

TRAILS

in the

LAKE LOUISE AREA

THE LAKE LOUISE AREA has three main valleys—Louise, Paradise and Moraine, with connecting trail systems. These trails provide a wide variety of delightful walking.

IN THE LAKE LOUISE VALLEY....

All visitors should try to spare an hour or two for a stroll along the lake, or a short walk up to Fairview Lookout ($\frac{3}{4}$ mile) above the boathouse. Only in this way can the quiet beauty of this famous lake be truly felt and long remembered.

For those with more time and energy the trails on this map will be found worthwhile. Most of them are easily graded. If you are unaccustomed to mountain walking, go slowly and steadily, with as few stops as possible. At Lake Agnes and at the Plain of Six Glaciers are tea-houses where meals may be purchased.

Lakes in the Clouds: Mirror and Agnes These lakes are reached by a trail which leaves the shore of Lake Louise just beyond the last building on the north side, to the right. Distances and altitudes are shown in the adjacent table. A NATURE TRAIL has been established between Mirror and the far end of Lake Agnes. Plants are labelled and the self-guiding leaflet provides information on geology and animals that may be seen.

The direct route to the *Plain of Six Glaciers* is a very gradual ascent, while the high line routes via Mirror Lake, or via Lake Agnes and over Big Beehive provide additional rewards with altitude. A beautiful day trip may be planned by making a circle trip on these trails.

PARADISE VALLEY....

may be reached from the main trail to Moraine Lake, turning off to go up Paradise Creek, or by turning off sooner, to climb the switchback trail over Saddle for its superb view and the flowers of Sheol Valley, descending the far side en route to Paradise Valley. For a tour of the main valley, the Giant Steps and Lake Annette are highlights, with open meadows below the Horseshoe Glacier at the head of the valley. Sentinel Pass should not be attempted without walking boots, and travel here should be registered with the Park Warden at Lake Louise Junction; there is a good trail on the Moraine Lake side, but travel on the north side of this pass is over large rocks (and snow in early July), where good footing is important.

MORAINÉ LAKE....

Trails travel in two directions here. The flatter walk to *Consolation Lakes* starts in the campground area at Moraine, and ends on the lake shore with a lovely reflection view of Mt. Bident and Mt. Quadra. Trail across the outlet of Consolation Lake and along the far shore is rudimentary with some bog, but interesting.

The walk to *Larch Valley* starts behind the lodge, climbing slowly but steadily to a magnificent view of the Ten Peaks. The trail branches on the edge of Larch Valley to travel above timberline to *Eiffel Lake* in high meadows at the upper end of the Valley of Ten Peaks. Larch Valley itself is a rolling plateau studded with Alpine (Lyall's) Larch, alpine flowers and small lakes.

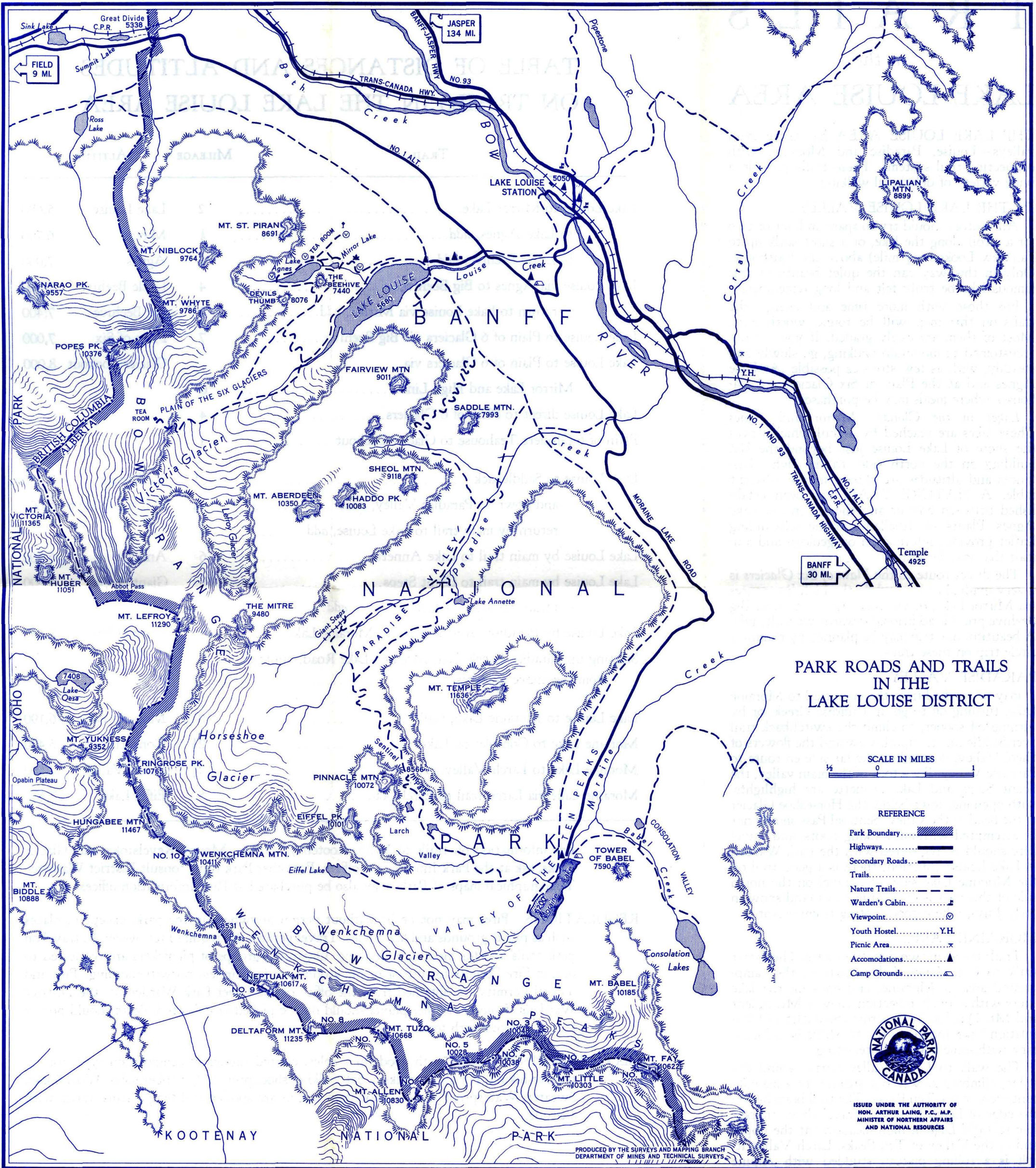
TABLE OF DISTANCES AND ALTITUDES ON TRAILS IN THE LAKE LOUISE AREA

TRAIL	MILEAGE	ALTITUDE
Lake Louise to Mirror Lake.....	2	Lake Louise 5,680
to Lake Agnes, <i>add</i>	$\frac{1}{2}$	Mirror 6,700
to Little Beehive, <i>add</i>	1	Agnes 7,000
Lake Louise via Agnes to Big Beehive.....	4	Little Beehive 7,300
—return to Lake Louise via Mirror, <i>add</i>	3	Big Beehive 7,400
Lake Louise to Plain of 6 Glaciers via Big Beehive.....	7	Plain of Six 7,000
Lake Louise to Plain of 6 Glaciers via Mirror Lake and High Line.....	6	Glacier Lookout 8,000
Lake Louise direct to Plain of 6 Glaciers.....	4	
Plain of 6 Glaciers Teahouse to Glacier Lookout.....	1	
Lake Louise to Saddleback.....	$3\frac{1}{2}$	Saddleback 7,600
—and down to Paradise Valley, <i>add</i>	$2\frac{1}{2}$	Paradise 6,000 to 6,600
—return by main trail to Lake Louise, <i>add</i>	4	
Lake Louise by main trail to Lake Annette.....	6	Annette 6,500
Lake Louise by main trail to Giant Steps.....	8	Giant Steps 6,600
—return on loop via Lake Annette <i>add</i>	$\frac{1}{2}$	
Lake Louise by Paradise, over Sentinel to Moraine Lake.....	14	Sentinel Pass 8,550
Starting up Paradise Creek from Moraine Lake Road, subtract from the above mileages.....	$1\frac{1}{2}$	
Lake Louise to Moraine Lake, trail.....	10	Moraine Lake 6,190
Moraine Lake to Consolation Lake.....	$2\frac{1}{2}$	Consolation 6,400
Moraine Lake to Larch Valley.....	$2\frac{1}{2}$	Larch Valley 7,500
Moraine Lake via Larch trail to Eiffel Lake.....	5	Eiffel Lake 7,400

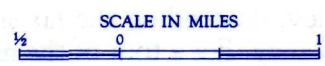
For information on trails in Yoho, Kootenay, Jasper, Mount Revelstoke and Glacier Parks, ask at the Park Information offices. For other Park trails consult District Wardens. Topographical maps of Parks may also be purchased at Park Information offices.

REGULATIONS—Fires may not be lit without permit anywhere in the park, except in places such as picnic grounds and fire circles. Travel permits are required for overnight travel on park trails and for mountain climbing. Organized groups of picnickers are requested to obtain Fire Permits for use of picnic grounds or fire circles, notwithstanding. Fire and Travel Permits are obtained from the office of the Chief Park Warden, or the District Wardens. *Flowers or other plants* should not be picked or collected. Bears should not be fed, or enticed with food.

CLOTHING HINTS—Boots with good thick soles, cleated rubber of composition type, for extensive hiking. For short walks, a flat walking shoe, preferably rubber soles. Wool Socks, Sweater, Waterproof Jacket—mountain storms are sudden and temperature varies with altitude.



**PARK ROADS AND TRAILS
IN THE
LAKE LOUISE DISTRICT**



REFERENCE

- Park Boundary.....
- Highways.....
- Secondary Roads.....
- Trails.....
- Nature Trails.....
- Warden's Cabin.....
- Viewpoint.....
- Youth Hostel..... Y.H.
- Picnic Area.....
- Accommodations.....
- Camp Grounds.....



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