



2019 – 2020

# Getting Around Banff National Park



Egalement offert en français

S. Munn



Parks Canada  
Parcs Canada

Canada





## Connect with Nature

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### Our Story

In 1883, like Indigenous peoples long before them, three railway workers came 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 has grown in size and draws millions of people each year to experience the staggering natural beauty of Banff and Lake Louise, no fewer than seven national historic sites and a bounty of wildlife large and small—from iconic grizzly bears to the endangered Banff Springs Snail. With a long history of melding innovative conservation initiatives with spirited adventure, Canada's oldest national park offers mountains of possibilities.

### A UNESCO World Heritage Site

Four of the mountain national parks – Banff, Jasper, Yoho and Kootenay – are recognized by the United Nations Educational, Scientific and Cultural Organization as part of the Canadian Rocky Mountain Parks World Heritage Site, for the benefit and enjoyment of all nations. Among the attributes that warranted this designation were vast wilderness, diversity of flora and fauna, outstanding natural beauty and features such as Lake Louise, Maligne Lake, the Columbia Icefield and the Burgess Shale.

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United Nations  
Educational, Scientific and  
Cultural Organization

Organisation  
des Nations Unies  
pour l'éducation,  
la science et la culture



Canadian Rocky  
Mountain Parks  
inscribed on the World  
Heritage List in 1984  
Parcs des montagnes  
Rocheuses canadiennes  
inscrit sur la Liste du  
patrimoine mondial en 1984

### 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 by award-winning exhibits at the **Cave and Basin National Historic Site** – the birthplace of Canada's national parks. Take an afternoon stroll through the flower-filled **Cascades of Time Garden**, then listen and watch the rushing river along the trail to **Bow Falls**. These sites are accessible by Roam public transit, bike, car or foot.

### Four Extraordinary Afternoons

By canoe, 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 **Fenland Trail**, or bike along on the paved **Banff Legacy Trail**.

### Family Time on Minnewanka Loop

Picnic with the kids by **Lake Minnewanka reservoir** then walk 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, book a comfortable Equipped Campsite at **Two Jack Main Campground** where your tent is ready and waiting. Roam public transit route 6 services most areas of the loop.

### Take the Scenic Route

Drive the 230 km **Icefields Parkway (93N)** past 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**, **Bow Lake** and **Herbert Lake**. Try a unique adventure: take the **David Thompson Highway (Hwy 11)** to **Rocky Mountain House National Historic Site** to explore the archeological remains of four fur-trade forts during the day and experience the life of a fur trader by sleeping in a tipi or Metis trapper tent at night.

### Banff's Iconic Landscapes

A slow, scenic drive along the **Bow Valley Parkway** winds through sun-speckled forests and past the tiered pinnacles of **Castle Mountain**. Walk alongside waterfalls in the summer and glittering ice in the winter at **Johnston Canyon**. Stroll along the shoreline of **Lake Louise** or in the summer, hike to two historic teahouses surrounded by glaciers (bring cash for tasty treats). In the winter, play on skates, skis and snowshoes.

**Lake Louise, Moraine Lake and Johnston Canyon** are some of the most popular locations in the park. In the summer, park your car and take Roam public transit from Banff to Lake Louise and Johnston Canyon. For Moraine Lake, Parks Canada shuttles are available from the Lake Louise lakeshore.



Public transit and shuttle information:  
[parksCanada.gc.ca/banff-transit](http://parksCanada.gc.ca/banff-transit)





Parks Canada



Banff & Lake Louise Tourism/J. Dyson



S. Munn



S. Munn



AV Wakefield



AV Wakefield

## Bucket List

### See the Cave and Basin National Historic Site

**Roam Route 4 (summer only)**

Nature, culture and history are minutes from Banff Avenue. See impressive architecture, bubbling mineral waters, and an underground cave that gave rise to the birthplace of Canada's national parks. The site is open year-round.

### Soak in the Banff Upper Hot Springs

**Roam Route 1 (year-round)**

Relax among the jagged peaks in an outdoor pool with hot, mineral-rich water. This fully accessible site is open daily, year-round, complete with café, gift shop, and picnic tables.

### Summit Tunnel Mountain

**Roam Route 7 (year-round)**

The switchback trail to this low summit provides sweeping views across the town and Bow Valley, with Mount Rundle rising dramatically to the south. The trailhead is a 15 minute walk (1 km) from downtown Banff.

### Meander along Vermilion Lakes Drive

This 4.3 km paved road is ideal for biking and can also be explored by car or foot. Relax on the docks and benches, learn about the area, and snap a stunning picture of Mount Rundle.

### Bike the Banff Legacy Trail

**Roam Route 3 (year-round)**

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 expansive views, picnic areas, the town of Banff, and Vermilion Lakes along the way. Trail is not maintained in winter.

### Explore Lake Minnewanka Loop

**Roam Route 6 (summer only)**

Visit a glacial lake, remnants of a coal mining town and a scenic canyon. In the summer, enjoy picnicking, hiking and being on or by the water. In the winter, half the loop is closed to vehicles, making it a great destination for cross-country skiing, winter walking or snowshoeing.

### Discover Johnston Canyon

**Roam Route 9 (summer only)**

Follow wide trails and narrow bridges with railings through the canyon to the majestic Lower Falls. Take Roam public transit to this iconic location in summer. In other seasons, be sure to bring ice cleats.

### Visit Lake Louise – The Lake

**Roam Route 8 (year-round)**

This spectacular alpine setting is a hub for iconic photos, hikes, canoeing, horseback riding, climbing, and awe-inspiring scenery. During the summer, Roam public transit is highly recommended.

### Drive the Icefields Parkway

This world-renowned, 230 km drive winds through ancient glaciers, dramatic rock spires, emerald lakes, and broad sweeping valleys. Snow may be present any time of the year—review driving safety on page 25.

### Experience Great Canadian Camping

**Season-long service to most campgrounds**

Camping in the national park is as rewarding as its majestic landscapes. Sites range from rustic, treed settings to full service with mountain views. Book in advance at [reservation.pc.gc.ca](http://reservation.pc.gc.ca) and choose from a traditional RV or tent site, try a cabin-like oTENTik, or a convenient Equipped Campsite.



## Explore from Town

Nature is only a moment away in Banff National Park. The trails listed below are near the town centres.

### Banff

See trails on pages 10-11

### Bow River Trail

Discover mountain views only steps away from Banff Avenue. Start at Central Park and follow this river trail past the canoe docks to Fenland Trail. Alternatively, walk over the pedestrian bridge and follow the river to Bow Falls.

### Hoodoos Viewpoint to Surprise Corner

This trail connects the Tunnel Mountain campgrounds to Surprise Corner along the beautiful Bow River.

### Tunnel Mountain Trail

A 15 minute walk from downtown brings you to the trailhead of this short hike. The summit offers stunning views of the town and valley.

### Lake Louise

See trails on page 13

### Bow River Loop

This gentle self-guided interpretive loop along the Bow River connects Samson Mall in the centre of Lake Louise to the campgrounds.

### Tramline Trail

Avoid traffic and enjoy this moderately challenging hike up to the Lake Louise lakeshore. A century ago, this was the trolley route to the Chateau Lake Louise.

### Louise Creek Trail

Take this trail to create a loop back to the village from the lakeshore. This easier trail follows the entire length of Louise Creek as it rushes from Lake Louise to the Bow River.



## Plan Ahead. Take Transit.

Significant traffic congestion can occur in Banff National Park. **Transit and shuttles are available to many top destinations in the park—look for the bus symbol on the maps.** Park your vehicle or RV and come explore!

**Transit/shuttle info:** [pc.gc.ca/banff-transit](http://pc.gc.ca/banff-transit)

**Town of Banff parking:** [banffparking.ca](http://banffparking.ca)

**Real-time park info:** [pc.gc.ca/banffnow](http://pc.gc.ca/banffnow)

**Maps:** Banff visitor centres



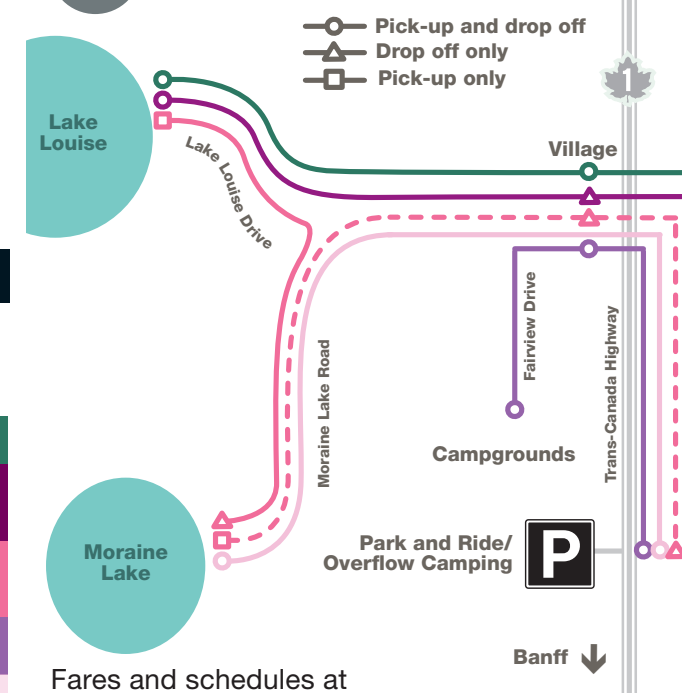
## Visit Lake Louise and Moraine Lake

Parking at these popular spots fills quickly. For the best experience, take public transit or a shuttle.

<b>Roam Route 8</b>	Year-round service
<b>Lake Louise Shuttle</b> <i>Village: Drop-off only</i>	May 17 to October 14
<b>Moraine Lake Shuttle</b> <i>Village, Park and Ride: Drop-off only</i>	May 24 to October 14 <i>Dates weather dependent</i>
<b>Campground Shuttle</b>	May 17 to October 14
<b>Early-bird Shuttle</b> <i>This route is for backcountry hikers. Return trip on Moraine Lake Shuttle.</i>	June 24 to September 29 <i>Runs 6 a.m. - 8 a.m.</i>



## Lake Louise Area Shuttle Map



Fares and schedules at [parksCanada.gc.ca/banff-transit](http://parksCanada.gc.ca/banff-transit)





## Planning to camp in a national park?

Many campsites can be reserved and most fill up quickly. Book online or call ahead for information and reservations. *Camping is permitted in designated campgrounds only. A valid camping permit and national park entry pass are required.*

**1-877-RESERVE (1-877-737-3783) or reservation.pc.gc.ca**

Campgrounds	Full Hook-up	Electrical	Sani Dump	Flush Toilets	Pit Toilets	Showers	Firepit	Cooking Shelter	Drinking Water	Accessible	Interpretive Programs	oTENTik	Equipped Campsites	Tipis/Trapper Tents	Open Dates	Sites
1 Tunnel Mt. Village I															Jun - Oct 7	618
2 Tunnel Mt. Village II															Open year-round oTENTiks May 9 - Oct 14	209
3 Tunnel Mt. Trailer Court															May 9 - Oct 7	322
4 Two Jack Main															Jun 20 - Sep 3	380
5 Two Jack Lakeside															May 9 - Oct 7	74
6 Johnston Canyon															Closed 2019	132
7 Castle Mountain															May 30 - Sep 16	43
8 Protection Mountain															Jun 21 - Sep 2	72
9 Lake Louise Tent															May 30 - Sep 30	206
10 Lake Louise Trailer															Open year-round	189
11 Mosquito Creek															May 31 - Oct 14	32
12 Silverhorn															Jun 15 - Sep 30	45
13 Waterfowl Lakes															Jun 21 - Sep 3	116
14 Rampart Creek															May 31 - Oct 14	50
15 Rocky Mountain House National Historic Site															May 14 - Sep 28	45
16 Marble Canyon															Jun 20 - Sep 9	61
17 McLeod Meadows															Jun 13 - Sep 16	88
18 Redstreak															May 2 - Oct 15	242
19 Crook's Meadow (group camping)															Call 250-347-2218 for non-profit group camping reservations and fees.	1
20 Monarch															May 2 - Oct 14	44
21 Kicking Horse															May 23 - Oct 14	88
22 Takakkaw Falls (walk-in)															Jun 20 - Oct 14	35
23 Hoodoo Creek															Jun 20 - Sep 2	30

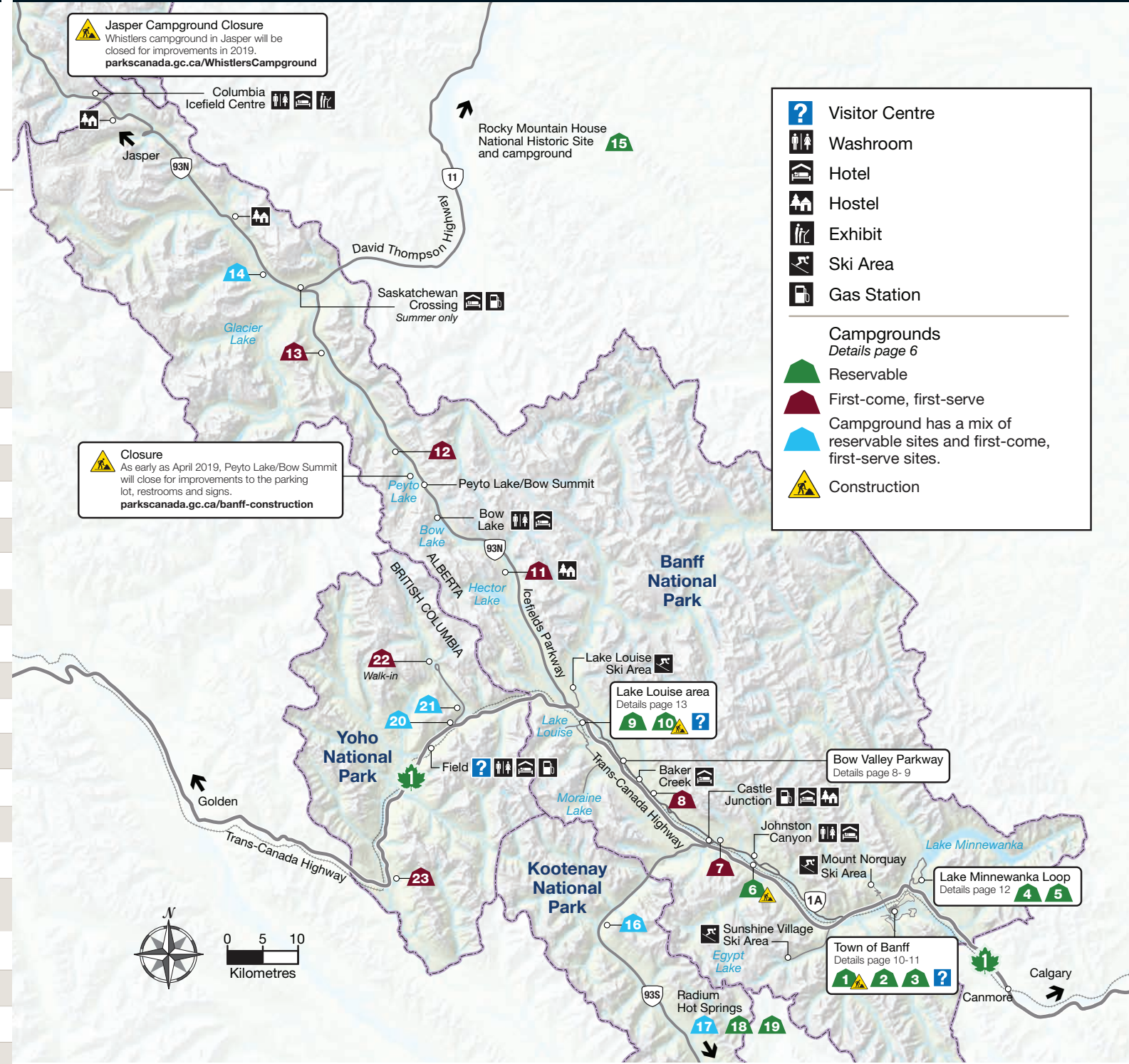
Banff

Kootenay

Yoho

- Reservation needed for all sites in the campground.
- Campground has first-come, first-serve sites only. Self-register at the campground. In summer months, arrive before mid-day for the best chance of getting a site.
- Campground has a mix of reservable sites and first-come, first-serve sites.
- Campground is undergoing upgrades. Check online for the latest information and opening dates: reservation.pc.gc.ca

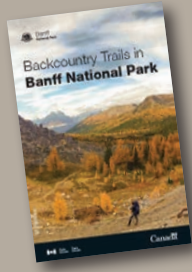
## Park Map



## Backcountry Camping

Banff's backcountry offers spectacular destinations for those new to backcountry camping and to experienced travellers. No matter your level of adventure, be prepared, plan ahead. Pick up your brochure at a Parks Canada visitor centre, and visit [parkscanada.gc.ca/banff-backcountry](http://parkscanada.gc.ca/banff-backcountry) for trip ideas, planning and permit information.

Starting your hike at Moraine Lake? There is an early-bird shuttle available for backcountry hikers from June 24 to September 29. Visit [parkscanada.gc.ca/banff-transit](http://parkscanada.gc.ca/banff-transit) for details.





# Bow Valley Parkway Map

<b>P</b> Parking <i>Only park in designated lots, not along the road.</i>	Washroom	Boat Tours	Easy trail
<b>P</b> Parking <i>Popular area: Check <a href="http://pc.gc.ca/BanffNow">pc.gc.ca/BanffNow</a> for real-time parking status and transit or shuttle options.</i>	Hotel	Hot Springs	Moderate trail
Roam Public Transit <i>Schedules: <a href="http://roamtransit.com">roamtransit.com</a></i>	Picnic Area	Snack Bar <i>Summer only</i>	Difficult trail
Parks Canada Shuttle <i><a href="http://pc.gc.ca/banff-transit">pc.gc.ca/banff-transit</a></i>	Picnic Shelter	Gas Station	
Accessible Parking	Viewpoint	Red Chairs	
RV Parking	Exhibit	Reservable campground <i>Details page 6</i>	
	Ski Area	First come, first serve campground <i>Details page 6</i>	
	Gondola		
	Canoe Docks		
	Boat Launch		



Trail maps available at a Parks Canada visitor centre or at: [parksCanada.gc.ca/banff-brochures](http://parksCanada.gc.ca/banff-brochures)

### Lake Louise Lakeshore

Chateau Lake Louise, Lake Louise Drive, Lake Louise, Lake Agnes and Plain of Six Glaciers Teahouses, Fairview Lookout.

### Moraine Lake Day-use Area and Larch Valley

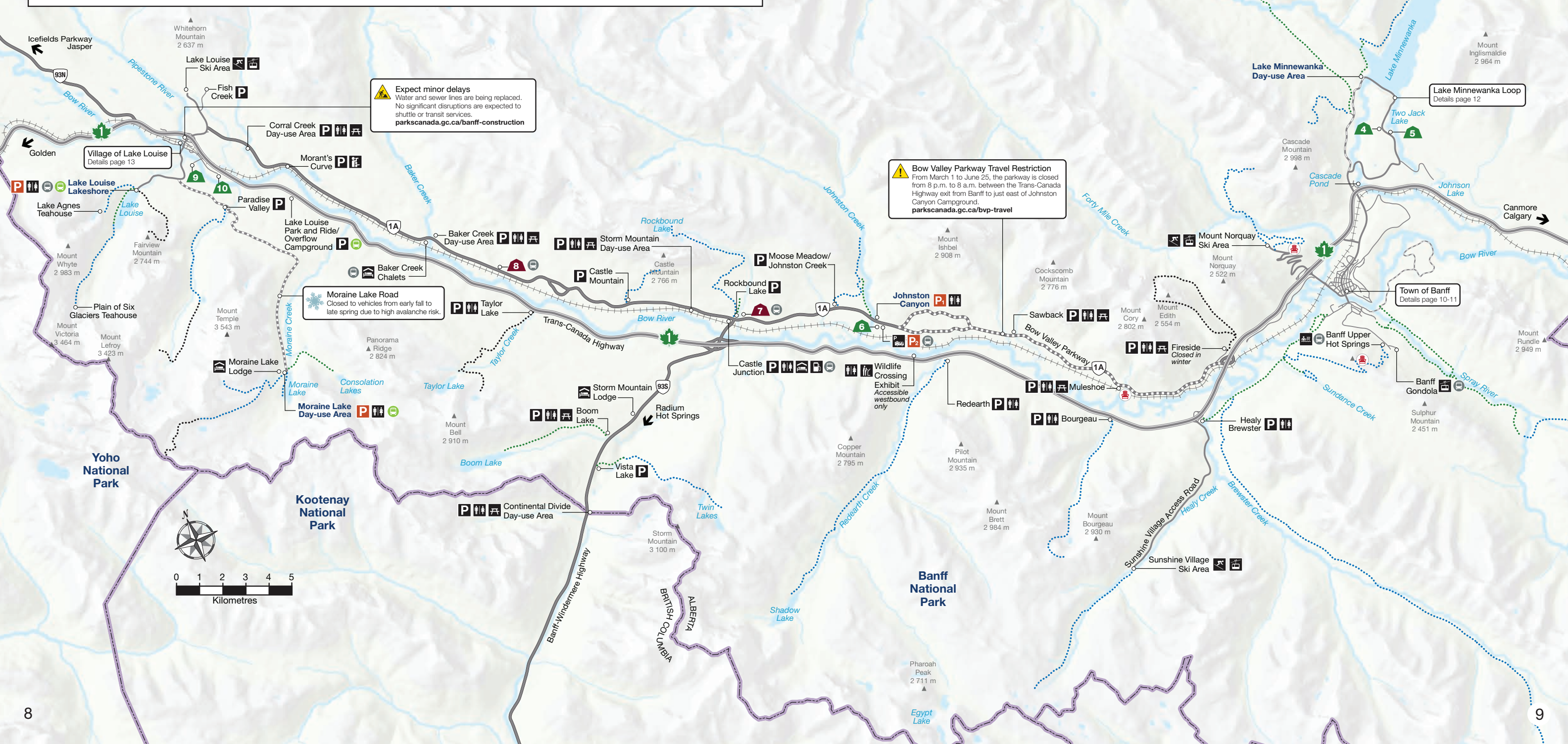
Moraine Lake, Larch Valley, Consolation Lakes, Rockpile.

### Johnston Canyon

Lower Falls, Upper Falls, Ink Pots, Lake Louise, Bow Valley Parkway, Banff.

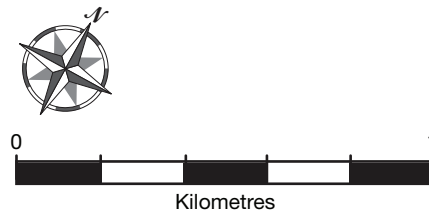
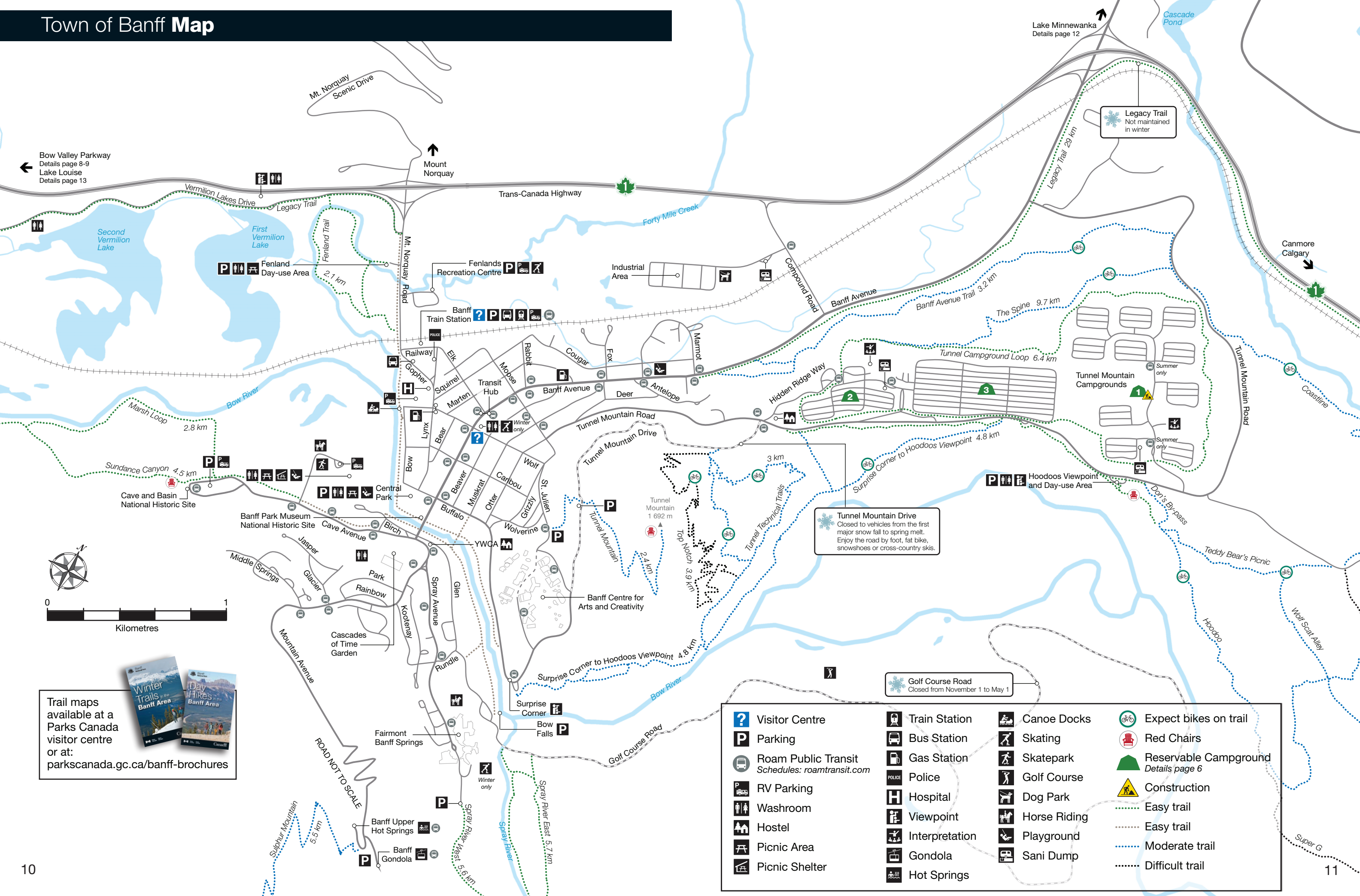
### Lake Minnewanka Day-use Area

Stewart Canyon, Lake Minnewanka.





Bow Valley Parkway  
Details page 8-9  
Lake Louise  
Details page 13

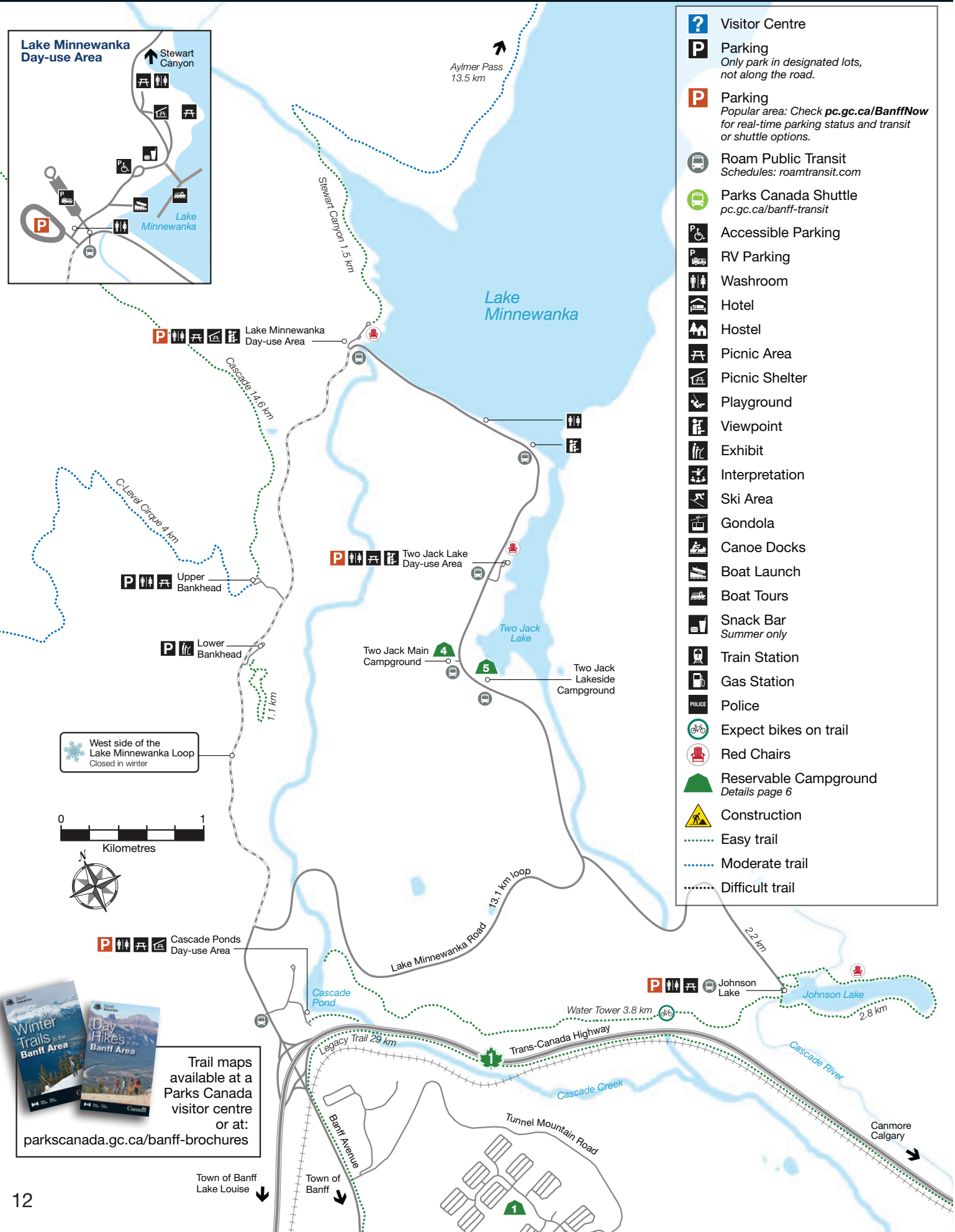


Trail maps available at a Parks Canada visitor centre or at: [parksCanada.gc.ca/banff-brochures](http://parksCanada.gc.ca/banff-brochures)

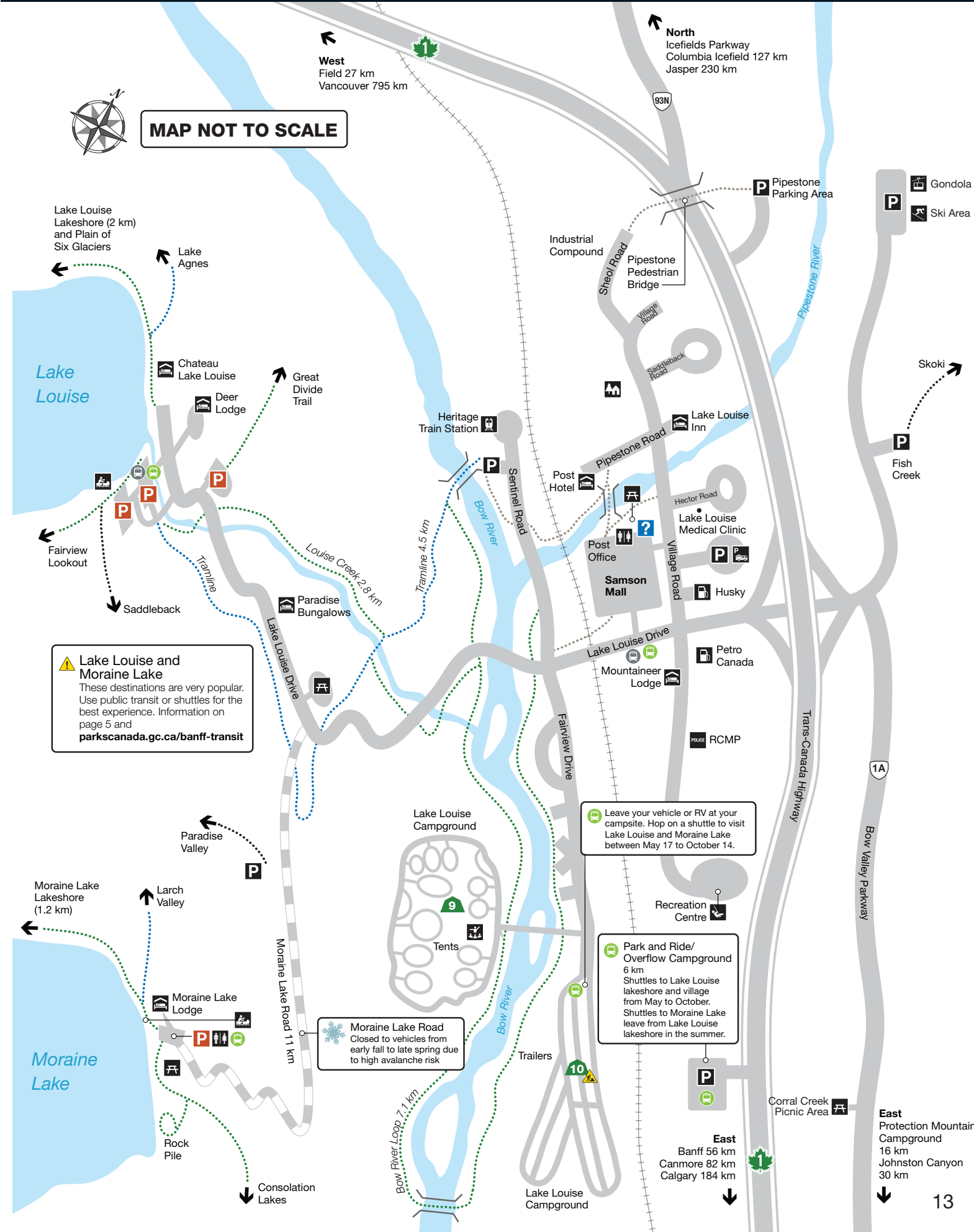


	Visitor Centre		Train Station		Canoe Docks		Expect bikes on trail
	Parking		Bus Station		Skating		Red Chairs
	Roam Public Transit Schedules: <a href="http://roamtransit.com">roamtransit.com</a>		Gas Station		Skatepark		Reservable Campground Details page 6
	RV Parking		Police		Golf Course		Construction
	Washroom		Hospital		Dog Park		Easy trail
	Hostel		Viewpoint		Horse Riding		Moderate trail
	Picnic Area		Interpretation		Playground		Difficult trail
	Picnic Shelter		Gondola		Sani Dump		
			Hot Springs				

# Lake Minnewanka Loop Map



# Lake Louise Area Map







Pika

**Characteristics**

The smallest member of the rabbit family. Has a piercing call that sounds like a high-pitched "eep."

**Where to find**

Rock slides and talus slopes.



Red Squirrel

**Characteristics**

Red body, white underside and very large, bushy tail.

**Where to find**

Coniferous forests, scampering up trees.



Hoary Marmot

**Characteristics**

A larger member of the rodent family. Silver-brown in colour with longer hair. Has a high-pitched call that sounds like a whistle.

**Where to find**

Alpine and subalpine meadows, rock piles and scree slopes.



Columbian Ground Squirrel

**Characteristics**

Tan-coloured. Longer body. Has a high-pitched "squeak."

**Where to find**

Meadows, roadsides and townsites in underground colonies.



White-tailed Deer

**Characteristics**

Tan colour, tail has white underside and is held erect like a flag when alarmed.

**Where to find**

Mostly valley bottoms.



Mule Deer

**Characteristics**

Black tip on tail, large ears, white rump, grey colour.

**Where to find**

Mostly valley bottoms.



Bighorn Sheep

**Characteristics**

White rump and light brown fur. Males: thick curved horns. Females: short narrow horns.

**Where to find**

Near steep rocky terrain.



Mountain Goat

**Characteristics**

Narrow black horns, beard, long white hair.

**Where to find**

Near steep rocky terrain.



Elk

**Characteristics**

Brown body, darker neck and large tan rump patch. Backwards slanting antlers.

**Where to find**

Valley bottoms and open areas. Commonly seen around townsites.



Moose

**Characteristics**

Long legs, shoulder hump. Built like a horse with a large head. Shovel-like antlers.

**Where to find**

Wet and marshy areas.



Wolf

**Characteristics**

Built like a large German Shepherd, with longer legs. Colour can vary from white to black.

**Where to find**

Mainly valley bottoms.



Coyote

**Characteristics**

Medium-sized dog. Thick, bushy tail. Greyish-brown in colour.

**Where to find**

Valley bottoms.

Grizzly or Black Bear?

BLACK BEAR



NO SHOULDER HUMP

TALL EARS

SMALL HEAD

SHORT CLAWS

GRIZZLY BEAR



DISTINCTIVE SHOULDER HUMP

LARGE HEAD

SHORT ROUNDED EARS

LONG CLAWS

You are in bear country!

- **Be aware—you are near a bear!** Watch for fresh scat, tracks or large diggings.
- **Make noise!** Sing, yell, talk loudly and travel in groups of 4 or more when possible.
- **Dogs must be on a leash and under control at all times.**
- **Keep children nearby and in sight at all times.**
- **Never approach or feed a bear.** Stay 10 bus lengths or 100 metres away.
- **Carry bear spray, keep it accessible and know how to use it.**  
Visit: [parkscanada.gc.ca/bears-and-people](http://parkscanada.gc.ca/bears-and-people)



Size Chart Bison Bear Moose Elk Deer Sheep Goat Wolf Coyote Squirrel





## #WildlifeRules in Banff National Park

Banff National Park is a gateway to nature, adventure and discovery. The chance to observe wildlife as they go about their natural lives is a fascinating experience that draws millions of people to the park each year. Along with this opportunity, however, comes the responsibility to treat wildlife with the respect they deserve. Follow these #WildlifeRules to protect wildlife and keep Banff National Park a special place. Learn more at [parksCanada.gc.ca/WildlifeRules](http://parksCanada.gc.ca/WildlifeRules) and throughout this guide.



## Wildlife Rule #1: Help keep animals away from human food.

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 as they search for 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.**

### 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 unattended:

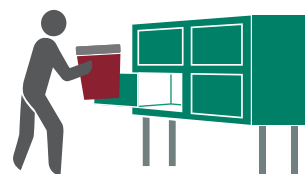
- Coolers – full or empty
- Food – wrapped, unwrapped or in containers
- Garbage/wrappers
- Dishes/pots/cutlery – clean or dirty
- Beverage containers – full or empty
- Pet food/bowls – full or empty
- Bottles/cans – open or unopened
- Scented products – such as shampoo, toothpaste, candles, citronella, 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 a vehicle,



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 even a minute.**

## Always keep your campsite and 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.



## Wildlife Rule #2: Put garbage in the wildlife-proof garbage bins.

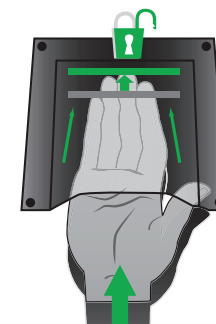


Wildlife will feed on garbage: littering means feeding wildlife. Ensure all garbage and recycling are disposed in wildlife-proof bins immediately.

- 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.



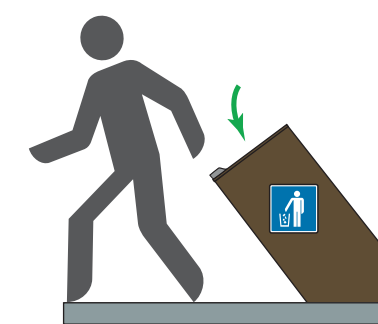
### How to use the wildlife-proof garbage bins.



Place your hand inside the handle and push it to the very back to release the latch.



Raise your arm to open the lid. Dispose of garbage.



Lower the lid. Ensure the lid is **closed tight** before leaving.

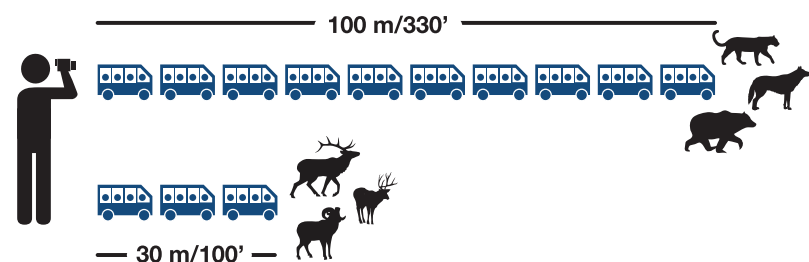




## Wildlife Rule #3: Give wildlife the space they need.



For photos, 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



**Do not startle wildlife. If you make them move, you are too close. Give us space.**

### Dogs stress wildlife.

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, 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 a garbage bin.



Do not leave pet food out. If you walk away, store food dishes – empty or full. Always store food dishes at night.

Dogs are not allowed on some trails:  
[parksCanada.gc.ca/banfftrails](http://parksCanada.gc.ca/banfftrails)

Consider leaving your dog at home if you plan to camp, hike or go into the backcountry.



## Wildlife Rule #4: Slow down. Obey speed limits.

If you see wildlife by the road, **slow down**, stay in your vehicle and move on.

- Be aware of the traffic around you.
- Pull over where safe to do so.
- Turn on hazard lights.
- **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.



## 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.

## To Learn More About Wildlife and Safety

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

Information available in French, Chinese, Japanese, Korean, Spanish and German.

Report bear, cougar, wolf and coyote sightings and encounters to Parks Canada Banff Dispatch when it is safe to do so: 403-762-1470



**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.**

## Bison Return to Banff

Bison once roamed Banff National Park, but until recently, they had not been seen in the wild for over 140 years.

In 2017, Parks Canada reintroduced a small herd of plains bison into Banff's eastern slopes and held them in a pasture for 1.5 years to prepare them for life in the mountains. In summer 2018, the herd was released into the wild and now roam a large area in Banff's backcountry.

Bringing bison back benefits a range of plants and animals. Their return reconnects cultural links between people and bison, and creates opportunities for Canadians and visitors to learn about this iconic creature.

Follow the journey of returning North America's largest land mammal to Canada's first national park:

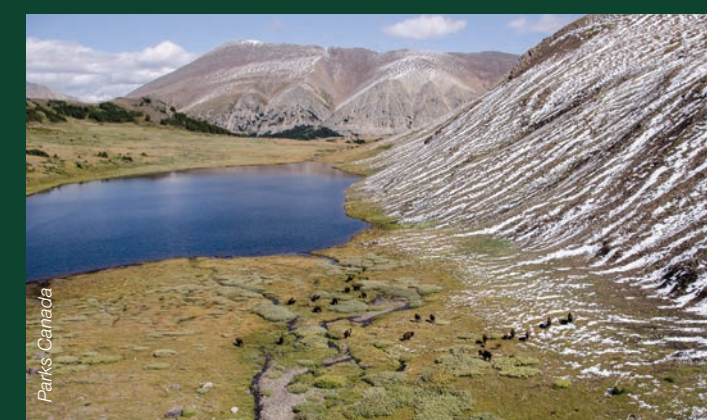
**Read our bison blog:** [parksCanada.gc.ca/banff-bison](http://parksCanada.gc.ca/banff-bison)

**Follow the herd:**

#Banffbison @BanffNP



To experience bison up close at another Parks Canada location in Alberta, visit Rocky Mountain House National Historic Site or Elk Island National Park.







## Conservation Stories



### Creating New Fish Habitat

During the fall of 2018, Parks Canada completed a habitat restoration project within the lower section of Cascade Creek. The project created new habitat for native fish populations and reduced the risk to downstream infrastructure during flood events. An excavator was used to create a new stream bed with deep and shallow areas for natural water flow.

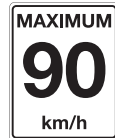
Members of Banff National Park's volunteer program, along with Parks Canada staff and contractors, contributed 165 hours planting over 700 native willow trees and shrubs. These plants will stabilize soils, shade the stream to maintain cooler water temperatures and provide a source of insects for fish.

## Mountain Safety

Unpredictable mountain weather can change road and trail conditions quickly 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 at [parksCanada.gc.ca/banfftrails](https://parksCanada.gc.ca/banfftrails), and road conditions. Visit [511.alberta.ca](https://511.alberta.ca), call 511 in Alberta or 1-855-391-9743.



Obey speed limits and watch for wildlife on the roadside, even on fenced portions of a highway. Sometimes wildlife (bears, cougars) get through or over 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 or headphones prevent you from hearing wildlife and increase your risk of a dangerous encounter.



Carry bear spray, keep it accessible, and know how to use it. Animals are active in the park at all times of the year—even bears can wake up during the winter. Watch a video here: [parksCanada.gc.ca/bearspray](https://parksCanada.gc.ca/bearspray). Bear spray and more information is available at Parks Canada visitor centres.



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](https://avalanche.pc.gc.ca) and [parksCanada.gc.ca/banff-backcountry](https://parksCanada.gc.ca/banff-backcountry) for safety tips.



Cell phone coverage is not reliable in many areas of the park. Always let someone know your travel plans.

### Giving Safe Passage to Wildlife

Parks Canada began twinning the Trans-Canada Highway in the early 1980s. This allowed testing innovative ways to reduce vehicle collisions with wildlife while allowing animals to move safely from one side of the Bow River valley to the other. Highway fencing and wildlife crossing structures were largely untested ideas until Banff National Park installed fencing and 44 wildlife crossing structures: six overpasses and 38 underpasses.

A variety of wildlife now cross the highway safely. Black bears and cougars prefer underpasses; grizzly bears prefer overpasses. Parks Canada proved that roads can be made safer for people and wildlife. Many other highways across North America now have fences and crossing structures like those pioneered here in Banff National Park.

To learn more, visit the wildlife crossing exhibit just west of Redearth on the Trans-Canada Highway (accessible westbound only). See map on page 9.



### Managing Fire in the Park

In addition to prescribed fires and FireSmart work in the Bow Valley, Parks Canada is expanding an existing fire guard on the west side of Sulphur Mountain. The project reduces the risk of wildfires to the town of Banff and also improves grizzly bear habitat. Decades of fire suppression created dense forests with significant amounts of woody debris, increasing the risk of wildfire. Through this multi-year project, Parks Canada will selectively remove trees and deadfall and prune branches from approximately 300 hectares of forest. Keeping the public safe is a top priority, and the West Sulphur project contributes to that goal.







# National Park Regulations

## Stay Safe and Enjoy

Following park regulations while enjoying the national parks helps protect people, landscapes, and wildlife:



**Camping is permitted in designated campgrounds only.** A valid camping permit and national park entry pass are required. Do not sleep in your vehicle or RV roadside, at pull-outs, or pitch a tent in an area that is not a campground.



**Be considerate of others.**



In campgrounds, alcohol and cannabis cannot be consumed beyond your registered campsite. There is a daily ban on alcohol and cannabis consumption during quiet hours, between 11 p.m. and 7 a.m. During summer long weekends (May – September), the possession and consumption of alcohol and cannabis are not permitted in any campground.



**Drones/UAVs are prohibited** for personal use anywhere in the national parks.



**Pets must be on a leash and under control at all times.** Collect and discard feces in garbage bins.



**Do not feed any wildlife.** It is illegal to feed wildlife—this includes littering and leaving food or scented items unattended.



**Do not litter.** Use the wildlife-proof garbage bins for all unwanted items.



**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.



**Stay out of closed areas.** Area closures or activity restrictions are implemented when visitors are at risk or when wildlife require additional protection. Signs indicate the areas impacted.



**Be careful with fire.** Fires are permitted only in designated metal fire pits. Never leave a fire unattended. 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.** National Park Fishing Regulations prohibit lead tackle under 50g and all bait, natural or chemical. For more information, see the *Fishing Regulations Summary* brochure, available at Parks Canada visitor centres.



**Going boating?** Motors of all kinds are prohibited on all lakes except Lake Minnewanka.

**CLEAN** off watercraft and all equipment after every use.

**DRAIN** onto land all water from your watercraft, including buckets or coolers.

**DRY** watercraft and all gear completely.



**Motorized off-road travel is not permitted.**



**Firearms are prohibited in national parks.** Firearms include pellet guns, bear bangers, bows, slingshots and similar items.



**E-bikes** (pedal-electric power-assisted bicycles) are permitted on roads and trails within the town of Banff and the Legacy Trail.



**E-bikes are not permitted** on any other trails in the national park.

## The Canada National Parks Act

Park Wardens are responsible for enforcing park regulations as required by the *Canada National Parks Act* ([parksCanada.gc.ca/banffregulations](http://parksCanada.gc.ca/banffregulations)). To report park violations, call 24 hours, 7 days per week:

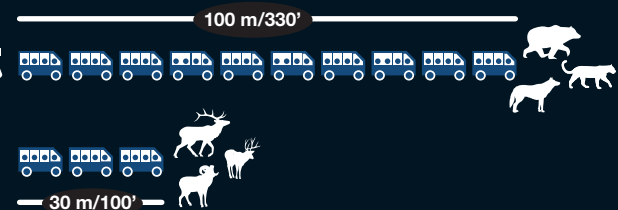
**1-888-927-3367 Banff, Yoho, Kootenay and Waterton Lakes**

**1-877-852-3100 Jasper, Mount Revelstoke and Glacier**

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



Give us  
**space.**



**Do not approach wildlife.**



Human  
food **kills**  
wildlife.



**Do not litter.**





## Winter Adventures

Summer trails become a winter wonderland with the turn of the seasons in Banff National Park. Snow covered pines, white-capped mountains, and wildlife tracks are just a few of the discoveries waiting for you. Come outside and play!

### Near the Town of Banff

Grab your hiking poles and ice cleats and **hike** Tunnel Mountain for a beautiful view of the townsite and valley—trailhead is accessible by Roam public transit route 7. On a day with fresh snow, enjoy the views of Cascade and Rundle mountains by **snowshoe** around frozen Johnson Lake. From the over-sized tires of a **fat bike**, ride to the Cave and Basin National Historic Site and enjoy the Banff Winter Carnival. After your visit, continue on to find views of the river and mountains along the beginner-friendly Marsh Loop. Enjoy the rolling terrain and groomed **cross-country ski** trails along Spray River West in the tree-lined river valley. **Camp** year-round at Tunnel Mountain Village II—bring your RV or enjoy the season from a tent.

### Near the Village of Lake Louise

Hop on Roam public transit route 8 to visit Lake Louise. At the lake, **walk, ski or ice skate** and enjoy a picturesque view of Victoria Glacier. From the village, view the beautiful frozen river from the seat of a **fat bike** along the Bow River Loop. Experience the charm of the Fairview Loop from a track-set **cross-country ski** trail that runs through open clearings and snow-draped woods. Bring your RV and **camp** year-round in the Lake Louise Trailer campground. For a spectacular winter view, drive the scenic Icefields Parkway and **snowshoe** to the Peyto Lake viewpoint—feast your eyes on the striking peaks that surround the lake.

## Safe Winter Driving

Ensure your vehicle has snow tires—look for the snowflake symbol. **Snow tires are mandatory from November 1 to April 1 on mountain roads including the Icefields Parkway (Lake Louise to Jasper).**



Cell phone coverage is not reliable in the mountains, and **there is no cell coverage along the Icefields Parkway.** Tell someone your route, when you are leaving and when you plan on arriving.

Plan to start early and complete your drive—with time for exploration and stops along the way—during daylight hours.

Have a safety kit in your vehicle that includes a cell phone, charger, water, energy bars, first aid kit, flashlight, extra batteries, warm clothing and blankets.

Always check road conditions and the weather forecast before leaving. Visit [511.alberta.ca](http://511.alberta.ca), call 511 in Alberta, or 1-855-391-9743.



## You are in Avalanche Terrain



Avalanche season in the mountains extends from November to June, and even a short walk from downtown Banff or Lake Louise can take you into avalanche terrain.

Check the trail report online or at a Parks Canada visitor centre to see if your trail requires avalanche trailing and equipment. Avalanche risk changes daily—check online for current information.

Trail report: [parksCanada.gc.ca/banfftrails](http://parksCanada.gc.ca/banfftrails)  
 Safety information: [parksMountainsafety.ca](http://parksMountainsafety.ca)  
 Avalanche forecast: [avalanche.ca](http://avalanche.ca)

## Winter Closures, Restrictions and Warnings

See maps or [pc.gc.ca/banffnp-closures](http://pc.gc.ca/banffnp-closures) for more information.

- Tunnel Mountain Drive: page 11
- Golf Course Road: page 11
- Legacy Trail: page 11
- West side of the Lake Minnewanka Road: page 12
- Moraine Lake Road: pages 8 and 13
- Bow Valley Parkway: page 9



## Ask Us About Winter

Parks Canada staff are here to help. Stop by a Parks Canada visitor centre and plan your winter adventure.

- Trip and winter activity planning
- Winter camping
- Trail and road conditions
- Weather updates
- Avalanche safety
- Winter packing list



## Winter Tip: Use Ice Cleats

Trails can be icy in the winter. Hiking poles and ice cleats are recommended. Cleats are designed to fit over shoes or boots and can be purchased at the Banff Visitor Centre, 224 Banff Avenue, and most outdoor stores in the town of Banff.

## Top Tips for Winter

- Visit a Parks Canada visitor centre before you go.
- Tell someone where you are going and when you expect to return.
- Always check the trail report and local weather forecast before you venture out.
- Mountain weather changes quickly. Make sure you are prepared with warm clothing and supplies.
- Wear proper winter footwear. Snow-covered trails can be icy and slippery.
- Bring a headlamp—you never know when you might be delayed.
- Expect winter driving conditions. Drivers should travel based on comfort level and experience.
- Park your vehicle and take Roam public transit: [roamtransit.com](http://roamtransit.com)





## Meet Parks Canada's 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 Parks Canada's protected places.

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

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

Visit [parksCanada.gc.ca/bnp-events](http://parksCanada.gc.ca/bnp-events) for event listings.

## Explore with your preschooler

Parka is eagerly waiting to introduce your child to the wonders of Parks Canada places. 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.

## 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 five different booklets to complete: Banff National Park, Lake Louise, Icefields Parkway, Cave and Basin and Banff Park Museum national historic sites. Don't forget to ask for Rocky Mountain House National Historic Site's Xplorers booklet when you are there.

## Storybook available for kids

*A Beary, Berry Good Day* is a 48-page bilingual children's book that shares important messages with the next generation of responsible national park users of how to help protect Canada's national parks and the wildlife that live here. *A Beary, Berry Good Day* is available for purchase at Parks Canada visitor centres and select locations around town. Visit [parksCanada.gc.ca/Banff-BearBook](http://parksCanada.gc.ca/Banff-BearBook) for more information.

## Want more information about Banff National Park?

Visit [facebook.com/BanffNP](https://facebook.com/BanffNP)  
[twitter.com/BanffNP](https://twitter.com/BanffNP)  
[instagram.com/parks.canada](https://instagram.com/parks.canada)

Brochures are available online at: [parksCanada.gc.ca/banff-brochures](http://parksCanada.gc.ca/banff-brochures) or at a Parks Canada visitor centre.



## Want more information on Mountain National Parks?

### Banff

[pc.gc.ca/banff](http://pc.gc.ca/banff)

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

Jan 1 - May 16 | 9 a.m. - 5 p.m. | 7 days / week  
 May 17 - Sep 30 | 8 a.m. - 8 p.m. | 7 days / week  
 Oct 1 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week  
 Closed Dec 25

**Banff Train Station:**  
 327 Railway Avenue

Jan 1 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week  
 Closed Dec 25

**Lake Louise Visitor Centre:**  
 201 Village Road, in Samson Mall  
 403-522-3833

Jan 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  
 Closed Dec 25

### 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](http://tourismgolden.com), [field.ca](http://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)

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

**Trail Conditions Report:** [pc.gc.ca/banfftrails](http://pc.gc.ca/banfftrails)

**Environment Canada Weather Forecast:** 403-762-2088, [weather.gc.ca](http://weather.gc.ca)

Guidebooks, topographic maps and bear spray are available at Parks Canada visitor centres and retail outlets in the town of Banff and the village of Lake Louise.

# 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)

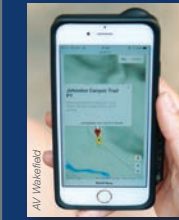
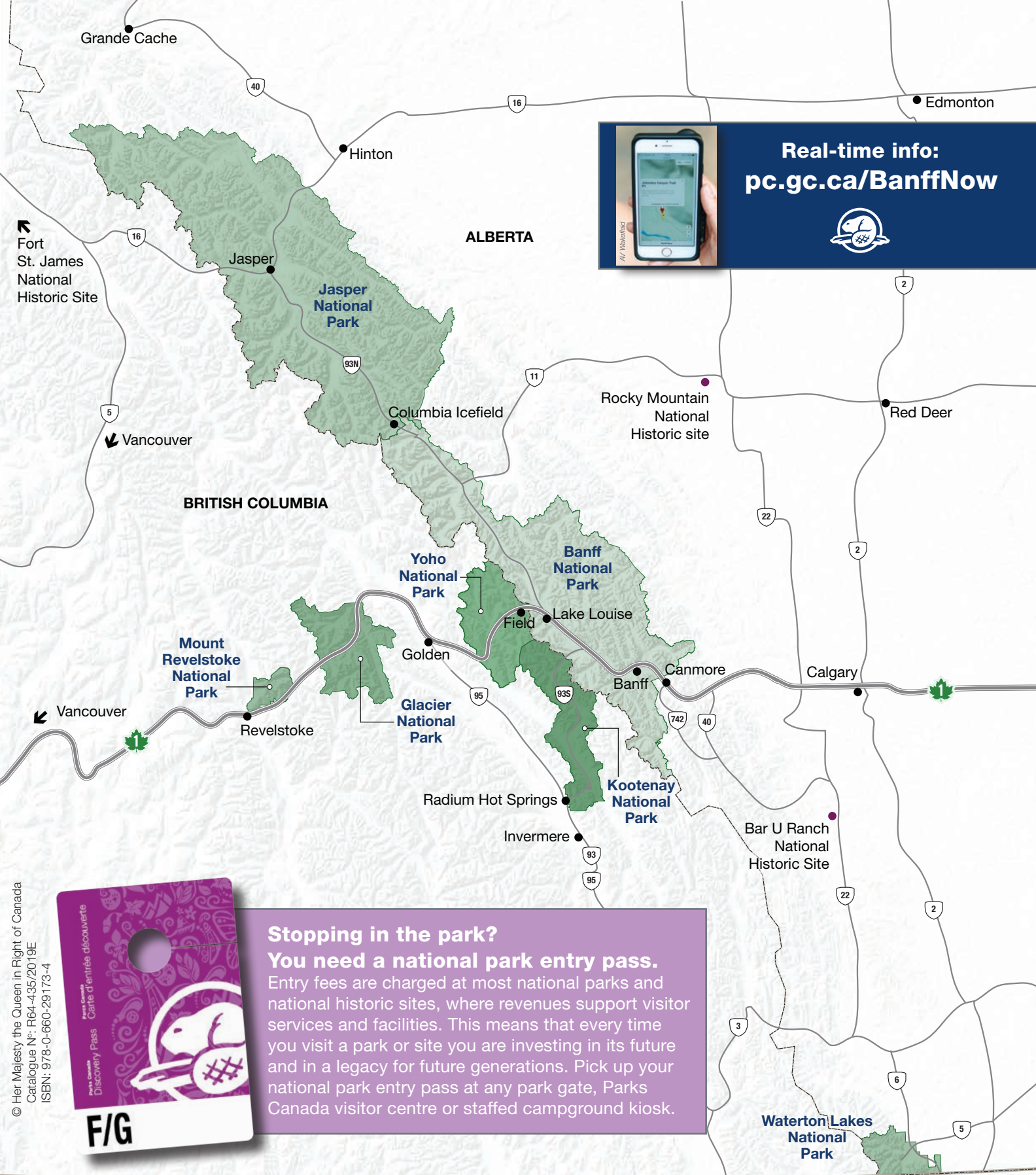


Slow down,  
 my **cubs**  
 live here.



**Obey speed limits.**





Real-time info:  
[pc.gc.ca/BanffNow](http://pc.gc.ca/BanffNow)



Fort St. James National Historic Site

ALBERTA

BRITISH COLUMBIA

Vancouver

Vancouver

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Catalogue N°: R64-436/2019E  
ISBN: 978-0-660-29173-4



**Stopping in the park?  
You need a national park entry pass.**  
Entry fees are charged at most national parks and national historic sites, where revenues support visitor services and facilities. This means that every time you visit a park or site you are investing in its future and in a legacy for future generations. Pick up your national park entry pass at any park gate, Parks Canada visitor centre or staffed campground kiosk.

  
**Wildlife in area**  
 Obey speed limit  
**Faune dans le secteur**  
 Obéissez à la limite de vitesse

**In case of EMERGENCY,  
call 911 or satellite phone: 403-762-4506.**

Cell phone coverage is not reliable throughout the national park.  
Alberta Road Report: 511 or 1-855-391-9743 / [511.alberta.ca](http://511.alberta.ca)  
British Columbia Road Report: 1-800-550-4997 / [drivebc.ca](http://drivebc.ca)