Welcome to Banff National Park

Rushing rivers, snow-capped peaks, alpine meadows, and glacially carved cirques make the wilderness surrounding the town of Banff a hiker's paradise. Trails lace the Banff area, ranging from lowelevation strolls along boardwalks to more strenuous full-day outings that lead seasoned hikers to some of the best alpine passes the Rocky Mountains have to offer. Choose a trail and enjoy the wonders of Banff National Park.



Roam Public Transit and Shuttle Services

Trails identified with a bus symbol indicate that the trailhead is accessible by Roam public transit and/or private shuttle service.

Visit parkscanada.gc.ca/banff-transit or pick up a public transit brochure and find out more at a Parks Canada visitor centre.



Plan Ahead, Be Prepared

Safety

Safety is your responsibility. There are always hazards associated with outdoor recreation. Even short trips from the town of Banff can have serious consequences. Minimize your risk by planning ahead.

- Ask for advice at a Parks Canada visitor centre or visit pc.gc.ca/banfftrails for current trail conditions, warnings, closures, weather and trail classifications.
- Be prepared for emergencies. Mountain weather changes quickly and it can snow any month of the year. Dress in layers, bring extra food and warm clothing.
- Study descriptions and maps before heading out. Always choose a trail suitable for the least experienced member in your group.
- Bring your own water. Surface water may be contaminated and unsafe for drinking
- Carry a first aid kit and bear spray.
- Tell a reliable person where you are going, when you will be back, and who to call if you do not return: Banff Dispatch - 403-762-1470.
- Ticks carrying Lyme disease may be present in the park. It is important to check yourself and your pet
- Avoid wearing earbuds or headphones. Be alert at

Snowy **Trails**

Snow can remain on some trails well into the summer. When trails are snow covered, route finding can be difficult and travel through deep snow or on hard snow and ice can be unsafe. Be prepared and visit parkscanada.gc.ca/banfftrails to check trail conditions before heading out.



Avalanche Risk

Trails above the tree line (2 000 m) may be exposed to avalanche hazard at any time of the year and especially from November through June. Steep slopes that are snow covered have the potential to avalanche. For more information on the avalanche hazard, visit parksmountainsafety.ca or a Parks Canada

Wildlife and **People**



Banff National Park is home to wildlife including elk. wolves, cougars, grizzly bears and black bears. To successfully raise their young and sustain a healthy population, wildlife need access to as much quality habitat with as few human surprises as possible.

Be aware of possible encounters with wildlife in all areas of the park, including paved trails and roads.

- Always carry bear spray, ensure it is accessible, and know how to use it before heading out. Visit parkscanada.gc.ca/bearspray to watch a video about how to use bear spray. Bear spray is available at the Banff Visitor Centre, 224 Banff Avenue, and retail outlets in the town of Banff.
- Make noise. Being quiet puts you at risk for sudden wildlife encounters. Be alert through shrubby areas and when approaching blind corners. Travel in tight
- groups and always be aware of your surroundings. Report bear, cougar, wolf and coyote sightings and encounters to Parks Canada Dispatch when it is safe to do so: 403-762-1470.

parkscanada.gc.ca/banff-wildlifesafety

Wildlife come in all sizes: squirrels, chipmunks and birds, as well as larger animals such as bears and elk are all wild. Wildlife need to find their own natural food sources,

Human Food Kills Wildlife





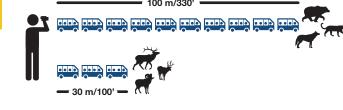
Do not litter



Pack out what you pack in. Use the wildlife-proof garbage bins at the start of the trail to dispose of all unwanted food and garbage. Otherwise, be prepared to pack it out.

Give Wildlife Space

Approaching wildlife causes them to lose their natural fear of people. Give wildlife space by maintaining a distance of:



Drones **Disturb** Wildlife



Drones/UAVs are prohibited in all national parks as they disturb wildlife. Leave your drone at home or in your vehicle. **If you witness the** use of a drone in Banff National Park, please report the incident to park wardens via Banff Dispatch: 403-762-1470.

Dogs

Dogs cause stress for wildlife. Dogs, like wolves and coyotes, may be seen as a threat. Off-leash dogs can trigger aggressive behaviour from wildlife such as grizzly bears and elk. To prevent unsafe situations for yourself, your dog, wildlife and other people, it is your responsibility to:



Ensure your dog is on a leash and under control at all times.



Pick up and dispose of your pet's waste in wildlife-proof garbage bins.

parkscanada.gc.ca/banfftrails Consider leaving your dog at home if you plan to camp, hike or go into the backcountry.

Dogs are not allowed on some trails:



1 Fenland Trail

2.1 km loop

No elevation gain; 40 minute round trip Trailhead: Fenland Trail parking area, west of

Mt. Norquay Road On foot: Trailhead is a 20 minute/1.5 km walk from downtown Banff

Learn about the local ecosystem on this self-guided interpretive trail through old-growth spruce. This short loop is a pleasant escape from the bustle of town.

(2) Marsh Loop

Roam Route 4

2.8 km loop Minimal elevation gain; 1 hour round trip Trailhead: Cave and Basin National Historic Site On foot: Trailhead is a 30 minute/2 km walk from downtown Banff



This trail encircles a wetland filled from hot springs flowing out of the lower slopes of Sulphur Mountain. Due to heavy horse use, the Marsh Loop tends to be muddy after rain.

(3a) | 3b | Sundance Canyon

3a) 3.7 km one way Elevation gain 75 m, elevation loss 60 m 2 hour round trip

Elevation gain 155 m, elevation loss 60 m 3 hour round trip Trailhead: Cave and Basin National Historic Site

3a + 3b) 3.7 km one way plus 1.6 km moderate loop

On foot: Trailhead is a 30 minute/2 km walk from downtown Banff



Follow the paved trail beyond the Cave and Basin National

Historic Site. Within a few minutes, views open up to a mountain panorama across the Bow River. After a gentle yet steady climb away from the river, the paved section ends and a moderately difficult trail loops through a water-filled canyon.



(4a) (4b) Spray River East and West

4a) 5.7 km one way from Spray River East trailhead (Golf Course Road) to Spray River bridge Elevation gain 135 m, elevation loss 80 m 4b) 5.6 km one way from Spray River bridge to Spray River

West trailhead Elevation gain 70 m, elevation loss 105 m 3 to 4 hour round trip

Trailhead: Spray River East trailhead on the Golf Course

On foot: Trailhead is a 30 minute/2.2 km walk from downtown Banff

Often done as a loop, these two lengthy but relatively easy forested trails are popular with hikers, cyclists and horseback riders. They traverse rolling terrain along either side of the Spray River. A short interpretive walk around the Fairmont Banff Springs links the east and west trailheads via a small scenic bridge.



(5) Tunnel Campground Loop

6.4 km loop

Elevation gain 70 m; 1.5 hour round trip Trailhead: Start at the Hidden Ridge Resort Roam transit

On foot: Trailhead is a 35 minute/2.5 km walk from downtown Banff

Minimal elevation gain; 1 hour round trip



This lightly forested trail can be joined at any number of points from

within the campground. There is no designated parking lot—walk or take Roam public transit from downtown to access this trail. (6) Stewart Canyon



1.5 km one way

Trailhead: Lake Minnewanka Day-use Area Roam Route 6

From the day-use area, this low elevation trail follows the Lake Minnewanka reservoir shoreline to a bridge spanning the walls of Stewart Canyon. Lake Minnewanka reservoir is popular and the parking lot fills during the summer. Take Roam public transit from downtown Banff or visit pc.gc.ca/BanffNow for parking information.



2.8 km loop Minimal elevation gain; 1 hour round trip



Trailhead: Johnson Lake Day-use Area

This circuit around the lake crosses open slopes, passes some of Alberta's oldest Douglas fir trees, and detours around a shallow bay where waterfowl often rest. This hike offers views of Cascade Mountain and Mount Rundle.

8 Sunshine Meadows

10 km of trails Elevation gain 200 m 4 to 5 hour round trip Trailhead: Sunshine Village, accessible by a fee-based gondola from the Sunshine Village parking lot from early

July to early September Sunshine Shuttle

The most popular trail in this network crests the Continental Divide and descends to a viewpoint at Rock Isle Lake. From there, you can hike the slightly more challenging Grizzly-Larix Lakes Loop, continue on the Twin Cairns-Meadow Park trail or hike up to Standish viewpoint. Detailed trail maps are available through Sunshine Village.



(9a) (9b) (9c) Johnston Canyon / Ink Pots

9a) 1.2 km one way to the Lower Falls Elevation gain 50 m; 1 hour round trip 9a + 9b) 2.5 km one way to the Upper Falls Elevation gain 120 m; 2 hour round trip 9a + 9b + 9c) 5.7 km one way to the lnk Pots Elevation gain 330 m, elevation loss 140 m 4 hour round trip Trailhead: Johnston Canyon Day-use Area

Roam Route 9

Travel in the depths of the canyon on wide trails and narrow bridges with railings that lead to the Lower Falls and to the spectacular 30 metre-high Upper Falls. For a unique perspective, continue 265 m further to the viewpoint at the top of the upper falls. Beyond the falls, a trail continues up and over a forested ridge to a meadow where water bubbles from deep below the Earth's surface into shallow pools called the Ink Pots. The Johnston Canyon area is popular and parking is limited. Take Roam public transit, book a tour bus from downtown

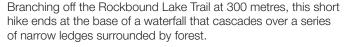
Banff, or visit parkscanada.gc.ca/BanffNow for parking



information.

(10) Silverton Falls

0.9 km one way Elevation gain 90 m; 40 minute round trip Trailhead: Rockbound Lake parking area Roam Route 8S to Castle Mountain Campground



(11) Boom Lake

5.1 km one way Elevation gain 175 m; 3 to 4 hour round trip Trailhead: Boom Lake Day-use Area

This gradual and easy ascent leads hikers through a picturesque forest to a large alpine lake surrounded by mountains. The lakeshore is a great picnic spot.

oderate **Trails**



12 Sulphur Mountain

5.5 km to top of gondola, plus 0.5 km to Sanson Peak Elevation gain 655 m; 4 hour round trip Trailhead: Banff Upper Hot Springs parking area



Roam Route 1

uphill hike to a summit renowned for its expansive mountain views. At the top, enjoy the 0.5 km boardwalk along the ridge ending at Sanson Peak. Here, you will find the Sulphur Mountain Cosmic Ray Station National Historic Site and the 1903 weather observatory. From the boardwalk, return on the same trail to the parking lot. Alternatively, take an old fire road known as the Sulphur Mountain Westside Trail (5.4 km) to Sundance Trail. ending at the Cave and Basin National Historic Site (2.6 km). Please note that if you choose to go down to the westside trail, you will need to find your own transportation back to the Sulphur Mountain trailhead. The Banff Upper Hot Springs is popular and the parking lot fills during the summer. Take Roam public transit from downtown Banff or visit pc.gc.ca/BanffNow for parking information.





Accessible from downtown Banff, this trail switchbacks to a low

summit with sweeping views across the town, Bow Valley and

14 Surprise Corner to Hoodoos Viewpoin

Trailhead: Surprise Corner, east end of Buffalo Street

On foot: Trailhead is a 20 minute/1.6 km walk from

This pleasant trail passes below the steep cliffs of Tunnel

Mountain and meanders along the Bow River. Be aware of the

many branching trails that form part of the Tunnel Mountain

biking trails network. Always stay on the most southeast trail.

Bow Valley to Mount Rundle. In summer, Roam public transit

Trailhead: Kiosk at the south end of Mount Norquay ski

The Stoney Lookout offers views of Cascade Mountain and the

Bow Valley below. Along the way, the trail passes through

Trailhead: Kiosk at the south end of Mount Norquay ski

Allow a full day to reach this hanging valley that is carpeted

with wildflowers in July and August. From the amphitheatre,

Scrambler's Guide to Cascade Mountain available at

parkscanada.gc.ca/banff-brochures or a Parks Canada

Hike past historic foundations and vents from the abandoned

Bankhead mining operation to a glacially carved cirque in the cool

experienced scramblers with proper equipment can attempt the

summit of Cascade Mountain. Get route finding information in the

route 2 provides an easy option for returning to town from

nearby Tunnel Mountain campground.

Elevation gain 190 m; 1.5 hour round trip

a forest of trees covered in wispy lichen.

16 Cascade Amphitheatre

Elevation gain 640 m, elevation loss 150 m

15 Stoney Lookout

2.1 km one way

area parking lot

7.7 km one way

6 hour round trip

area parking lot

visitor centre.

Norquay Shuttle

17 C-Level Cirque

northern face of Cascade Mountain.

18 Healy Pass

Sunshine Shuttle

19a) 7.5 km one way

19a + 19b) 9.7 km one way

golden yellow in late September.

Elevation gain 725 m; 6 hour round trip

Trailhead: Bourgeau Lake parking area

Elevation gain 1020 m; 6 to 7 hour round trip

A steady climb through lush forest and across mountain

streams lead to Bourgeau Lake which is enclosed in a glacially

trail continues upward to Harvey Pass where exceptional views

extend to peaks along the Continental Divide. Parking is limited

at the Bourgeau Lake parking area. Try carpooling and plan

carved amphitheatre. From the lake, a 2.2 km more difficult

Elevation gain 655 m; 6 to 7 hour round trip

Trailhead: Sunshine Village parking area behind the main

This trail follows Healy Creek to its source amid open meadows

above the treeline. Wildflowers bloom profusely from mid-July

to late August, and scattered alpine larches turn a magnificent

19b Bourgeau Lake / Harvey Pass

8.8 km one way

gondola building

Elevation gain 455 m; 3 hour round trip

Trailhead: Upper Bankhead Day-use Area

Norquay Shuttle

As the final section of trail ascends, views open up across the

2.4 km one way

Mount Rundle rising dramatically to the south.

Elevation gain 115 m; elevation loss 90 m

downtown Banff

4.8 km one way

3 hour round trip

downtown Banff

Roam Route 7

Roam Route 7

Elevation gain 260 m; 2 hour round trip Trailhead: Lower parking area on St. Julien Road On foot: Trailhead is a 15 minute/1 km walk from

8.4 km one way

Trailhead: Rockbound Lake parking area

Elevation gain 760 m; 6 to 7 hour round trip

20 Rockbound Lake

by Rockbound Lake.

21 Castle Lookout

sweeping views of the Bow Valley.

22a) 1.4 km one way

5 hour round trip

6 to 7 hour round trip

Arnica and Twin lakes.

4.2 km one way

National Park

23 Stanley Glacier

Elevation gain 365 m; 3 hour round trip

Stanley Glacier and small waterfalls.

6 + 24a + 24b) 11.8 km one way

6 + 24a + 24c) 13.5 km one way

Roam Route 6

Elevation gain 560 m; 7 to 8 hour round trip

Elevation gain 805 m; 8 to 9 hour round trip

Trailhead: Lake Minnewanka Day-use Area

Trailhead: Stanley Glacier parking area in Kootenay

This popular trail climbs a regenerating forest of lodgepole pines,

24a (24b) (24c) Aylmer Lookout / Aylmer Pass

From the day-use area, follow the Lake Minnewanka reservoir

a steady 2.3 km climb to a second junction. At this intersection,

either follow signs and continue onto Aylmer Pass (3.4 km one

way), or take an out-and-back trip to Aylmer Lookout (1.7 km

one way). Aylmer Lookout Trail climbs to a decommissioned

and the surrounding mountains. Aylmer Pass opens to wide meadows of wildflowers and views of the slate-grey Palliser

information. Lake Minnewanka reservoir is popular and

parkscanada.gc.ca/BanffNow for parking information.

The unobstructed view of Mount Louis, an imposing limestone

of descending into the Gargoyle Valley before returning to the

trailhead via $\bar{\text{E}}$ dith Pass. Route finding can be challenging

monolith, is worth the strenuous uphill trek to Cory Pass. Rather

than returning via the same route, energetic hikers have the option

the parking lot fills during the summer. Take Roam public

Range. Bear warnings, restrictions and closures are

parkscanada.gc.ca/banfftrails to get current trail

common throughout summer. Visit

transit from downtown Banff or visit

Elevation gain 915 m; 6 hour round trip

25 Cory Pass Loop

Trailhead: Fireside Day-use Area

13 km loop

beyond Cory Pass.

fire lookout with a front-row seat of Lake Minnewanka reservoir

shoreline for 7.8 km to the Aylmer Pass junction, then embark on

willows and wildflowers before it opens up to clear views of

22a + 22b) 5 km one way

22a + 22b + 22c) 8 km one way

Elevation gain 550 m; 3 hour round trip

Trailhead: Castle Lookout parking area

Elevation loss 120 m; 1.5 hour round trip

Elevation gain 580 m, elevation loss 120 m

Elevation gain 715 m, elevation loss 315 m

In the mid-20th century, numerous fire towers were erected around

Vista Lake / Arnica Lake /
Twin Lakes

Banff National Park where spotters could detect flames from afar.

This trail ends where a tower once stood. From here, enjoy the

Trailhead: Vista Lake viewpoint on Highway 93 South, on

the east side of the road. Parking is not indicated on the

Lose elevation to Vista Lake before you gain it en route to Arnica

Lake; the views and variety make this destination worth the ups

and downs. Hike under a canopy of larch trees and through a

mosaic of wildflowers while the Continental Divide guides you to

3.7 km one way

 Trail guide and map Roam Route 8S to Castle Mountain Campground Full water bottle or thermos A long steady climb through a mixed forest leads behind the

High energy food distinctive cliffs of Castle Mountain to open meadows and Bear spray flower-fringed Tower Lake, 7.5 km from the trailhead. The trail then climbs a low cliff band and emerges in a glacial cirque filled

Sunscreen and sunglasses

Recommended

Packing List

- First aid kit
- Headlamp or flashlight with spare batteries
- Hat and gloves
- Hiking poles Rain/wind jacket
- Extra warm clothing in case of an emergency
- Cell phone or satellite emergency communication device

Trail **Etiquette**

Show courtesy to fellow trail users!

- Leave what you find—it is the law. Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy.
- water source. Bury solid human waste in a hole 15 cm deep. Pack out your toilet paper. • To prevent damage to vegetation, stay on designated

• Dispose of human waste at least 100 m from any

- Trails are used by a variety of outdoor enthusiasts. Be sure to yield to others.
- Leave no trace. Pack out everything you pack in.

Ratings

trails at all times.



 Suitable for those with little or no trail experience. Flat to gently rolling with no obstacles.

- Suitable for those with basic trail experience
- · Gently rolling with short, steep sections and infrequent obstacles.

· Moderate elevation gain or loss. DIFFICULT

- Suitable only for those with trail experience.
- Long, steep sections with frequent obstacles. Major elevation gain or loss.

Estimated time to complete these trails ranges depending on trail distances, fitness levels, weather and trail conditions.

Banff Visitor Centres: 224 Banff Avenue and 327 Railway Avenue 403-762-1550 / parkscanada.gc.ca/banff

> **Trail Conditions Report:** parkscanada.gc.ca/banfftrails

> > **Mountain Safety:**

oarksmountainsafety.ca

Environment Canada Weather Forecast:

Guidebooks and topographic maps

In case of EMERGENCY, call 911 or satellite phone: 403-762-4506. Cell phone coverage is not

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Également offert en français

More **Information**

weather.gc.ca

are available at the Banff Visitor Centre, 224 Banff Avenue, and retail outlets in the town of Banff.

reliable throughout the national park.

• Little or no elevation gain or loss.

MODERATE

