

Canadä

Banff National Park is Canada's first and most famous national park. The variety of paved roads and trails in the Banff area make biking an excellent way to explore this special place. Routes range from easy to difficult and the biking season typically extends from April to October.

Experiencing Banff National Park from the saddle of a bike is a fun, healthy, environmentally friendly way to enjoy these spectacular landscapes. This guide will help you plan an enjoyable and safe biking experience.

Wildlife and People



Banff National Park is home to wildlife, including elk, wolves, cougars, and the remaining grizzly and black

bear populations in North America. To successfully raise their young and sustain a healthy population, wildlife need access to as much quality habitat with as few human surprises as possible.

Be aware of possible encounters with wildlife, even on roads and paved trails.

Tips:

• Always carry bear spray, ensure it is accessible, and know how to use it before heading out. To watch a video about how to use bear spray, visit:

parkscanada.gc.ca/bearspray

- Slow down and make noise. Your speed and quietness puts you at risk for sudden wildlife encounters. Slow down through shrubby areas and when approaching blind corners. Travel in groups, be alert and always look ahead.
- Report bear, cougar, wolf and coyote sightings and encounters to Parks Canada staff at 403-762-1470, when it is safe to do so.

parkscanada.gc.ca/banff-wildlife

Recommended Rides

Are you looking for a "bucket list" biking experience? These routes offer mountain scenery, flowing curves, and all the challenges you're looking for.

Lakeside Cruising

If your ultimate ride includes reflecting by a lake or river, Vermilion Lakes Drive (5) should be on your list. Several docks and benches along this flat paved road provide opportunities to sightsee, take photographs or have a lunch break.

Flora and Fauna

Lake Minnewanka Road (6) rolls along through the area's rich montane habitat. The mix of forest and open grassland is home to bighorn sheep, deer, elk and bears. This 13.1 km loop offers a pleasant ride through varied terrain and a chance to stop at the area's popular sightseeing locations of Bankhead, Two Jack Lake, Lake Minnewanka and Cascade Ponds.

The Original Highway

One of the most breathtaking road rides in the area, the Bow Valley Parkway (8) offers something for everyone. This classic ride on the original road through Banff National Park gently rises and falls as it meanders past open meadows, dense forests, and soaring mountains. Most often started in Banff, riders can choose one of the many picnic areas located along the parkway as a final destination or choose to embark on full day trip to Lake Louise making for a 115 km day back to Banff. Please ride in single file as this road can be busy with vehicular traffic and be aware of your surroundings as you travel through this bustling wildlife corridor.



Family Friendly Rides

These routes are great for beginners, children, and riders seeking a gentle adventure. Mostly paved, these easy rides have minimal elevation changes and offer spectacular views. E-bikes (pedal-electric power-assisted bicycles) are permitted on these three trails. Bring a picnic or snack and enjoy one of the rest stops along these rides. Always remember to pack out everything you bring in.

Sundance Trail

3.7 km one way Starting Point: Cave and Basin National Historic Site

This paved trail is perfect for families with kids and bike trailers as it winds along the Bow River and climbs gently to the Sundance Canyon picnic area where you can explore a lovely creekside hiking trail. To experience the canyon, bring a bike lock.

Tunnel Campground Loop

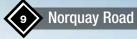
Starting Point: Tunnel Mountain Campground

Perfect for beginners and children, this simple trail forms a large loop around Tunnel Mountain Campground. Wider tires are best for this loose gravel trail and there are many places to stop and rest. Be sure to watch out for strolling campers, elk, deer and coyotes.

Banff Legacy Trail

29 km one way Starting Points: Valleyview, Cascade Ponds, Vermilion Lakes and Fireside day-use areas or east end of

The Banff Legacy Trail offers cyclists, runners, roller skiers and other outdoor enthusiasts 29 km of paved trails and roadways with breathtaking views, rest stops and picnic areas. The trail connects the Bow Valley Parkway with the town of Banff, Cascade Ponds, the Banff East Gate and the town of Canmore. This three-season trail is typically snow-free and ridable from April to October. An absolute must.



Banff Avenue



Easy Rides

(4) Golf Course Drive

10.9 km loop Starting Point: Bow Falls parking area

Cross the bridge over the Spray River at the end of the parking area, and you're off. Perfect for a family outing, this road winds gently along the golf course before it loops back. This is a peaceful road with lovely views over the Bow River and surrounding peaks. While close to town, be alert - wildlife also enjoy this area.

Vermilion Lakes Drive

4.3 km one way Starting Point: Fenland Day-use Area, paved trail to Vermilion

Vermilion Lakes are a series of three shallow lakes surrounded by marshland – a rich oasis for wildlife. The ride along this narrow road provides classic views of Banff's signature peak, Mount Rundle. There are benches, bike racks and small docks where you can relax with a snack and enjoy the view. Connector: Banff Legacy Trail (3) to the Bow Valley Parkway (8).

Moderate Rides

6 Lake Minnewanka Road

13.1 km loop Starting Points: Cascade Ponds and Lake Minnewanka Dayuse Area or the Banff Legacy Trail (3)

Lake Minnewanka Road is popular with cyclists and offers a pleasant ride through varied terrain, with panoramic views and many attractions including Cascade Ponds, Bankhead, Lake Minnewanka and Two Jack Lake. This narrow road can be busy, so ride with caution and be on the lookout for bighorn sheep on the slopes above Two Jack Lake. Connector: Banff Legacy Trail (3).

Tunnel Mountain Drive/Road

10.7 km loop

Starting Point: Central Park parking area, West end of **Buffalo Street**

Start by heading east on Buffalo Street, rising gently past Surprise Corner with its extraordinary view over Bow Falls and the world famous Fairmont Banff Springs. Continue climbing and bending around its lower slopes to join the Tunnel Mountain Road. Turn right (East) and pass the campgrounds for incredible viewpoints before you drop back down to the Banff Legacy Trail (3). Go left into town, or right towards Lake Minnewanka. Elk and deer are common along this narrow roadway.

Bow Valley Parkway

57.5 km one way (Banff to Lake Louise) Starting Points: From downtown Banff, access the trail via Vermillion Lakes Drive (5) and the Banff Legacy Trail (3) or begin at Fireside (49 km one way).

The Bow Valley Parkway (Hwy 1A) ride is a classic, gently rising and falling as it meanders through the Bow Valley to Castle Junction, and beyond to Lake Louise. On your trip, stop and enjoy the many picnic areas and rest stops along the way. From Banff, ride this narrow road to Johnston Canyon (50 km return), Castle Junction (65 km return), Baker Creek (90 km return) or Lake Louise (115 km return). Whatever your route, wildlife sightings are common, so keep a look out and be prepared. In the spring and fall, the eastern section of the Bow Valley Parkway has limited vehicle traffic. Visit parkscanada.gc.ca/Banff-cycling-BVP for more information.

Difficult **Rides**

(9) Mount Norquay Scenic Drive

6.1 km one way

Starting Point: Mount Norquay Scenic Drive, on the North side of the Trans-Canada Highway

This challenging climb up the mountain rewards riders with a spectacular panoramic view of the town of Banff and surrounding Bow Valley. The Norquay Green Spot Viewpoint opens onto a grassy slope – a great place to stop for a picnic lunch or for photos. From the viewpoint, the road continues up to the Mount Norquay ski area. Watch out for Bighorn Sheep on or near the road and the sharp turns, especially on the way down.

Mountain Avenue

3.4 km one way Starting Point: Mountain Avenue, on the South side of the **Banff Avenue Bridge**

This route is a gradual, but continuous climb ending at the Banff Upper Hot Springs. Gains in elevation from the valley bottom provide riders with exceptional views of the Bow Valley and the rugged profile of Mount Rundle. Mountain Avenue offers ample width for riders, however, vehicular traffic is heavier during the



Sunshine Village Access Road

Starting Point: Sunshine Village access road, 7 km West of **Banff on the Trans-Canada Highway**

The Sunshine Village access road begins its steady rise almost immediately, and offers a few steep ramps along the way to its termination at the ski area parking at the base of the Sunshine gondola. Vehicular traffic is moderate in the summer months, but be aware as the road is narrow and twisty throughout its length.

Rules of the Road

Always ride on the right, pass others on their left. If you are riding on a road with a sidewalk, stay on the road.

Plan Ahead and Prepare

Obey all traffic rules when riding on roads. At intersections, use hand signals to let drivers know which direction you will be travelling.

On highways, ride as close as possible to the right-hand edge or curb. For your safety, it is recommended that you ride single file.

Stay within the posted speed limits.

Road closures, speed limits and traffic controls apply to bicyclists too. The Bow Valley Parkway (8) Mandatory Seasonal Travel Restriction applies to all travel, including bicyclists. From March 1st to June 25th, travel is not permitted between 8 p.m. and 8 a.m. on the 17-kilometre section of the parkway from Johnston Canyon Campground to the Fireside Picnic Area. This is to ensure the area remains a high-quality

Be visible when riding at dawn, dusk, or night. Always have a white front light and red rear and side reflectors, and consider wearing reflective clothing.

Be bear aware. Cyclists are particularly susceptible to sudden, dangerous bear encounters because of the speed and silence of their travel. Be alert, make noise, slow down, carry bear spray, and look ahead.

Leave no trace. Be sure to pack out what you pack in – this includes all food and garbage. Leave natural and cultural objects undisturbed for others to discover.

Do the right thing – protect wildlife. Littering, feeding animals or harassing wildlife is illegal and violators may be charged under the Canada National Parks Act.

E-bikes (pedal-electric power-assisted bicycles) are only permitted on select trails in Banff National Park. Visit parkscanada.gc.ca/banff-e-bike for more information.

Share the Roads and Pathways

- The bike trails in Banff National Park are all shared-use trails - expect to encounter hikers, vehicles and horseback riders. Ride in control and be ready to stop at any time.
- If you are passing other bikers, walkers or runners, please be courteous. Use your voice or use a bell to let them know you will be passing on their left so they have a chance to move over.

You are responsible for your own safety. Be prepared for a breakdown or accident. Know how to repair your bike and carry the necessary tools and parts.

- Select a trip which best suits your group's abilities, experience, interests, equipment and the time you have available. Be conservative—start with easier, shorter routes. Park Canada staff or bike shop employees can help you select a suitable route.
- Wear a helmet and appropriate safety gear.
- Bring extra food, water and clothing. Surface water may be contaminated and unsafe for drinking. Mountain weather changes quickly and it can snow any month of the year.
- Always tell someone where you are going and when you plan
- Travel with others and keep your group together.
- · Avoid wearing earbuds. Be alert at all times.
- · Ask for advice at a Parks Canada visitor centre about route conditions, descriptions and weather.

More **Information**

Banff Visitor Centres:

224 Banff Avenue and 327 Railway Avenue 403-762-1550 parkscanada.gc.ca/banff

Trail Conditions Report:

parkscanada.gc.ca/banfftrails

Environment Canada Weather Forecast: 403-762-2088

weather.gc.ca

For bike rentals, Banff area maps and guidebooks, visit a local retail biking outlet.

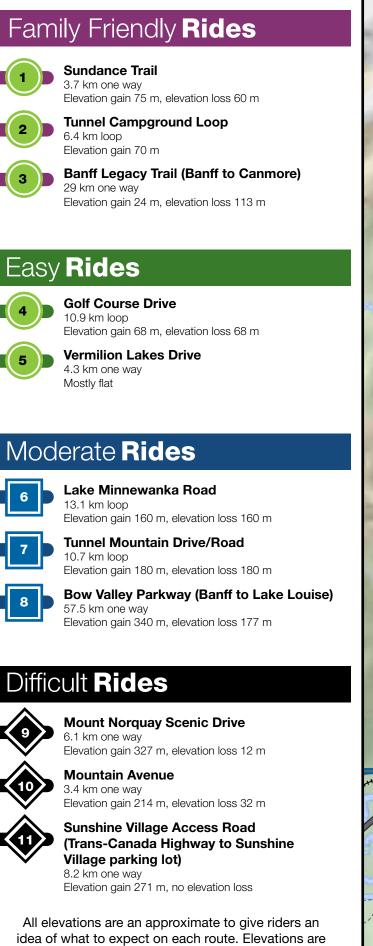
Take Roam public transit with your bike.



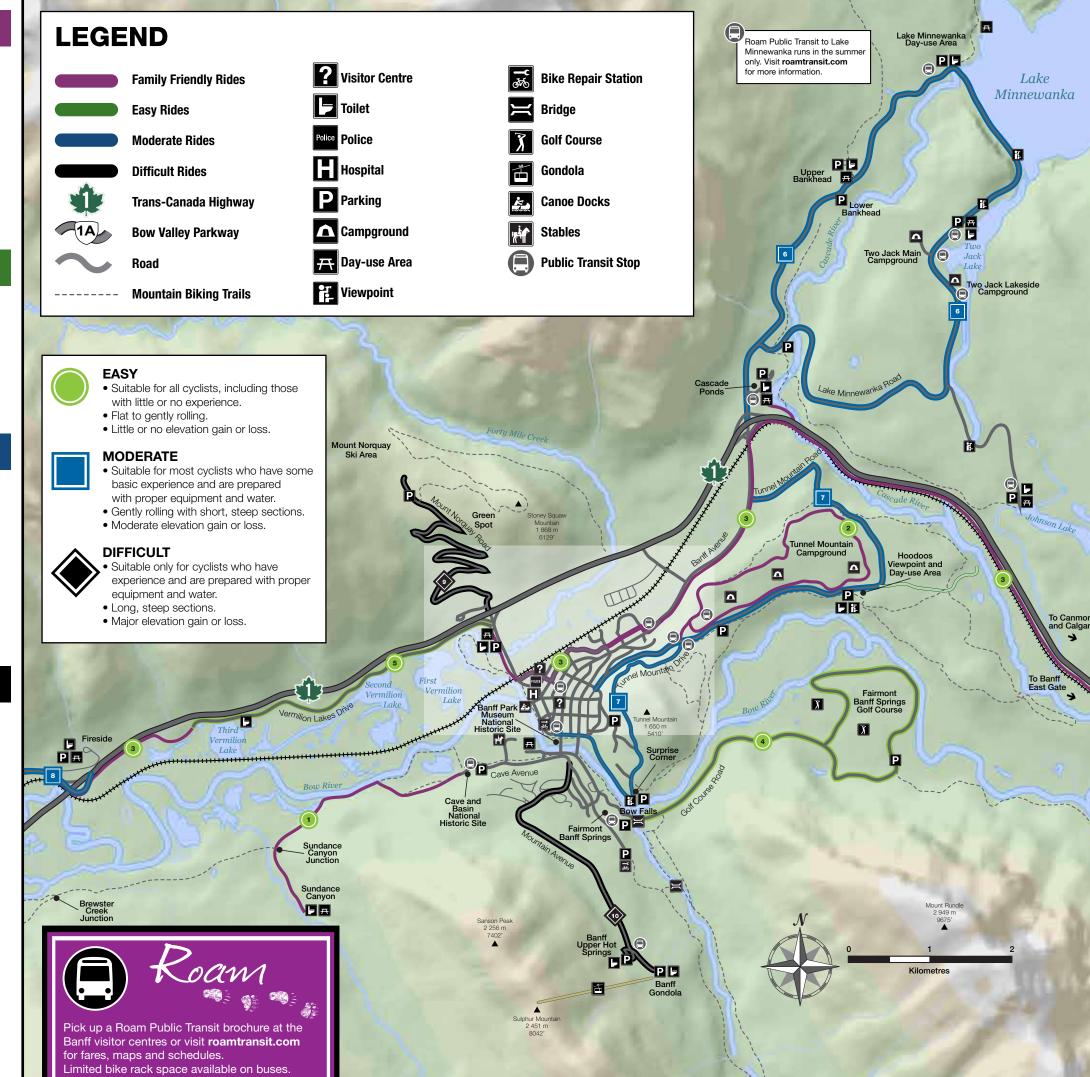
In case of EMERGENCY, call 911 or satellite phone: 403-762-4506. Cell phone coverage is not reliable throughout the national park.

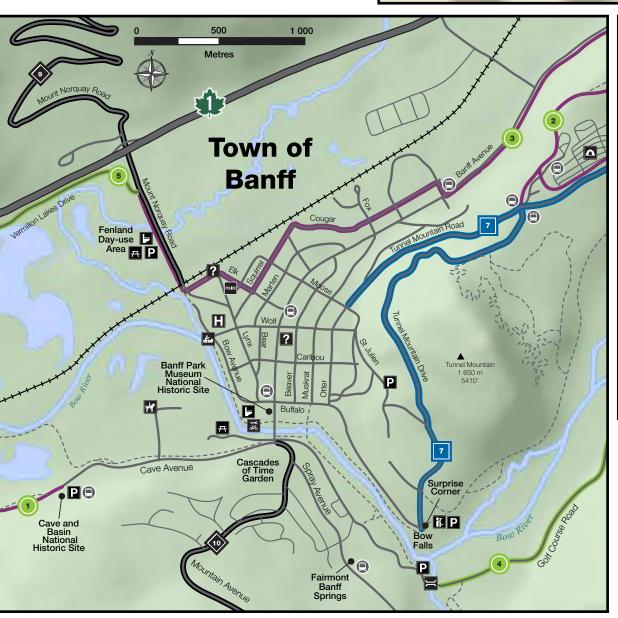
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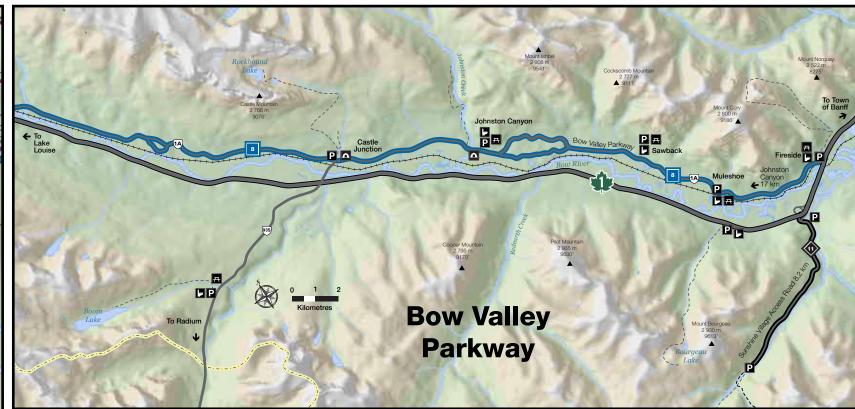




calculated as the total amount of elevation gained and the total amount of elevation lost (all the ups and downs) over the entire distance of an out-and-back trail or a loop.









DONE WITH THIS BROCHURE?Please return to a park facility or share it with others.

HOW WAS YOUR TRIP?Please send your comments to banffinfo@pc.gc.ca



ramp up your adventure? Pick up the Mountain Biking Trails Guide at a Parks Canada visitor centre or view online at pc.gc.ca/banffbrochures

Looking to