



2017 - 2018

# Getting Around Banff National Park



Également offert en français

S. Munn



Parks Canada  
Parcs Canada

Canada

# Connect With Nature



## OUR STORY

In 1883, like Indigenous peoples long before them, three railway workers stumbled across a series of hot springs on the lower shoulder of present-day Sulphur Mountain. No doubt they laid down their shovels and pick axes, removed their dusty clothes and gratefully slid into the waters to soothe their aching muscles. Two years later, as Canada was completing its transcontinental railway, Sir John A. Macdonald, Canada's first Prime Minister, realized a new national dream: the creation of Canada's first national park, which set aside the Cave and Basin hot springs and 26 km<sup>2</sup> of land as a small protected reserve. More than a century later, the national park draws millions of people each year to experience the staggering natural beauty of Banff and Lake Louise, no less than seven national historic sites and a bounty of wildlife large and small — from iconic grizzly bears to the Banff Springs snail. With a long history of melding innovative conservation initiatives with spirited adventure, Canada's oldest national park offers mountains of possibilities.

## JOIN THE CELEBRATION WITH PARKS CANADA!

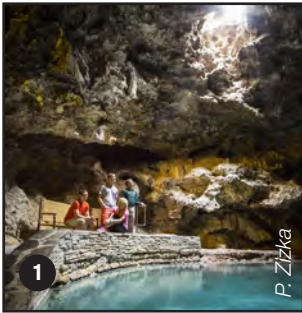


CANADA 150

2017 marks the 150<sup>th</sup> anniversary of Canadian Confederation and we invite you to celebrate with Parks Canada! Take advantage of free admission to national parks, national historic sites and national marine conservation areas for the entire year. Find adventure, fun for the whole family or a short break from the everyday in more than 200 special places across the country.

In Banff, show your Parks Canada Discovery Pass and enjoy free entry to the Cave and Basin National Historic Site and Banff Park Museum National Historic Site. Your Discovery Pass is also your ticket to exciting and informative interpretive programs.





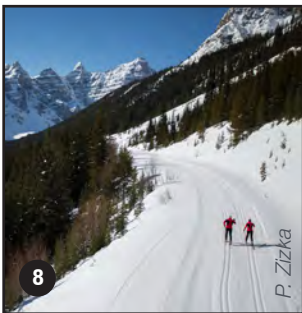
## 1 CAVE AND BASIN NATIONAL HISTORIC SITE

Nature, culture and history minutes from Banff Avenue. Impressive architecture, bubbling mineral waters, and an underground cave that gave rise to a huge idea, the birthplace of Canada's national parks. Family activities and interactive programs available. (see p. 6)



## 2 BOW VALLEY PARKWAY (HWY 1A)

This year-round 48 km scenic drive between Banff and Lake Louise is the place to be for wildlife viewing, picnicking, learning opportunities and hiking trails. Enjoy rustic campgrounds, unique cottage accommodations and a hike through Johnston Canyon along the parkway. (see p. 5)



## 3 ICEFIELDS PARKWAY

This world-renowned, 230 km drive through the heart of the Canadian Rocky Mountain Parks UNESCO World Heritage Site is a must do! The parkway winds through ancient glaciers, dramatic rock spires, emerald lakes, and broad sweeping valleys. (see p. 5)



## 4 LAKE MINNEWANKA LOOP

Visit a cascading waterfall, a glacial lake, remnants of a coal mining town and a scenic canyon. Minnewanka, the largest lake in the park, is ideal for boating, picnicking, road biking, hiking, and cross-country skiing or winter walking. (see p. 6)



## 5 BANFF UPPER HOT SPRINGS

A visit to the Upper Hot Springs is a long-standing tradition. Relax amidst the jagged peaks in an outdoor pool with hot, mineral rich water. The hot springs are open daily, year round, and have a café and gift shop on site. (see p. 6)

## 6 LAKE LOUISE – THE LAKE

Victoria Glacier and Lake Louise are the most photographed locations in the Canadian Rockies. This spectacular alpine setting is the hub for iconic hikes, canoeing, horseback riding, climbing, and awe-inspiring scenery. During the summer, visit Lake Louise or Moraine Lake before 9 a.m. and after 7 p.m. to avoid the largest crowds. (see p. 7)

## 7 BANFF LEGACY TRAIL

Paved paths and roadways span 29 km from Travel Alberta's visitor centre in Canmore to the Bow Valley Parkway. Cyclists, strollers, and runners enjoy breathtaking views, picnics, the Banff townsite, Vermilion Lakes, and other popular trails along the way.

## 8 MORaine LAKE

Known as the Valley of the Ten Peaks, this alpine area offers hiking, paddling, and dramatic photographic opportunities. In winter, the Moraine Lake Road is closed to vehicles and becomes a popular cross-country ski trail. (see p. 7)

## 9 VERMILION LAKES DRIVE

On foot, by bike or by car, explore this year-round 4.3 km paved road offering wildlife viewing, learning opportunities and breathtaking scenery. Relax on the docks and benches and snap a picture of the iconic Mount Rundle. (see p. 6)

## 10 GREAT CANADIAN CAMPING

Camping in the park is as rewarding as its majestic landscapes. Sites range from rustic, treed settings to full service with mountain views. Choose from a traditional RV or tent site, try a cabin-like oTENTik, or a convenient equipped campsite. (see p. 8)

# Suggested Itineraries



S. Munn

## HALF-DAY ADVENTURES

### HIT THE TOP SPOTS IN TOWN

Start your day with a relaxing soak in the warm mineral waters of the historic **Banff Upper Hot Springs**. Be inspired on an award-winning tour of the **Cave and Basin National Historic Site** – the birthplace of Canada’s national parks. Browse through 5 000 natural history specimens displayed at the **Banff Park Museum National Historic Site** and then stroll along the trails to **Bow Falls**.

### FOUR EXTRAORDINARY AFTERNOONS

Grab a canoe and explore the wildlife hidden among the marshes at **Vermilion Lakes**, a magnificent wetland. Hike a switchback trail up **Tunnel Mountain** for the best views of the Town of Banff. Enjoy an easy walk to discover **Sundance Canyon**, or ride a bike past rivers and valleys on the smoothly paved **Banff Legacy Trail**.

### FAMILY TIME ON MINNEWANKA LOOP

Picnic with the kids by **Lake Minnewanka** then stroll the twisting shoreline trail to **Stewart Canyon**. Explore the history and remnants of an old coal town on the **Lower Bankhead trail**. For a truly Canadian experience, stay overnight in a comfortable Equipped Campsite at **Two Jack Main Campground** – your tent is ready and waiting.

## A FULL DAY OF FUN

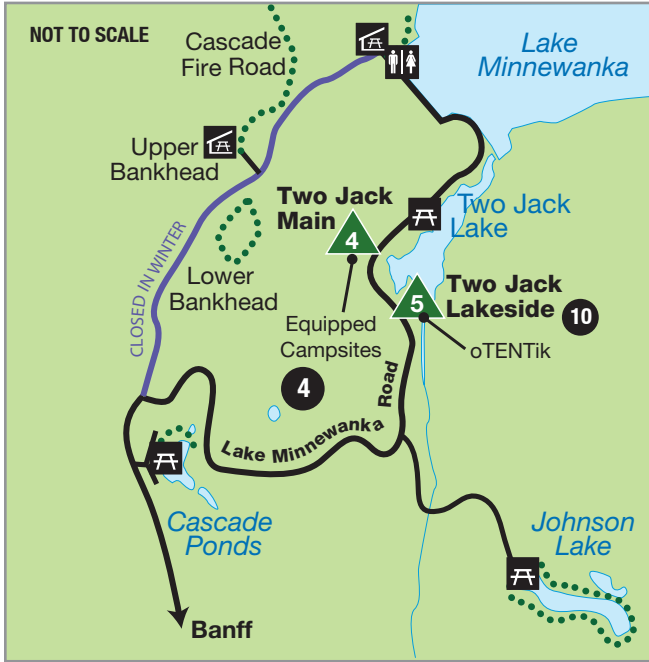
### TAKE THE SCENIC ROUTE

Drive the **Icefields Parkway (93N)** past 100 glaciers, sparkling waterfalls and turquoise lakes on your way from **Lake Louise** to **Jasper**. Hike to view ancient ice at **Parker Ridge** and **Bow Glacier Falls**. Snap unforgettable panoramas at **Crowfoot Glacier** and **Peyto Lake** viewpoints – and a photographers’ favourite, **Herbert Lake**. Try a unique adventure: take the **David Thompson Highway (Hwy 11)** to **Rocky Mountain House National Historic Site** to explore the historic fur-trading fort during the day and sleep in tipis and trapper’s tents at night.

### BANFF’S UNIQUE LANDSCAPES

A slow, scenic drive along the **Bow Valley Parkway** winds through wildflower meadows, sun-speckled forests and the multi-tiered pinnacles of **Castle Mountain**. Walk among waterfalls in the summer and on glittering ice in the winter at **Johnston Canyon**. Experience iconic **Lake Louise** from a canoe on still water, by bike on the **Bow River trail**, or from above at two historic teahouses surrounded by glaciers. In the winter, play on skates, skis and snowshoes. From Lake Louise, it’s a short trip up to **Moraine Lake** to photograph the glowing blue-green water surrounded by the **Valley of the Ten Peaks**. During the summer, visit Lake Louise or Moraine Lake before 9 a.m. and after 7 p.m. to avoid the largest crowds.





## Take Roam Public Transit.

Enjoy your visit to Banff even more. **Leave your car or RV at your hotel or campground** and walk or bicycle around town. Most shops, cafes and attractions are within a 10-minute walk.

The town could be a busy place and significant traffic congestion delays do occur. If you are heading to the gondola, hot springs, Cave and Basin or other attractions over the Bow River bridge, **take Roam public transit.**

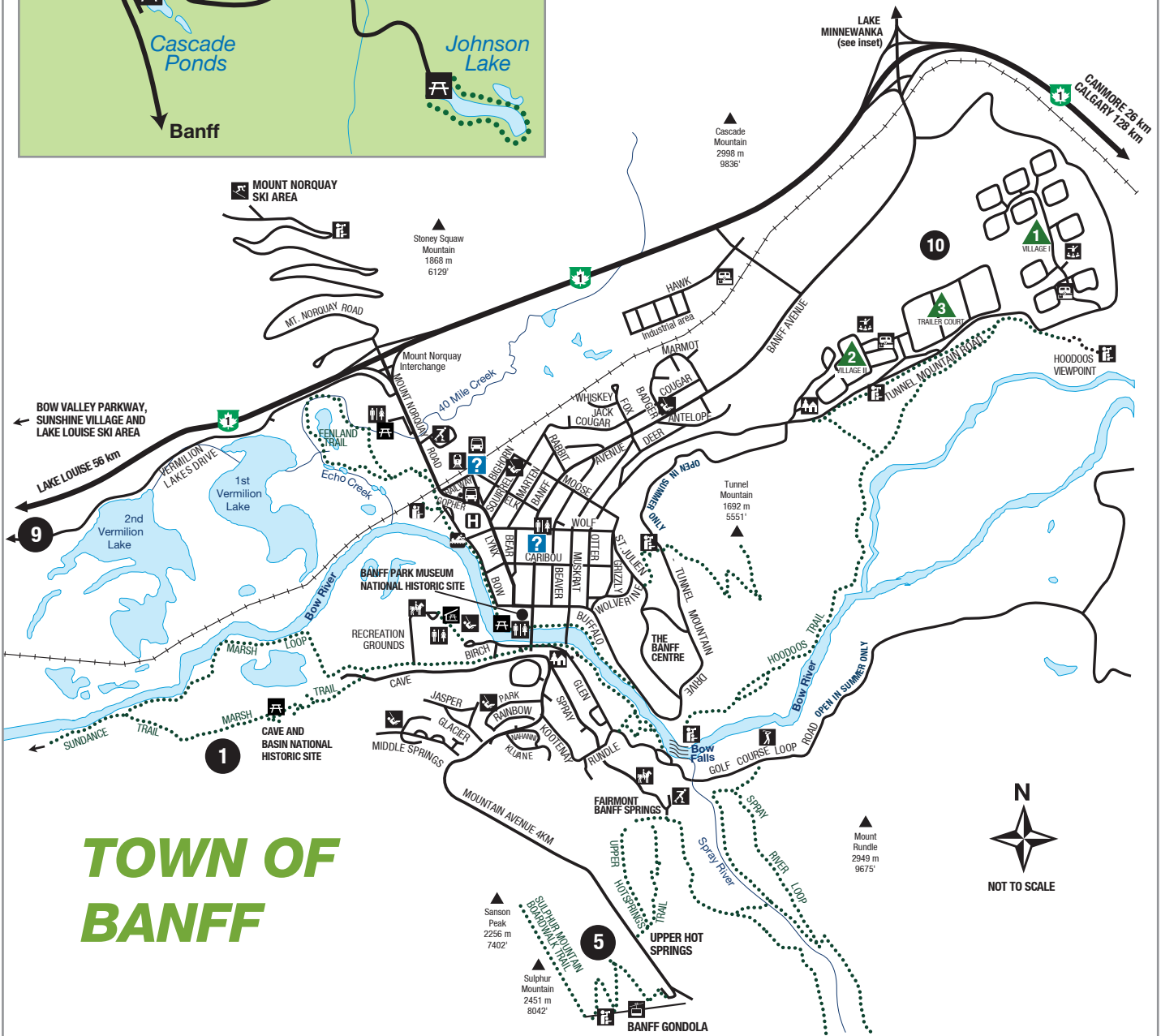
Find parking at: [banffparking.ca](http://banffparking.ca)

Catch the next bus at: [roamtransit.com](http://roamtransit.com)

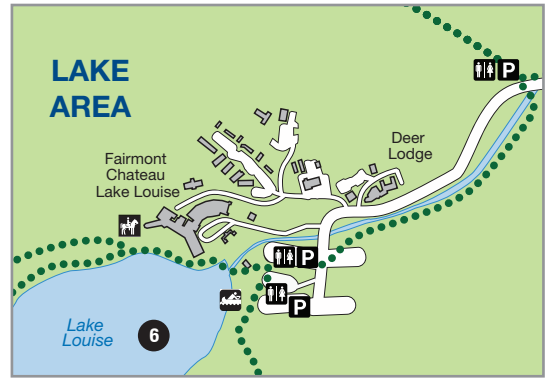
Check traffic conditions at: [banff.ca/traffic.com](http://banff.ca/traffic.com)



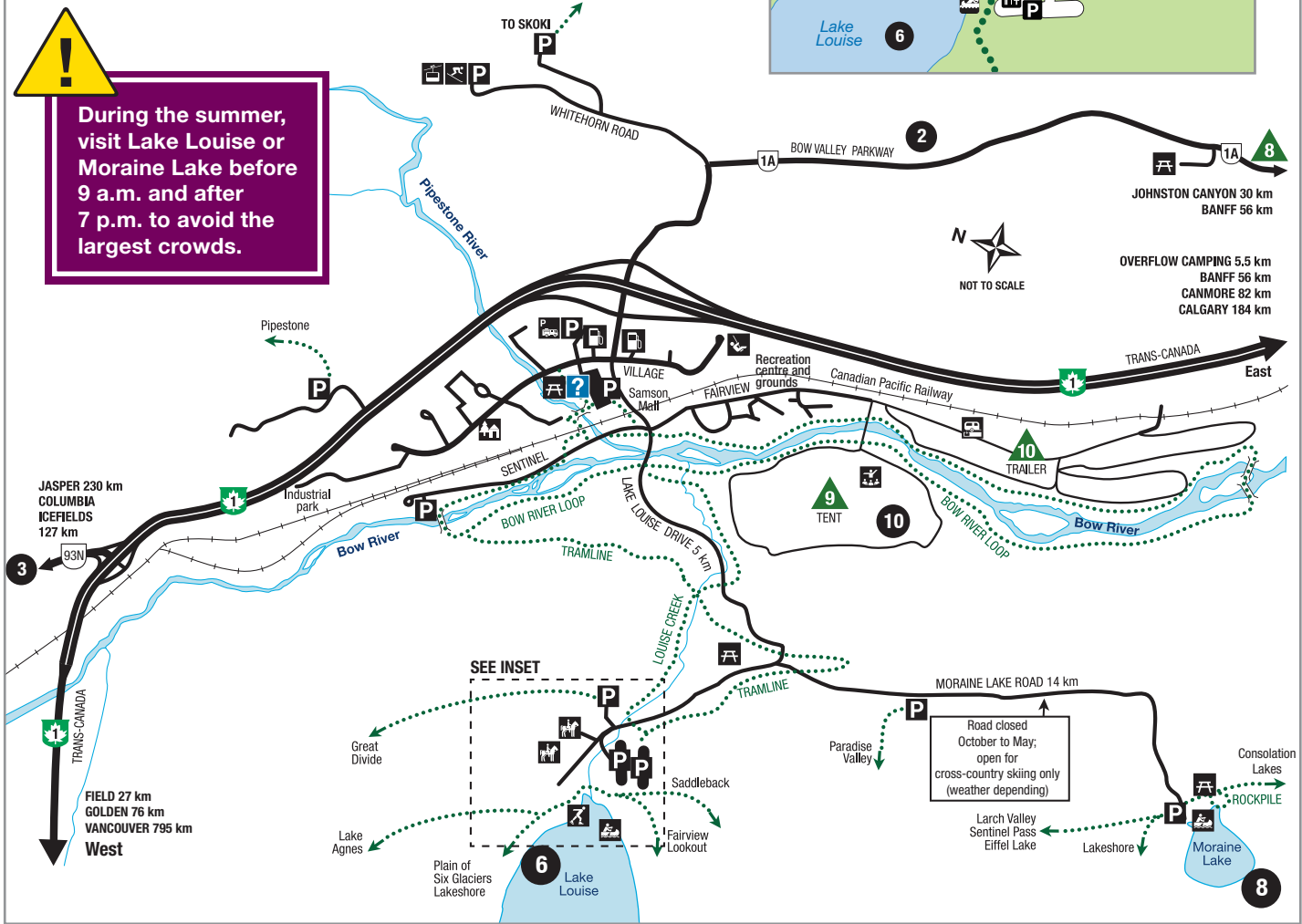
@Banff\_Town



# VILLAGE OF LAKE LOUISE



During the summer, visit Lake Louise or Moraine Lake before 9 a.m. and after 7 p.m. to avoid the largest crowds.



## LEGEND

- Trans-Canada Highway
- Icefields Parkway
- Trail

## SERVICES

- Bus Station
- Campground
- Gas Station
- Hospital
- Hostel
- Parking
- Police
- RV Parking
- Sani Dump
- Train Station
- Visitor Centre
- Washroom

## THINGS TO DO

- Attraction
- Canoeing
- Exhibit
- Golf
- Gondola
- Horse Riding
- Lookout
- Picnic Area
- Picnic Shelter
- Playground
- Skating
- Ski Hill
- Theatre

# Where to Camp

Campgrounds	Full Hook-up	Electrical	Sani Dump	Flush Toilets	Pit Toilets	Showers	Firepit	Cooking Shelter	Drinking Water	Equipped Campsites	oTENTik	Tips/Trapper Tents	Interpretive Programs	Disabled Access	Open Dates	Sites
1 Tunnel Mt. Village I															May 11 – Oct 2	618
2 Tunnel Mt. Village II															Open year round	188
3 Tunnel Mt. Trailer															May 11 – Oct 2	321
4 Two Jack Main															Jun 22 – Sep 5	380
5 Two Jack Lakeside															May 11 – Oct 2	74
6 Johnston Canyon															May 25 – Sep 25	132
7 Castle Mountain															May 25 – Sep 11	43
8 Protection Mountain															To be determined	72
9 Lake Louise Tent															May 30 – Sep 28	206
10 Lake Louise Trailer															Open year round (starting May 1 2017)	189
11 Mosquito Creek															Jun 1 – Oct 10	32
12 Silverhorn															To be determined	45
13 Waterfowl Lakes															Jun 24 – Sep 5	116
14 Rampart Creek															Jun 1 – Oct 10	50
15 Rocky Mountain House National Historic Site															May 10 – Sep 30	43

Highlighted campgrounds may be reserved. For prices visit: [parkscanada.gc.ca/banffcamping](http://parkscanada.gc.ca/banffcamping)

## PLANNING TO CAMP IN A NATIONAL PARK?

Book online or call ahead for information and reservations.

Banff, Jasper, Yoho, Kootenay and Waterton Lakes national parks offer extraordinary camping experiences, ranging from full-service RV sites to rustic settings. Many campsites can be reserved and most fill up quickly. Call ahead or go online for recommendations and availability of campsites, oTENTik and Equipped Campsites.

**1-877-RESERVE (1-877-737-3783) OR RESERVATION.PC.GC.CA**

## BACKCOUNTRY CAMPING

Banff National Park offers some of Canada's most iconic backcountry trails. Contact a Parks Canada Visitor Centre for information, bookings and to obtain your backcountry permit. (see p. 15) [parkscanada.gc.ca/banff-backcountry](http://parkscanada.gc.ca/banff-backcountry)







R. Bray

**PARK REGULATIONS**

**Following park regulations while enjoying the national parks will help protect visitors, landscapes, and wildlife:**

- **Keep pets on a leash at all times.** Collect and discard feces in garbage bins.
- **Take only photographs.** It is illegal to pick flowers, mushrooms, cut down trees, branches, remove rocks, cultural artifacts or otherwise cause damage to natural objects or living things.
- **Be considerate of your neighbours.** Liquor consumption is prohibited in public places and day-use areas. In campgrounds, there is a ban on alcohol consumption during quiet hours, between 11 p.m. and 7 a.m. During long weekends, alcohol is not permitted at any campground.
- **Stay out of closed areas.** Area closures or activity restrictions are implemented when visitors are at risk or when wildlife requires additional protection. Signs indicate the areas impacted.
- **Be careful with fire.** Fires are permitted only in designated areas with metal fireboxes or fire pits. Extinguish fires completely. Do not use deadwood, bark or branches for fuel.
- **Buy fishing permits.** Anglers require a national park fishing permit, available at Parks Canada visitor centres. Provincial licenses are not valid in national parks.
- **Going boating?** Motors of all kinds are prohibited on all lakes except Lake Minnewanka. **CLEAN. DRAIN. DRY.**
- **Motorized off-road travel is not permitted.**
- **UAVs/drones are not permitted** for personal use anywhere in the national parks.
- **Firearms are prohibited in National Parks.** Firearms include pellet guns, bear bangers, bows, slingshots and similar items.
- **Camp only in designated campgrounds.** Do not sleep in your vehicle or RV roadside, at pull-outs, or pitch a tent in areas that are not campgrounds.



R. Bray



R. Bray



P. Zizka

**THE CANADA NATIONAL PARKS ACT**

Park Wardens are responsible for enforcing park regulations as required by the *Canada National Parks Act* ([parksCanada.gc.ca/mtnregulations](http://parksCanada.gc.ca/mtnregulations)).

To report park violations, call 24 hours, 7 days per week:

**1-888-927-3367 (Banff, Yoho, Kootenay and Waterton Lakes)**

**1-877-852-3100 (Jasper and Mount Revelstoke & Glacier)**

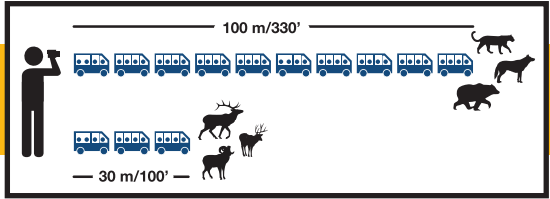
**Violators will be charged, be required to appear in court, and could pay fines of up to \$25 000.**



A. Altmeyer

**Give us space.**

**Do not approach wildlife.**





## WILDLIFE IN BANFF NEED YOUR HELP.

National parks help protect uniquely Canadian landscapes and the ecosystems that wildlife depend on for their survival. When visitors disturb or entice wildlife, the natural character of national parks diminishes. Parks Canada staff make special efforts to ensure your safety and protect wildlife in national parks. By learning more about wildlife you can help ensure your wildlife encounters are positive for both you and the wildlife.

## Human Food Kills Wildlife.



Wildlife quickly find any food, scented items or garbage that is left unattended. Eating these unnatural foods teaches the wildlife to approach people for an easy meal.



Once wildlife develop a taste for human food, they often become aggressive in their search for more. This places you and others in danger. These wild animals will come into your picnic site or campsite in search of food or garbage that is not properly stored.

**Wildlife that eat human food or garbage become aggressive with people. This puts both people and wildlife at risk of being hurt or killed.**

## Do Not Litter. Put Garbage in its Proper Place.



Wildlife will feed on garbage: littering means feeding wildlife. Ensure all garbage and recycling are disposed in wildlife proof bins immediately.

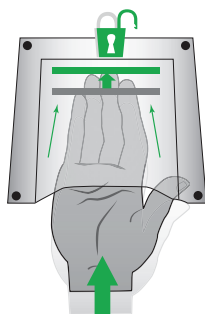
- If you see garbage or recycling left outside in the Town of Banff, please inform Bylaw Services at 403-762-1218 (8 a.m. to 6 p.m. seven days a week).
- After hours, please call Parks Canada Banff Dispatch at 403-762-1470.



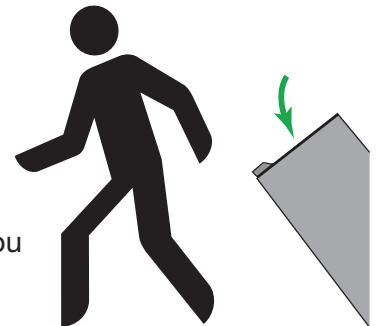
## How to Use the Wildlife Proof Garbage Bins.

The garbage bins in Banff National Park are wildlife proof.

1) To use, place your hand inside the handle and push to the very back to release the latch.



2) Always ensure the lid is closed tight after you are finished.



## Properly Store All Food and Scented Items.

A clean campsite or picnic area does not have anything that will attract wildlife (food, garbage, food-related or scented items). Never leave these items where wildlife can access them:



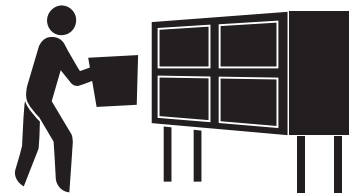
- Coolers – full or empty
- Food – wrapped, unwrapped, or in containers
- Garbage/wrappers
- Dishes/pots/cutlery – clean or dirty
- Empty beverage containers
- Pet food/bowls – full or empty
- Bottles/cans – open or unopened
- Scented products – such as shampoo, toothpaste, candles, citronella, dish soap, sunscreen, lip balm, dish towels
- Barbecues – clean or dirty
- Any other items used for food preparation or that have a smell or scent



ALL food-related and scented items **MUST** be stored away in your car,



a hard-sided trailer or RV,



or in a campground food storage locker.

**Never leave food or scented items unattended or in a tent for any amount of time.**

## Always Keep Your Campsite or Picnic Area Clean.

When you are done cooking or eating at your picnic table, all food, food-related and scented items **MUST** be stored:

- In a hard-sided vehicle, trailer or motor home (not in tents or tent trailers)
- In campground food storage lockers

Non-food items such as lawn chairs, tables or lanterns may be left outside. Items such as coolers, cook stoves, dish towels and toothpaste must be properly stored.

Dump dish water down outdoor sinks or at the sani-dump in campgrounds.



All food, food-related and scented items **MUST** be stored away.



Cooler, stove and dishes (dirty or clean) **MUST** be stored away.

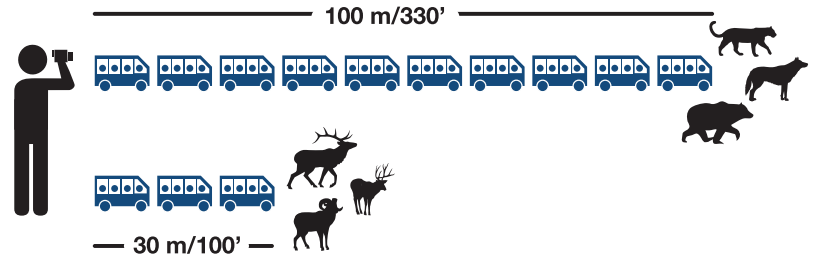


Non-food items may be left outside.

## Do Not Approach or Entice Wildlife. Give Them Space.



Do not surround, crowd or follow an animal. Use zoom or show the animal in its natural surroundings and crop the image later.



Photograph wildlife from a vehicle or safe distance

- 30 metres for deer, elk, moose and bighorn sheep
- 100 metres for cougars, bears, coyotes and wolves



Don't make sounds to startle animals to get a better photo.

**If you make them move, you are too close.**

## If You See Wildlife By the Road.

### Always slow down.

If you do stop (not recommended for the safety of wildlife):

- Be aware of the traffic around you.
- Pull over where it is safe to do so.
- Use your hazard lights to alert other drivers.
- **Stay in your vehicle.**
- Watch for a few moments, take a quick photo, and then move on.
- If a traffic jam develops, move on. It is unsafe for people and wildlife.



## Staying Safe with Pets.

- Pets must be kept on a leash at all times.
- Pets attract wildlife and may be attacked by carnivores (bears, cougars, wolves and coyotes) if they are left outside unattended, especially at night.
- Do not leave pet food out. If you walk away, store food dishes – empty or full. Always store food dishes at night.

## Keeping Your Children Safe.

Bears, cougars, wolves and coyotes may be curious about children and can attack them.

- Keep children in immediate sight and within close reach at all times.
- Children should avoid playing in or near areas with tall grass or dense bushes.
- Never allow children to pet, feed or pose with wildlife.

Unpredictable mountain weather can change road and trail conditions instantly and wildlife can be anywhere, at any time. These simple precautions will help ensure a safe and enjoyable visit.

- Before heading out, check trail conditions ([parksCanada.gc.ca/banfftrails](http://parksCanada.gc.ca/banfftrails)), and road conditions (call **511** or visit [alberta511.ca](http://alberta511.ca)).
- Obey speed limits and watch for wildlife on the roadside, even on fenced portions of the highway. Some wildlife (bears, cougars) can readily climb the fence.
- Stay on designated roads, trails and other hardened surfaces.
- Make noise on the trails and let wildlife know you are coming.
- Be aware of your surroundings. Earbuds prevent you from hearing wildlife and increase your risk of a dangerous encounter.
- Animals are active in the park at all times of the year – even bears can wake up from hibernation during the winter. Carry bear spray, keep it accessible, and know how to use it. Watch a video here: [parksCanada.gc.ca/bearspray](http://parksCanada.gc.ca/bearspray).
- Keep clear of cliffs, ledges and fast moving water.
- Research and plan overnight trips including potential trail restrictions and closures, avalanche conditions and mandatory backcountry permits. Visit [avalanche.pc.gc.ca](http://avalanche.pc.gc.ca) and [parksCanada.gc.ca/banff-backcountry](http://parksCanada.gc.ca/banff-backcountry) for safety tips.
- Let someone know your travel plans; cell phones are not reliable in the wilderness.

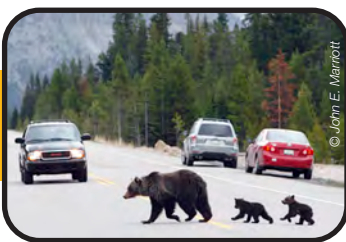
**It is illegal to feed, entice or disturb any wildlife in a national park. Violators will be charged, be required to appear in court, and could pay fines up to \$25 000.**

## To Learn More About Wildlife and Safety

Pick up a copy of *Keep the Wild in Wildlife* and *Bears and People* publications at a Parks Canada Visitor Centre or visit [parksCanada.gc.ca/banff-brochures](http://parksCanada.gc.ca/banff-brochures).

**Also available in French, Chinese, Japanese and Korean.**

To report wolf, bear and cougar sightings call 403-762-1470.



**Slow down, my cubs live here.**

**Obey speed limits.**





## MEET PARK INTERPRETERS

Want to discover more about the uniqueness of the area's natural and cultural heritage? Friendly and knowledgeable interpreters are here to share the stories of the special places protected by Parks Canada.

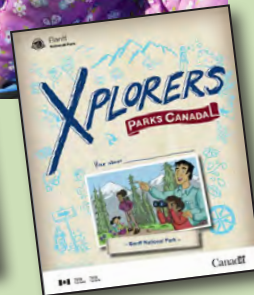
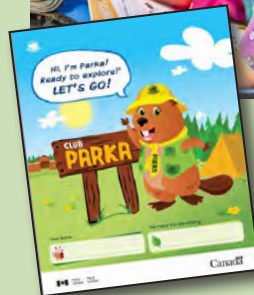
Look for interpreters at campgrounds and popular day-use areas throughout the summer, and at national historic sites during various times of the year.

Check [parksCanada.gc.ca/banff-interpretation](http://parksCanada.gc.ca/banff-interpretation) for more information on interpretive experiences in Banff National Park and national historic sites.

For event listings, visit [parksCanada.gc.ca/bnp-events](http://parksCanada.gc.ca/bnp-events).

## EXPLORE WITH YOUR PRESCHOOLER

Parka is eagerly waiting to introduce your child to the wonders of Parks Canada places. This busy little beaver is ready to welcome you and your family to Canada's national parks, national historic sites and marine conservation areas. Parka encourages kids to explore the world around them, whether on a hike along wilderness trails or a step back in history at a site or fort.



## ARE YOU 6-11 YEARS OLD?

Check out Parks Canada's Xplorers booklets filled with fun activities to do while visiting. In Banff National Park there are six different booklets to complete: Banff National Park, Lake Louise, Icefields Parkway, Cave and Basin, Banff Park Museum and Rocky Mountain House national historic sites.



## VOLUNTEERING IN BANFF NATIONAL PARK

Are you looking for a unique experience during your trip to Banff National Park? Volunteers are an important part of keeping the park pristine and safe for people and wildlife.

Anyone can volunteer—learn more and sign up: [parksCanada.gc.ca/banff-volunteer](http://parksCanada.gc.ca/banff-volunteer)



**WANT MORE INFORMATION ABOUT BANFF NATIONAL PARK?**

Visit facebook.com/BanffNP or twitter.com/BanffNP or instagram/parkscanada  
 Brochures are available online (parkscanada.gc.ca/banff-brochures) or at a Parks Canada Visitor Centre.



**WANT MORE INFORMATION ON MOUNTAIN NATIONAL PARKS?**

**BANFF**

**Banff Visitor Centre:**  
 224 Banff Avenue  
 403-762-1550

Jan 1 - May 4	9 a.m. - 5 p.m.	7 days / week
May 5 - Oct 9	8 a.m. - 8 p.m.	7 days / week
Oct 10 - Dec 31 (closed Dec 25)	9 a.m. - 5 p.m.	7 days / week

**Banff Train Station:**  
 327 Railway Avenue

Jan 1 - Dec 31 (closed Dec 25)	9 a.m. - 5 p.m.	7 days / week
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**Lake Louise Visitor Centre:**  
 201 Village Road, in Samson Mall  
 403-522-3833

Jan 1 - April 30	9 a.m. - 4:30 p.m.	7 days / week
May 1 - May 31	9 a.m. - 5 p.m.	7 days / week
June 1 - Sept 30	8:30 a.m. - 7 p.m.	7 days / week
Oct 1 - Dec 31	9 a.m. - 5 p.m.	7 days / week

**[parkscanada.gc.ca/banff](http://parkscanada.gc.ca/banff)**

Banff Lake Louise Tourism: 403-762-8421  
[banfflakelouise.com](http://banfflakelouise.com)

**JASPER**

**Jasper Information Centre: 780-852-6176**  
**[pc.gc.ca/jasper](http://pc.gc.ca/jasper)**  
 Tourism Jasper: 780-852-6236  
[jasper.travel](http://jasper.travel)

**KOOTENAY**

**Kootenay Visitor Centre: 250-347-9505**  
**[pc.gc.ca/kootenay](http://pc.gc.ca/kootenay)**  
 Tourism Radium/Radium Chamber of Commerce:  
 1-888-347-9331 / [tourismradium.com](http://tourismradium.com)

**YOHO**

**Yoho Visitor Centre: 250-343-6783**  
**[pc.gc.ca/yoho](http://pc.gc.ca/yoho)**  
 Tourism Golden: 1-800-622-4653  
[tourismgolden.com / field.ca](http://tourismgolden.com/field.ca)

**MOUNT REVELSTOKE AND GLACIER**

**Rogers Pass Discovery Centre: 250-837-7500**  
**[pc.gc.ca/glacier](http://pc.gc.ca/glacier) • [pc.gc.ca/revelstoke](http://pc.gc.ca/revelstoke)**  
 Tourism Revelstoke: 1-800-487-1493  
[seerevelstoke.com](http://seerevelstoke.com)

**WATERTON LAKES**

**Waterton Lakes Visitor Centre: 403-859-5133**  
**[pc.gc.ca/waterton](http://pc.gc.ca/waterton)**  
 Waterton Chamber of Commerce  
[mywaterton.ca](http://mywaterton.ca)



**Human food kills wildlife.**

**Do not litter.**



