

Recommended Cross-country Ski Trails

- 1 Tunnel Mountain Winter Trails**
8 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**
5.5 km one way from Healy/Brewster parking lot to Sundance Canyon junction
Elevation gain 95 m, elevation loss 100 m
- 4a Cascade Valley**
4a) 6.3 km one way to Cascade River bridge
Elevation gain 135 m, elevation loss 50 m
4a + 4b) 15.1 km one way
Elevation gain 250 m, elevation loss 85 m
- 5a Castle Junction**
5a) 3.9 km of trails
Minimal elevation gain
5b) 5 km one way
Minimal elevation gain
- 6 Goat Creek and Spray River**
19 km one way
Elevation gain 435 m, elevation loss 160 m
- 7 Brewster Creek**
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
- 8 Redearth Creek**
10.5 km one way
Elevation gain 335 m

Recommended Snowshoeing Trails

- 9 Tunnel Mountain Drive**
2 km one way
Elevation gain 130 m, elevation loss 135 m
- 10 Johnson Lake**
2.8 km loop
Minimal elevation gain
- 11 Surprise Corner to Hoodoos Viewpoint**
4.8 km one way
Elevation gain 115 m, elevation loss 90 m
- 12 Upper Stoney Squaw Loop**
4.8 km loop
Elevation gain 205 m
- 13 Sulphur Mountain Westside**
7.8 km one way
Elevation gain 885 m
- 14 Ink Pots via Moose Meadows**
5.6 km one way
Elevation gain 340 m, elevation loss 130 m

Recommended Winter Walking Trails

- 15 Fenland Trail**
2.1 km loop
No elevation gain
- 16 Marsh Loop**
2.8 km loop
Minimal elevation gain
- 17 Spray Connector**
2 km one way
Minimal elevation gain
- 18 Stewart Canyon**
1.5 km one way
Minimal elevation gain
- 19a 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
- 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 2.1 km loop
Elevation gain 155 m, elevation loss 60 m

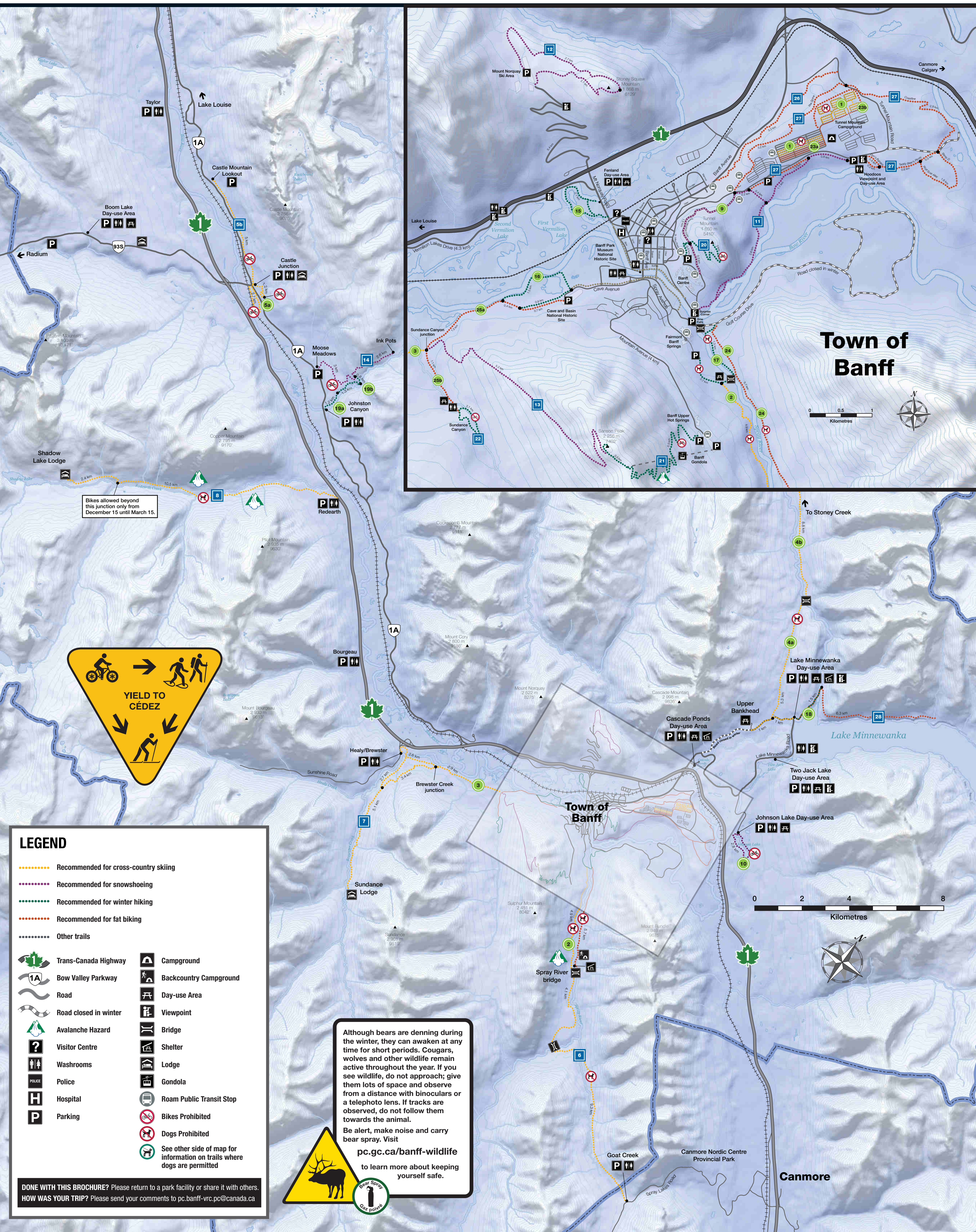
Recommended Fat Biking Trails

- 23a Tunnel Mountain Winter Trails**
23a) 3.4 km of trails
No elevation gain
23b) 2.5 km loop
Minimal elevation gain
- 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
- 25a Sundance Trail**
3.7 km one way
Elevation gain 75 m, elevation loss 60 m
- 25b**
- 26 Banff Avenue Trail**
3.3 km one way
Elevation gain 65 m, elevation loss 50 m
- 27 Tunnel Bench Loop**
9.7 km loop
Elevation gain 60 m
- 28 Lake Minnewanka**
7.8 km one way to Aylmer Pass junction
Elevation gain 45 m, elevation loss 35 m

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

Share the trail

Partageons le sentier



LEGEND

- Recommended for cross-country skiing
- Recommended for snowshoeing
- Recommended for winter hiking
- Recommended for fat biking
- Other trails

Trans-Canada Highway	Campground
Bow Valley Parkway	Backcountry Campground
Road	Day-use Area
Road closed in winter	Viewpoint
Avalanche Hazard	Bridge
Visitor Centre	Shelter
Washrooms	Lodge
Police	Gondola
Hospital	Roam Public Transit Stop
Parking	Bikes Prohibited
	Dogs Prohibited
	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.

