

The best way to discover the park is to take a day and explore each of its 5 major regions: 1 Around Town, 2 Maligne Valley, 3 Edith Cavell and 93A, 4 Miette Hot Springs, and 5 the Icefields Parkway. Each of them contains unique terrain, waterways, wilderness and facilities.

**EASY**    **MODERATE**    **DIFFICULT**

NOTE: DISTANCES GIVEN IN THE TRAIL DESCRIPTIONS ARE APPROXIMATE. TIMES GIVEN ARE ESTIMATED.

### Trail Etiquette

**Share the trails**

**What can you expect?**

- Faster trail users.** Bikers, runners and equestrians approaching from behind will often announce their approach and pass on the left. This means you should stay on the right.
- Bikers yield to hikers.** It is the responsibility of cyclists to pass at a safe speed. Be communicative with riders by letting them know when they can pass, and if possible, step to the side of the trail.

**What is your responsibility?**

- Share the trail.** Hike in single file as a group or take up no more than half the trail width.
- Don't tune out.** Headphones prevent you from hearing approaching trail users and wildlife.
- Keep pets on a short leash** while passing or being passed by other users. Other users may be scared of dogs or unsure how to pass them safely.
- Yield to horses.** Stay downhill. Greet the rider and the horse. Ask the rider how to proceed.

## 2 Maligne Lake

At Maligne Lake you can walk the lakeshore, enjoy a forested trail or hike to the top a peak.

**Mary Schäffer Loop** ● ◆ ◆ ◆ ◆ ◆ ◆ ◆

2.9 km loop; no elevation gain; 1-2 hrs

**Trailhead** • First parking lot at Maligne Lake. Take any path down to the lake and follow the paved trail along the northeastern shore.

This trail is an easy stroll to a viewpoint. From the shoreline, it passes through lichen-rich stands of pine, spruce and fragrant subalpine fir as it loops back to the parking lot.

**Moose Lake Loop** ● ◆ ◆ ◆ ◆ ◆ ◆ ◆

2.7 km loop; elevation gain/loss: 59 m; 1-2 hrs

**Trailhead** • Parking lot at the end of Maligne Lake Road

From the Bald Hills trailhead kiosk, hike along the old fire road (trail 23). Turn left onto trail 20 after a short distance and follow it through the woods. This trail cuts across the debris from an ancient landslide. Once past Moose Lake, follow the lakeshore back to the parking lot.

**Lorraine Lake and Mona Lake** ● ◆ ◆ ◆ ◆ ◆ ◆ ◆

5.2 km return; elevation gain/loss: 80 m; 2-3 hrs

**Trailhead** • Parking lot at the end of Maligne Lake Road, starting at the Skyline kiosk

This trail climbs gently through a lodgepole pine forest. Both these lakes lie in hollows of ancient landslide debris. If you're after a longer walk, continue to Little Shovel Pass (20 km return; 548 m elevation gain; 7-9 hrs).

**Bald Hills** ■ ◆ ◆ ◆ ◆ ◆ ◆

9 km return to viewpoint; add 3.9 km for alpine loop; elevation gain/loss: 500 - 600 m; 4-6 hrs

**Trailhead** • Parking lot at the end of Maligne Lake Road

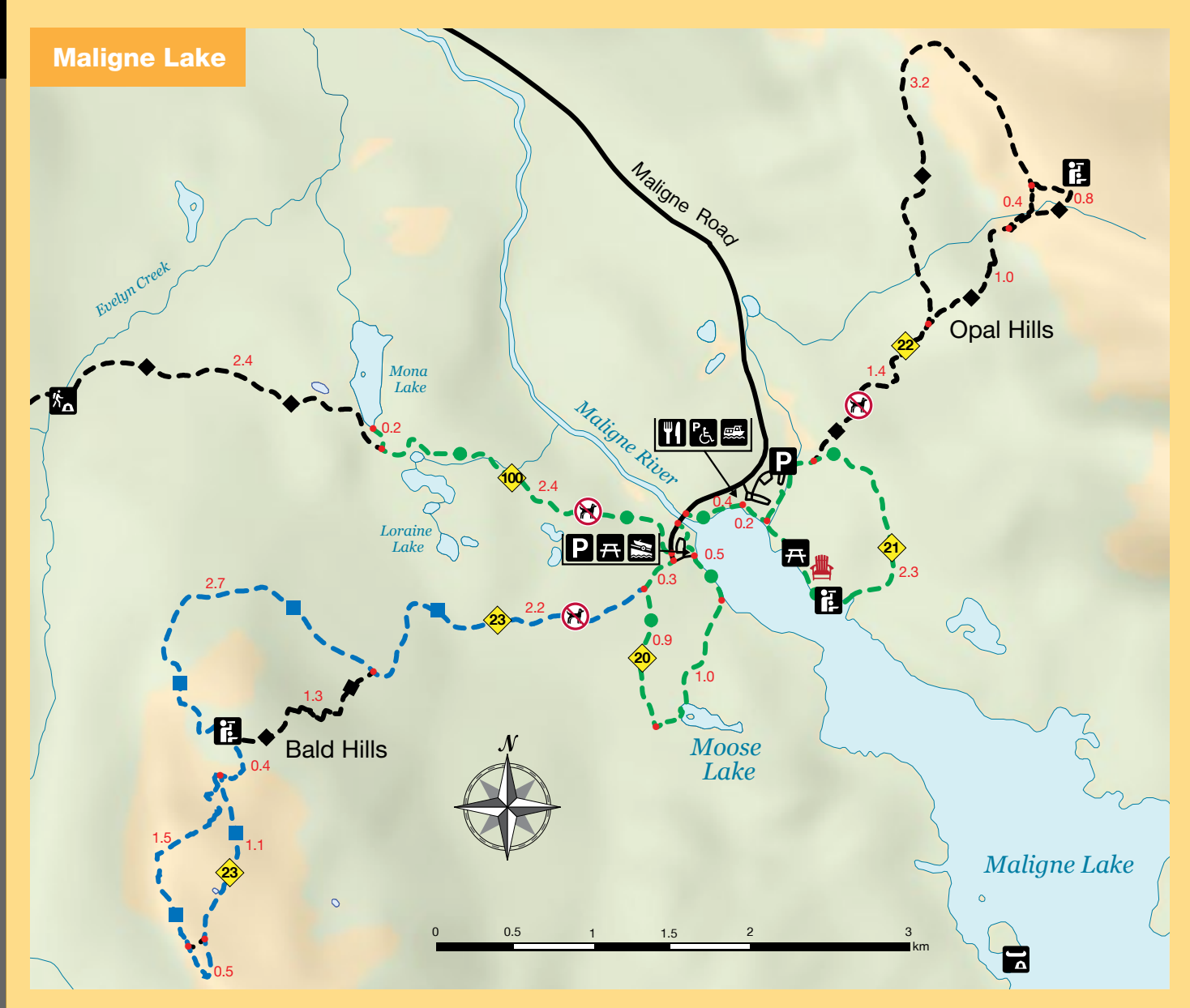
This moderately steep trail starts on an old fire road (5.1 km) and transitions from a subalpine forest to an alpine meadow of wildflowers and mountain vistas. There are different ways to get to the end of the trail that can extend the hike to 12.5 km if you wish.

**Opal Hills Loop** ■ ◆ ◆ ◆ ◆ ◆ ◆

8.1 km loop; elevation gain/loss: 460 m; 4-6 hrs

**Trailhead** • Starts from the highest parking lot north of Maligne Lake

Be prepared for one of Jasper's steepest hikes. After hiking upwards for a few kilometres, the trees give way to a beautiful subalpine meadow with brilliant views of Maligne Lake. This trail often has warnings or is closed during July and August for bear activity.



## 5 Icefields Parkway

For these hikes, travel south from the Jasper townsite along the Icefields Parkway, Highway (Hwy 93N). The Icefield Centre is 103 km from Jasper.

**Athabasca Falls** ● ◆ ◆ ◆ ◆ ◆ ◆ ◆

**Day-use area**

**Trailhead** • 30 km (20 min) south of Jasper, junction of Highway 93N and 93A

Feel the spray of the Athabasca River as it thunders into the canyon below. Stay on designated trails and behind railings. The rock beyond is slippery and dangerous.

**Lower Sunwapta Falls** ■ ◆ ◆ ◆ ◆ ◆ ◆

2.8 km return; elevation gain/loss: 87 m; 1 hr

**Trailhead** • 54 km (30 min) south of Jasper on Highway 93N

Lower Sunwapta Falls is composed of three major waterfalls. The combination of solitude and open views to the surrounding mountains make this short hike very rewarding.

**Forefield Trail** ■ ◆ ◆ ◆ ◆ ◆ ◆

2.5 km return; minimal elevation gain; 1-2 hrs

**Trailhead** • Directly across from the Icefield Centre on Highway 93N

This flat and rocky trail crosses moraines and glacial debris that the Athabasca Glacier has left behind. For a longer hike, continue up the Toe of the Glacier trail (52).

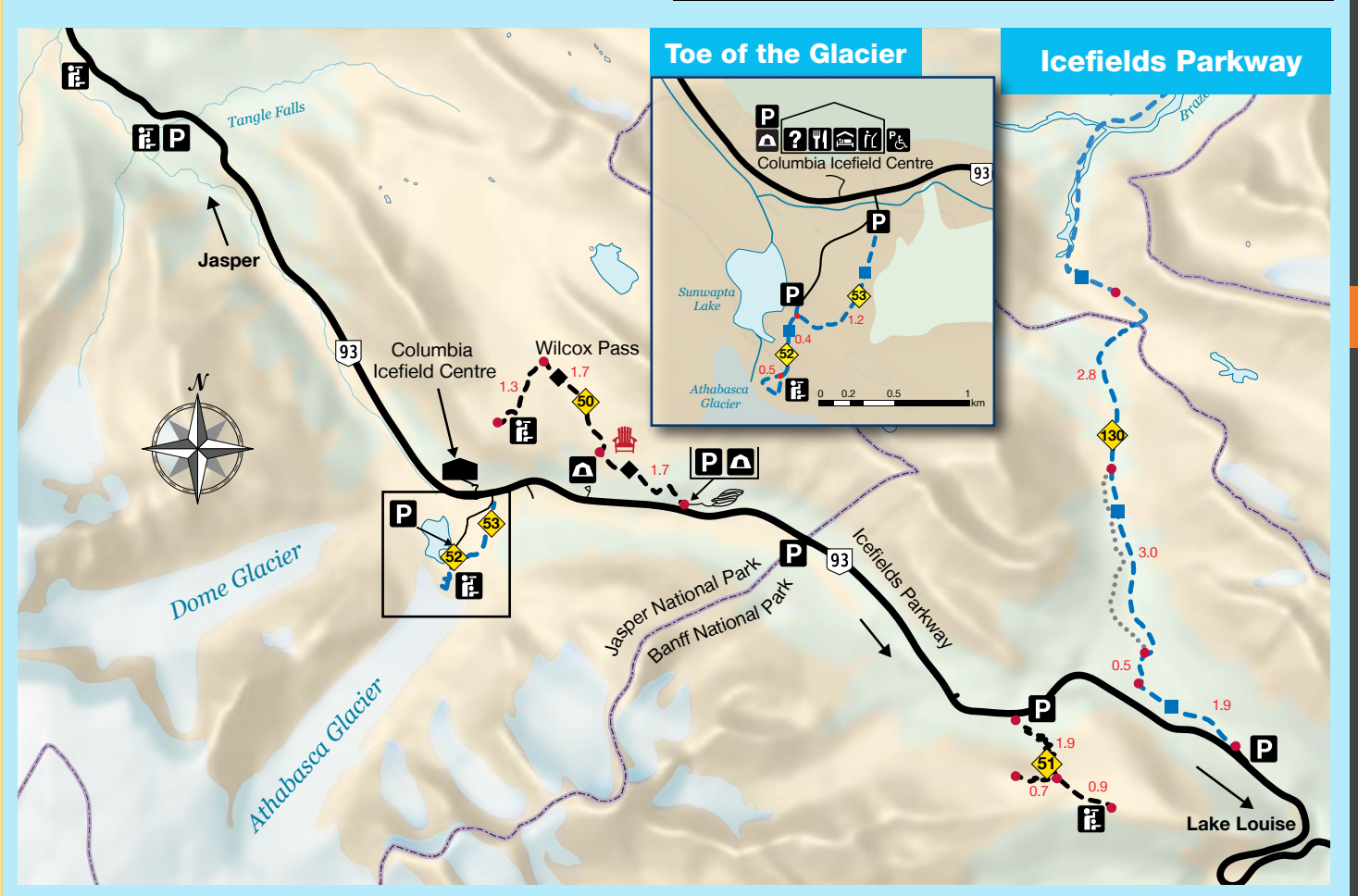
**Toe of the Athabasca Glacier** ■ ◆ ◆ ◆ ◆ ◆ ◆

1.4 km return; elevation gain/loss: 60 m; 1 hr

**Trailhead** • Across from the Icefield Centre at the end of the Toe of the Glacier Road

After crossing the bridge, you're walking on glacially smoothed limestone that was under ice in the 1950s. Follow the trail upwards through one steep section to take in views of the Athabasca Glacier. Stay on designated trails and follow signs. The ice of the Athabasca Glacier is dangerous, and hazards are often hard to spot.

**WARNING!** Walking on the Athabasca Glacier is not safe. The ice at the toe of the glacier is hollow and is collapsing. The underlying water is extremely cold and fast moving. Over the years several people have died from falling into crevasses. These ice cold cracks in the ice are hidden below a thin covering of snow that may collapse under a person's weight.



## Trail Signage

**3** Official trails around the town of Jasper are marked.

This extensive trail system is maintained by Parks Canada with the assistance of volunteers from the the Friends of Jasper National Park.

## Plan Ahead and Prepare

**Remember, you are responsible for your own safety**

- Before heading out, check for trail conditions, weather and road updates.
- Travel with a friend or group. Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, first aid kit, bear spray and maps. Be prepared for emergencies and changes in weather. Tell somebody where you are going, when you will be back and who to call if you do not return.

**Stay on maintained trails**

- To prevent trail damage, stay on the trail. Do not take short cuts.

**Leave what you find and take back what you bring**

- Pack out all garbage, including diapers and food waste.
- Dispose of human waste at least 70 m from any water source. Bury solids 15 cm deep. Pack out toilet paper.
- Natural objects like antlers, rocks, wildflowers, etc. are protected by law and must be left where they are found.

**Water from lakes and streams**

Parasites can be present in any water body in the park and may contaminate the water supply. Boil water or purify it with a water filter or iodine tablets before drinking.

**Backcountry**

A backcountry camping permit is required for any overnight trip. Visit [parks.canada.ca/jasperbackcountry](https://parks.canada.ca/jasperbackcountry) for more information and to book a trip.

**Fishing** - A National Park fishing licence is required. Fishing permits and regulations are available at the information centres and campground kiosks.

## Safety

### Emergency

Call 911 or, if using a satellite phone, call the park dispatch office (780-852-3100). Cell phone reception is unreliable.

### Keep wildlife wild, and yourself safer

- Travel in groups and make noise to avoid surprise encounters.
- Do not feed, touch or approach wildlife. Stay at least 30 m away from most animals and 100 m away from bears.
- Carry bear spray; know how to use it.
- Pets must be on a leash at all times.
- Report aggressive wildlife encounters: 780-852-6155

### Avalanches

Be careful when crossing snow slopes or when exposed to avalanche paths.

## More Information

- JASPER TOWNSITE INFORMATION CENTRE: 780-852-6176 [jasperinfo@pc.gc.ca](mailto:jasperinfo@pc.gc.ca)
- ICEFIELD CENTRE: 780-852-6288, open mid-May - end of September
- WEBSITE: [parks.canada.ca/jasper](https://parks.canada.ca/jasper)
- JASPER TRAIL CONDITIONS REPORT: [parks.canada.ca/jaspertrails](https://parks.canada.ca/jaspertrails)
- WEATHER: [weather.gc.ca](https://weather.gc.ca)
- MOUNTAIN SAFETY: [parks.mountainsafety.ca](https://parks.mountainsafety.ca)
- BEAR INFORMATION: [parks.canada.ca/bears-and-people](https://parks.canada.ca/bears-and-people)
- MAPS AND GUIDE BOOKS: Friends of Jasper National Park at 780-852-4767 or [friendsofjasper.com](https://friendsofjasper.com)

**HOW WAS YOUR TRIP?**

Report trail conditions to [jasperinfo@pc.gc.ca](mailto:jasperinfo@pc.gc.ca)

FOLLOW US ON:

[facebook.com/JasperNP](https://facebook.com/JasperNP)    [@JasperNP](https://twitter.com/JasperNP)

## 3 Edith Cavell Area / Highway 93A

The Cavell area offers fragrant subalpine forest, new growth where a glacier retreated from the valley, flowery alpine meadows and spectacular views of Mt. Edith Cavell and Angel Glacier.

**Path of the Glacier Trail** ■ ◆ ◆ ◆ ◆ ◆ ◆

1.2 km return; elevation gain/loss: 70 m; 1 hr

**Trailhead** • End of Cavell Road

This short trail takes you across a rocky landscape and ends at a lookout towards the massive north face of Mt. Edith Cavell.

**Cavell Meadows Trail** ■ ◆ ◆ ◆ ◆ ◆ ◆

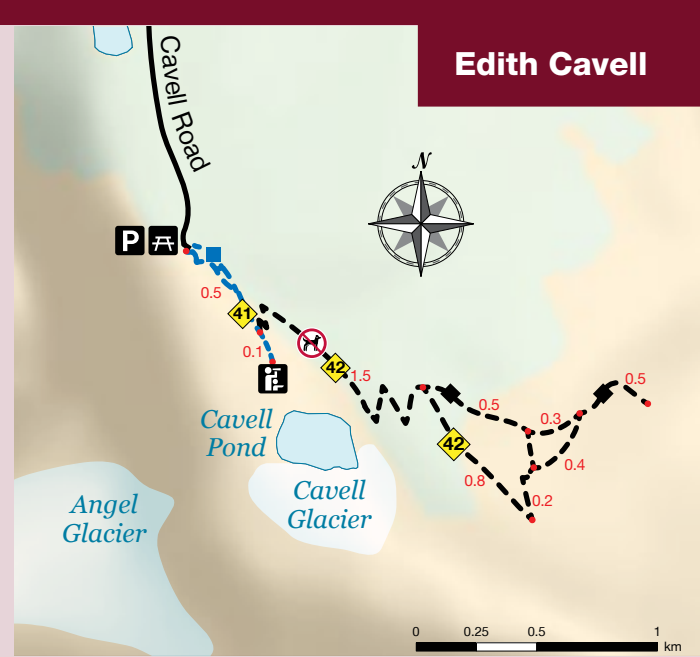
6-8 km return; elevation gain/loss 500 m; 3-5 hrs

**Trailhead** • The end of Cavell Road

From trail 41, take a left at the intersection with trail 42. This steep trail leads upwards through subalpine forest and treeline vegetation to the alpine region beyond. This trail usually opens in mid-July but may be delayed due to late snow melt. Be aware as bears frequent the area.

**Note:**

- Stay away from the cliffs and Cavell Pond.
- Cavell road closed to vehicles from early October to mid June.
- No public access to Cavell Road and Mount Edith Cavell area from Nov 1 to May 15 (inclusively) to protect caribou habitat.



## 4 Miette Hot Springs Area

Miette road closed to vehicles from mid October to mid May.

If you like to hike in the park's high country, Sulphur Skyline is usually snow free by late May.

**Jasper House Viewpoint** ● ◆ ◆ ◆ ◆ ◆ ◆ ◆

700 m return; 20 minutes

**Trailhead** • 32 km northwest of Jasper on Highway 16

A short walk to a viewpoint looking across the Athabasca River towards the Jasper House National Historic Site.

**Mine Trail** ● ◆ ◆ ◆ ◆ ◆ ◆ ◆

Lower loop: 900 m; 20 minutes

**Trailhead** • On Miette Road, 200 m from the intersection with Highway 16

Step back in time as you stroll through the old Pocahontas Mine site. This route can be lengthened by following trail 32 (1.7 km return, 45 min).

**Source of the Springs** ● ◆ ◆ ◆ ◆ ◆ ◆ ◆

1.2 km return; elevation gain/loss: 75 m; 30 min

**Trailhead** • Miette Hot Springs parking lot

The trail begins with a walk through the ruins of the old pool building and continues up the creek to the hot springs themselves.

**Sulphur Skyline** ■ ◆ ◆ ◆ ◆ ◆ ◆

8.8 km return; elevation gain/loss: 700 m; 4-6 hrs

**Trailhead** • Miette Hot Springs parking lot

This steep trail is typically one of the first snow-free alpine hikes in the park. The grade is steep the whole way to the top, but the views of Utopia Mountain, The Fiddle Valley and Ashlar Ridge are well worth the sweat.

**Miette Hot Springs**

**CAUTION:** This area is well-known for afternoon thunderstorms. Start early and stay below the treeline if the weather looks threatening.

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**Townsite Connector Trails**

These easy multi-use trails provide opportunities to explore and access areas close to the town of Jasper.

**Jasper Discovery Trail** 8.3 km loop; elevation gain/loss: 120 m; 2-3 hrs

Trailhead • Can be started from nearly anywhere in town. This partly paved trail loops around Jasper. There are a few steep inclines on the northwest section of trail.

**Wapiti/Campgrounds Trail** 4.6 km one way; no elevation gain; 1-2 hrs

Trailhead • From the Jasper Discovery Trail (11) at the intersection of Connaught Drive and Highway 93A North/Hazel Ave. This flat trail is a great way to walk or bike from town to Whistlers or Wapiti Campground.

**Bighorn/Lakes Loop Trail** 4.4 km one way; elevation gain/loss: 33 m; 1-2 hrs

Trailhead • At the northeast end of the Jasper Discovery Trail (11). This trail provides quick access from town to Lakes Edith and Annette. Be careful when crossing Highway 16.

**Red Squirrel/Lakes Loop Trail** 2.8 km one way; minimal elevation gain; 1 hr

Trailhead • From Wapiti Trail (12) at the intersection of Highway 16 and 93A North

This trail provides access from town to Old Fort Point and Jasper Park Lodge. Part of the trail is adjacent to the Athabasca River, while part is on the lac Beauvert access road. Continue on trail beyond Jasper Park Lodge to reach Lake Annette and Lake Edith.

**Pyramid Trail** 5.4 km one way; elevation gain/loss: 118 m; 1-2 hrs

Trailhead • Jasper Activity Centre parking lot (P3). Follow the Jasper Discovery Trail (11) for 600 m before connecting to the Pyramid Trail (15). This trail climbs gently but continuously up the Pyramid Bench and is a great access route to other trails.

**Woodpecker/Lakes Loop Trail** 2.8 km one way; minimal elevation gain; 1 hr

Trailhead • Lake Annette parking lot (P13) or Jasper Park Lodge (P17). This easy stroll connects Jasper Park Lodge to Lake Annette.

**South of Jasper**

These trails lie south of Jasper and are accessible from Highway 93.

**Valley of the Five Lakes** 4.6 km loop; elevation gain/loss: 66 m; 2 hrs

Trailhead • (P15) 9 km south on Highway 93. This trail includes two loops. Stay on trail 9a to pass lakes five through two, and loop back on 9b to the parking lot (4.6 km). For a longer loop continue on trail 9a along the first lake and loop back on trail 9 (9.3 km). Mainly slight inclines with some short but steep sections. (Bicycles are not allowed on part of the trail from May 15 to September 15).

**Wabasso Lake** 6.4 km return; elevation gain/loss: 38 m; 2-3 hrs

Trailhead • (P16) 14.6 km south on Highway 93. This trail crosses several low ridges providing views of the Athabasca Valley and Mount Edith Cavell. From Wabasso Lake you can continue on trail 9 to connect to the Valley of the Five Lakes Trail (6.3 km).

**Whistlers Summit Trail** 1.1 km one way; elevation gain: 150 m; 1 hr

Trailhead • SkyTram upper terminal. Venture up for a 360-degree view of the Athabasca Valley and surrounding peaks.

**Whistlers Trail** 7.3 km one way; elevation gain: 1200 m; 3-5 hrs up, 2-3 hrs down.

Trailhead • (P14) 2.8 km up Whistlers Road. The effort required to hike this steep trail is well rewarded by panoramic views of the Miette and Athabasca Valleys.

**Pyramid Bench**

The trail routes described below are on the Pyramid Bench—a lake-dotted terrace adjacent to Jasper.

**Cottonwood Creek Loop** 5 km loop; elevation gain/loss: 75 m; 1-2 hrs

Trailhead • (P3) Jasper Activity Centre parking lot. Follow trail 2 up the Pyramid Bench and across Pyramid Road. From here trail 2a rewards you with exceptional views of the valley. Use trail 11 to complete the loop.

**Overlook Loop** 6 km loop; elevation gain/loss: 75 m; 1-2 hrs

Trailhead • (P7) North end of Pyramid Lake. This trail is steep at the start, but rewards you with some of the best views of Pyramid Lake. Take trail 2b and follow it along the ridge. Follow trail 2f for 200 m, and then use 2g and 2 to get back.



**Across the River**

These trails lie on the east side of the Athabasca River.

**Lake Annette Loop** 2.4 km return; no elevation gain; 1-1.5 hrs

Trailhead • Lake Annette parking lot. This interpretive trail offers a paved loop along the shores of Lake Annette.

**Lac Beauvert Loop** 3.5 km loop; no elevation gain; 1-2 hrs

Trailhead • (P18) Lac Beauvert parking lot. This trail along the perimeter of beautiful Lac Beauvert provides amazing views of Jasper Park Lodge and the surrounding valley.

**Flower Loop** 2.2 km loop; no elevation gain/loss; 1-1.5 hrs

Trailhead • (P8) Sixth Bridge parking lot, 7.5 km east of Jasper via Highway 16 and Maligne Road. This short and flat trail follows the shore of Athabasca River and provides excellent bird and wildflower viewing opportunities.

**Old Fort Point Loop** 3.8 km loop; elevation gain/loss: 130 m; 1-2 hrs

Trailhead • (P1) from Highway 93A North turn onto the Old Fort Point/Lac Beauvert access road. After crossing the bridge the trailhead is on the right. Old Fort Point is a prominent bedrock hill. This trail is steep in places but provides an excellent view of Jasper. Horses and bikes are not permitted on some sections of this trail. Watch for bighorn sheep!

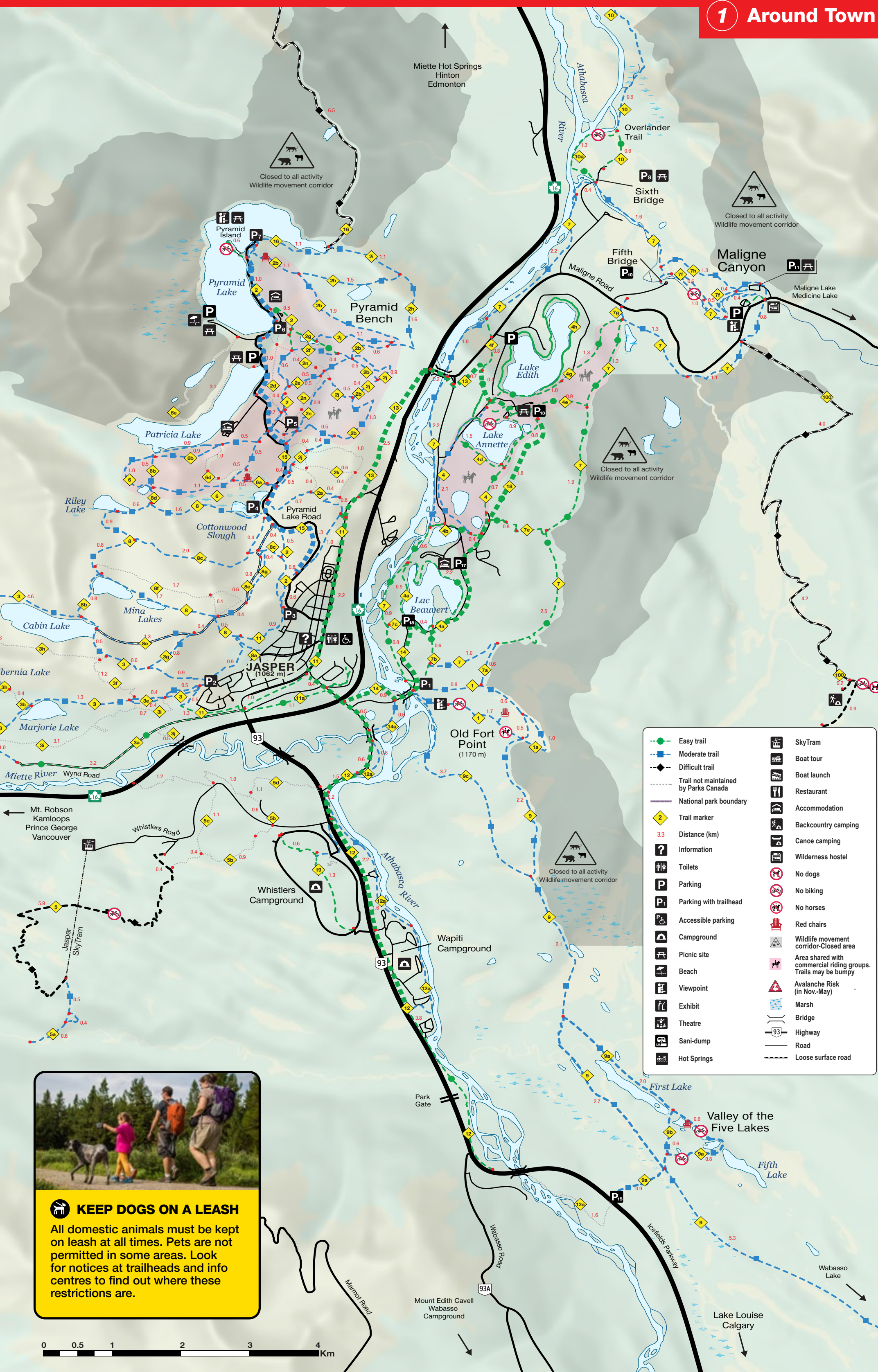
**Maligne Canyon** 2.2 km one way; elevation gain/loss: 100 m; 1-2 hrs

Trailhead • (P11) Maligne Canyon upper parking lot, 8 km east of Jasper via Highway 16 and Maligne Road. There are many bridges along this trail, allowing you to make this trek as short or long as you'd like. First and second bridges provide quick access to the best views, while bridges further down provide a different perspective. Horses and bikes are not permitted on some sections of this trail. The trail is steep in places.

**Overlander Trail** 15.5 km one way; elevation gain/loss: 65 m; 5-6 hrs

Trailhead • (P8) Sixth Bridge parking lot, 7.5 km east of Jasper via Highway 16 and Maligne Road. The beginning of this trail is flat and winds its way to an historic Métis homestead. From there the forests and meadows yield to a steep hillside with amazing views of the Athabasca Valley.

**Overlander Trail**



**1 Around Town**

**West of Jasper**

West of Jasper, the Pyramid Bench is bordered by the Miette River and more lakes.

**Saturday Night Lake Loop** 24.3 km loop, 4.2 km one way for Caledonia Lake; elevation gain/loss: 540 m; 7-9 hrs.

Trailhead • (P2) Southwest end of Jasper. A gentle uphill walk takes you past Marjorie Lake to Caledonia Lake. From there the grade steepens toward Minnow Lake and the rest of the Saturday Night Lake Loop; a long day hike, or an easy overnight backpack. (Backcountry permit required).

**Dorothy and Christine Lakes** 8.6 km return; elevation gain/loss: 250 m; 4-6 hrs

Trailhead • (P26) 11.5 km west of Jasper on Highway 16. This hike is steep in places but beautiful Christine Lake is worth it. Be careful when crossing the railroad tracks.



**KEEP DOGS ON A LEASH**  
All domestic animals must be kept on leash at all times. Pets are not permitted in some areas. Look for notices at trailheads and info centres to find out where these restrictions are.