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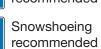
Winter, a season to play . . .

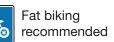
Welcome to Banff National Park, Canada's first national park. Whether you are here for a family adventure or a relaxing getaway, there is no better way to experience Banff's expansive mountain landscape than to get out there in the snow. Lace up your boots, wax up your skis, strap on a pair

of snowshoes or hop on a fat bike and enjoy one of many winter trails.

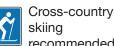


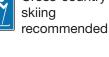
















Dogs or other pets cause stress for wildlife. Dogs, like wolves and coyotes, may be seen as a threat.

Dogs on leash at

Dogs prohibited

Bikes prohibited

Avalanche

hazard

all times

- Ensure your dog is on a leash and under control at
- Pick up and dispose of your pet's waste in a garbage bin.

Dogs are not allowed on some trails: read the trail descriptions or visit parkscanada.gc.ca/banfftrails for more information.

How to Use this **Guide**

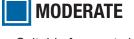
Whether you want to explore the national park by foot, ski, snowshoe or fat bike, this guide lists the recommended trails for each activity.

Stop by the visitor centres or visit parkscanada.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.



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



- Suitable for most visitors who have some basic trail experience.
- Gently rolling with short and steep sections.
- 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, or people skiing while you are snowshoeing.

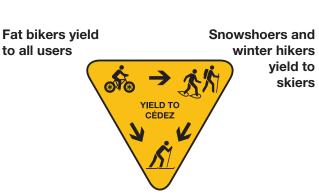
Trail **Etiquette**

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. 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.



Skiers yield to descending skiers



Track set for lassic skiing only

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.

other users



ecommended ross-country Ski Trails

Two seasonally closed campgrounds offer first-time skiers the

forested loops of Village 1. Dogs prohibited on ski trails.

5.6 km one way from Spray River West trailhead to

Trailhead: Spray River West trailhead, past the Fairmont

This local's favorite is double track set with skate skiing lane,

Avalanche hazard: Avalanche paths from Sulphur Mountain

5.5 km one way from Healy/Brewster parking lot to

Elevation gain 95 m, elevation loss 100 m

Sundance Trail west of the building

Cave Avenue to the Banff Avenue bridge.

4a) 6.3 km one way to Cascade River bridge

Elevation gain 135 m, elevation loss 50 m

Elevation gain 250 m, elevation loss 85 m

4a + 4b) 15.1 km one way

5a) 3.9 km of trails

5b) 5 km one way

Castle Junction

19 km one way

Fairmont Banff Springs

Do not stop in this area.

Minimal elevation gain

Minimal elevation gain

yield to

skiers

cross the Spray River 4.5 - 5 km from the Spray River trailhead.

West Trailhead: Healy/Brewster parking lot on the Sunshine

East Trailhead: Cave and Basin National Historic Site, start at

This forested trail is a taste of the backcountry, close to town. Track

setting occurs when adequate snow is available. For a shorter

Trailhead: Lake Minnewanka Day-use Area parking lot

This wide trail is double track set with a skate skiing lane to

return trip. For an additional 2 km round trip, ski the trail to

Cascade River bridge and single track set for the remaining route

to Stoney Creek on pleasant rolling terrain. Enjoy a fun downhill

Starting point: Parking area on the HI Hostel road south of

A series of interconnected single track set trails that wind through

Goat Creek and Spray River

spruce forest. The main trail runs from Castle Junction to Castle

Mountain Lookout along the Bow Valley Parkway (Hwy 1A).

Goat Creek trailhead: 8 km south of Canmore on Spray

The track set trail can be skied and the flat, groomed lane can be

biked in either direction. Most people choose to start at the Goat

Creek above Canmore and ski or bike downhill most of the way to

Avalanche hazard: Avalanche paths from Sulphur Mountain

cross the Spray River 4.5 - 5 km from the Spray River trailhead.

Spray River West trailhead: Parking area behind the

Route 2

Banff. Vehicle shuttle recommended.

Elevation gain 435 m, elevation loss 160 m

one-way trip, arrange for a drop-off at the Healy/Brewster parking

lot, and ski or fat bike into the town; a short trail will bring you along

there is a picnic spot beside the river near the bridge.

offering rolling terrain in a picturesque river valley. Bring a snack

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 5.4 km guiet,

Tunnel Mountain Winter Trails

Trailhead: Tunnel Mountain Trailer Court

8 km all loops

No elevation gain

Spray River bridge

Do not stop in this area.

(3) Healy Creek

Village access road

Sundance Canyon junction

Banff Springs

Campground entrance

Route 2

(2) Spray River West Trail

Route 2

Elevation gain 105 m, elevation loss 70 m

Village access road

This trail offers 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 hills can get icy.

11.1 km one way (2.6 km from trailhead to Brewster Creek

Trailhead: Healy/Brewster parking lot on the Sunshine

8 Redearth Creek

10.5 km one way

ewster Creek

junction, plus 8.5 km to Sundance Lodge)

Elevation gain 315 m, elevation loss 150 m

Elevation gain 335 m Trailhead: Redearth Creek trailhead







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 icv. **Avalanche hazard:** From the trailhead, two avalanche paths cross the trail at kilometres 3.3 and 4.4. Between kilometres 6.3 and 8, beyond two bridges, avalanche paths from Copper Mountain exist above the trail. **Do not stop in these areas.**



Snowshoeing Trails

Recommended

Snow conditions on snowshoe trails are best after a recent snowfall.



(9) Tunnel Mountain Drive

2 km one way Elevation gain 130 m, elevation loss 135 m

Starting point: The closed gate at the intersection of Tunnel Mountain Drive and St. Julien Road





Hoodoos Viewpoint Trail (11).





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



Minimal elevation gain Trailhead: Johnson Lake Day-use Area

*** * * * * ***





This trail follows the lakeside shoreline and includes views of Cascade and Rundle mountains. This forest of Douglas fir, spruce and pine trees, is the richest biological zone in Banff National Park – the montane ecoregion.

11 Surprise Corner to Hoodoos Viewpoint

Elevation gain 115 m, elevation loss 90 m Trailhead: Surprise Corner, east end of Buffalo Street









Noute 7 nis 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. 12 Upper Stoney Squaw Loop

4.8 km loop Elevation gain 205 m Trailhead: Kiosk at the south end of Mount Norquay ski





This narrow trail climbs, at times steeply, through thick forest to the summit of Stoney Squaw Mountain where you can enjoy views of Cascade Mountain and the Bow Valley. From there, continue north and descend on a twisting trail back to the old ski runs above the Cascade Lodge.



13 (25a) Sulphur Mountain Westside

7.8 km one way Elevation gain 885 m Trailhead: Cave and Basin National Historic Site, start at





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 climb for snowshoers or hikers with ice cleats.

Trailhead: Johnston Creek trailhead at the Moose Meadows

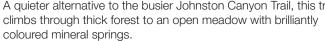
14 Ink Pots via Moose Meadows

Elevation gain 340 m, elevation loss 130 m

parking lot *** * * * * ***







Winter Walking Trails

uphill hike to a summit renowned for its stunning mountain views. Trailhead: Fenland Trail parking lot, west of Mt. Norquay Take a 0.5 km side trip on the boardwalk along the ridge ending Road. Trailhead is a 20 minute/1.5 km walk from downtown at Sanson Peak. You will find more great views, the Sulphur Mountain Cosmic Ray Station National Historic Site and the 1903 weather observatory. **If conditions are icy, ice cleats are**

This 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).

Recommended

(16) Marsh Loop

(15) Fenland Trail

2.1 km loop

No elevation gain

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 a marsh. It comes alive with birds in the winter and is a great place to see animal tracks



Minimal elevation gain

Starting point: Park at the Bow Falls Day-use Area, walk past the gate and across the bridge. Follow the Golf Course Road 350 m to the Spray River East trailhead kiosk. Go past the kiosk, head west and take the trail closest to the Spray





18 Stewart Canyon 1.5 km one way Minimal elevation gain Trailhead: Lake Minnewanka Day-use Area, kiosk at the far



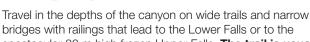
Explore the Cascade River which feeds Banff National Park's largest lake. This trail can be very icy, especially during the spring.



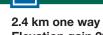
19a (19b) Johnston Canyon

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





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. Trailhead is a 15 minute/1 km walk from downtown Banff.





townsite. Take in breathtaking views of the town and Bow Valley. This steep trail can be extremely icy. Hiking poles and ice cleats are strongly recommended.



Avalanche hazard: There is hazardous avalanche terrain adjacent to this trail. Stay on the trail at all times.

5a) (25b) Sundance Canyon

5.5 km to top of gondola, plus 0.5 km to Sanson Peak

Switchbacks on the slopes of Sulphur Mountain provide a steady

Trailhead: Banff Upper Hot Springs parking lot

Sulphur Mountain

Elevation gain 655 m

strongly recommended.

3.7 km one way, plus 2.1 km loop Elevation gain 155 m, elevation loss 60 m Trailhead: Cave and Basin National Historic Site, start at Sundance Trail west of building



Follow the Sundance Trail to this moderately difficult canyon loop. Bikes are not permitted past the bike racks. This trail can be icy - ice cleats are strongly recommended.

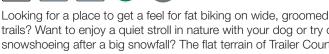


Recommended

23a) 3.4 km of trails No elevation gain 23b) 2.5 km loop Minimal elevation gain **Trailhead: Tunnel Mountain Trailer Court** Campground entrance







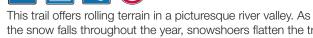
trails? Want to enjoy a quiet stroll in nature with your dog or try out snowshoeing after a big snowfall? The flat terrain of Trailer Court has something for everyone, and the trails are lit at night. For a slightly more difficult terrain, try the 2.5 km fat bike loop that meanders through coniferous forest.



(24) 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

Trailhead: Park at the Bow Falls Day-use Area, walk past the gate and across the bridge. Follow the Golf Course Road 350 m to the Spray River East trailhead kiosk. Go past the kiosk, head west and take the east-most trail.



the snow falls throughout the year, snowshoers flatten the trail and fat bikers compact the snow, creating a hard-packed trail



25a 25b Sundance Trail

This trail offers views of the Bow Valley while winding through

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



3.3 km one way

Route 1

Banff Avenue Trail

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.

Tunnel Bench Loop 9.7 km loop

28 (18) Lake Minnewanka

7.8 km one way to Aylmer Pass junction

Elevation gain 45 m, elevation loss 35 m

Elevation gain 60 m Starting point: Hoodoos Viewpoint parking area



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.

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



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 track. Some sections may be very icy – be alert.

Trailhead: Lake Minnewanka Day-use Area, kiosk at far end

Fat Bike **Tips**

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



Roam Public Transit

Trails identified with a bus symbol indicate that the trailhead is accessible by public transit. Pick up a Roam public transit brochure at the Banff visitor centres or visit roamtransit.com for public transit fares, maps and schedules.



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. • Visit parkscanada.gc.ca/banfftrails for up-to-date
- information on trail conditions, warnings and closures.
- When trails are icy, hiking poles and ice cleats can
- make winter hiking much more enjoyable. Study descriptions and maps before heading out.
- Always choose a trail suitable for the least 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, thin ice, hypothermia and frostbite.
- From November to March, make sure your vehicle is winterized. Snow tires, proper clothing, and an emergency kit are recommended. Visit 511.alberta.ca for road reports.

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 avalanche.ca or a Parks Canada visitor centre. Visit **parksmountainsafety.ca** for more information on backcountry travel and how to stay safe in the mountains.

Recommended Packing List

Trail guide and map

Bear spray

- Full water bottle or thermos High energy food
- Hiking poles and ice cleats
- First aid kit and repair kit
- Lightweight emergency blanket, candle and lighter or waterproof matches

Headlamp or flashlight with spare batteries

- Toque or winter hat and gloves Sunscreen and sunglasses
- Hand and toe warmers • Extra warm clothing in case of an emergency Cell phone or satellite emergency
- communication device Helmet when fat biking

information on winter packing.

More **Information**

Banff Visitor Centres

224 Banff Avenue and 327 Railway Avenue

Visit parksmountainsafety.ca for additional

Trail Conditions Report

parkscanada.gc.ca/banfftrails

Environment Canada Weather Forecast

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

403-762-2088 / weather.gc.ca Alberta Transportation Road Report

Avalanche education and training

In case of EMERGENCY, call 911 or

reliable throughout the national park.

Également offert en français

Guidebooks and topographic maps are available at the Banff Visitor Centre, 224 Banff Avenue, and retail

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

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Dogs 😭 🕅

