



## Soak in some history

Sacred to First Nations peoples, treasured by settlers to Canada's West, the hot springs of the Canadian Rockies have rejuvenated and inspired generations of travellers.

The birth of an entire family of world-famous national parks is told in the collective stories of these hot springs. Each of the three facilities has a distinctive and unique history, told in illuminating interpretive displays at each location.

## Pleiades Massage and Spa



A gift to the senses. Day spas are operated at Banff Upper Hot Springs and Radium Hot Springs pools. At Banff, a fresh atmosphere, private treatment rooms with natural light and mountain views—the ideal environment to enhance your well-being. Radium Hot Springs' spacious modern spa allows you to focus on wellness and luxuriate in comfort.

Certified therapists offer aromatherapy, facials, massage, Shiatsu, Reflexology and more.

Appointments recommended:

**Banff:**  
403-760-2500  
Toll free  
1-866-760-2502

**Radium:**  
250-347-2100  
Toll free  
1-866-238-2923

## 2013 - 2014 rates and hours

### Miette Hot Springs

Open May 10 to October 14

780-866-3939

May 10 – Jun 20

Daily 10:30am-9pm

Jun 21 – Sept 2

Daily 8:30am-10:30pm

Sept 3 – Oct 14

Daily 10:30am-9pm

#### Single admission

Adult (ages 18-64)	\$6.05
Youth (ages 3-17)	\$5.15
Senior (65+)	\$5.15
Child (under 3)	Free

### Radium Hot Springs

Open year-round

250-347-9485

Hot pool

May 17 – Oct 14

Daily 9am-11pm

Oct 15 – May 15, 2014

Sun-Thurs 12pm-9pm

Fri-Sat 12pm-10pm

#### Single admission

Adult (ages 18-64)	\$6.30
Youth (ages 3-17)	\$5.40
Senior (65+)	\$5.40
Child (under 3)	Free

Park user fee included in admission price.

Cool pool (25 metre)

May 17 – Jun 27

Daily 12pm-9pm

Jun 28 – Sept 2

Daily 9am-11pm

Sept 3 – Oct 14

Daily 12pm-9pm

Oct 15 – May 15, 2014 Fri 6pm-9pm, Sat-Sun 12pm-9pm

### Banff Upper Hot Springs

Open year-round

403-762-1515

May 17 – Oct 14

Daily 9am-11pm

Oct 15 – 25

Closed for maintenance

Oct 26 – May 15, 2014

Sun-Thurs 10am-10pm

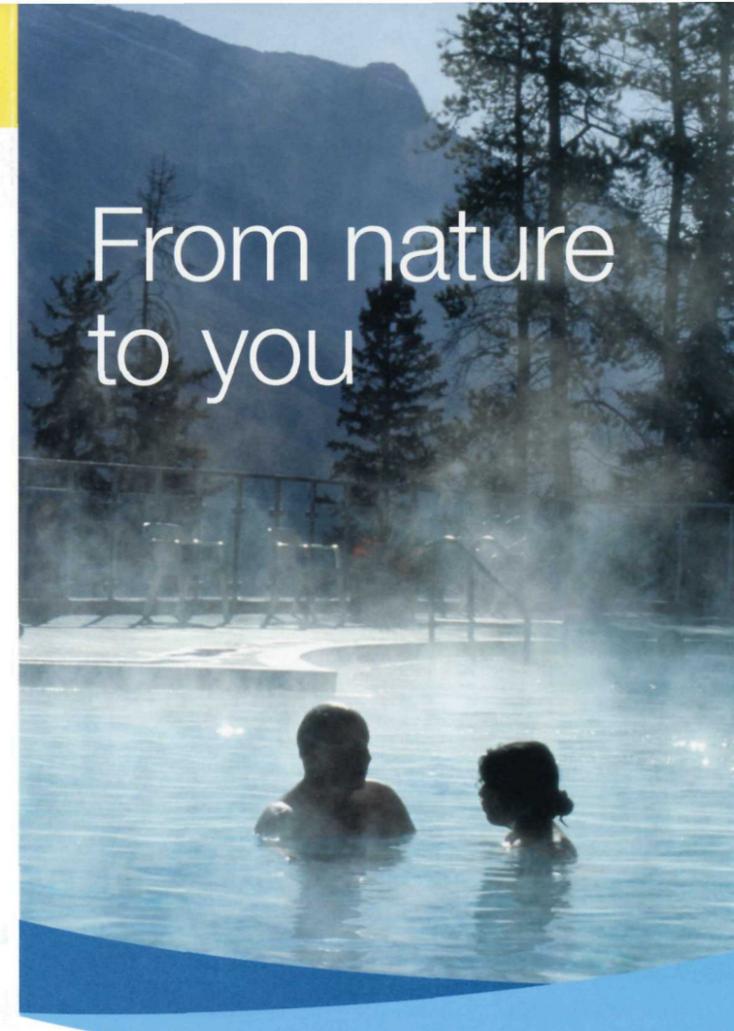
Fri-Sat 10am-11pm

#### Single admission

Adult (ages 18-64)	\$7.30
Youth (ages 3-17)	\$6.30
Senior (65+)	\$6.30
Child (under 3)	Free

The elevation of Banff Upper Hot Springs, at 1,585 meters (5,200 feet), makes it the highest in Canada. Water volumes from the spring are affected by this unique location, local precipitation and seasonal fluctuations. To provide the best experience for our guests during periods of reduced flow, the hot springs pool at Banff may be topped up with heated municipal water. Learn more at: [www.pc.gc.ca/hotsprings](http://www.pc.gc.ca/hotsprings)

Last admission 1/2 hour before closing time. Towels, lockers and swim suits for rent at all locations. Inquire about day and season passes, books of tickets and group rates. Interac, Visa, Mastercard, Amex accepted. Prices subject to change. All facilities wheelchair accessible.

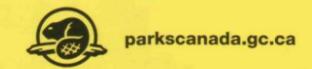


# From nature to you

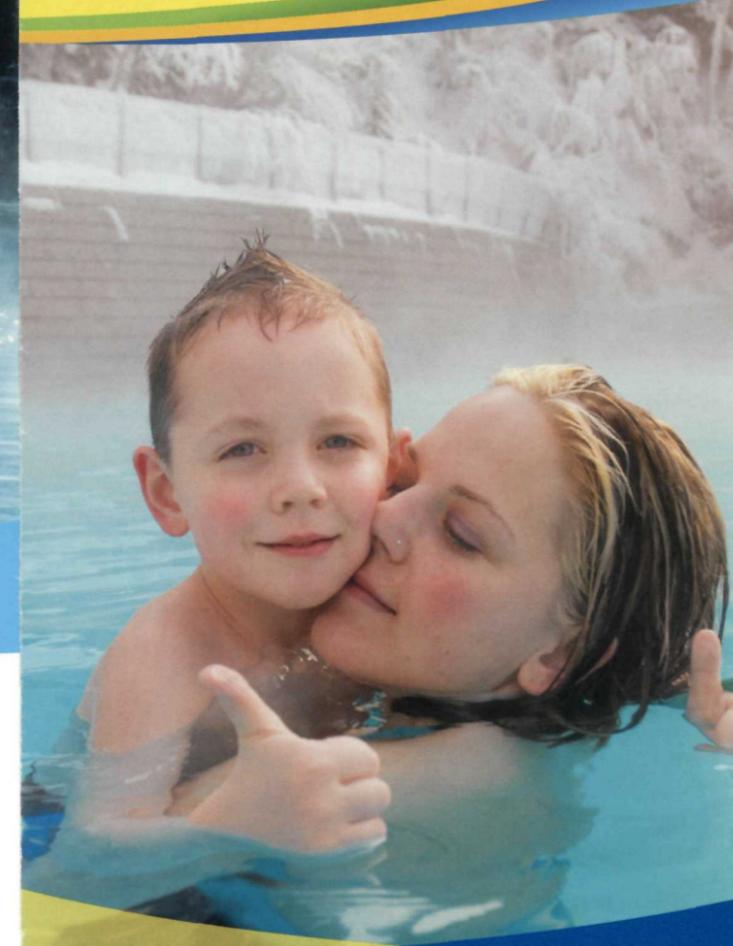
Hot springs are formed naturally when water seeps kilometres deep into the earth, where it is heated and pressurized. The water is forced back to the surface, laden with sulphate, calcium, bicarbonate, magnesium, sodium and other natural minerals.

Canadian Rockies Hot Springs offers you a choice of three different hot spring experiences, in three different mountain parks. Try one—you will want to experience them all.

*Our staff proudly maintain these facilities to the highest public health and environmental standards. We work hard to ensure the protection of our natural surroundings.*



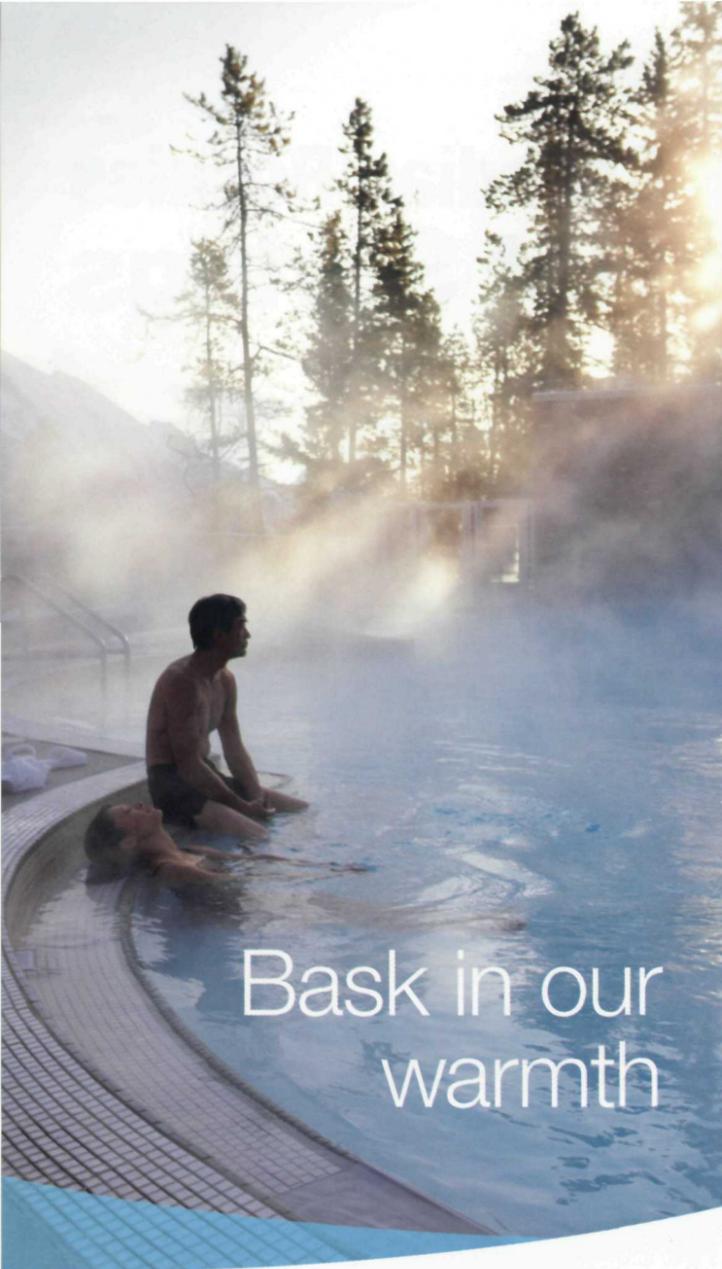
# Canadian Rockies Hot Springs



**Banff • Miette • Radium**

Également offert en français





Bask in our  
warmth

There is nothing quite like it... unparalleled views, unruffled luxury. The breathtaking Canadian Rockies, viewed from soothing, mineral-rich waters that bubble up from deep beneath the scenery. Heal the soul, relax and allow the tension to melt away. Like thousands of visitors who recommend us to their friends, you will be asking yourself how soon you can come back.



## Miette Hot Springs Jasper National Park

780-866-3939

You won't soon forget the drive up the spectacular Fiddle Valley to the hottest mineral springs in the Rockies. Flowing from the mountain at 54°C, the water is cooled to a comfortable temperature of 40°C as it enters the pools. Peaceful surroundings with these services:

- two hot pools, two cool pools
- outdoor and indoor cafés
- gift shop
- wildlife viewing
- superb hiking
- accommodation and camping nearby

### Fiddle Valley Cafe

Enjoy a freshly made meal, a cool delicious ice cream, or even a cappuccino in the cafe or on our poolside patio.

## Radium Hot Springs

Kootenay National Park

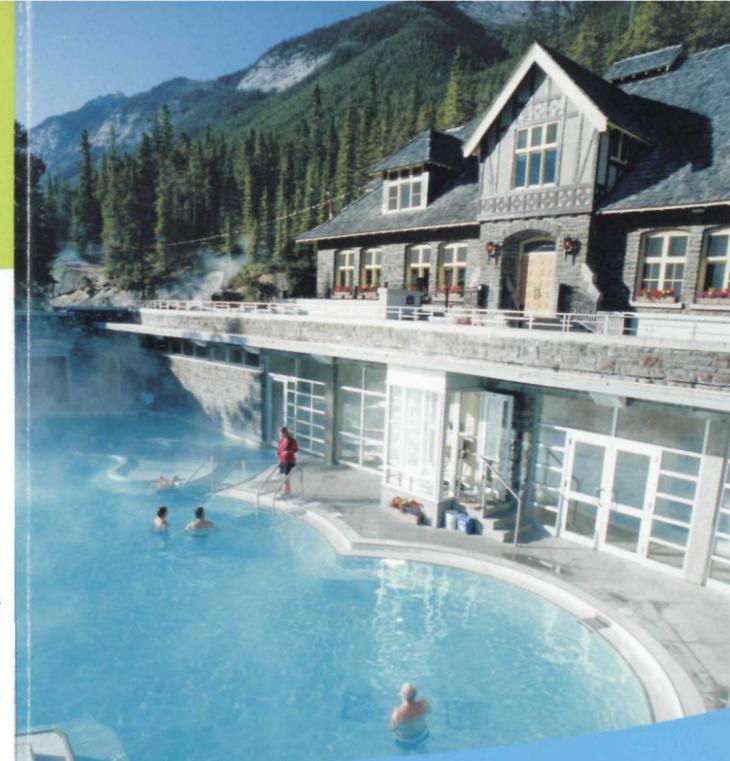
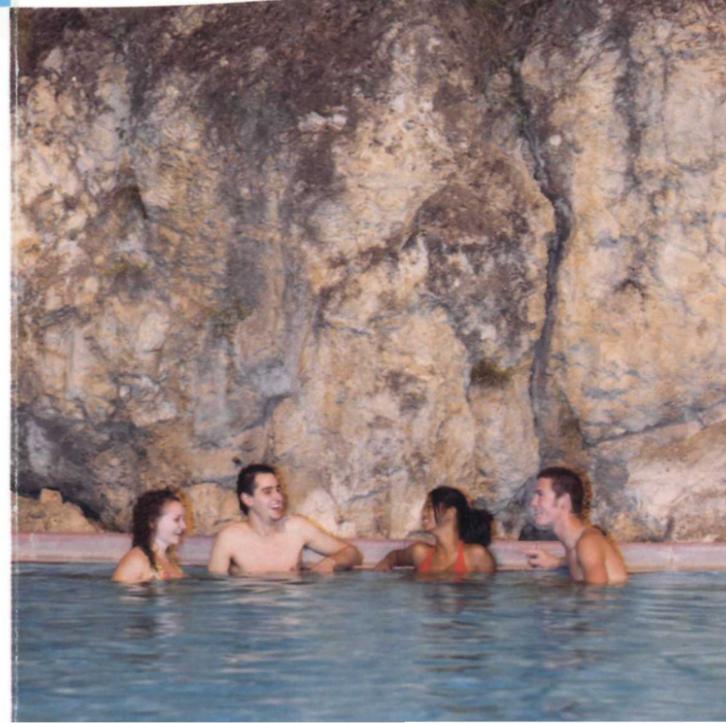
250-347-9485

Gaze up at the rock cliffs of Sinclair Canyon from the spacious mineral hot pool and see if you can spot one of the bighorn sheep that make this canyon home. The kids will enjoy swimming and diving in the cooler swimming pool (29°C). Plan to visit often—there is so much to enjoy, year-round:

- eastern B.C.'s largest day spa
- annual glass art show and sale May 18 to September 30, 2013
- heated winter pool entrances
- nature trails
- picnic areas and space to lounge
- the ultimate winter get-away for peace and relaxation

### Radium Hot Springs Café and Gift Shop

Snacks and souvenirs coming right up! Indoor and outdoor seating.



## Banff Upper Hot Springs Banff National Park

403-762-1515

All the amenities of a modern facility are featured in this splendid, historic spa and bath house—against a backdrop of spectacular alpine scenery. You will luxuriate in the comfort of soothing hot water where travellers have come to “take the waters” for more than a century. Banff's premier attraction features:

- day spa
- outdoor terrace
- Wonder of Water hydrology exhibit
- historic swimsuits (1920s) for rent

### Outfitters Gift Store

Find the perfect souvenir here! T-shirts, fleece tops, books, cards and gifts.

### Upper Hot Springs Café

Savour a tasty light meal, snack or a cappuccino indoors or out! Group bookings welcome.



**CANADIAN  
ROCKIES  
HOT SPRINGS**

1-800-767-1611

hotsprings.ca  
parkscanada.gc.ca/hotsprings

### Pleiades Massage and Spa

Banff: 1-866-760-2502  
Radium: 1-866-238-2923



PHOTOS: Bram Rossman, Jasper Yellowhead Museum and Archives (PA 39/57), Brenda Falvey, Canadian Tourism Commission, Greg Eymundson, Lee Simmons  
© 2013 Canadian Rockies Hot Springs R63-270/2013E ISSN: 1921-8842  
Printed in Canada on 25% post-consumer recycled paper.