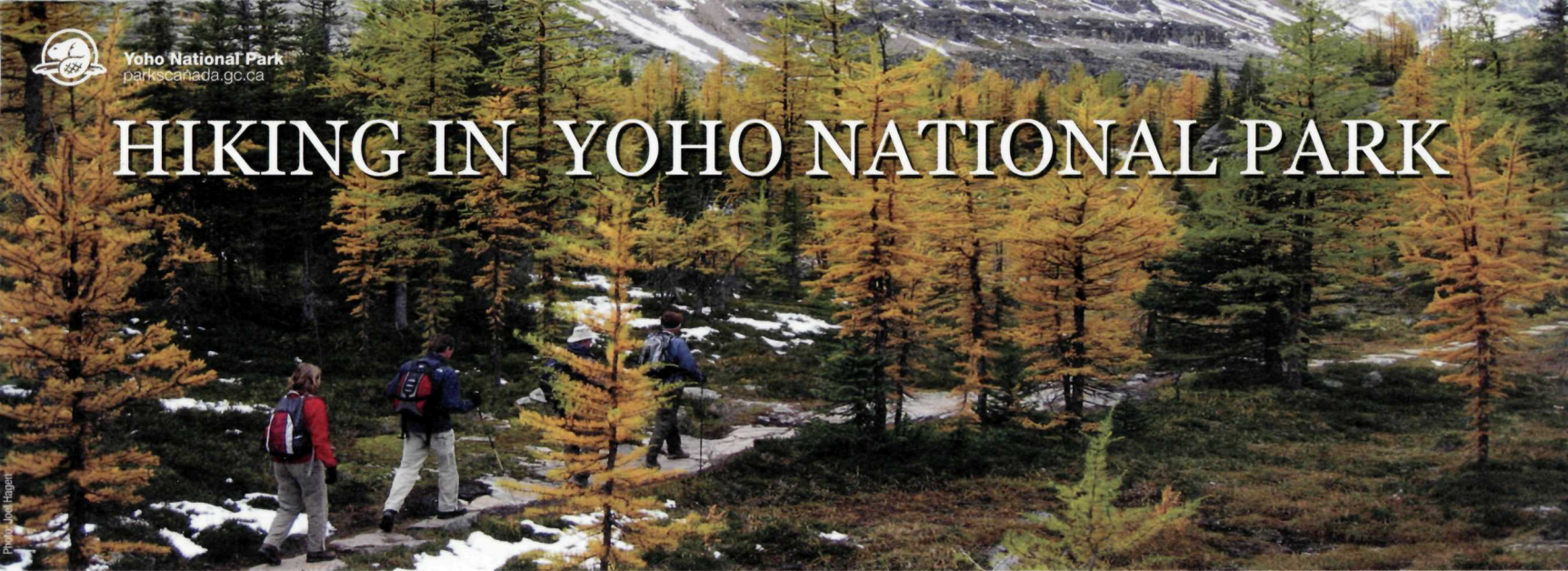




HIKING IN YOHO NATIONAL PARK

Photo: Joel Hagen



Yoho National Park has 36 peaks over 3000 meters. It protects Rocky Mountain landscapes on the western slopes of the Continental Divide. Rock walls and waterfalls, forests and meadows, sparkling lakes and cascading rivers set the scene for memorable hiking. There are more than 400 km of trails that take visitors from luxuriant river valleys to wind-swept, rocky outcrops. **Use the trail chart below to choose a hike** suitable for everyone in your party. Detailed route-finding and trail descriptions are available from the staff at the Yoho Visitor Centre. You can also purchase a guide book from the Friends of Yoho National Park.



We are documenting the presence of rare, large carnivores in the backcountry of Yoho National Park. Please report sightings of wolverines, grizzly bears, wolves, cougars, and lynx to the Visitor Centre.

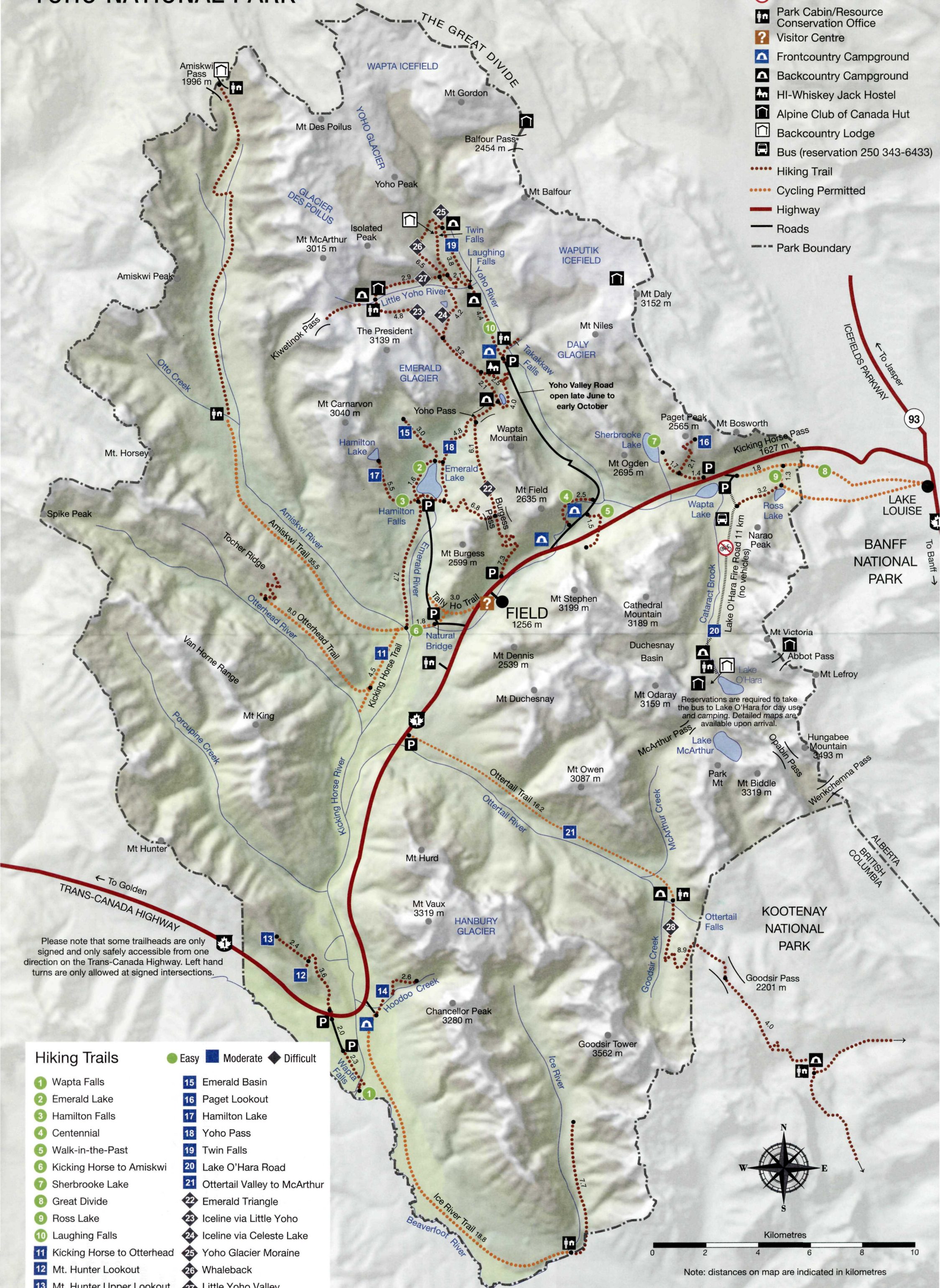
Type	Hiking Trail	Users	Estimated Time (Return)	Distance (Return)	Elevation Gain	Trail Description
SHORT HIKES	1. Wapta Falls		1.5 hours	4.6 km	gain/loss 30 m	Stroll to incredible viewpoints near a spectacular waterfall.
	2. Emerald Lake		2 hours	5.2 km	Minimal	Gentle interpretive trail, surrounded by mountain and glacier views.
	3. Hamilton Falls		.5 hours	1.6 km	Minimal	Pleasant stroll to a delicate cascade.
	4. Centennial		45 minutes	2.5 km	Minimal	Riverside trail along the Kicking Horse River known for wildflowers.
	5. Walk-in-the-Past		1.5 hours	3 km	90 m	Follow an interpretive trail to the remnants of an old locomotive.
	6. Kicking Horse - Amiskwi			1.5 hours	3.6 km	loss 50 m
HALF DAY	7. Sherbrooke Lake		2.5 hours	6.2 km	165 m	Moderate forest hike to a lake rimmed with avalanche debris.
	8. Great Divide		2 hours	6 km	Minimal	Walk or cycle on a closed, paved road.
	9. Ross Lake		2 hours	6.4 km	100 m	Mixed road and forest trail to lake set at the headwall of Narao Peak.
	10. Laughing Falls		3 hours	8.8 km	125 m	Forest trail to a waterfall at the confluence of the Yoho and Little Yoho Rivers.
	11. Kicking Horse - Otterhead		4.5 hours	12.6 km	loss 40 m	Walk or cycle on an old fireroad along the Kicking Horse River.
	12. Mt. Hunter Lookout		3 hours	7.2 km	410 m	Steep trail through open forest to a historic fire lookout tower.
	13. Mt. Hunter Upper Lookout		5.5 hours	12 km	835 m	Trail to higher elevation and views of the Kicking Horse and Beaverfoot Valleys.
	14. Hoodoos		2.5 hours	5.2 km	325 m	Steep, dry, exposed trail leading to capped pillars of glacial debris.
	15. Emerald Basin		3.5 hours	9.2 km	225 m	Travel through ancient stands of hemlock and cedar to a natural amphitheatre.
	16. Paget Lookout		3 hours	7 km	520 m	Steep, rocky trail to views of the Bow, Cataract Brook and Kicking Horse Valleys.
FULL DAY AND OVERNIGHT	17. Hamilton Lake		5 hours	11 km	850 m	A steep and steady climb to a cliff-circled alpine tarn.
	18. Yoho Pass		5 hrs. or 2 days	12.8 km	530 m	Lakeshore stroll, alluvial fan, switchbacks, and waterfalls. Shuttle suggested.
	19. Twin Falls		6 hrs. or 2 days	16.4 km	300 m	Mostly gentle grades along the Yoho River to Twin Falls Chalet.
	20. Lake O'Hara Road		6 hours	22 km	430 m	Gravel road through Cataract Brook Valley. Open to hikers.
	21. Ottertail Valley - McArthur		9 hrs. or 2 days	32.4 km	285 m	Walk or cycle up the Ottertail River to its confluence with McArthur Creek.
	22. Emerald Triangle		8 hours	19.7 km	880 m	Steady climbs and descents to Yoho and Burgess Passes. Views of the Emerald Valley.
	23. Iceline via Little Yoho		8 hrs. or 2 days	20.8 km	710 m	Spectacular signature hike: glaciers, rock staircases and alpine meadows.
	24. Iceline via Celeste Lake		7 hours	17.5 km	695 m	Shorter descent from the Iceline through alpine meadows and sub-alpine forest.
	25. Yoho Glacier Moraine		7 hours	16.8 km	250 m	Features lush forests of the valley and the stark landscape of a receding glacier.
	26. Whaleback		7.5 hours	21.3 km	700 m	Trail from Twin Falls to Little Yoho Valley; seasonal suspension bridge.
	27. Little Yoho Valley		7 hours	18.6 km	520 m	Moderate to steep forested hike into a scenic hanging valley.
	28. Goodsir Pass		12 hrs. or 2 days	25 km one way	915 m	Steep trail connecting Yoho to Kootenay National Park's Rockwall Trail.

Cyclists allowed No cycling allowed on the Lake O'Hara Road Backcountry Campground Easy Moderate Difficult

YOHO NATIONAL PARK

Legend

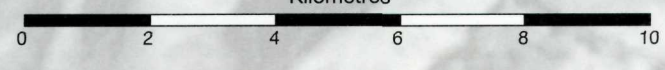
- No Cycling
- Park Cabin/Resource Conservation Office
- Visitor Centre
- Frontcountry Campground
- Backcountry Campground
- HI-Whiskey Jack Hostel
- Alpine Club of Canada Hut
- Backcountry Lodge
- Bus (reservation 250 343-6433)
- Hiking Trail
- Cycling Permitted
- Highway
- Roads
- Park Boundary



Please note that some trailheads are only signed and only safely accessible from one direction on the Trans-Canada Highway. Left hand turns are only allowed at signed intersections.

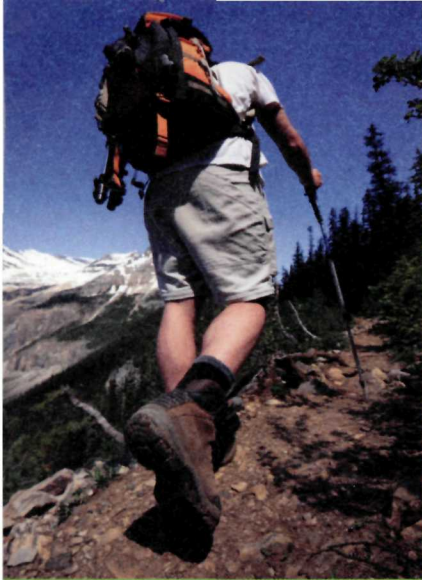
Hiking Trails

- Easy
 - Moderate
 - ◆ Difficult
- | | |
|-------------------------------|---------------------------------|
| 1 Wapta Falls | 15 Emerald Basin |
| 2 Emerald Lake | 16 Paget Lookout |
| 3 Hamilton Falls | 17 Hamilton Lake |
| 4 Centennial | 18 Yoho Pass |
| 5 Walk-in-the-Past | 19 Twin Falls |
| 6 Kicking Horse to Amiskwi | 20 Lake O'Hara Road |
| 7 Sherbrooke Lake | 21 Ottertail Valley to McArthur |
| 8 Great Divide | 22 Emerald Triangle |
| 9 Ross Lake | 23 Iceline via Little Yoho |
| 10 Laughing Falls | 24 Iceline via Celeste Lake |
| 11 Kicking Horse to Otterhead | 25 Yoho Glacier Moraine |
| 12 Mt. Hunter Lookout | 26 Whaleback |
| 13 Mt. Hunter Upper Lookout | 27 Little Yoho Valley |
| 14 Hoodoos | 28 Goodsir Pass |



Note: distances on map are indicated in kilometres

This is not a topographical map and is not suitable for route-finding.



Adventure comes in many forms! Established in 1886, Yoho National Park offers a wide variety of easy walks suitable for families and people of all abilities as well as longer, more challenging trails for keen hikers. Yoho's impressive vertical landscapes also host alpinists year round.

Visitors can access numerous waterfalls, lakes and day use areas just a short distance from their car or travel trails that have been used for over a century to explore remote areas of the park and investigate the park's rich heritage of chalets, cabins and fire lookout towers.

Photos left to right: Hiking the Emerald Triangle; lynx; Wiwaxy Peaks, Mount Huber & Mount Victoria

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 or use biodegradable toilet paper and bury it.
- 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 up to three months in advance by calling **250-343-6783**.

Random Camping

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



Cycling

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

- Mountain biking is allowed only on trails designated for cycling.
- Cyclists yield to hikers. Cyclists and hikers yield to horses.
- Stay on trails and avoid skidding.

Fishing

A National Park fishing Permit is required.

Safety

Emergency

Call **911** or, if using a satellite phone, the park dispatch office at **403-762-4506**. **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.

More Information

- **Yoho National Park Visitor Centre:** 250-343-6783
- **Lake O'Hara reservations:** 250-343-6433
- **Website:** www.parkscanada.gc.ca/yoho
- **Yoho Trail Conditions Report:** www.parkscanada.gc.ca/yohotrails
- **Weather:** www.weatheroffice.gc.ca
- **Avalanche Reports, Information and Training:** www.avalanche.ca
- **Maps and Guide Books:** Friends of Yoho National Park at the Yoho Visitor Centre, 250-343-6393 or www.friendsofyoho.ca

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 yoho.info@pc.gc.ca and report trail problems to park staff.