

Welcome. Whether you would like to explore the Spray River trails by foot, ski, snowshoe or fat bike, this guide lists the **recommended trails** for each activity.

The colour of the trail shows the activities recommended for it, based on the type of trail and how it is groomed.



Cross country ski



Snowshoe / Fat bike



**Snowshoe / Winter hike /
Fat bike / Cross country ski**

The trail marker shows difficulty—a green circle is easy and a blue square is moderate.



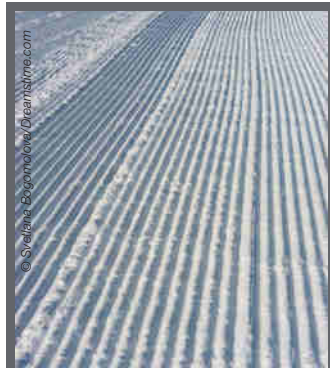
EASY



MODERATE



**Track set for
classic skiing only**



**Flat grooming for
other users**

In Banff National Park, we share the trail:

- The track set portion of the trail is for classic skiing only. The flat groomed lane is for other users.
- Walk and fat bike only on hard-packed trails to prevent ruts. If your feet or tires sink deeper than 2.5 cm (1 inch) conditions are too soft. Come back when it's colder or the snow is older!
- When climbing, please yield the right of way to descending skiers and fat bikers.
- If you fall, move off the track as quickly as possible.
- When taking a break, step to the side, leaving room for others to pass.
- Leave no trace. Pack out everything you pack in.

If you see wildlife, do not approach; give them lots of space and observe from a distance with binoculars or a telephoto lens. If tracks are observed, do not follow them towards the animal.

Be alert, make noise and carry bear spray. While dangerous interactions with humans are rare, please visit pc.gc.ca/Banff-wildlife to learn more about keeping yourself safe.



Looking for more winter trails available in the Banff area? Want some information about safety and wildlife? Pick up our winter guide at a Parks Canada Visitor Centre or go to:

pc.gc.ca/banff-winter

Également offert en français



**Banff
National Park**



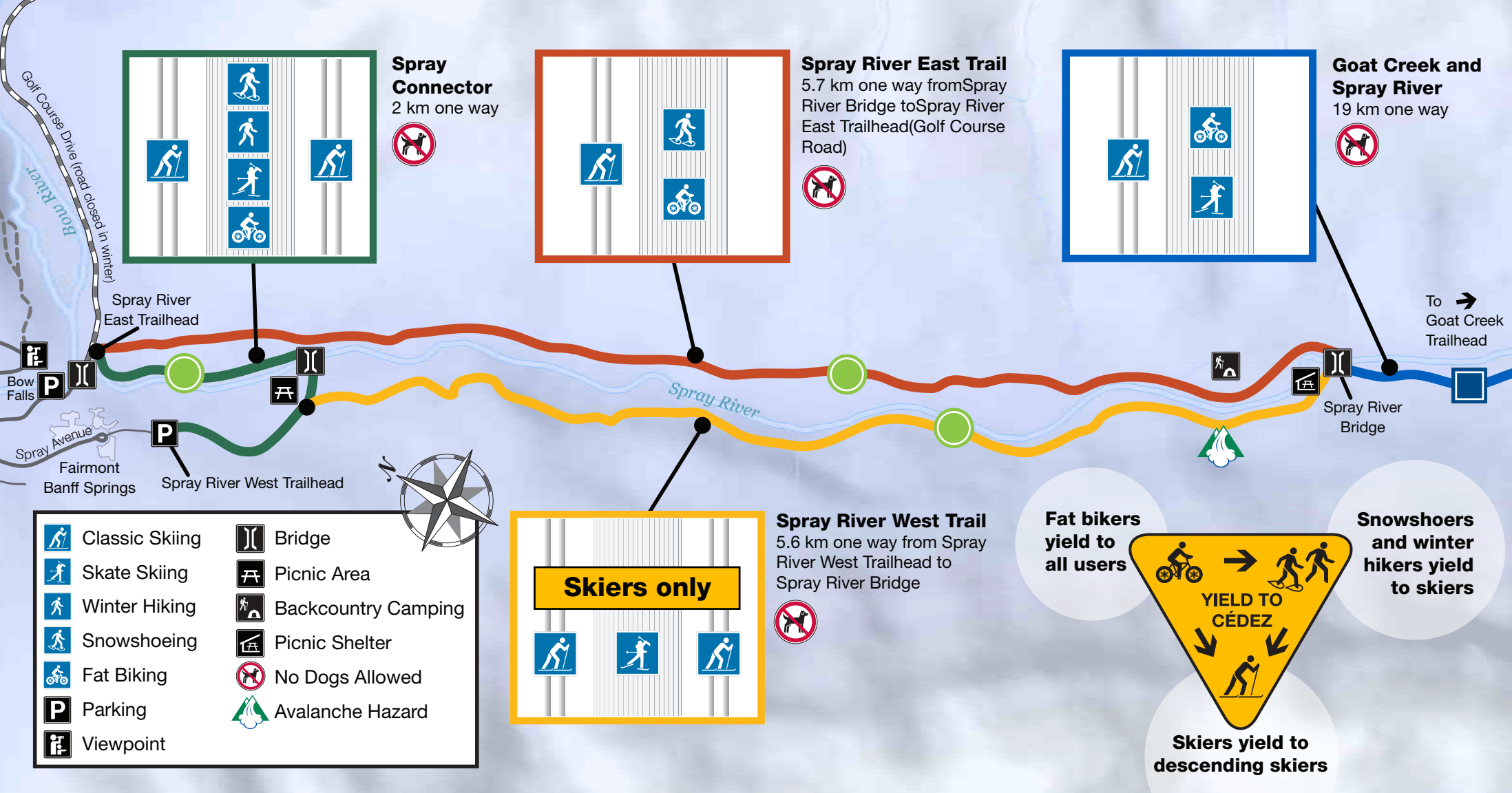
Spray River Trails



Parks
Canada

Parcs
Canada

Canada



Spray Connector
2 km one way

Spray River East Trail
5.7 km one way from Spray River Bridge to Spray River East Trailhead (Golf Course Road)

Goat Creek and Spray River
19 km one way

Spray River West Trail
5.6 km one way from Spray River West Trailhead to Spray River Bridge

Fat bikers yield to all users



Snowshoers and winter hikers yield to skiers

Skiers yield to descending skiers

- | | | | |
|--|----------------|--|---------------------|
| | Classic Skiing | | Bridge |
| | Skate Skiing | | Picnic Area |
| | Winter Hiking | | Backcountry Camping |
| | Snowshoeing | | Picnic Shelter |
| | Fat Biking | | No Dogs Allowed |
| | Parking | | Avalanche Hazard |
| | Viewpoint | | |



Golf Course Drive (road closed in winter)
Bow Falls

Fairmont Banff Springs

To Goat Creek Trailhead

Spray River Bridge

Spray River West Trailhead

Spray River East Trailhead

Spray River