



# HIKING WATERTON LAKES NATIONAL PARK



In Waterton Lakes National Park the mountains and the prairie meet in a dramatic landscape shaped by wind, fire and flood. Located in the Crown of the Continent, one of the narrowest parts of the Rocky Mountains, the park helps protect a unique and unusually diverse community of plants and animals. The highlight

of Waterton's sparkling chain of lakes is the international Upper Waterton Lake, the deepest lake in the Canadian Rockies at 148 m/487 ft. at its deepest point. In 1932, the park was joined with the United States' Glacier National Park to form the Waterton-Glacier International Peace Park – a world first.

Photos top left to right: Upper Waterton Lake, Black Bear, Columbian Ground Squirrel.

## Plan Ahead and Prepare

### Remember, you are responsible for your own safety.

- Get advice from a Parks Canada Visitor Centre.
- Study trail descriptions and maps before starting.
- Check the weather forecast and current trail conditions.
- Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, maps and gear.
- Carry a first aid kit and bear spray.
- Tell somebody where you're going, when you'll be back and who to call if you don't return.
- Travel with a friend or group.
- Be prepared for emergencies and changes in weather.

### 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 100 m from any water source. Bury solid human waste in a hole 15 cm deep. Pack out your toilet paper.
- Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy.

### Backcountry

A backcountry camping permit is required for any overnight trip. **Reservations** can be made three months in advance by calling the Warden Office at **403-859-5140** (April 1 to mid-May) or the Visitor Centre at **403-859-5133** (after mid-May). Please consult the Visitor Centre about backcountry horse trips and required permits and fees.

### Random Camping

Non-designated or random camping may be permitted. Ask Parks Canada Visitor Centre staff for details.

### Share the Trail

Cyclists yield to hikers. Cyclists and hikers yield to horses.

### Cycling



Cyclists are susceptible to sudden, dangerous bear encounters – slow down, stay alert and make noise.

- When approaching horses, stop, move off the trail, remain visible and ask rider for instructions.
- Mountain biking is allowed only on trails designated for cycling.
- Stay on trails and avoid skidding.

### Fishing

A National Park fishing licence is required.

## Safety

### Emergency

For all emergencies please call **403-859-2636**. **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 to 50 metres away from most animals, and 100 metres away from bears.
- Carry bear spray and know how to use it.
- Pets must be on a leash at all times.



### Avalanches

The right combination of snow cover and slope angle can produce avalanches. Be careful when crossing snow slopes or when exposed to avalanche paths.



Hiking the Wishbone Trail

## More Information

- **Visitor Centre:** 403-859-5133
- **Website:** [www.pc.gc.ca/waterton](http://www.pc.gc.ca/waterton)
- **Waterton Trail Conditions Report:** [www.pc.gc.ca/watertonlakestrails](http://www.pc.gc.ca/watertonlakestrails)
- **Weather:** [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)
- **Avalanche Reports, Information and Training:** [www.avalanche.ca](http://www.avalanche.ca)
- **Maps and Guide Books:** Waterton Natural History Association, 403-859-2267

### Done with this Brochure?

Please return for re-use to a park facility or share it with others.

### How was your trip?

Please send us your comments at [waterton.info@pc.gc.ca](mailto:waterton.info@pc.gc.ca) and report trail problems to park staff.

**Rugged, windswept mountains rise abruptly out of gentle prairie grassland** in spectacular Waterton Lakes National Park. There are about 200 kilometres (120 miles) of hiking trails, ranging from easy strolls to strenuous wilderness hikes. **Use the trail chart below to choose a hike** suitable for everyone in your party. For more detailed route finding and trail descriptions, consult the *“Hiking Map and Guide for Waterton Lakes National Park,”* available for purchase at the park Visitor Centre.



The northern leopard frog is being re-introduced to the park, one of many of the park's current research projects.

Type	Hiking Trail	Other Trail Users	Estimated Time (Return)	Distance (Return)	Elevation Gain	Trail Description	
SHORT HIKES	Townsite		1 hour	3.2 km /2 mi.	Minimal	Paved trail beside Upper Waterton Lake.	
	Prince of Wales		45 minutes	2 km /1.2 mi.	Minimal	View of the Waterton Lakes—loop trail.	
	Linnet Lake Loop		20 minutes	1 km /0.6 mi.	Minimal	Short stroll around a small lake.	
	Kootenai Brown		0.5 - 2 hours	6.9 km /4.3 mi.	Minimal	Paved trail with view of lakes, prairie and mountains.	
	Cameron Lakeshore		1 hour	3 km /1.9 mi.	Minimal	Walk through a “snow forest” beside a scenic subalpine lake.	
	Akamina Lake		30 minutes	1 km /0.6 mi.	Minimal	Short stroll to a pristine subalpine lake.	
	Red Rock Canyon Loop		20 minutes	0.7 km /0.4 mi.	Minimal	Paved trail along a colourful canyon.	
	Blakiston Falls		45 minutes	2 km /1.2 mi.	Minimal	A short walk leads to waterfall viewpoints.	
	Crandell Lake (Red Rock Parkway)		1.25 hours	4 km /2.4 mi.	125 m/410 ft.	Steady uphill trail through montane forest. Good family hike.	
	Crandell Lake (Akamina Parkway)		1 hour	3.6 km /2.2 mi.	75 m/246 ft.	Steady uphill trail through pine and aspen. Good family hike.	
	Lower Bertha Falls		1.5 hour	5.2 km /3.2 mi.	175 m/574 ft.	Moderate climb to a cascading “bridal veil” waterfall.	
	Bear's Hump		1 hour	2.8 km /1.8 mi.	225 m/738 ft.	Steep climb with panoramic view of Waterton Valley.	
	DAY HIKES	Snowshoe		5 hours	16.4 km/10.2 mi.	150 m/492 ft.	Old fire road suited for cycling.
		Forum Lake, BC		3 hours	8.8 km /5.5 mi.	350 m/1148 ft.	Impressive rock wall surrounds lake in BC Provincial Park.
Wall Lake, BC			3.5 hours	10.4 km /6.5 mi.	110 m/361 ft.	Popular alpine lake in BC Provincial Park.	
Summit Lake			3 hours	8 km /5 mi.	305 m/1000 ft.	Switchbacks through old growth forest to Summit Plateau.	
Lineham Creek			3 hours	8.4 km /5.2 mi.	350 m/1148 ft.	Forested uphill hike to view a 250 m (410 ft.) high falls.	
Lower Rowe Lake			3 hours	8 km /5 mi.	350 m/1148 ft.	Forested and open slopes lead to a small alpine lake.	
Upper Rowe Lake			5 hours	12.8 km/8 mi.	575 m/1886 ft.	Meadow of wildflowers at 5.2 km (3.2 mi.), steep climb to lake.	
Bertha Lake			4.5 hours	10.4 km/6.5 mi.	460 m/1509 ft.	Steady uphill to this popular and pretty lake.	
Lakeshore Trail			4 hours	13 km/8 mi. one way	125 m/410 ft.	Requires return boat trip from Goat Haunt, USA or return hike.	
Horseshoe Basin			7 hours	21.3 km/13 mi.	350 m/1148 ft.	Hike through open prairie. Abundant wildflowers in spring.	
Blakiston Valley			7 hours	20.2 km/12.5 mi.	350 m/1148 ft.	A creekside trail in a fairly open valley.	
Goat Lake			5 hours	14 km/8.7 mi.	500 m/1640 ft.	Steep switchbacks and open rocky slope to hanging valley.	
Wishbone			8 hours	21 km/13 mi.	Minimal	Hike through aspen forest & wetlands. Access to Vimy Peak.	
Crypt Lake			6 hours	17.2 km/ 10.7 mi.	675 m/2214 ft.	Waterfall, natural tunnel & cliff traverse. Requires boat shuttle.	
Carthew-Alderson		8 hours	20.1 km/12.5 mi. one way	650 m/2132 ft.	Spectacular views from Carthew Ridge. May need car shuttle.		
Twin Lakes		9 hours	22.8 km/14.1 mi.	455 m/1492 ft.	Steady uphill trail to two alpine lakes.		
MULTI-DAY	Tamarack Trail		2 to 3 days	32 to 36 km/20 to 23 mi.	Varies with route selection	Scenic hike along the Continental Divide. Access to Lone Lake. May require car shuttle.	

Cyclists Horses Horses permitted except in July & August Backcountry Campground Easy Moderate Difficult