



#### Canada's First National Park

Encompassing over 6 500 km<sup>2</sup>, Banff National Park is an important historical and contemporary place for Indigenous peoples and others to connect with history and nature. The lands and waters of Banff National Park have been used by Indigenous peoples for millennia; for sustenance, ceremony, trade and travel. Starting in 1885 as 26 km<sup>2</sup> of federally protected lands around the Cave and Basin Hot Springs, the protected area was guickly expanded to 674 km<sup>2</sup>, becoming the core of Canada's first national park. More than a century later, the park draws millions of people each year to experience the natural beauty, seven national historic sites and iconic wildlife, from grizzly bears to the Banff Springs Snail. Providing opportunities for learning and 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 (UNESCO) 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.



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

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Transit/shuttle info: pc.gc.ca/banff-transit or explorethepark.ca



Real-time park info: pc.gc.ca/banffnow



Maps: Parks Canada visitor centres



Park entry fee: pc.gc.ca/banff-parkpass



Weather: weather.gc.ca / 403-762-2088



Important bulletins: pc.gc.ca/banff-bulletins



Trail report: pc.gc.ca/banfftrails



Town of Banff parking: banffparking.ca



Road report: 511.alberta.ca



Banff & Lake Louise Tourism: banfflakelouise.com

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.

Brochures are available online at: parkscanada.gc.ca/banff-brochures or at a Parks Canada visitor centre.





facebook.com/BanffNP



twitter.com/BanffNP



instagram.com/parks.canada

#### **Banff**

pc.gc.ca/banff

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

Jan. 1 - May 14 | 9 a.m. - 5 p.m. | 7 days / week May 15 - 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 - Sep. 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

Tourism Jasper: 780-852-6236, jasper.travel

#### Kootenay

Kootenay Visitor Centre: 250-347-9505

pc.gc.ca/kootenay

Tourism Radium/Radium Chamber of Commerce:

1-888-347-9331, tourismradium.com

#### Yoho

Yoho Visitor Centre: 250-343-6783

pc.gc.ca/yoho

Tourism Golden: 1-800-622-4653, tourismgolden.com, field.ca

#### **Mount Revelstoke and Glacier**

Rogers Pass Discovery Centre: 250-837-7500 pc.gc.ca/glacier • pc.gc.ca/revelstoke

Tourism Revelstoke: 1-800-487-1493, seerevelstoke.com

#### **Waterton Lakes**

Waterton Lakes Visitor Centre: 403-859-5133

pc.gc.ca/waterton

Waterton Chamber of Commerce, mywaterton.ca



Significant traffic congestion can occur in Banff National Park during the summer months. Johnston Canyon, Lake Minnewanka, Lake Louise and Moraine Lake are extremely popular. Parking is limited and fills quickly, so it is important to plan ahead. For the best experience, take Roam Public Transit or reserve your seat in advance on a Parks Canada shuttle.

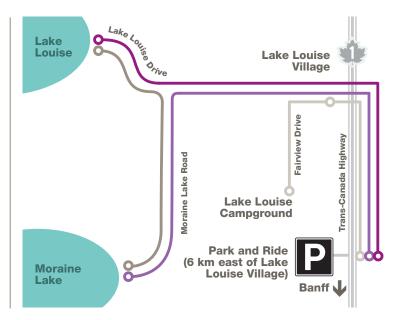
#### **Take Roam Public Transit**

Roam Public Transit offers service between Banff and many destinations in the park—look for the bus symbol on the maps. Visit **roamtransit.com** for routes, schedules and fares.

#### **Reserve your Parks Canada shuttle**



Visit **reservation.pc.gc.ca** to book your spot. Reservations are available starting on April 1, 2020 with a limited number of seats released daily at 6 a.m., 2 days in advance of scheduled departures. Visit **pc.gc.ca/banff-transit** for more information.





Park your vehicle and enjoy easy access to the trails and sites listed below, close to town centres.

## Banff (see pages 12-13)

#### **Surprise Corner**

Admire sweeping views, and get that perfect picture. From Central Park downtown, walk or ride a bike east along the Bow River to this viewpoint.

Walk – 25 minutes from downtown

Bike – 1.7 km ride from downtown

■ Roam Route #7 – 10 minutes from downtown

#### **Bow River Trail to the Fenland Trail**

Nature is moments away from Banff Avenue. Start at Central Park downtown and follow this river trail upstream past the canoe docks to Fenland Trail.

Walk – 1 hour/4.5 km round trip

#### **Bow Falls**

Visit a waterfall within the town of Banff. From Central Park downtown, walk downstream and over the pedestrian bridge. Follow the river on the south shore trail, up and down some stairs to the Bow Falls.

¼ Walk – 25 minute/1.6 km one way

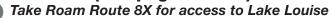


#### How to use Parks Canada shuttles in the Lake Louise area:

- 1. Visit **reservation.pc.gc.ca** to make a reservation.
- 2. With proof of reservation, arrive at the Park and Ride 15 to 30 minutes prior to your scheduled departure. No refund or rescheduling is available for missed departures.
  - ✓ Note, if you are staying in the Lake Louise Village or Campground, or transferring from Roam Public Transit, use the free Park and Ride Connector shuttle to the Park and Ride.
- 3. Check in with Parks Canada staff and take vour shuttle.
- 4. Use the Lake Connector shuttle on a first-come first-serve basis to ride in between Lake Louise and Moraine Lake. Expect delays during peak hours.
- 5. Plan your return trip before the last return shuttle. On your return, you can get off at the Lake Louise Village or at the Park and Ride.

	Parks Canada S	Parks Canada Shuttles routes and schedules										
1	Lake Louise Lakeshore	May 15 – October 12 Last return shuttle 7:45 p.m.	\$ - Reservations required									
	Moraine Lake	May 22 – October 12 Last return shuttle 7:35 p.m.	\$ - Reservations required									
1	Lake Connector	May 22 – October 12 Runs every 20 minutes from 9 a.m. to 6 p.m.	Reservation holders only									
	Park and Ride Connector	May 15 – October 12 Runs every 30 minutes from 8 a.m. to 8 p.m.	Free - No reservations required									

## Lake Louise (see pages 16-17)



#### **Tramline Trail**

Skip the traffic and enjoy this moderately challenging hike or bike up to the Lake Louise lakeshore from the village. A century ago, this was the trolley route to the Chateau Lake Louise.

★ Walk – 1.5 hour one way Bike – 4.5 km one way Elevation gain 195 m

#### **Louise Creek Trail**

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

Walk - 1 hour/2.8 km one way Elevation gain 195 m





## **Bucket List**

Look for the numbers on the maps on pages 10 to 19 to find these sites and attractions.

## 1 Visit the Cave and Basin National Historic Site

Roam Route 4 (summer service)

See interactive exhibits and bubbling thermal waters in an underground cave that gave rise to the birthplace of Canada's national parks. Visit pc.gc.ca/cave for hours and fees.

#### 2 Discover the Banff Park Museum National Historic Site

From downtown Banff: Roam Routes 1, 2, 7 (year-round) and 4 (summer service)

Take a wild trip back in time with vintage natural history specimens from bears to bees. Visit pc.gc.ca/banffparkmuseum for hours and fees.

#### 3 Wander through the Cascades of Time Garden

Roam Route 1 (year-round)

10 minute walk from downtown Banff

Take a stroll through a flower-filled heritage garden with water features, pathways and pavilions.

## 4 Soak in the Banff Upper Hot Springs

Roam Route 1 (year-round)

Relax in Canada's highest elevation operational hot spring. This accessible site includes a café and gift shop. Towels and swimsuit rentals are available. Visit hotsprings.ca for hours and fees.

## 5 Summit Tunnel Mountain

Roam Route 7 (year-round)

The 2.4 km trail to this summit provides views across the town and Bow Valley. The trailhead is a 15 minute walk (1 km) from downtown Banff.

## 6 Meander along Vermilion Lakes

Bike or walk the Vermilion Drive, relax on the docks and benches beside the lakes, learn about the area, snap a picture of Mount Rundle or go for a paddle.

## 7 Bike the Banff Legacy Trail

Roam Route 3 (year-round)

Cyclists, strollers and runners can enjoy mountain views, picnic areas and Vermilion Lakes along this 29 km of paved paths and roadways from Canmore to the Bow Valley Parkway. This trail is not maintained in winter.

## 8 Explore the Lake Minnewanka area

Roam Route 6 (summer service)

In the summer, ride the Lake Minnewanka bus to visit picturesque lakes including Johnson Lake and Two Jack Lake. Enjoy hiking, picnicking and being on or by the water. In the winter, it is a great destination for cross-country skiing, winter walking or snowshoeing.

## 9 Roam the Bow Valley Parkway

Roam Route 8S (summer service)

Take the scenic bus from Banff to Lake Louise in the summer and sightsee the Bow Valley Parkway, including Castle Mountain and Johnston Canyon.

## 10 Hike Johnston Canyon

Roam Route 9 (summer service)

Follow wide trails and narrow bridges with railings through a canyon to waterfalls. Take Roam public transit to this popular location in summer. In other seasons, be sure to bring ice cleats.

## 11 Visit the Lake Louise Lakeshore

Roam Routes 8X (year-round) and 8S (summer service)

For the best experience, take Roam public transit or reserve your seat in advance on the Parks Canada shuttles. See pages 4-5.

## 12 Drive the Icefields Parkway

This 230 km drive winds through glaciers, emerald lakes, and broad sweeping valleys. Snow may be present any time of the year—review driving safety on page 31.



## Suggested Itineraries

Ask for advice at a Parks Canada visitor centre and pick up the public transit brochure to plan these itineraries.

# **Explore the culture** and history of Banff

#### **Cave and Basin National Historic Site**

Roam Route 4 (summer service)

30 minute walk or 8 minute bus ride from downtown Banff

## Banff Park Museum National Historic Site

Roam Routes 1, 2, 7 (year-round) and 4 (summer service)

6 minute walk or 4 minute bus ride from downtown Banff

#### **Cascades of Time Garden**

Roam Route 1 (year-round)

10 minute walk from downtown Banff

# Ride the bus to the top spots

Lake Minnewanka, Two Jack Lake and Johnson Lake

Roam Route 6 (summer service)

# Lake Louise and the Bow Valley Parkway

Roam Routes 8X (year-round) and 8S (summer service)

## **Experience the great outdoors**

#### **Hike up Tunnel Mountain**

Roam Route 7 (year-round)

Trailhead is 15 minute walk from downtown Banff

#### **Paddle on the Vermilion Lakes**

30 minute walk from downtown Banff

#### **Bike the Banff Legacy Trail**

Roam Route 3 (year-round)

#### Book one of our many camping options:

tent sites, serviced sites, Equipped Campsites or oTENTiks.

Roam Route 2 (year-round), Route 6 (summer service) or Route 8s (summer service)

Free service from campgrounds

#### Take a dip in the Banff Upper Hot Springs

Roam Route 1 (year-round)

## Take the scenic route

Drive the 230 km Icefields Parkway (93N) past glaciers, waterfalls and turquoise lakes on your way from Lake Louise to Jasper.

## **Highlights:**

Herbert Lake, Crowfoot Glacier and Bow Lake.

## Recommended hiking trails:

Bow Glacier Falls and Parker Ridge.

## 🜟 Unique adventure:

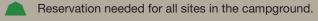
From the Icefields Parkway, take the **David Thompson Highway** and **drive 175 km to Rocky Mountain House National Historic Site**. Explore the archeological remains of four fur-trade forts during the day. Experience the life of a fur trader and camp on the banks of the North Saskatchewan river in a tipi or Métis trapper tent or bring your RV.

## 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	Open Dates	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	Sites
	1	Tunnel Mt. Village I	May 7 - Oct. 5			<b></b>	F			<b>₩</b>		Ð	F	<b>-</b> Y				618
	2	Tunnel Mt. Village II	Open year-round oTENTiks May 7 - Oct. 13			<u></u>	F			<b>A</b>	<b>1</b>	4	Ġ	***	兪			209
	3	Tunnel Mt. Trailer Court	May 7 - Oct. 5		<b>#</b>	٦	F					Ð	F	4				322
	4	Two Jack Main	June 25 - Sep. 8								<b>1</b>	4				Δ		380
	5	Two Jack Lakeside	May 7 - Oct. 5 oTENTiks May 7 - Oct. 5				F		Â	<b>A</b>	<u> </u>	Ð			爺			74
	6	Johnston Canyon	June 25 - Sep. 21			يي	F		Â		<u> </u>	B	F	**				132
	7	Castle Mountain	May 21 - July 2				F			<b>A</b>	<u> </u>	Ð						43
#	8	Protection Mountain	June 18 - Sep. 7								<b>1</b>	B	F					72
Banff	9	Lake Louise Tent	May 30 - Sep. 27			<u>a</u>	F		A		<u> </u>	B	F					206
Ш	10	Lake Louise Trailer 🛕	Open year-round		<b>#</b>	<u>a</u>	F					4	Ŀ	<b>→</b>				189
	A	Mosquito Creek	June 3 - Oct. 12								<u> </u>	Ð						32
	12	Silverhorn	June 3 - Sep. 27							<b>*</b>								45
	13	Waterfowl Lakes	June 12 - Sep. 7				F			<b>₫</b>	<u> </u>	Ð		**				116
	14	Rampart Creek	June 3 - Oct. 12							<b>*</b>	<u> </u>	4						50
	15	Rocky Mountain House National Historic Site	May 15 - Sep. 30				5	Î	Ā	<b>₩</b>	Œ	Ġ		<b>-</b> Y		Δ	Å	45
>	16	Marble Canyon	June 25 - Sep. 7							<b>*</b>	<u> </u>	4	E					61
itenay	17	McLeod Meadows	June 11 - Sep. 14			٩	F			<b>A</b>	<u>1</u>	Ð	Ġ	4				88
ote	18	Redstreak	Apr. 30 - Oct. 11 oTENTiks May 9 - Oct. 11		<b>#</b>	æ	F			<b>₫</b>	<u> </u>	4	Ġ	***	ŵ			242
Koo	19	Crook's Meadow (group camping)	Call 250-347-2218 for non-profit group camping reservations and fees.							<b>₫</b>			Ŀ					1
	20	Monarch	Apr. 30 - Oct. 11			æ					<b>1</b>	B	Ġ					44
Yoho	21	Kicking Horse	May 14 - Oct. 11			<u></u>	H			<b>₩</b>	<u></u>	3	F	- <del>'</del>				88
2	22	Takakkaw Falls (walk-in)	June 18 - Oct. 11							<b>A</b>	<b>1</b>	B						35
	23	Hoodoo Creek	June 18 - Sep. 6							<b>₩</b>	<u></u>		Ŀ					30

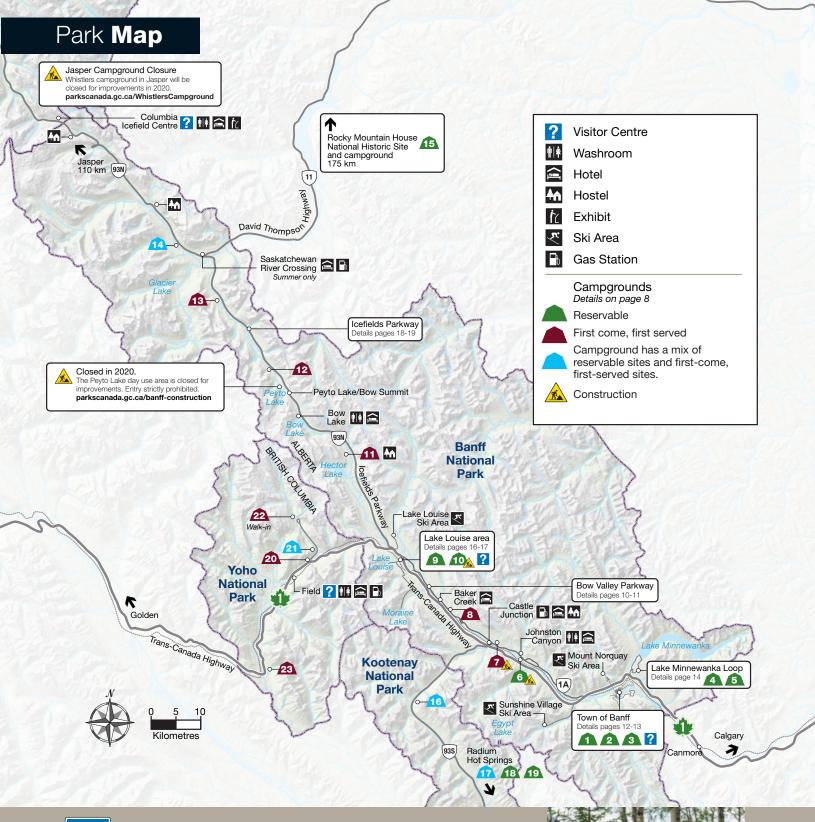


Campground has first-come, first-served sites only. Self-register at the campground. In summer months, arrive before mid-day for the best chance of getting a site.

Campground has a mix of reservable sites and first-come, first-served sites.

Campground is undergoing upgrades.

Check online for the latest information and opening dates: pc.gc.ca/banffcamping





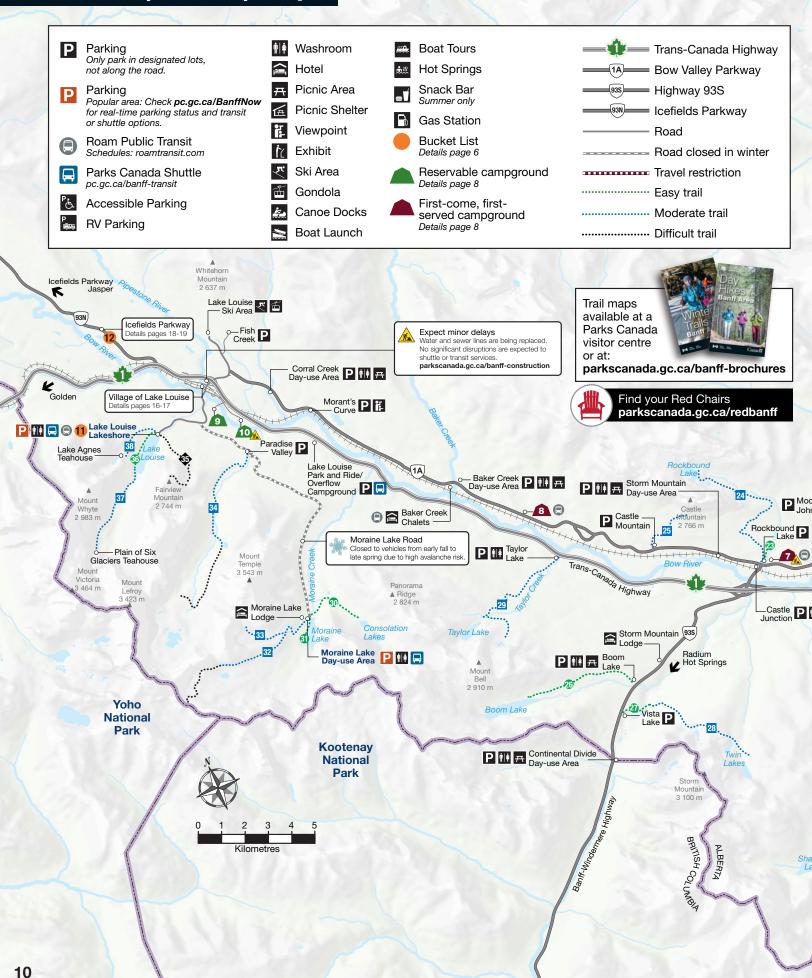
## Backcountry Camping

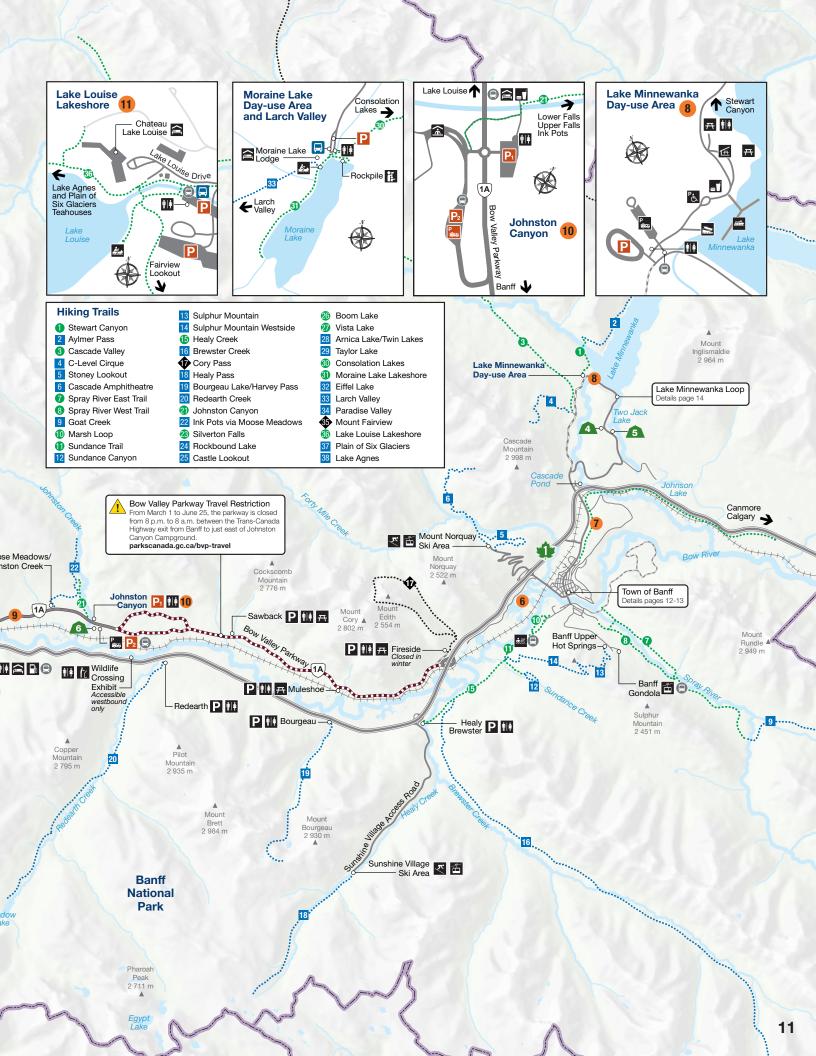


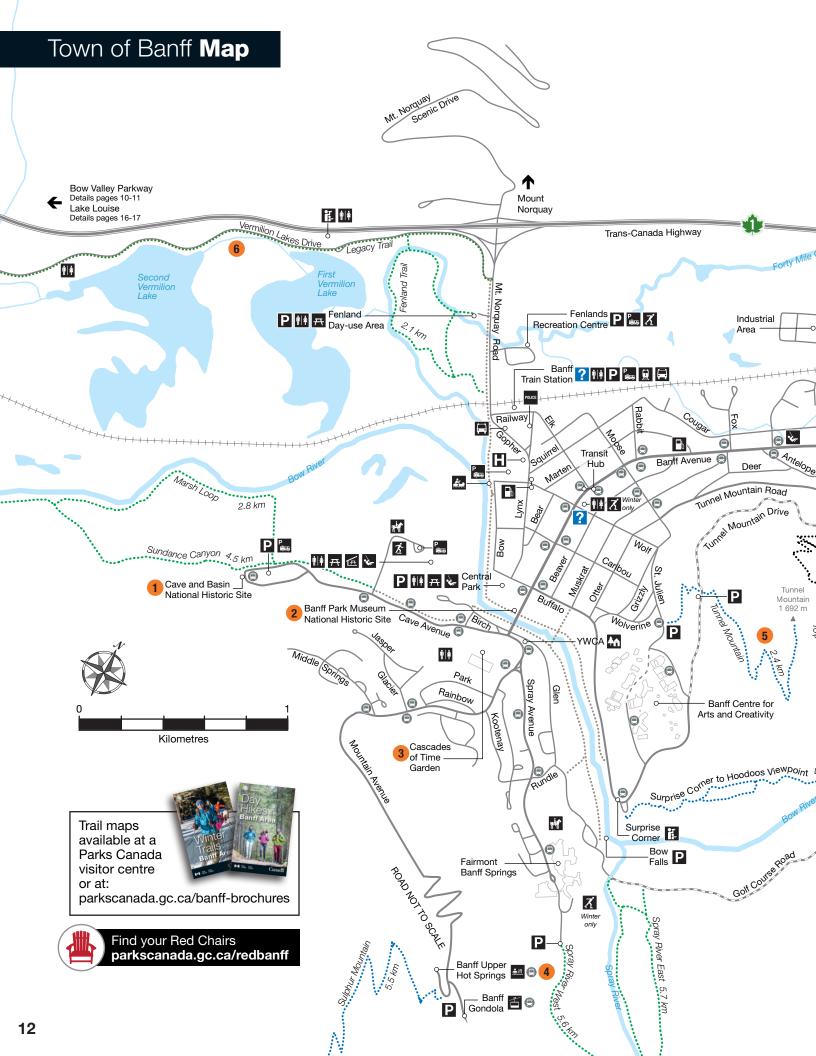
Banff's backcountry offers spectacular destinations for those new to backcountry camping and to experienced travellers. No matter your level of adventure, be prepared and plan ahead. Pick up your brochure at a Parks Canada visitor centre, and visit **parkscanada.gc.ca/banff-backcountry** for trip ideas,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

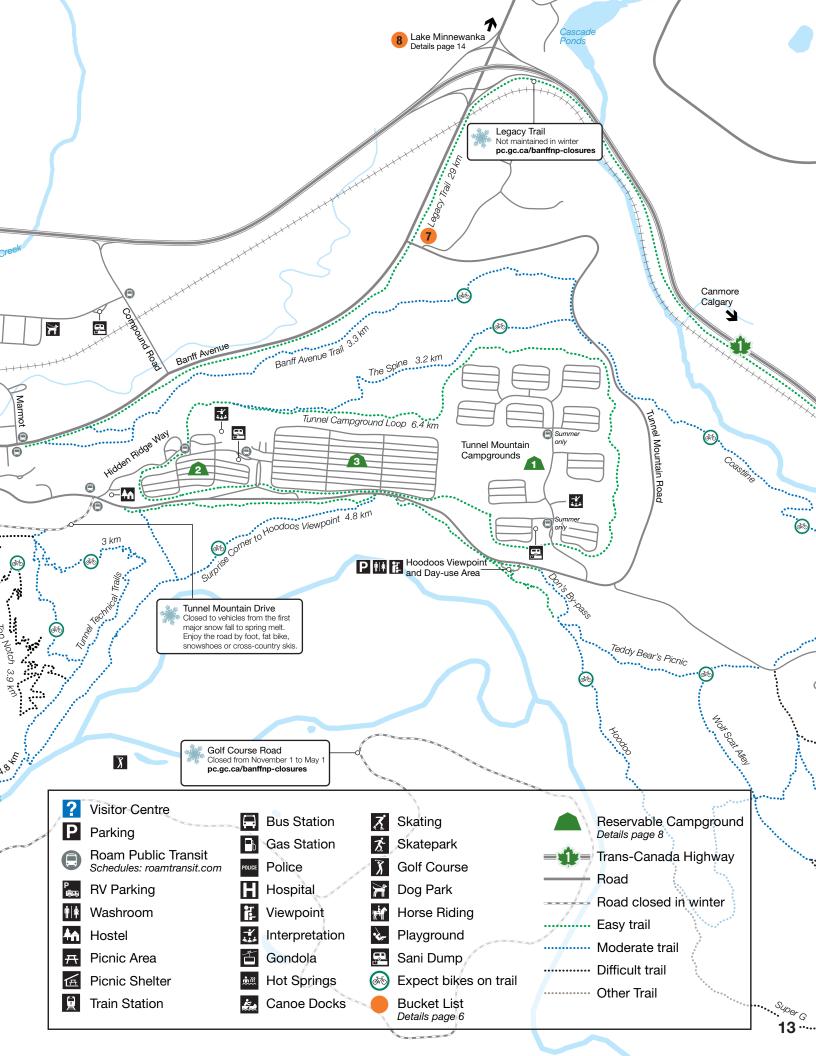


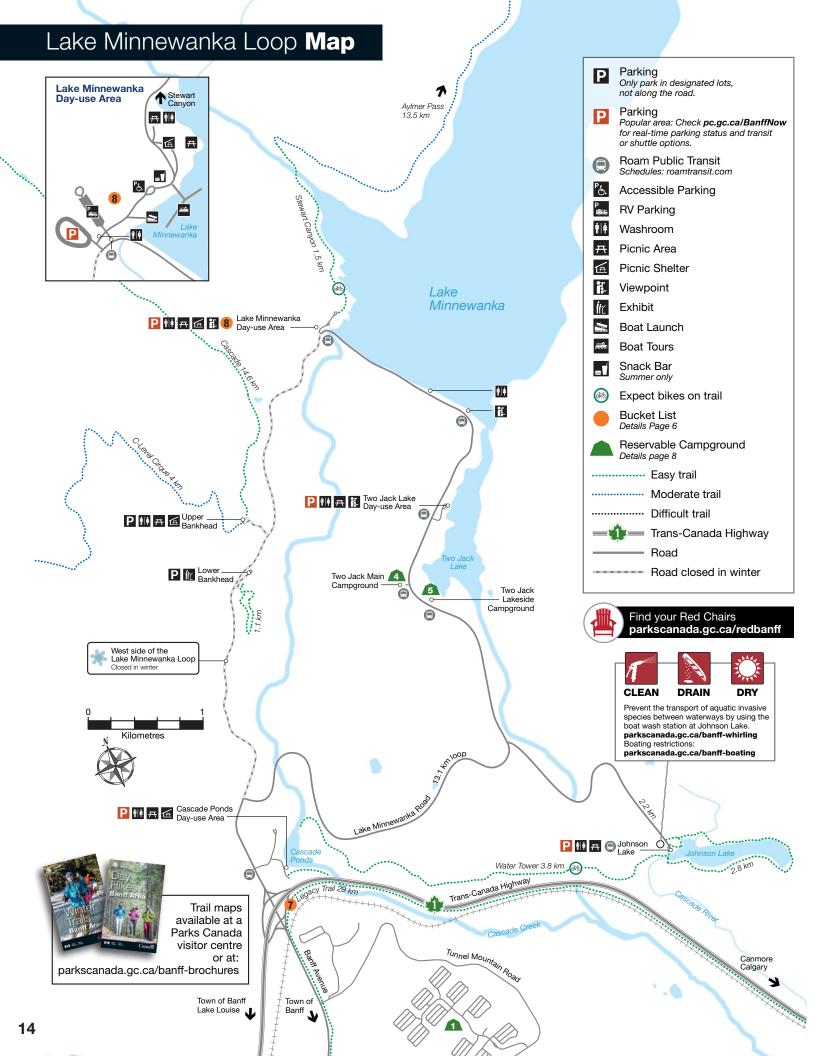
## Bow Valley Parkway Map











## Interpretive Programs and Activities



## **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, popular day-use areas and downtown Banff throughout the summer and at national historic sites during various times of the year.

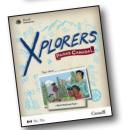
Visit **parkscanada.gc.ca/banff-interpretation** for more information on interpretive programs and activities in Banff National Park and national historic sites.

Visit parkscanada.gc.ca/bnp-events 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?

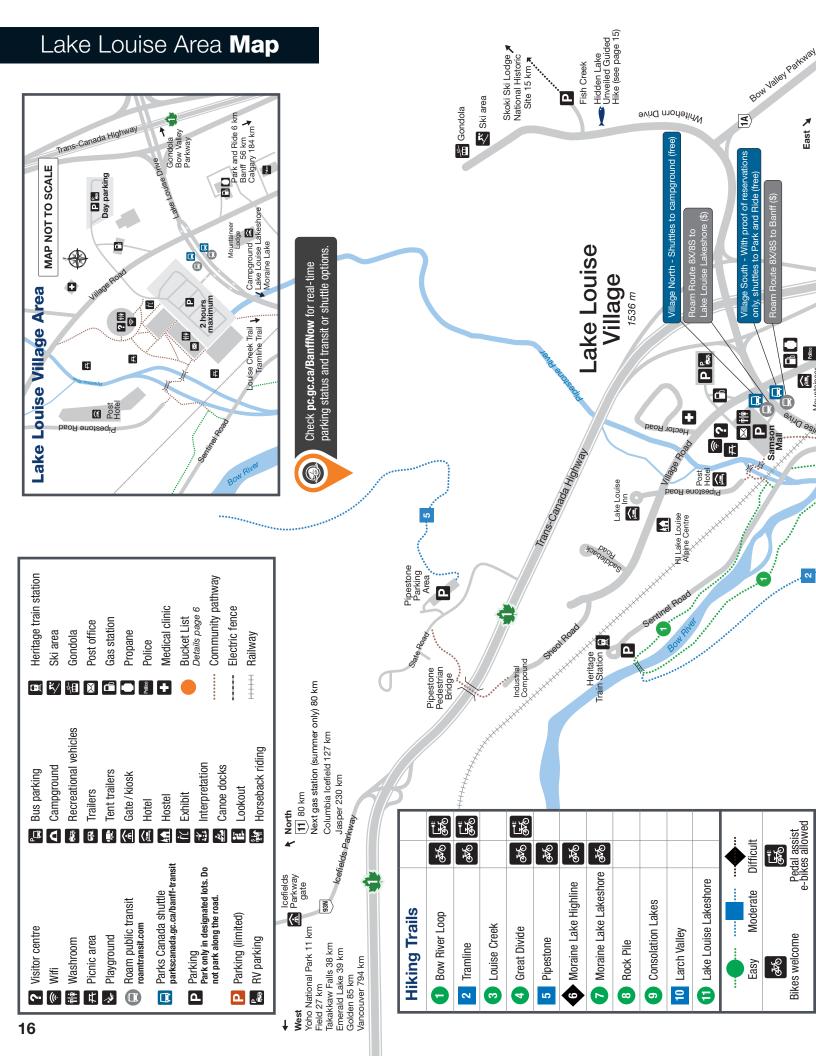
Check out Parks Canada's Xplorers booklets filled with fun activities to do while visiting. In Banff National Park there are five different booklets to complete: Banff National Park, Lake Louise, Icefields Parkway, Cave and Basin and Banff Park Museum national historic sites. Don't forget to ask for Rocky Mountain House National Historic Site's Xplorers booklet when you are there.

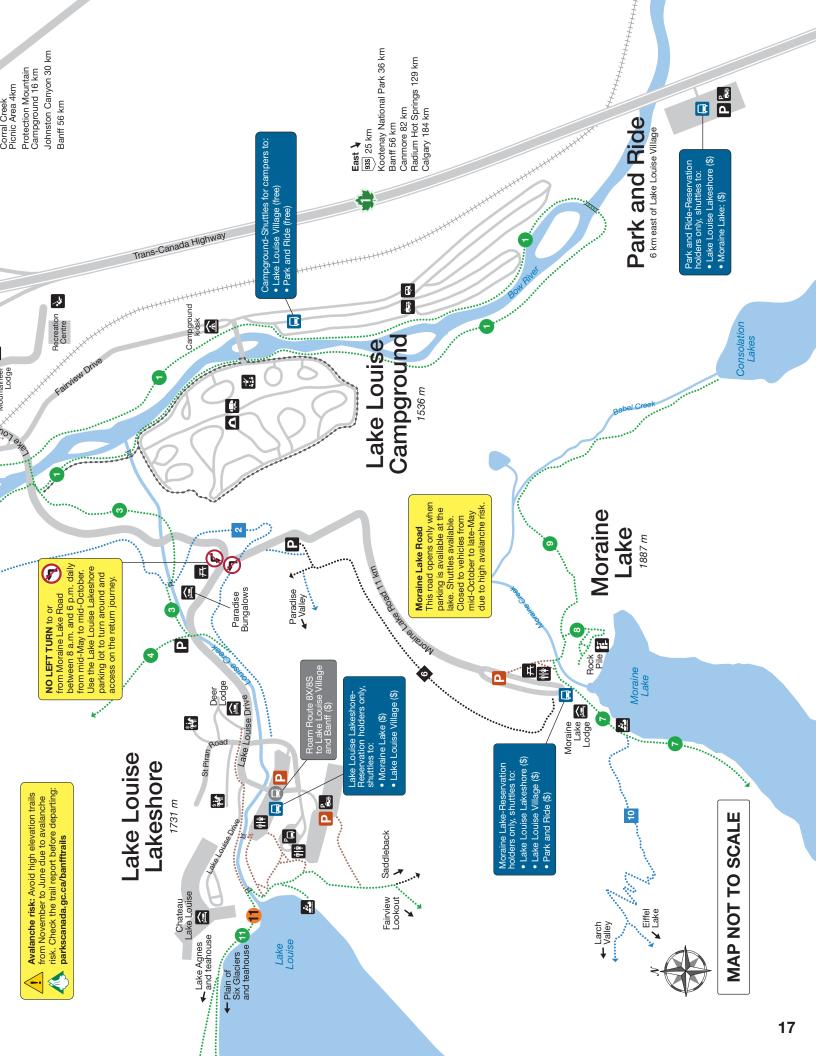


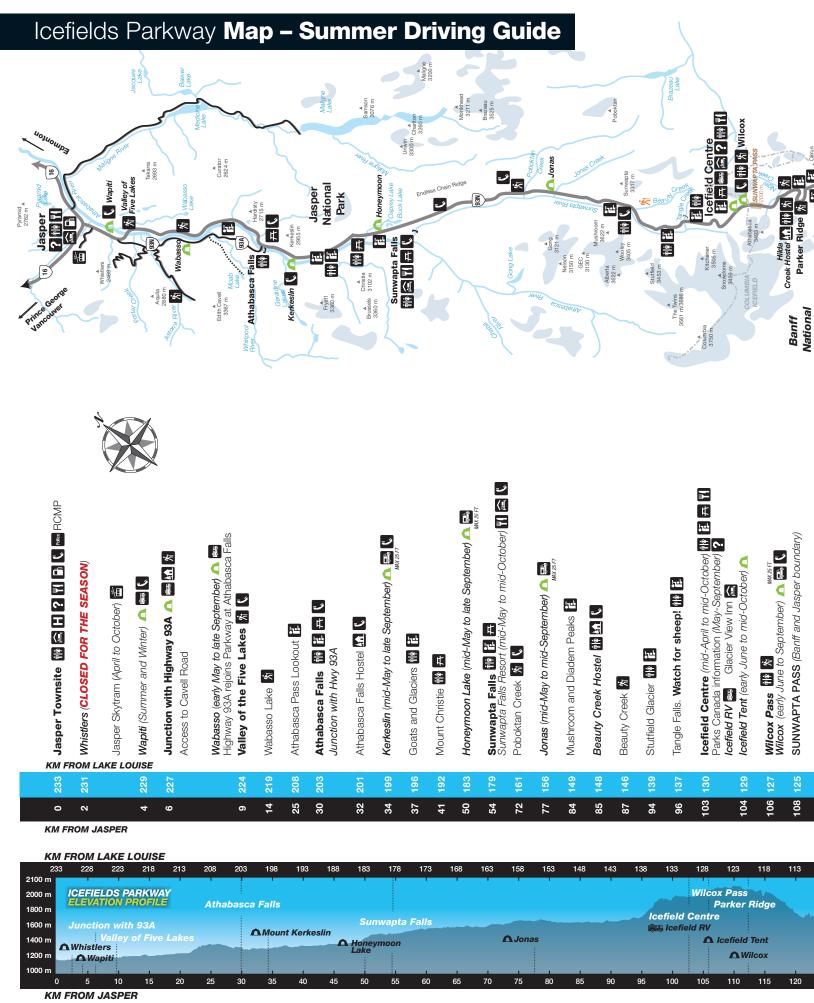
#### Award-winning storybook

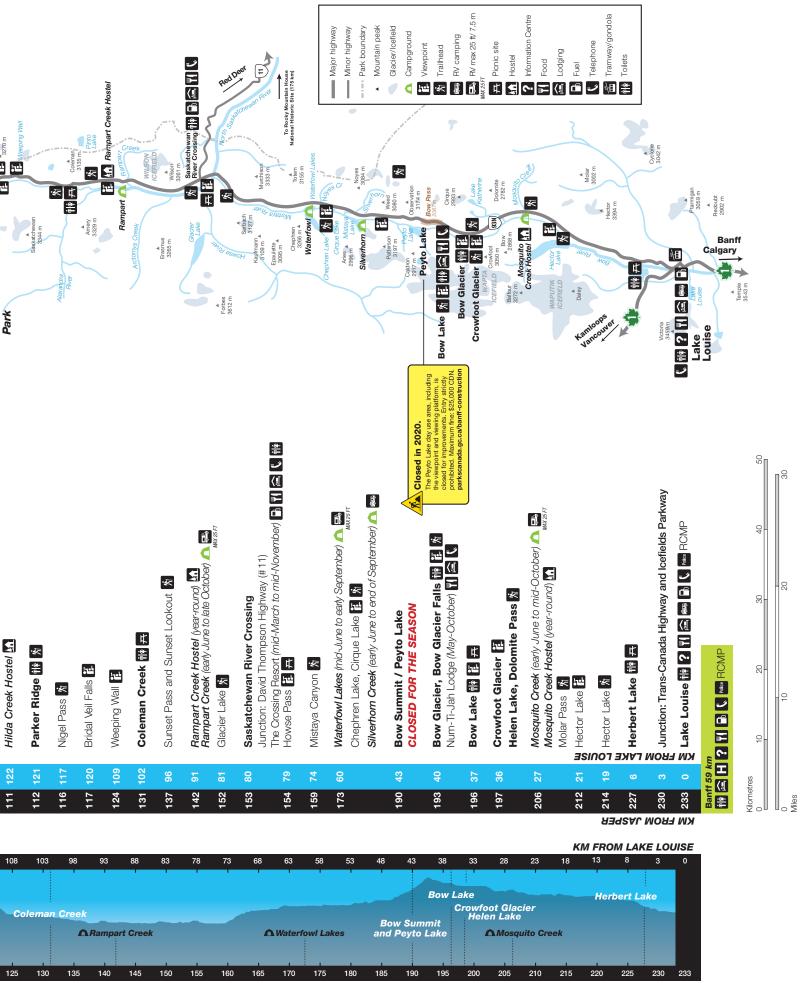
A Beary, Berry Good Day is a 48-page bilingual children's book that shares important messages with the next generation of national park visitors. Find out how to help protect Canada's national parks and the wildlife that call these special places home. A Beary, Berry Good Day is available for purchase at Parks Canada visitor centres and select locations around town. First place winner of the 2019 Book Interpretive Media Award from the National Association for Interpretation, the 2018 Silver Non-Personal Interpretation Award of Excellence from Interpretation Canada and the 2018 Tourism Content ALTO Alberta Tourism Awards. Visit parkscanada.gc.ca/Banff-BearBook for more information.













## Mountain Wildlife



## **Characteristics**

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

## Where to find

Rock slides and talus slopes.



## Characteristics

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

## Where to find

Coniferous forests, scampering up trees.





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.



BEAR

## **Characteristics**

Tan-coloured. Longer body. Has a highpitched "squeak."

## Where to find

Meadows, roadsides and townsites in underground colonies

LARGE



**Hoary Marmot** 

Columbian Ground Squirrel

Ý:

Grizzly or Black Bear?

ACK BEAR



DISTINCTIVE SHOULDER HUMP GRIZZLY

## You are in bear country!

- Be aware, bears can be anywhere at any time. 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—It is the law.
- Always keep children nearby and in sight.
- Never approach or feed a bear. Stay 10 bus lengths or 100 metres away.
- Always carry bear spray, ensure it is accessible and know how to use it. Visit: parkscanada.gc.ca/bears-and-people





## **Characteristics**

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

## Where to find

Mostly valley bottoms.



## **Characteristics**

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

## Where to find

Near steep rocky terrain.











Mule Deer

## Characteristics

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

## Where to find

Mostly valley bottoms.





**Mountain Goat** 

## Characteristics

Narrow black horns, beard, long white hair.

## Where to find

Near steep rocky terrain.



## 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.





## Characteristics

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

## Where to find

Wet and marshy areas.









## **Characteristics**

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

## Where to find

Mainly valley bottoms.





## **Characteristics**

Similar to a medium-sized dog. Thick, bushy tail. Greyish-brown in colour.

## Where to find Valley bottoms.









## Wildlife Need Your Help

#### #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** 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



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.







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



Non-scented 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, call Bylaw Services at 403-762-1218 (8 a.m. to 6 p.m. seven days a week).
- After hours, 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.



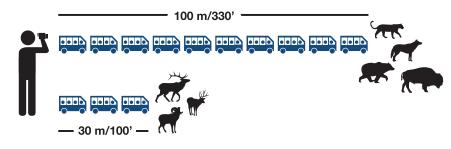
Lower the lid.
Ensure the lid is **closed tight**before leaving.



## 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 them 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 wildlife-proof 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

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

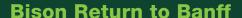
Pick up a copy of *Keep the Wild in Wildlife* and *Bears and People* at a Parks Canada visitor centre or visit parkscanada.gc.ca/banff-brochures.

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 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 roams 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.

Parks Square.

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

Follow the herd: #Banffbison @BanffNP



Facebook

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

## Volunteering in Banff National Park



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

Anyone can volunteer—learn more and sign up:

parkscanada.gc.ca/banff-volunteer







## 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**, and road conditions. Visit **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, ensure it is 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**. Bear spray and more information are 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 and parkscanada.gc.ca/banff-backcountry for more information.



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

## Conservation Stories



## **Creating New Fish Habitat**

During 2018 and 2019, Parks Canada completed channel restoration works in Cascade Creek, including construction of fish habitat features like riffles, pools and boulders runs. Parks Canada staff and contractors, supported by members of Banff National Park's volunteer program, are continuing work to restore native riparian plant communities which stabilize soils, shade the stream to maintain cooler water temperatures and provide a source of insects for fish. All of this work is in preparation for the re-introduction of native fish species back into their historic home. including Westslope Cutthroat Trout (a species at risk), scheduled for 2021.

## 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.

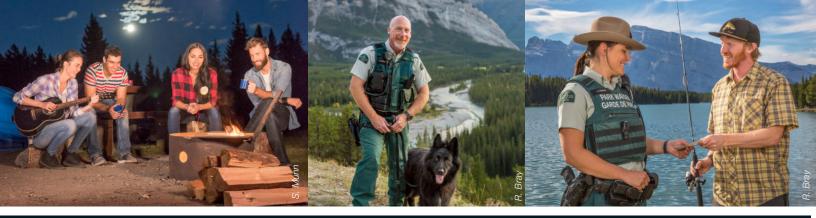
To learn more, visit the wildlife crossing exhibit just west of Redearth on the Trans-Canada Highway (accessible westbound only). See map on page 9.

# Parks Canada

## **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/Unmanned Aerial Vehicles (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 wildlife-proof garbage bins.



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



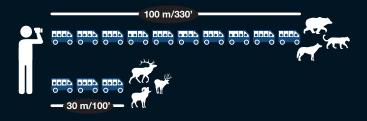
**Do not litter.** Use the wildlife-proof garbage bins for all unwanted items.



**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.



Give us space.



Do not approach wildlife.





**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 where designated metal fire boxes and cook stoves are provided by Parks Canada. Never leave fires unattended, and extinguish them 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: parkscanada.gc.ca/banff-boating



**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 only permitted on roads and selected trails in Banff National Park. Visit parkscanada.gc.ca/banff-mountain-biking for more information.



**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). 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.



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 8X to visit Lake Louise. At the lake, walk, ski or ice skate and enjoy the 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 crosscountry ski trail that runs through open clearings and snow-draped woods. Bring your RV and camp yearround in the Lake Louise Trailer campground. For a spectacular winter view, snowshoe to the Fairview Lookout and feast your eyes on the striking peaks that surround the lake.

## **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



## **Safe Winter Driving**

Ensure your vehicle has snow tires—look for the snowflake or "M+S" 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, 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 training and equipment. Avalanche risk changes daily—check online for current information.

Trail report: parkscanada.gc.ca/banfftrails Safety information: parksmountainsafety.ca

Avalanche forecast: avalanche.ca



# Winter Closures, Restrictions and Warnings

See maps or **pc.gc.ca/banffnp-closures** for more information.

- Tunnel Mountain Drive: page 13
- Golf Course Road: page 13
- Legacy Trail: page 13
- West side of the Lake Minnewanka Road: page 14
- Moraine Lake Road: pages 10 and 17
- Bow Valley Parkway: page 11

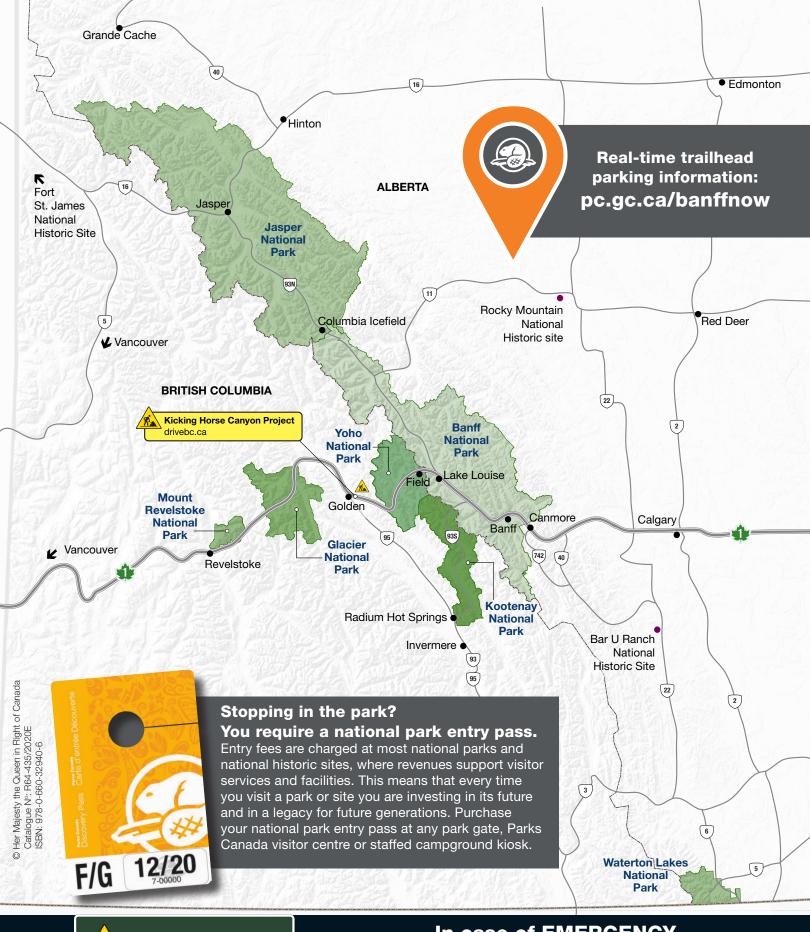
## **Top Tips for Winter**

- 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

## **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.







# 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

British Columbia Road Report: 1-800-550-4997 / drivebc.ca