

JASPER NATIONAL PARK Day Hiking Guide

Sulphur Skyline
Photo: C. Roy

Maligne Lake Area

At Maligne Lake, you can walk the lakeshore, enjoy a forest trail or hike to the top of an easy peak.

20) Moose Lake Loop

2.6 km return; 59 m elevation gain; 1 to 2 hours
Trailhead: The parking lot at the end of the Maligne Lake Road, starting at the Bald Hills Kiosk.

This trail stays in the woods, but the landscape is fascinating with little hills and hollows among the overgrown debris of a huge landslide. Thousands of years ago, half a billion cubic metres of rock fell from the ridge on the other side of Maligne Lake, blocking the valley and enlarging the lake to its present size.

21) Mary Schäffer Loop

3.2 km return; no elevation gain; 1 to 2 hours
Trailhead: Turn in at the first parking lot at Maligne Lake. Take any path down to the shore and follow the paved trail left.

This trail is an easy stroll. Passing Curly Phillips's historic boathouse, the trail reaches a viewpoint that features a set of interpretive panels. Leaving the shoreline, the trail passes through lichen-rich stands of pine, spruce and fragrant subalpine fir as it loops back to the parking lot.

100) Lorraine Lake and Mona Lake

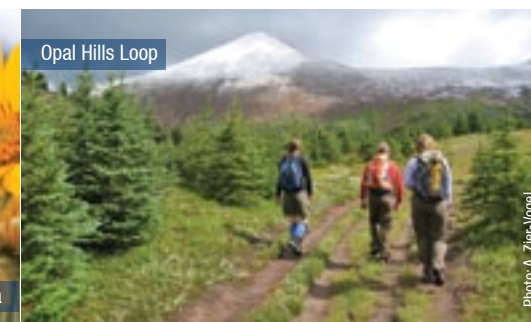
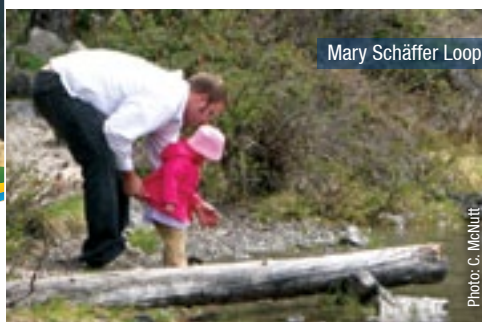
5 km return; 80 m elevation gain; 2 to 3 hours
Trailhead: The parking lot at the end of the Maligne Lake Road, starting at the Skyline Kiosk. The trail climbs gently through a lodgepole pine forest. Both these lakes lie in hollows in landslide debris (see #20, Moose Lake Loop). If you are after a longer walk, continue on to Little Shovel Pass (10.3 km one way; 548 m elevation gain).

22) Opal Hills Loop

8.2 km return; 460 m elevation gain; 4 to 6 hours
Trailhead: The trail begins at the northeast corner of the farthest of the three lots to the left of the chalet. Hiking one of the steepest trails in Jasper rewards you with an alpine flower meadow and mountain vistas. This trail often has warnings or is closed during July and early August for bear activity.

23) Bald Hills

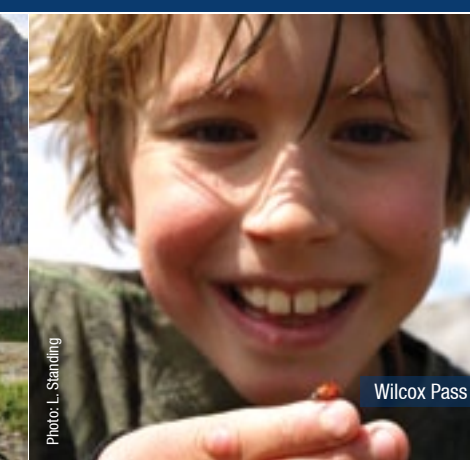
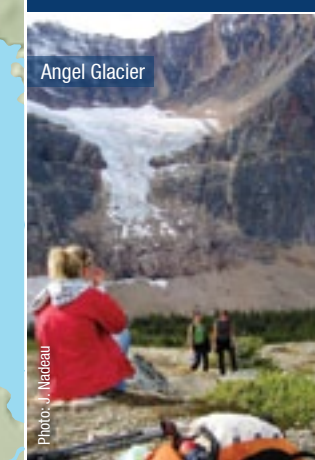
10.4 km return; 500 m elevation gain; 4 to 6 hours
Trailhead: The parking lot at the end of the Maligne Lake Road. This moderately steep trail travels along the old fire road up to treeline beside an alpine heather meadow. There are great views of the mountains and Maligne Lake.



Elk, bighorn sheep, mountain goats and caribou must have established their own pathways through Jasper National Park long before humans arrived in the Canadian Rockies about 11,000 years ago. Aboriginal peoples, followed by explorers, fur-company employees, railway surveyors and settlers discovered and used these hoofed-animal trails. Since the park was established in 1907, its natural trail network has been expanded and maintained for the benefit of everyone wanting to experience Jasper's wilderness. Whether you are strolling along the shores of Maligne Lake or hiking all day in the alpine this guide will help you plan a trip that is safe, exciting and low impact.

- Easy
- Moderate
- ◆ Difficult

Note: Distances given in the trail descriptions are approximate. Times given are on-trail times for hikers.



Columbia Icefield Area



For these hikes, travel 90–120 km south from Jasper Townsite along Highway 93, the Icefields Parkway.

Note: Temperatures here are cool, winds are often strong, showers of cold rain are frequent, and snow is always a possibility. Be sure to pack an extra sweater, gloves, and a jacket with a hood. Help maintain this fragile alpine ecosystem by staying on the trail.

50) Wilcox Pass

2.4 km return to the first viewpoint, 8 km to the pass and back.
Trailhead: 3.1 km south of the Icefield Centre at the entrance to the Wilcox Creek campground.

Rise quickly above treeline to the expansive meadows of this glacier-carved landscape. Bighorn sheep are sometimes seen in this area.

51) Parker Ridge

2.1 km one way; 250 m elevation gain; 3 hour round trip
Trailhead: 9 km south of the Icefield Centre. After a series of switchbacks you'll be rewarded with dramatic views of the Saskatchewan Glacier – headwaters of the Saskatchewan River.

130) Nigel Pass

7.2 km one way; 365 m elevation gain; 5 hour round trip
Trailhead: 13 km south of the Icefield Centre.

A consistent and gentle grade ensures that it doesn't take long to reach treeline as you head towards the wide-open scenery of the Banff / Jasper park boundary.

52) Toe of the Athabasca Glacier

1.5 km return; 60 m elevation gain; 1 to 1.25 hours
Trailhead: End of Toe of Glacier Road. Once across the bridge, you're walking on glacially smoothed limestone surfaces that were under the ice in the 1950s. The upper loop gives great views of the toe of the glacier and surrounding features.

53) Forefield Trail

1.2 km one way
Trailhead: Directly across from the Icefield Centre. Cross the moraines and glacial debris that the Athabasca glacier has left behind.

Warning! Walking on the toe of the glacier is not safe. As the Athabasca Glacier recedes, the ice at the toe has become hollow and is collapsing. The underlying water is extremely cold, fast moving and unpredictable. There is a serious risk of injury, hypothermia and drowning.

Warning! Glacier travel should be attempted only by experienced and properly equipped mountaineers. Over the years several people have died from falling into crevasses on the Athabasca Glacier. These deep, ice-cold cracks in the glacier lie hidden below a thin covering of snow that may collapse under a person's weight.

Mount Edith Cavell Area

The Cavell area offers fragrant subalpine forest, new growth where a glacier recently retreated from the valley, flowery alpine meadows and spectacular views of Mt. Edith Cavell and the Angel Glacier.



41) Path of the Glacier Loop

1.6 km return; 70 m elevation gain; 1 to 2 hours
Trailhead: The end of the Cavell Road. This short, well-used trail takes you toward the great north face of Mt. Edith Cavell, across a rocky landscape recently covered with glacial ice.

42) Cavell Meadows Trail

6 to 7 km return; 500 m elevation gain; 3 to 5 hours
Trailhead: The end of the Cavell Road. Take this moderately steep but well-graded trail to see classic examples of upper-subalpine forest, treeline vegetation and the alpine region beyond. In early summer the opening of the Cavell Meadows Trail may be delayed until conditions are dry enough to prevent trail and vegetation damage (usually around mid-July).



Mount Edith Cavell
3363 m

Miette Hot Springs Area

If you like to hike in the park's high country, you normally have to wait until mid-June for the snow to go—except in the Miette Hot Springs area, where the trails are usually clear by late May.



31) Pocahontas Mine Trail

Lower loop: 800 m
Upper Loop 1.7 km
Step back in time as you stroll through the old Pocahontas Mine site.

33) Jasper House Trail

350 m one way
A short walk to a viewpoint looking beyond the Athabasca River towards the Jasper House historic site.

140) Utopia Pass

5.2 km return; 150 m elevation gain; 2 to 3 hours
Trailhead: Miette Hot Springs parking lot. The trail begins with a walk through the ruins of the old pool building and continues up the creek to the hot springs themselves, where the sulphurous water comes out of the rock. Farther on, the trail crosses the creek to Utopia Pass, which offers a break in the forest and a fine wildflower display.

30) Sulphur Skyline

8.0 km return; 700 m elevation gain; 4 to 6 hours
Trailhead: Miette Hot Springs parking lot. If you would like to reach the summit of a peak, choose this challenging trail. At the summit, the views of the Fiddle River Valley, Utopia Mountain and Ashlar Ridge are spectacular.

Caution: This area is well-known for afternoon thunderstorms. Start early, and stay below the treeline if the weather looks threatening.



Plan Ahead and Prepare

Remember, you are responsible for your own safety.

- Get advice at a Parks Canada Information Centre.
- Study trail descriptions and maps before starting.
- Check the weather forecast and current trail conditions.
- Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, maps and gear.
- Carry a first aid kit and bear spray.
- Tell somebody where you are going, when you will be back and who to call if you do not return.
- Travel with a friend or group.
- Be prepared for emergencies and changes in weather.

Stay on Maintained Trails

To prevent trail damage, stay on the trail and avoid shortcuts.

Leave What You Find and Take What You Bring

- Pack out all garbage, including diapers and food waste.
- Dispose of human waste at least 100 m from any water source. Bury solid human waste in a hole 15 cm deep. Pack out your toilet paper.
- Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy.

Backcountry

A backcountry camping permit is required for any overnight trip. Reservations can be made three months in advance by calling 780-852-6177.

Share the Trail

Cyclists yield to hikers. Cyclists and hikers yield to horses.

Cycling

Cyclists are susceptible to sudden, dangerous bear encounters – slow down, stay alert and make noise.

- When approaching horses, stop, move off the trail, remain visible and ask rider for instructions.
- Mountain biking is allowed only on trails designated for cycling.
- Stay on signed trails and avoid skidding.

For more information please ask for our Mountain Biking Guide.

Fishing

A National Park fishing licence is required. For more information, please ask for our fishing brochure.

Done with this Brochure?

Please return for re-use to a park facility or share it with others.

How was your trip?

Please send us your comments at jnp.info@pc.gc.ca and report trail problems to park staff.



Trail Signage



Official trails around the town of Jasper are marked with yellow diamonds.

This extensive trail system is maintained by park staff.



Wildland trails are marked differently. You are welcome to use these trails, but they are not maintained or shown on park maps.

If a trail is not signed, it is not part of the official trail network.

Please stay on signed trails and leave other areas for wildlife.

Safety

Emergency

Call 911 or, if using a satellite phone, call the park dispatch office (780-852-3100). **Cell phone reception is unreliable.**

Keep wildlife wild, and yourself safer

- Travel in groups and make noise to avoid surprise encounters.
- Do not feed, touch or approach wildlife. Stay at least 30 metres away from most animals and 100 metres away from bears.
- Carry bear spray and know how to use it.
- Pets must be on a leash at all times.

Avalanches

The right combination of snow cover and slope angle can produce avalanches. Be careful when crossing snow slopes or when exposed to avalanche paths.

More information

JASPER TOWNSITE INFORMATION CENTRE: 780-852-6176
ICEFIELD CENTRE: 780-852-6288, open May to September
WEBSITE: www.pc.gc.ca/jasper
JASPER TRAIL CONDITIONS REPORT: www.pc.gc.ca/jaspertrails
WEATHER: www.weatheroffice.gc.ca
AVAILANCE REPORTS, INFORMATION AND TRAINING: www.avalanche.ca
MAPS AND GUIDE BOOKS: Friends of Jasper National Park at 780-852-4767 or www.friendsofjasper.com

Close to Jasper

The trail routes described below are on the Pyramid Bench, a lake-dotted terrace adjacent to Jasper.

2 2a Cottonwood Creek Loop

5.1 km return; 60 m elevation gain; 1 to 2 hours
Trailhead: P3 Jasper Activity Centre Parking Lot
 This loop offers an exceptional view and a quiet forest.

6c 6 6c Patricia Lake Circle

4.8 km return; 75 m elevation gain; 2 to 3 hours
Trailhead: P3 Pyramid riding stables parking area.
 This is an easy trail with moderate hills that offers fine views of Patricia Lake and Cottonwood Slough. Watch for ducks, beavers and loons along the way.

8 Mina Lakes – Riley Lake Loop

8.5 km return; 172 m elevation gain; 3 to 4 hours
Trailhead: P3 Jasper Activity Centre parking lot.
 This popular trail takes you to Mina Lake where you may see Barrow's goldeneye ducks and loons. Past upper Mina Lake you can shortcut back to town via Trail 8c or continue on to small but scenic Riley Lake.

Jasper's Easy Trails System

These easy multi-use trails provide opportunities to explore and access areas close to the town of Jasper.

11 Jasper Discovery Trail

8.0 km return; 120 m elevation gain; 2 to 3 hours
Trailhead: This loop around the town can be started nearly anywhere. Follow the bear symbol.
 The Jasper Discovery Trail is split into three sections. Explore one part or travel the whole 8 km. There's something to suit nearly everyone. Along the trail, look for signs, maps, markers and kiosks to guide your way.

12 Wapiti Trail

4.7 km one way; no elevation gain; 1 to 2 hours
Trailhead: The junction of Connaught Drive and Highway 93 A North/Hazel Avenue.
 Use this trail to access Whistlers and Wapiti campgrounds on Highway 93.

13 Bighorn Alley

4.3 km one way; 33 m elevation gain; 1 hour
Trailhead: The north-east end of the Jasper Discovery Trail.
 This trail provides access to lakes Annette and Edith via the Moberly Bridge on Highway 16. Use caution when crossing the highway.

14 Old Fort Point Connector

1 km one way; no elevation gain; ½ hour
Trailhead: The junction of Hwy 16/93A.
 This trail provides access to and from historic Old Fort Point. Portions of the trail are adjacent to the beautiful Athabasca River.

South of Jasper

9 9b 9a Valley of the Five Lakes

4.5 km return; 66 m elevation gain; 2 to 3 hours
Trailhead: P15 9 km south on Highway 93.
 The five small lakes, each a different depth and thus a different hue of blue-green, are the highlights of this outing. Watch for beavers along the boardwalk across the Wabasso Creek wetlands.

9 Wabasso Lake

6.2 km return; 38 m elevation gain; half-day
Trailhead: P16 14.6 km south on Highway 93.
 This trail crosses several low ridges, with a fine view of Mt. Edith Cavell from the last ridge. Wabasso Lake was created by beavers.

Woodland Caribou

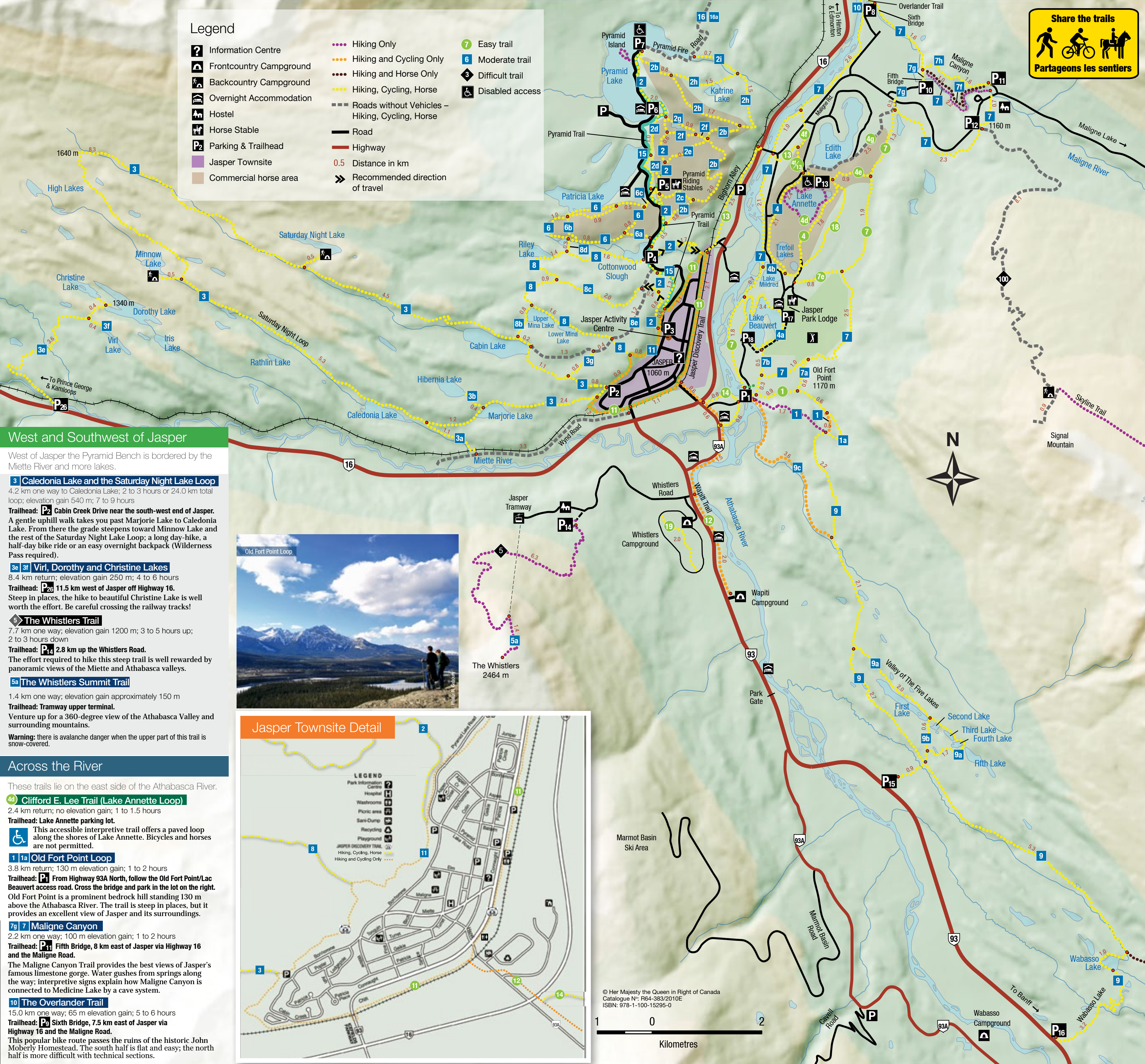


Woodland caribou is a species at risk in Canada. The cause of their decline is a result of several interacting factors, including disturbance by people.

What can you do?

- Give them space. If you see caribou, do not approach; observe them and move on.
- Report observations to park staff. Include information on the number of animals, time, date, location, snow depth and condition, and how the animals responded.
- Leave your dog at home when you go into caribou country.
- Don't follow caribou tracks.
- Take photos only from a distance.

Jasper Townsite Area



West and Southwest of Jasper

West of Jasper the Pyramid Bench is bordered by the Miette River and more lakes.

3 Caledonia Lake and the Saturday Night Lake Loop

4.2 km one way to Caledonia Lake; 2 to 3 hours or 24.0 km total loop; elevation gain 540 m; 7 to 9 hours
Trailhead: P2 Cabin Creek Drive near the south-west end of Jasper.
 A gentle uphill walk takes you past Marjorie Lake to Caledonia Lake. From there the grade steepens toward Minnow Lake and the rest of the Saturday Night Lake Loop; a long day-hike, a half-day bike ride or an easy overnight backpack (Wilderness Pass required).

3e 3f Viri, Dorothy and Christine Lakes

8.4 km return; elevation gain 250 m; 4 to 6 hours
Trailhead: P26 11.5 km west of Jasper off Highway 16.
 Steep in places, the hike to beautiful Christine Lake is well worth the effort. Be careful crossing the railway tracks!

5 The Whistlers Trail

7.7 km one way; elevation gain 1200 m; 3 to 5 hours up; 2 to 3 hours down
Trailhead: P14 2.8 km up the Whistlers Road.
 The effort required to hike this steep trail is well rewarded by panoramic views of the Miette and Athabasca valleys.

5a The Whistlers Summit Trail

1.4 km one way; elevation gain approximately 150 m
Trailhead: Tramway upper terminal.
 Venture up for a 360-degree view of the Athabasca Valley and surrounding mountains.

Warning: there is avalanche danger when the upper part of this trail is snow-covered.

Across the River

These trails lie on the east side of the Athabasca River.

40 Clifford E. Lee Trail (Lake Annette Loop)

2.4 km return; no elevation gain; 1 to 1.5 hours
Trailhead: Lake Annette parking lot.
 This accessible interpretive trail offers a paved loop along the shores of Lake Annette. Bicycles and horses are not permitted.

1 1a Old Fort Point Loop

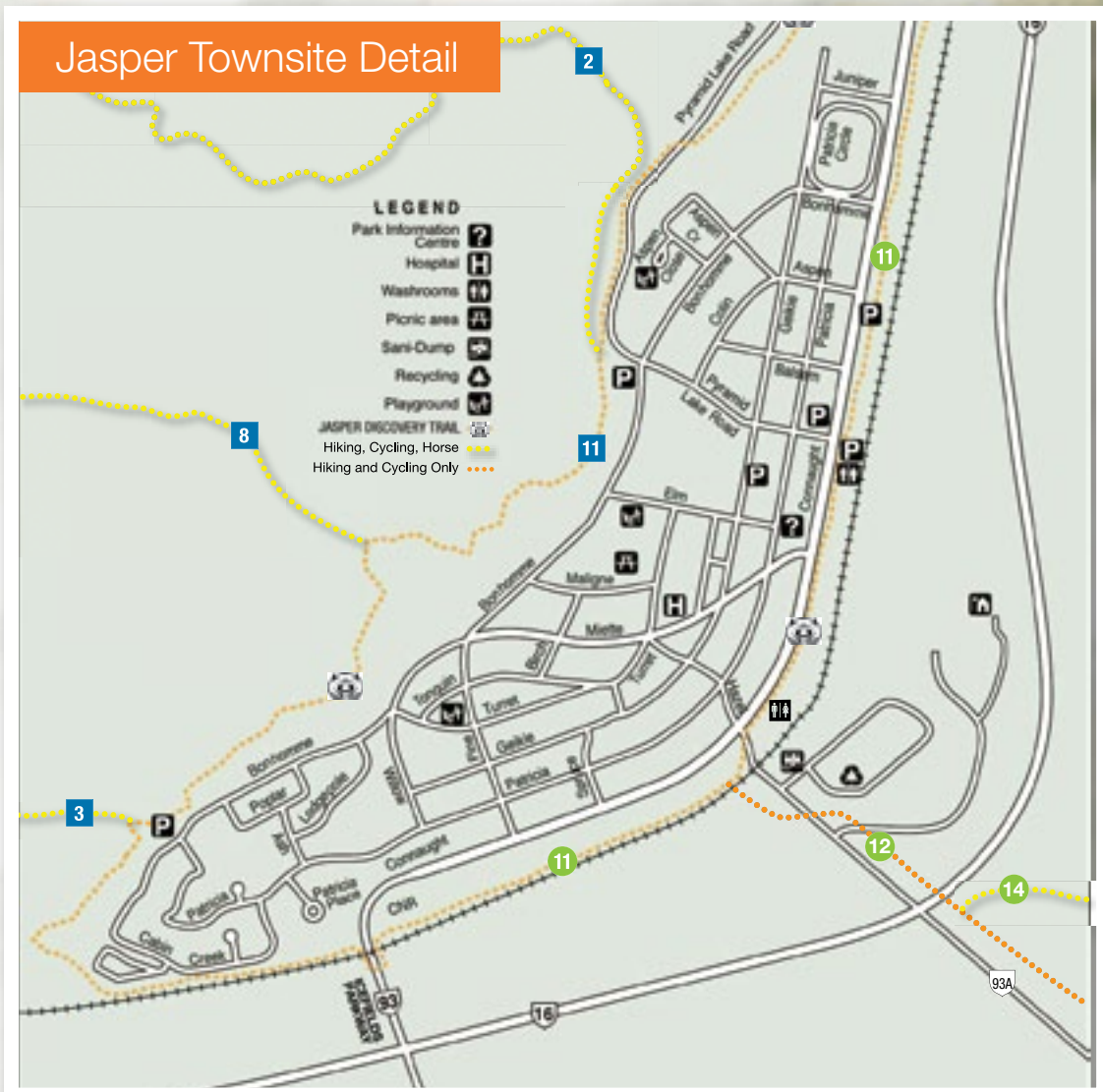
3.8 km return; 130 m elevation gain; 1 to 2 hours
Trailhead: P1 From Highway 93A North, follow the Old Fort Point/Lac Beauvert access road. Cross the bridge and park in the lot on the right. Old Fort Point is a prominent bedrock hill standing 130 m above the Athabasca River. The trail is steep in places, but it provides an excellent view of Jasper and its surroundings.

7g 7 Maligne Canyon

2.2 km one way; 100 m elevation gain; 1 to 2 hours
Trailhead: P11 Fifth Bridge, 8 km east of Jasper via Highway 16 and the Maligne Road.
 The Maligne Canyon Trail provides the best views of Jasper's famous limestone gorge. Water gushes from springs along the way; interpretive signs explain how Maligne Canyon is connected to Medicine Lake by a cave system.

10 The Overlander Trail

15.0 km one way; 65 m elevation gain; 5 to 6 hours
Trailhead: P6 Sixth Bridge, 7.5 km east of Jasper via Highway 16 and the Maligne Road.
 This popular bike route passes the ruins of the historic John Moberly Homestead. The south half is flat and easy; the north half is more difficult with technical sections.



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 Kilometres