

TRAIL GUIDE



Kootenay National Park

TRAILS IN KOOTENAY NATIONAL PARK

There are over 125 miles of trails in the Park. Many are suitable for day hiking and those which are suitable for overnight trips have primitive camping facilities as shown on the maps.

THE BACKCOUNTRY CAMPING PERMIT

ALL BACKCOUNTRY TRAVELLERS WHO INTEND TO CAMP OVERNIGHT MUST OBTAIN A BACKCOUNTRY CAMPING PERMIT.

The backcountry has a limit to the number of persons who can use the area. Complying with this carrying capacity helps maintain the natural state of Kootenay's backcountry, it helps minimize wear and tear on campsites, and it helps to provide a quality wilderness experience for the backcountry visitor.

Depending on the fragility of the area, the number of permits issued range from 3 to 24 per site.

CLIMBERS

Anyone planning to climb a mountain or do any scrambling on a mountain may register their climbing itinerary with a Park Warden or Information Centre on a voluntary basis. If they do register out they **MUST** also register their safe return.

Volunteer registration for climbing or any other hazardous activity is different from a backcountry camping permit. If climbers intend to stay overnight, then a backcountry camping permit **MUST** be obtained.

Check with local Park officials for the latest reports on weather, trail and climbing conditions, and never climb alone.



HIKERS

Before you go, study the Park topographic maps. Mountain trails are rarely level and many streams are not bridged. Hiking is healthy, but strenuous, and you should plan accordingly.

Stay on the trails, They will take you over the best and safest routes. Cutting across switchbacks is dangerous and causes harmful, ugly erosion.

Mountain weather is unpredictable, often changing quickly and frequently on the same day. Hikers should be prepared for rain and snow at any time, particularly at higher elevations. Above 5,000 feet freezing temperatures are not uncommon even during mid-summer.

CAMPING

YOU NEED A PERMIT FOR OVERNIGHT HIKES.

Good equipment can mean the difference between a good trip and a disaster. Try your camping gear before you leave home. Carry a lightweight liquid or gas fuel stove as many alpine areas have little or no wood available for cooking fires. Know your equipment and its limitations; be aware of your own personal limitations too.

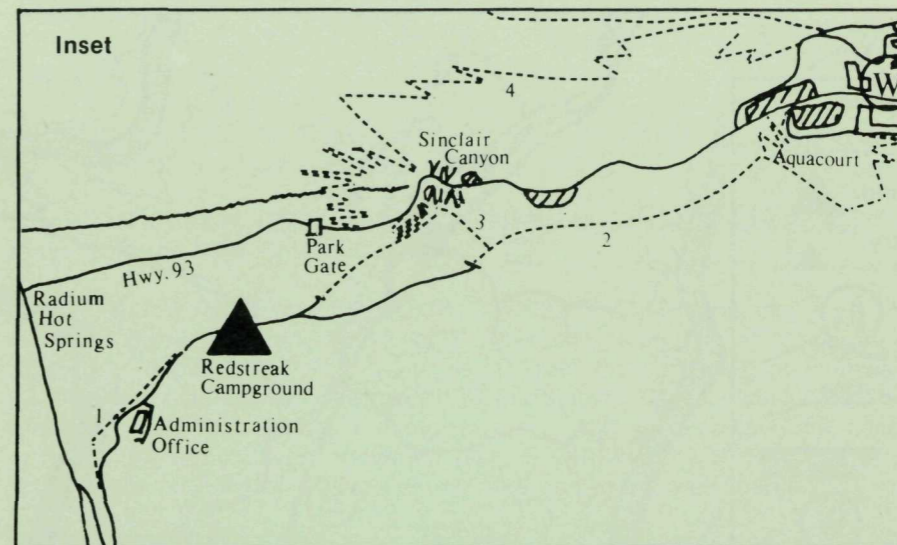
Where no privies are provided, human waste must be buried. Dispose of all paper combustables and food remnants by burning, if open fires are permitted. Pack out everything else. Litter bags are available without charge from Park Wardens and Information Centres. Ask for one when you get your backcountry camping permit. Garbage left in the backcountry is not only a particularly gross form of pollution, it also attracts bears. Food and garbage should be kept far away from the campsite.

Never wash yourself or your dishes in streams or lakes; carry the water to your campsite and wash there. Dispose of waste water carefully, well away from the campsite.

RIDERS AND HORSE PACKERS

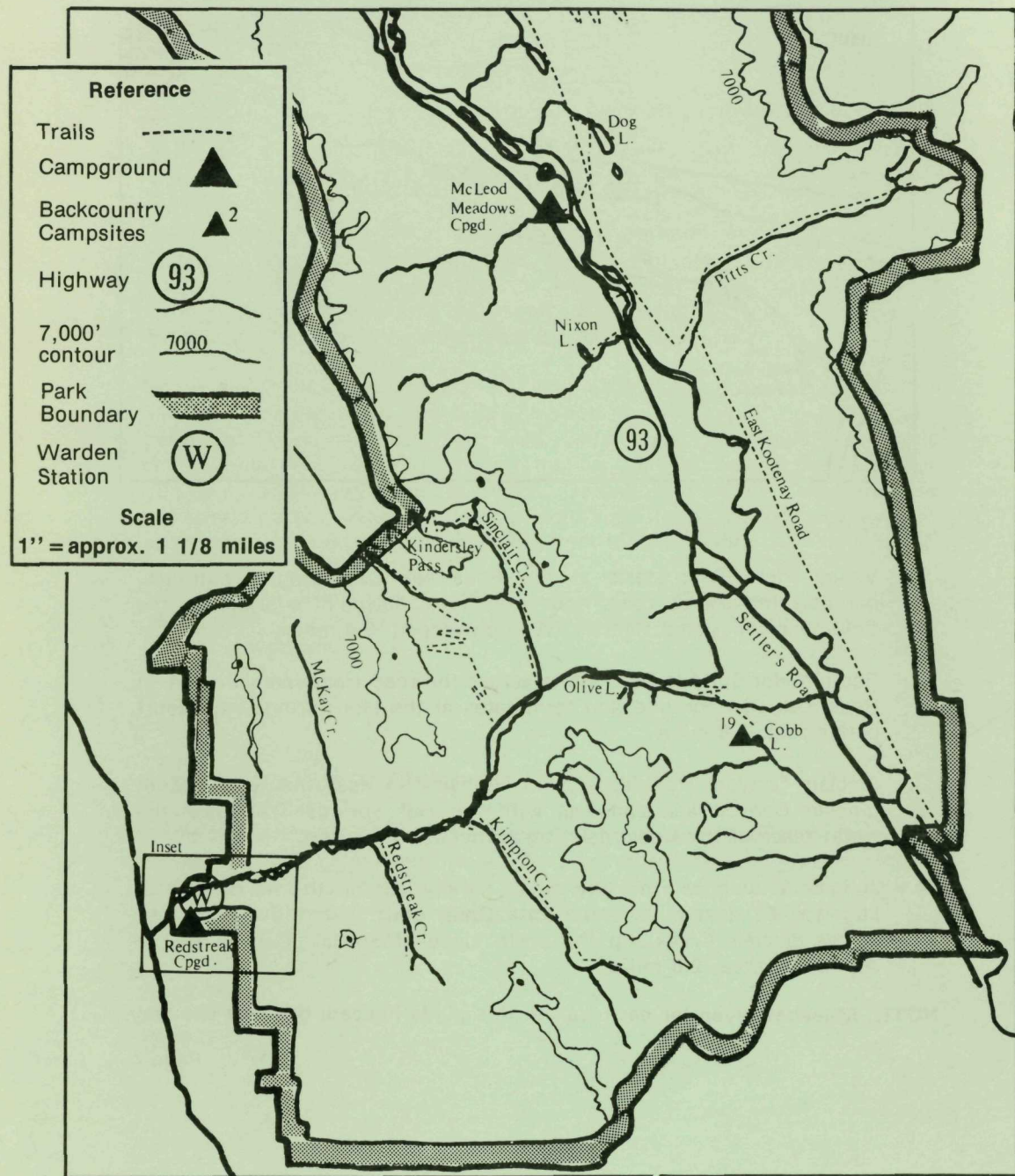
A number of trails in the park are open for horse use. Since some areas are closed to horses completely while others are closed only to grazing, riders and horse packers should always check with Park officials before leaving. Horses should not be allowed to graze in campsite areas anywhere.

TRAILS IN THE VICINITY OF RADIUM HOT SPRINGS



1. Valley View Trail starts at the Redstreak Campground entrance, parallels the access road, and leads to a viewpoint overlooking the Columbia Valley and Radium. Well developed; **0.4 miles**.
2. Radium Hot Springs Trail starts across the road from campsite H-1 in Redstreak Campground and terminates at the Hot Springs Aquacourt parking lot. **0.8 miles**.
3. Sinclair Canyon Trail leads from Highway **93** near the west end of Sinclair Canyon and connects with the Hot Springs Trail near the water reservoir by Redstreak Campground. **0.6 miles**.
4. Juniper Trail goes from the small parking lot on the north side of Highway **93**, just outside the Park Gate, down into the canyon and across Sinclair Creek, up the north slope of Sinclair Canyon to the Aquacourt area. **2.0 miles**.

NOTE: Mileages given for each trail in this guide indicate distance one way.



TRAIL DESCRIPTIONS

REDSTREAK CREEK TRAIL. starts from the south side of Highway **93**, 2.7 miles from the Park Gate. **1.6 miles.**

KIMPTON CREEK TRAIL starts from the south side of Highway **93**, 4.4 miles from the Park Gate. **3.0 miles.**

KINDERSLEY PASS and **SINCLAIR CREEK TRAILS.** One can hike up either of these trails and make an **11 mile** circuit up one and down the other. The Kinderlsey Pass Trail takes off from the northwest of Highway **93**, one half mile above the entrance to the Sinclair Creek picnic site. The Sinclair Creek Trail leaves the highway just 400 yards below the pass, opposite the radio tower. Elevation gain is 2600 feet. 2 to 3 hours each way. Upper end of trail crosses alpine area and is not well marked.

COBB LAKE TRAIL starts from the south side of Highway **93**, 0.3 miles west of the Kootenay viewpoint. This is a well developed trail, **1.7 miles** through up-and-down terrain.

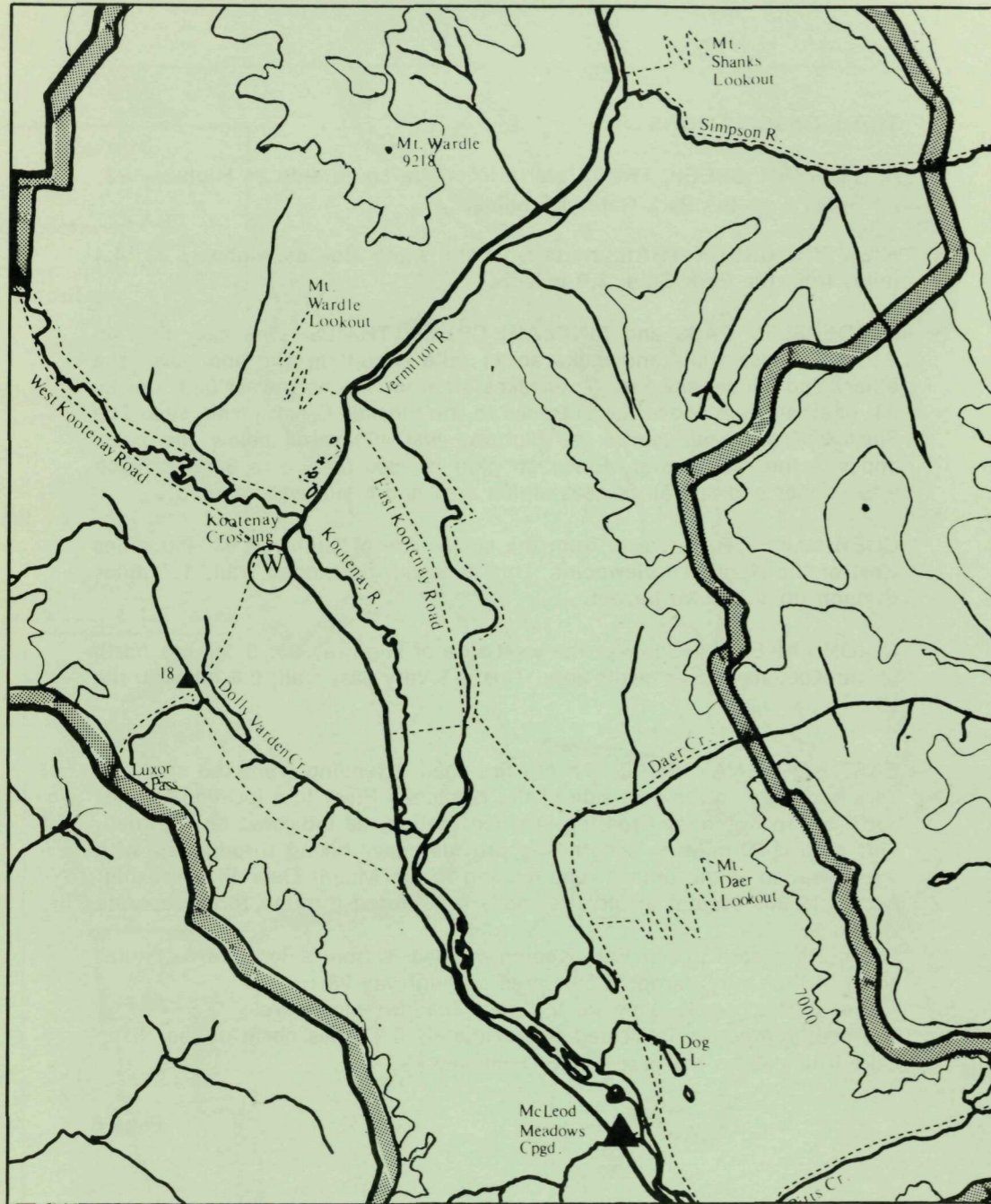
NIXON LAKE TRAIL leaves the west side of Highway **93**, 0.4 miles north of the Kootenay River picnic area. This is a very easy trail; **0.6 miles** to the lake.

EAST KOOTENAY ROAD. An old fire road extending from the southern Park boundary on the east side of the Kootenay River to a location 2 miles north of the Kootenay Crossing Warden Station, as indicated on the map. This road is **20 miles** in length and provides easy hiking throughout, with the exception of the branch road leading to the Mount Daer Fire Lookout. Access to this system of old fire roads is afforded through three separate locations:

The north access to the East Kootenay Road is from a location 1.1 miles north of the Dolly Varden picnic area on Highway **93**;

The central access is from the McLeod Meadows picnic area;

The southern access is located approximately 0.3 miles north of the Nixon Lake trailhead on the east side of Highway **93**.



TRAIL DESCRIPTIONS

DOG LAKE TRAIL. A possible **3 mile circuit** route starting from McLeod Meadows campground; crosses the Kootenay River on two foot bridges, crosses the East Kootenay Road, and then continues about 1.4 miles to the lake. Return by the same trail **or** follow the outlet stream 0.5 miles back to the fire road; then turn left on the fire road, back to the start of the trail, about 1 mile.

WEST KOOTENAY ROAD. Leaving the highway from the Kootenay Crossing Warden Station, the north branch of this road runs to the western park boundary, a distance of **8 miles**. The south branch runs from a junction, 0.5 miles north of the Warden Station to Crook's Meadow, a distance of **6 miles** where it joins Highway **93**.

LUXOR PASS TRAIL. Follow the fire road behind the Kootenay Crossing Warden Station 0.5 miles to the junction; then take left fork 1.5 miles to bridge on Dolly Varden Creek (1 campsite, 6 to 8 persons); cross the creek to where trail leaves the road on the right hand side and climb through heavy timber, **2.5 miles** to Luxor Pass.

KOOTENAY RIVER TRAIL. A fairly well developed trail which runs north along the bank of the Kootenay River from Highway **93** to the park boundary. Starts 0.2 miles north of the Warden Station. Easy trail - very little elevation gain. **6.0 miles**.

MOUNT WARDLE FIRE ROAD leaves Highway **93** 1.7 miles north of Kootenay Pond, opposite Mount Wardle and Hector Gorge Viewpoint. The road switchbacks steeply for **2 miles** up Mount Wardle to an abandoned fire tower site. This lookout provides a clear view of the Brisco range and the Kootenay Valley.

SIMPSON RIVER TRAIL. (Hiking and horse Trail). Starts from the east side of Highway **93**, 0.5 miles north of Simpson Monument. After crossing the Vermilion River, the trail swings to the right. It is a well developed trail for **5 miles** to the park boundary. From the Park boundary, a horse trail provides access to Surprise Creek, Simpson Pass, and Mount Assiniboine. Easy to Surprise Creek; steep from there to Rock Lake and Mount Assiniboine.

MOUNT SHANKS FIRE ROAD. Starting point is the same as Simpson River Trail. After crossing the Vermilion River, the road climbs for a distance of **2.5 miles** to Mount Shanks fire lookout tower.



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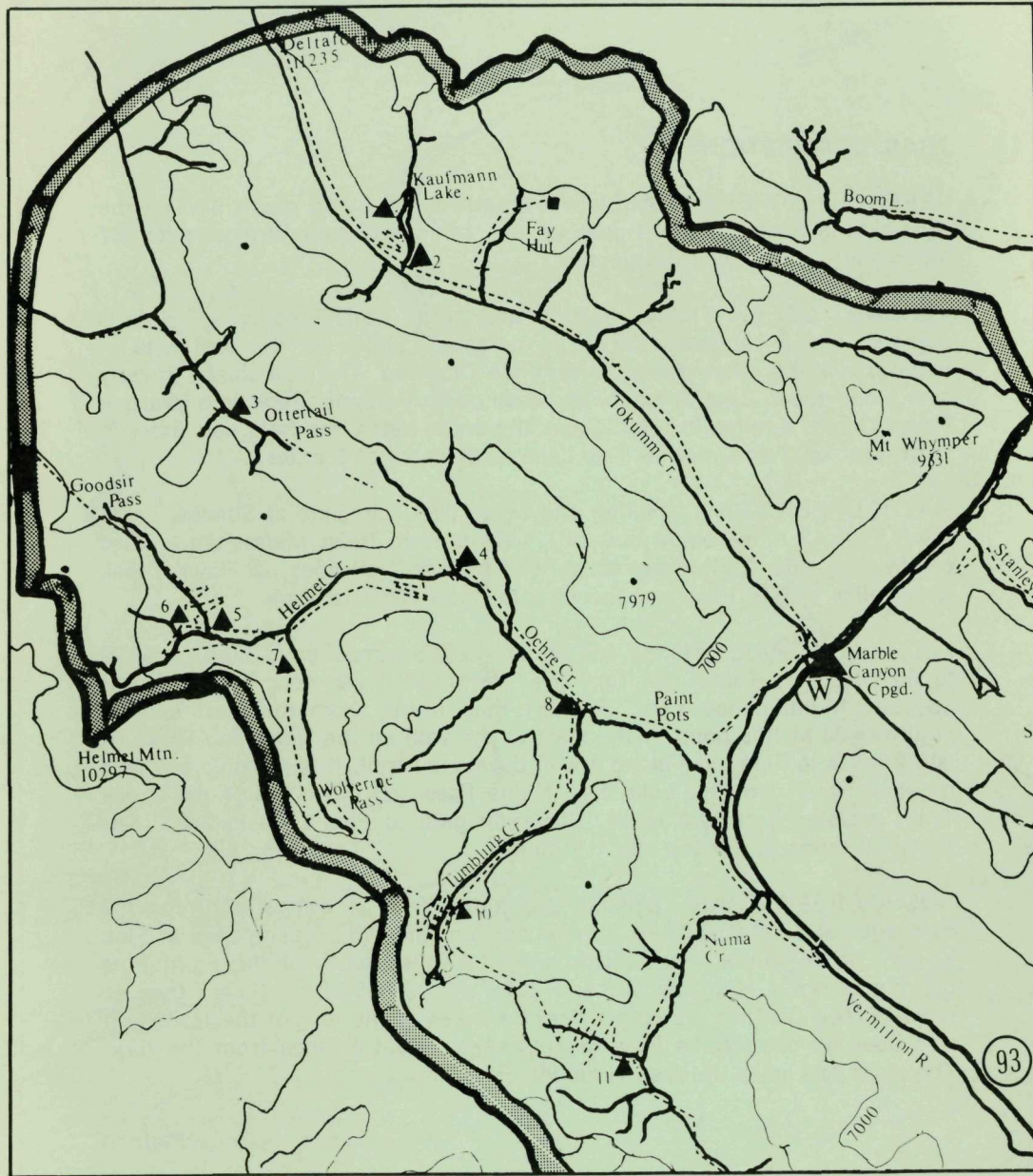
VERENDRYE CREEK TRAIL leaves from the Vermilion picnic site on the west side of Highway 93. It goes up the Verendrye Creek drainage for **2.7 miles** and is fairly well developed.

VERDANT CREEK TRAIL. (Hiking and horse trail, 1 campsite, 6 to 8 persons, and 5 campsites 30 to 35 persons). Starts on the east side of Highway 93, 0.5 miles north of Vermilion Crossing. The trail climbs steeply over Honeymoon Pass, 3 miles, and then down Verdant Creek to a Warden Patrol Cabin, **8 miles** in total. Cross the creek below the falls and proceed north-east up Talc Creek to Talc Lake, a distance of **6 miles**.

HAWK CREEK TRAIL. (Hiking and horse trail, campsite at Shadow Lake, Banff Park, 3 miles below summit). Leaves from Road Maintenance Yard on the east side of Highway 93. A well marked trail goes up Hawk Creek for **5 miles** to Ball Pass and thence into Banff National Park.

FLOE LAKE TRAIL. (Hiking and Horse trail, 5 campsites at Floe Lake, 20 to 40 persons). Takes off from the Vermilion River near Hawk Creek, opposite Maintenance Yard. A short road leaves from the west side of Highway 93 at this point to the start of the trail on the Vermilion River. It is **6.2 miles** to Floe Lake along a well developed trail. It is possible to make a circuit here from Floe Lake over Numa Pass and down the Numa Creek Trail, a distance of **10.3 miles**. Elevation gain to Floe Lake is 2400 feet. Steep switchbacks for the last 1.5 miles.

NUMA CREEK TRAIL. (Hiking and horse trail, 1 campsite at fork, 2 campsites at Tumbling Creek 5 miles north of the fork, 5 campsites at Floe Lake). Leaves Numa Creek picnic site, 2.0 miles south of the Paint Pots parking area on Highway 93, and goes across Vermilion River, then to Numa Creek (1 mile); up Numa Creek 4 miles to the fork of the trail. Left fork goes up over Numa Pass to Floe Lake, about 6 miles from the fork. The right fork goes up over Tumbling Pass.



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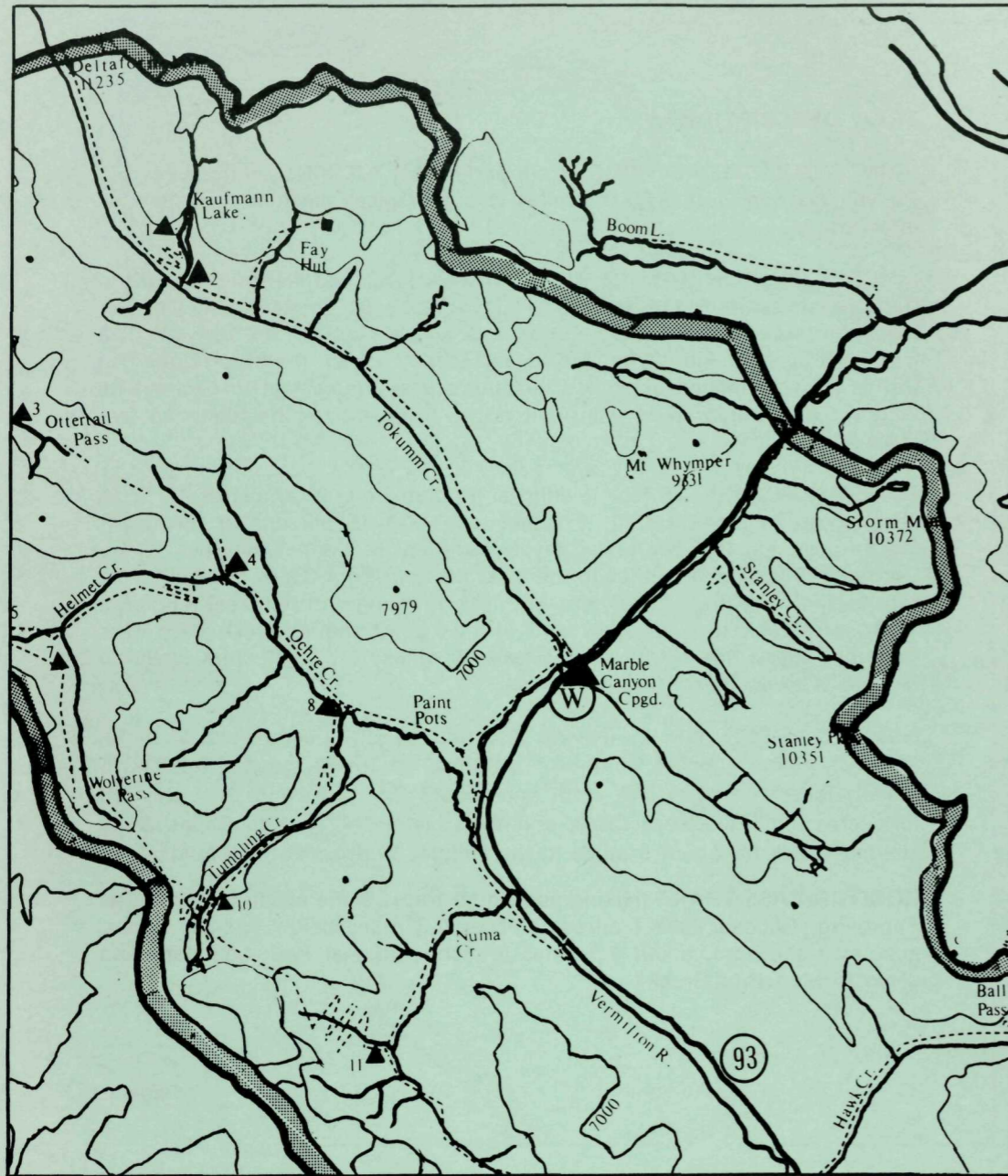
PAINT POTS NATURE TRAIL. From parking lot 0.5 miles south of Marble Canyon Warden Station for **0.5 miles** to a geological and historical point of interest.

MARBLE CANYON NATURE TRAIL. A well developed self-guiding nature trail. It leaves from the west side of Highway **93** opposite the Warden Headquarters. It is **0.5 miles** to the falls at the head of the canyon. The trail goes up one side of the canyon and loops back on the other side. The trail is inter-connected by several bridges across the canyon throughout its length. The parking lot at this point is the trailhead for the following five trails.

TUMBLING CREEK TRAIL. (Hiking and horse trail, 2 campsites 12 to 15 persons near Helmet Cabin, 2 campsites 12 to 15 persons at meadow). Starts opposite the Marble Canyon Warden Station. Continues along Vermilion River for 0.7 miles to the fork, keeping right. Goes 2 miles to the second fork and then takes the left fork crossing Ochre Creek. Follows Tumbling Creek to a meadow and at this point the left fork goes over Tumbling Pass down to Numa Creek, **5 miles**; the right fork goes to Helmet Warden Patrol Cabin. **7 miles**.

HELMET CREEK TRAIL. (Hiking and horse trail, 2 campsites 12 to 15 persons). Same starting point as Tumbling up to the second fork (2.75 miles); takes the right fork from here about 2.5 miles and then the left fork, crossing first Ochre Creek and then Helmet Creek; continues along Helmet Creek for about **5 miles** to the Helmet Warden Patrol Cabin.

GOODSIR PASS TRAIL. (Hiking and horse trail). Same starting location as Tumbling. Goodsir Pass Trail commences 0.3 miles below Helmet Cabin, goes over the pass, about 3.5 miles to Yoho National Park boundary and down to McArthur Creek.



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OTTERTAIL PASS TRAIL. (Hiking and horse trail, 3 campsites 6 to 8 persons on Ottertail Pass). Starts at Marble Canyon and goes the same route as Helmet Creek Trail, but at Ochre Creek, forks to right; then climbs very steeply to beautiful meadows on Ottertail Pass and on down to McArthur Creek in Yoho National Park. Trail poorly defined. **FOR EXPERIENCED HIKERS ONLY.**

TOKUMM CREEK TRAIL. (Hiking and Horse Trail). Starts from the old roadway behind Marble Canyon Information Centre and proceeds up Tokumm Creek to Fay Creek. **7 miles.** At this point Fay Hut Trail branches north and continues steeply for **1.5 miles** to Fay Hut. (Hut open to public - overnight stays require a camping permit). Tokumm Creek Trail continues along the main creek for about 1.5 miles to a junction. The trail to the right climbs steeply to Kaufmann Lake (**9.0 miles** from Marble Canyon, 2 campsites, 6 to 8 persons). Hikers planning to continue further up Tokumm Creek over Wenkchemna Pass, into Banff National Park or over Opabin Pass into Yoho National Park should obtain more detailed information from Park Staff.

STANLEY GLACIER TRAIL starts on the east side of Highway 93, 1.3 miles north of Marble Canyon Warden Station. A well developed trail goes **3 miles** into Stanley Glacier Valley. The trail ends at a rock cairn about 1 mile from the glacier.

FIREWEED NATURE TRAIL. A short loop through the Vermilion Pass Burn (1968), starting at the Great Divide parking lot and returning along a boundary slash between Banff and Kootenay National Parks. **0.5 miles.**



REMEMBER

There is a difference between VOLUNTARY registration for climbing and other hazardous activities and obtaining a MANDATORY backcountry camping permit.

Warden Patrol Cabins are locked and NOT available for public use.

It's your Park and your backcountry. Be gentle.

If trail or Park information is required during the off-season or winter months, please write to:



**SUPERINTENDENT
KOOTENAY NATIONAL PARK
BOX 220
RADIUM HOT SPRINGS, B.C.
V0A 1M0**

Quiconque désirant information au sujet des sentiers en français, s'il vous plaît, contacter le Bureau Central (347 9615) ou le Bureau d'Information à l'Aquacourt (347 9485).