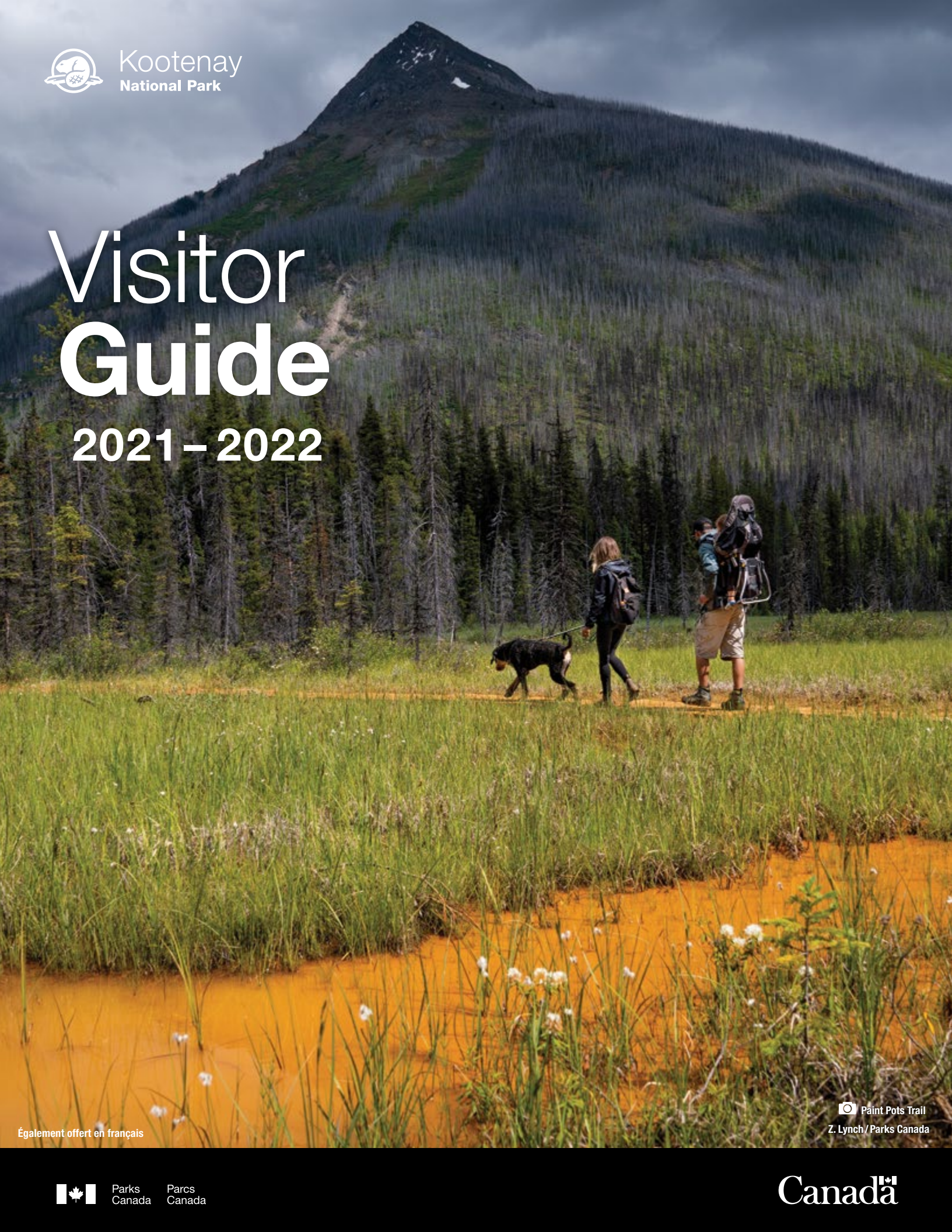




Kootenay
National Park

Visitor Guide

2021 – 2022



Également offert en français

 Paint Pots Trail

Z. Lynch / Parks Canada



Parks
Canada

Parcs
Canada

Canada

Plan your adventure



Z. Lynch/Parks Canada

Kootenay River Day-use Area

Your support makes a difference

Entry fees are charged at all national parks.

Pick up your pass at any park gate, visitor centre or staffed campground kiosk. You must have a valid park pass if you stop anywhere in a national park.

Daily Entry

The daily entry pass is valid in Kootenay, Yoho, Banff, Jasper, Mount Revelstoke, Waterton Lakes and Glacier national parks. Regardless of time of entry, the pass is valid until 4 p.m. the following day.

- Adult (18-64)\$10.00
- Senior (65+)\$8.40
- Youth (0-17) Free
- Family/group\$20.00
(up to 7 people in a vehicle)

Parks Canada Discovery Pass

Parks Canada's Discovery Pass is valid for 12 months from the date of purchase, expiring on the last day of the month in which it was purchased. It gives you unlimited admission to over 80 Parks Canada places across the country.

- Adult (18-64)\$69.19
- Senior (65+)\$59.17
- Family/group\$139.40
(up to 7 people in a vehicle)



Every time you visit a park you are investing in its future, and in a legacy for future generations.

The Kootenay National Park Visitor Centre

is located on Main Street East in the village of Radium Hot Springs. COVID-19 may affect hours and available services – please check parksCanada.gc.ca/kootenay-covid for updates.



Parks Canada staff will provide you with up-to-date park information and assist with planning your trip.

250-347-9505
pc.kootenayinfo.pc@canada.ca
parksCanada.gc.ca/kootenay

- facebook.com/kootenaynp
- twitter.com/kootenaynp

Free Wi-Fi available

While you are at the Visitor Centre, talk to Radium Visitor Services staff who can help you plan your vacation in the Columbia Valley.

Tourism Radium / Radium Chamber of Commerce
1-888-347-9331
radiumhotsprings.com

Staying safe in the mountains

Visit parksCanada.gc.ca/kootenaytrails for trail condition reports and warnings before you head out.

Some trails are suitable for winter activities, but usage is at your own risk. Parks Canada does not maintain or patrol cross-country or snowshoeing trails in Kootenay National Park.

Check out parksMountainsafety.ca for information on backcountry travel and how to stay safe in the mountains.



You are in avalanche terrain

Avalanche season in the mountains extends from November to June. Whenever there is snow on a slope, there is potential for an avalanche. Check the current avalanche forecast at parksCanada.gc.ca/avalanche

Be a responsible visitor



Z. Lynch/Parks Canada

Kootenay National Park has incredible natural and cultural heritage.

It is a diverse landscape, a home to wildlife and a place of history.

We need your help to keep it this way!

Take the pledge

- I will learn about and follow all national park regulations.

Why? To ensure that I stay safe during my visit and help preserve the park for future generations. *See page 13.*

- I will leave plants, rocks, fossils, antlers and all other natural objects undisturbed.

Why? To let others enjoy them as I have, and to preserve the natural beauty and integrity of the park. Thousands of people visit the park each year; a harmful act, multiplied by that amount, can have devastating consequences.

- I will never feed wildlife or leave food and garbage outside.

Why? Wildlife need to find their own natural food sources, not yours. By feeding an animal or leaving your scented food items unattended, you attract it to roadsides and human areas.

- I will give wildlife space.

Why? To avoid injury and keep animals wild. When you stop to view wildlife or get too close for a photo, animals lose their natural fear of people. This increases the risk of wildlife being hit by a vehicle or acting aggressively towards people. Both may cause the death of an animal and a risk to your safety.

- I will keep my dog on a leash and pick up after it.

Why? Dogs cause stress for wildlife as they may be seen as a threat. Off-leash dogs can cause wildlife to show aggression, which puts you, your dog and other visitors in danger. Pick up dog poop to keep the park sanitary and clean.

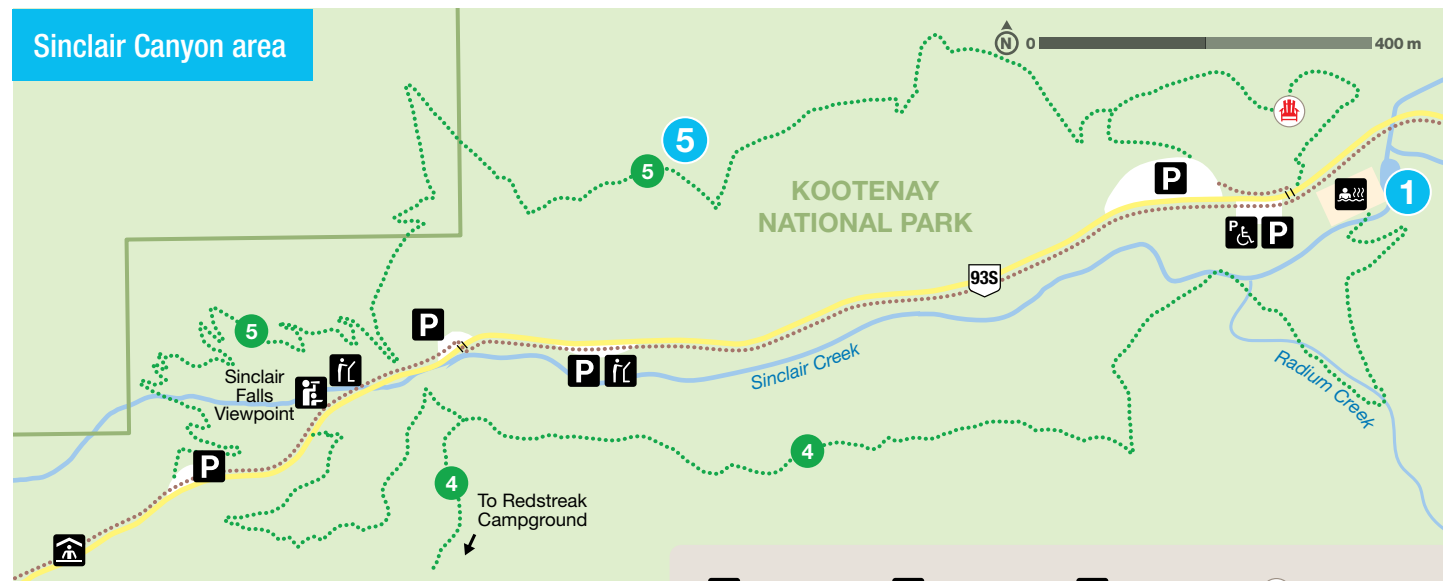
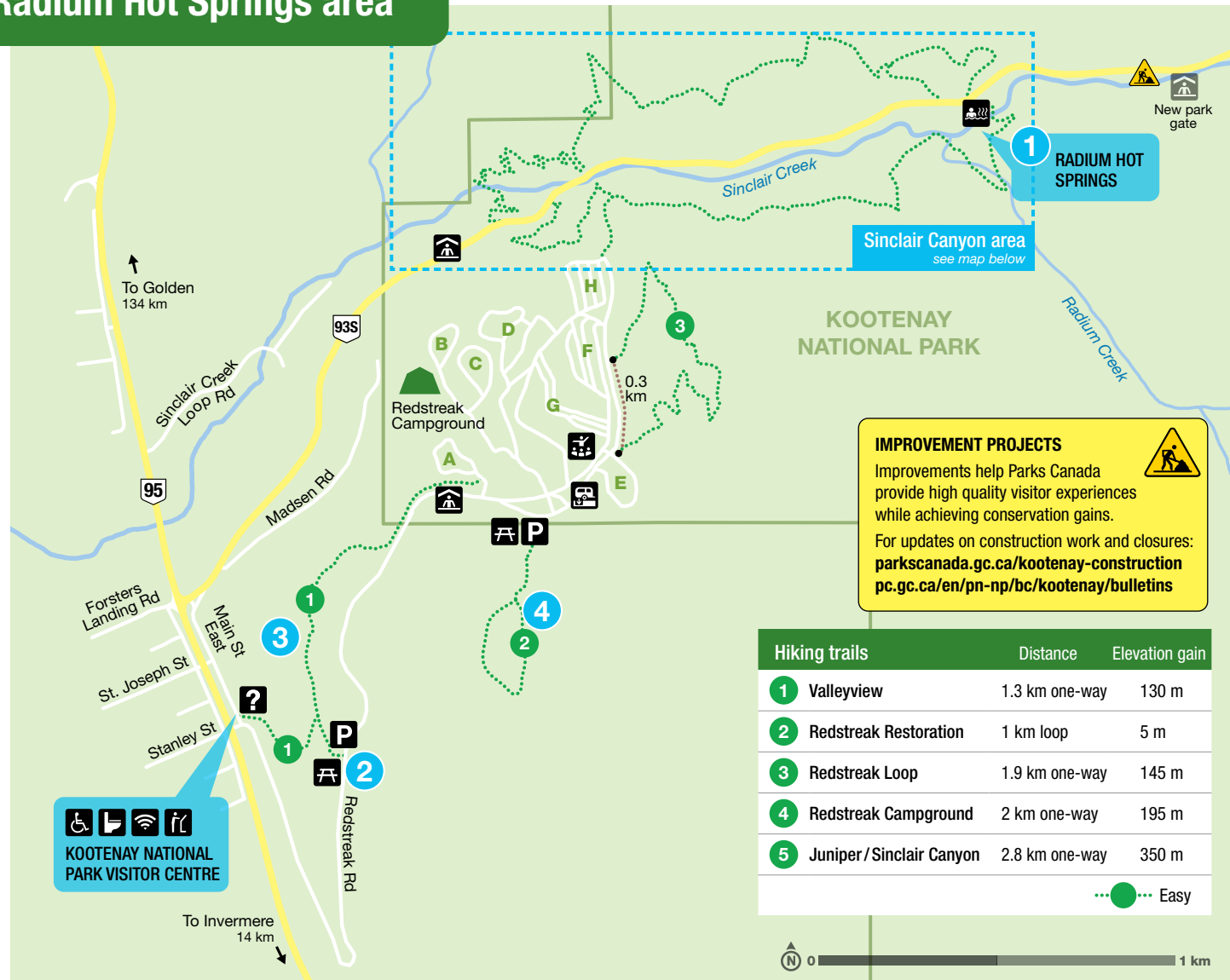
- I will drive carefully and obey speed limits.

Why? To prevent deadly collisions with animals. In high risk areas, no stopping zones are used to protect motorists and wildlife. Look for signs along the roadside.

Your pledge makes a big difference. Thank you for taking action!
Prepare to make great memories...



Radium Hot Springs area



TIP Learn about the history of Sinclair Canyon from new interpretive signs, made in collaboration with the Friends of Kootenay and the Village of Radium Hot Springs.

- Visitor centre
- Gate/kiosk
- Parking
- Accessible parking
- Accessible
- Wi-Fi
- Washroom
- Picnic area
- Viewpoint
- Exhibit
- Interpretive program
- Radium Hot Springs
- Red Chairs
- Campground (reservation required)
- Sani dump
- Community trail

Make sure your visit includes a soak in Radium Hot Springs' soothing waters



1 RADIUM HOT SPRINGS

Surrounded by dramatic cliffs, the hot and cool pools allow you to unwind or play with the kids.

RATES
Adult (ages 18-64) \$7.46
Senior (65+) \$6.54
Youth (3-17) \$6.09
Child (under 3) Free
(Fees are subject to change.)

Visit hotsprings.ca/radium for hours and information about COVID-19 related safety precautions at Radium Hot Springs.

2 VALLEYVIEW PICNIC AREA

Enjoy a hilltop picnic with a scenic vista. Access the site via the Valleyview Trail or by vehicle via Redstreak Road. Parking is limited.

5 JUNIPER/SINCLAIR CANYON TRAIL

2.8 km one-way, 350 m elevation gain
Descend into the gorge for a stop at Sinclair Canyon Falls, then head back up to the canyon's rim. Relax in the Red Chairs at the end.

3 VALLEYVIEW TRAIL

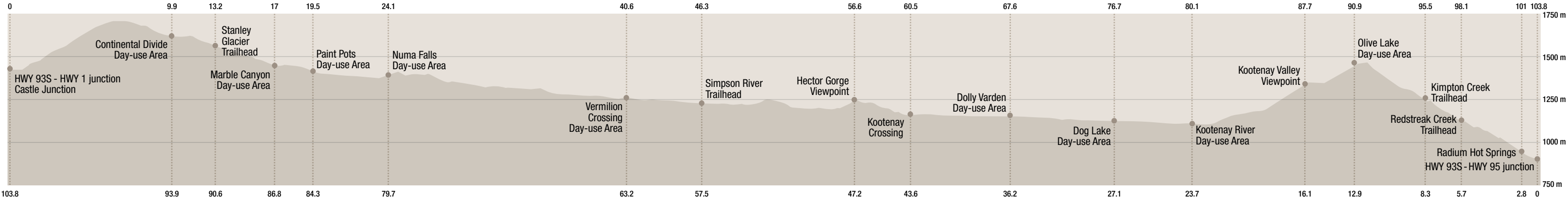
1.3 km one-way, 130 m elevation gain
Hike up a steep hill for rewarding views of the Columbia Valley, then meander along a flat trail at the top.

4 REDSTREAK RESTORATION TRAIL

1 km loop, 5 m elevation gain
Start at Redstreak Campground. Follow interpretive signs to discover how fire keeps forests healthy and creates habitat for wildlife.

TIP Come out to an evening interpretive program at Redstreak Campground. You don't need to be a registered camper to enjoy the programs. Park pass required. parks.canada.gc.ca/kootenay-interpretation

KM FROM JUNCTION OF HWY 93S AND HWY 1



KM FROM JUNCTION OF HWY 93S AND HWY 95

KM FROM JUNCTION OF HWY 93S AND HWY 95

TIP Set your odometer to 0 in Radium Hot Springs or at Castle Junction and don't miss any of the highlights along Hwy 93S! Just follow the diagram on the right hand side.

The map displays the Kootenay National Park area, including Banff National Park to the west and Mount Assiniboine Provincial Park to the east. It features 16 numbered callouts for various trails and day-use areas, each with an icon indicating its difficulty level (Easy, Moderate, or Difficult). Key geographical features like Hawk Ridge, Vermilion River, and Kootenay River are also shown. Distances to nearby towns like Lake Louise, Banff, and Golden are provided.

WINTER DRIVING
Snow tires (M&S) or chains are required by law for travel on Hwy 93S through Kootenay National Park and Hwy 93N (Icefields Parkway) between Nov 1 and Mar 31.

Cell phone coverage is not available in Kootenay National Park.
Emergency telephone at Kootenay Crossing Parks Canada Station.

- Visitor centre
- Washroom
- Picnic area
- Viewpoint
- Hiking
- Interpretive trail
- Exhibit
- Radium Hot Springs
- Parks Canada station
- Emergency telephone
- Red Chairs
- Campground (reservation required)
- Campground (reservable and first-come, first-served)

Kootenay National Park	Distance	Elevation gain
6 Redstreak Creek	2.3 km one-way	200 m
7 Kimpton Creek	4.6 km one-way	450 m
8 Olive Lake	0.3 km one-way	0 m
9 Cobb Lake	2.7 km one-way	155 m
10 Dog Lake	2.6 km one-way	135 m
11 Simpson River	Up to 8.8 km one-way	135 m
12 Paint Pots	1 km one-way	35 m
13 Marble Canyon to Paint Pots	2.9 km one-way	65 m
14 Marble Canyon	0.9 km one-way	65 m
15 Stanley Glacier	5.2 km one-way	615 m
16 Fireweed Loops	0.7 km and 0.2 km loops	15 m

● Easy ● Moderate

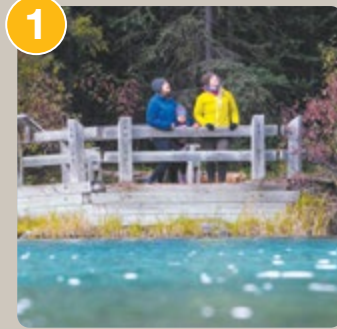
Not all trails are listed here or displayed on the map.
For more information on difficult and multi-day hikes, pick up a *Kootenay National Park Trail Guide* at the park gate or Kootenay National Park Visitor Centre.

Make the most OF YOUR VISIT

Highway 93 South is the backbone of Kootenay National Park.

Enjoy an uninterrupted scenic drive or turn off the highway to relax at a day-use area, take in the views or venture out on a hike.

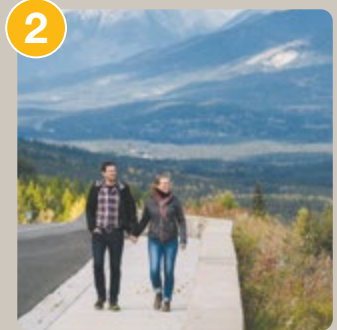
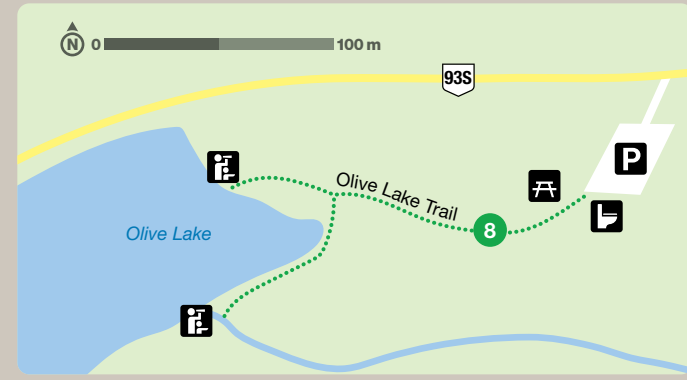
Recommended stops and trails are listed in order from south to north.



1 OLIVE LAKE DAY-USE AREA

A forested picnic area at the summit of Sinclair Pass.

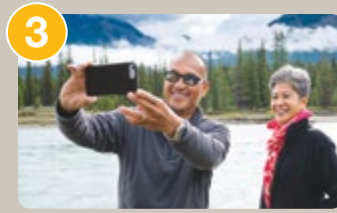
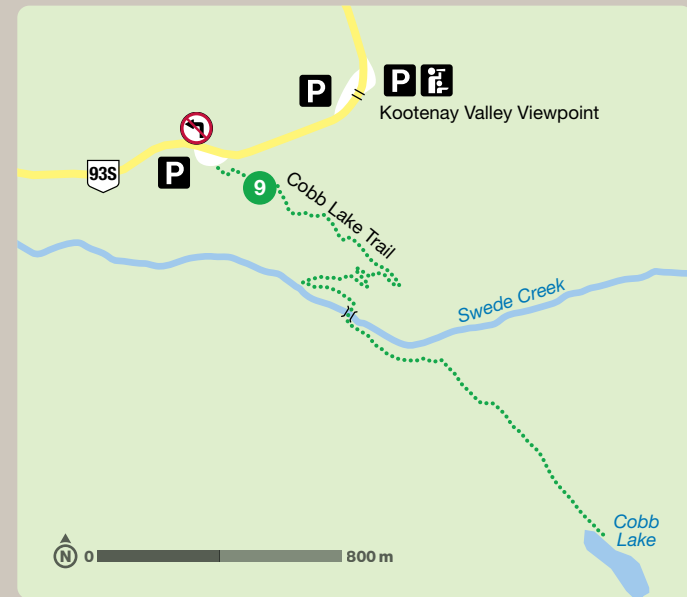
OLIVE LAKE TRAIL
0.3 km return, no elevation gain
Look for brook trout as you explore the lakeshore on the boardwalk.



2 KOOTENAY VALLEY VIEWPOINT

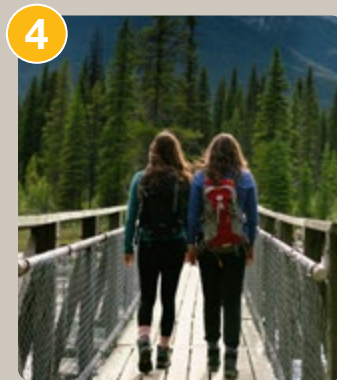
Enjoy breathtaking views of the Mitchell and Vermilion mountain ranges.

COBB LAKE TRAIL
2.7 km one-way, 155 m elevation gain
Descend to Swede Creek, then continue along to the banks of a quiet lake encircled by forest.



3 KOOTENAY RIVER DAY-USE AREA

Spread out a picnic blanket or access the river for fishing and water sports.



4 DOG LAKE DAY-USE AREA

Take advantage of this cool, shaded picnic area on a hot day.

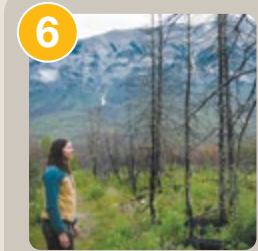
DOG LAKE TRAIL
2.6 km one-way, 135 m elevation gain
Cross two bridges over the Kootenay River and meander through old-growth forest. End at a lake with a beautiful backdrop of mountains.



5 DOLLY VARDEN DAY-USE AREA

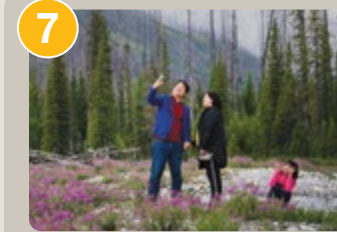
Learn about wildlife fences and underpasses with self-guided activities. Fun for kids!

TIP Check trail conditions at parkscanada.gc.ca/kootenaytrails before you drive into the park. Bring water, snacks, sunglasses, sunscreen, warm clothes and a rain jacket. The weather can change rapidly in the mountains!



6 SIMPSON RIVER TRAIL

3 km return (interpretive trail section), 10 m elevation gain
Walk through a valley marked by fire and learn about the incredible forces of nature. A great family adventure! Past the Red Chairs, the trail continues for 7.3 km (one-way) to the park boundary.



7 VERMILION CROSSING DAY-USE AREA

Enjoy a picnic lunch and explore along the scenic banks of the Vermilion River.



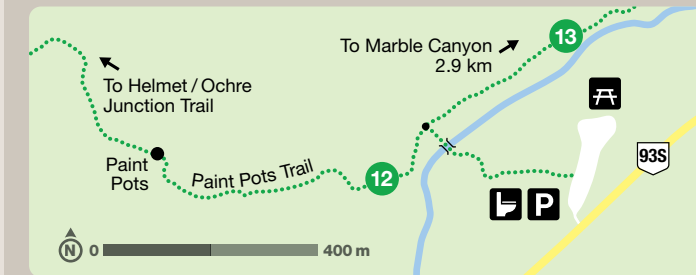
8 NUMA FALLS DAY-USE AREA

Stop for a snack at the picnic site right next to the roaring waterfalls and look down into the canyon from the newly replaced bridge.



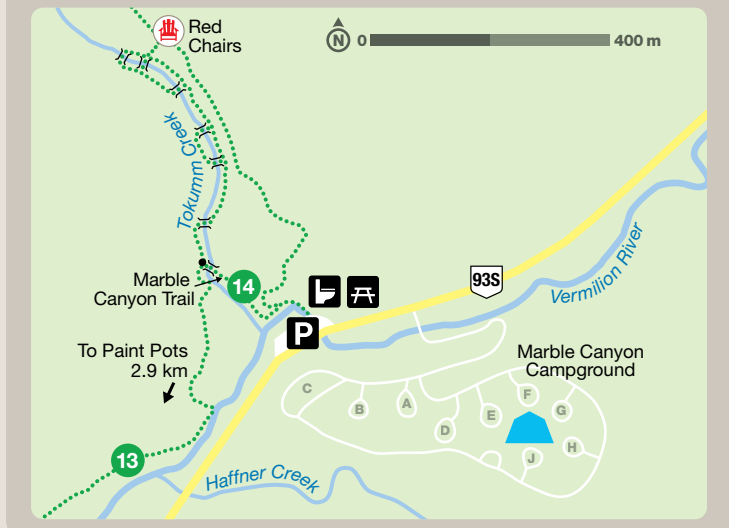
9 PAINT POTS TRAIL

1 km one-way, 35 m elevation gain
An easy walk takes you to three iron-rich mineral springs that stain the surrounding earth.



10 MARBLE CANYON TRAIL

0.9 km one-way, 65 m elevation gain
Admire the shapes and sounds of carved chasms as you hike along the trail. Relax in the Red Chairs at the end.



11 STANLEY GLACIER TRAIL

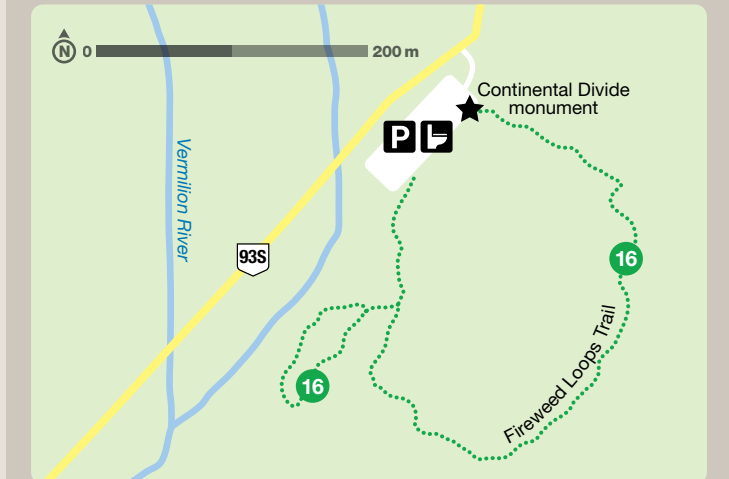
5.2 km one-way, 615 m elevation gain
Hike up to a stunning alpine basin and watch glacier meltwater tumble down massive rock walls. See p. 10 for info on guided hikes.



12 CONTINENTAL DIVIDE DAY-USE AREA

Stand on the dividing line between the Pacific and Atlantic watersheds.

FIREWEED LOOPS TRAIL
0.7 km and 0.2 km loops, 15 m elevation gain
Walk through a quiet, shaded forest. The Vermilion Pass wildfire swept through this area in 1968. Can you spot any marks left by this fire?





Reconnect with nature

in Kootenay National Park's campgrounds — each one has something different to offer.

Frontcountry camping

Redstreak provides the widest range of services and is located within walking distance of the village of Radium Hot Springs and Radium Hot Springs' mineral pools. You can even enjoy some of the comforts of home with a night in an oTENTik tent-cabin!

For a more rustic experience, choose to stay at **McLeod Meadows** or **Marble Canyon**. McLeod Meadows is nestled beside the Kootenay River, providing quick access to the water; Marble Canyon sits in a quiet, forested area conveniently close to the park's most popular trails.

For more info: parkscanada.gc.ca/knp-camping



Reserve now! reservation.pc.gc.ca | 1-877-reserve (737-3783)



Camping

Backcountry camping

There are six backcountry campgrounds in Kootenay National Park. Five are located along the Rockwall Trail, an iconic, 55-km route that traverses through alpine passes and under hanging glaciers.

For more info: parkscanada.gc.ca/knp-backcountry

Camping is permitted in designated campgrounds only. A valid camping permit and national park entry pass are required.

Stay safe

KEEP ANIMALS AWAY FROM HUMAN FOOD



ALL food-related and scented items **MUST** be stored away in a vehicle,



a hard-sided trailer or RV,



or in a campground food storage locker.



Never leave food or scented items unattended or in a tent for even a minute.

- Store all food, food-related items and scented products in vehicles or storage lockers.
- Pour out dish water at designated sinks or sani dumps.
- Non-food related items such as lawn chairs, tables or lanterns may be left outside.
- **DO NOT LITTER.** Use the wildlife-proof garbage bins for all unwanted items.
- Parks Canada staff may enter open and plainly visible areas of an unattended campsite to remove and secure plainly visible wildlife attractants.
- **KEEP YOUR CAMPSITE AND PICNIC AREA CLEAN** to reduce the risks to your personal safety and to wildlife.

Interpretive programs and activities

Learn more about Kootenay's natural and cultural heritage.



Burgess Shale Fossils – Guided Hike

Ages 5+, moderate hike, 10 km return

Join us on the scenic Stanley Glacier Trail and experience the Burgess Shale fossils first hand. Along this family-oriented trail, your guide will reveal the deep connections between past and present. Reservations are required for guided hikes. Visit reservation.pc.gc.ca to book your spot.

Club Parka | Xplorers

Ages 3-5 | Ages 6-11

Do you like adventure? Discovering new things? Ask for a place-based activity booklet at the visitor centre or at Redstreak Campground kiosk.

Geocache Challenge

All ages

Search for five species at risk as you walk along the Redstreak Restoration Trail. Pick up a booklet at the Kootenay Visitor Centre.



Meet Parks Canada's interpreters at campgrounds and popular day-use areas in the summer months.

Or plan your visit around an interpretive experience by checking parkscanada.gc.ca/kootenay-interpretation





A wildlife underpass and fencing on Highway 93 South.



A remote camera captures a wolf using an underpass.



This grizzly cub is learning early in life to use wildlife crossings.

Have you seen these structures?

From 2013 to 2015, nine wildlife underpasses and fifteen kilometers of exclusion fencing were installed along the Kootenay National Park highway. These structures are designed to:

- **Increase motorist safety.** Collisions put motorists at risk of injury or death.
- **Increase wildlife safety.** From 2003 to 2012, over 530 large animal deaths were reported on Highway 93 South.
- **Reduce habitat fragmentation.** Wildlife need to cross the highway to access important habitat (food and shelter) and connect with mates.

Since construction of the underpasses and fencing, wildlife mortality has decreased by over 85% within the fenced area. The underpasses are being monitored with remote cameras, and to date over 6000 crossings have been recorded. Many large mammals are using the underpasses: bears, wolves, cougars, deer, elk and moose.

Conservation stories

You can help

Obey speed limits and stay alert when driving.

- **Report animal-vehicle collisions.** Note your location and report the incident as soon as possible. This information helps park wildlife staff monitor injured animals, recover dead ones and plan future wildlife crossings.
- **Report animals on the highway side of the fence.** Park wildlife staff are trained to move animals back to the safe side of the fence.

Parks Canada Dispatch: 403-762-1470

It is illegal to feed, entice or disturb any wildlife in a national park.

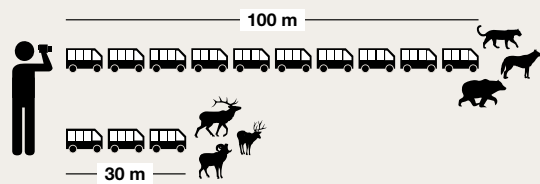
Safe wildlife viewing

If you see wildlife by the road:

- **Slow down** and use hazard lights to alert other drivers.
- Only stop when and where it is safe to do so. Pull over and do not block traffic.
- **Stay in your vehicle.**
- Watch for a few moments, take a photo from a safe distance and **move on.**

Photograph wildlife from a vehicle or safe distance:

- 30 metres for deer, elk, moose and bighorn sheep
- 100 metres for bears, wolves, coyotes and cougars



A **no stopping zone** protects wildlife and motorists in high risk areas. Watch for signs along the roadside and **do not stop to view wildlife in this zone.**



Do not litter. Use the wildlife-proof garbage bins.



Do not approach wildlife. When taking photos, do not surround, crowd or follow an animal.



Do not feed wildlife. This includes littering and leaving food or scented items unattended.



Keep dogs on leash at all times. Off-leash dogs can stress wildlife and trigger aggressive behaviour.

Species at risk

All plants, animals and natural objects are protected in the national parks; however, Parks Canada gives special attention to species at risk – plants or animals in danger of disappearing if we don't take action.

Some species listed under the Species at Risk Act require immediate help; they have suffered significant declines in numbers or distribution and are on the path toward extinction. Other species need monitoring to ensure they don't start down this path.



Whitebark pine – *Endangered*



Wolverine – *Special concern*



A wolverine hair-collection site

Parks Canada has teamed up with Mirjam Barrueto, a PhD student at the University of Calgary, to study wolverine connectivity in the Columbia and Rocky mountains.

Because wolverines require large areas of undisturbed wilderness, they are one of the best indicators of a healthy, intact ecosystem. Researchers have installed 30 monitoring sites on both sides of the Trans-Canada Highway to investigate how this major transportation route impacts wolverine movement.

Photos: R. MacDonald, Parks Canada, A. Forshner, H. Broders, R. Bray

National park regulations

Helmet Falls, Rockwall Trail

Z.Lynch/Parks Canada



ATTENTION Park water users

Keep aquatic invasive species out of national parks!

Clean, Drain, Dry practices and self-certification permits are **mandatory** in Kootenay National Park.

You must:

- **CLEAN** all mud, sand, plant and animal materials from your boat/SUP/fishing gear.
- **DRAIN** coolers, buckets, compartments and other items that may hold water.
- **DRY** completely and for 48 hours before entering any river, lake, or stream. If coming from outside Alberta or British Columbia, dry for 30 days.

You must also possess a self-certification permit stating that you have followed the **Clean, Drain, Dry practices**. Violators may be charged under the Canada National Parks Act.

For more information, including where to obtain a self-certification permit and the locations of cleaning/decontamination stations: parksCanada.ca/kootenay-fishing (click on FAQs) pc.llykaquatics.pc@canada.ca



Buy a national park fishing permit

Provincial licenses are not valid. Permits are available at Parks Canada visitor centres.



No campfires outside of designated metal fire pits. Never leave a fire unattended unless it is completely extinguished. Be aware of fire bans.



Do not camp in pullouts, trailheads and day-use areas. Camp only in designated campgrounds with a permit.



Do not enter closed areas. Closures are implemented and posted when visitors are at risk or wildlife need protection.



Do not remove natural objects. It is illegal to pick plants, to cut down trees and branches, to remove rocks, fossils and cultural artifacts or to otherwise cause damage.



Drones/UAVs are prohibited for personal use anywhere in the national parks.



Firearms are prohibited in national parks. Firearms include pellet guns, bear bangers, bows, slingshots and similar items.



Do not consume alcohol and cannabis beyond your registered campsite or at Radium Hot Springs. In campgrounds, there is a daily ban on alcohol and cannabis consumption during quiet hours, between 11 p.m. and 7 a.m. Be aware of extended bans during holiday weekends.

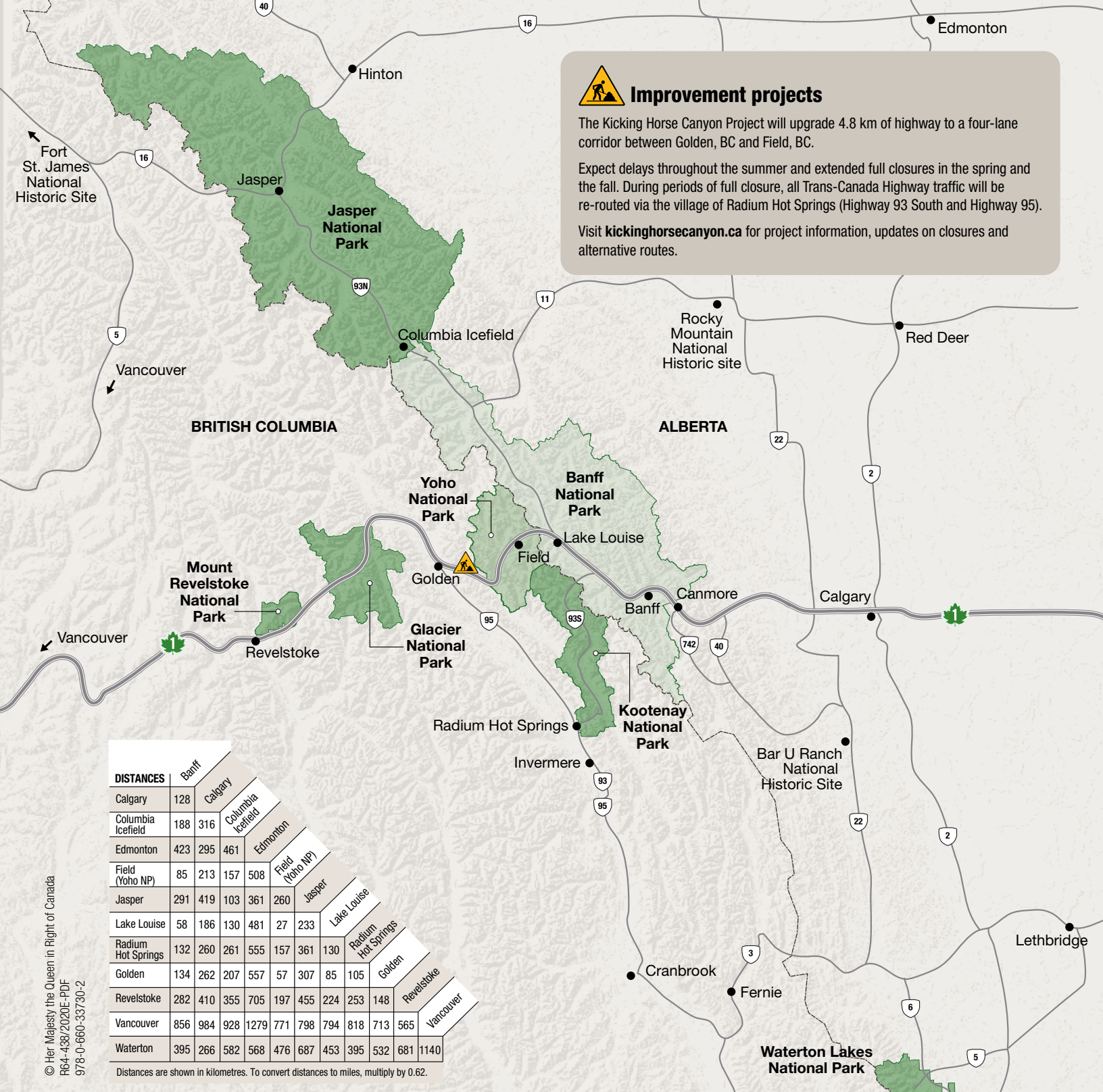


LAW ENFORCEMENT

Park wardens enforce regulations as required by the **Canada National Parks Act**.

To report violations, call 24 hours, 7 days per week:
1-888-927-3367 (Banff, Yoho and Kootenay)
1-877-852-3100 (Jasper, Mount Revelstoke and Glacier)

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



Improvement projects

The Kicking Horse Canyon Project will upgrade 4.8 km of highway to a four-lane corridor between Golden, BC and Field, BC.

Expect delays throughout the summer and extended full closures in the spring and the fall. During periods of full closure, all Trans-Canada Highway traffic will be re-routed via the village of Radium Hot Springs (Highway 93 South and Highway 95).

Visit kickinghorsecanyon.ca for project information, updates on closures and alternative routes.

DISTANCES	Banff	Calgary	Columbia Icefield	Edmonton	Field (Yoho NP)	Jasper	Lake Louise	Radium Hot Springs	Golden	Revelstoke	Vancouver
Calgary	128										
Columbia Icefield	188	316									
Edmonton	423	295	461								
Field (Yoho NP)	85	213	157	508							
Jasper	291	419	103	361	260						
Lake Louise	58	186	130	481	27	233					
Radium Hot Springs	132	260	261	555	157	361	130				
Golden	134	262	207	557	57	307	85	105			
Revelstoke	282	410	355	705	197	455	224	253	148		
Vancouver	856	984	928	1279	771	798	794	818	713	565	
Waterton	395	266	582	568	476	687	453	395	532	681	1140

Distances are shown in kilometres. To convert distances to miles, multiply by 0.62.

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BANFF

Banff Visitor Centre: 403-762-1550
 Lake Louise Visitor Centre: 403-522-3833
parksCanada.gc.ca/banff
 Banff Lake Louise Tourism: 403-762-8421
banfflakelouise.com

KOOTENAY

Kootenay Visitor Centre: 250-347-9505
parksCanada.gc.ca/kootenay
 Tourism Radium/Radium Chamber of Commerce:
 1-888-347-9331
radiumhotsprings.com

YOHO

Yoho Visitor Centre: 250-343-6783
parksCanada.gc.ca/yoho
 Accommodations and attractions in Field: field.ca
 Tourism Golden: 1-800-622-4653 tourismgolden.com

MOUNT REVELSTOKE AND GLACIER

Rogers Pass Discovery Centre: 250-837-7500
parksCanada.gc.ca/glacier
parksCanada.gc.ca/revelstoke

WATERTON LAKES

Waterton Lakes Visitor Centre: 403-859-5133
parksCanada.gc.ca/waterton

JASPER

Jasper Information Centre: 780-852-6176
parksCanada.gc.ca/jasper
 Tourism Jasper: 780-852-6236
jasper.travel

FOR EMERGENCIES DIAL 911
 (police, fire and ambulance)

Road reports: drivebc.ca or 511.alberta.ca
 Cell phone service is not reliable in the mountain parks.