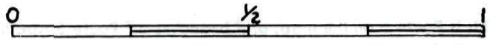


TRAIL OUTINGS AT BANFF

SCALE OF MILES



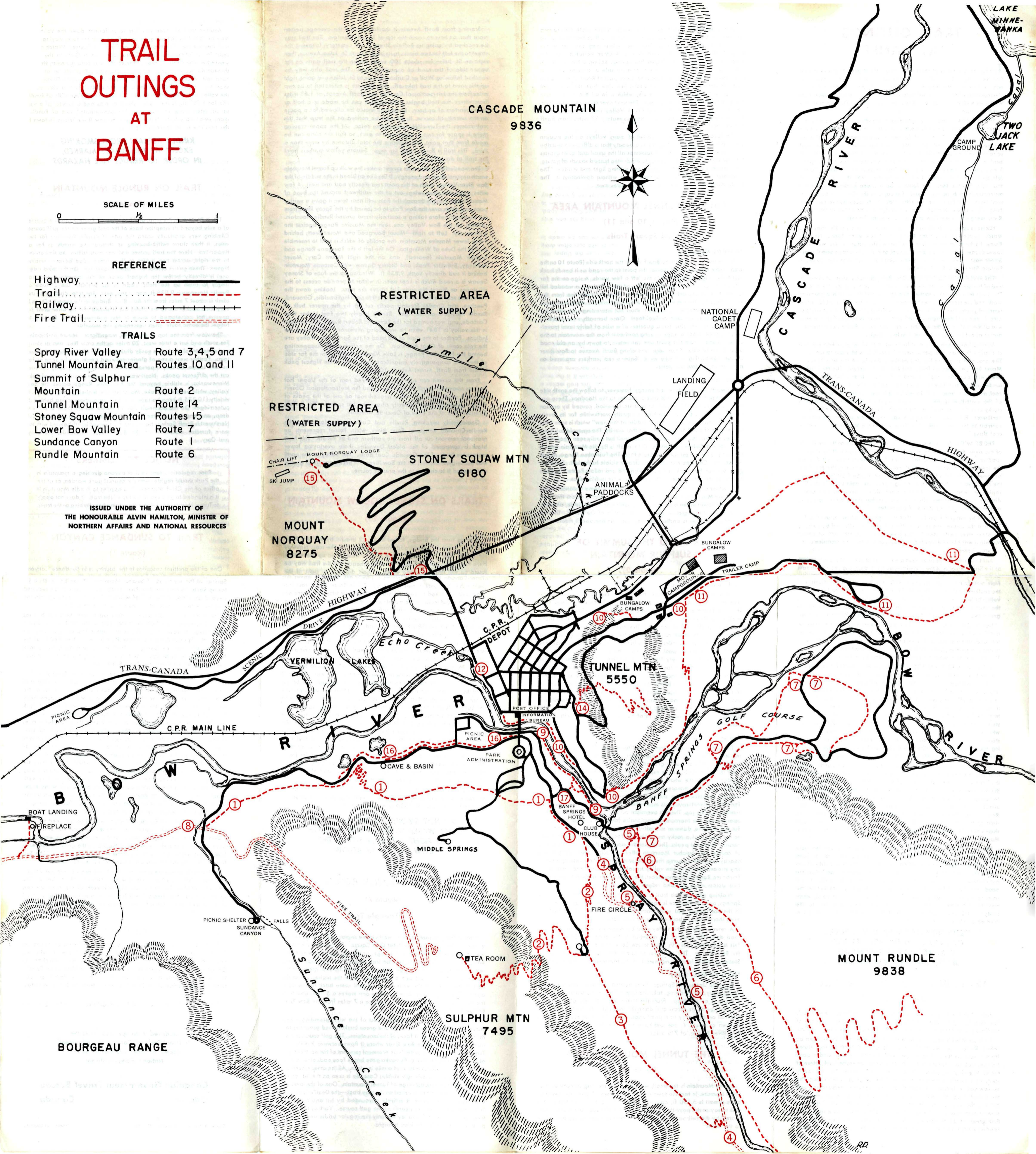
REFERENCE

- Highway —————
- Trail - - - - -
- Railway - + - + -
- Fire Trail - - - - -

TRAILS

- Spray River Valley Route 3,4,5 and 7
- Tunnel Mountain Area Routes 10 and 11
- Summit of Sulphur Mountain Route 2
- Tunnel Mountain Route 14
- Stoney Squaw Mountain Routes 15
- Lower Bow Valley Route 7
- Sundance Canyon Route 1
- Rundle Mountain Route 6

ISSUED UNDER THE AUTHORITY OF
THE HONOURABLE ALVIN HAMILTON, MINISTER OF
NORTHERN AFFAIRS AND NATIONAL RESOURCES



TRAIL OUTINGS AT BANFF

THERE are a number of short walks in the Banff area that visitors will find very enjoyable and not too strenuous, some not more than two miles return from the Bow River Bridge. It is hoped that the following descriptions, with the map, will help visitors to find and enjoy these short walks, as well as the longer hikes over scenic trails radiating from the Banff townsite.

THE BOW FALLS may be reached by descending the steps across the street from the Museum at the north end of the bridge, and following the Purple Trail, Route 10. The path follows in the direction of Mount Rundle for more than half a mile along the river bank before it joins the road to reach the view-point above the falls, which is less than a mile from the bridge. Looking out over the water one sees the valley of the Spray River, with the symmetrical peaks of Goat Mountain at its head. To the left, the crags of Mount Rundle rise almost sheer from the valley floor; to the right, Sulphur Mountain forms a dark green background for the magnificent Banff Springs Hotel. Beneath, to the right, the Bow River tumbles in white foam over the tilted slabs of its rocky bed to form Bow Falls. Only a few hundred yards beyond, the clear waters of the Spray River merge with the Bow and disappear to the left.

Hikers may return to town by the same route or cross the road and watch for the sign indicating Route 13. A few yards along this trail, Route 13 turns off to the left and follows the ridge on the west side towards town, passing the Banff School of Fine Arts and joining Grizzly Street east of the cemetery. Follow Grizzly Street to the left to reach Buffalo Street and Banff Avenue.

THE RIVER PATH TO THE STATION. Take the same steps at the north end of the bridge to reach the river bank, turn, and go under the bridge. This path may also be reached through Central Park. It is a pleasant walk, and the most convenient to town. It follows the river west for a few hundred yards, then north to its junction with Echo Creek. The path follows Echo Creek until the highway-railroad crossing is reached at the west end of the station platform. This suggested hike is Route 12 on the map and is about three-quarters of a mile in length.

Benches have been placed at frequent intervals where hikers can rest and enjoy the beautiful panorama of mountain wilderness to the west. The group of peaks at the end of the valley is the Massive Range—Mount Bourgeau, Mount Brett, and Massive Mountain. The far bank is lined with dark firs, poplars, and red willows from which the Indians made their hunting bows (hence the name Bow River). If the weather is cool, mountains, trees, and sky will be reflected in the vivid green water of the swift-flowing river. In warm weather, however, the water is murky and the river swollen with the silt of glaciers and ice-fields to the northwest. Echo Creek, which is always crystal clear, offers a marked contrast to the river, making a sharp line where they merge, even on cool days.

THE BOW FALLS are reached by an interesting walk on the south side of the river, Route 9 on the map. The river bank is gained by steps or roadway at the south end of the bridge. Following a broad path through the trees by the water, the trail mounts a small ridge; the far bank becomes a rusty cliff where, incredibly, fir trees grow from the rock, and the river's voice is lustier. Descending again one looks back on the first rapids or "white water". Another small hill is overlooked and one is directly above the main falls. Rustic benches invite hikers to pause awhile within soothing sound of the water.

It will be noticed from here that the highway follows a small gully. This and the depression between the two hills are believed by some to be older river beds, used by the Bow after its course north of Tunnel Mountain was blocked by glacier debris, and before the recession of the present channel.

Just below the falls can be seen the junction of the crystal-clear waters of the Spray River and the sometimes murky and always greener stream

from mountain springs and lakes, while the Bow drains the glaciers of the continental divide to the west. The mountains seen beyond the narrow valley below are the Fairholme Range; the small mountain directly across the river is Tunnel and nearby to the right rising in pale cliffs from the green sweep of the golf course is Rundle Mountain, 9,838 ft. altitude.

Descending the hill from the view-point, hikers may return to town by a different route, either by following Route 17, which is a path beside the road, or by climbing to the Banff Springs Hotel by way of the well-marked steps and paths which ascend from the small flat below the falls. This flat is a mile from the Bow River Bridge by either route.

THE CAVE AND BASIN HOT SPRINGS, one mile west of the bridge on the south side of the valley, may be reached by following the pleasant shaded path near the roadside. It was the discovery of this and other sulphur springs on the mountain that first led to the idea of making a resort at Banff. The cave here is now entered through the building, but it was first used by Indians who used trees to let themselves down through the hole on the side of the mountain from which they found steam emerging. Discovery by white men was made over 70 years ago when the railway was being built. Now a splendid bathhouse of Rundle stone, with two sheltered outdoor swimming pools and extensive dressing-room facilities for bathers, has been built over the original cave, while the natural hot sulphur water can still be seen flowing from the rock.

This walk is also well worth making for the delightful view of the valley that may be obtained from the balconies over the pools. It is probably the finest panorama in the whole valley. To the far left are the peaks of the Massive Range, and across the valley (left to right) are Mounts Cory, Norquay, and Cascade, with Stoney Squaw crouched in front. In the middle foreground a heavier tree-growth marks the course of the Bow River flowing towards the town, which is only slightly glimpsed far to the right at the base of Tunnel Mountain beyond whose thickly timbered slopes rise the sheer grey peaks of the Fairholme Range and Rundle Mountain.

Return to town may be made by the roadside path, or another route may be found by following the road for a quarter of a mile beyond the Cave and Basin and returning on a trail on the lower side of the road. This leads back along the hill above the swamp and below the bathhouse, through the woods just below the roadside path. It is a good trail for bird-watchers and riders. The trail comes out on the road to the Recreation Grounds from the Cave and Basin road, which may be followed to the river at the boat house and then to the bridge. This side road leaves the Cave and Basin Road about a third of a mile from the bridge.

"GEOLOGY OF THE NATIONAL PARKS OF CANADA IN THE ROCKIES AND SELKIRKS" MAY BE PURCHASED AT THE INFORMATION BUREAU.

TRAILS IN THE SPRAY RIVER VALLEY

(Routes 4, 5, 7, and 3)

Route 4 on the map is the main trail in the Spray Valley. A warden's fire road, going beyond Banff Springs Hotel, follows the south bank of the Spray River for twenty-four miles. Bicycles are allowed on this trail.

A pleasant walk of a little more than three miles may be enjoyed by taking Route 4 for two-thirds of a mile beyond Banff Springs Hotel. Here a spur on the left-hand side leads one to the river and a pony bridge, making connections with Route 5 on the opposite bank. Here at the south end of the pony bridge there is a firecircle. This is a lovely spot, more nearly in the wilderness than any other so close to town. The narrow valley shuts out all sight of cars and highways, or buildings, and the cheerful rush of the glistening clear water and the occasional bird call are the only sounds. To return to town, the north bank of the river downstream may be followed. The trail winds along the edge of the first green of Banff Springs Hotel Golf Course, and hikers take the roadway back to the river at the Spray Bridge, and thence to town.

Continuing on Route 4 hikers can make an 8-mile walk by crossing the river at the 4-Mile bridge (where there is a fireplace and picnic tables) to return on Route 5. From here hikers may continue on the Loop Trail (7) around the golf course. Another variation may be made by returning via the Upper Hot Springs, taking a trail (3) which cuts back up the mountain on the right-hand side at a point just three miles from the Bow River Bridge. (The lower part of Route 2 leads back to Banff Springs Hotel.) This will add a fine view from the Upper Hot Springs to the pleasures of a walk, which is in all 8 1/4 miles return distance from the Bow River Bridge. The next river crossing is at 8-Mile, and provides access to the Goat Creek Valley and Whiteman's Pass to Canmore for ambitious hikers (approximately 17 miles from Banff to Canmore).

The Spray River Valley is typical of many valleys on the eastern slope of the Canadian Rockies. It has a beauty that is difficult to describe because it is not spectacular. It possesses all the small and quiet charms that the word "wilderness" brings to mind—the hushed sounds of nature, the constant enchantment of colour, and shifting light and shadow. The mountains are a part of the general scene without dominating it. The place instils quiet delight more than it inspires awe.

TRAILS IN TUNNEL MOUNTAIN AREA

(Routes 10 and 11)

Red Square Trails

Around the Mountain

Follow the river trail to the Bow Falls on the north side (Route 10 on the map). From there the trail crosses the point to the road as it bends back along the ridge, following it to the left a few yards. A sign on the far side of the road marks the continuance of the trail down a wooded hill to the river again, behind the mountain. Here the cliffs rise from the valley floor to the summit—Tunnel Mountain from its most impressive angle. These precipices provide a short but interesting rock climb for alpinists (over a thousand vertical feet). Close beneath, river and trail go northward and, after three-quarters of a mile of fairly level travelling, the path climbs a ridge running northeast from the mountain to the camp-ground. From this point one can return to town by an old road down the west side of the ridge and along Banff Avenue to Bow River Bridge, completing a 4-mile walk. Square red markers are used on these trails at doubtful points.

To the Hoodoos

It is worth the extra time and energy, however, to follow the south side of the ridge for another mile and a quarter to the Hoodoos. These are strangely sculptured "statues" of prehistoric period, caused by erosion of glacial silt and clay. The hike is equally worthwhile for its lovely vistas. On this ridge one is "in the middle of the view" which is seen from the terrace of Banff Springs Hotel, or that vicinity. The emerald fairways lie away across the river, with the hotel small but easily seen against the dark slope of Sulphur Mountain. On the left is Rundle Mountain from a new angle; the almost sheer northern face. The Fairholme Range, Mount Aylmer and Cascade Mountain are clearly visible to the left. From this point one can turn back to the camp-ground and follow Route 10, down the hill to the town, making the complete walk in 6 1/2 miles.

A further extension follows along the ridge for some distance (Route 11 on the Map), then swings down to another plateau, across the road and back towards the mountain on the north side of the ridge, and left, back to the camp-ground along the west side of the bench. The full extent of this trail is particularly popular with horseback riders.

TRAIL TO THE SUMMIT OF SULPHUR MOUNTAIN

(Route 2)

To the Upper Hot Springs

There is a trail to the Upper Hot Springs that is somewhat shorter than the road and yet not steep at any point. To follow this trail take the road to the left on the south side of the bridge, following the sidewalk to Banff Springs Hotel, and just beyond to the right will be found the trail sign (Route 2 on the map). This trail mounts in easy switchbacks through cool pine woods to the road just below the hot springs, in a total distance of about two miles from the bridge. These sulphur springs feed an outdoor swimming pool, which maintains a summer temperature of 100 degrees F., and very little cooler in winter. The big Rundle stone bathhouse is kept open for bathers all year round, and is operated by the National Parks Branch. Looking from the terrace the view is very similar to that from the Banff Springs Hotel, although more extensive. Mount Rundle is in the right foreground and Mount Aylmer is a wall far across the valley beyond the turn of the river, with Cascade Mountain in full view to the left. Walking time from the bridge to the Upper Hot Springs is about an hour. Trails of Route 2 are marked with a blue disc where doubtful.

And on to the Summit

The trail to the summit commences alternatively from the lower parking lot, on the right, or from the upper parking lot on the left of the bathhouse. It is an easily-graded switchback trail. This trail makes a walk out of a climb, and is especially pleasant because it is the most shaded walk in the whole area, built as it is on the northern slope in thick timber. Furthermore, during the summer months, light refreshments may be obtained at the shelter just below the summit, in the daytime. The more adventurous souls make this walk at night in time to see the sunrise from the top. There is overnight accommodation in a guest cabin operated by the tearoom concessionaire (check at Hot Springs Hotel.) But rain or shine, dawn or mid-afternoon, it is a wonderful feeling to sit on the tip top of a rocky mountain and feel the breeze blowing from across a thousand peaks. The higher the mountain the more can be seen, of course, but Sulphur Mountain offers a fairly good sample. The nearby mountains assume their true proportions; the rivers appear as tiny streams shining in the valley troughs. To the left and beyond the Fairholme Range in the northeast, the end of Lake Minnewanka gleams blue across many wooded ridges.

Walking time for this trail is about two hours from the Upper Hot Springs, and the distance is about 3 miles. People with cars often drive to the hot springs and walk from there. The return can be made in much shorter time; about an hour, or even less.

A return route to the valley may be made by taking the one way road down the back of the mountain to the Sundance Canyon Road. This is 3.8 miles plus 1 1/2 miles to the Cave and Basin or 2 1/2 miles to the Bow Bridge. This road has its upper terminal at the Cosmic Ray Station which is located northwest of the tearoom near the summit.

Trail to the Spray Valley

From the Upper Hot Springs, if one doesn't wish to go any higher but would enjoy more walking, take the Upper Trail to the Spray River. This is Route 3 on the Map. From the lower parking area at the Upper Hot Springs it cuts across and down the mountain, joining the warden's fire trail on the Spray at a point opposite the 3-mile board. Returning to town on Route 4, one will have had a walk, round trip from the Bow River Bridge, of 7 1/4 miles.

THE TUNNEL MOUNTAIN HIKE

(Route 14)

Tunnel Mountain is the small, wooded peak looming directly east of Banff townsite. In fact the town is built on its lower slopes. The elevation of its summit is 5,550 ft. above sea level, 1,012 ft. above Banff. It is well to say at this point that there is no tunnel, although one was contemplated by the railroad builders before they decided to use the valley to the north.

Starting from Banff Avenue it should not take the average person more than an hour to reach the top of Tunnel Mountain. The trail may be reached by going up Buffalo Street to the cemetery, following the street to the left for two blocks to its junction with St. Julien Avenue, then right on St. Julien for about 100 yards where the trail starts on the upper side of the road at a parking area. The trail also may be reached following Wolf or Cariboo Streets to St. Julien and going right up this road to the trail take-off. The distance is estimated to be two miles from the intersection of Cariboo and Banff Avenue, or 1.63 miles from where the trail begins. The descent can be made in a half or three-quarters of an hour. Some time should be allowed for a pause on the summit, of course. It will also be noticed on the map that this trail crosses the Tunnel Mountain Drive twice. At the upper crossing there is space for two or three cars to park, so that the climb can be made from that point, thus reducing the total distance by more than a third. This trail is Route 14 on the map. Square yellow markers point the trail at doubtful places.

The wonderful view from its summit makes the walk up Tunnel Mountain worth anyone's time and energy. It lies like an island in the middle of the Bow River Valley, which at this point runs directly east and west. A few miles away the river swings out of the northwest around the base of Mount Cory. It winds through the flats until near town it gains a swifter pace and pours over the Bow Falls to be joined by the Spray River from the southeast before taking a southerly trend around Rundle Mountain. Looking up the Bow Valley one sees the Massive Range against the western sky. Left to right—Mount Bourgeau and Mount Brett; behind—the lower Massive Mountain, the profile of which is said to resemble that of the Duke of Wellington. On the left is the Bourgeau Range and Sulphur Mountain (nearest), and on the right Mount Cory, Mount Norquay, Brewster Peak, and Stoney Squaw with Cascade Mountain behind it and directly north, 9,836 ft. Winding up the face of Stoney Squaw is a road which is kept open in winter to provide access to the ski slopes on Mount Norquay just above the pass. Looking down the valley one sees the Fairholme Range; left to right Inglismaldie, Girouard, Peechee, and Charles Stewart partly cut off by the nearer bulk of Rundle Mountain on the right. Rundle is only two feet higher than Cascade, and was named for the Reverend Robert Rundle who camped in this valley in 1841 when he was doing missionary work among the Indians. Farther to the right at the head of the Spray River Valley are the twin cones of Goat Mountain. On the extreme left, disappearing behind the Fairholme Range, is Lake Minnewanka, and on the far side of the lake, comparatively insignificant from here, is the highest peak visible from Banff, Mount Aylmer, 10,375 ft.

From the summit can also be seen the red roof of the Upper Hot Springs above the Banff Springs Hotel, and the Meteorological Observatory, a small stone hut with a peaked roof on one of the peaks of Sulphur Mountain almost directly above the hot springs. The Buffalo Paddocks are at the base of Cascade Mountain.

Geologically speaking, Rundle and Cascade Mountains form the Rundle-Cascade Range or Fault Block, while Tunnel represents an erosional remnant cut off from the northern end of Rundle. This fault block is composed of the oldest Devonian shale overlying lower cretaceous beds of the Cascade Coal Basin. The valley to the north was the original channel for the Bow River, but thick deposits of glacial drift caused it to change to the present course.

TRAILS ON STONEY SQUAW MOUNTAIN

(Route 15)

Starting from the bridge, follow Route 12 around by the Bow River and Echo Creek to the railroad crossing. Then take the main highway for a half mile to the point where it turns west to go up the valley. Here the Mount Norquay Road continues ahead, and the trail may be found on the left hand side within a short distance. In sight of the Trans-Canada Highway. It follows a power line and men curves left below the road until it joins the gulley. This is Route 15 on your trail map and is marked in doubtful places by a grey triangle. There are many other old trails on the mountain but these are cut in many places by the highway and are often difficult to follow because of steep cutbanks. This trail circumvents the highway by following a gulley to the west of the switchbacks, on the road. It is a charming woodland trail, with only glimpses of the mountains to be seen until one is well up in the gulley. From there a lovely vista of the Spray River Valley and the peaks of Goat Mountain may be obtained. After a mile and a half of gradual ascent, an open bushy flat is reached with the ski slopes of Mount Norquay to the left, the Lodge on the small ridge to the right, and in front the peaks of Brewster Mountain rising into sight. But don't stop here! Be sure to climb up the cleared slope opposite the Lodge until the trees are reached. From here the view is tremendous. Opposite is the rounded wooded summit of Stoney Squaw, which rolls up back of the Lodge. In contrast, only a thin fringe of trees skirts the rugged grey cliffs of Cascade Mountain, which rises in twisted might, closely in the left foreground just beyond Stoney Squaw. In the distance the fan shaped ridges of the Fairholme Range bridge the background, while in the right middle distance, Rundle Mountain shows at its graceful best, with Tunnel Mountain and the town amazingly small in the valley at its base. The towers of Banff Springs Hotel show pale against the forest and are repeated in giant form by the smooth and shining slopes of Goat Mountain, one at the foot and the other at the head of the Spray River Valley to the right of Mount Rundle.

A chair-lift is now in operation between the Lodge and the top of the meadows on Mount Norquay, providing easy access to a spectacular panorama from a point 2,300 ft. above the town.

DO NOT SMOKE ON THE TRAIL—THE LAST WATER SUPPLY LARGE ENOUGH TO FIGHT A FOREST FIRE IS THE BOW RIVER, FAR BELOW.

TRAILS IN THE LOWER BOW VALLEY

(Route 7)

Blue Triangle Trail

One of the pleasantest "flat" walks in the region can be made in the vicinity of the Banff Springs Hotel Golf Course. Taking Route 9 on the map from the south side of the bridge, or the regular roadway to the Bow Falls (1 mile), one will find the trail (Route 7 on the map) starting across the Spray River Bridge and just beyond the first green of the golf course on the right side of the road. Both the highway and the trail make a loop in the valley beyond and come back to this point again. Following the route on the map one makes a 5-mile loop from the Spray River Bridge; or return distance is 7 miles from the Bow River Bridge for the complete walk.

The trail is near the golf course most of the way, providing lovely vistas across the fairways—white and green bunkers, and great twisted fir trees framing the bold faces of the mountains. The golf course is built on the east bank of the Bow River where it flows between Rundle and Tunnel Mountains. The latter is an erosional remnant of the northern end of Rundle so that the two cliffs marking the break face each other across a narrow valley about a third of a mile in width. All the other mountains in the vicinity are surprisingly visible; Cascade is seen on the left going out, above the northeast ridge of Tunnel Mountain. One of the loveliest sights on the walk is encountered on the way back—the Devil's Cauldron, a small, clear, green pond entirely surrounded by hill and mountain. This is one of the water hazards of the golf course. Various trails and short cuts wander in this valley but only the regular bridle and walking path is marked with the blue triangle.

Another trail will take you 1 1/2 miles farther down the valley. It may be found by following the Loop Road past the fork, staying right, and beyond the "Cauldron Hole" on the Golf Course. Watch on the right for a fisherman's Creel Census Box and a Gate in the fence where the trail starts. It leads through the woods to the river, then up through the woods again and finally down to a firecircle on an open sand spit which is covered with a carpet of Drummond's Dryas for a short time in July. This is a fine place for a picnic with a view across the valley of the Fairholme Range. Behind the trail the cliffs of Rundle rise for 5,500 ft.; looking back along the trail and a quarter of a mile up an open slope you can see "The Showerbath", one of Rundle's many small waterfalls. Distance from the Bow River Bridge in town to this firecircle is approximately 6 miles.

KINDLY REFRAIN FROM SMOKING EXCEPT AT THE PLACES MARKED, IN ORDER TO REDUCE FIRE HAZARDS

TRAIL ON RUNDLE MOUNTAIN

(Route 6)

This is Route 6 on the map, and branches off Route 5 about a quarter of a mile beyond its inception back of the first green on the golf course. Climbing very gradually along the side of Rundle Mountain for two miles, it then starts switch-backing up through the woods as far as timber-line. Here the trail ceases and one must follow the timber-line to the right, across two gullies to the summit ridge before climbing higher. These gullies cannot be crossed higher up. On the third ridge one is directly below the highest peak of the mountain and has simply to climb up the steep slope to the summit. The altitude of Rundle Mountain is 9,838 ft. above sea level. The total distance of this climb is about 7 miles from the Bow River Bridge to the summit. There is very little rock work to be done, but it should not be attempted by anyone not accustomed to more or less arduous hiking. Be sure to follow the same route when descending the mountain.

The view from the top is, of course, magnificent. Mount Assiniboine lies south and just a little west, 20 miles as the crow flies, and its sharp and symmetrical peak rises easily distinguishable above the other mountains. Farther west a sea of glacier-crowned peaks can be seen as far as Lake Louise, but only a person familiar with the topography can pick out the different peaks. Northward the extreme western end of Lake Minnewanka is visible beyond the Fairholme Range across the Bow Valley, while beyond the lake, Mount Aylmer, highest peak in the Banff vicinity (10,375 ft.) can be seen in its true proportions, rising behind its other ridges. On the northeast side of Mount Rundle there is a sheer drop, and one may see the prairie through a gap to the northeast. Northwest is Banff Springs Hotel, and the town of Banff beyond with the more familiar mountains of the Bow Valley—Cascade, Norquay, and Cory.

NOTICE TO CLIMBERS

Park regulations require that anyone climbing a mountain in the Park should register with the nearest park warden, or at the office of the Chief Warden. This applies to Rundle Mountain if it is intended to go beyond the top of the trail. It does not apply to Tunnel Mountain or Sulphur Mountain when climbing on the trails.

TRAIL TO SUNDANCE CANYON

(Route 1)

One of the prettiest cascades in the country is in Sundance Canyon.

Springs at the west end of Sulphur Mountain. It can be reached by taking Route 16 from the Bow River Bridge to the Cave and Basin, and beyond by road, at the end of which a short trail leads up into the canyon. A red triangle marks route 1 at doubtful points.

This is Route 1 on the map, starting just above the Banff Springs Hotel, branching right from near the start of the trail to the Upper Hot Springs; it traverses the slopes of Sulphur Mountain, crossing the Upper Hot Springs Road, just above Park Avenue. A half mile can be cut from this route by joining the trail as it crosses here, half a mile from the Bow River Bridge. The trail continues to traverse to the fire-guard west of the Cave and Basin Bathhouse.

The view is superb where the trail comes out on the fireguard. The Bourgeau range in the left foreground reveals its alpine valleys and splendid precipices; the pale green meadows and dark fir trees of the Bow Valley are below, while Mount Cory and Mount Norquay flank the right view. Where the trail switchbacks down the fireguard, look for a branch going west just above the road for another quarter mile; from this point one may continue on a trail over the ridge for a mile, and descend to the highway by the Sulphur Mountain fire road, continuing along the roadside to Sundance Canyon. This ridge route is a quiet forest trail with one or two magnificent views. The alternative of the highway by the river is really more scenic, with fine views of the peaks on the north side of the valley. The return journey may be varied by following the bridle trail which is found below the highway directly across the road from the ridge trail just west of the fireguard. This follows along the hillside above the swamp and below the bathhouse. Return distance on Route 1 to the fireguard and return by the Cave and Basin is 2.7 miles from the Upper Hot Springs road, or continuing to the Canyon by either route is about 7 miles return to Banff.

One might think that Sundance Canyon is poetically named because of its bright and dancing waterfalls. Actually the name comes from the Indian ceremony, a religious dance of the Stoney Indians who got it from an older tribe who worshipped the sun as the greatest heavenly body. This place with the lovely name was used in a novel "The Sun Dance Trail" by the famous Canadian novelist, Ralph Connor.

At the point where the trail meets the Sundance Canyon Road there is a warden's fire trail proceeding westerly towards Healy Creek. This offers possibilities for an all-day hike or horseback trip since one can go on up the valley. Healy Creek is six miles from town along this trail and is a pleasant terminal for any projected walk in that direction.

GENERAL

Fires may not be lit anywhere in the park except in places prepared for them, such as picnic-grounds and firecircles. Travel permits are required for overnight travel on park trails and for mountain climbing. Organized groups of picknickers are requested to obtain Fire Permits for use of picnic-grounds or firecircles. Fire and Travel Permits are obtained from the office of the Chief Warden or from the District Warden.

Please note that it is against Park Regulations to feed the bears.

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