Cascades Amphitheatre Trail
Start: End of Parking Lot Three at Mount Norquay. See to the right at the half mile. Distance: Four miles one way: 2,000 foot climb. Average hiking time: Two and one-half hours one way.
This trail leads the hiker up the western slopes of Cascade Mountain to the amphitheatre.

Elk Lake Trail
Start: Follow Cascade Amphitheatre Trail. Turn left at section half a mile beyond Forty Mile Creek. Distance: Eight miles one way (gradual climb of 2,000 feet). Average hiking time: Four and one-half hours one way.
Elk Lake lies in a small hanging valley at 7,000 feet and overlooks a valley of alpine meadows studded with wild flowers.

Edith Pass Trail
Start: Follow Cascade Amphitheatre Trail. Turn left at one-half mile above Forty Mile Creek. Distance: Five miles one way and (one-and-one-half miles to Trans-Canada Highway) Average hiking time: Two to three hours one way.
This trail passes through a deep, narrow valley dominated by Mount Louis. Beyond Edith Pass the trail continues to the Trans-Canada Highway four miles west of Banff.

The Upper Hot Springs Drive (Three miles)
This road to the hoodoos area follows close to the edge of the Bow River. This beautiful loop drive through the lower Bow Valley east of Banff. At the viewpoint, the white waters of Bow Falls are seen behind an enormous block of ice.

Lake Minnewanka Drive
Start: At the end of Lake Minnewanka recreational area. Distance: 37 miles to the end of Lake Minnewanka. Average hiking time: Seven to ten hours. Average return time: Seven to ten hours.
This trail follows the north shore of the Lake. Within a half mile is the bridge at Stewart Canyon, where beyond this small water fall there is still Cup on this canyon, the outlet of the Lake.

Johnson Lake Trail
Start: Parking area to the left of the old road. Distance: Average hiking time: One to one-and-one-half hours one way. Average return time: One to one-and-one-half hours.
This trail circles Johnson Lake and offers a panorama of the Bow Valley. The Bow River and Vermilion Lakes can be seen beyond the old mining town of Bankhead that flourished during the first two years following. From the viewpoint, the white waters of Falls are immediately below, Sulphur Mountain and the Great Range are outlined by the skyline, and to the left, the Spray Valley, entrance to the townsite. Continue down Tunnels, Johnson Lake and Buffalo Street to Banff Avenue.

Tunnel Mountain Drive (Four-and-one-half miles)
Start: Tunnel Mountain Drive heads south from the Trans-Canada Highway. Three miles west of Banff.

Mount Nakusp Drive (Four miles)
Start: At the first viewpoint, is a small, green pond called "Bute Lake," which contains water which springs from the confluence of the Bow and Spray Rivers. An interpretive plaque gives the area's history. Continue over the Spray River Bridge to Golf Course Drive. This is a beautiful loop drive through the lower Bow Valley and the Banff Springs Golf Course.

Mount Rundle Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Three miles one way.
Average hiking time: One-and-one-half hours one way. This trail turns left half a mile along the east bank of the Spray River and climbs gradually before swinging back through timber to end about halfway to the summit. east point beyond this is the climb, and climbers must register at the watchers.

Golf Course Loop Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Five miles one way.
Average hiking time: Two hours return. This trail is near the golf course most of the way, and the limited traverses cross the fairways. During the summer, the trail provides a picturesque view of the entire course, a small pond, or "battle hole," toward when recreational activities, golf fees, and climbers must register at the watchers.

Upper Hot Springs Trail
Start: Beyond Banff Springs Hotel parking lot and along the Bow River. Distance: One mile west one way. Average hiking time: One hour return. This well-groomed trail, which passes through pleasant woods, ends at the road just beyond the Upper Hot Springs. To the right, a splendid view of Sulphur Mountain is seen.

Feeland Self-Guiding Trail
Start: At railway crossing on the Norquay Road near the Springs Hotel parking area or first green of the course. Distance: One mile one way. Average hiking time: One hour return. This trail is an enjoyable walk through the maple area along Forty Mile Creek. Plant and animal life are described by signs and a brochure.

Midge Springs Trail
Start: At the right of the gardens behind the park administration building. Distance: Three-quarters-of-a-mile one way.

Driving and Hiking Banff Vicinity
Banff National Park

Drive over the Spray River Bridge to Golf Course Drive. This is a beautiful loop drive through the lower Bow Valley and the Banff Springs Golf Course.

Mount Rundle Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Three miles one way.
Average hiking time: One-and-one-half hours one way.
This trail turns left half a mile along the east bank of the Spray River and climbs gradually before swinging back through timber to end halfway to the summit. East point beyond this is the climb, and climbers must register at the watchers.

Golf Course Loop Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Five miles one way.
Average hiking time: Two hours return. This trail is near the golf course most of the way, and the limited traverses cross the fairways. During the summer, the trail provides a picturesque view of the entire course, a small pond, or "battle hole," toward when recreational activities, golf fees, and climbers must register at the watchers.

Upper Hot Springs Trail
Start: Beyond Banff Springs Hotel parking lot and along the Bow River. Distance: One mile west one way. Average hiking time: One hour return. This well-groomed trail, which passes through pleasant woods, ends at the road just beyond the Upper Hot Springs. To the right, a splendid view of Sulphur Mountain is seen.

Feeland Self-Guiding Trail
Start: At railway crossing on the Norquay Road near the Springs Hotel parking area or first green of the course. Distance: One mile one way. Average hiking time: One hour return. This trail is an enjoyable walk through the maple area along Forty Mile Creek. Plant and animal life are described by signs and a brochure.

Midge Springs Trail
Start: At the right of the gardens behind the park administration building. Distance: Three-quarters-of-a-mile one way.

Driving and Hiking Banff Vicinity
Banff National Park

Drive over the Spray River Bridge to Golf Course Drive. This is a beautiful loop drive through the lower Bow Valley and the Banff Springs Golf Course.

Mount Rundle Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Three miles one way.
Average hiking time: One-and-one-half hours one way. This trail turns left half a mile along the east bank of the Spray River and climbs gradually before swinging back through timber to end halfway to the summit. East point beyond this is the climb, and climbers must register at the watchers.

Golf Course Loop Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Five miles one way.
Average hiking time: Two hours return. This trail is near the golf course most of the way, and the limited traverses cross the fairways. During the summer, the trail provides a picturesque view of the entire course, a small pond, or "battle hole," toward when recreational activities, golf fees, and climbers must register at the watchers.

Upper Hot Springs Trail
Start: Beyond Banff Springs Hotel parking lot and along the Bow River. Distance: One mile west one way. Average hiking time: One hour return. This well-groomed trail, which passes through pleasant woods, ends at the road just beyond the Upper Hot Springs. To the right, a splendid view of Sulphur Mountain is seen.

Feeland Self-Guiding Trail
Start: At railway crossing on the Norquay Road near the Springs Hotel parking area or first green of the course. Distance: One mile one way. Average hiking time: One hour return. This trail is an enjoyable walk through the maple area along Forty Mile Creek. Plant and animal life are described by signs and a brochure.

Midge Springs Trail
Start: At the right of the gardens behind the park administration building. Distance: Three-quarters-of-a-mile one way.

Driving and Hiking Banff Vicinity
Banff National Park

Drive over the Spray River Bridge to Golf Course Drive. This is a beautiful loop drive through the lower Bow Valley and the Banff Springs Golf Course.

Mount Rundle Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Three miles one way.
Average hiking time: One-and-one-half hours one way. This trail turns left half a mile along the east bank of the Spray River and climbs gradually before swinging back through timber to end halfway to the summit. East point beyond this is the climb, and climbers must register at the watchers.

Golf Course Loop Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Five miles one way.
Average hiking time: Two hours return. This trail is near the golf course most of the way, and the limited traverses cross the fairways. During the summer, the trail provides a picturesque view of the entire course, a small pond, or "battle hole," toward when recreational activities, golf fees, and climbers must register at the watchers.

Upper Hot Springs Trail
Start: Beyond Banff Springs Hotel parking lot and along the Bow River. Distance: One mile west one way. Average hiking time: One hour return. This well-groomed trail, which passes through pleasant woods, ends at the road just beyond the Upper Hot Springs. To the right, a splendid view of Sulphur Mountain is seen.

Feeland Self-Guiding Trail
Start: At railway crossing on the Norquay Road near the Springs Hotel parking area or first green of the course. Distance: One mile one way. Average hiking time: One hour return. This trail is an enjoyable walk through the maple area along Forty Mile Creek. Plant and animal life are described by signs and a brochure.

Midge Springs Trail
Start: At the right of the gardens behind the park administration building. Distance: Three-quarters-of-a-mile one way.

Driving and Hiking Banff Vicinity
Banff National Park

Drive over the Spray River Bridge to Golf Course Drive. This is a beautiful loop drive through the lower Bow Valley and the Banff Springs Golf Course.

Mount Rundle Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Three miles one way.
Average hiking time: One-and-one-half hours one way. This trail turns left half a mile along the east bank of the Spray River and climbs gradually before swinging back through timber to end halfway to the summit. East point beyond this is the climb, and climbers must register at the watchers.

Golf Course Loop Trail
Start: Just beyond the first viewpoint on the right hand side of the road. Distance: Five miles one way.
Average hiking time: Two hours return. This trail is near the golf course most of the way, and the limited traverses cross the fairways. During the summer, the trail provides a picturesque view of the entire course, a small pond, or "battle hole," toward when recreational activities, golf fees, and climbers must register at the watchers.

Upper Hot Springs Trail
Start: Beyond Banff Springs Hotel parking lot and along the Bow River. Distance: One mile west one way. Average hiking time: One hour return. This well-groomed trail, which passes through pleasant woods, ends at the road just beyond the Upper Hot Springs. To the right, a splendid view of Sulphur Mountain is seen.
Drives and Hikes
Lake Louise Vicinity

Trailhead parking is located approximately 3.2 kilometres from the Lake Louise Moraine Lake Road. From there a trail leads south to the lakeshore. The right branch climbs into Larch Valley, continues around Mirror Lake and Lake Agnes. The upper lake may be reached directly from Lake Louise by following the lake trail. The higher elevation routes offer more rewarding vistas and a circular tour of three lakes in a beautiful day outing. Hikers stop on the way to visit Mirror Lake and near the fire lookout tower at the summit of Little Beehive.

From both Mirror and Lake Agnes trails, trails lead west to the Plain of Six Glaciers. The plateau may also be reached directly from Lake Louise by following the lake trail system. Leaving the north shore of the lake behind the hiker is on a trail connecting with a network of shorter trails around Mirror Lake and Lake Agnes. The trail network in the vicinity of these two lakes also leads to excellent viewpoints, step by step. Before and near the fire lookout tower at the summit of Little Beehive.

As you would expect, the trails leading to Fairview Lookout provide an excellent view of Lake Louise.

Appalling or feeding any wild animal is dangerous — although it may appear tame, an animal can inflict injury without warning. Out of respect for the wild and free nature of all the wildlife in the park and for the protection of visitors, these creatures must not be fed.

Two short trails along the north shore of the lake lead to interesting views. At the outlet of this lake a short trail leads north, down to the Plain of Six Glaciers. The trail may also be reached directly from the plain of Six Glaciers by following the lake trail system. Leaving the north shore of the lake behind the hiker is on a trail connecting with a network of shorter trails around Mirror Lake and Lake Agnes. The trail network in the vicinity of these two lakes also leads to excellent viewpoints, step by step. Before and near the fire lookout tower at the summit of Little Beehive.

Additionally, warm clothing. A small pack containing such items as sandwiches, chocolate, water, a flashlight and insect repellent will help to ensure a pleasant and safe hike.

For more information you may visit the Information Centre or Parks Canada, Western Region, or the Web site at Parks Canada, Western Region. A small pack containing such items as sandwiches, chocolate, water, a flashlight and insect repellent will help to ensure a pleasant and safe hike.

For more information you may visit the Information Centre or Parks Canada, Western Region, or the Web site at Parks Canada, Western Region.