



Ultimate day in Jasper Miette Road

Miners from the town of Pocahontas blazed a trail to Miette Hot Springs and built the first log pools in 1919. Today, the 17-km road is the ultimate place for sightseeing and wildlife viewing.

- 1 Start your day at the **Pocahontas Cabins**. Walk the 20-minute **Pocahontas Mine Trail** to a long-lost coal mine.
- 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 at the **Fiddle Valley Cafe**.
- 6 Discover how hot springs are formed and touch Miette's source on a gentle stroll along the **Source of the Springs Trail**. Or get your heart beating and enjoy breathtaking panoramas of the Fiddle Valley on the **Sulphur Skyline Trail** (8-km return trip).
- 7 Top off your day with a marvellous soak in **Miette Hot Springs!**

Kootenay road trip Highway 93S

It once took a whole day to drive from Banff to Radium Hot Springs in a Ford Model T. Today, the drive takes less than two hours and there are plenty of stops to enjoy along the way.

- 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 Stroll along a 2-km trail to the **Paint Pots**, an Indigenous cultural site. Snap a photo of the three iron-rich mineral springs that stain the earth red.
- 4 Deer, bears, goats, wolves and bighorn sheep all call Kootenay home. Keep your binoculars ready and learn how Parks Canada is helping wildlife cross the highway safely at the **Dolly Varden** day-use area.
- 5 Admire breathtaking views of the Mitchell and Vermilion ranges from the **Kootenay Valley Viewpoint**.
- 6 Look up at the towering red cliffs of the **Redwall Fault** in Sinclair Canyon.
- 7 Relax in the **Radium Hot Springs** pools then check out the **Village of Radium Hot Springs**.

Visit parksCanada.gc.ca/knp-app to download Kootenay's driving tour app and take a behind-the-scenes tour.

Pleiades Spa and Wellness Radium Hot Springs

Relax. Refresh. Renew. Discover a new sense of vitality, balance and well-being at this full-service wellness spa located next to the Radium Hot Springs pools. Escape your daily stresses and enjoy a full range of therapeutic services including a variety of massage modalities, retreats, body and facial care. The unique healing power of the hot springs will complement any spa treatment.

OFFERINGS

- Massage treatments
- Spa body care (scrubs and wraps)
- Facials (using local Om Organics products)
- Energy-balancing treatments (Reiki and cranial sacral)
- Wellness retreats and workshops
- Nutritional consulting
- Yoga classes
- Watsu

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

2019-2020 rates and hours

Miette Hot Springs

Open May 3 to October 14

780-866-3939

May 3 to June 13

Daily 10:30 a.m. to 9 p.m.

June 14 to September 2

Daily 9 a.m. to 11 p.m.

Quiet hour:

Mon. to Thurs. 10 p.m. to 11 p.m.

September 3 to October 14

Daily 10:30 a.m. to 9 p.m.

Single admission

Adult (ages 18 to 64)	\$7.05
Youth (ages 3 to 17)	\$5.15
Senior (65+)	\$6.15
Child (under 3)	Free

Radium Hot Springs

Open year-round

250-347-9485

HOT POOL

March 1 to May 16

Mon. to Fri. 1 p.m. to 9 p.m.

Sat. and Sun. 10 a.m. to 9 p.m.

May 17 to October 14

Daily 9 a.m. to 11 p.m.

October 15 to May 14, 2020

Mon. to Fri. 1 p.m. to 9 p.m.

Sat. and Sun. 10 a.m. to 9 p.m.

Single admission

Adult (ages 18 to 64)	\$7.30
Youth (ages 3 to 17)	\$4.95
Senior (65+)	\$6.40
Child (under 3)	Free

COOL POOL (25-metre)

March 1 to May 16

Fri. 6 p.m. to 9 p.m.

Sat. and Sun. 10 a.m. to 9 p.m.

May 17 to June 27

Daily 12 p.m. to 8 p.m.

June 28 to September 2

Daily 9 a.m. to 11 p.m.

September 3 to October 14

Daily 12 p.m. to 8 p.m.

October 15 to May 14, 2020

Fri. 6 p.m. to 9 p.m.

Sat. and Sun. 10 a.m. to 9 p.m.

Weekday lane swim schedule at:
hotsprings.ca

Banff Upper Hot Springs

Open year-round

403-762-1515

March 1 to May 16

Sun. to Thurs. 10 a.m. to 10 p.m.

Fri. and Sat. 10 a.m. to 11 p.m.

May 17 to October 14

Daily 9 a.m. to 11 p.m.

October 15 to 27

Closed for maintenance

(subject to change)

October 28 to May 14, 2020

Sun. to Thurs. 10 a.m. to 10 p.m.

Fri. and Sat. 10 a.m. to 11 p.m.

Single admission

Adult (ages 18 to 64)	\$8.30
Youth (ages 3 to 17)	\$6.30
Senior (65+)	\$7.30
Child (under 3)	Free

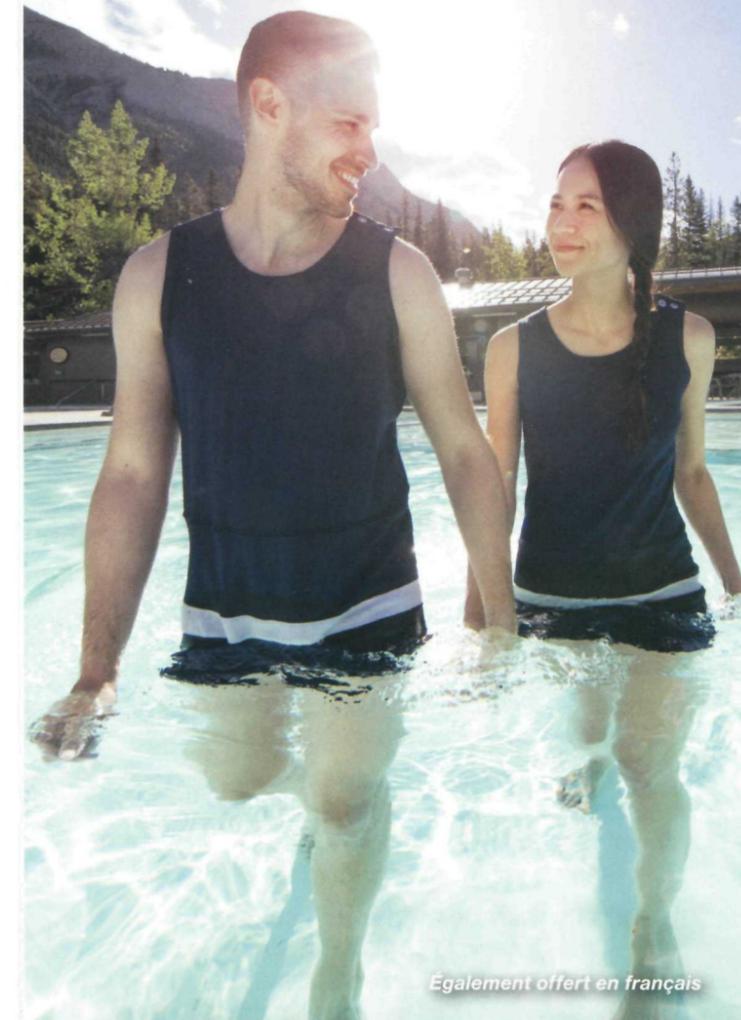
Hours of operation are subject to change. Fees will increase by 2.2% effective January 1, 2020. Please confirm at: hotsprings.ca

Last admission 1/2 hour before closing time. Adult and senior prices include locker rental. Towels and swimsuits for rent. All facilities wheelchair accessible.



Canadian Rockies Hot Springs

Banff • Radium • Miette



Egalement 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.

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.

Sacred to Indigenous peoples and treasured by settlers, the Canadian Rockies Hot Springs continue to rejuvenate travellers from around the world. As you enjoy the mountain scenery, take a moment to relax and soak in our natural warmth.

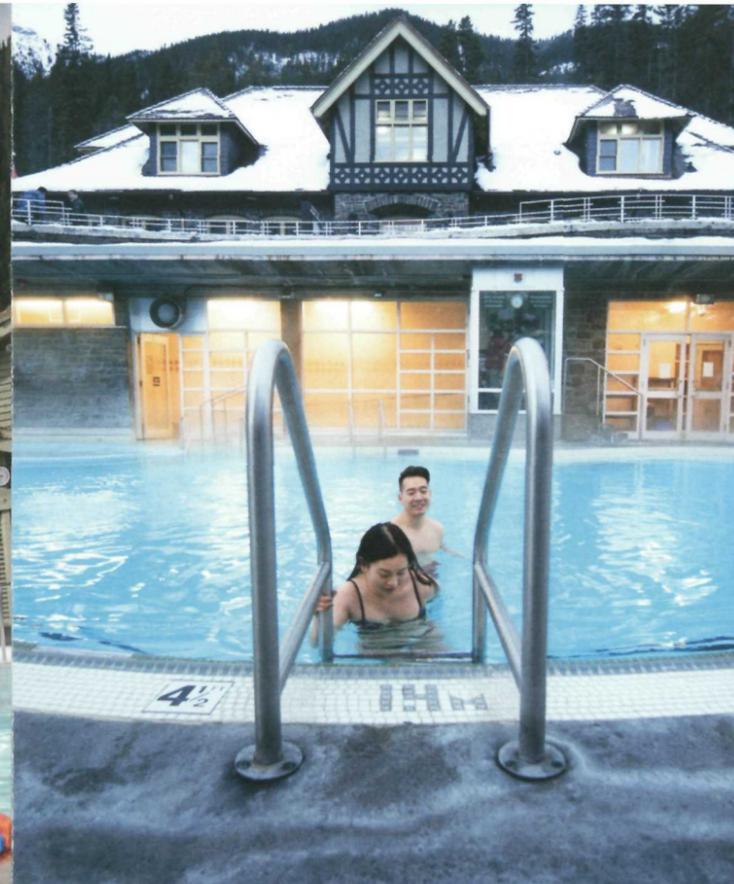


Miette Hot Springs Jasper National Park

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 (129°F), the water is cooled to a comfortable temperature of 40°C (104°F) as it enters the two hot pools. Enjoy 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! Finish off your visit with a delicious ice cream or cappuccino.

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



Banff Upper Hot Springs Banff National Park

Set against a backdrop of magnificent alpine scenery, this splendid, historic bathhouse is not to be missed! Soak in the steamy hot pool where travellers have come to "take the waters" for over a century. Gift shop and cafe with outdoor terrace located on site.

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

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

ROAM While in Banff, take the ROAM bus to Banff Upper 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.

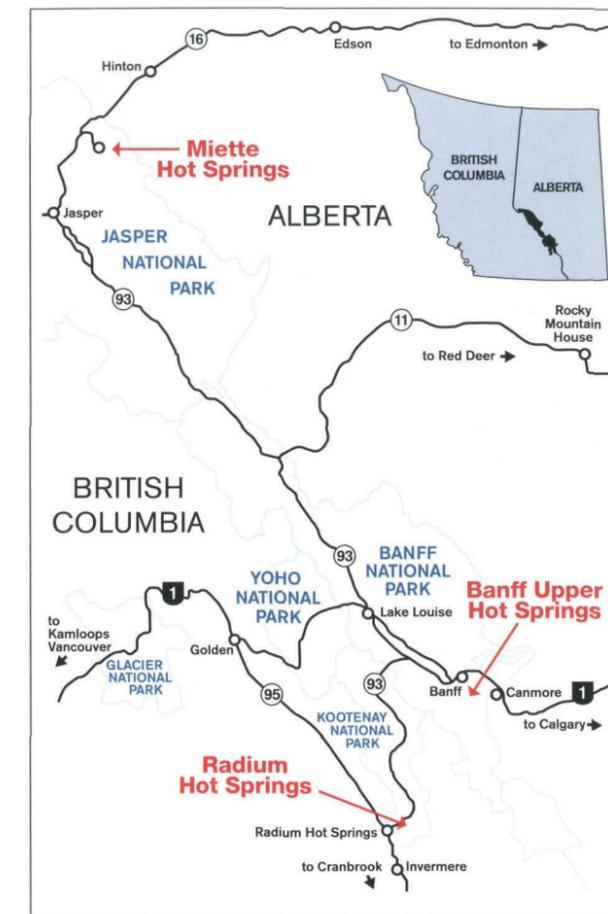


Radium Hot Springs Kootenay National Park

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.

CAMPING Bring a tent or rent an **oTENTik** at Redstreak Campground. From here you can stroll 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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