



LEGEND

- Recommended for cross-country skiing
 - Recommended for snowshoeing
 - Recommended for winter hiking
 - Recommended for fat biking
 - Other trails
- | | | | |
|--|--------------------|--|--------------------------|
| | Campground | | Backcountry Campground |
| | Bow Valley Parkway | | Day-use Area |
| | Road | | Viewpoint |
| | Road Closed | | Bridge |
| | Avalanche hazard | | Shelter |
| | Visitor Centre | | Lodge |
| | Washrooms | | Gondola |
| | Police | | Roam Public Transit Stop |
| | Hospital | | Bikes Prohibited |
| | Parking | | |
- See other side of map for information on trails where dogs are permitted

Although bears are denning during the winter, they can awaken at any time for short periods. Cougars, wolves and other wildlife remain active throughout the year. 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. Visit pc.gc.ca/Banff-wildlife to learn more about keeping yourself safe.



Recommended Cross-country Ski Trails

- 1 Tunnel Mountain Trailer Court**
5.7 km all loops
No elevation gain
- 2 Spray River West Trail**
5.6 km one way from Spray River West trailhead to Spray River bridge
Elevation gain 105 m, elevation loss 70 m
- 3 Healy Creek**
5.3 km one way from Healy/Brewster parking lot to the Sundance Canyon Junction
Elevation gain 95 m, elevation loss 100 m
- 4a Cascade Valley**
49.6, 3 km one way
Elevation gain 135 m, elevation loss 50 m
49) 15.1 km one way
Elevation gain 250 m, elevation loss 85 m
- 4b Castle Junction**
59) 5 km one way
Minimal elevation gain
- 5a** Minimal elevation gain
59) 5 km one way
Minimal elevation gain
- 5b** Minimal elevation gain
- 6 Baker Creek to Protection Mountain Campground**
3.5 km of trails
Minimal elevation gain
- 7 Goat Creek and Spray River**
18.7 km one way
Elevation gain 435 m, elevation loss 160 m
- 8 Brewster Creek**
11.1 km one way, 2.6 km from Healy/Brewster parking lot to Brewster Creek Junction, plus 8.3 km to Sundance Lodge)
Elevation gain 315 m, elevation loss 150 m
- 9 Redearth Creek**
10 km one way
Elevation gain 330 m

Recommended Snowshoeing Trails

- 10 Surprise Corner to Hoodoos Viewpoint**
4.8 km one way
Elevation gain 115 m, elevation loss 90 m
- 11 Upper Stoney Squaw Loop**
4.8 km loop
Elevation gain 205 m
- 12 Sulphur Mountain Westside**
7.8 km one way
Elevation gain 885 m
- 13 Ink Pots via Moose Meadows**
5.6 km one way
Elevation gain 340 m, elevation loss 130 m

Recommended Winter Walking Trails

- 14 Fenland Trail**
2.1 km loop
No elevation gain
- 15 Marsh Loop**
2.8 km loop
Minimal elevation gain
- 16 Spray Connector**
2 km one way
Minimal elevation gain
- 17 Stewart Ganyon**
1.5 km one way
Minimal elevation gain
- 18 Johnson Lake**
2.8 km loop
Minimal elevation gain
- 19a** Johnston Canyon
19a) 1.2 km one way to the Lower Falls
Elevation gain 50 m
- 19b** 19b) 2.3 km one way to the Upper Falls
Elevation gain 120 m
- 20 Tunnel Mountain Summit**
2.4 km one way
Elevation gain 260 m
- 21 Sulphur Mountain**
5.5 km to top of gondola, plus 0.5 km to Sanson Peak
Elevation gain 655 m
- 22 Sundance Canyon**
3.7 km one way plus 1.6 km loop
Elevation gain 155 m, elevation loss 60 m

Recommended Fat Biking Trails

- 23 Tunnel Mountain Trailer Court**
3.4 km of trails
No elevation gain
- 24 Tunnel Mountain Drive**
2 km one way
Elevation gain 130 m, elevation loss 135 m
- 25 Spray River East Trail**
5.7 km one way from Spray River East trailhead to Spray River bridge
Elevation gain 135 m, elevation loss 80 m
- 26 Sundance Trail**
3.7 km one way
Elevation gain 75 m, elevation loss 60 m
- 27 Banff Avenue Trail**
3.3 km one way
Elevation gain 65 m, elevation loss 50 m
- 28 Tunnel Bench Loop**
9.7 km loop
Elevation gain 60 m
- 29 Lake Minnewanka**
7.5 km one way to Aylmer Pass Junction
Elevation gain 45 m, elevation loss 35 m

Roam

Pick up a Roam public transit brochure at the Banff Visitor Centre or visit roamtransit.com for public transit fares, maps and schedules.

Share the trail
Partageons le sentier