



DISTANCE: 3.6 km RT
 ELEVATION GAIN: 200 m
 TIME REQUIRED: 1-2 hrs
 DIFFICULTY: Easy

3

Tunnel Mountain

Hike up this little peak that the First Nations call the "Sleeping Buffalo" to gain rewarding views of the Town of Banff, the winding Bow River below and the mountains to the West, such as Mt. Bourgeau. The trail starts somewhat steeply but quickly relents into a series of switchbacks that get you high up in no time.



DISTANCE: 15 km RT
 ELEVATION GAIN: 725 m
 TIME REQUIRED: 5-6 hours
 DIFFICULTY: Moderate

4

Bourgeau Lake & Harvey Pass

Bourgeau Lake and the Harvey Pass area above it deserve a full day's trip. The trail climbs steeply through a forest of lodgepole and spruce before opening out into meadows that lead to Bourgeau Lake. From there, continue 2.2km (310m up) past several smaller bodies of water to the lake at Harvey Pass for impressive views of Mt. Assiniboine, "The Matterhorn of the Rockies."

ICON LEGEND



GLACIERS



WILDFLOWERS



GONDOLA



LARCH/FALL HIKE



EARLY/LATE SEASON



WATERFALL

RT = RETURN TRIP

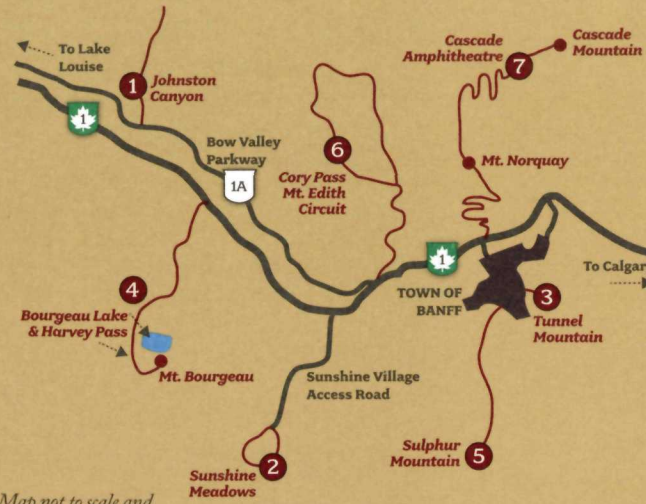
CLASSIC hikes are available to trekkers of all levels of adventure and ability, and the ones you find in this guide include easy, scenic walks; breathtaking alpine hikes; and gruelling, but rewarding climbs to high altitude panoramas.

Visit BanffLakeLouise.com/hiking for more details on hikes in the Banff area and what you can do to prepare for your day on the trail.

For More Information

The information in this Hiking Guide will give you a good idea of which hikes might suit you best, but for more thorough descriptions, we recommend you contact the Banff Visitor Information Centre (403-762-8421), or email info@BanffLakeLouise.com.

MAP OF REGION



Map not to scale and for general location only. Please visit our Visitor Information Centre for detailed maps and information.

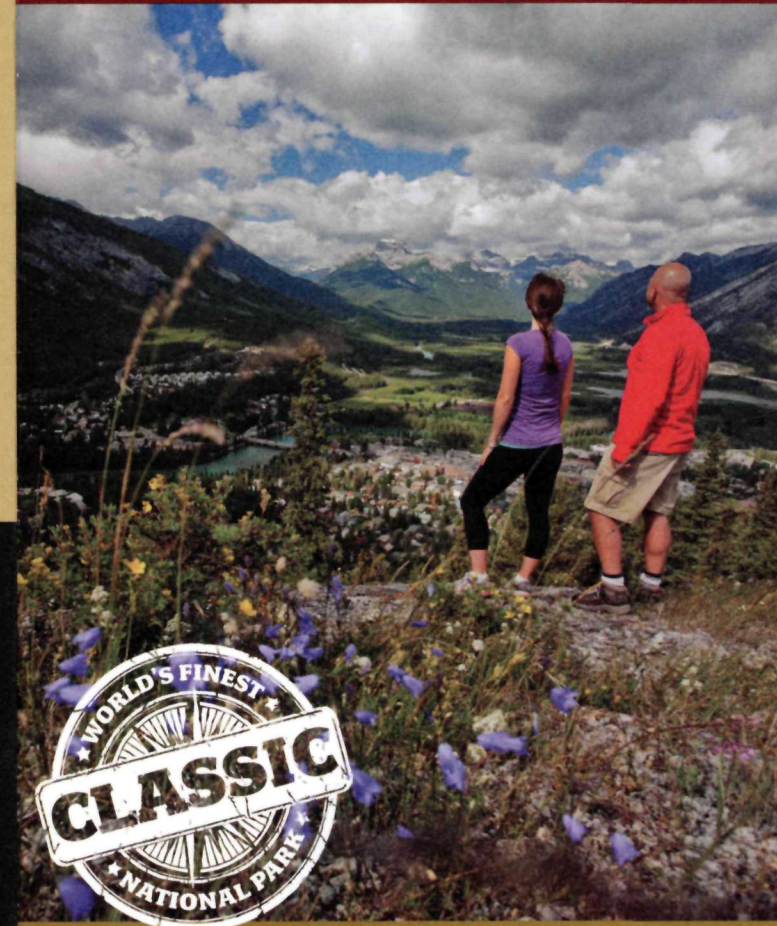
Hiking Season

Though some of the easy walks in this guide can be done any time of year, the hiking season in Banff National Park spans loosely from May to October. Conditions can change at a moments notice due to snowfall, snowmelt and mud. Hikes higher up in the alpine are generally in prime condition between July and September.

Banff National Park Pass

Visitors are required to purchase a Park Pass for travel inside Banff National Park. Entry and service fees are charged at most National Parks and National Historic Sites in Canada and are used to support visitor services and facilities. Park Passes can be purchased at any of the park entry gates or Visitor Information Centres. *More information at www.pc.gc.ca*

CLASSIC HIKES IN BANFF



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BANFF

Beauty meets accessibility in Banff National Park, where visitors can connect with the spectacular mountain wilderness like no other destination in Canada. On the CLASSIC hikes near the Town of Banff, you can stand at the edge of a rumbling canyon, walk amongst wildflowers growing near turquoise-blue lakes, breath in the amazement of lofty mountain views, and enjoy the peace and serenity of nature.

The CLASSIC hikes in Banff offer amazing alpine experiences that are still in close proximity to the amenities visitors might also enjoy, such as world-class restaurants and hotels. Trailheads are quick and easy to access, meaning you'll spend less time driving and more time hiking in the great outdoors! From quick jaunts to full-day adventures, you'll always find a hike to suit your day's itinerary.



Photo Credit: Jonathan Mueller



DISTANCE: 5.4 km RT
ELEVATION GAIN: 135 m
TIME REQUIRED: 1.5 hrs
DIFFICULTY: Easy

1

Johnston Canyon

This interpretive walkway follows the edge of Johnston Canyon – at times clinging to the walls of the canyon itself (handrails are included) – and leads excited hikers to the stunning, cascading waters of the Lower and Upper Falls. This hike is open in winter as well (look for ice climbers on the frozen waterfalls!), but may require the use of ice cleats, available for rental in Banff.



Photo Credit: Paul Zizka



DISTANCE: 11 km RT
ELEVATION GAIN: 700 m
TIME REQUIRED: 4 hrs
DIFFICULTY: Easy

5

Sulphur Mountain

This easy trail switchbacks its way up Sulphur Mountain and offers unparalleled views of the Bow Valley. Upon reaching the top, hikers can continue along the 1 km interpretive boardwalk to the Cosmic Ray Station (a UNESCO World Heritage Site) and Sanson Peak, where Norman Sanson used to live and take meteorological readings. If you like, save your knees and take the gondola down.



Photo Credit: Stéfanie Gignac/Parks Canada



DISTANCE: 13.2 km RT
ELEVATION GAIN: 640 m
TIME REQUIRED: 4-6 hrs
DIFFICULTY: Moderate

7

Cascade Amphitheatre

This hike begins at the Mt. Norquay ski area, crosses a bridge over Forty Mile Creek, then zigzags its way through dense forest to the Cascade Amphitheatre. As you emerge into the amphitheatre, impressively enclosed by limestone cliffs, keep your eyes out for wildflowers. Adventurous hikers can make a full day trip of it and, with adequate preparation, tackle the summit of Cascade Mountain.



Photo Credit: Paul Zizka



DISTANCE: 8.6 km RT
ELEVATION GAIN: 180 m
TIME REQUIRED: 3 hours
DIFFICULTY: Easy

2

Sunshine Meadows

Considered a premier hiking destination in the Rockies, Sunshine Meadows is a unique area on the Continental Divide that boasts carpets of alpine wildflowers in summer and golden larches in fall. The open meadows and alpine lakes along the trail - including Rock Isle, Grizzly and Larix Lakes - allow great views of the surrounding peaks. *Did you hear? Lonely Planet named "Sunshine Meadows" the #1 hike in Canada.*



Photo Credit: Stéfanie Gignac/Parks Canada



DISTANCE: 13 km loop
ELEVATION GAIN: 1000 m
TIME REQUIRED: 5-6 hours
DIFFICULTY: Challenging

6

Cory Pass – Mt. Edith Circuit

Cory Pass is known as one of the most spectacular and rewarding hikes in Banff. The sheer south face of Mt. Louis surprises hikers as they crest the pass and offers ample reward for the hard work of getting there. Continue the circuit upon reaching the pass by descending down the other side and around Mt. Edith, or return the way you came.

