



# Trail guide

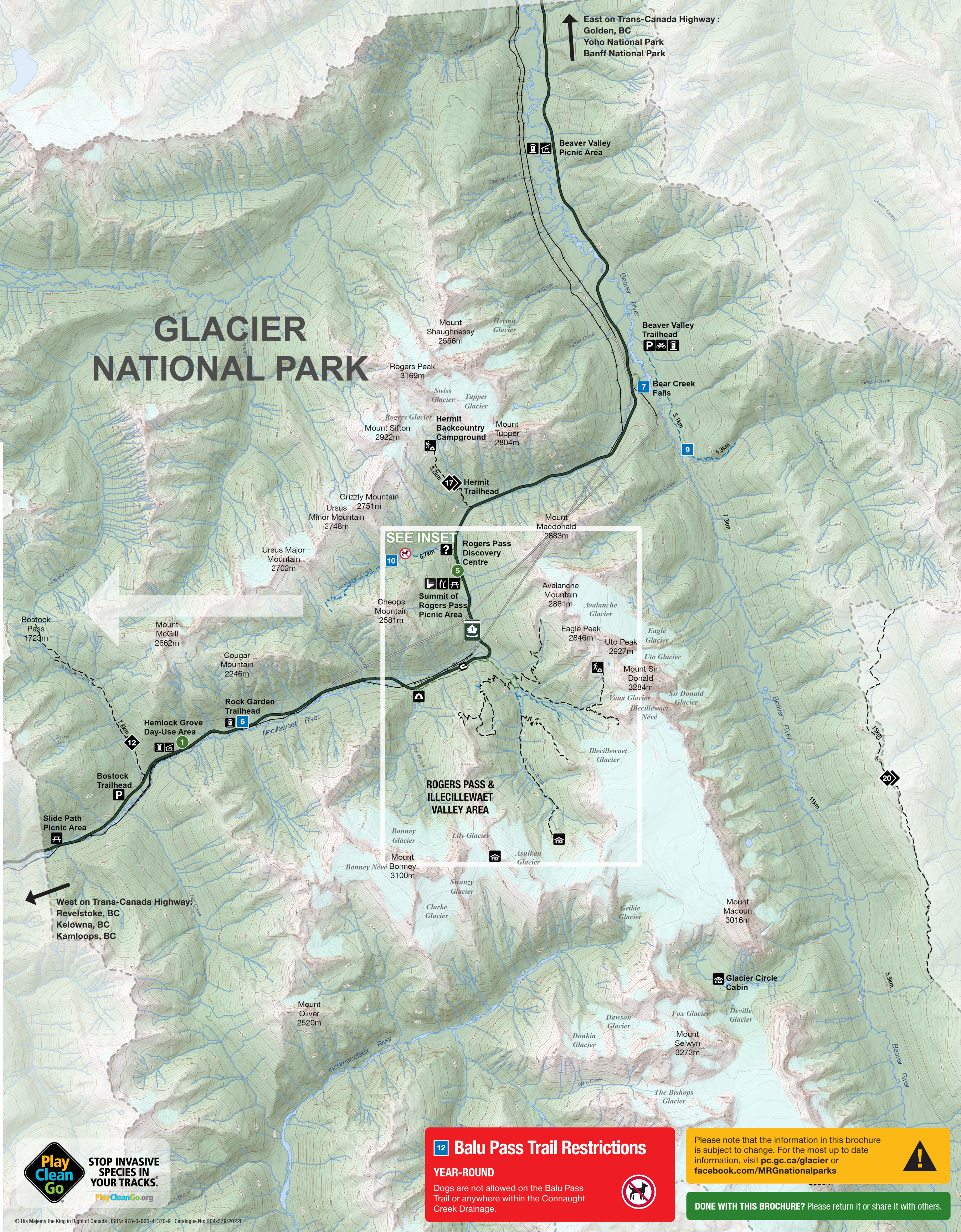
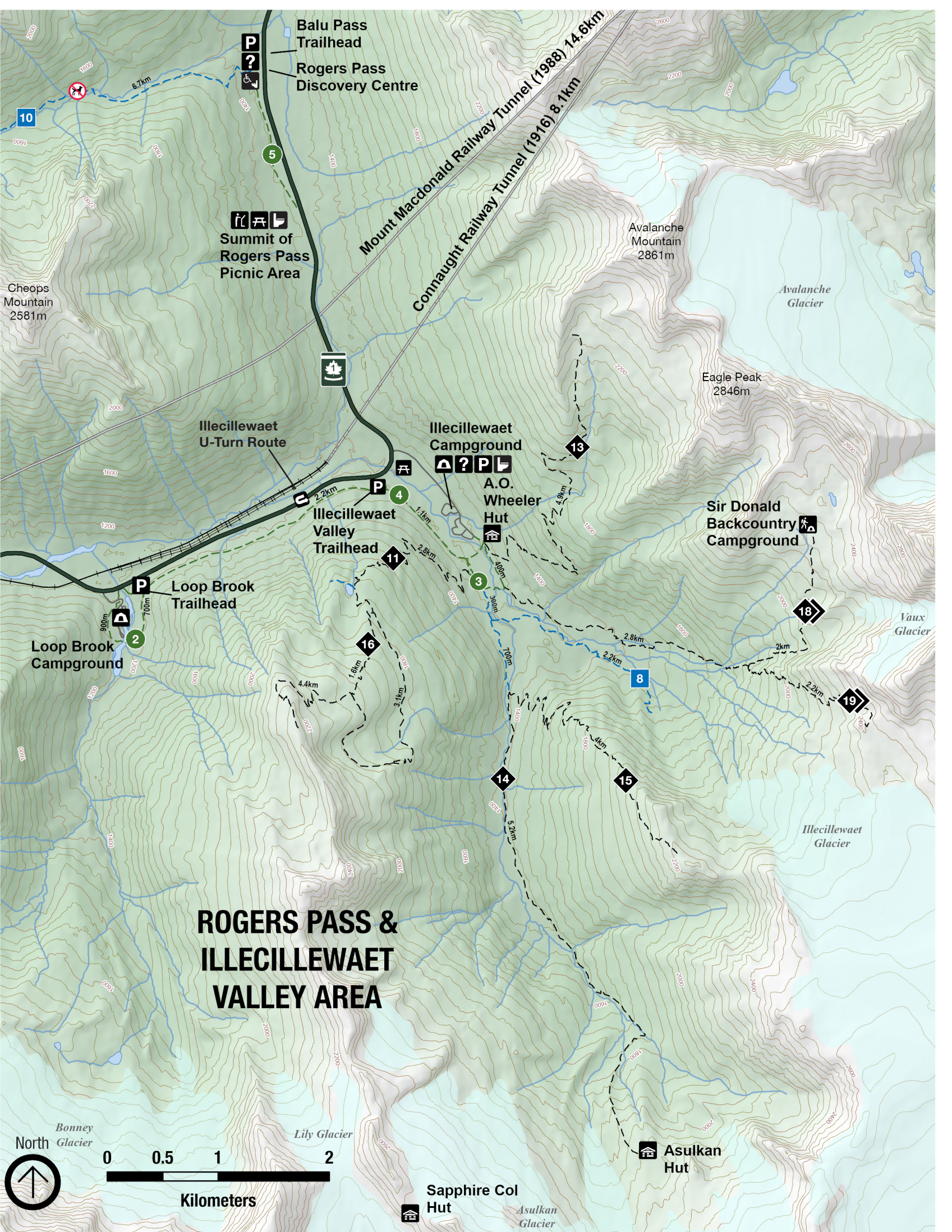
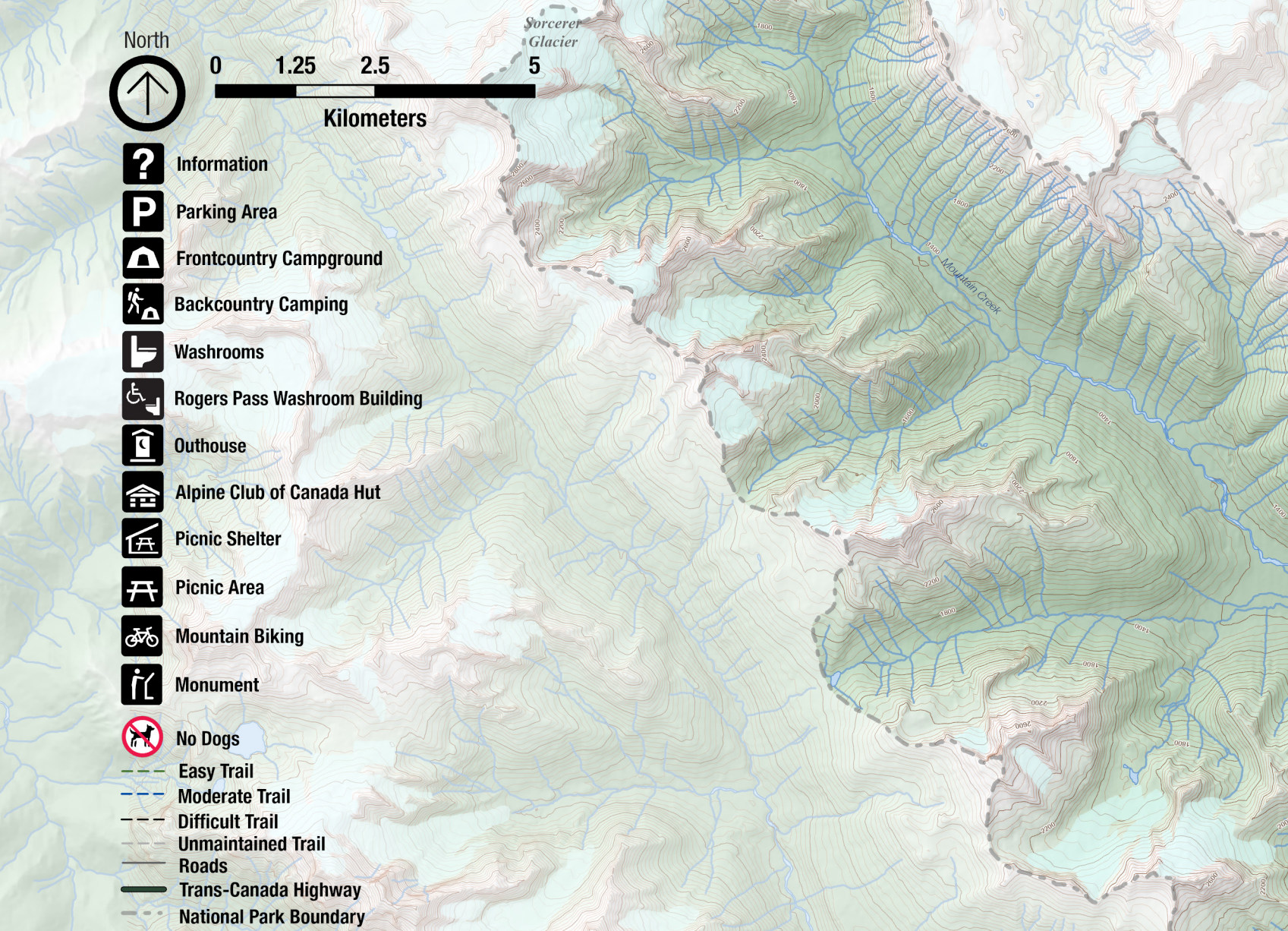
## SHORT HIKES

- 1 **Hemlock Grove Boardwalk**  
350 m (loop) | Minimal elevation change | 15 min  
Boardwalk | Flat to gently rolling
- 2 **Loop Brook**  
1.7 km (loop) | Minimal elevation change | 40 min  
Natural trail | Old rail grade with steep sections
- 3 **Meeting of the Waters**  
3.3 km\* (loop) | Minimal elevation change | 30 min  
Natural trail | Flat with some stairs
- 4 **1885 Trail**  
9.2 km\* (return) | Minimal elevation change | 2 hrs  
Natural trail | Flat
- 5 **Abandoned Rails**  
2.8 km (return) | minimal elevation change | 1 hr  
Natural trail | Flat
- 6 **Rockgarden**  
430 m (loop) | Minimal elevation change | 30 min  
Natural trail with uneven stepping stones | Steep sections
- 7 **Bear Creek Falls**  
1 km (return) | 95 m elevation change | 1 hr  
Natural trail | Steep with some stairs

## DAY HIKES

- 8 **Great Glacier**  
8.4 km\* (return) | 320 m elevation change | 2.5 hrs  
Natural trail and rock | Moderately steep
- 9 **Lower Beaver Valley**  
10.2 km (return) | 320 m elevation change | 3.5 hrs  
Natural trail | Gently rolling with some steep sections
- 10 **Balu Pass**  
12.8 km (return) | 780 m elevation change | 4 hrs  
Natural trail, rock stairs | Steep sections
- 11 **Marion Lake**  
6.4 km\* (return) | 425 m elevation change | 2.5 hrs  
Natural trail | Steep
- 12 **Bostock Creek**  
15.6 km (return) | 1740 m elevation change | 7 hrs  
Natural trail | Moderately steep
- 13 **Avalanche Crest**  
10.2 km\* (return) | 1795 m elevation change | 5 hrs  
Natural trail | Steep
- 14 **Asulkan Valley**  
15.8 km\* (return) | 870 m elevation change | 6 hrs  
Natural trail | Gently rolling to steep moraine ridge after 4 km
- 15 **Glacier Crest**  
13.4 km\* (return) | 960 m elevation change | 6 hrs  
Natural trail with rocky sections | Very steep
- 16 **Abbott Ridge**  
15.6 km\* (return) | 1030 m elevation change | 6.5 hrs  
Natural trail | Very steep
- 17 **Hermit**  
6.4 km (return) | 820 m elevation change | 4 hrs  
Natural trail with rock stairs | Very steep
- 18 **Sir Donald**  
12.2 km\* (return) | 1010 m elevation change | 5 hrs  
Natural trail with rocky sections | Very steep
- 19 **Perley Rock**  
12.8 km\* (return) | 1145 m elevation change | 6 hrs  
Natural trail and boulder fields | Very steep
- 20 **Bald Mountain Wilderness Route**  
30 km (return) | 1125m elevation change  
Distance and elevation change varies with route selection

\* Distances are from the Illecillewaet Valley Trailhead  
 Note: Elevation change means cumulative elevation gain for a return trip.



# Rogers Pass guide

Designated as a National Historic Site in 1971, Rogers Pass is a 45 km stretch of the Trans-Canada Highway that winds through the heart of Glacier National Park. To learn more about the area, visit these points of interest.



## ROGERS PASS DISCOVERY CENTRE

This family-friendly stop is the visitor hub of Glacier National Park at the heart of Rogers Pass National Historic Site. The Centre is open year-round and offers up-to-date park information from knowledgeable staff, visitor services, and interpretive exhibits.



## SUMMIT OF ROGERS PASS PICNIC AREA

Stretch your legs at the second highest point on the Trans-Canada highway. A monument and memory garden tell the story of the triumphs and tragedies behind Canada's first trans-continental railway. Four picnic tables available.

## HISTORY OF ROGERS PASS

Once seen as impenetrable by European explorers, the Selkirk mountains have been travelled through and used by indigenous peoples for thousands of years.

In the early 1880s, Major A.B. Rogers organized several expeditions to find a route for the railway to cross the Columbia Mountains. With local Indigenous support and knowledge, a route was found.

The railway connected the young nation of Canada from coast to coast. In 1962, the Trans-Canada Highway opened, following the same route. Millions of people now travel this scenic corridor each year.

## Hiking in bear country



Black bears and grizzly bears both live in Glacier National Park and they need space to lead healthy lives. Some areas of the park are closed off to visitors to allow for this. Other areas have restrictions if bear activity is high. See **Wildlife & people** (on reverse) for tips on hiking in bear country.

## GROUP OF FOUR RESTRICTIONS

If there are multiple encounters with bears in specific areas, Parks Canada may post a mandatory group of four restriction. Hikers are legally required to travel in a tight group of four or more adults (age 12 and up). Research has shown that grizzly bears are very unlikely to attack or bluff charge this group size. This regulation protects hikers as well as bears.

## 12 BALU PASS TRAIL

A group of four restriction is automatically in place from July 15 to September 30 every year. For more information, visit [parks.canada.gc.ca/glacier-bulletins](https://parks.canada.gc.ca/glacier-bulletins).

**Play Clean Go**  
 STOP INVASIVE SPECIES IN YOUR TRACKS.  
[PlayCleanGo.org](https://playcleango.org)

**12 Balu Pass Trail Restrictions**  
 YEAR-ROUND  
 Dogs are not allowed on the Balu Pass Trail or anywhere within the Connaught Creek Drainage.

Please note that the information in this brochure is subject to change. For the most up to date information, visit [pc.gc.ca/glacier](https://pc.gc.ca/glacier) or [facebook.com/MRGNationalParks](https://facebook.com/MRGNationalParks)

**DONE WITH THIS BROCHURE?** Please return it or share it with others.