

Kootenay road trip Highway 93S

It once took a whole day in a Model T Ford to drive from Banff to Radium Hot Springs when Kootenay National Park's road opened for touring and transporting goods. Today, make the return trip in a day and stop to enjoy these terrific places:

Ultimate day in Jasper

Hot springs, wildlife and scenery will wow you along the Miette Road.

- 1 Start your day at the **Pocahontas Cabins**. Walk the 20-minute trail to a long-lost coal mine. Pocahontas miners blazed a trail to Miette Hot Springs and built the first log pools in 1919.
- 2 Admire the canyon at **Punch Bowl Falls**.
- 3 Keep your camera handy—wildlife may surprise you along the 17-km drive to the hot springs.
- 4 Marvel at the massive wall of limestone and take in the scenery from **Ashlar Ridge Viewpoint**, just 8.5 km up the road.
- 5 Hungry? Bring coals for a BBQ at the hot springs picnic area or have a tasty meal in the cafe.
- 6 For breathtaking panoramas, include the **Sulphur Skyline** hike in your plans (8 km round trip).
- 7 Top off your day with a marvellous soak in **Miette Hot Springs!**

- 1 Stand on the **Continental Divide**—the point from which water flows to two different oceans. Stroll the 0.5-km **Fireweed Trail** and discover how fire renews forests.
- 2 Energetic? Hike the amazing trail of fire and ice to **Stanley Glacier** (3 hours/8.4 km round trip).
- 3 View **Marble Canyon's** deep carved chasms and gorgeous turquoise waters from seven different bridges.
- 4 Stroll along a 2-km trail to the **Paint Pots**, a First Nations cultural site. Enjoy these three iron-rich mineral springs that stain the earth red.
- 5 Keep your binoculars ready! Along this route you may see deer, bears, goats, wolves and bighorn sheep.
- 6 Admire breathtaking views of the Mitchell and Vermilion ranges from the **Kootenay Valley Viewpoint**.
- 7 Look up at the towering red cliffs of the **Redwall Fault** in Sinclair Canyon.
- 8 Get out your swim suits and relax in the **Radium Hot Springs** pools before you check out the village.

Watch for Kootenay National Park's new driving tour app.



Pleiades Spa and Wellness Radium Hot Springs

Discover a new sense of vitality, balance and well-being at this full-service wellness spa. Enjoy the perfect environment in which to escape the daily stresses of life. Draw energy from the mountains and take in the unique healing powers of the sacred waters to complement any of your services.

OFFERING

- Massages
- Body care (scrubs and wraps)
- Energy-balancing treatments (reiki and cranial sacral)
- Wellness and nutrition
- Ayurveda
- Yoga
- Wellness retreats and workshops

APPOINTMENTS 250-347-2288
info@pleiadesradiumspa.com
www.pleiadesradiumspa.com

2016-2017 rates and hours

Facility improvements in 2016 may result in changes to hours. Please confirm hours at: hotsprings.ca

Miette Hot Springs

Open May 6 to October 10

May 6 to Jun 16
Daily 10:30 am to 9 pm

780-866-3939

Jun 17 to Sept 5
Daily 9 am to 11 pm
Quiet hour:
Mon to Thurs 10 pm to 11 pm

Sept 6 to Oct 10
Daily 10:30 am to 9 pm

Single admission

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

Radium Hot Springs

Open year-round

HOT POOL

Mar 1 to May 19
Mon to Fri 1 pm to 9 pm
Sat and Sun 10 am to 9 pm

May 20 to Oct 10
Daily 9 am to 11 pm

Oct 11 to May 18, 2017
Mon to Fri 1 pm to 9 pm
Sat and Sun 10 am to 9 pm

Single admission

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

Park user fee included in admission price.

COOL POOL (25-metre)

Mar 1 to May 19
Fri 6 pm to 9 pm
Sat and Sun 10 am to 9 pm

May 20 to Jun 23
Daily 12 pm to 8 pm

Jun 24 to Sept 5
Daily 9 am to 11 pm

Sept 6 to Oct 10
Daily 12 pm to 8 pm

Oct 11 to May 18, 2017
Fri 6 pm to 9 pm
Sat and Sun 10 am to 9 pm

Weekday lane swim schedule at: hotsprings.ca

Banff Upper Hot Springs

Open year-round

Mar 1 to May 19
Sun to Thurs 10 am to 10 pm
Fri and Sat 10 am to 11 pm

May 20 to Oct 16
Daily 9 am to 11 pm

Oct 17 to 30
Closed for maintenance
(subject to change)

Oct 31 to May 18, 2017
Sun to Thurs 10 am to 10 pm
Fri and Sat 10 am to 11 pm

Single admission

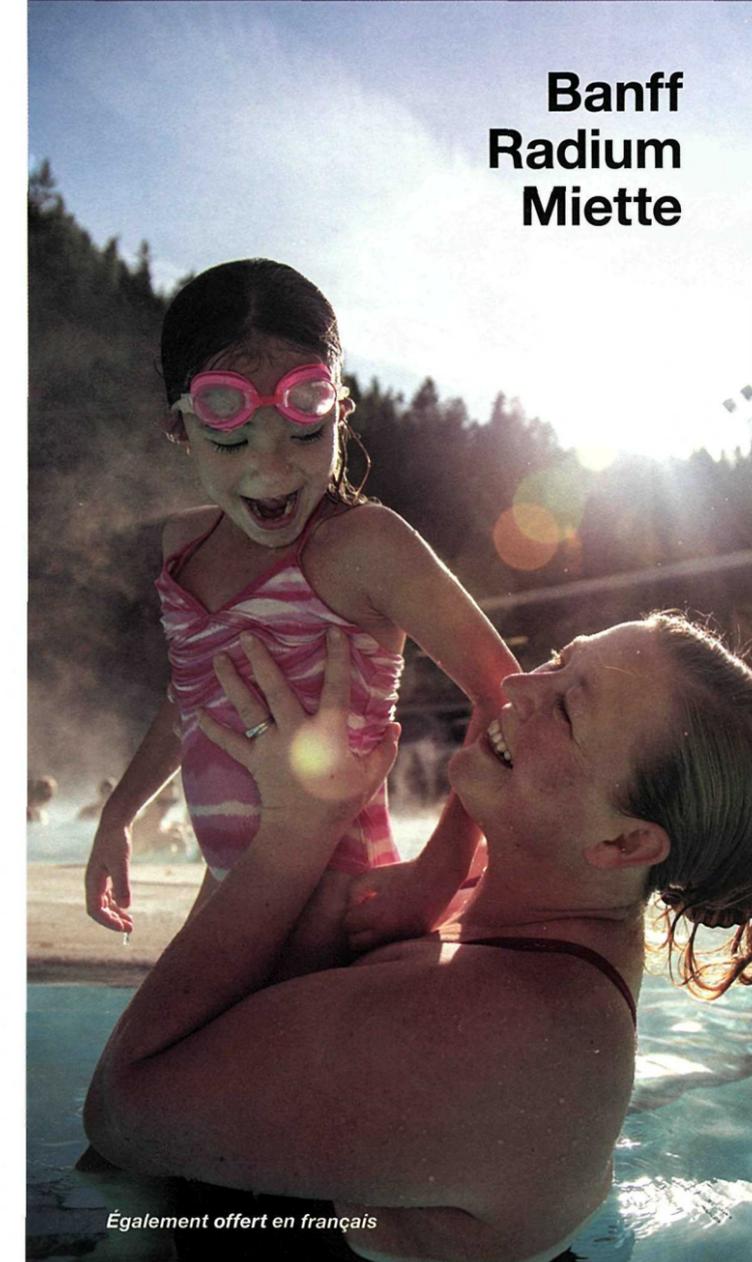
Adult (ages 18 to 64)	\$7.30
Youth (ages 3 to 17)	\$6.30
Senior (65+)	\$6.30
Child (under 3)	Free

Last admission 1/2 hour before closing time. Towels, lockers and swim suits for rent. Prices subject to change. All facilities wheelchair accessible.



Canadian Rockies Hot Springs

Banff Radium Miette



Également offert en français

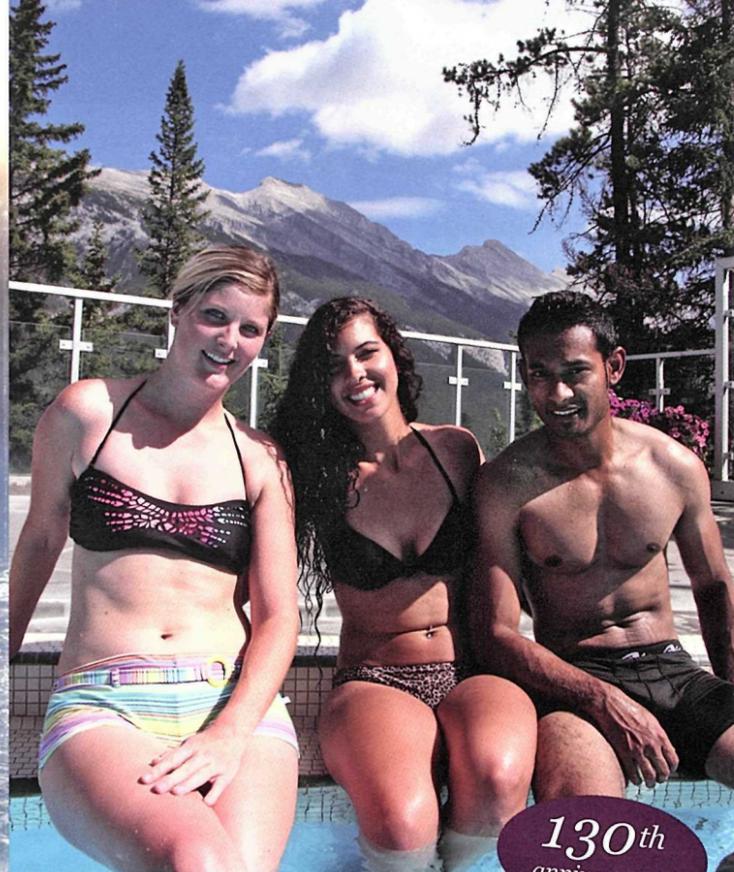


BASK IN OUR WARMTH

Hot springs form when water seeps kilometres deep into the earth, where it is heated and pressurized. The water flows back to the surface, laden with sulphate, calcium, bicarbonate, magnesium, sodium and other minerals, ready to soothe and relax you.

Sacred to First Nations peoples and treasured by settlers, the hot springs of the Canadian Rockies continue to rejuvenate generations of travellers.

The earliest hot springs pools were made of gravel, logs and mud. Today's facilities feature the best mineral water treatment available, ensuring that public health and environmental standards are exceeded.



Banff Upper Hot Springs Banff National Park

130th anniversary!

Against a backdrop of magnificent alpine scenery, this splendid, historic spa and bathhouse has it all. Soak in the steamy hot pool where travellers have come to "take the waters" for over a century. Day spa, gift shop and cafe with outdoor terrace on site.

HERITAGE SUITS Slip on a heritage swim suit (for rent) and take a fun photo to send to family or friends.

LOCALS' TIP During busy holiday periods, visit early in the day for the most peaceful experience.

ROAM While in Banff take the Roam bus to the hot springs.

Water volumes from the natural spring may fluctuate during winter. During periods of reduced flow, the pool may be topped up with heated municipal water. These are infrequent and advisories are posted when this occurs.



Miette Hot Springs Jasper National Park

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 one of the two hot pools. Peaceful surroundings that will inspire you to explore.

FIDDLE VALLEY CAFE No need to pack a lunch, sit down for a freshly made meal and enjoy the slow life! A cool delicious ice cream or cappuccino awaits you.

CAMPSITES AND CABINS Plan to come for a few days, there are places to stay in the area.



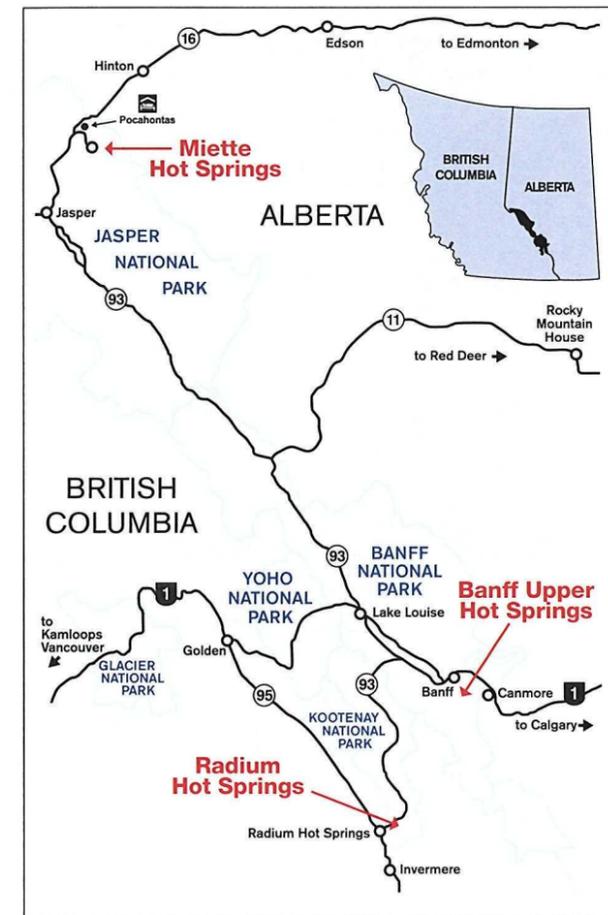
Radium Hot Springs Kootenay National Park

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. Kids will love swimming and diving in the cooler swimming pool (29°C) while adults can kick back in the hot pool.

ART SHOW See the park through the eyes of an artist during the glass art show from May 21 to October 10, 2016. Stunning stained glass panels interpret the park for visitors.

CAMPING Bring a tent or rent an **oTENTik** at Redstreak Campground. From here you can ramble down the forest trail to the hot springs.

WINTER Heavily frosted trees and rocks, glittering snowflakes and steam rising off the hot water—a visit here is wonderful at any time of year!



CANADIAN ROCKIES HOT SPRINGS

1-800-767-1611

hotsprings.ca

parkscanada.gc.ca/hotsprings

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