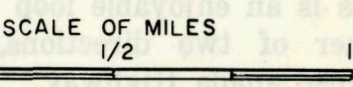


# PARK ROADS & TRAILS IN AND AROUND BANFF TOWNSITE

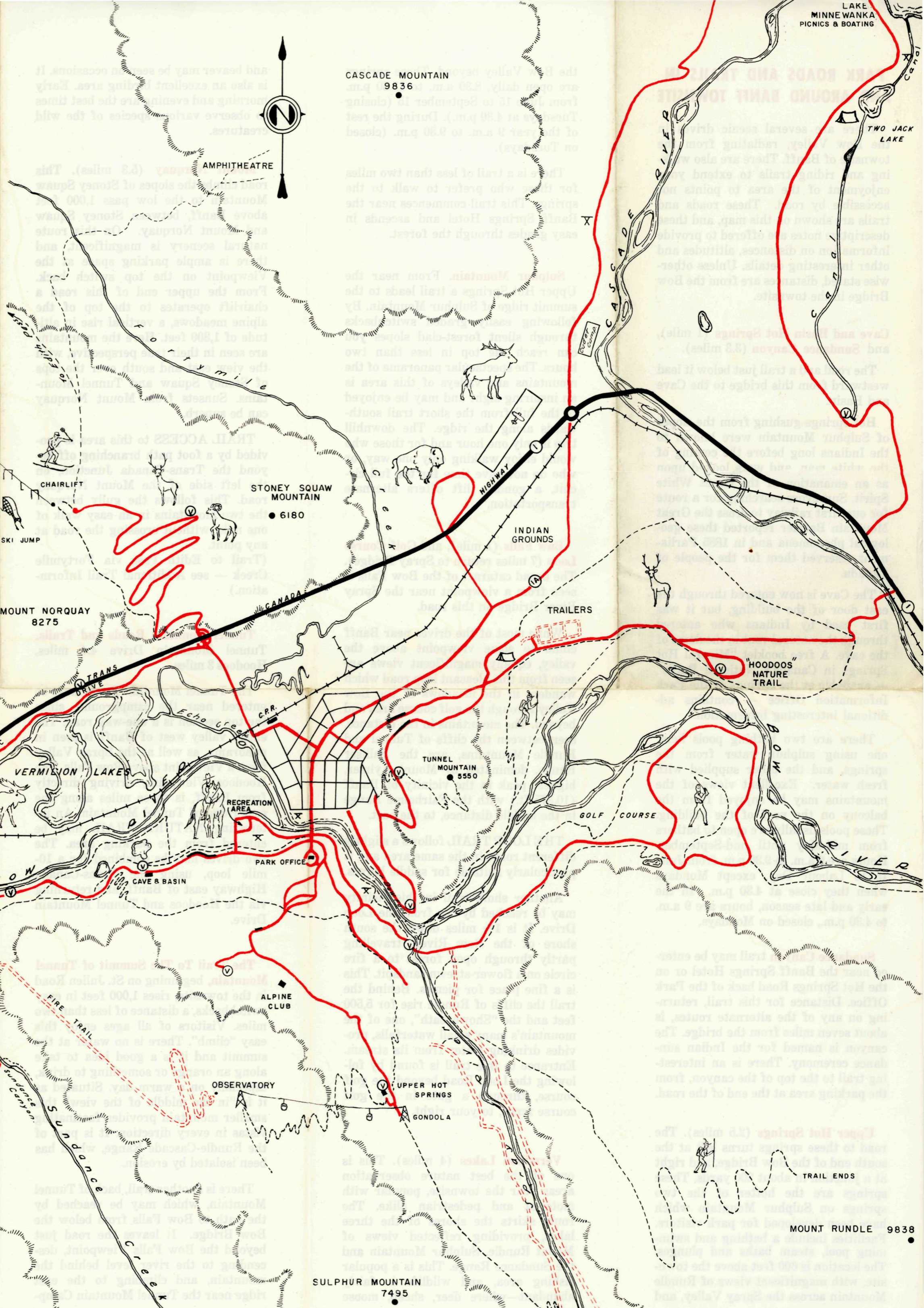


## REFERENCE

- Roads —————
- Trail - - - - -
- Viewpoint (V)
- Fire Trail - - - - -
- Campground (A)
- Picnic Area (X)



ISSUED UNDER THE AUTHORITY OF  
HON. WALTER DINSDALE P.C., M.P.  
MINISTER OF NORTHERN AFFAIRS  
AND NATIONAL RESOURCES



SUNDANCE RANGE

National Parks are living Museums of Nature preserved for the benefit, education and enjoyment of this and future generations.

Roads and trails are avenues to protected but unspoiled wilderness. Using them, and in particular walking them, gives you a close contact with nature in a superb setting.

Wild creatures — both birds and mammals — may be seen more frequently at early morning light and in the twilight of evening.

All the natural features of this park are preserved for all who may come this way. Please do not remove or damage them.



## PARK ROADS AND TRAILS IN AND AROUND BANFF TOWNSITE

There are several scenic drives in the Bow Valley, radiating from the townsite of Banff. There are also walking and riding trails to extend your enjoyment of the area to points not accessible by road. These roads and trails are shown on this map, and these descriptive notes are offered to provide information on distances, altitudes and other interesting details. Unless otherwise stated, distances are from the Bow Bridge in the townsite.

**Cave and Basin Hot Springs** (1 mile), and **Sundance Canyon** (3.3 miles).

The road and a trail just below it lead westward from this bridge to the Cave and Basin.

Hot springs gushing from the slopes of Sulphur Mountain were known to the Indians long before the coming of the white man, and were looked upon as an emanation of the Great White Spirit. Surveyors searching for a route for our first railway to cross the Great Mountain Barrier reported these geological phenomena and in 1885 Parliament reserved them for the people of Canada.

The Cave is now entered through the east door of the building, but it was first used by Indians who entered through the natural vent in the dome of the cave. A free booklet "Mineral Hot Springs in Canada's National Parks" — available at the Springs or the Park Information Office — contains additional interesting information.

There are two bathing pools here, one using sulphur water from the springs, and the other supplied with fresh water. Excellent views of the mountains may be enjoyed from the balcony on the roof of the building. These pools usually are open to bathers from mid-May until mid-September. Hours are 9 a.m. to 9.30 p.m. from June 15 to Labour Day, except Mondays when they close at 4.30 p.m. In the early and late season, hours are 9 a.m. to 4.30 p.m., closed on Mondays.

**Sundance Canyon** trail may be entered near the Banff Springs Hotel or on the Hot Springs Road back of the Park Office. Distance for this trail, returning on any of the alternate routes, is about seven miles from the bridge. The canyon is named for the Indian sundance ceremony. There is an interesting trail to the top of the canyon, from the parking area at the end of the road.

**Upper Hot Springs** (2.5 miles). The road to these springs turns left at the south end of the Bow Bridge, and right at a junction in about 200 yards. These springs are the hotter of the two springs on Sulphur Mountain which have been developed for park visitors. Facilities include a bathing and swimming pool, steam baths and plunges. The location is 600 feet above the townsite, with magnificent views of Rundle Mountain across the Spray Valley, and

the Bow Valley beyond. These springs are open daily, 8.30 a.m. to 11.30 p.m. from June 15 to September 15 (closing Tuesdays at 4.30 p.m.). During the rest of the year 9 a.m. to 9.30 p.m. (closed on Tuesdays).

There is a trail of less than two miles for those who prefer to walk to the springs. This trail commences near the Banff Springs Hotel and ascends in easy grades through the forest.

**Sulphur Mountain.** From near the Upper Hot Springs a trail leads to the summit ridge of Sulphur Mountain. By following easily graded switchbacks through silent forest-clad slopes you can reach the top in less than two hours. The spectacular panorama of the mountains and valleys of this area is an inspiring sight and may be enjoyed to the full from the short trail southwards along the ridge. The downhill trip is only one hour and for those who would enjoy walking only one way, or who do not have time for the full circuit, a gondola lift offers alternate transportation.

**Bow Falls** (1 mile), and **Golf Course Loop** (7 miles return to Spray Bridge). The broad cataract of the Bow Falls is seen from a viewpoint near the Spray River Bridge on this road.

While most of the drives near Banff climb to some viewpoint above the valley, equally magnificent views are seen from this pleasant loop road which wanders in the meadows of the Bow Valley through the golf course area and beyond. The mountains in the distance, seen between the cliffs of Tunnel and Rundle Mountains, are the Palliser Range, dominated by Mount Aylmer, highest peak in the vicinity of Banff (10,375 ft.) with the Fairholme Range in the middle distance, to the east.

THE LOOP TRAIL follows a slightly different route in the same area and is particularly suitable for saddle horses.

Another short trail in this vicinity may be reached by car from the Loop Drive. It is 1½ miles down the south shore of the Bow River, travelling partly through open forest to a fire circle on a flower-strewn sandspit. This is a fine place for picnics. Behind the trail the cliffs of Rundle rise for 5,500 feet and the "Showerbath", one of the mountain's many small waterfalls, provides drinking water from its stream. Entrance to this trail is found by following the Loop Road beyond the golf course, through a gate in the golf course fence, to your right.

**Vermilion Lakes** (4 miles). This is one of the best nature observation areas near the townsite, popular with motorist and pedestrian alike. The route skirts the shores of the three lakes, providing reflected views of Mount Rundle, Sulphur Mountain and the Sundance Range. This is a popular fishing area, and wildlife is fairly abundant—where deer, sheep, moose

and beaver may be seen on occasions. It is also an excellent birding area. Early morning and evening are the best times to observe various species of the wild creatures.

**Mount Norquay** (5.3 miles). This road climbs the slopes of Stoney Squaw Mountain to the low pass 1,000 feet above Banff, between Stoney Squaw and Mount Norquay. On this route natural scenery is magnificent, and there is ample parking space at the Viewpoint on the top switch back. From the upper end of this road a chairlift operates to the top of the alpine meadows, a vertical rise in altitude of 1,300 feet. Here the mountains are seen in their true perspective, with the view east and south over the tops of Stoney Squaw and Tunnel Mountains. Sunsets from Mount Norquay can be superb.

TRAIL ACCESS to this area is provided by a foot path branching off beyond the Trans-Canada Junction, on the left side of the Mount Norquay road. This follows the gully between the two mountains in an easy walk of one mile, without crossing the road at any point. (Trail to Edith Pass via Fortymile Creek — see Additional Trail Information.)

**Tunnel Mountain Roads and Trails.** Tunnel Mountain Drive 4.4 miles. Hoodoos 3 miles.

The Tunnel Mountain Drive must be entered near the campground, since the top section is a one-way road. The entire valley west of Banff is seen in panorama, as well as the Spray Valley from a Viewpoint above Bow Falls. The Hoodoos Viewpoint, driving directly from Banff, is three miles along the east ridge of Tunnel Mountain. An interesting NATURE TRAIL may be entered from the parking area. The two drives may be combined for a 10-mile loop, using the Trans-Canada Highway east of Banff, and returning via the Hoodoos and Tunnel Mountain Drive.

**The Trail To The Summit of Tunnel Mountain**, beginning on St. Julien Road in the townsite, rises 1,000 feet in easy switchbacks, a distance of less than two miles. Visitors of all ages enjoy this easy "climb". There is no water at the summit and it is a good idea to take along an orange or something to drink, especially on a warm day. Situated as it is "in the middle of the view" this smaller mountain provides fascinating vistas in every direction. It is part of the Rundle-Cascade Range, which has been isolated by erosion.

There is another trail, back of Tunnel Mountain, which may be reached by the path to Bow Falls from below the Bow Bridge. It leaves the road just beyond the Bow Falls Viewpoint, descending to the river level behind the mountain, and climbing to the east ridge near the Tunnel Mountain Camp-

ground. This is a four mile walk, returning to town by the campground road. Another branch of this trail reaches the ridge near the Hoodoos 1½ miles farther. Alternatively the Hoodoos are reached directly from the campgrounds on a trail near the road.

**Lake Minnewanka** (17 miles return). This is an enjoyable loop drive, from either of two directions, from the Trans-Canada Highway. There are a number of sweeping views, frequent launch trips on Lake Minnewanka, as well as fishing in Minnewanka, Two Jack and Johnson's Lakes—and plenty of picnic areas. From the parking area at Lake Minnewanka there is a short (½ mile) trail to Stewart Canyon on the Cascade River, where it enters the lake. Sheep are often seen in this area.

## ADDITIONAL TRAIL INFORMATION

Trails in the SPRAY VALLEY provide relaxing mountain environment away from highways. Using fire trails on either side of the river, loop walks may be made from beyond the Banff Springs Hotel, returning to the Spray River bridge by the trail back of the first green on the Golf Course. One crossing is less than a mile upstream, and the other four miles, (ten miles return to the Bow Bridge). Visitors interested in birds or flowers, and fishing, will enjoy these wilderness trails.

The trail for MOUNT RUNDLE turns off the fire trail on the east side of the Spray River, one mile from the Spray Bridge and climbs to timberline. Directions about climbing this mountain beyond the end of the trail will be provided when parties register for climbing with the Warden Service in the Park Office, or at the Warden Equipment Building.

**Edith Pass** (3 miles) — to Norquay Pass via Fortymile Creek (9 miles). The trail climbs 1,700 feet to Edith Pass and the bases of Mount Edith and Mount Louis. Any climbing beyond this point must first be registered with the Warden Service. This trail continues northward to Fortymile Creek, following the creek downstream for a short distance and then around Mount Norquay to the pass near the parking area with very little change in altitude.

**The Amphitheatre** on Cascade Mountain is a geological feature worthy of an interesting all-day trip. From the Norquay parking area, follow the Edith Pass trail initially but instead of keeping left around Mount Norquay, descend directly to Fortymile Creek, cross it and climb a ridge of Cascade Mountain for about 2,000 feet before branching left into the Amphitheatre. Further ascent of the ridge leads to the summit of the mountain and full information is available on this climb when registering with the Warden Service.