Welcome to Banff

Rushing rivers, snow-capped peaks, alpine meadows, and glacially carved cirgues make the wilderness surrounding the town of Banff a hiker's paradise. Trails lace the Banff area, ranging from low-elevation 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 suitable to your needs and abilities and enjoy the wonders of Banff National Park





Suitable for those with little or no trail experience.

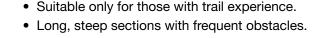
- Flat to gently rolling with no obstacles.
- Little or no elevation gain or loss.

MODERATE

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

• Moderate elevation gain or loss.





Major elevation gain or loss.

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

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.

- 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, bear spray and a satellite emergency communication device like SpotX, inReach or Zoleo, and know how to use them.
- 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, which could carry Lyme disease, may be present in the park. It is important to check yourself and your pet after hiking.
- 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 or hard snow and ice can be unsafe. Be prepared and visit parkscanada.gc.ca/banfftrails to check trail conditions before heading out.



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. Snow on steep slopes has the potential to slide. For more information on the avalanche hazard, visit parksmountainsafety.ca or a Parks Canada visitor centre.

Recommended **Packing List**

- Trail guide and map
- Full water bottle or thermos
- High energy food Bear spray
- Sunscreen and sunglasses
- First aid kit and emergency blanket
- Headlamp or flashlight with spare batteries
- Proper footwear
- Hat and gloves
- Hiking poles
- Rain/wind jacke
- Extra warm clothing in case of an emergency
- Fully charged cell phone
- Satellite emergency communication device like SpotX, inReach or Zoleo.

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. Parking at trailheads is limited and fills quickly. For the best experience, take public transit or a shuttle. Find out more at

parkscanada.gc.ca/banff-transit or at a Parks Canada visitor centre.



Easy Trails

2.1 km loop

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

Fenland Trail

2.6 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

Roam Route 4

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 Sundance Canyon

3a) 3.7 km one way Elevation gain 75 m, elevation loss 60 m

3a + 3b) 3.7 km one way plus 1.6 km moderate loop Elevation gain 155 m, elevation loss 60 m 3 hour round trip

Trailhead: Cave and Basin National Historic Site 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 walk around the Fairmont Banff Springs links the

east and west trailheads via a small scenic bridge.



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



Roam Route 2

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.



Minimal elevation gain; 1 hour round trip Trailhead: Lake Minnewanka Day-use Area

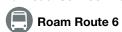


From the day-use area, this low elevation trail follows the Lake Minnewanka reservoir shoreline to a bridge spanning the walls of Stewart Canyon.



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 area from early

Sunshine Shuttle

July to early September

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 Ink Pots Elevation gain 330 m, elevation loss 140 m 4 hour round trip

Trailhead: Johnston Canyon Day-use Area Roam Route 9

This busy trail takes you into the depths of the canvon on wide paths 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 forested trail continues up and down to a meadow where water bubbles from deep below the Earth's surface into shallow pools called the lnk Pots.



(10) Silverton Falls

Elevation gain 90 m; 40 minute round trip Trailhead: Rockbound Lake parking area



Roam Route 8S to Castle Junction This hike branches off the Rockbound Lake Trail at the 0.3 km mark. It ends on an exposed hillside at the base of a waterfall

that cascades over a series of narrow ledges.



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.



Moderate Trails

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

Sulphur Mountain

12 Sulphur Mountain

Switchbacks on the slopes of Sulphur Mountain provide a steady 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 the 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.







2.4 km one way

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 downtown Banff

Accessible from downtown Banff, this trail switchbacks to a low summit with sweeping views across the town, Bow Valley and Mount Rundle rising dramatically to the south.

14 Surprise Corner to Hoodoos

4.8 km one way Elevation gain 115 m; elevation loss 90 m

3 hour round trip Trailhead: Surprise Corner, east end of Buffalo Street On foot: Trailhead is a 20 minute/1.6 km walk from downtown Banff

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. As the final section of trail ascends, views open up across the Bow Valley to Mount Rundle. In summer, Roam Public Transit route 2 provides an easy option for returning to town from nearby Tunnel Mountain campground.

15 Upper Stoney

2.1 km one way Elevation gain 190 m; 1.5 hour round trip Trailhead: Kiosk at the south end of Mount Norquay



parking area

Climb through the forest to enjoy views of Cascade Mountain and the Bow Valley from Stoney Lookout. Along the way, the trail passes through a forest of trees covered in wispy lichen.

16 Cascade Amphitheatre

7.7 km one way Elevation gain 640 m, elevation loss 150 m 6 hour round trip

Trailhead: Kiosk at the south end of Mount Norquay parking area

Norquay Shuttle

From the ski-area lodge, walk the gravel road all the way to the third chairlift (Mystic Express) where the single track trail starts. Allow a full day for a return trip through the forest, opening to a meadow surrounded by a natural amphitheatre. From the maintained trail, experienced scramblers with proper equipmen can attempt the summit of Cascade Mountain. Get route finding information in the Scrambler's Guide to Cascade Mountain available at parkscanada.gc.ca/banff-brochures or a Parks Canada visitor centre.

17 C-Level Cirque

3.9 km one way Elevation gain 455 m; 3 hour round trip Trailhead: Upper Bankhead Day-use Area

Hike past the historic foundations and vents from the abandoned Bankhead mining operation on your way to a massive glaciallycarved cirque on the cool northern face of Cascade Mountain.



18 Healy Pass

8.8 km one way Elevation gain 655 m; 6 to 7 hour round trip Trailhead: Sunshine Village parking area behind the main gondola building



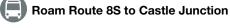
to late August, and scattered alpine larches turn a magnificent golden yellow in late September.



nighway is illegal. A steady climb through lush forest and across mountain streams lead to Bourgeau Lake which is enclosed in a glacially-

20 Rockbound Lake

8.4 km one way Elevation gain 760 m; 6 to 7 hour round trip



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 by Rockbound Lake.



Banff National Park where spotters could detect flames from afar. This trail ends where a tower once stood. From here, enjoy the sweeping views of the Bow Valley.

22a) 1.4 km one way

22a + 22b) 5 km one way Elevation gain 580 m, elevation loss 120 m 5 hour round trip

Elevation gain 715 m, elevation loss 315 m 6 to 7 hour round trip Trailhead: Vista Lake viewpoint on Highway 93 South, on

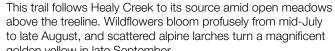
Lake; the views and variety make this destination worth the ups and downs. Hike under a canopy of larch trees and through a mosaic of wildflowers while the Continental Divide guides you to

23 Stanley Glacier

4.2 km one way Elevation gain 365 m; 3 hour round trip

This popular trail climbs a regenerating forest of lodgepole pines, willows and wildflowers before it opens up to clear views of Stanley Glacier and small waterfalls.



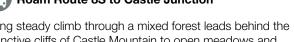




19a + 19b) 9.7 km one way Elevation gain 1020 m; 6 to 7 hour round trip Trailhead: Bourgeau Lake parking area. Parking on the

carved amphitheatre. From the lake, a 2.2 km more difficult trail continues upward to Harvey Pass where exceptional views extend to peaks along the Continental Divide.

Trailhead: Rockbound Lake parking area



A long steady climb through a mixed forest leads behind the distinctive cliffs of Castle Mountain to open meadows and



21 Castle Lookout

3.7 km one way Elevation gain 550 m; 3 hour round trip Trailhead: Castle Lookout parking area

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

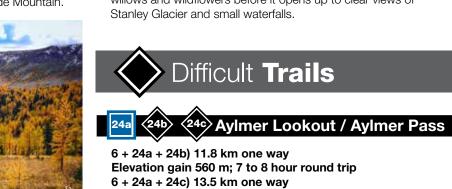
Vista Lake / Arnica Lake /
Twin Lakes

Elevation loss 120 m: 1.5 hour round trip 22a + 22b + 22c) 8 km one way

the east side of the road. Parking on the highway is illegal. Lose elevation to Vista Lake before you gain it en route to Arnica

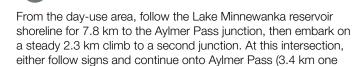
Arnica and Twin lakes.

Trailhead: Stanley Glacier parking area in Kootenay National Park. Parking on the highway is illegal.



Difficult Trails

6 + 24a + 24b) 11.8 km one way Elevation gain 560 m; 7 to 8 hour round trip 6 + 24a + 24c) 13.5 km one way Elevation gain 805 m; 8 to 9 hour round trip Trailhead: Lake Minnewanka Day-use Area



Roam Route 6

surrounding mountains. Aylmer Pass opens to wide meadows of wildflowers and views of the slate-grey Palliser Range. Bear warnings, restrictions and closures are common throughout summer. Visit parkscanada.gc.ca/banfftrails to get current trail

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

fire lookout with a view of Lake Minnewanka reservoir and the

one way). Aylmer Lookout Trail climbs to a decommissioned

⟨25⟩ Cory Pass Loop 13 km loop

information.

Elevation gain 915 m; 6 hour round trip Trailhead: Fireside Day-use Area The unobstructed view of Mount Louis, an imposing limestone

monolith, is worth the strenuous uphill trek to Cory Pass. Rather than returning via the same route, energetic hikers have the option of descending into the Gargoyle Valley before returning to the trailhead via Edith Pass. Route finding can be challenging beyond Cory Pass.

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,

Visit parkscanada.gc.ca/bearspray for more

information. Bear spray is available at the Banff

near running water and when approaching blind

more about keeping yourself safe.

Wildlife come in all sizes: squirrels, chipmunks and birds,

as well as larger animals such as bears and elk. Wildlife

need to find their own natural food sources, not yours.

Do not litter

Give Wildlife Space

people. Give them lots of space:

If you approach wildlife, you put yourself in danger.

Drones **Disturb** Wildlife

Drones/UAVs are prohibited

in all national parks as they disturb

in your vehicle. **If you witness the**

use of a drone in Banff National

Banff Dispatch: 403-762-1470.

Park, please report the incident to

wildlife. Leave your drone at home or

You may also cause animals to lose their natural fear of

Do not feed any wildlife.

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.

and know how to use it.

in the town of Banff.

of your surroundings.

so: 403-762-1470.

Consider leaving your dog at home if you plan to camp, hike or go into the backcountry. Dogs cause stress for wildlife as they 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:



Dogs





Trail **Etiquette**

- Leave what you find—it is the law. Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers and nests are protected and must be left undisturbed for others to discover
- 100 m from any 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 trails at all times.
- Be sure to yield to others. Leave no trace. Pack out everything you pack in.

Trails are used by a variety of outdoor enthusiasts.

More **Information**

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

Mountain Safety: parksmountainsafety.ca **Environment Canada Weather Forecast:**

Trail Conditions Report:

parkscanada.gc.ca/banfftrails

Banff Dispatch: 403-762-1470 Guidebooks and topographic maps

Banff Visitor Centre, 224 Banff Avenue,

403-762-2088

weather.gc.ca

and retail outlets in the town of Banff In case of EMERGENCY, call 911 or satellite phone: 403-762-4506.

Cell phone coverage is not reliable throughout the national park.

Catalogue No: R64-422/2022E Également offert en français

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Ensure your dog is on a leash and under physical control at Pick up and dispose of your pet's waste in wildlife-proof garbage bins.







Show courtesy to fellow trail users:

