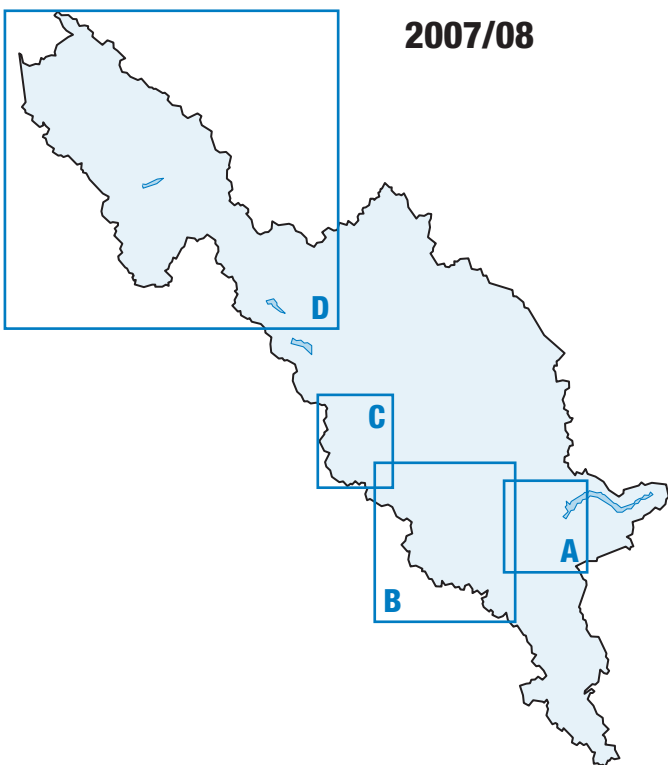




# DAY HIKES IN BANFF NATIONAL PARK

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)



### 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.

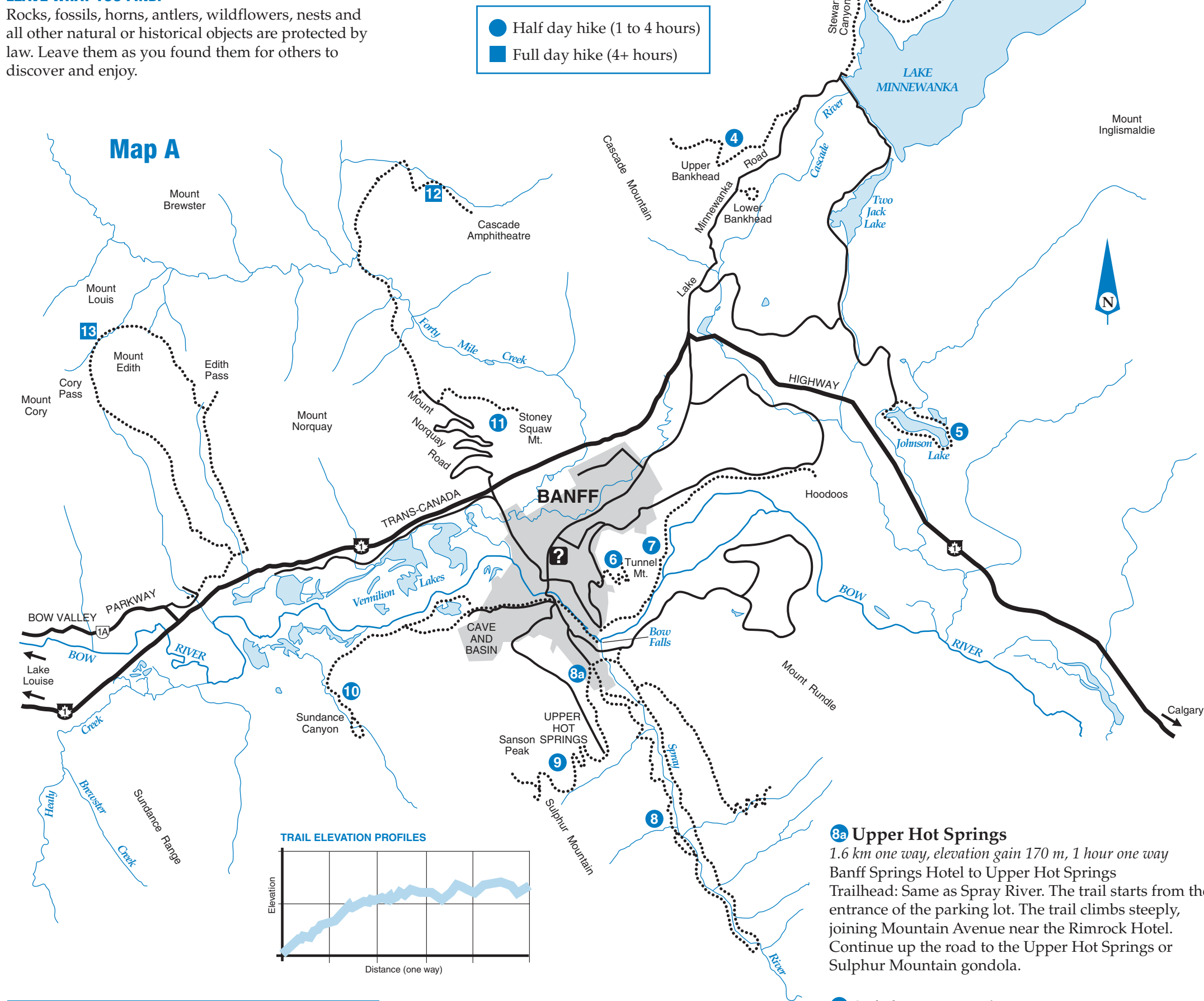
Rocks, fossils, horns, antlers, wildflowers, nests and all other natural or historical objects are protected by law. Leave them as you found them for others to discover and enjoy.

## 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.



## 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

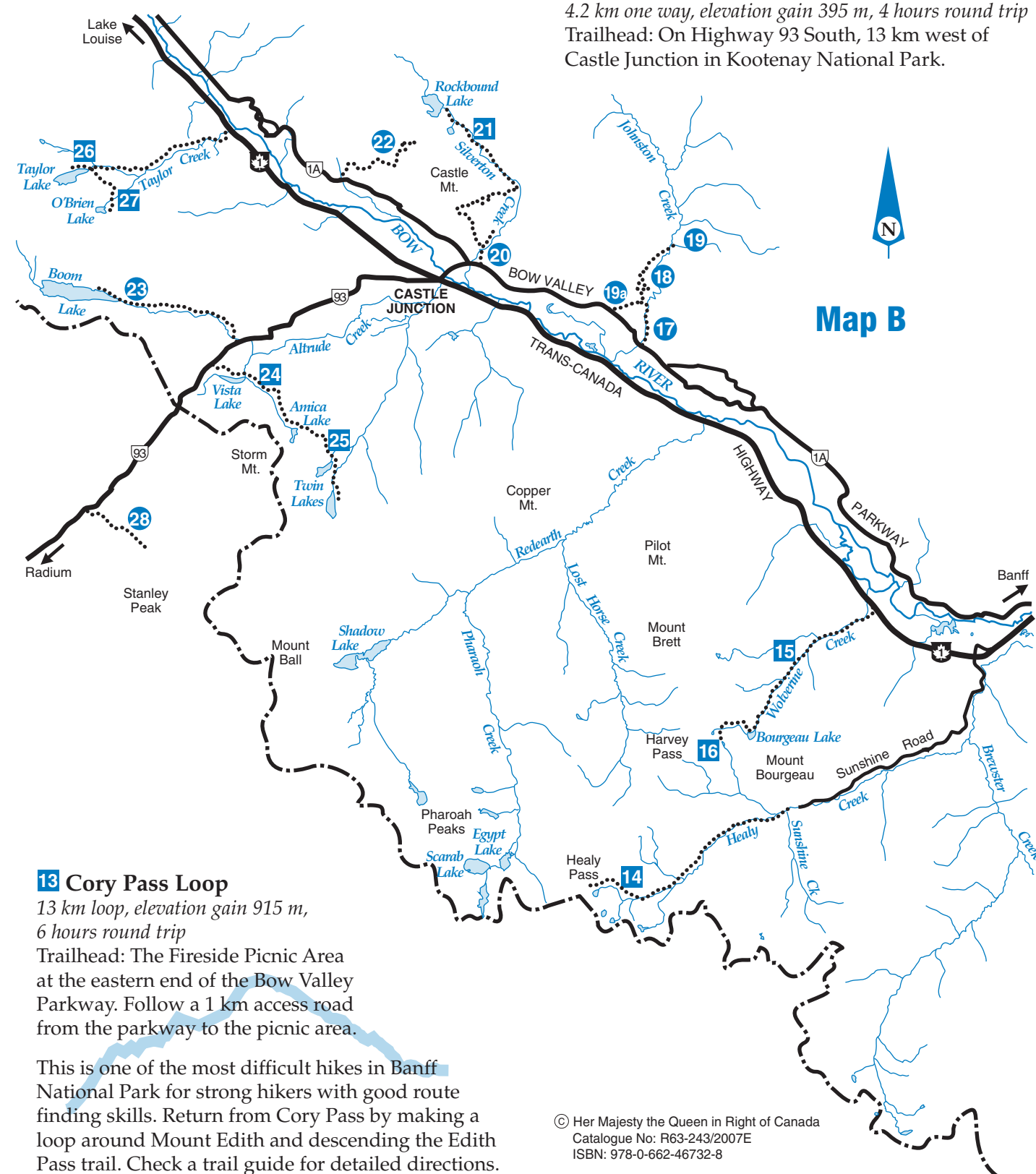
2.7 km one way, elevation gain 120 m, 2 hours round trip
Trailhead: Same as Johnston Canyon Lower Falls.

### 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.



### 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.

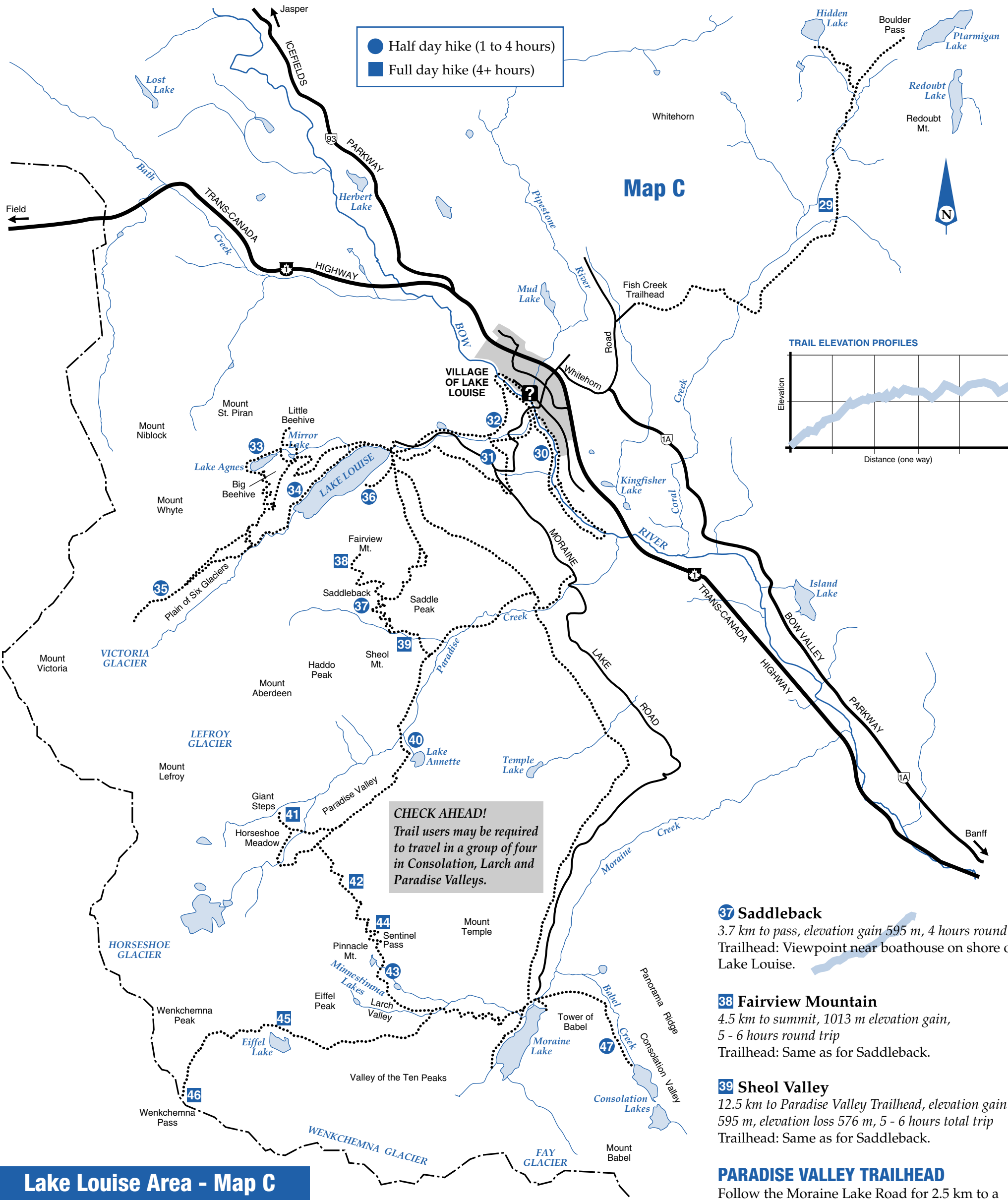
### 27 O'Brien Lake

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.

© Her Majesty the Queen in Right of Canada
Catalogue No: R63-243/2007E
ISBN: 978-0-662-46732-8



**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.

- 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**

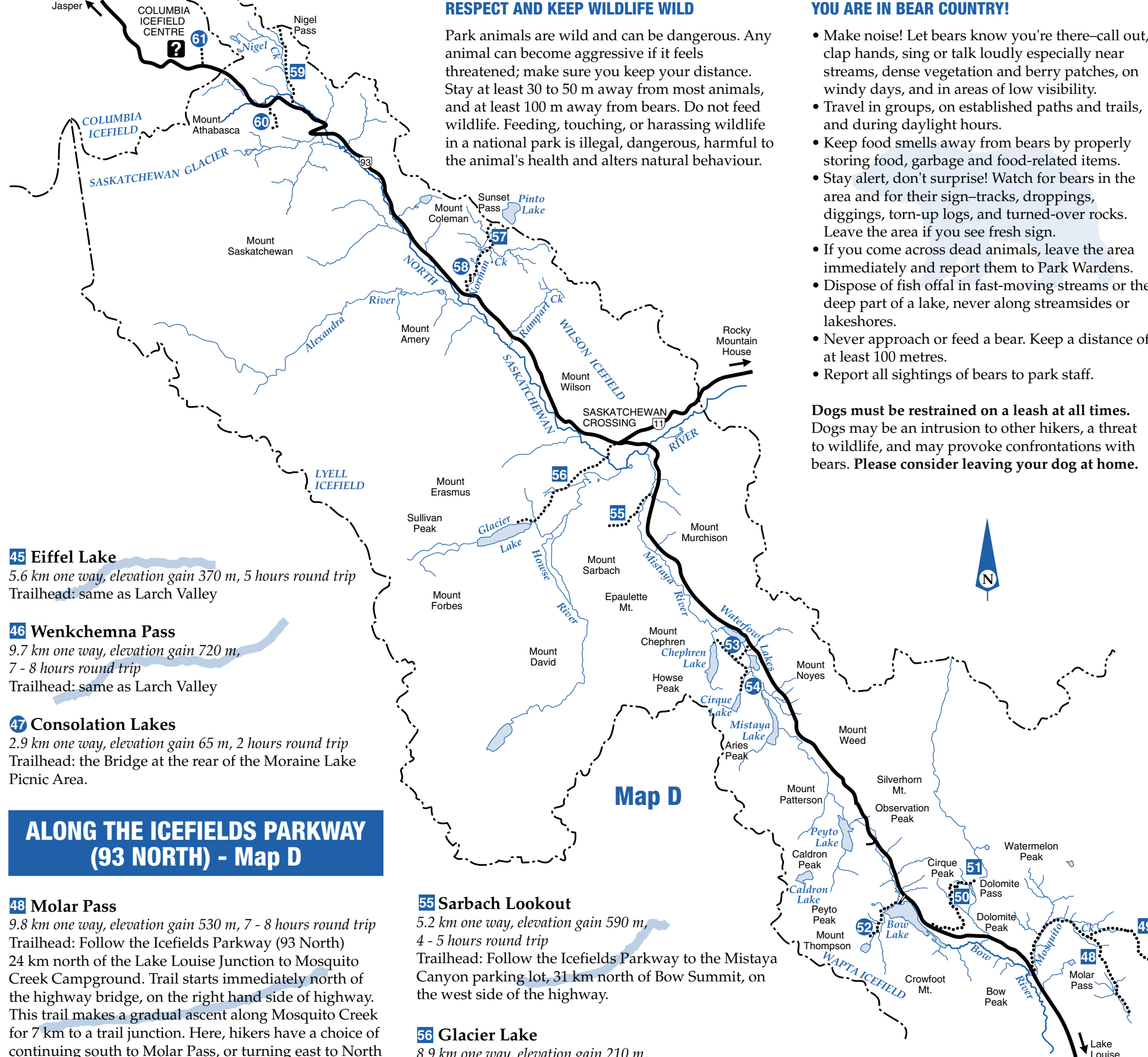
Follow the Moraine Lake Road for 2.5 km to a parking lot on the right hand side. Paradise Valley trail was rerouted in 2006.

- 40 Lake Annette**  
5.7 km one way, elevation gain 245 m, 1.5 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.

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



**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 Wenkemna 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.

**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 streambanks 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.

- 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.

**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](http://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](http://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](http://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](http://www.friendsofbanff.com)

**In case of an EMERGENCY, phone 911.**