

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 TRAIL DESCRIPTIONS ARE APPROXIMATE. TIMES GIVEN ARE ON-TRAIL TIMES

TRAIL ETIQUETTE



What can you expect?

- Faster trail users. Bikers, runners and equestrians approaching from behind will often announce their approach and pass on the left. This means you should stay on the right.
- Bikers yield to hikers. It is the responsibility of cyclists to pass at a safe speed. Be communicative with riders by letting them know when they can pass, and if possible, step to the side of the trail.

What is your responsibility?

- Share the trail. Hike in single file as a group or take up no more than half the trail width.
- **Don't tune out.** Headphones prevent you from hearing approaching trail users and wildlife
- **Keep pets on a short leash** while passing (or being passed by) other users. Other users may be frightened by dogs or unsure how to pass safely.
- Yield to horses. Stay downhill. Greet the rider and the horse. Ask the rider how to proceed.

(2) MALIGNE LAKE

At Maligne Lake you can walk the lakeshore, enjoy a forested trail or hike to the top of an easy peak.

Mary Schäffer Loop 21 8 1

2.9 km loop; no elevation gain; 1-2 hrs

Trailhead • The first parking lot at Maligne Lake. Take any path down to the lake and follow the paved trail along the northeastern shore

This trail is an easy stroll that reaches a viewpoint which features a set of interpretive panels. Leaving the shoreline, it passes through lichen-rich stands of pine, spruce and fragrant subalpine fir as it loops back to the parking lot.

Moose Lake Loop 20 8

2.7 km loop; elevation gain/loss: 59 m; 1-2 hrs

Trailhead • The parking lot at the end of Maligne Lake Road

From the Bald Hills trailhead kiosk, hike along the old fire road (23). Turn left onto trail 20 after a short distance and follow it through the woods. This trail cuts across the debris from an ancient landslide. Once past Moose Lake, follow the lakeshore back to the parking lot.

Lorraine Lake and Mona Lake 🔘 🐠 🚳 🗞 5.2 km return; elevation gain/loss: 80 m; 2-3 hrs

Trailhead • The parking lot at the end of Maligne Lake Road, starting

This trail climbs gently through a lodgepole pine forest. Both these lakes lie in hollows of ancient landslide debris. If you're after a longer walk, continue to Little Shovel Pass (20 km return; 548 m elevation

Bald Hills \spadesuit (23) (88)

9 km return; elevation gain/loss: 500 m; 4-6 hrs

Trailhead • The parking lot at the end of Maligne Lake Road

This moderately steep trail starts on an old fire road and transitions from a subalpine forest to an alpine meadow of wildflowers and mountain vistas. There are different ways to get to the end of the trail that can extend the hike to 12.5 km if you wish.

Opal Hills Loop \spadesuit 22 🚳 🔞 🚷 8.1 km loop; elevation gain/loss: 460 m; 4-6 hrs

Trailhead • The trail begins from the highest parking lot north of

Be prepared for one of Jasper's steepest hikes. After hiking upwards for a few kilometres, the trees give way to a beautiful subalpine meadow with brilliant views of Maligne Lake. This trail often has warnings or is closed during July and August for bear activity. Check the trailhead kiosk for up-to-date information.



MALIGNE LAKE

(3) EDITH CAVELL AREA/HIGHWAY 93A

The Cavell area offers fragrant subalpine forest, new growth where a glacier recently retreated from the valley, flowery alpine meadows and spectacular views of Mt. Edith Cavell and Angel Glacier.

Path of the Glacier Trail 1.2 km return; elevation gain/loss: 70 m; 1 hr

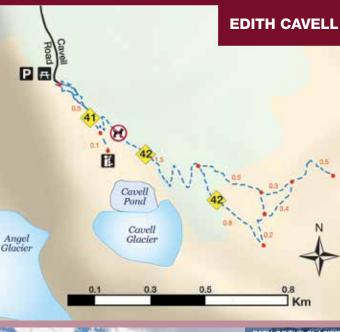
Trailhead • The end of Cavell Road

This short trail takes you across a rocky landscape recently covered by glacial ice, and ends at a lookout towards the massive north face of Mt. Edith Cavell.

Cavell Meadows Trail 6-8 km return; elevation gain/loss 500 m; 3-5 hrs

Trailhead • The end of Cavell Road

From trail 41, take a left at the intersection with trail 42. This steep but well-graded trail leads upwards through subalpine forest and treeline vegetation to the alpine region beyond. This trail usually opens in mid-July but may be delayed due to late snow melt. Be aware as bears frequent the area.





(5) ICEFIELDS PARKWAY

For these hikes, travel south from the Jasper townsite along the Icefields Parkway, Highway 93N. The Icefield Centre is 103 km from Jasper.

Athabasca Falls 🔍 🚳 🕅

beyond is slippery and dangerous.

Trailhead • 30 km (20 min) south of Jasper, junction of Highway 93N

Feel the spray of the Athabasca River as it thunders into the canyon below. Stay on designated trails and behind railings. The rock

Lower Sunwapta Falls (25) (8) (8) 2.8 km return; elevation gain/loss: 87 m; 1 hr

Trailhead • 54 km (30 min) south of Jasper on Highway 93N

Lower Sunwapta Falls is composed of three major waterfalls. The combination of solitude and open views to the surrounding mountains make this short hike very rewarding.

Forefield Trail 53 89 89 2.5 km return; minimal elevation gain; 1-2 hrs

Trailhead • Directly across from the Icefield Centre on Highway 93N

This flat and rocky trail crosses moraines and glacial debris that the Athabasca Glacier has left behind. For a longer hike, continue up the Toe of the Glacier trail (52).

Toe of the Athabasca Glacier 🔳 🧐 🚱 🕙 1.4 km return; elevation gain/loss: 60 m; 1 hr

Trailhead • Across from the Icefield Centre at the end of the Toe of

After crossing the bridge, you're walking on glacially smoothed limestone that was under ice in the 1950s. Follow the trail upwards through one steep section to take in views of the Athabasca Glacier. Stay on designated trails and follow signs. The ice of the Athabasca Glacier is dangerous, and hazards are often hard to spot.

Wilcox Pass 📕 🧐 🖶 🚱 🔞 6.8 km return (3.4 km return to red chairs); elevation gain/loss: 390 m; 2-3 hrs

Trailhead • 3.1 km south of the Icefield Centre at the entrance of Wilcox Creek Campground

This trail starts off steep but quickly opens into a relatively flat alpine meadow. This trail is often snow-covered in June and wet until mid-July. Be on the lookout for bighorn sheep. Additional 2.6 km return to viewpoint.

Parker Ridge 5 5 8 8 5.6 km return; elevation gain/loss: 250 m; 3 hrs

Trailhead • 9 km south of the Icefield Centre in Banff National Park After climbing a series of steep switchbacks, you'll be rewarded

with dramatic views of the Saskatchewan Glacier. This trail is typically snow-covered in June and wet in July.

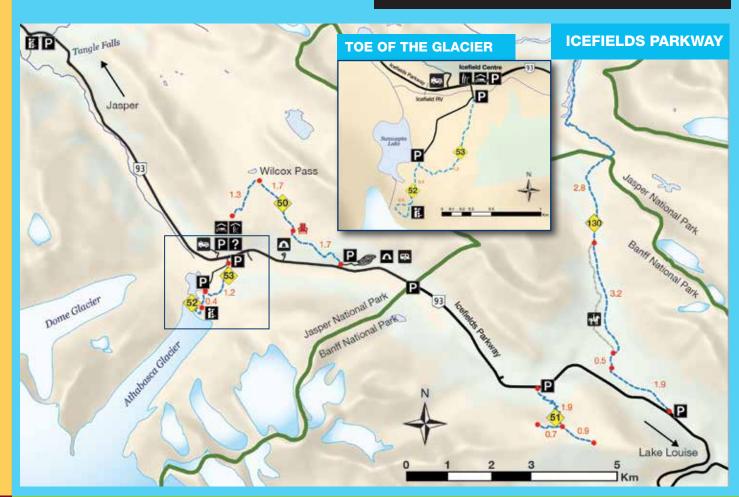
Nigel Pass (30) (8)

16.8 km return; elevation gain/loss: 365 m; 5 hrs

A consistent and gentle grade ensures that it doesn't take long to reach treeline as you head towards the wide-open scenery of the Banff–Jasper park boundary.

Trailhead • 13 km south of the Icefield Centre in Banff National Park

WARNING! Walking on the Athabasca Glacier is not safe. The ice at the toe of the glacier is hollow and is collapsing. The underlying water is extremely cold and fast moving. Over the years several people have died from falling into crevasses. These ice cold cracks in the ice are hidden below a thin covering of snow that may collapse under a person's weight.



(4) MIETTE HOT SPRINGS AREA

Sulphur Skyline is usually snow free by late May.

700 m return; 20 minutes

Trailhead • 32 km northwest of Jasper on Highway 16

A short walk to a viewpoint looking across the Athabasca River towards the Jasper House National Historic Site.

Pocahontas Mine Trail () (31) 💪 🕙 Lower loop: 900 m; 20 minutes

Trailhead • On Miette Road, 200 m from the intersection with

Step back in time as you stroll through the old Pocahontas Mine site. This route can be lengthened by following trail 32 (1.7 km return, 45 min).

Source of the Springs • (40) (80) (80) 1.2 km return; elevation gain/loss: 75 m; 30 min

Trailhead • Miette Hot Springs parking lot

The trail begins with a walk through the ruins of the old pool building and continues up the creek to the hot springs themselves.

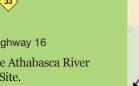
Sulphur Skyline 🔷 🧐 🚱 🕙 8.8 km return; elevation gain/loss: 700 m; 4-6 hrs

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 steep the whole way to the top, but the views of Utopia Mountain, The Fiddle Valley and Ashlar Ridge are well

If you like to hike in the park's high country,









Caution: This area is well-known for afternoon hunderstorms. Start early and stay below the treeline if the veather looks threatening.

TRAIL SIGNAGE



Official trails around the town of Jasper are marked with yellow diamonds.

This extensive trail system is maintained by Parks Canada with the assistance of volunteers from the Jasper Trails Alliance (JTA).

PLAN AHEAD AND PREPARE

Remember, you are responsible for your own safety

- Before heading out, check trail and weather conditions online or at an information centre (see below).
- Travel with a friend or group. Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, first aid kit, bear spray and maps. Be prepared for emergencies and changes in weather. Tell somebody where you are going, when you will be back and who to call if you do not return.

Stay on maintained trails

To prevent trail damage, stay on the trail and avoid

Leave what you find and take what you bring • Pack out all garbage, including diapers and food waste.

- Dispose of human waste at least 70 m from any water source. Bury solids 15 cm deep. Pack out toilet paper.
- Natural objects like antlers, rocks, wildflowers, etc. are protected by law and must be left undisturbed.

Water from lakes and streams

Parasites can occur in any water body in the park and may contaminate the water supply. Boil your drinking water or purify it with a water filter or iodine tablets.

Backcountry

A backcountry camping permit is required for any overnight trip. Visit **parkscanada.gc.ca/jasperbackcountry** for more information and to book a trip.

Fishing - A National Park fishing licence is required. Fishing permits and regulations are available at the information centres and campground kiosks.

SAFETY

Call 911 or, if using a satellite phone, call the park dispatch office (780-852-3100). **Cell phone reception is unreliable.** Keep wildlife wild, and yourself safer

- Travel in groups and make noise to avoid surprise
- Do not feed, touch or approach wildlife. Stay at least 30 m

away from most animals and 100 m away from bears.

- Carry bear spray; know how to use it.
- · Pets must be on a leash at all times

Avalanches

Be careful when crossing snow slopes or when exposed to

MORE INFORMATION

- **JASPER TOWNSITE INFORMATION CENTRE**: 780-852-6176 • ICEFIELD CENTRE: 780-852-6288, open mid-April to
- **WEBSITE**: parkscanada.gc.ca/jasper • JASPER TRAIL CONDITIONS REPORT:
- parkscanada.gc.ca/jaspertrails
- **WEATHER:** weather.gc.ca
- AVALANCHE INFORMATION: parkscanada.gc.ca/avalanche • BEAR INFORMATION: parkscanada.gc.ca/bears-and-people
- MAPS AND GUIDE BOOKS: Friends of Jasper National Park at 780-852-4767 or www.friendsofjasper.com

HOW WAS YOUR TRIP?

Please send your comments to jnp.info@pc.gc.ca and report trail conditions to the Information Centre.

FOLLOW US ON:





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