O2 Jasper

## Jasper National Park

## DAY HIKING



Canadắ


The best way to discover the park is to take a day and explore each of its 5 major regions: (1) Around Town, (2) Maligne Valley, (3) Edith Cavell and 93A, (4) Miette Hot Springs, and (5) the Icefields Parkway. Each of them contains very unique terrain, waterways, wilderness and facilities.
 NOTE: DISTANCES GIVEN IN THE TRALL DESCRIPTIONS
AREAPROXIMATE. TIMES GIVEN ARE ON-TRAL TIMES FOR HIKERS.

## TRAIL ETIQUETTE

Share the trails 80 cosin

What can you expect?

- Faster trail users. Bikers, runners and equestrians
approaching firm behind will often announce their approaching from behind will ofiten announce their
appraoch and pass on the let. This means you should
stav on the right.
- Bikers yield to hikers. It it the responsisility of
oyclists to pass at a saie speed. Be conmunicative w
 What is your responsibility?
- Share the trail. Hkike in single file as a group or take
up no more than haif the trail widit.
- Don't tune outt. Headodhones privent you from hearing - Keep pets on a short leash while passing or being
passed byy oither users. Other users may be trightened passed by) other users. Other users may
by dogs or tunsure how to pass saiely. - Yield to horses. Stay downhil. Gree
horse. Ask the rider how to proceed.
(2) MALIGNE LAKE

At Maligne Lake you can walk the lakeshore, enjoy
 2.9 km loop; no elevation gain; $1-2 \mathrm{hrs}$
 This trail is an easy stroll that reaches a siewpoint which features a
set o interperive panels. Leaving the shoreline, it passes through
tichentich lichen-rich stands of pine, spri
loops back to the parking lot.

2.7 km loop; elevation gainloss: $59 \mathrm{~m} ; 1-2 \mathrm{rrs}$
Trailhead • The parking lot at the end of Maligne Lake Road

From the Bald Hillistrailhead kiosk, hike alono the old frie road ( 23 ).
Turn left onto trail 2 a after a short distance and follow it hrough

 5.2 km return; elevation gainlloss: $\mathrm{L} \quad \mathrm{m} ; 2-3 \mathrm{hrs}$ Trailnead. The parking lo a t the end of Maigne Lake Rood, statring
at the Skyine kiosk

(3) EDITH CAVELL AREA/HIGHWAY 93A


## (5) ICEFIELDS PARKWAY

For these hikes, travel south from the Jasper townsite
along the Icefields Parkway, Highway 93 N . The lcefied along the Iceifilds Parkway, Hig
Centre is 103 km from Jasper.
Athabasca Falls $\bigcirc$ ()아웅
Ath-basca
Day-use area
Day-use area

## Traninea and 93 A

 below, stayy of desigignated trails and behinind railings. The rock sslippery and dangerous.Lower Sunwapta Falls $\square$ (12) (3) (3) 2.8 km return; elevation gain/loss: $87 \mathrm{~m} ; 1 \mathrm{hr}$ Lower Sunuapta Falls is composed of three major waterfals,
The combination of solitude and open views to the surrounding The combination of silitude and open viee st ot the sutrounding
mountains make this short hike very rewarding. Forefield Trail $\square$ (®) (*)
2.5 km return; minimal elevation gain; $1-2 \mathrm{hrs}$ Trailhead - Directly across from the Iefefild Centre on Highway 93N This flat and rocky trail crosses moraines and glacial debris that the
Athabascen Glacier has left behind. For a longer hike, continue up Athabasca Glacier has left behind
the Toe of the Glacier trail $(52$.
Toe of the Athabasca Glacier
1.4 km return: elevation gainloss: 60 m : 1 hr

## Trailhead. Acros the Glicierer Road

After crossing the bridge, your re walking on glacially smoothed



(4) MIETTE HOT SPRINGS AREA

If you like to hike in the park's high country,
Sulphur Skyline is usually snow free by late May.

## Jasper House Viewpoint

Jasper House View
Toom return; 20 minutes
Trailhead • 32 km northwest of Jasper on Highway 16 A short walk to a viewpoint looking across the e Athabasca River
toward the Jasper House National Histori Site. Pocahontas Mine Trail (봐 뎡 (자) Lower loop: $900 \mathrm{~m} ; 20$ minutes
Trailhead $\cdot$ On Miette Road, 200 m from the intersection with Trailhead - On Miette Road, 200 m from the intersection with
Highway 16 Step back in time as you stroll through the old Pocahontas Mine
site. This route can be lengthened by following trail 122 site. This route can bel engtt|
$(1.7 \mathrm{~km}$ reurn, 45 min .
Source of the Springs 1.2 km return; elevation gainlloss: 75 m ; 30 The trail begins with a walk through the ruins of the old pool The trail begins with a walk through the ruins of the old pool
building and continues up the creek to the hot springs themselves

## 

Sulphur Skyline
8.8 km return; elevation gainlloss: $700 \mathrm{~m} ; 4 \mathrm{-6}$ hrs Trailhead • Miette Hot Springs parking lot
This steep trail is typically one of the first snow-free alpine hikes in
the park. The grade is isteep the whole way to the top, but the views
the park. The grade is steep the whole way to the top, but the views
of Utopi anountain, The Fiddle valley and Ashlar Ridge are well
wotth of Utopia Mountai
worth the sweat.


 Trailhead 0.1 km south of the cefield Centre at the entrance
of Wicox Creek Camporiund This trail starts off steep but quickly opens into a relatively flat aptin meadow. This trali is otten snow-covered in June and wee
Intil mid -Jul. Be on the lookout for bighorn sheep. Additional Parker Ridge $\square$
6 km return; elevation gainlloss: $250 \mathrm{~m} ; 3 \mathrm{hrs}$ Trailinead $\cdot 9 \mathrm{~km}$ south of the lceffild Centre in Bantif National Park Atter climbing a series of steep switchbacks, voull be rewarde
with dramatic views of the Saskatchewan Glacier. This trail is , Nigel Pass $\square$
16.8 km retum; elevation ga 16.8 km return; elevation gainlloss: 365 m ; 5 hrs Trailhead • 13 km south of the leefild $C$ entre in Bant National Park reach htreeline a syoul head towards the wide-open senery of the
Banff-Jasper park boundary.

TRAIL SIGNAGE
 Official trails around the town of Jasper are
maked wity yelow diamonds.
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## PLAN AHEAD AND PREPARE

## Remember, you are responsible for your own safety

- Beforie heading out, check trall and weather conditions
onine orat an intom - Travel with a firend or oroup. Choose a trail suitable for the




Stay on maintained trails

- To prevent traid damege, stay on the trail and avoi

Leave what you find and take what you bring - Disonse of human waste at least 70 m from any water
source. Buy solid 15 cm deep. Pack out tolet paper:

Water from lakes and streams
 conianinate ne water suppy. Boil your drif
purify it with a water fliter or oodine tablets.
Backcountry
A backcounty camping permit is required for any overigh
tip. Vist parkscanadai.gc..ca/jasperbackcountry or tip. Visit parkscanada.g.g.ca/jasperbackcountry
more intomation and to book a tip. Fishing - A National Park fishing licence is requirt d. Fishing permits and regulations are available at
intormation centres and campground kiosks.

## SAFETY <br> Emergency

 Keep wildlife wild, and yourself safer

- Taver in groups and make noise to avoid surprise
 - Pets must be on a leash at all times.

4 Avalanches
Be carectil when orrs
avalanche pains.

MORE INFORMATION
 ICEFELEL CENTRE: $780-852-6288$, open mid-April to
mid-October
 - JAsper Trall convortovs feror WEATHER: weathergoc.ca
AVALLANCHE INFORMATION: parkscanada.gc. ca/avalanche
BEAR $\operatorname{INFORMATION:~parkscanadan~}$

IW WAS YOUR TRIP?
HOW WAS YOUR TRIP?
Please send your comments to inp.infoepc.gc.ca and report trail
conditions to to the inimamation Centio.

## Follow US ON:

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JASPER'S CONNECTOR TRAILS
These easy multi-use trails provide opportunities to
explore and access areas close to the town of Jaspe Jasper Discovery Trail $\bigcirc \square P_{t} P_{s}$ «il (*) 3.3 km loop; elevation gainhoss: $120 \mathrm{~m} ; 2-3 \mathrm{hrs}$ Trailhead - This trail lopps around Jasper and can be started from This trail will introduce you to the nature and history of Jasper.
Look for signs, mapes, markers and kioskst o guide your way. Look for signs, maps, markers and kiosks to guide your way.
There are a few steep inclines on the northwest section of trail. Wapiti Trail
4.6 km one way; no Traillead • From the Jasoer Discovern Trail (11) Traillead - From the Jasper Discovern Trail (1) a at the
of Connaught Drive and Highway 93 N North Hazaze Ave This flat trail is a great way to walk or bike from town to Whistlers or Wapiti Campground.

## Bighorn Trail

on gainlloss: 33 m; 1-2 hrs Trailhead • At the northeast end of the Jasper Discovery Trail (11) This trail provides access from town to
Be careful when crossing Highway 16 .
Red Squirrel Trail
2.8 km one way; minimal elevation gain; 1 hr

Trailhead •
and 93 N North
his trail provides access from town to Old Fort Point and Jasper This trail provides access from town to old Fort Point and Jasper
Park odge Part of the trail sadicent to the Athabsca River,

## Pyramid Trail $\square$ Ps

5.4 km one way; elevation gain/loss: $118 \mathrm{~m} ; 1-2 \mathrm{hrs}$ Trailhead • Jasper Activity Centre parking lot $P$ P3) Follow the Jasper Discovery Trail (11) for 6 oor m before
connenting to the Pryamid Trail
continuousty connecining to the Pyramid Trail (15). This trail limbss gently but
conthur trails.
ot the Pramid Bench and is a great aceess route to
$\underset{2.8 \mathrm{~km} \text { one way; minimal elevation gain; } 1 \mathrm{hr}}{\text { Woodpecker Trial }}$ 2.8 km one way; minimale elvation gain; 1 hr
Trailhead • Lake Annette parking lot PP13) or Jasper Park Lodge (P17 This easy stroll connects Jasper Park Lodge to Lo ake Annette.

## WEST OF JASPER

West of Jasper, the Pyramid Bench is bordered by the Miette River and more lakes.

## Saturday Night Lake Loop $\square \mathrm{Pz}$ 24.3 km loop, 4.2 km one way for

 24.4 km lopop. 4.2 km one way for alelevation gainlloss: 540 m ; $7-9 \mathrm{hrs}$. A gentle uphill walk takes you past Marjorie Lake to Caledonia Lake
 backpack. (Backecountry permit required
Dorothy and Christine Lakes $\square$ Pa Trailhead • (P26) 11.5 km west of Jasper on Highway 1 This hike is steep in places but beautiful Christine Lake is worth it.
Be careful when crossing the railroad tracks.

SOUTH OF JASPER
These trails lie south of Jasper and are accessible from
Highway 93 .
Valley of the Five Lakes $\square \mathrm{Pt}$

This trail includes two loops. Stay on trail ga to pass lakes five
 alonger loop contimue on trail 9 a along the first lake and loop back
ontrail
sections $(9.3$ kn). Mainly slight inclines with some short thut stee sections.

## Wabasso Lake $\square$ Res

Trailhead • (P16) 14.6 km south on Highway 93 This trail croseses severall low ridges providing giews of the
thababacca Valley and Mount Edith Cavell. From Wabasso Athabasca Valley ynd Mount Edith Cavell. From Wabasso Lake
youran oontine on trail to to connect to the Valley of the five Lakes
Trail ( 6.3 km ).

The Whistlers Summit Trail $\square$ (®) (*)
ailon gain: foom, Thr
Trailhead $\cdot$ SkyTram upper terminal
Ventur up for a 360 -degree view of the Athabasca Valley and
surrounding peaks.
The Whistlers Trail $\Delta \mathbf{P}^{\circ}>{ }^{\circ} \times \infty$ 7.3 mm one way; elevation gain: $1200 \mathrm{~m} ; \mathbf{3}-5 \mathrm{hrs}$,
$2-3 \mathrm{hrs}$ down.

Trailhead • (P14) 2.8 km up Whistters Road
The e ffort required to hike this steep trail is well rewarded by
panoramic views of the Miette and A Athabasca Valleys.


## PYRAMID BENCH

The trail routes described below are on the Pyramid Sench-a lake-dotted terrace adjacent to Jasper.

Mina-Riley Lakes Loop $\square \mathrm{Ps}$
8. 2 km loop; elevation gain/loss: $172 \mathrm{~m} ; 3-4 \mathrm{hrs}$
rrailhead • (P3) Jasper Activiy Centre pakking lot
Start on trail 1 and then head onto trail 8 . This routt takes you
through a thriving wetland eocosstem. Between Mina and Riley Lhrough a tirining weetand ecoosstem. Between Mina and Lils connecting back to the parking lot on trail 2 .
Cottonwood Creek Loop $\square \mathrm{PR}$
km loop; elevation gainlloss: 75 m ; $1-2 \mathrm{hrs}$ Trailhead - (P3) Jasper Activity Centre parking lot From here trail 2 a rewards you with excep
valley. Use trail 11 to o omplete the loop.
Overlook Loop $\square \mathbf{P r}$ (9) (2) 㤟

6 km loop; elevation gain/loss: $75 \mathrm{~m} ; 1$ 1-2 hrs
Trailhead - (P7) North end of Pyramid Lake
This trail is steep at the start, but rewards you with some of the
best views of Pyramid take. Take trail 2 band followit ilong the best views of Pramaid Lake. Take trail 2 band allow w talong the
ridge. Follow trail 2 f for 200 m , and then use 2 gand 2 to get back.


ACROSS THE RIVER


