



Be a responsible trail user



Thousands of people visit the park each year; a harmful act, multiplied by that amount, can have devastating effects.

Take the pledge

- I will stay on maintained trails.
- I will not feed or approach wildlife.
- I will not take or disturb natural objects (e.g. plants, rocks, fossils and antlers).
- I will pack out garbage, food scraps and toilet paper.
- I will properly dispose of human waste. Select a spot 100 m from any water and bury solid waste 15 cm deep.
- I will keep my dog on a leash and pick up after it.
- I will share the trail and be respectful of other users.

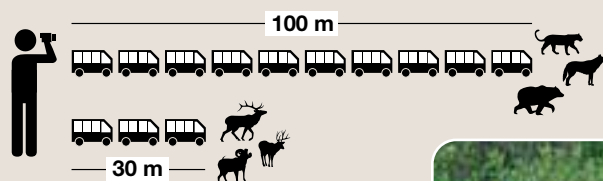
Park Wardens enforce the Canada National Parks Act and violators may be prosecuted. Thank you for following the rules during your visit.

Avoid dangerous wildlife encounters



Surprise encounters with animals are dangerous. You can help prevent them!

- **Make noise and travel in tight groups.** Talk or call out as you move along the trail.
- **Be alert.** Never wear earbuds or headphones.
- **Slow down.** Runners are more likely to surprise an animal.
- **Keep dogs on leash.** Off-leash dogs can be seen as a threat and trigger aggressive behaviour.



Report bear, cougar and wolf sightings to Parks Canada Dispatch: 403-762-1470

These images were taken with a telephoto lens from the required safe distance to avoid harassing or disturbing wildlife.



Easy trails

- 1 VALLEYVIEW**
1.3 km one way | Elevation gain: 130 m | Elevation loss: 10 m
Estimated time: 45 min (return)
Trailhead: Redstreak Campground entrance OR Valleyview picnic area OR behind the Kootenay National Park Visitor Centre
A steep trail connecting the village of Radium Hot Springs with Redstreak Campground. Rewarding views of the Columbia Valley.
- 2 REDSTREAK RESTORATION**
1 km loop | Elevation gain: 25 m | Elevation loss: 25 m
Estimated time: 20 min (return)
Trailhead: Take the first right after the entrance to Redstreak Campground. Parking lot is on the left.
Follow the interpretive trail to discover how fire keeps forests healthy and creates habitat for wildlife. Watch for bighorn sheep.
- 3 REDSTREAK LOOP**
1.8 km one way | Elevation gain: 150 m | Elevation loss: 150 m
Estimated time: 45 min (return)
Trailhead: "E" Loop of Redstreak Campground
Meander through Douglas-fir trees and relax on the benches at the scenic overlook.
- 4 REDSTREAK CAMPGROUND**
2 km one way | Elevation gain: 195 m | Elevation loss: 215 m
Estimated time: 1.5 h (return)
Trailhead: "H" Loop of Redstreak Campground OR Radium Hot Springs Pools (small bridge by picnic area)
An easy walk through a cool, wet forest between the campground and the hot springs. Viewpoints en route.

- 5 JUNIPER – SINCLAIR CANYON**
2.8 km one way | Elevation gain: 350 m | Elevation loss: 260 m
Estimated time: 2 h (return)
Trailhead: Parking area just west of Sinclair Canyon OR above the Radium Hot Springs Pools main parking lot on north side of highway
Hike along the rim of the canyon and into its depths. Make a short detour to the Red Chairs overlooking Radium Hot Springs Pools.
- 6 REDSTREAK CREEK**
2.3 km one way | Elevation gain: 200 m | Elevation loss: 30 m
Estimated time: 1.5 h (return)
Trailhead: Small parking area on the south side of Hwy 93 South, 6 km from Radium Hot Springs
A peaceful, forested path. Ideal in the fall when the leaves are changing colour.
- 7 OLIVE LAKE**
0.3 km one way | Elevation gain: 5 m | Elevation loss: 5 m
Estimated time: 15 min (return)
Trailhead: Olive Lake Day-use Area, 13 km from Radium Hot Springs
Look for brook trout as you follow the boardwalk along the lakeshore.
- 8 COBB LAKE**
2.7 km one way | Elevation gain: 155 m | Elevation loss: 260 m
Estimated time: 2 h (return)
Trailhead: Cobb Lake parking area, 16 km from Radium Hot Springs, near the Kootenay Valley Viewpoint
Descend to Swede Creek, then continue along to the banks of a quiet lake encircled by forest.

- 9 DOG LAKE**
2.6 km one way | Elevation gain: 135 m | Elevation loss: 70 m
Estimated time: 1.5 h (return)
Trailhead: Dog Lake Day-use Area, 27 km from Radium Hot Springs
Cross two bridges over the Kootenay River and meander through old-growth forest. Pack a lunch to enjoy at the lake while you gaze up at the peaks of Mount Daer and Mount Harkin.
- 10 SIMPSON RIVER**
Up to 8.8 km one way | Elevation gain: 135 m | Elevation loss: 190 m
Estimated time: up to 5.5 h (return)
Trailhead: Simpson River parking lot, 57 km from Radium Hot Springs
A walk through a valley marked by fire. Check out the interpretive signs along the first 1.5 km of the trail. Learn about the incredible forces of nature: Lightning, wildfire, regeneration and succession. Access to trails in Mount Assiniboine Provincial Park.
- 11 NUMA CREEK**
6.3 km one way | Elevation gain: 385 m | Elevation loss: 250 m
Estimated time: 4 h (return)
Trailhead: Numa Falls Day-use Area, 80 km from Radium Hot Springs
A shaded creekside trail.
Note: This trail gets heavily impacted by avalanche debris year-round and may be closed. Check the latest trail report for updates.
parks.canada.gc.ca/kootenaytrails

- 12 PAINT POTS**
1 km one way | Elevation gain: 35 m | Elevation loss: 20 m
Estimated time: 40 min (return)
Trailhead: Paint Pots Day-use Area, 84 km from Radium Hot Springs
A gentle walk takes you to three iron-rich mineral springs that stain the surrounding earth.

- 13 MARBLE CANYON TO PAINT POTS**
2.9 km one way | Elevation gain: 65 m | Elevation loss: 110 m
Estimated time: 2 h (return)
Trailhead: Paint Pots Day-use Area, 86 km from Radium Hot Springs OR Marble Canyon Day-use Area, 87 km from Radium Hot Springs
Pass through a mix of mature and burnt forest to connect between the two points of interest. The trail parallels the Vermilion River.

- 14 MARBLE CANYON**
0.9 km one way | Elevation gain: 65 m | Elevation loss: 35 m
Estimated time: 30 min (return)
Trailhead: Marble Canyon Day-use Area, 87 km from Radium Hot Springs
Hike along the rim of the canyon. Look down from one of the many bridges at smooth limestone rock and impressive ice formations in the winter. Relax in the Red Chairs at the end.

- 15 HELMET – OCHRE JUNCTION**
5.8 km one way | Elevation gain: 235 m | Elevation loss: 150 m
Estimated time: 4 h (return)
Trailhead: Paint Pots Day-use Area, 84 km from Radium Hot Springs
An easy trail through the forest. Connect to Helmet Creek and Tumbling Creek trails.

- 16 FIREWEED LOOPS**
0.7 km and 0.2 km loops | Elevation gain: 15 m | Elevation loss: 65 m
Estimated time: 30 min (return)
Trailhead: Continental Divide Day-use Area, 94 km from Radium Hot Springs
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?

Moderate trails

- 17 KIMPTON CREEK**
4.6 km one way | Elevation gain: 455 m | Elevation loss: 100 m
Estimated time: 3 h (return)
Trailhead: Kimpton Creek parking lot, 9 km from Radium Hot Springs
From the parking pullout, walk 100 m south-west along the highway and cross a small footbridge to start the trail. Walk through a forested valley.

- 18 STANLEY GLACIER**
5.2 km one way | Elevation gain: 615 m | Elevation loss: 50 m
Estimated time: 3 h (return)
Trailhead: Stanley Glacier parking lot, 91 km from Radium Hot Springs
An extremely popular trail. Hike up to a stunning alpine basin and watch glacier meltwater tumble down massive rock walls. You can also experience this trail on a guided Burgess Shale fossil hike.
parks.canada.gc.ca/burgessshale

- 19 TUMBLING CREEK**
10.2 km one way | Elevation gain: 700 m | Elevation loss: 245 m
Estimated time: 6 h (return)
Trailhead: Access via Helmet-Ochre Junction Trail. Trailhead at Paint Pots Day-use Area.
Hike alongside fast, rushing water and stop for a photo at Tumbling Falls.

- 20 HELMET CREEK AND FALLS**
14.2 km one way | Elevation gain: 795 m | Elevation loss: 465 m
Estimated time: 10 h (return)
Trailhead: Access via Helmet Ochre Junction Trail. Trailhead at Paint Pots Day-use Area.
Follow the trail through lush vegetation and emerge near the base of Helmet Falls. At 300 m high, this waterfall is definitely worth a visit.

Difficult trails

- 21 KINDERSLEY – SINCLAIR LOOP**
17.3 km loop | Elevation gain: 1,325 m | Elevation loss: 1,325 m
Estimated time: 6 h (return)
Trailhead: Kindersley Pass parking area on south side of Hwy 93S, 11 km from Radium Hot Springs OR Sinclair Creek parking area on north side of Hwy 93S, 12 km from Radium Hot Springs
A classic. Travel through a mixed landscape of forest, avalanche paths, alpine meadows and rocky ridges. A 1.2 km section on the highway completes the loop.
Be advised: Mandatory minimum group size of four because of grizzly bears in the area.

- 22 HONEYMOON PASS / VERDANT CREEK**
7.6 km one way to campground | Elevation gain: 760 m
Elevation loss: 240 m | Estimated time: 5 h (return)
Trailhead: Honeymoon Pass/Verdant Creek parking lot just north of Vermilion Crossing Day-use Area on east side of Hwy 93S, 64 km from Radium Hot Springs
Fireweed flowers and burnt trees offer striking contrasts on this rough trail. Backcountry campground at 7.6 km. Access to trails in Banff National Park.
Note: The trail past the campground has been heavily impacted by 2017 wildfires, leaving long sections of trail undefined and covered by deadfall. Advanced route-finding skills and river crossings required.

- 23 HAWK CREEK AND BALL PASS**
8.9 km one way | Elevation gain: 1,065 m | Elevation loss: 150 m
Estimated time: 7 h (return)
Trailhead: Floe Lake parking lot, 72 km from Radium Hot Springs
A gradual ascent to a rugged pass through regenerating forest, avalanche paths and colourful meadows. You will be rewarded with incredible views. Access to trails in Banff National Park.

- 24 FLOE LAKE**
10.5 km one way | Elevation gain: 1,110 m | Elevation loss: 415 m
Estimated time: 7 h (return)
Trailhead: Floe Lake parking lot, 72 km from Radium Hot Springs
One of the most popular day hikes in the park. Steep trail with sunny exposures and views along the way. Spectacular lakeside destination.

Radium Hot Springs area

Hiking trails	Distance (one way)	Elevation gain	Elevation loss	Estimated time (return)
EASY				
1 Valleyview	1.3 km	130 m	10 m	45 min
2 Redstreak Restoration	1 km loop	25 m	25 m	20 min
3 Redstreak Loop	1.8 km loop	150 m	150 m	45 min
4 Redstreak Campground	2 km	195 m	215 m	1.5 h
5 Juniper/Sinclair Canyon	2.8 km	350 m	260 m	2 h

TIP: Combine 4 and 5 for a full circuit. Estimated time: 2.5 h

Check for ticks



Ticks carrying Lyme disease may be present in the park. Check yourself and your pet. Learn more about Lyme disease and how to properly remove an attached tick: canada.ca/en/public-health/services/diseases/lyme-disease

Fire safety



Did you know?
In the past, many people considered fire to be harmful to nature. Today, we know that fire plays an important role in maintaining healthy forests. Parks Canada encourages a natural fire cycle through the use of prescribed fire and wildfire management techniques.

Fires have impacted some trails in recent years. Be cautious of overhead hazards from unstable trees and expect challenging travel conditions.

Are you ready to hike?



- Backpack**
To carry all the essentials!
- Bear spray**
Must be accessible. Know how to use it.
- Water and snacks**
Stay fuelled and hydrated to safely enjoy the trail. Streams, rivers and lakes are unsafe water sources.
- Proper footwear**
Hiking boots or sturdy shoes help prevent injuries on steep and uneven trails.
- Rain gear and extra clothes**
Weather changes quickly in the mountains. Be prepared for wind, rain, snow and cold.
- Sun protection**
Sunglasses, sunscreen and hat.
- Prepare and leave a trip plan with someone**
Know where you are going and what terrain to expect.



QUESTIONS ABOUT BEAR SPRAY?
Ask for advice at the Kootenay National Park Visitor Centre. Learn how to use it: parks.canada.gc.ca/bearspray

Hike with an expert guide



Learn about the Burgess Shale fossils discovered at Stanley Glacier. Visit parks.canada.gc.ca/burgessshale for more information on the guided hike *Kootenay Fossils Revealed*. Reserve your spot! reservation.pc.gc.ca

Safety is your responsibility



Prepare for your trip

Which trail is right for you? parks.canada.gc.ca/trail-ratings

Check trail reports and warnings before you head out: parks.canada.gc.ca/kootenaytrails



Tell someone where you are going, when you will be back, and who to call if you do not return.

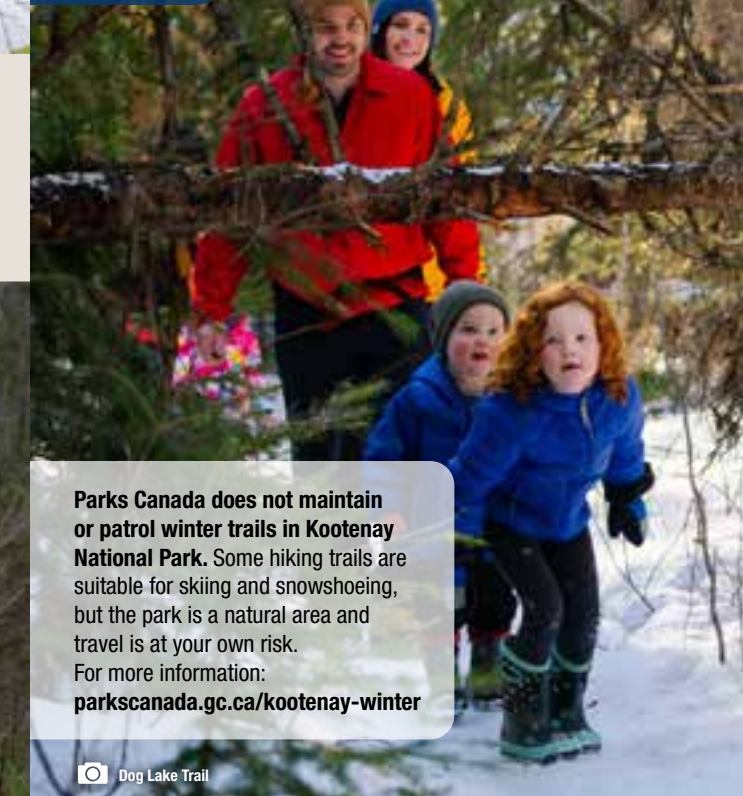
Parks Canada Dispatch: 403-762-1470

Report trail conditions

During your trip: Take photos and make note of conditions.

After your trip: Stop by the visitor centre to talk with staff or send your report to pc.kootenayinfo.pc@canada.ca

Winter



Parks Canada does not maintain or patrol winter trails in Kootenay National Park. Some hiking trails are suitable for skiing and snowshoeing, but the park is a natural area and travel is at your own risk. For more information: parks.canada.gc.ca/kootenay-winter

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: avalanche.pc.gc.ca

Plan your adventure

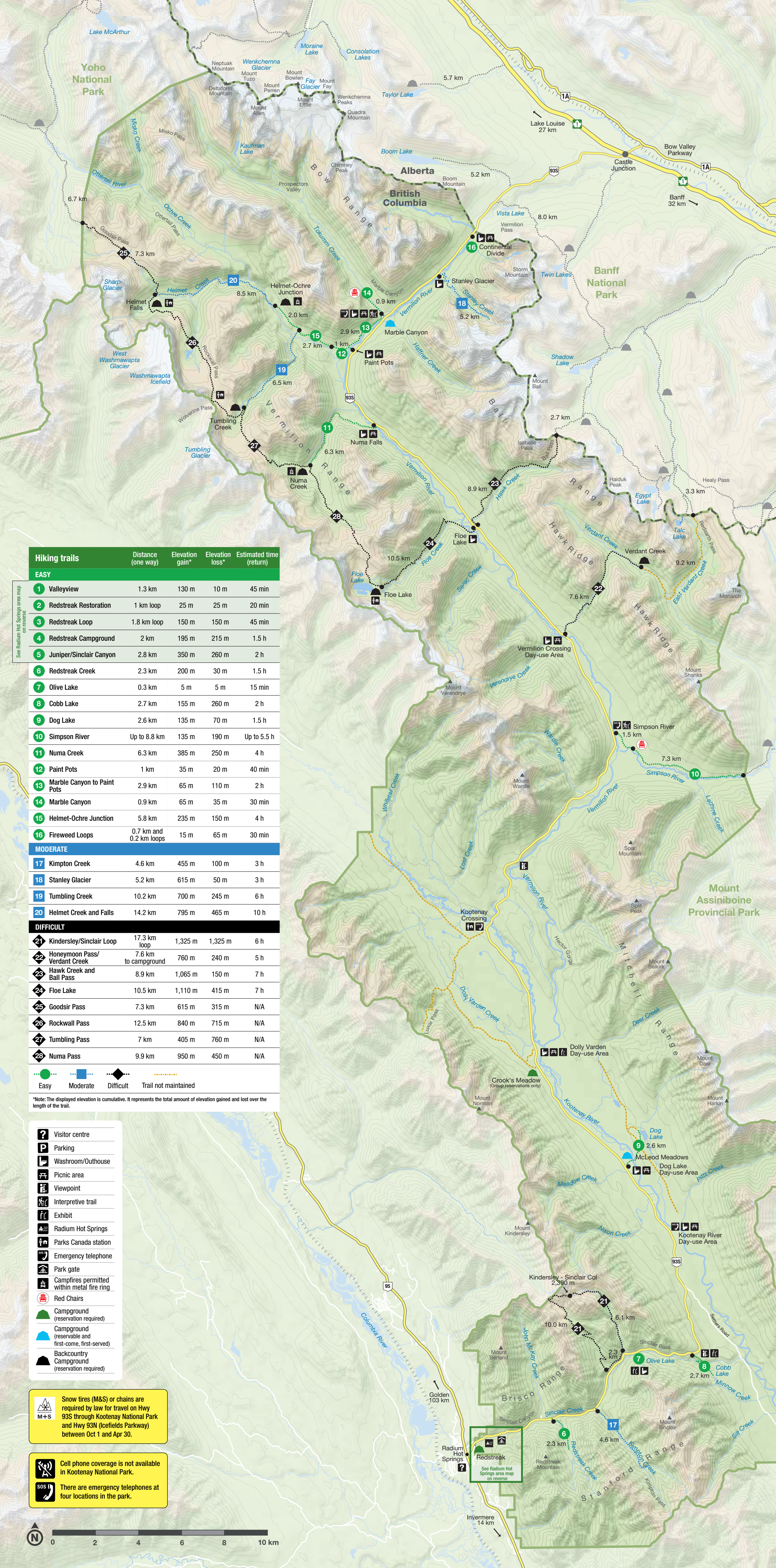


Know before you go
Backcountry info and reservations: parks.canada.gc.ca/knpbackcountry
Road reports: drivebc.ca or 511.alberta.ca
Environment Canada weather forecast: weather.gc.ca
Trail conditions: parks.canada.gc.ca/kootenaytrails

Kootenay National Park Visitor Centre FREE WIFI
7556 Main Street East, Radium Hot Springs, BC
pc.kootenayinfo.pc@canada.ca | 250-347-9505

Purchase topographical maps and guidebooks at the gift shop.

FOR EMERGENCIES CALL 911
For non-emergencies, dial Parks Canada Dispatch: 403-762-1470
Cell service is not available in Kootenay National Park.



Hiking trails	Distance (one way)	Elevation gain*	Elevation loss*	Estimated time (return)
EASY				
1 Valleyview	1.3 km	130 m	10 m	45 min
2 Redstreak Restoration	1 km loop	25 m	25 m	20 min
3 Redstreak Loop	1.8 km loop	150 m	150 m	45 min
4 Redstreak Campground	2 km	195 m	215 m	1.5 h
5 Juniper/Sinclair Canyon	2.8 km	350 m	260 m	2 h
6 Redstreak Creek	2.3 km	200 m	30 m	1.5 h
7 Olive Lake	0.3 km	5 m	5 m	15 min
8 Cobb Lake	2.7 km	155 m	260 m	2 h
9 Dog Lake	2.6 km	135 m	70 m	1.5 h
10 Simpson River	Up to 8.8 km	135 m	190 m	Up to 5.5 h
11 Numa Creek	6.3 km	385 m	250 m	4 h
12 Paint Pots	1 km	35 m	20 m	40 min
13 Marble Canyon to Paint Pots	2.9 km	65 m	110 m	2 h
14 Marble Canyon	0.9 km	65 m	35 m	30 min
15 Helmet-Ochre Junction	5.8 km	235 m	150 m	4 h
16 Fireweed Loops	0.7 km and 0.2 km loops	15 m	65 m	30 min
MODERATE				
17 Kimpton Creek	4.6 km	455 m	100 m	3 h
18 Stanley Glacier	5.2 km	615 m	50 m	3 h
19 Tumbling Creek	10.2 km	700 m	245 m	6 h
20 Helmet Creek and Falls	14.2 km	795 m	465 m	10 h
DIFFICULT				
21 Kindersley/Sinclair Loop	17.3 km loop	1,325 m	1,325 m	6 h
22 Honeymoon Pass/Verdant Creek	7.6 km to campground	760 m	240 m	5 h
23 Hawk Creek and Ball Pass	8.9 km	1,065 m	150 m	7 h
24 Floe Lake	10.5 km	1,110 m	415 m	7 h
25 Goodsir Pass	7.3 km	615 m	315 m	N/A
26 Rockwall Pass	12.5 km	840 m	715 m	N/A
27 Tumbling Pass	7 km	405 m	760 m	N/A
28 Numa Pass	9.9 km	950 m	450 m	N/A

- Visitor centre
- Parking
- Washroom/outhouse
- Picnic area
- Viewpoint
- Interpretive trail
- Exhibit
- Radium Hot Springs
- Parks Canada station
- Emergency telephone
- Park gate
- Campfires permitted within metal fire ring
- Red Chairs
- Campground (reservation required)
- Campground (reservable and first-come, first-served)
- Backcountry Campground (reservation required)

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 Oct 1 and Apr 30.

Cell phone coverage is not available in Kootenay National Park.

There are emergency telephones at four locations in the park.



Backcountry camping

Five of Kootenay's six backcountry campgrounds are located along the Rockwall Trail and one of them is located on the Verdant Creek Trail.

Visit parks.canada.gc.ca/knp-backcountry for trip ideas, planning and permit information.

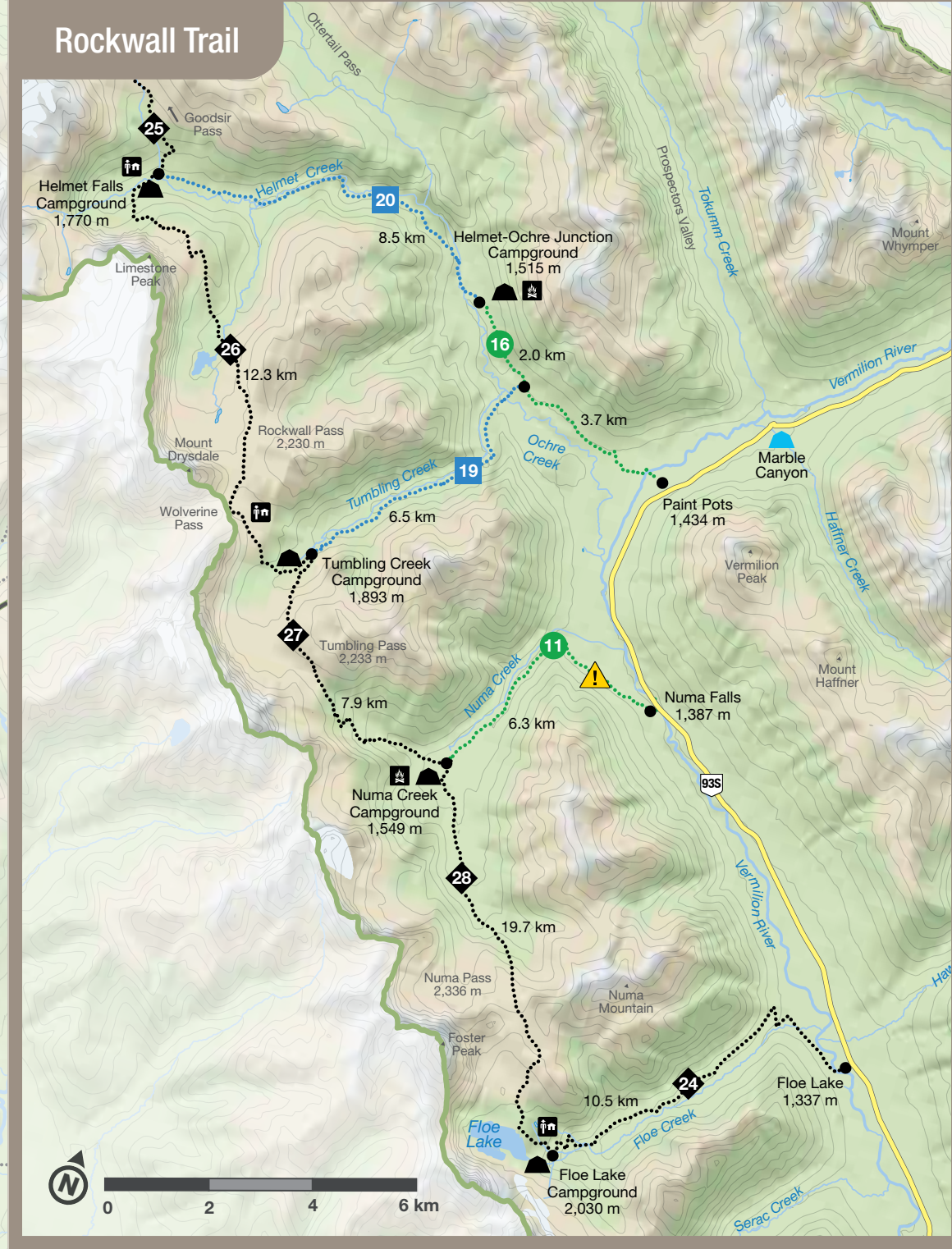
Campsites are limited and reservations are required.

reservation.pc.gc.ca
1-877-reserve (737-3783)

Campfires are permitted only at designated campgrounds and within provided metal fire rings.

Only fallen, dead wood may be used for firewood. It is illegal to limb or cut down trees.

Find out about current fire danger and bans here: parks.canada.gc.ca/knp-fire



This iconic 54 km backpacking route traverses three alpine passes through sub-alpine meadows and past hanging glaciers. Its defining feature is a massive limestone cliff, towering up to 900 m above the trail below. Pick your route option based on your abilities and campground availability:

The Rockwall: 54.1 km one way | Elevation gain: 3,405 m | Elevation loss: 3,500 m | Estimated time: 3-5 days
Entry/exit via Helmet Creek and Floe Lake. Shuttle required.

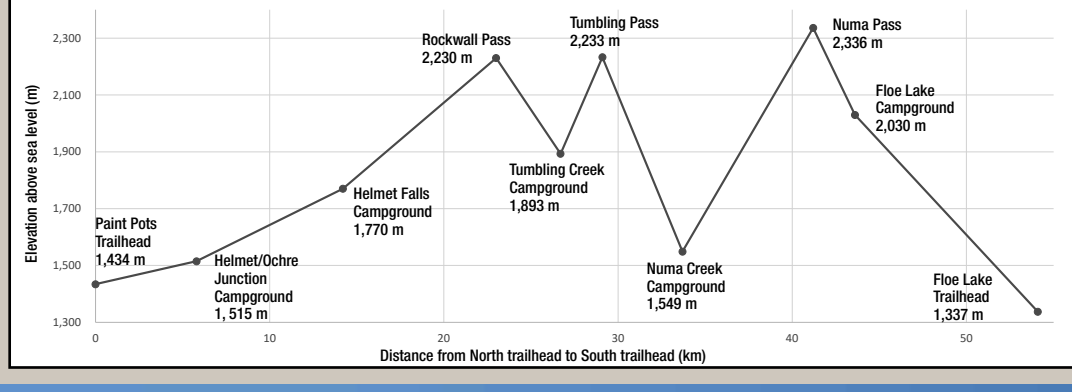
Tumbling / Floe: 37.7 km one way | Elevation gain: 2,470 m | Elevation loss: 2,565 m | Estimated time: 2-3 days
Entry/exit via Tumbling Creek and Floe Lake. Shuttle required.

Tumbling / Helmet / Ochre Loop: 36.9 km one way | Elevation gain: 1,885 m | Elevation loss: 1,885 m
Estimated time: 2-3 days
Entry and exit from Paint Pots parking lot. No shuttle required.

Numa Creek Trail is another entry/exit option, but it is often closed due to avalanche debris. Check the trail report at parks.canada.gc.ca/kootenaytrails to find out if this trail is open.

TRAIL RATING FOR ALL ROUTES: DIFFICULT
You must be prepared for steep terrain, challenging navigation and obstacles.
This trail is recommended for experienced hikers only.

Distances (km)	Paint Pots Trailhead	Helmet-Ochre Junction Campground	Helmet Falls Campground	Tumbling Creek Campground	Numa Creek Campground	Floe Lake Campground	Floe Lake Trailhead
Floe Lake Trailhead	54.1	48.3	39.9	27.6	19.7	10.5	0
Floe Lake Campground	43.6	37.8	29	17.1	9.2	0	10.5
Numa Creek Campground	34.4	28.6	20.2	7.9	0	9.2	19.7
Tumbling Creek Campground	26.5	20.7	12.3	0	7.9	17.1	27.6
Helmet Falls Campground	14.2	8.4	0	12.3	20.2	29	39.9
Helmet-Ochre Junction Campground	5.8	0	8.4	20.7	28.6	37.8	48.3
Paint Pots Trailhead	0	5.8	14.2	26.5	34.4	43.6	54.1



Recommended time of year to hike the Rockwall Trail:
Mid-July to early October



Kootenay National Park lies within the traditional lands of the Ktunaxa and Shuswap.