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The best way to discover the park is to take a day and explore each of its 5 major regions: 1 Around Town, 2 Maligne Valley, 3 Edith Cavell and 93A, 4 Miette Hot Springs, and 5 the Icefields Parkway. Each of them contains very unique terrain, waterways, wilderness and facilities.

- Easy
- Moderate
- ◆ Difficult

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

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Maligne Lake

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

Moose Lake Loop ● 20
2.7 km loop; elevation gain/loss: 59 m; 1-2 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.

Mary Schäffer Loop ● 21
3.2 km loop; no elevation gain; 1-2 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 Phillip'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.

Lorraine Lake and Mona Lake ● 100
5.2 km return; elevation gain/loss: 80 m; 2-3 hours
Trailhead: The parking lot at the end of the Maligne Lake Road, starting at the Skyline Kiosk

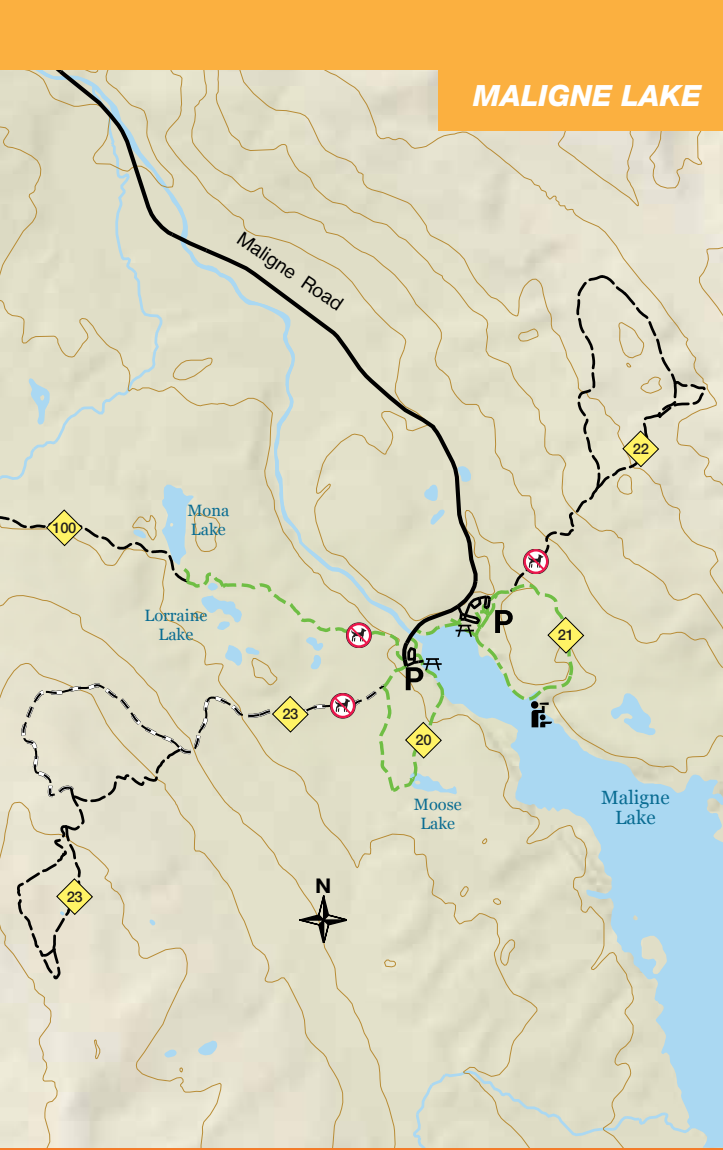
The trail climbs gently through a lodgepole pine forest. Both these lakes lie in hollows in landslide debris (see #20, Moose Lake Loop). If you are after a longer walk, continue on to Little Shovel Pass (20.6 km return; 548 m elevation gain).

Bald Hills ◆ 23
10.4 km return; elevation gain/loss: 500 m; 4-6 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.

Opal Hills Loop ◆ 22
8.2 km loop; elevation gain/loss: 460 m; 4-6 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.



Edith Cavell Area and Highway 93A

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.

Path of the Glacier Trail ■ 41
1.4 km return; elevation gain/loss: 70 m; 1 hour
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.

Cavell Meadows Trail ■ 42
6 to 7 km return; elevation gain/loss: 500 m; 3-5 hours
Trailhead: The end of the Cavell Road

Take this moderately steep but well-graded trail through upper-subalpine forest, treeline vegetation and the alpine region beyond. Summer opening of the Cavell Meadows Trail may be delayed until conditions are dry enough to prevent trail and vegetation damage (usually around mid-July).

In 2017, access to Cavell area hiking will be by permit only. Please see our website for details.



Icefields Parkway

For these hikes, travel south from Jasper townsite along Highway 93, the Icefields Parkway. The Icefield Centre is 103 km from Jasper.

Wilcox Pass ■ 50
2.4 km return to the first viewpoint; 1 hour
8 km return to the pass; elevation gain/loss: 390 m; 2-3 hours
Trailhead: 3.1 km south of the Icefield Centre at the entrance of Wilcox Campground

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

Parker Ridge ■ 51
5.4 km return; elevation gain/loss: 250 m; 3 hours
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 North Saskatchewan River.

Nigel Pass ■ 50
14.4 km return; elevation gain/loss: 365 m; 5 hours
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.

ICEFIELDS PARKWAY



Lower Sunwapta Falls ■ 126
2.6 km return; elevation gain/loss: 87 m; 1 hour
Trailhead: 54 km (30 min) south of Jasper on Hwy 93

Lower Sunwapta Falls is composed of three major waterfalls. The combination of solitude and open views to the surrounding mountains make this short hike very rewarding.

Athabasca Falls ■
Day-use area
Trailhead: 30 km (20 min) south of Jasper, junction of Hwy 93 and 93A

Feel the spray of the Athabasca River as it thunders into the canyon below. Stay on designated trails and behind railings. The rock beyond is slippery and dangerous.

Warning! Walking on the Athabasca 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.

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.



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.

Pocahontas Mine Trail ● 31
Lower loop: 800 m, 20 minutes
Upper Loop: 1.7 km, 45 minutes

Step back in time as you stroll through the old Pocahontas Mine site.

Jasper House Trail ● 33
700 m return, 20 minutes

A short walk to a viewpoint looking across the Athabasca River towards the Jasper House National Historic Site.

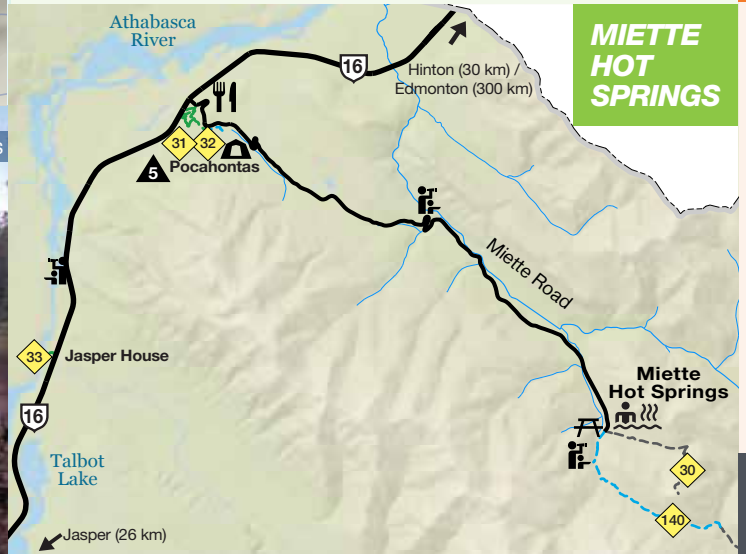
Source of the Springs ● 140
1.2 km return; elevation gain/loss: 75 m; 30 min
Trailhead: Miette Hot Springs parking lot

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. Stroller friendly.

Sulphur Skyline ◆ 30
8 km return; elevation gain/loss: 700 m; 4-6 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.

- Before heading out, check trail and weather conditions on-line or at an information centre (see below).
- Travel with a friend or group. Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, first aid kit, bear spray and maps. Be prepared for emergencies and changes in weather.
- Tell somebody where you are going, when you will be back and who to call if you do not return.

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 70 m from any water source. Bury solids 15 cm deep. Pack out toilet paper.
- Artifacts like antlers, rocks, wildflowers, etc. are protected by law and must be left undisturbed.

Water from lakes and streams

Parasites can occur in any water body in the park and may contaminate the water supply. Boil your drinking water or purify it with a water filter or iodine tablets.

Backcountry (780-852-6177)

A backcountry camping permit is required for any overnight trip. Visit pc.gc.ca/jasperbackcountry for more information and to book a trip.

Fishing - A National Park fishing licence is required. Ask the Information Centre for additional guides on biking, backcountry and fishing.

How was your trip? Please send us your comments at jnp.info@pc.gc.ca and report trail conditions to park staff.

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 m away from most animals and 100 m away from bears.
- Carry bear spray and know how to use it.
- Pets must be on a leash at all times.

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 mid-April to mid-October
WEBSITE: pc.gc.ca/jasper
JASPER TRAIL CONDITIONS REPORT: pc.gc.ca/jaspertrails
WEATHER: weather.gc.ca
AVALANCHE INFORMATION: pc.gc.ca/avalanche
BEAR INFORMATION: pc.gc.ca/bears-and-people
MAPS AND GUIDE BOOKS: Friends of Jasper National Park at 780-852-4767 or www.friendsofjasper.com

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

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

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

Jasper Discovery Trail
8.3 km loop; elevation gain/loss: 120 m; 2-3 hrs
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 8.3 km. There's something to suit nearly everyone. Along the trail, look for signs, maps, markers and kiosks to guide your way.

Lake Annette Loop
2.4 km return; no elevation gain; 1-1.5 hour
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.

Saturday Night Lake Loop
4.2 km one way to Caledonia Lake; 2-3 hours or 24.6 km total loop; elevation gain/loss: 540 m; 7-9 hours
Trailhead: 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).

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

Old Fort Point Loop
3.8 km loop; elevation gain/loss: 130 m; 1-2 hours
Trailhead: 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.

Virli, Dorothy and Christine Lakes
8.6 km return; elevation gain/loss: 250 m; 4-6 hours
Trailhead: 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!

Bighorn
4.3 km one way; elevation gain/loss: 33 m; 1-2 hours
Trailhead: The north-east end of the Jasper Discovery Trail
This trail provides access to and from historic Old Fort Point and Jasper Park Lodge. Portions of the trail are adjacent to the beautiful Athabasca River.

Maligne Canyon
2.2 km one way; elevation gain/loss: 100 m; 1-2 hours
Trailhead: 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.

The Whistlers Trail
6.8 km one way; elevation gain: 1200 m; 3-5 hours up; 2-3 hours down
Trailhead: 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.
Warning: there is avalanche danger when the upper part of this trail is snow-covered.

Red Squirrel
1 km one way; minimal elevation gain; 1/2 hour
Trailhead: The junction of Hwy 16/93A North
This trail provides access to and from historic Old Fort Point and Jasper Park Lodge. Portions of the trail are adjacent to the beautiful Athabasca River.

The Overlander Trail
15.5 km one way; elevation gain/loss: 65 m; 5-6 hours
Trailhead: Sixth Bridge, 7.5 km east of Jasper via Highway 16 and the Maligne Road
One of the park's signature trails, this route passes by an early valley homestead and through prime montane habitat.

The Whistlers Summit Trail
1.1 km one way; elevation gain: 150 m; 1 hour
Trailhead: Tramway upper terminal
Venture up for a 360-degree view of the Athabasca Valley and surrounding mountains.

Pyramid Bench

South of Jasper

Trail Signage

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

Valley of the Five Lakes
4.5 km loop; elevation gain/loss: 66 m; 2 hours
Trailhead: 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.

3 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.

Pyramid Trail
5.2 km one way; elevation gain: 118 m; 1-2 hours
Trailhead: Jasper Activity Centre Parking Lot
Use this connector as your gravel freeway to the Pyramid Bench trail system and Pyramid Lake.

Wabasso Lake
6.4 km return; elevation gain/loss: 38 m; 2-3 hours
Trailhead: 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.

Cottonwood Creek Loop
5.1 km return; elevation gain/loss: 60 m; 2 hours
Trailhead: Jasper Activity Centre Parking Lot
This loop offers exceptional views and a quiet forest.

Legend
Highway
Road
Secondary road
Loose surface road (closed to vehicles)
Parking
Parking with trailhead
Information Centre
Washroom
Hospital
Picnic Area
Playground
Museum
Laundromat
Supermarket
Disabled access
Dumping station
Recycling Depot
Trail marker
Easy
Moderate
Difficult

Overlook Loop
5.3 km return; elevation gain/loss: 75 m; 2 hours
Trailhead: North end of Pyramid Lake Road
This loop accesses one of the best views in the area. High above the town, the Miette, Maligne and Athabasca valleys welcome you.

Mina-Riley Lakes Loop
9 km loop; elevation gain/loss: 172 m; 3-4 hours
Trailhead: Jasper Activity Centre parking lot
This popular trail takes you to Mina Lakes 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.



Keep dogs on a leash
All domestic animals must be kept on leash at all times. Pets are not permitted in some areas. Look for notices on trailheads and info centres to find out where these restrictions are.

YOUR FEES AT WORK
Over the next four years, Parks Canada is investing heavily to repair and upgrade aging infrastructure in national parks and national historic sites.
Visit the Jasper road construction map and list of infrastructure projects at pc.gc.ca/jasperinfrastructure to see if any road or facility work might impact your trip.

