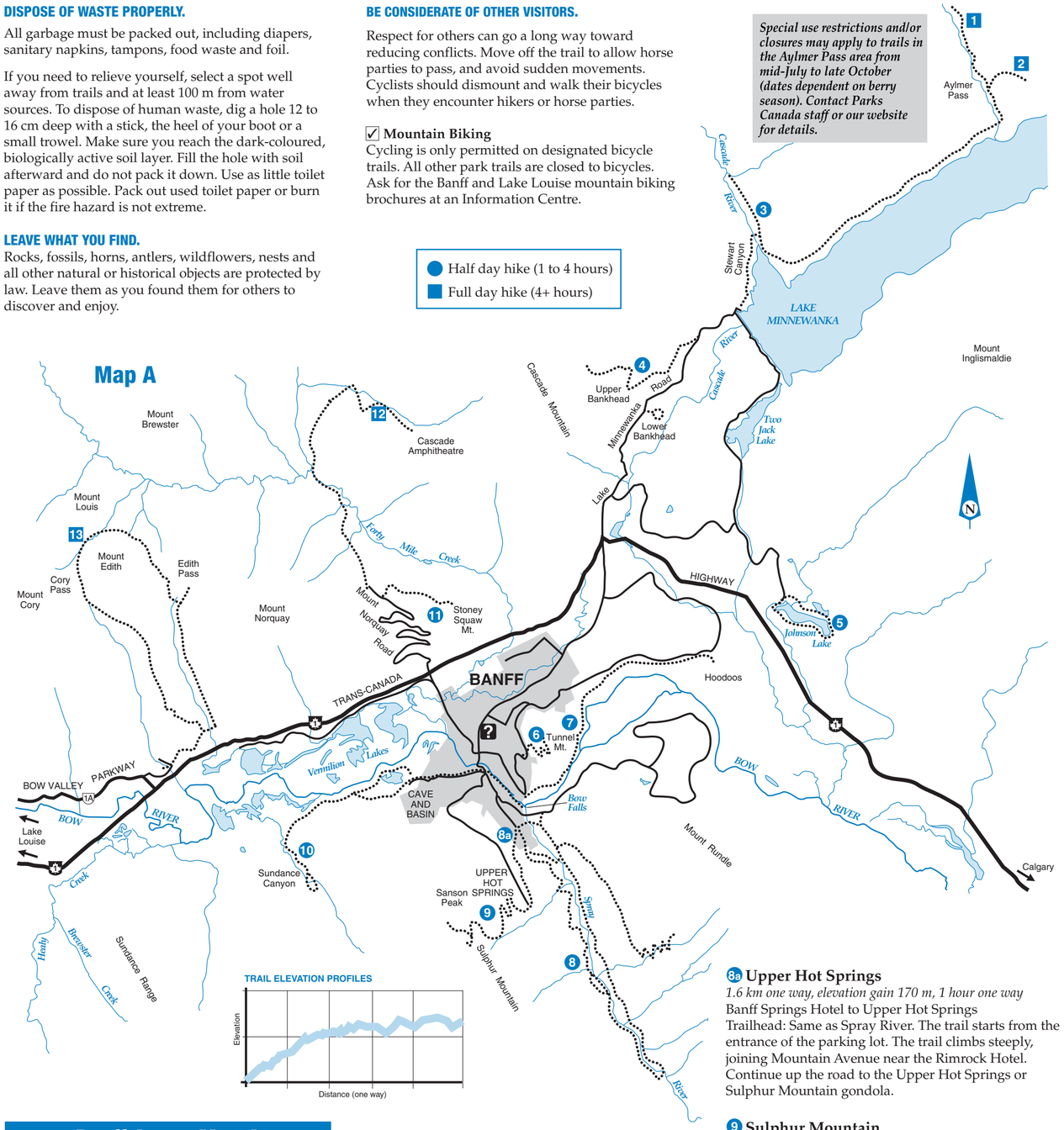
Rocks, fossils, horns, antlers, wildflowers, nests and all other natural or historical objects are protected by law. Leave them as you found them for others to discover and enjoy.

BE CONSIDERATE OF OTHER VISITORS.

Respect for others can go a long way toward reducing conflicts. Move off the trail to allow horse parties to pass, and avoid sudden movements. Cyclists should dismount and walk their bicycles when they encounter hikers or horse parties.

☑ **Mountain Biking**
Cycling is only permitted on designated bicycle trails. All other park trails are closed to bicycles. Ask for the Banff and Lake Louise mountain biking brochures at an Information Centre.

Special use restrictions and/or closures may apply to trails in the Aylmer Pass area from mid-July to late October (dates dependent on berry season). Contact Parks Canada staff or our website for details.



Banff Area - Map A

1 Aylmer Pass
13.3 km one way, elevation gain 810 m, 8 - 9 hours round trip
Trailhead: From the Lake Minnewanka Interchange on the Trans-Canada Highway, take the Lake Minnewanka Loop Road 5.5 km to Lake Minnewanka. Park in the large parking lot above the boat concession. Follow the paved path past the boat concession to the lakeshore trail. The Aylmer Pass trail branches north at km 8 and climbs steeply to a 2285 m pass.

2 Aylmer Lookout
11.6 km one way, elevation gain 560 m, 7 - 8 hours round trip
Trailhead: Same as Aylmer Pass.

3 Stewart Canyon
1.4 km one way, no elevation gain, 1 hour round trip
Trailhead: Same as Aylmer Pass. The Canyon trail becomes faint after several km.

4 C-Level Cirque
3.9 km one way, elevation gain 455 m, 3 hours round trip
Trailhead: From the Minnewanka Interchange on the Trans-Canada Highway, take the Lake Minnewanka Road 3.5 km to the Upper Bankhead picnic area.

5 Johnson Lake
3 km loop, no elevation gain, one hour round trip
Trailhead: Johnson Lake picnic area. Trail follows the shoreline.

6 Tunnel Mountain
2.3 km one way, elevation gain 260 m, 2 hours round trip
Trailhead: Follow Wolf St. east to St. Julien Road. Follow St. Julien uphill to the parking lot on the left, 0.3 km from the Wolf St. junction.

7 Bow River / Hoodoos
5.1 km one way, elevation loss and gain about 60 m, 3 hours round trip
Trailhead: Follow Buffalo St. east to the parking lot at Surprise Corner (parking for the Bow Falls Viewpoint), a distance of about 1.2 km.

8 Spray River Loop
14.9 km round trip, elevation gain 65 m, 3 - 4 hours round trip
Trailhead: Follow Spray Avenue from the Bow River bridge to the Banff Springs Hotel. Go past the hotel parkade to the trailhead parking lot. Follow the Spray River fireroad upstream for 7 km to a footbridge, cross the river and return downstream along the east side of the valley to Banff Springs Golf Course Road.

8a Upper Hot Springs
1.6 km one way, elevation gain 170 m, 1 hour one way
Banff Springs Hotel to Upper Hot Springs
Trailhead: Same as Spray River. The trail starts from the entrance of the parking lot. The trail climbs steeply, joining Mountain Avenue near the Rimrock Hotel. Continue up the road to the Upper Hot Springs or Sulphur Mountain gondola.

9 Sulphur Mountain
5.5 km one way, elevation gain 655 m, 2.5 - 4 hours round trip
Trailhead: Cross the Bow River bridge, turn left, then right at the first intersection. Drive 4 km on Mountain Avenue to the Upper Hot Springs parking lot. If walking from town, take the Upper Hot Springs trail (see #8a). The trail leaves from the corner of the Upper Hot Springs parking lot closest to the pool.
Side trip: *1 km one way, 60 m elevation gain, 1 hour round trip*. Boardwalk trail departs from Observation Deck on the summit.

10 Sundance Canyon
4.3 km one way, elevation gain 145 m, 3 hours round trip
Trailhead: From the Bow River Bridge drive 1.6 km to the Cave and Basin parking lot. Walk past the building to the start of the hike/bike path.

11 Stoney Squaw Mountain
2.1 km one way, elevation gain 190 m, 2 hours round trip
Trailhead: Just inside the main parking lot for Mount Norquay ski area.

12 Cascade Amphitheatre
7.7 km one way, elevation gain 640 m, 6 hours round trip
Trailhead: From the Mount Norquay area main parking lot, walk past the ski lodge, then continue past the Cascade, Spirit and Mystic chairlifts where there is a trail sign.

Castle Junction Area - Map B

14 Healy Pass
9.3 km one way, elevation gain 655 m, 6 - 7 hours round trip
Trailhead: Follow the Trans-Canada Highway 7.4 km west of Mt. Norquay Interchange and turn off to the right to get on the Sunshine Road. Follow this road for 9 km to the Sunshine Parking Lot.

The trail begins at the far end of the parking area immediately behind the Sunshine gondola terminal. After following the wide Sunshine ski-out trail for 800 m, it branches right, crosses Sunshine Creek and begins its ascent of Healy Creek.

15 Bourgeau Lake
7.4 km one way, elevation gain 725 m, 6 hours round trip
Trailhead: On the Trans-Canada Highway 13 km west of the Mt. Norquay Interchange. Trailhead is on the south side of the four-lane divided highway.

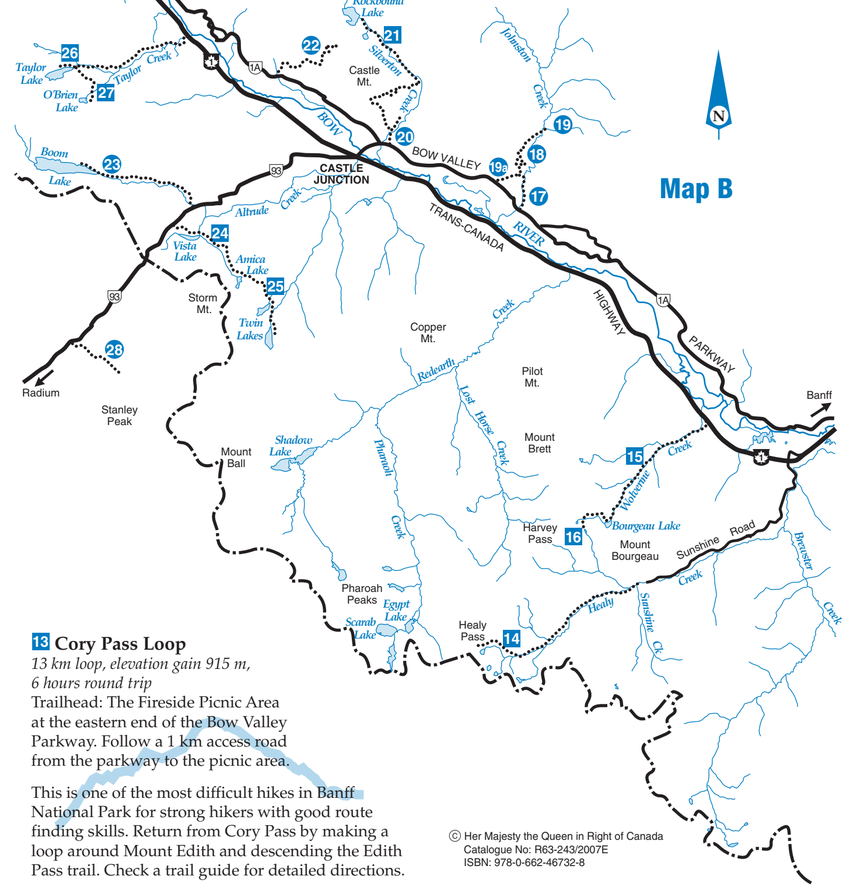
16 Harvey Pass
9.7 km one way, elevation gain 1035 m, 7 - 8 hours round trip
Trailhead: Same as Bourgeau Lake. Strong hikers who are good route finders can continue beyond Bourgeau Lake on a rough, unmarked trail to Harvey Pass.

17 Johnston Canyon Lower Falls
1.1 km one way, elevation gain 30 m, 1 hour round trip
Trailhead: From the Norquay Interchange drive west 5.5 km on the Trans-Canada Highway and take the Bow Valley Parkway (1A Highway). Drive along this road 18 km to Johnston Canyon parking lot.

18 Johnston Canyon Upper Falls
2.7 km one way, elevation gain 120 m, 2 hours round trip
Trailhead: Same as Johnston Canyon Lower Falls.

19 Ink Pots
5.8 km one way, elevation gain 215 m, 4 hours round trip
Trailhead: Same as Johnston Canyon Lower Falls.

19a Ink Pots via Moose Meadows
5.9 km one way, elevation gain 215 m, 4 hours round trip
Trailhead: 1.4 km west of Johnston Canyon trailhead on the Bow River Parkway. Recommended winter route. Completely by-passes the Johnston Canyon trail.



13 Cory Pass Loop
13 km loop, elevation gain 915 m, 6 hours round trip
Trailhead: The Fireside Picnic Area at the eastern end of the Bow Valley Parkway. Follow a 1 km access road from the parkway to the picnic area.

This is one of the most difficult hikes in Banff National Park for strong hikers with good route finding skills. Return from Cory Pass by making a loop around Mount Edith and descending the Edith Pass trail. Check a trail guide for detailed directions.

20 Silverton Falls
0.7 km one way, elevation gain 60 m, 1 hour round trip
Trailhead: Parking lot on the north side of the Bow Valley Parkway, 0.2 km east of Castle Junction (Rockbound Lake Trailhead)

21 Rockbound Lake
8.4 km one way, elevation gain 760 m, 6 - 7 hours round trip
Trailhead: Drive to the parking area on the north side of the Bow Valley Parkway 0.2 km east of Castle Junction.

22 Castle Lookout
3.7 km one way, elevation gain 520 m, 3 - 4 hours round trip
Trailhead: Drive to parking lot on north side of Bow Valley Parkway 5 km west of Castle Junction.

23 Boom Lake
5.1 km one way, elevation gain 175 m, 3 - 4 hours round trip
Trailhead: On Highway 93 South, 7 km west of Castle Junction (en route to Radium).

24 Arnica Lake
5.1 km one way, elevation gain 580 m, 5 hours round trip
Trailhead: On Highway 93 South, 8 km west of Castle Junction at the Vista Lake Viewpoint. Caution: There are no signs on the highway for this trailhead. Use extreme caution when entering and exiting.

25 Twin Lakes
7.4 km one way, elevation gain 715 m, 6 hours round trip
Trailhead: Same as Arnica Lake.

26 Taylor Lake
6.3 km, elevation gain 585 m, 4 - 5 hours round trip
Trailhead: On the Trans-Canada Highway 8 km west of Castle Junction at Taylor Creek Picnic area. Caution: There are no signs on the highway for this trailhead. Use extreme caution when entering and exiting.

27 O'Brien Lake
8.1 km one way, elevation gain 640 m, 6 hours round trip
Trailhead: Same as Taylor Lake.

28 Stanley Glacier
4.2 km one way, elevation gain 395 m, 4 hours round trip
Trailhead: On Highway 93 South, 13 km west of Castle Junction in Kootenay National Park.

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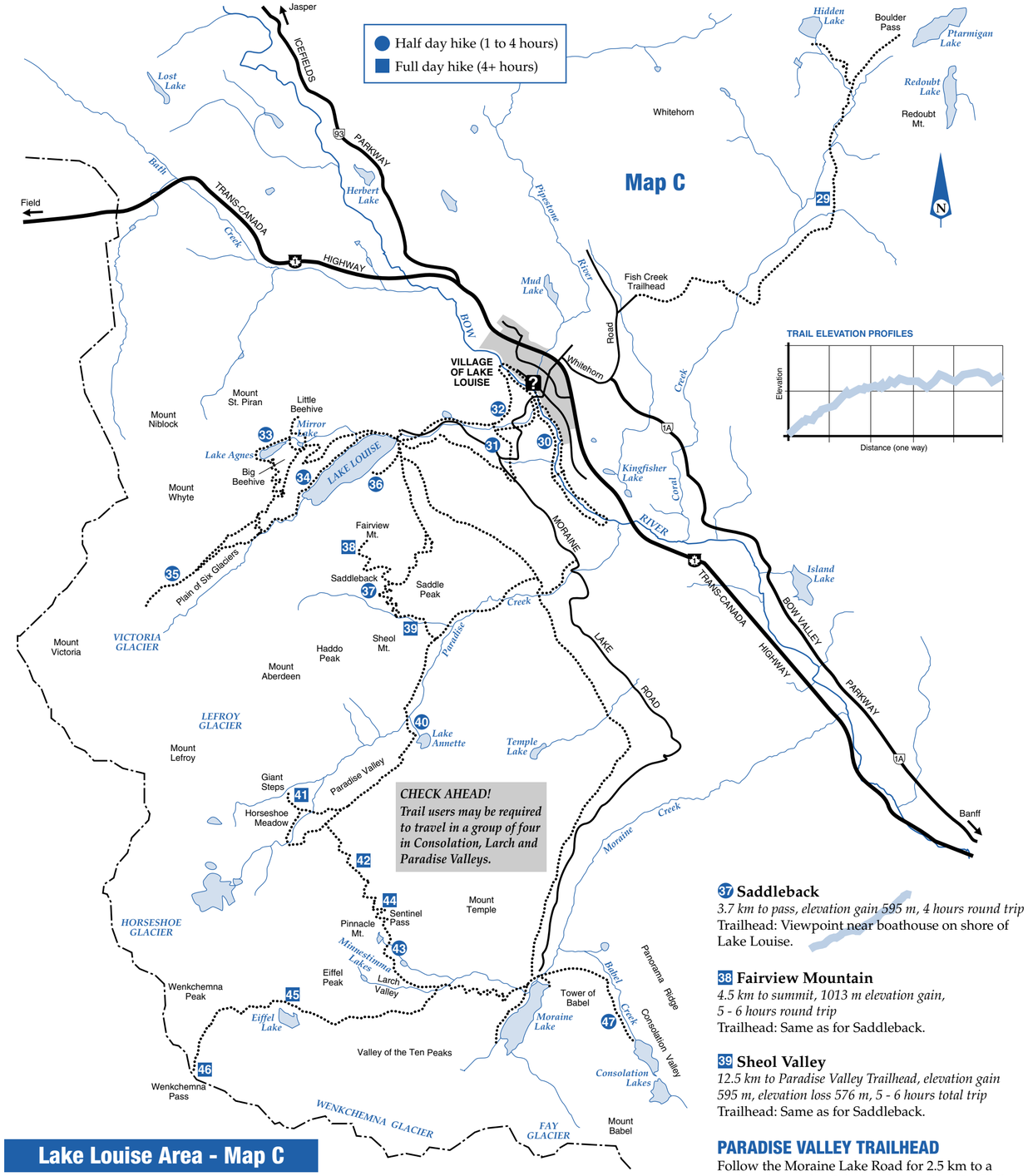


Lake Louise Area - Map C

29 Boulder Pass
8.6 km to pass, elevation gain 640 m, 6 - 7 hours round trip
Trailhead: From the village drive towards the ski area, turn at signs for Fish Creek Parking area, follow gravel road for 1 km to parking lot on south side.

30 Bow River Loop
7.1 km round trip, no elevation gain, 2.5 hours round trip
Trailhead: Parking lot opposite the Lake Louise train station (restaurant).

31 Louise Creek
2.8 km, elevation gain 195 m, 1 hour one way
Trailhead: From the Samson Mall parking lot walk along Lake Louise Drive to a bridge crossing the Bow River. Cross the bridge and then look for the trailhead on the downstream side of the bridge.

32 Tramline
4.5 km, elevation gain 195 m, 1.5 hours one way
Trailhead: From the Station restaurant a 3% grade follows the old narrow gauge railway bed to the Chateau Lake Louise.

UPPER LAKE LOUISE TRAILHEAD

33 Lake Agnes
3.4 km one way, elevation gain 385 m, 2.5 hours round trip
Trailhead: From Lake Louise shoreline trail, in front of Chateau Lake Louise continue up to Teahouse.
Side trip: Big Beehive
1.6 km one way, elevation gain 135 m from Lake Agnes
Side trip: Little Beehive
1 km one way, elevation gain 105 m from Lake Agnes

34 Lake Louise Lakeshore
2 km one way, no elevation gain, 1 hour round trip
Trailhead: In front of the Chateau Lake Louise

35 Plain of Six Glaciers
5.3 km one way, elevation gain 365 m, 4 hours round trip
Trailhead: Follow the Lake Louise Shoreline trail to the back of the lake and continue on to Teahouse.
Option: Connect the Lake Agnes and Plain of Six Glaciers trails, via the Highline trail, to form a *14.6 km* loop. *5 hours round trip.*

36 Fairview Lookout
1 km one way, elevation gain 100m, 1 hour round trip
Trailhead: Same as for Saddleback. Follow the Saddleback trail for 0.3 km then branch right.

CHECK AHEAD!
Trail users may be required to travel in a group of four in Consolation, Larch and Paradise Valleys.

37 Saddleback
3.7 km to pass, elevation gain 595 m, 4 hours round trip
Trailhead: Viewpoint near boathouse on shore of Lake Louise.

38 Fairview Mountain
4.5 km to summit, 1013 m elevation gain, 5 - 6 hours round trip
Trailhead: Same as for Saddleback.

39 Sheol Valley
12.5 km to Paradise Valley Trailhead, elevation gain 595 m, elevation loss 576 m, 5 - 6 hours total trip
Trailhead: Same as for Saddleback.

PARADISE VALLEY TRAILHEAD

Follow the Moraine Lake Road for 2.5 km to a parking lot on the right hand side. Paradise Valley trail was rerouted in 2006.

40 Lake Annette
5.7 km one way, elevation gain 245 m, l.5 hours one way

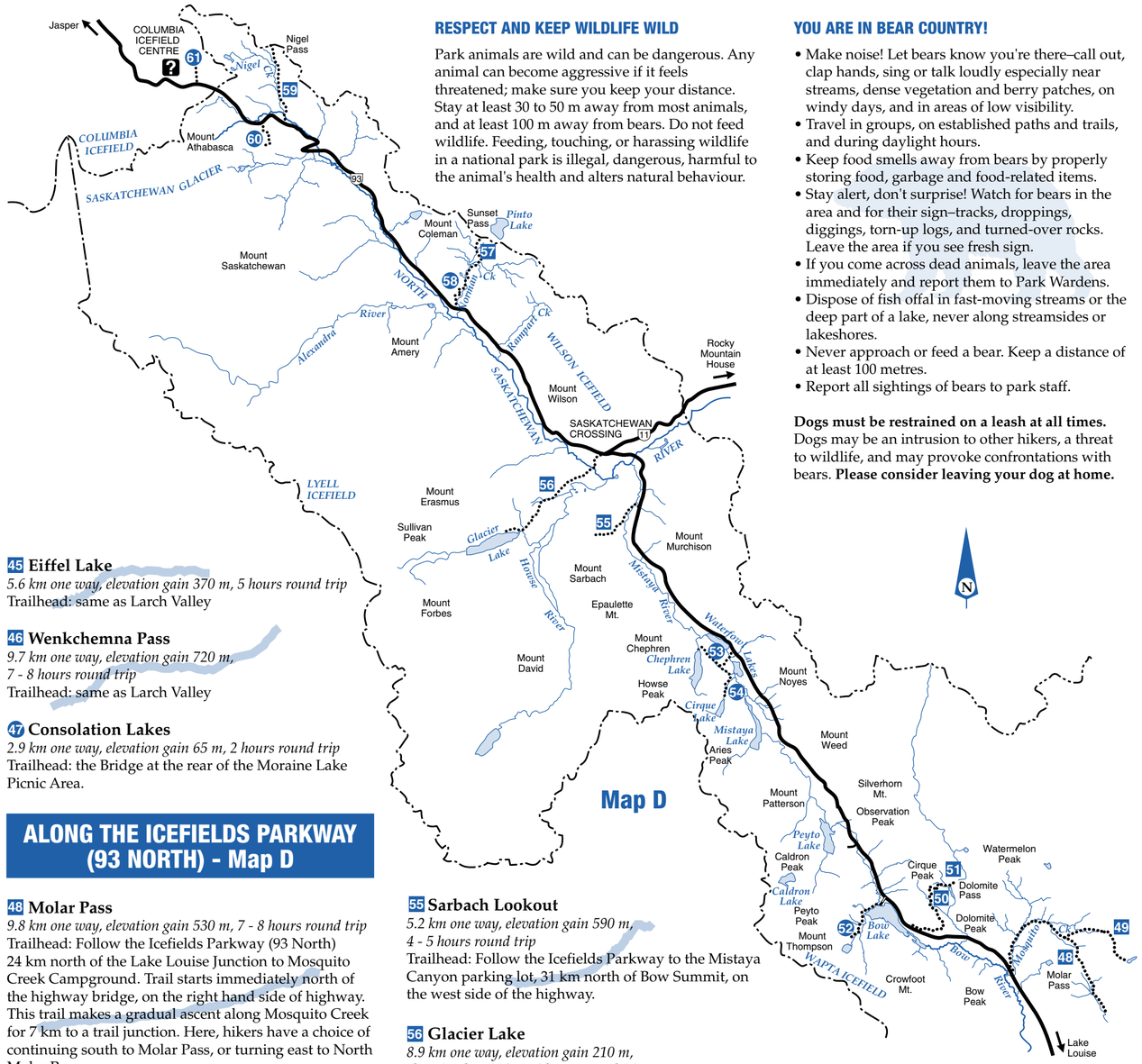
41 Paradise Valley & Giant Steps
10 km one way, elevation gain 385 m, 7 hours round trip

42 Paradise Valley / Larch Valley
17 km total distance, elevation gain 880 m, 7.5 hours

MORAINE LAKE TRAILHEAD

43 Larch Valley
2.8 km one way, elevation gain 465 m, 3 hours round trip
Trailhead: 100 m past Moraine Lake Lodge, along lakeshore. A 2.4 km trail switchbacking steeply through the forest to a junction high on the north slope of the Valley of the Ten Peaks. From the junction it is another 0.4 km uphill to Larch Valley.

44 Sentinel Pass
5.8 km one way, elevation gain 725 m, 5 hours round trip
Trailhead: Same as Larch Valley. Follow up steep switchbacks to this 2611 m pass. Sentinel Pass is 3 km beyond Larch Valley.



ALONG THE ICEFIELDS PARKWAY (93 NORTH) - Map D

45 Eiffel Lake
5.6 km one way, elevation gain 370 m, 5 hours round trip
Trailhead: same as Larch Valley

46 Wenkchemna Pass
9.7 km one way, elevation gain 720 m, 7 - 8 hours round trip
Trailhead: same as Larch Valley

47 Consolation Lakes
2.9 km one way, elevation gain 65 m, 2 hours round trip
Trailhead: the Bridge at the rear of the Moraine Lake Picnic Area.

48 Molar Pass
9.8 km one way, elevation gain 530 m, 7 - 8 hours round trip
Trailhead: Follow the Icefields Parkway (93 North) 24 km north of the Lake Louise Junction to Mosquito Creek Campground. Trail starts immediately north of the highway bridge, on the right hand side of highway. This trail makes a gradual ascent along Mosquito Creek for 7 km to a trail junction. Here, hikers have a choice of continuing south to Molar Pass, or turning east to North Molar Pass.

49 North Molar Pass
11.5 km one way, elevation gain 760 m, 8 - 9 hours round trip
Trailhead: Same as Molar Pass.

50 Helen Lake
6.0 km one way, elevation gain 455 m, 4 - 5 hours round trip
Trailhead: Follow the Icefields Parkway to the Crowfoot Glacier Viewpoint, 33 km north of the Lake Louise junction; trailhead across highway from viewpoint.

51 Dolomite Pass
9.0 km one way, elevation gain 550 m, 6 - 7 hours round trip
Trailhead: Same as Helen Lake. From the high ridge above Helen Lake, strong hikers can descend to the shores of Katherine Lake and then make a short climb to the summit of Dolomite Pass, 3.0 km farther.

52 Bow Glacier Falls
4.6 km one way, elevation gain 155 m, 3 hours round trip
Trailhead: Follow the Icefields Parkway to the Num-ti-jah Lodge access road, on the west side of the highway 36 km north of the Lake Louise junction. The trailhead kiosk is 400 m down this access road.

53 Chephren Lake
3.5 km one way, elevation gain 80 m, 3 hours round trip
Trailhead: Follow the Icefields Parkway to the Waterfowl Lakes Campground, 57.5 km north of the Lake Louise junction. Enter the campground and stay right, skirting around the northern edge of the facility to the trail kiosk. From the Chephren-Cirque junction, the trail to Chephren Lake branches right.

54 Cirque Lake
4.2 km one way, elevation gain 150 m, 3 hours round trip
Trailhead: Same as Chephren Lake. From the Chephren-Cirque junction, the trail to Cirque Lake branches left.

55 Sarbach Lookout
5.2 km one way, elevation gain 590 m, 4 - 5 hours round trip
Trailhead: Follow the Icefields Parkway to the Mistaya Canyon parking lot, 31 km north of Bow Summit, on the west side of the highway.

56 Glacier Lake
8.9 km one way, elevation gain 210 m, elevation loss 220 m, 6 hours round trip
Trailhead: Follow the Icefields Parkway to the parking area on the west side of the highway, 1 km north of the Saskatchewan River Crossing Service Centre.

57 Sunset Pass
8.2 km one way, elevation gain 725 m, 6 - 7 hours round trip
Trailhead: Follow the Icefields Parkway to the Norman Creek Bridge, 16.5 km north of the Saskatchewan River Crossing Service Centre. Trailhead parking is on the open flat to the east of the highway just below the bridge.

58 Sunset Lookout
4.5 km one way, elevation gain 390 m, 3 - 4 hours round trip
Trailhead: Same as Sunset Pass. At the junction 2.9 km up the Sunset Pass trail, branch left 1.6 km to the old Sunset Lookout.

59 Nigel Pass
7.2 km one way, elevation gain 365 m, 5 hours round trip
Trailhead: Follow the Icefields Parkway to a parking area 113.5 km north of the Lake Louise junction and 2.5 km north of the "Big Bend" switchback; parking area on northeast side of highway.

60 Parker Ridge
2.7 km one way, elevation gain 250 m, 3 hours round trip
Trailhead: Parking area on the west side of the Icefields Parkway, 4 km south of the Banff-Jasper boundary.

61 Wilcox Pass
4 km one way, elevation gain 335 m, 4 hours round trip
Trailhead: 3.1 km south of the Icefield Centre on the Icefields Parkway at the entrance to the Wilcox Creek campground in Jasper National Park.

RESPECT AND KEEP WILDLIFE WILD

Park animals are wild and can be dangerous. Any animal can become aggressive if it feels threatened; make sure you keep your distance. Stay at least 30 to 50 m away from most animals, and at least 100 m away from bears. Do not feed wildlife. Feeding, touching, or harassing wildlife in a national park is illegal, dangerous, harmful to the animal's health and alters natural behaviour.

YOU ARE IN BEAR COUNTRY!

- Make noise! Let bears know you're there–call out, clap hands, sing or talk loudly especially near streams, dense vegetation and berry patches, on windy days, and in areas of low visibility.
- Travel in groups, on established paths and trails, and during daylight hours.
- Keep food smells away from bears by properly storing food, garbage and food-related items.
- Stay alert, don't surprise! Watch for bears in the area and for their sign–tracks, droppings, diggings, torn-up logs, and turned-over rocks. Leave the area if you see fresh sign.
- If you come across dead animals, leave the area immediately and report them to Park Wardens.
- Dispose of fish offal in fast-moving streams or the deep part of a lake, never along streamsides or lakeshores.
- Never approach or feed a bear. Keep a distance of at least 100 metres.
- Report all sightings of bears to park staff.

Dogs must be restrained on a leash at all times. Dogs may be an intrusion to other hikers, a threat to wildlife, and may provoke confrontations with bears. **Please consider leaving your dog at home.**

Information on trails, weather, trail guide books and topo maps

Parks Canada
Banff Information Centre
224 Banff Avenue, Banff, AB
Tel: (403) 762-1556 Fax: (403) 762-1551
Email: Banff.Trails@pc.gc.ca

Parks Canada
Lake Louise Information Centre
Samson Mall, Village of Lake Louise, AB
Tel: (403) 522-3833 Fax: (403) 522-1212
Email: LL.Info@pc.gc.ca

Banff National Park Home Page:
www.pc.gc.ca/banff

Banff National Park Trail Report
Recorded Message: (403) 760-1305
Park Radio: 101.1 FM
Web page: www.pc.gc.ca/banff

Environment Canada Weather Forecast
Recorded Phone Message: (403) 762-2088
Park Radio: 101.1 FM
Web page: www.weatheroffice.ec.gc.ca

For purchasing topo maps and guidebooks contact:
The Friends of Banff National Park
224 Banff Avenue, Banff, AB
Tel: (403) 762-8918
Fax: (403) 762-2933
Home Page: www.friendsofbanff.com

In case of an EMERGENCY, phone 911.