



2015-2016

# Getting Around Kootenay National Park



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- *Suggested Itineraries*
- *Maps*
- *Where to Camp*
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S. Morgan

## OUR STORY

First Nations peoples were the first to discover naturally forming ochre in small streams flowing through the Vermilion Plain. Mixing the red clay with fish oil or animal grease, they painted their bodies, clothes and tipis, and drew pictures on the rocks. Nineteenth century prospectors soon followed, mining the ochre by hand to create pigment for paint. The Paint Pots lie near the north end of the Banff-Windermere Highway, the road that runs through Kootenay National Park.

The highway, completed in 1923, was conceived to draw tourists to the picturesque scenes on either side of the road, while opening commercial links east of the Rockies. Kootenay is the only national park to feature both glacier-clad peaks along the Continental Divide and semi-arid grasslands in the Columbia Valley. Apart from ochre deposits, Kootenay boasts a geological heritage to inspire any artist – from Burgess Shale fossils to the dolomite walls of Marble Canyon and the rust covered cliffs above Radium Hot Springs. In 2003, dramatic wildfires in the Vermilion Valley revealed glaciers hanging above the flame-scorched forest, further enhancing the park’s natural legacy.

## A UNESCO WORLD HERITAGE SITE

Four of the mountain national parks – Banff, Jasper, Yoho and Kootenay – are recognized by the United Nations Educational, Scientific and Cultural Organization as part of the Canadian Rocky Mountain Parks World Heritage Site, for the benefit and enjoyment of all nations. Among the attributes that warranted this designation were vast wilderness, diversity of flora and fauna, outstanding natural beauty and features such as Lake Louise, Maligne Lake, the Columbia Icefield and the Burgess Shale.



United Nations  
Educational, Scientific and  
Cultural Organization

Organisation  
des Nations Unies  
pour l'éducation,  
la science et la culture



**Canadian Rocky  
Mountain Parks**  
inscribed on the World  
Heritage List in 1984

**Parcs des montagnes  
Rocheuses canadiennes**  
inscrit sur la Liste du  
patrimoine mondial en 1984



## 1 **STANLEY GLACIER BURGESS SHALE GUIDED HIKES**

Meet your ancient ancestors and hold a piece of earth's history on a guided hike to the Stanley Glacier fossil site. Reservations are required. Visit [reservations.pc.gc.ca](http://reservations.pc.gc.ca) to book your spot!



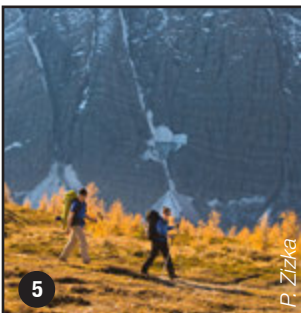
## 2 **AN OTENTIK STAY**

Discover camping like never before. Pack up your family for a relaxing stay in one of Kootenay's new oTENTik tent-cabins. Hike, explore the Village of Radium or go for a dip in the hot springs.



## 3 **SOAK IN SOME HISTORY**

Make sure your journey to Kootenay includes a soak in Radium Hot Springs's soothing waters. Surrounded by dramatic cliffs, the hot and cool pools offer opportunities to unwind or play with the kids. Towels, lockers and swimsuits are available for rent.



## 4 **EXPLORE KOOTENAY**

For almost 100 years, cars have been an important fixture on Kootenay's landscape. Drive the scenic Banff-Windermere Highway from Castle Junction to Radium and admire the work of fire and ice while listening to stories about the park on your smartphone.



## 5 **BACKCOUNTRY FUN**

Looking for adventure? Lace up your hiking boots for an epic 55 km (34 mi) multi-day adventure on the Rockwall trail - one of the Rockies' most inspiring backcountry routes. Enjoy dramatic views of alpine meadows and hanging glaciers.

## 6 **REDSTREAK RESTORATION TRAIL**

Take a short stroll along the Redstreak Restoration trail. Learn how fire keeps forests healthy and creates habitat for bighorn sheep and badgers. Don't forget your camera!

## 7 **MARBLE CANYON**

Admire the power of rushing water cascading through a spectacular limestone gorge. Follow the bridges to a thundering waterfall. Want to see more? Enjoy an afternoon hike to the iron-red Paint Pots mineral springs.

## 8 **OLIVE LAKE**

Unwind and enjoy a picnic by this clear olive green lake near the summit of Sinclair Pass. Look for brook trout and other signs of wildlife as you stroll along the gentle boardwalk trail.

## 9 **KOOTENAY NATIONAL PARK VISITOR CENTRE**

Listen to stories from the Ktunaxa First Nation and discover the role fire has played in Kootenay's landscape at the Kootenay National Park Visitor Centre in the Village of Radium Hot Springs. Enjoy live music every Friday night in July and August.

## 10 **JUNIPER TRAIL**

Enjoy Sinclair Canyon from above and below. Take a hike along the 3.2 km (2 mi) Juniper Trail from the hot pools to the park gate. Bring your camera and capture a bird's eye view of the Columbia Valley!



# Suggested Itineraries



P. Zizka

## HALF-DAY ADVENTURES

### PACK A PICNIC LUNCH

On foot or by car, Kootenay National Park is the perfect place for a half-day adventure. Enjoy a picnic lunch at the **Valleyview** or **Numa Creek day use areas**.

Bask in the sun and take a short walk from the **Numa Creek Day Use Area** to the bridge where the Vermilion River has carved a path through the rock. Hike from the Village of Radium Hot Spring or drive the Redstreak Campground Road to enjoy views of the Columbia Valley from the **Valleyview Trail**. Watch for Bighorn sheep and deer throughout the Redstreak area.

### TAKE A HIKE!

Bring the whole family for a half-day hike from **Marble Canyon** to the **Paint Pots**. Snap a selfie and enjoy the view from the red chairs along the **Marble Canyon Trail**. Admire wildflowers and rushing turquoise blue waters as you stroll along the trail beside the Vermilion River on your way to a First Nations cultural site. Stand next to new trees and see how tall a lodgepole pine tree can grow in 11 years! Gaze into the **Paint Pots**, three small emerald green pools, as these iron-rich mineral springs stain the surrounding earth red, before hiking back to your car.

## A FULL DAY OF FUN









### DRIVE THROUGH HISTORY

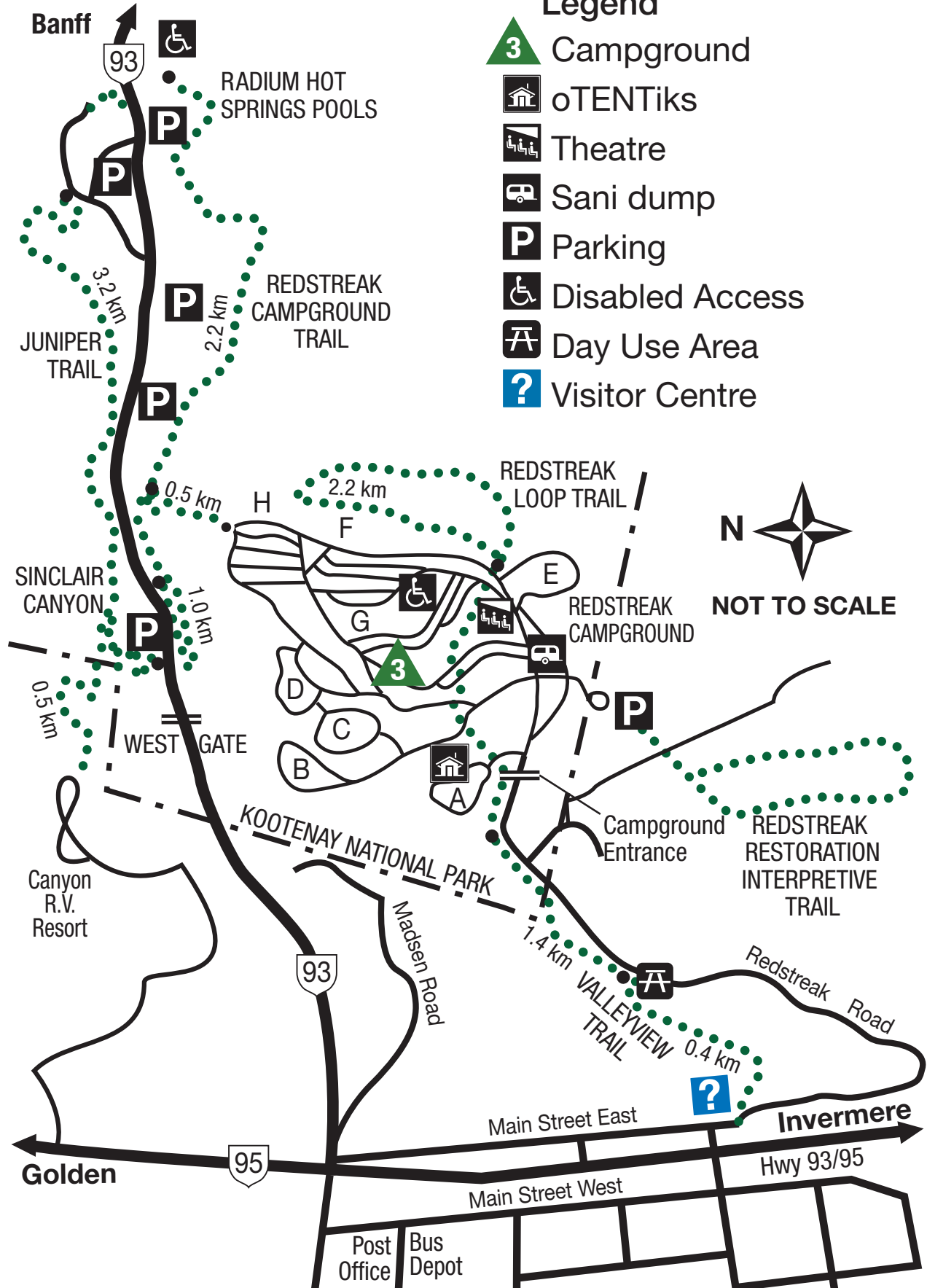
It once took a full day in a Ford Model T to drive from Banff to Radium Hot Springs. Today, you can enjoy the sights and sounds of Kootenay and make it to your destination before dark.

- Stand on the dividing line between the Pacific and Atlantic watersheds at the **Continental Divide**. See what a forest looks like 40 years after a fire on the **Fireweed trail**.
- Admire the dramatic colours and sounds of **Marble Canyon's** deep, carved chasms as this trail criss-crosses the narrow gorge and takes you into the heart of a recent wildfire.
- Keep your binoculars ready! Wildlife, such as bears, deer, wolves and bighorn sheep, can sometimes be spotted along the highway.
- Enjoy breathtaking views of the Mitchell and Vermilion ranges from the **Kootenay Valley Viewpoint**.
- Get a bird's eye view of Sinclair Canyon on a 6 km return (3.7 mi) hike along the **Juniper / Sinclair trail**.
- Pull out your swimsuits, relax and enjoy a refreshing dip in the **Radium Hot Springs**.

# Village of Radium Map

## Legend

-  Campground
-  oTENTiks
-  Theatre
-  Sani dump
-  Parking
-  Disabled Access
-  Day Use Area
-  Visitor Centre





# Park Map














YOHO NATIONAL PARK

BANFF NATIONAL PARK

## KOOTENAY NATIONAL PARK

### Legend

-  Park Cabin/Resource Conservation Office
-  Visitor Centre
-  Frontcountry Campground
-  Backcountry Campground
-  Group Campground
-  Radium Hot Springs Pools
-  Hiking Trail
-  Cycling Permitted
-  Highway
-  Gravel Roads
-  Park Boundary



# Hiking Trails

● Easy	■ Moderate	◆ Difficult
1 Juniper / Sinclair Canyon	15 Kimpton Creek	
2 Redstreak Campground	16 Simpson River	
3 Redstreak Loop	17 Prospector's Valley	
4 Redstreak Restoration	18 Kindersley / Sinclair Loop	
5 Valleyview	19 Hawk Creek & Ball Pass	
6 Redstreak Creek	20 Floe Lake	
7 Olive Lake	21 Helmet / Ochre Junction	
8 Cobb Lake	22 Numa Creek	
9 Dog Lake	23 Tumbling Creek	
10 Paint Pots	24 Helmet Creek & Falls	
11 Marble Canyon	25 Tumbling / Helmet / Ochre	
12 Paint Pots to Marble Canyon	26 Rockwall	
13 Fireweed Loops	27 Honeymoon Pass / Verdant	
14 Stanley Glacier		



Note: Distances on map are indicated in kilometres.



This is not a topographical map and is not suitable for route-finding. Trail information is available on the following page.

# Where to Camp

Campgrounds	Full Hook-up	Electrical	Sani Dump	Flush Toilets	Pit Toilets	Showers	Firepit	Cooking Shelter	Drinking Water	oTENTik	Interpretive Programs	Disabled Access	Open Dates	Sites
1 Marble Canyon													June 25 - September 7	61
2 McLeod Meadows													June 25 - September 7	88
3 Redstreak													May 7 - October 12	242
4 Crook's Meadows													Call 403-522-1203 for information on non-profit group camping reservations and fees	1

Highlighted campgrounds may be reserved.

## PLANNING TO CAMP IN ANOTHER PARK? BOOK ONLINE OR CALL AHEAD FOR INFO AND RESERVATIONS.

The mountain parks offer extraordinary camping experiences, ranging from full-service RV sites to pristine backcountry settings. Many campsites can be reserved and most fill up quickly. Call ahead or go online for availability and recommendations.

**1-877-RESERVE OR RESERVATION.PC.GC.CA**

## Where to Hike

Type	Hiking Trail	Estimated time (return)	Distance (return)	Elevation Gain
Short Hikes	Juniper / Sinclair Canyon	2 hours	6 km	gain / loss 260 m
	Redstreak Campground	1.5 hours	4.6 km	gain / loss 30 m
	Redstreak Loop	45 minutes	2.2 km	90 m
	Redstreak Restoration	20 minutes	1 km	5 m
	Valleyview	45 minutes	2.4 km	125 m
	Olive Lake	15 minutes	0.5 km	0 m
	Cobb Lake	2 hours	5.4 km	loss 190 m
	Dog Lake	1.5 hours	5.2 km	40 m
	Paint Pots	40 minutes	2 km	25 m
	Marble Canyon	30 minutes	1.6 km	20 m
	Paint Pots to Marble Canyon	2 hours	6.8 km	40 m
Day Hikes	Fireweed Loops	30 minutes	0.5 & 2 km	20 m
	Stanley Glacier	3 hours	8.4 km	356 m
	Kindersley / Sinclair Loop	6 hours	17.5 km	1055 m
	Hawk Creek and Ball Pass	7 hours	20.2 km	885 m
	Floe Lake	7 hours	21 km	715 m
Multi-Day	Numa Creek	2 days	12.8 km	gain / loss 60 m
	Helmet Creek and Falls	2 to 3 days	30 km	310 m
	Tumbling / Helmet / Ochre	2 to 3 days	38 km	800 m
	Rockwall	3 to 4 days	55 km	gain / loss 2600 m

Hiking trails are shown on previous page. Trail reports are available in the Kootenay National Park Visitor Centre and at [parkscanada.gc.ca/Kootenaytrails](http://parkscanada.gc.ca/Kootenaytrails).



## MOUNTAIN SAFETY

Unpredictable mountain weather can change road and trail conditions instantly and wildlife can be anywhere, any time. These simple precautions will help ensure you have a safe and enjoyable visit.



- Check road conditions prior to heading out.
- Obey speed limits and watch for wildlife on the roadside.
- Stay on designated roads, trails and other hardened surfaces.
- Keep a 'Bare' campsite. Visit [parks canada.gc.ca/bare-campsite](http://parks canada.gc.ca/bare-campsite).
- Make noise on the trails and let wildlife know you are coming.
- Research and plan overnight trips including potential trail restrictions and closures, avalanche conditions and mandatory backcountry permits. Visit [parks canada.gc.ca/knp-backcountry](http://parks canada.gc.ca/knp-backcountry) and [avalanche.pc.gc.ca](http://avalanche.pc.gc.ca) for safety tips.
- Let someone know your plans, cell phones are not reliable in the wilderness.
- Keep clear of cliffs, ledges and fast moving water.



## PARK REGULATIONS

**Following park regulations while enjoying your national parks will help protect you, the land, and our wildlife:**

- Keep pets on a leash and under control at all times. Please collect and properly discard of pet feces.
- Take only photographs. It is illegal to pick flowers, mushrooms, cut down trees, branches, remove cultural artifacts or fossils, or otherwise cause damage to natural objects or living things.
- Be considerate of your neighbours. Liquor consumption is prohibited in public places, day-use areas, and during set periods in campgrounds. Respect quiet hours and liquor bans in campgrounds.
- Stay out of closed areas. Area closures or activity restrictions are implemented when visitors are at risk or when wildlife requires additional protection. Signs indicate the areas impacted.
- Be careful with fire. Fires are permitted only in designated areas with fireboxes or firepits. Extinguish fires completely. Do not use deadwood, bark or branches for fuel. Report wildfires immediately.
- Buy fishing permits. Anglers require a national park fishing permit, available at Parks Canada Visitor Centres. Provincial licenses are not valid in national parks.
- Going boating? Motors are not allowed on most lakes.
- Motorized off-road travel is not permitted.



## THE CANADA NATIONAL PARKS ACT

Park Wardens are responsible for enforcing park regulations as required by the *Canada National Parks Act*. To report national park violations, call: 24 hours, 7 days per week.

**1-888-927-3367 (Banff, Yoho, Kootenay and Waterton Lakes)**

**1-877-852-3100 (Jasper and Mountain Revelstoke & Glacier)**

Visit [pc.gc.ca/mtnregulations](http://pc.gc.ca/mtnregulations)

**Violators will be charged, be required to appear in court and could pay fines of up to \$25 000.**



## MEET PARKS CANADA'S INTERPRETERS

Do you want to discover more about the uniqueness of Kootenay's natural and cultural heritage? Friendly and knowledgeable interpreters are here to help you connect to these special places protected by Parks Canada.

Watch for interpreters at campgrounds and popular day use areas in Kootenay National Park during the summer months.

Check [parksCanada.gc.ca/kootenay-interpretation](http://parksCanada.gc.ca/kootenay-interpretation) for more information on interpretive experiences in Kootenay.

## WILDLIFE VIEWING TIPS

Your best chance of observing wild animals is by giving them space to feed, rest and keep their young safe. Help keep them wild by:

- Staying at least three (3) bus lengths (30 m) away from elk, deer and bighorn sheep.
- Staying at least ten (10) bus lengths (100 m) away from bears, cougars and wolves.
- Ensuring children are in sight and within close range at all times.
- NEVER feeding or approaching wildlife.
- Ensuring pets are under control and on a leash at all times
- Carrying bear spray when on the trails, ensuring it is accessible and knowing how to use it.

For further information pick up a copy of *Keep the Wild in Wildlife* at a Parks Canada Visitor Centre or visit [parksCanada.gc.ca/bears-and-people](http://parksCanada.gc.ca/bears-and-people)

To report wolf, bear or cougar sightings call 403-762-1473.



Hey Kids! Get your



This booklet has tons of fun activities that you can do on your own or with your family. Complete some of the activities and you will receive a souvenir.

Pick up your booklet at a Parks Canada visitor centre and have fun exploring Kootenay National Park.





## REMEMBERING CANADA'S HISTORY...

The Last Spike at Craigellachie



### ON THE ROAD TO 2017

Canada turns 150 in 2017! On the road to this momentous celebration, Parks Canada's treasured natural and historic places will host special programs and events to commemorate the milestones that contributed to the Canada of today, strong and free. Experience what inspired Canada!

[parks.canada.gc.ca](http://parks.canada.gc.ca)

## SPOTLIGHT ON PARKA



Parka, Parks Canada's mascot, will soon be a TV star! Check out Parka on Chirp TV airing on the CBC Kids network and on Radio Canada in French in the fall 2015.

## WANT MORE INFORMATION ABOUT KOOTENAY NATIONAL PARK?

Find us online at: facebook.com/KootenayNP, twitter.com/KootenayNP or [parks.canada.gc.ca/Kootenay](http://parks.canada.gc.ca/Kootenay).

These detailed brochures are available online, or for pick-up at a Parks Canada Visitor Centre.



Stop by the Friends of Kootenay store in the Kootenay National Park Visitor Centre for souvenirs, guidebooks and topographical maps.

## WANT MORE INFORMATION ON OTHER MOUNTAIN NATIONAL PARKS?

### BANFF

Banff Visitor Centre: 403-762-1550  
Lake Louise Visitor Centre: 403-522-3833  
[pc.gc.ca/banff](http://pc.gc.ca/banff)

Banff Lake Louise Tourism: 403-762-8421  
[banfflakelouise.com](http://banfflakelouise.com)

### JASPER

Jasper Information Centre: 780-852-6176  
[pc.gc.ca/jasper](http://pc.gc.ca/jasper)

Tourism Jasper: 780-852-6236  
[jasper.travel](http://jasper.travel)

### KOOTENAY

Kootenay Visitor Centre: 250-347-9505  
[pc.gc.ca/kootenay](http://pc.gc.ca/kootenay)

Tourism Radium/Radium Chamber of Commerce:  
1-888-347-9331  
[RadiumHotSprings.com](http://RadiumHotSprings.com)

### YOHO

Yoho Visitor Centre: 250-343-6783  
[pc.gc.ca/yoho](http://pc.gc.ca/yoho)

Accommodations and attractions in Field:  
[field.ca](http://field.ca)  
Tourism Golden: 1-800-622-4653  
[tourismgolden.com](http://tourismgolden.com)

### MOUNT REVELSTOKE & GLACIER

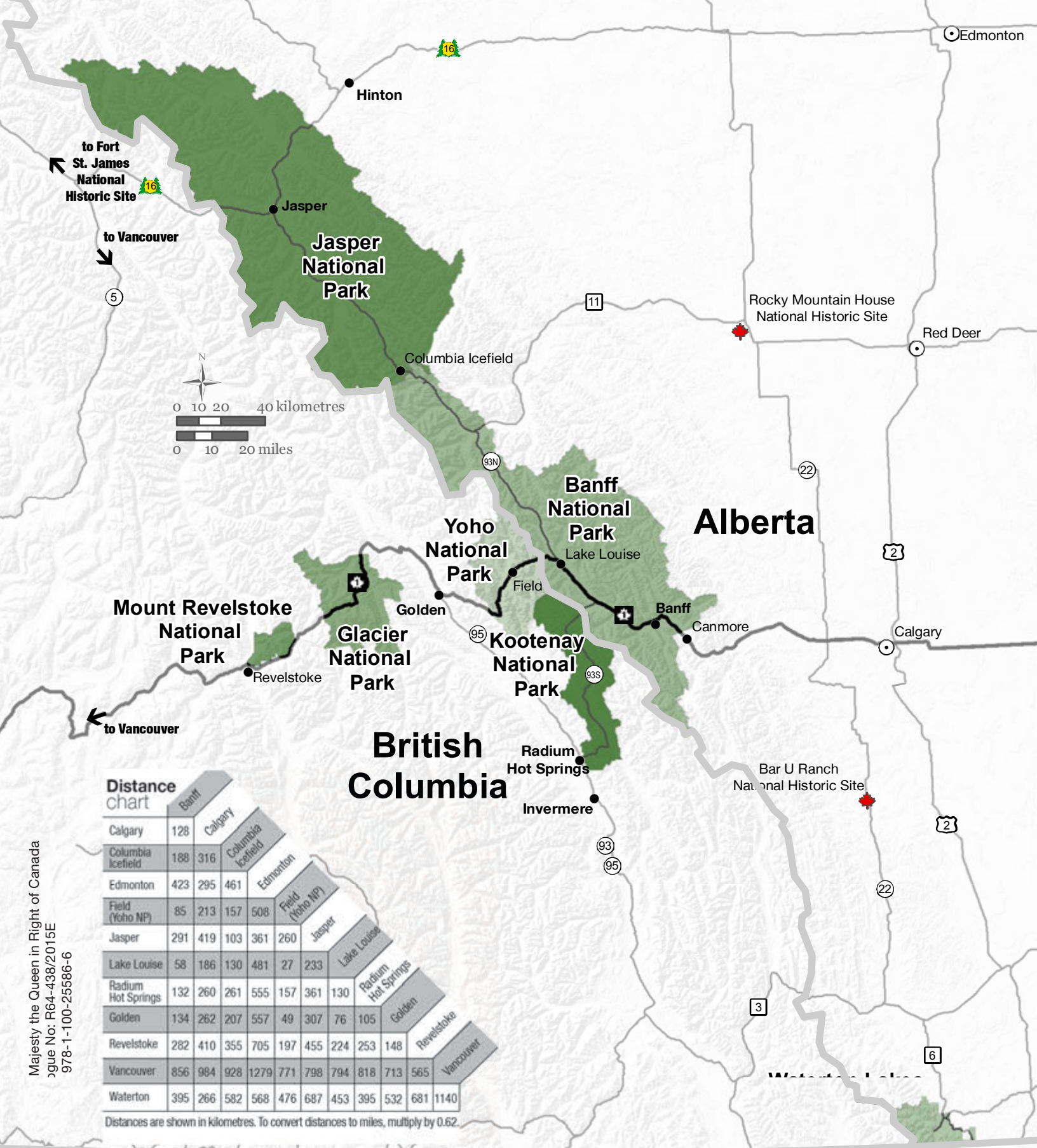
Rogers Pass Discovery Centre: 250-837-7500  
[pc.gc.ca/glacier](http://pc.gc.ca/glacier) • [pc.gc.ca/revelstoke](http://pc.gc.ca/revelstoke)

Tourism Revelstoke: 1-800-487-1493  
[seerevelstoke.com](http://seerevelstoke.com)

### WATERTON LAKES

Waterton Lakes Visitor Centre: 403-859-5133  
[pc.gc.ca/waterton](http://pc.gc.ca/waterton)

Waterton Chamber of Commerce:  
[mywaterton.ca](http://mywaterton.ca)



Majesty the Queen in Right of Canada  
 Reg. No. R64-438/2015E  
 978-1-100-25586-6



**Please slow down, for your safety and ours.**



**FOR EMERGENCIES DIAL 911 (Police, Fire and Ambulance)**

Cell phone coverage is not reliable in all areas of the mountain parks.