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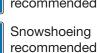
Winter, a season to play . . .

Welcome to winter in Banff National Park, Canada's first national park. Whether you are here for a family adventure or a relaxing getaway, there is no better way to experience Banff's pristine mountain landscape than to get out there in the snow.

Lace up your boots, wax up your skis, strap on a pair of snowshoes or hop on a fat bike and enjoy one of many winter trails.



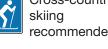


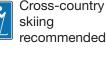
















Dogs on leash at

Dogs prohibited

Bikes prohibited

Avalanche

all times



Dogs can cause stress for wildlife as they cannot tell the difference between a domestic dog and a wolf or coyote. Every canine is seen as a potential threat. If you have a dog, it is your responsibility to:

- Ensure your dog is on a leash and under control at
- Pick up after your dog and dispose its waste in a garbage bin.
- Read the trail descriptions as dogs are not permitted on certain trails.

How to Use this Guide

Whether you want to explore the national park by foot, ski, snowshoe or fat bike, this guide lists the recommended trails for each activity.

Stop by the visitor centre or visit pc.gc.ca/banfftrails for trail conditions and closures before heading out.

For all trails, be prepared as conditions can change quickly; easy and moderate trails can become difficult due to weather change, icy conditions or poor visibility.

EASY

- Suitable for all visitors, including those with little or no trail experience.
- Little or no elevation gain or loss.

MODERATE

- trail experience.
- Gently rolling with short and steep sections.

or people skiing while you are snowshoeing.

Trail **Etiquette**

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.
- 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.

Fat bikers yield to all users



Track set for Flat grooming for lassic skiing only other users

Ice Cleats

Trails can be icy in the winter. Hiking poles and ice cleats are recommended when exploring the trails. Cleats are designed to fit over shoes or boots and can be purchased at the Banff Visitor Centre, 224 Banff Avenue, and most outdoor stores in the Town of Banff.



ecommended ross-country Ski Trails

Tunnel Mountain Trailer Court

No elevation gain **Trailhead: Tunnel Mountain Trailer Court Campground** entrance. Turn right after campground kiosk and park

at barricades.

Two seasonally closed campgrounds offer first-time skiers the perfect place to try out a new sport. Get your evening fitness fix with 2.6 km of lit trails in Trailer Court or explore the 3.1 km guiet, forested loops of Village 1. The trailhead is within walking distance of a Roam public transit stop. Dogs prohibited on ski trails.

pray 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

West Trailhead: Park at Spray River West trailhead, behind the Fairmont Banff Springs.



The entire trail is double track set with a skate skiing lane. This trail is a locals' favourite offering rolling terrain in a picturesque river valley with views of the Fairmont Banff Springs. Bring a snack; there is a picnic spot beside the river near the bridge. **Avalanche hazard:** Avalanche paths from Sulphur Mountain cross the Spray River at 4.5 - 5 km from the Spray River trailhead. Do not stop in this area.

5.5 km one way from Healy/Brewster parking lot to the Sundance Canyon junction Elevation gain 95 m. elevation loss 100 m

West Trailhead: Healy/Brewster parking lot East Trailhead: Park at Cave and Basin National Historic Site, start at Sundance Trail west of the building.



This forested trail close to the townsite is ideal for visitors wanting to experience a taste of the backcountry. Track setting occurs when adequate snow is available. For a shorter one-way trip, arrange for a drop-off at the Healy/Brewster parking lot, and ski or fat bike into the town; there is a short trail that will bring you from the Cave and Basin National Historic Site along Cave Avenue to the Banff Avenue bridge.



4a) 6.3 km one way

4b) 15.1 km one way Elevation gain 250 m, elevation loss 85 m Trailhead: Lake Minnewanka Day-use Area parking lot

Elevation gain 135 m, elevation loss 50 m



Double track set with a skate skiing lane to Cascade River bridge. Single track set with pleasant rolling terrain for the remaining route to Stoney Creek. A sunny trail with good views and a fun downhill return trip. For a short 2 km ski, enjoy the trail from Lake Minnewanka Day-use Area to Upper Bankhead.



stle Junction 5a) 3.9 km of trails

Minimal elevation gair 5b) 5 km one way

Minimal elevation gain Trailhead: Castle Junction on the Bow Valley Parkway (Hwy 1A)





*** * * *** This narrow, challenging trail climbs, at times steeply, through A series of interconnected single track set trails that wind through spruce forest. The main trail runs from Castle Junction to Castle Mountain Lookout along the Bow Valley Parkway (Hwy 1A).

Baker Creek to

rotection Mountain Campground 3.5 km of trails

Minimal elevation gain Trailhead: Across the road from Baker Creek Chalets on the Bow Valley Parkway (Hwy 1A)



This single track set trail (labelled #2 on-site) runs parallel to the Bow Valley Parkway (Hwy 1A). Enjoy this gently rolling trail along Banff's original highway.



7 Goat Creek and Spray River

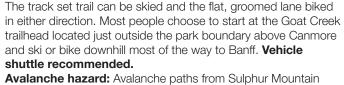
18.7 km one way

Elevation gain 435 m. elevation loss 160 m Trailhead: Goat Creek trailhead 8 km south of Canmore on Smith-Dorrien Road or Spray River West trailhead









cross the Spray River at 4.5 - 5 km from the Spray River trailhead. Do not stop in this area.



earth Creek

hills can get icy.

10 km one way

Castle Junction

4.8 km one way

Mountain Drive.

4.8 km loop

parking lot

7.8 km one way

Elevation gain 885 m

trail starts west of building.

Elevation gain 205 m

ski runs above the Cascade Lodge.

12 Sulphur Mountain Westside

climb for snowshoers or hikers with ice cleats.

Elevation gain 340 m, elevation loss 130 m

Elevation gain 330 m

the Trans-Canada Highway

11.1 km one way (2.6 km from Healy/Brewster parking lot to Brewster Creek junction, plus 8.5 km to Sundance Lodge) Elevation gain 315 m, elevation loss 150 m Trailhead: Healy/Brewster parking lot

This trail offers scenic valley views through open and forested

areas. Track setting occurs when adequate snow is available. For

the more experienced, take the trail to Sundance Lodge. Note that

Trailhead: Redearth Creek trailhead, 20 km west of Banff on

The trail climbs gradually through lodgepole pine forests to the

Shadow Lake Trail. The last few kilometres back to the highway

can be exhilarating; be extra cautious if conditions are icy.

avalanche paths cross the trail at kilometres 3.3 and 4.4.

Recommended

Elevation gain 115 m, elevation loss 90 m

11 Upper Stoney Squaw Loop

Snowshoeing Trails

Surprise Corner to Hoodoos Viewpoint

Trailhead: Start at Surprise Corner parking lot on Tunnel

This sunny trail provides open vistas to the Hoodoos Viewpoint.

Keep an eye out for wildlife and watch for icy sections. You can

make a loop or return to town along Tunnel Mountain Road.

Trailhead: Immediate right at Mt. Norquay ski resort

thick forest to the summit of Stoney Squaw Mountain. Enjoy a

snack and a well-deserved rest at the viewpoint, with astonishing

there, continue north and descend a twisting trail back to the old

views of Cascade Mountain and the Bow Valley beyond. From

Trailhead: Park at Cave and Basin National Historic Site,

Follow Sundance trail 2.6 km to the junction, where you will find

the Sulphur Mountain Westside trail branching back to the east.

From there, this old weather station access road is a sustained

Trailhead: Johnston Creek trailhead at the Moose Meadows

parking lot, 27 km west of Banff on the Bow Valley Parkway

Avalanche hazard: From the Redearth Creek trailhead, two

Between kilometres 6.3 and 8, beyond two bridges, avalanche

paths from Copper Mountain exist above the trail. **Do not stop in**



Winter Walking Trails





2.1 km loop

No elevation gain Trailhead: Fenland Trail parking lot on Mt. Norquay Road



This peaceful interpretive trail under old growth spruce trees is great for families with young children. For a longer walk from the Banff townsite, start at Central Park and follow the Bow River to the Fenland trailhead. Walk east, just over the railway tracks on Mt. Norquay Road (0.9 km one way).

(15) Marsh Loop

2.8 km loop Minimal elevation gain Trailhead: Cave and Basin National Historic Site parking lot



This trail is located in the wide expanse of the Bow Valley and circles around the marsh. It comes alive with birds in the winter and is a great place to see animal tracks.

(16) Spray Connector

Minimal elevation gain

Trailhead: Park at the Bow Falls Day-use Area, walk across the bridge and past the gate on Golf Course Road. Follow the road 100 m to the Spray River East trailhead kiosk and take the trail closest to the Spray River.





Connector links the Spray River East Trail to Spray River West Trail via a small scenic bridge. If conditions are icy, ice cleats are trongly recommended.

Stewart Canyon

1.5 km one way

Minimal elevation gair Trailhead: Lake Minnewanka Day-use Area, kiosk at the far end of picnic area



you to the trailhead. Explore the Cascade River which feeds Banff National Park's largest lake. This trail can be very icy, especially



Minimal elevation gain





(19a) (19b) Johnston Canyon

19a) 1.2 km one way to the Lower Falls Elevation gain 50 m 19b) 2.5 km one way to the Upper Falls

Banff on the Bow Valley Parkway (Hwy 1A)





Travel in the depths of the canyon on wide trails and narrow bridges with railings that lead to the Lower Falls or to the spectacular 30 m high frozen Upper Falls. The trail is usually very icy – ice cleats are strongly recommended. Travel an additional 3.2 km beyond the Upper Falls to reach the lnk Pots.



Elevation gain 260 m Trailhead: Lower parking lot on St. Julien Road below Banff Centre





This steep trail can be extremely icy. Hiking poles and ice cleats

[26] Sundance Trail are strongly recommended.





5.5 km to top of gondola, plus 0.5 km to Sanson Peak Elevation gain 655 m Trailhead: Upper Hot Springs on Mountain Avenue





Switchbacks on the slopes of Sulphur Mountain provide a steady uphill hike to a summit renowned for its breathtaking mountain views. Take a 0.5 km side trip on the boardwalk along the ridge ending at Sanson Peak. You will find more great views, remnants

and the 1903 weather observatory. **Avalanche hazard:** There is hazardous avalanche terrain adjacent to this trail. Stay on the trail at all times.

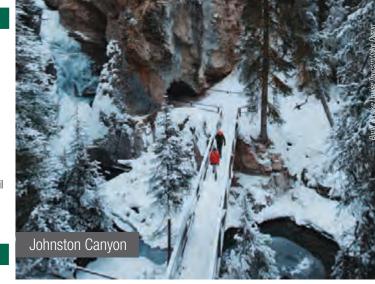
of the Sulphur Mountain Cosmic Ray Station National Historic Site

22 Sundance Canyon

3.7 km one way plus 1.6 km loop Elevation gain 155 m. elevation loss 60 m Trailhead: Park at Cave and Basin National Historic Site, trail starts west of building.



The moderately difficult canyon loop starts at the end of the Sundance trail. Bikes are not permitted past the bike racks. This trail can be icy - ice cleats are strongly recommended.

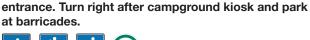


Recommended Fat Biking Trails

23) Tunnel Mountain Trailer Court

No elevation gain

3.4 km of trails



Looking for a place to get a feel for fat biking on wide, groomed trails? Want to enjoy a quiet stroll in nature with your dog or try out snowshoeing after a big snowfall? The flat terrain of Trailer Court has something for everyone. Located close to town, it is a

(24) Tunnel Mountain Drive





Closed to vehicles in the winter, this route has splendid views of Cascade Mountain. It also connects with the Surprise Corner to



Elevation gain 135 m, elevation loss 80 m



River bridge



snow falls throughout the year, snowshoers flatten the trail and fat bikers compact the snow, creating a hard-packed trail for both. Bring a snack; there is a picnic spot beside the river near



Elevation gain 75 m, elevation loss 60 m

Trailhead: Park at Cave and Basin National Historic Site, trail starts west of building.



through forested areas to the Sundance Canyon picnic area. Sections of the trail are single and double track set. **Bikes are** not permitted past the bike racks.



thin ice, hypothermia and frostbite.

Starting points: East end of Banff Avenue at the junction

Access this trail from the start of the Banff Legacy Trail located at the east end of Banff Avenue. Ride 100 m until you see a steep path going up through thick forest. Beware of icy conditions. The trail levels-off gradually until it reaches an open meadow; head left on nice rolling singletrack. This north-facing slope retains snow well and is a reliable fat biking experience. The trail ends at Tunnel Mountain Road. Return the same way or connect with the Tunnel Bench Loop (Coastline) to return to town.

9.7 km loop Elevation gain 60 m Starting point: Hoodoos Viewpoint parking area

Banff Avenue Trail

Elevation gain 65 m, elevation loss 50 m

with Banff Legacy Trail or Tunnel Mountain Road



Typically ridden clockwise, this popular loop connects The Spine, Coastline, Teddy Bear's Picnic and Don's Bypass to make a winding and varied entry-level singletrack with minimal elevation gain. Take in the spectacular views of iconic Mount Rundle and Cascade Mountain as well as the Fairholme Range. Some sections have significant vertical exposure.

Don't let the gentle opening of this iconic ride fool you; the

physical demands and the remoteness of this trail require

excellent fitness, bike handling skills and preparation. The

challenging and at times exposed sidehill trail climbs steeply

out of Stewart Canyon and heads east on a rollicking single

The wide tires of a fat bike add extra surface area for

a smooth ride over firm snow, but deep fresh snow

or warm conditions are no fun and leave ruts in the

trail. If your tires sink deeper than 2.5 cm (1 inch) then

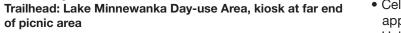
conditions are too soft - come back when it is colder.

If trails are icy, studded tires are recommended to add

For an alternative route, after you enter onto **Teddy's Bear's Picnic** from the service road, watch for the trail junction to Stinky D. This forested trail opens up to wide-open picturesque views of the valley, then loops around to Wolf Scat Alley bringing you back to **Teddy Bear's Picnic**.



7.8 km one way to Aylmer Pass junction Elevation gain 45 m, elevation loss 35 m



appropriate for the area you will be visiting Helmet when fat biking

More **Information**

Banff Visitor Centres: 224 Banff Avenue and 327 Railway Avenue

Alberta Transportation Road Report:

uidebooks and topographic maps are available at

satellite phone: 403-762-4506. Cell phone coverage is not

Plan Ahead And **Prepare**

Winter **Safety** Safety is your responsibility. There are always hazards

- associated with outdoor recreation. Even short trips
 - from the Town of Banff can have serious consequences. Ask for advice at a Parks Canada Visitor Centre for
- help with trip planning. For up-to-date information on trail conditions,
- warnings and closures, visit pc.gc.ca/banfftrails. • When trails are icy, hiking poles and ice cleats can

Always choose a trail suitable for the least

- make winter hiking much more enjoyable. Study descriptions and maps before heading out.
- experienced member in your group. Tell somebody where you are going, when you will be back and who to call if you do not return.
- Expect that trail conditions and winter hazards may change throughout the day. Consult weather forecasts and be prepared for changing weather
- and emergencies. Winter hazards include avalanches, disorientation
- From November to March, make sure your car is winterized. Snow tires, proper clothing, and an emergency kit are recommended. For road reports, visit 511.alberta.ca

Avalanche Risk 🧥

Avalanche season in the mountains extends from November to June, and even a short walk can take you into avalanche terrain. Trails in this guide with a known hazard are identified with an avalanche symbol. When travelling beyond marked trails, or past an avalanche danger sign, assume you are in avalanche country your group should be prepared with the appropriate knowledge, skills and equipment.

Check the current avalanche forecast at a Parks Canada Visitor Centre or avalanche.ca. For more information on backcountry travel and how to stay safe in the mountains, visit parksmountainsafety.ca.

Recommended Packing List

- Trail guide and map
- Sunscreen and sunglasses • First aid kit and repair kit
- Lightweight emergency blanket, candle and lighter or
- Toque or winter hat and gloves
- Hand and toe warmers Extra warm clothing in case of an emergency
- Cell phone or satellite communication device

Trail Conditions Report:

11 (in Alberta) or 1-855-391-9743 / 511.alberta.ca

utlets in the Town of Bant

reliable throughout the national park.

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Flat to gently rolling.

- Suitable for most visitors who have some basic
- Moderate elevation gain or loss.

Trails are shared in the national park, which means you could see people fat biking while you are winter hiking,

When climbing, please yield the right of way to

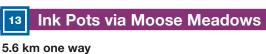
Snowshoers and winter hikers yield to skiers

Skiers yield to descending skiers









coloured mineral springs.

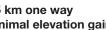


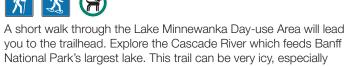




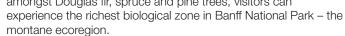


For those seeking a short outing close to town, the Spray



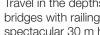


2.8 km loop Trailhead: Johnson Lake Day-use Area





Elevation gain 120 m Trailhead: Johnston Canyon Day-use Area, 22 km west of







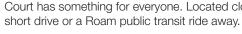


Trailhead: Tunnel Mountain Trailer Court Campground

of picnic area

Fat Bike **Tips**

grip to your ride.



Elevation gain 130 m, elevation loss 135 m Trailhead: Start at the closed gate at the intersection of Tunnel Mountain Drive and St. Julien Way.

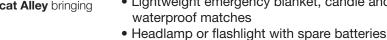


Trailhead: Park at the Bow Falls Day-use Area, walk across the bridge and past the gate on Golf Course Road. Follow the road 100 m to the Spray River East trailhead kiosk, take the east-most trail.

5.7 km one way from Spray River East trailhead to Spray

28 Tunnel Bench Loop

 Full water bottle or thermos High energy food Bear spray



Hiking poles and ice cleats

For additional information on winter packing, visit

parksmountainsafety.ca

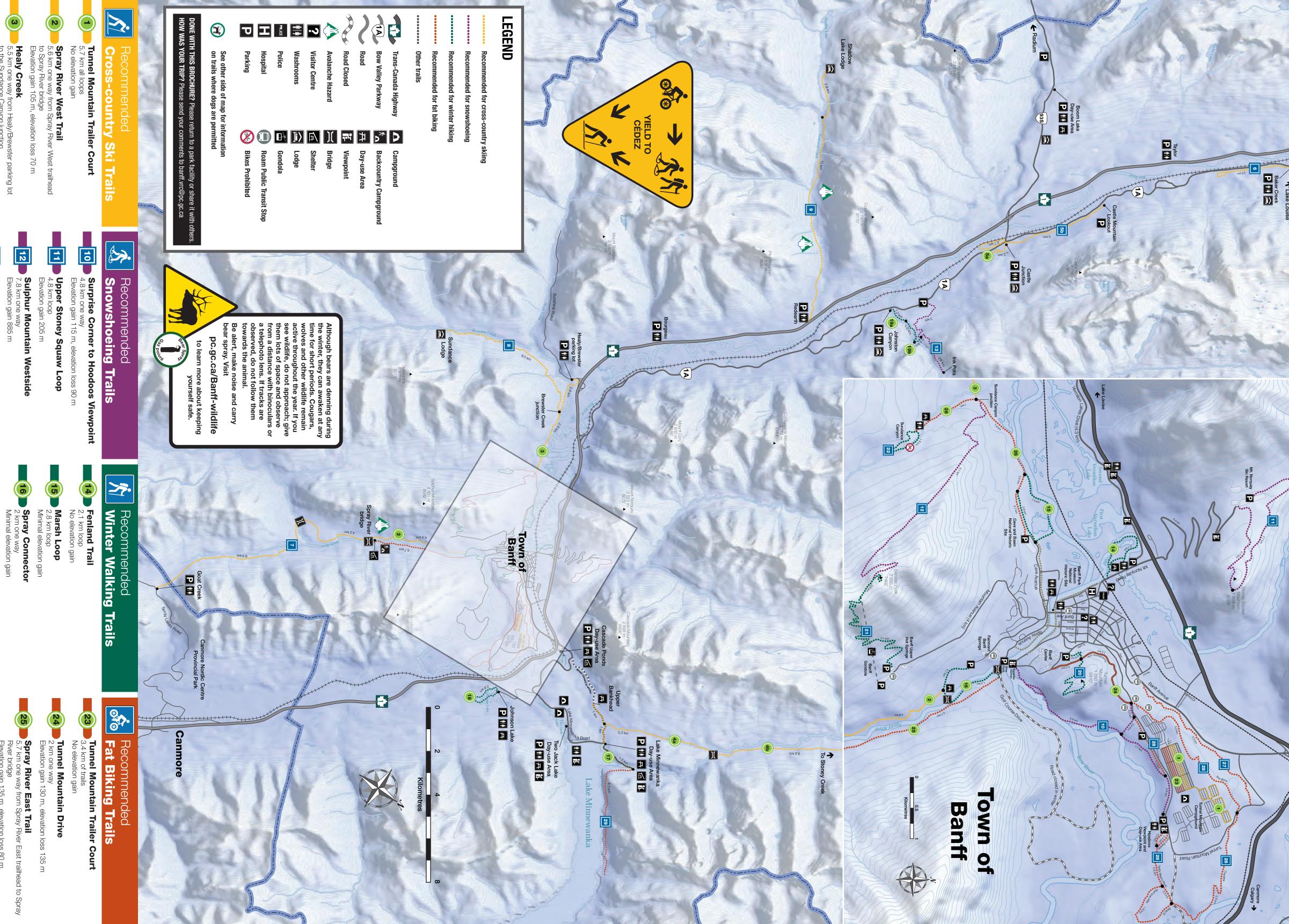
Environment Canada Weather Forecast: 403-762-2088 / weather.gc.ca

For avalanche education and training,

In case of EMERGENCY, call 911 or

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Également offert en français









ter Creek to tection Mounta









y River East Trail

- Stewart Canyon
 1.5 km one way
 Minimal elevation gain

 Johnson Lake
 2.8 km loop
 Minimal elevation

Banff Avenue Trail
3.3 km one way
Elevation gain 65 m, elevati

- Johnston Canyon

 19a) 1.2 km one way to the Lower Fa
 Elevation gain 50 m
 19b) 2.5 km one way to the Upper Fa
 Elevation gain 120 m

 Tunnel Mountain Summit
 2.4 km one way
- ulphur Mountain
 km to top of gondola,
 avation gain 655 m







