



DISTANCE: 7.4 km RT
 ELEVATION GAIN: 600 m
 TIME REQUIRED: 3-4 hrs
 DIFFICULTY: Moderate

3

Saddleback Pass/Mt. Fairview

The hike to this gap between Mt. Fairview and Saddle Peak promises stunning views of the 11,000-foot Mt. Temple and, in autumn, the stunning gold shimmer of alpine larches. Scramble up Saddle Peak to enhance your views of Mt. Temple and Paradise Valley below. From Saddleback Pass, hike up Fairview Mountain (an additional 2-hour RT, 400m up) for a spectacular birds-eye view of Lake Louise.



DISTANCE: 3 km RT
 ELEVATION GAIN: 0 m
 TIME REQUIRED: 1-2 hours
 DIFFICULTY: Easy

4

Moraine Lake Shoreline/ Rock Pile

The hike around the Moraine Lake Shoreline is the easiest way to appreciate the beauty of this famous alpine lake. A flat, easy trail weaves its way through shoreline trees and offers extraordinary views of the Ten Peaks, a series of encircling summits all over 10,000 feet. Hike up the Rock Pile for an alternative view of these turquoise waters and the nearby Tower of Babel.

ICON LEGEND

- GLACIERS
- WILDFLOWERS
- TEAHOUSE
- LARCH/FALL HIKE
- EARLY/LATE SEASON
- WATERFALL
- RT = RETURN TRIP

Just North of Lake Louise, discover hikes along the Icefields Parkway, which has been declared one of the most scenic highways in the world.

Visit BanffLakeLouise.com/hiking for more details on hikes in the Lake Louise area and what you can do to prepare for your day on the trail.

For More Information
 The information in this Hiking Guide will give you a good idea of which hikes might suit you best, but for more thorough descriptions, we recommend you contact the Lake Louise Visitor Information Centre (403-522-2744), or email info@BanffLakeLouise.com.



MAP OF REGION

Hiking Season

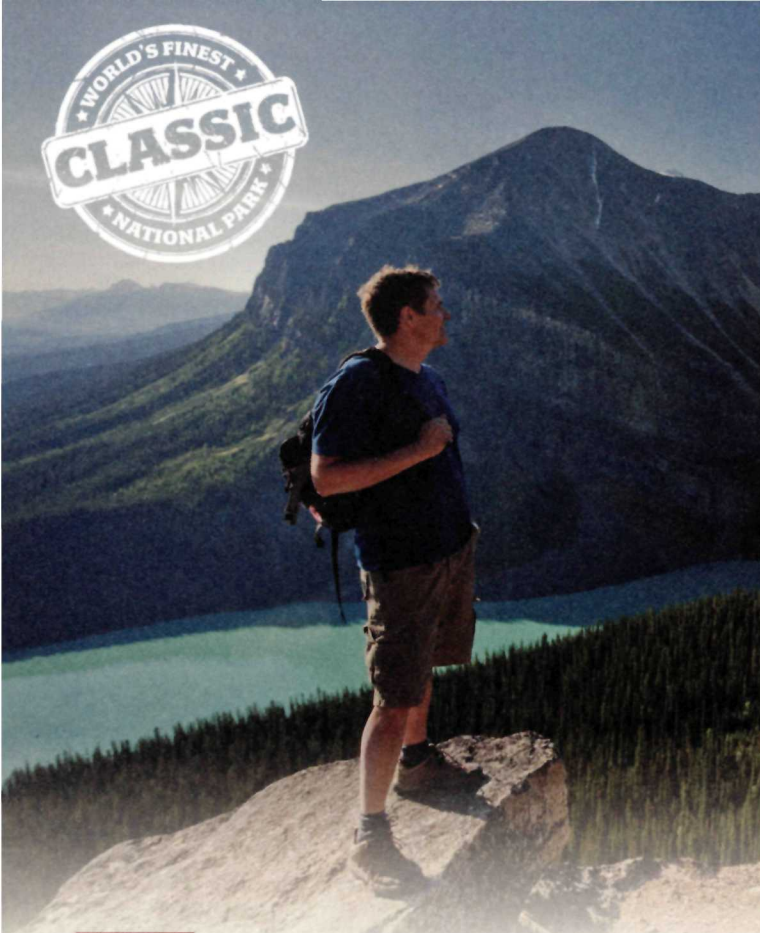
Though some of the easy walks in this guide can be done any time of year, the hiking season in Banff National Park spans loosely from May to October. Conditions can change at a moments notice due to snowfall, snowmelt and mud. Hikes higher up in the alpine are generally in prime condition between July and September.

Banff National Park Pass

Visitors are required to purchase a Park Pass for travel inside Banff National Park. Entry and service fees are charged at most National Parks and National Historic Sites in Canada and are used to support visitor services and facilities. Park Passes can be purchased at any of the park entry gates or Visitor Information Centres. *More information at www.pc.gc.ca*

CLASSIC HIKES IN LAKE LOUISE





LAKE LOUISE

In Lake Louise, mountain adventure is right outside your doorstep and you don't have to venture far to get a backcountry feel that will leave your spine tingling with excitement. The CLASSIC hikes in Lake Louise introduce you to the birthplace of mountaineering in Canada, and the dramatic, glacier-clad peaks that inspired alpinists of the past offer awe-inspiring views to hikers today.

The CLASSIC hikes in Lake Louise take you to the foot of surging waterfalls, through golden forests of larch trees, to high viewpoints overlooking impressive peaks and along the sparkling shorelines of alpine lakes. Trekkers of all levels of adventure and ability will find a hike to enjoy in this region, known worldwide for its beauty, charm and mind-blowing scenery.



Photo Credit: Paul Zizka



DISTANCE: 7 km RT
ELEVATION GAIN: 390 m
TIME REQUIRED: 3-4 hrs
DIFFICULTY: Easy

1

Lake Agnes Teahouse

The hike to Lake Agnes and the historic teahouse on its shores is a relatively easy hike through forest. A beautiful waterfall flows out of Lake Agnes just below the teahouse, where you can enjoy a cup of tea and fresh piece of pie. Continue 1.6 km around the far end of Lake Agnes and up switchbacks to the shelter at the top of the Big Beehive for views of the Bow Valley and Lake Louise.



Photo Credit: Lukas Prochazka



DISTANCE: 11.6 km RT
ELEVATION GAIN: 725 m
TIME REQUIRED: 4-5 hrs
DIFFICULTY: Moderate

5

Larch Valley/Sentinel Pass

The hike into Larch Valley and Sentinel Pass is a must for any hiker wanting to have an experience that closely resembles the backcountry of Banff National Park. This moderate hike offers remarkable views of the Ten Peaks and, if you head up Sentinel Pass, the dreamlike vista of Paradise Valley. As the name suggests, this valley is spectacular in autumn, when the larch needles turn gold. With appropriate preparation, experienced hikers can continue from Sentinel Pass to the summit of Mt. Temple (3543m) for more jaw-dropping views.



Photo Credit: Paul Zizka



DISTANCE: 9 km RT
ELEVATION GAIN: 140 m
TIME REQUIRED: 2-4 hrs
DIFFICULTY: Easy

7

Bow Glacier Falls

Spraying out over a cliff at the base of "Iceberg Lake" and the Bow Glacier, Bow Glacier Falls are the rewarding endpoint of this easy hike. The trail skirts along the shores of stunning Bow Lake and remains quite flat until a staircase takes you up and over a canyon. This powerful canyon and the natural bridge – a large boulder bridging the gap – are well worth the quick side trip.



Photo Credit: Discover Banff Tours



DISTANCE: 13.8 km RT
ELEVATION GAIN: 380 m
TIME REQUIRED: 4-6 hours
DIFFICULTY: Easy

2

Plain of Six Glaciers

By far one of the most scenic hikes in the Canadian Rockies, the Plain of Six Glaciers trail offers expansive views of the impressive mountain features that surround Lake Louise, including Mt. Lefroy, Mt. Victoria and the Victoria Glacier. After your steady hike up, enjoy a snack at the historic Plain of Six Glaciers Teahouse before continuing 1 kilometre to talus slopes that provide a high viewpoint of Abbot Pass.



Photo Credit: Stefanie Gignac/Parks Canada



DISTANCE: 12 km RT
ELEVATION GAIN: 450 m
TIME REQUIRED: 4 hours
DIFFICULTY: Moderate

6

Helen Lake/Dolomite Pass

After a steady hike up through forest, the Helen Lake trail emerges into an alpine wonderland that remains above tree line until you reach one of the Rockies' best lunch spots: Helen Lake. During a few weeks in summer, the resident marmots are joined by a stunning collection of colourful wildflowers. To lengthen your day, continue along the trail into Dolomite Pass and towards Katherine Lake, where you'll be treated to the impressive pyramid of Mt. Assiniboine.

