

HIKING IN KOOTENAY NATIONAL PARK

Photo: Alina Cemeris

In Kootenay National Park's rich landscape, you can find everything from high elevation glaciers to post-wildfire regrowth and diverse wildlife. The park is best explored on foot along Kootenay's 230 km of trails. **Use the chart below** to choose a hike suitable for everyone in your party. For detailed route finding and trail information, consult the staff at the Kootenay National Park Visitor Centre or purchase a hiking guide book.



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

A. Dibb

Type	Hiking Trail	Estimated Time (Return)	Distance (Return)	Elevation Gain	Trail Description
SHORT HIKES	1. Juniper / Sinclair Canyon	2 hours	6 km	gain / loss 260 m	Spend time both above and deep in the canyon along this popular loop trail.
	2. Redstreak Campground	1.5 hours	4.6 km	gain / loss 30 m	Gentle trail connecting the campground and hot pools with numerous viewpoints.
	3. Redstreak Loop	45 minutes	2.2 km	90 m	Sunny exposure, and clear views to the Columbia Mountains.
	4. Redstreak Restoration	20 minutes	1 km	5 m	Wander an interpretive meadow trail reborn by prescribed fire – watch for sheep.
	5. Valleyview	45 minutes	2.4 km	125 m	Good views on a steep trail connecting the campground and the village.
	6. Redstreak Creek	1.5 hours	4.6 km	195 m	A cool, forested path, ideal in the early season.
	7. Olive Lake	15 minutes	0.5 km	0 m	 Fully accessible interpretive trail alongside a quiet lake.
	8. Cobb Lake	2 hours	5.4 km	loss 190 m	Hike downhill to a beautiful reflecting lake. Enjoy wildflowers in May and June.
	9. Dog Lake	1.5 hours	5.2 km	40 m	Lots of variety, with two suspension bridges, a quiet forest and a peaceful lake.
	10. Paint Pots	40 minutes	2 km	25 m	Interpretive trail to culturally important springs and ochre deposits.
	11. Marble Canyon	30 minutes	1.6 km	20 m	Popular interpretive trail atop a narrow and dramatic limestone gorge.
	12. Paint Pots to Marble Canyon	2 hours	6.8 km	40 m	Lots of variety: mature & burnt forest, plus beautiful riverside sections.
	13. Fireweed Loops	30 minutes	0.5 & 2 km	20 m	 Interpretive trail through forest regrowth from the 1968 Vermilion Pass fire.
	14. Stanley Glacier	3 hours	8.4 km	365 m	Fire and ice are on display on Kootenay's most popular half day trail.
	15. Kimpton Creek	3 hours	9.6 km	335 m	Cool forested trail on a hot day.
DAY HIKES	16. Simpson River	Up to 5.5 hours	Up to 17.6 km	140 m	Long, easy trail leading to Mount Assiniboine Provincial Park.
	17. Prospector's Valley	Up to 6.5 hours	Up to 20.8 km	200 m	Since the 2003 wildfire, this sloping trail features open views and wildflowers.
	18. Kinderley / Sinclair Loop	6 hours	17.5 km	1055 m	Kootenay Park's top-rated loop trail. Trailheads are 1.2 km apart.
	19. Hawk Creek & Ball Pass	7 hours	20.2 km	885 m	A challenging day hike to a rugged, rocky pass.
	20. Floe Lake	7 hours	21 km	715 m	A classic day hike or backpacking trip to a spectacular lakeside destination.
MULTI-DAY	21. Helmet / Ochre Junction	2 days	12.6 km	50 m	Good backpacking destination for beginners through lush forest. Also a 4 hour day hike.
	22. Numa Creek	2 days	12.8 km	gain / loss 60 m	An easy, forested creekside trail. Also a 4 hour day hike.
	23. Tumbling Creek	2 days	21 km	440 m	Forest, flower-filled slide paths and Tumbling Falls.
	24. Helmet Creek & Falls	2 to 3 days	30 km	310 m	Rich forest and a 300 m high falls. Stay an extra day for side trips to nearby passes.
	25. Tumbling / Helmet / Ochre	2 to 3 days	38 km	800 m	An abridged loop version of the Rockwall Trail, with its famous high meadows.
	26. Rockwall	3 to 4 days	55 km	gain / loss 2600 m	Premier backpack trip, featuring high passes. Shuttle required.
	27. Honeymoon Pass/Verdant	2 days	17 km	730 m	Rough trail for skilled backpackers – creeks are unbridged.

● Easy
 ■ Moderate
 ◆ Difficult



Created in 1920, Kootenay National Park was designed to straddle the first road to be cut across the central Canadian Rockies – the Banff-Windermere Highway. The park's long, slim profile is an artefact of its history, but Kootenay offers great rewards to those who stop along this scenic route. Today you will find easy to visit treasures – like Olive Lake, Numa Falls, the Paint Pots, Marble Canyon and the Fireweed

trail – right beside the road. For adventurous hikers, there are trails to sublime destinations above the timberline. More than any of the other mountain national parks, Kootenay has a unique look created by fire. Natural wildfires in the 20th century and in 2001 and 2003 have shaped the park's biology and offer visitors annual snapshots of forests and landscapes in glorious transition.

Photos left to right: Hiking Floe Lake Trail; pasque flower; grey wolf

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 up to three months in advance by calling **250-347-9505**. Reservations begin mid-May.

Random Camping

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

Fishing

A National Park fishing permit is required.

Cycling

Mountain biking is only allowed on trails designated for cycling. Cyclists are susceptible to sudden, dangerous bear encounters - slow down, stay alert and make noise. Cyclists yield to hikers. Cyclists and hikers yield to horses. Stay on trails and avoid skidding.

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

- **Kootenay National Park Visitor Centre:** 250-347-9505
- **Website:** www.parksCanada.gc.ca/kootenay
- **Kootenay Trail Conditions Report:** www.parksCanada.gc.ca/kootenaytrails
- **Weather:** www.weatheroffice.gc.ca
- **Avalanche Reports and information:** avalanche.pc.gc.ca
- **Maps and Guide Books:** Friends of Kootenay National Park at Radium Hot Springs Visitor Information Center, 250-347-6525 or www.friendsofkootenay.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 kootenay.info@pc.gc.ca and report trail problems to park staff.












YOHO NATIONAL PARK

KOOTENAY NATIONAL PARK

BANFF NATIONAL PARK

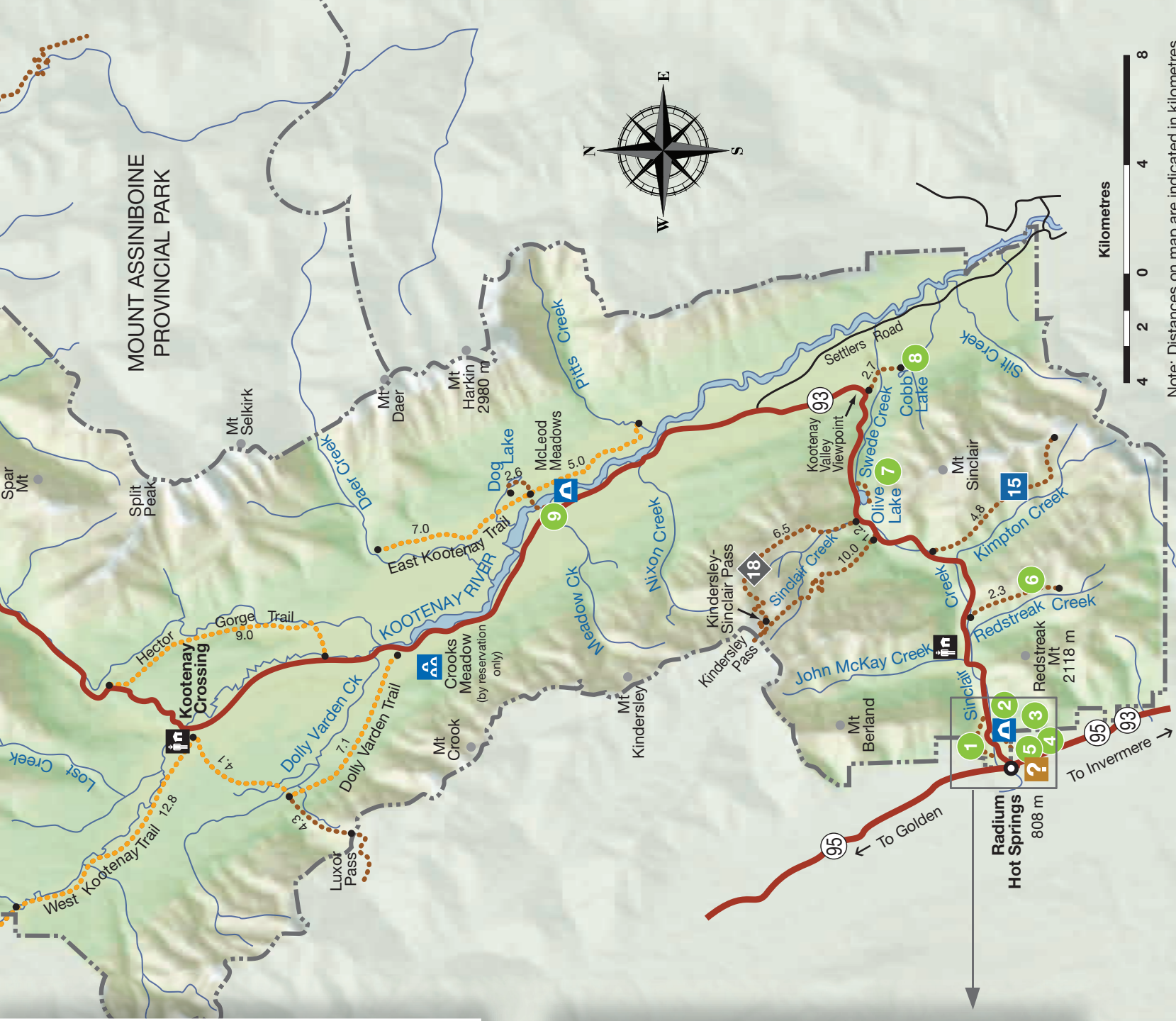


Legend

-  Park Cabin/Resource Conservation Office
-  Visitor Centre
-  Frontcountry Campground
-  Backcountry Campground
-  Group Campground
-  Radium Hot Springs Pools
-  Hiking Trail
-  Cycling Permitted
-  Highway
-  Gravel Roads
-  Park Boundary

Hiking Trails

- | | | | | | |
|-----------|-----------------------------|-----------|----------------------------|-----------|----------------------------|
| | Easy | | Moderate | | Difficult |
| 1 | Juniper / Sinclair Canyon | 15 | Kimpton Creek | 18 | Kindersley / Sinclair Loop |
| 2 | Redstreak Campground | 16 | Simpson River | 19 | Hawk Creek & Ball Pass |
| 3 | Redstreak Loop | 17 | Prospector's Valley | 20 | Floe Lake |
| 4 | Redstreak Restoration | 18 | Kindersley / Sinclair Loop | 21 | Helmet / Ochre Junction |
| 5 | Valleyview | 19 | Hawk Creek & Ball Pass | 22 | Numa Creek |
| 6 | Redstreak Creek | 20 | Floe Lake | 23 | Tumbling Creek |
| 7 | Olive Lake | 21 | Helmet / Ochre Junction | 24 | Helmet Creek & Falls |
| 8 | Cobb Lake | 22 | Numa Creek | 25 | Tumbling / Helmet / Ochre |
| 9 | Dog Lake | 23 | Tumbling Creek | 26 | Rockwall |
| 10 | Paint Pots | 24 | Helmet Creek & Falls | 27 | Honeymoon Pass / Verdant |
| 11 | Marble Canyon | 25 | Tumbling / Helmet / Ochre | | |
| 12 | Paint Pots to Marble Canyon | 26 | Rockwall | | |
| 13 | Fireweed Loops | 27 | Honeymoon Pass / Verdant | | |
| 14 | Stanley Glacier | | | | |



Note: Distances on map are indicated in kilometres.



This is not a topographical map and is not suitable for route-finding. Trail information is available on the following page.