



# Family Friendly Rides

- 1 Sundance Trail**  
3.7 km one way  
Elevation gain 75 m, elevation loss 60 m
- 2 Tunnel Campground Loop**  
6.4 km loop  
Elevation gain 70 m
- 3 Banff Legacy Trail (Banff to Canmore)**  
29 km one way  
Elevation gain 24 m, elevation loss 113 m

# Easy Rides

- 4 Golf Course Drive**  
10.9 km loop  
Elevation gain 68 m, elevation loss 68 m
- 5 Vermilion Lakes Drive**  
4.3 km one way  
Mostly flat

# Moderate Rides

- 6 Lake Minnewanka Road**  
13.1 km loop  
Elevation gain 160 m, elevation loss 160 m
- 7 Tunnel Mountain Drive/Road**  
10.7 km loop  
Elevation gain 180 m, elevation loss 180 m
- 8 Bow Valley Parkway (Banff to Lake Louise)**  
57.5 km one way  
Elevation gain 340 m, elevation loss 177 m

# Difficult Rides

- 9 Mount Norquay Scenic Drive**  
6.1 km one way  
Elevation gain 327 m, elevation loss 12 m
- 10 Mountain Avenue**  
3.4 km one way  
Elevation gain 214 m, elevation loss 32 m
- 11 Sunshine Village Access Road (Trans-Canada Highway to Sunshine Village parking lot)**  
8.2 km one way  
Elevation gain 271 m, no elevation loss

All elevations are an approximate to give riders an idea of what to expect on each route. Elevations are 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.

## LEGEND

	<b>Family Friendly Rides</b>		<b>Visitor Centre</b>		<b>Bike Repair Station</b>
	<b>Easy Rides</b>		<b>Toilet</b>		<b>Bridge</b>
	<b>Moderate Rides</b>		<b>Police</b>		<b>Golf Course</b>
	<b>Difficult Rides</b>		<b>Hospital</b>		<b>Gondola</b>
	<b>Trans-Canada Highway</b>		<b>Parking</b>		<b>Canoe Docks</b>
	<b>Bow Valley Parkway</b>		<b>Campground</b>		<b>Stables</b>
	<b>Road</b>		<b>Day-use Area</b>		<b>Public Transit Stop</b>
	<b>Mountain Biking Trails</b>		<b>Viewpoint</b>		

**EASY**

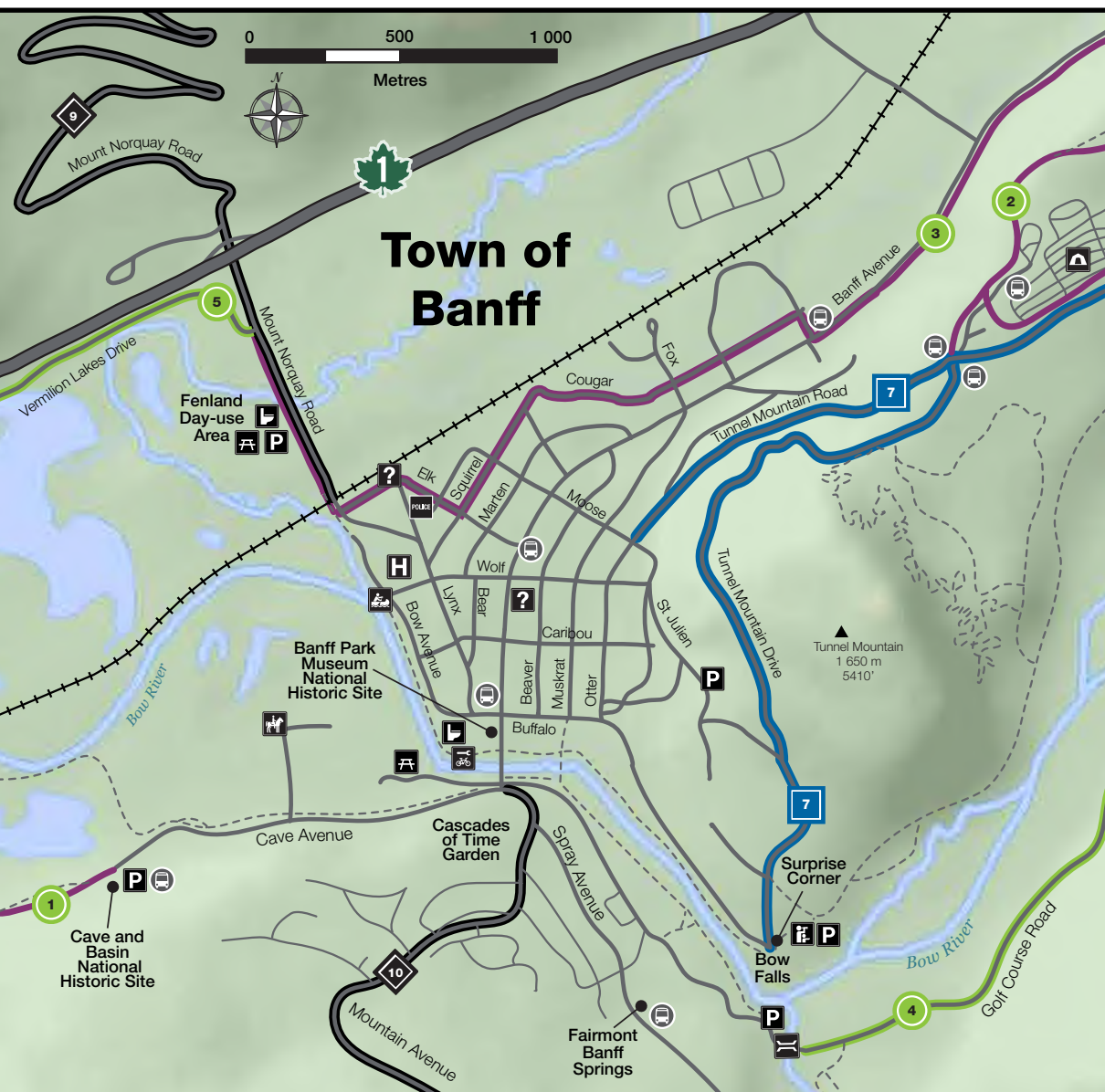
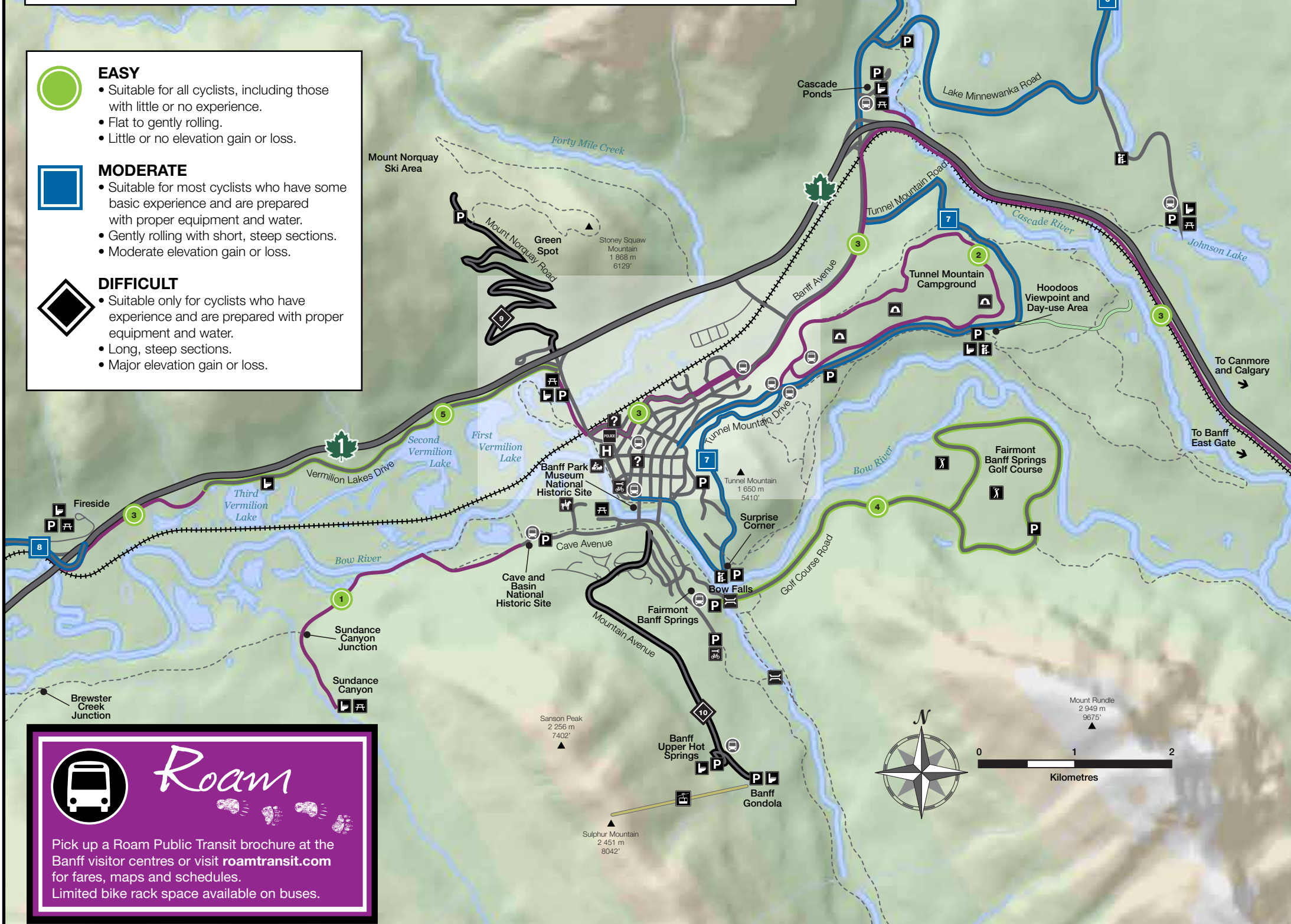
- Suitable for all cyclists, including those with little or no experience.
- Flat to gently rolling.
- Little or no elevation gain or loss.

**MODERATE**

- Suitable for most cyclists who have some basic experience and are prepared with proper equipment and water.
- Gently rolling with short, steep sections.
- Moderate elevation gain or loss.

**DIFFICULT**

- Suitable only for cyclists who have experience and are prepared with proper equipment and water.
- Long, steep sections.
- Major elevation gain or loss.



**Share the trail**

**Partageons le sentier**

**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](mailto:banffinfo@pc.gc.ca)



**Looking to ramp up your adventure?**  
Pick up the Mountain Biking Trails Guide at a Parks Canada visitor centre or view online at [pc.gc.ca/banff-brochures](http://pc.gc.ca/banff-brochures)