

## **Ratings**



### Suitable for all visitors, including those with little or no trail experience.

- Flat to gently rolling with no obstacles.
- Little or no elevation gain or loss.



- Suitable for most visitors who have some basic trail experience.
- Gently rolling with short, steep sections and infrequent obstacles.
- Moderate elevation gain or loss.



- Suitable only for visitors who have trail experience.
- Long, steep sections with frequent obstacles.
- Major elevation gain or loss.

Estimated time to complete these trails ranges depending on trail distances, fitness levels, weather and trail conditions.



Fenland Trail

2.1 km loop

No elevation gain; 40 minute round trip Trailhead: Fenland Trail parking area, off Mt Norquay Road On foot: Trailhead is a 20 minute/1.5 km walk from

This short self-guided interpretive trail under a canopy of oldgrowth spruce is a pleasant escape from the bustle of town. It also provides an opportunity to learn about the local ecosystem.

## Marsh Loop

2.8 km loop Minimal elevation gain; 1 hour round trip Trailhead: Cave and Basin National Historic Site, south end of Cave Avenue On foot: Trailhead is a 30 minute/2 km walk from Iowntown Banf



Marsh Loop is a trail that encircles a wetland filled by water from hot springs flowing out of the lower slopes of Sulphur Mountain. For a family-friendly stroll, take the 1.1 km Marsh Boardwalk over pristine marshland and bubbling thermal waters. Due to heavy norse use, the Marsh Loop tends to be muddy after rain.



Elevation gain 75 m, elevation loss 60 m 2 hour round trip 3b) 3.7 km one way from trailhead plus 1.6 km moderate loop

Elevation gain 155 m, elevation loss 60 m 3 hour round trip Trailhead: Cave and Basin National Historic Site,

south end of Cave Avenue On foot: Trailhead is a 30 minute/2 km walk from downtown Banff



Canada

Follow the paved trail beyond the Cave and Basin National Historic Site and within a few minutes of easy walking, views open up to a mountain panorama across the Bow River. After a steady climb away from the river, the paved section ends and a moderately difficult trail loops through a water-filled canyon.



### Spray River East and West

4a) 5.7 km one way from Spray River East trailhead (Golf Course Road) to Spray River bridge Elevation gain 135 m, elevation loss 80 m

4b) 5.6 km one way from Spray River bridge to Spray River West trailhead

Elevation gain 70 m, elevation loss 105 m 3 to 4 hour round trip

3 to 4 hour round trip
Trailhead: Spray River East trailhead on the Golf Course Road

Silverton Falls downtown Banff



Popular with hikers, cyclists and horseback riders, these two lengthy but relatively easy forested trails traverse rolling terrain along either side of the Spray River and are generally hiked together. A short walk around the Fairmont Banff Springs will link the east and west trailheads.

## 5 Tunnel Campground Loop

## 6.4 km loop

Elevation gain 70 m; 1.5 hour round trip Trailhead: Start at the Hidden Ridge Resort Roam transit stop 7.5 km west of Castle Junction On foot: Trailhead is a 35 minute/2.5 km walk from downtown Banff



This is the perfect place for an evening stroll. This lightly forested trail remains in sight of the campground at all times. This trail can be joined at any number of points from within the campground. Take Roam public transit from downtown to get to the start of this hike or walk as there is no designated parking lot.



### **Stewart Canyon**

1.5 km one way Minimal elevation gain; 1 hour round trip Trailhead: Lake Minnewanka Day-use Area, off Lake Minnewanka Road



From the day-use area, follow the Lake Minnewanka reservoir shoreline to the Stewart Canyon trailhead kiosk. This lowelevation trail leads to a bridge spanning the smooth walls of Stewart Canyon, through which the Cascade River flows into the lake. Lake Minnewanka reservoir is popular and the parking lot often fills during the summer weekends and statutory holidays. Consider taking Roam public transit from downtown Banff or from the Minnewanka Park & Ride.



2.8 km loop Minimal elevation gain; 1 hour round trip Trailhead: Johnson Lake Day-use Area, off Lake Minnewanka Road

Walking in a counter-clockwise direction, the trail winds through a lush montane forest before emerging at the far end of Johnson Lake reservoir. From this point, views extend across the water to the distinctive profile of Cascade Mountain. The circuit around the lake crosses open slopes, passes some of Alberta's oldest Douglas fir trees, and detours around a shallow bay where waterfowl are often sighted.



## Sunshine Meadows/Rock Isle Lake

1.8 km to Rock Isle Lake viewpoint Elevation gain 105 m, elevation loss 55 m 1.5 hour round trip

Trailhead: Sunshine Village, accessible by gondola or a fee-based shuttle service from the Sunshine Village parking lot from early July to end of September



From the trailhead at Sunshine Village, this trail crests the Continental Divide before it descends to a viewpoint above Rock Isle Lake, one of the most photographed backcountry scenes in the Canadian Rockies. Continue past the lake, onto a 4.9 km slightly more challenging Grizzly-Larix Lakes Loop (allow two hours). The circuit follows the shoreline of two lakes and crosses an open forest of alpine larch. On the way, you will pass a viewpoint with a panorama across the mountainous wilderness of Kootenay National Park and its burnt landscape due to the 2017 Verdant



### 9a (9b) Johnston Canyon

9a) 1.2 km one way to the Lower Falls from trailhead Elevation gain 50 m; 1 hour round trip 9b) 2.5 km one way to the Upper Falls from trailhead Elevation gain 120 m; 2 hour round trip Trailhead: Johnston Canyon Day-use Area on the Bow Valley Parkway (Hwy 1A), 22 km west of the Town of Banff



Johnston Canyon is one of the most spectacular natural features in Banff National Park. Travel in the depths of the canyon on wide trails and narrow bridges with railings that lead to the Lower Falls or to the spectacular 30 metre-high Upper Falls. For a unique perspective, continue 265 m further to the viewpoint at the top of the falls. The Johnston Canyon area is popular and parking is limited. Consider taking public transit, booking a tour bus from downtown Banff, or plan on visiting early in the morning or later in the evening.



Elevation gain 90 m; 40 minute round trip Trailhead: Rockbound Lake parking area on the Bow Valley Parkway (Hwy 1A), 0.2 km east of Castle Junction

Branching off the Rockbound Lake trail at 300 metres, this short hike ends at the base of a waterfall that cascades over a series of narrow ledges surrounded by forest.

### (11) Boom Lake

5.1 km one way

Elevation gain 175 m; 3 to 4 hour round trip Trailhead: Boom Lake Day-use Area on Highway 93 South,

This gradual and easy ascent leads hikers through a picturesque forest to a large alpine lake surrounded by snow-capped mountains. The lakeshore is a great picnic spot.



### Moderate **Trails**

12 Sulphur Mountain

5.5 km to top of gondola, plus 0.5 km to Sanson Peak Elevation gain 655 m; 4 hour round trip **Trailhead: Banff Upper Hot Springs on Mountain Avenue** 



Switchbacks on the slopes of Sulphur Mountain provide a steady uphill hike to a summit renowned for its breathtaking mountain views. Take a 0.5 km side trip on the boardwalk along the ridge ending at Sanson Peak. You will find more great views, the Sulphur Mountain Cosmic Ray Station National Historic Site, and the 1903 weather observatory. The Banff Upper Hot Springs is popular and the parking lot often fills during summer weekends and statutory holidays. Consider taking public transit from



2.4 km one way Elevation gain 260 m; 2 hour round trip Trailhead: Lower parking area on St. Julien Road (take Wolf Street east from Banff Avenue)

On foot: Trailhead is a 15 minute/1 km walk from downtown Banff Accessible from downtown Banff, the switchback trail to this low summit provides sweeping views across the town and Bow Valley,

with Mount Rundle rising dramatically to the south.

## 14 Surprise Corner to Hoodoos Viewpoint

4.8 km one way

Elevation gain 115 m; elevation loss 90 m 3 hour round trip Trailhead: Surprise Corner, east end of Buffalo Street On foot: Trailhead is a 20 minute/1.6 km walk from

This pleasant trail passes below the steep cliffs of Tunnel Mountain and meanders along the Bow River. Be aware of different trails branching out that are part of the Tunnel Mountain biking trails network. Always stay on the most southeast trail. As the final section of trail ascends, views open up across the Bow Valley to Mount Rundle. In summer, Roam public transit provides an easy

option for returning to town from Tunnel Mountain campground.

## 15 Stoney Squaw

downtown Banff

Elevation gain 190 m; 1.5 hour round trip Trailhead: Mt Norquay ski area parking lot



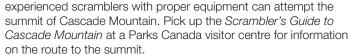
The summit of Stoney Squaw offers views of Cascade Mountain and the Bow Valley below. Along the way, the trail passes through forest of trees covered in wispy lichen.



Trailhead: Mt Norquay ski area parking lot

7.7 km one way Elevation gain 640 m, elevation loss 150 m 6 hour round trip

Allow a full day to reach this hanging valley that is carpeted with wildflowers in July and August. From the Amphitheatre,



### C-Level Cirque

Elevation gain 455 m; 3 hour round trip Trailhead: Upper Bankhead Day-use Area, off Lake Minnewanka Road

Hike past concrete foundations and vents from the abandoned Bankhead mining operation to a massive glacially-carved cirque in the cool northern face of Cascade Mountain.





### 18 Healy Pass

Elevation gain 655 m; 6 to 7 hour round trip Trailhead: Sunshine Village parking lot behind the main gondola station



This trail follows Healy Creek to its source amid open meadows above the treeline. Wildflowers bloom profusely from mid-July to late August, and scattered alpine larches turn a magnificent golden



### 19b Bourgeau Lake/Harvey Pass 19a) 7.5 km one way from trailhead Elevation gain 725 m; 6 hour round trip

19b) 9.7 km one way from trailhead Elevation gain 1020 m; 6 to 7 hour round trip Trailhead: Bourgeau Lake parking area on the Trans-Canada Highway, 13 km west of the Town of Banff

the Town of Banff. A glacially-carved amphitheatre provides a dramatic backdrop to the lake, with large boulders providing the perfect perch for a picnic lunch. Although most hikers make Bourgeau Lake their final destination, a 2.2 km more difficult trail continues upward to Harvey Pass, where exceptional views extend to snow-capped peaks along the Continental Divide. Parking is limited at the Bourgeau Lake parking area. Try carpooling and plan to arrive early in the morning.

A steady climb through lush forest and across rushing mountain

streams lead to Bourgeau Lake, the closest subalpine lake from



Elevation gain 330 m, elevation loss 140 m

Trailhead: Johnston Canyon Day-use Area on the Bow Valley

Beyond Johnston Canyon, a trail continues up and over a forested

ridge to emerge in an open meadow where water bubbles up from

deep below the Earth's surface into shallow pools. The Johnston

Canyon area is popular and parking is limited. Consider

Banff, or plan on visiting early in the morning or later in

taking public transit, booking a tour bus from downtown

Parkway (Hwy 1A), 22 km west of the Town of Banff

5.7 km one way

4 hour round trip

the evening.

8.4 km one way

21 Rockbound Lake

# **Shuttle Services**

Trails identified with a bus symbol indicate that the trailhead is accessible by public transit and/or private shuttle service. Pick up a public transit brochure and find out more at a Banff visitor centre or visit



### Elevation gain 760 m; 6 to 7 hour round trip

Trailhead: Rockbound Lake parking area on the Bow Valley Parkway (Hwy 1A), 0.2 km east of Castle Junction A long steady climb through a mixed forest leads behind the

distinctive cliffs of Castle Mountain to open meadows and flowerfringed Tower Lake, 7.5 km from the trailhead. The trail then climbs a low cliff band and emerges in a glacial cirque filled by Rockbound Lake.



### 3.7 km one way Elevation gain 550 m; 3 hour round trip Trailhead: Castle Lookout parking area on the Bow Valley

Parkway (Hwy 1A), 5 km west of Castle Junction

In the mid-20<sup>th</sup> century, numerous fire towers were erected around Banff National Park where spotters could detect flames from afar. The Castle Lookout tower has long since been removed, but the expansive views of the Bow Valley remain





23a) 1.4 km one way from trailhead Elevation loss 120 m; 1.5 hour round trip

23b) 5 km one way from trailhead Elevation gain 580 m, elevation loss 120 m 5 hour round trip 23c) 8 km one way from trailhead

Elevation gain 715 m, elevation loss 315 m 6 to 7 hour round trip Trailhead: Vista Lake viewpoint on Highway 93 South, 8 km

Parking is not indicated on the highway. Lose elevation to Vista Lake before you gain it en route to Arnica \_ake; the views and variety make this destination worth the ups and downs. Hike under a canopy of larch trees and through a carpet of wildflowers while the Continental Divide guides you to Arnica and Twin Lakes.



## Difficult **Trails**

### **Aylmer Lookout/Aylmer Pass** 24a) 11.8 km one way from trailhead

Elevation gain 560 m; 7 to 8 hour round trip 24b) 13.5 km one way from trailhead Elevation gain 805 m; 8 to 9 hour round trip Trailhead: Lake Minnewanka Day-use Area, off Lake Minnewanka Road



From the day-use area, follow the Lake Minnewanka reservoir shoreline for 7.8 km to the Aylmer Pass Junction, then embark on a steady 2.3 km climb to a second junction. At this junction, either follow signs and continue onto Aylmer Pass (3.4 km one way), or take an out-and-back trip to Aylmer Lookout (1.7 km one way). Aylmer Lookout trail climbs to a decommissioned fire lookout with extended views on the lake and the surrounding mountains. Aylmer Pass opens to wide meadows of wildflowers and views to the slate-grey Palliser Range. Bear warnings, restrictions and closures are common throughout summer. Obtain current trail information at parkscanada.gc.ca/banfftrails. Lake Minnewanka reservoir is popular and the parking lot often fills during the summer weekends and statutory holidays. Consider taking Roam public transit from downtown Banff or from the Minnewanka Park & Ride.



### Elevation gain 915 m; 6 hour round trip Trailhead: Fireside Day-use Area, off the Bow Valley Parkway (Hwy 1A) The strenuous uphill trek to Cory Pass is worthwhile for the

unobstructed view of Mount Louis, an imposing limestone monolith that rises from the forested valley floor far below. Rather than returning to the trailhead from the pass, energetic hikers have the option of descending into the Gargoyle Valley before returning to the trailhead via Edith Pass. Route finding can be challenging

# Public Transit and

parkscanada.gc.ca/banff-transit.



# Wildlife and **People**

Banff National Park is home to wildlife including elk, wolves, cougars, grizzly bears and black bears. To successfully raise their young and sustain a healthy population, wildlife need access to as much quality habitat with as few human surprises as possible.

Be aware of possible encounters with wildlife in all areas of the park, including paved trails and roads.

 Carry bear spray with you at all times, ensure it is accessible, and know how to use it. To watch a video about how to use bear spray, visit: pc.gc.ca/bearspray

Make noise. Being quiet puts you at risk for sudden

- bear encounters. Be alert through shrubby areas and when approaching blind corners. Travel in groups and always look ahead. Report bear, cougar, wolf and coyote sightings and
- encounters to Parks Canada staff when it is safe to do so: 403-762-1470

parkscanada.gc.ca/banff-wildlife



## Human Food Kills Wildlife

Wildlife come in all sizes: squirrels, chipmunks and birds. as well as larger animals such as bears and elk are all wild. Wildlife need to find their own natural food sources,



Do not feed



Do not litter.



Pack out what you pack in. Use the wildlife proof garbage bins at the start of the trail to dispose of all unwanted food and garbage.

# Give Wildlife Space

Approaching wildlife causes them to lose their natural fear of people. Help keep them wild by maintaining a distance of:



Dogs or other pets cause stress for wildlife. Dogs, like wolves and coyotes, may be seen as a threat. Off-leash dogs can trigger aggressive behaviour from wildlife such as grizzly bears and elk. To prevent unsafe situations, it is your responsibility to:



Dogs

Ensure your dog is on a leash and under control at all times.

Pick up and dispose of

your pet's waste in a

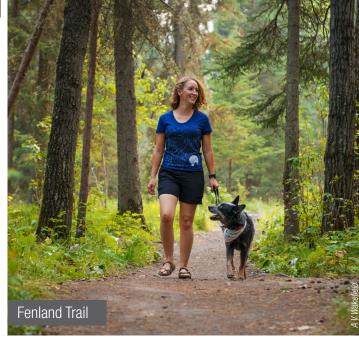
Consider leaving your dog at home if you plan to

garbage bin.



Dogs are not allowed on some trails: parkscanada.gc.ca/banfftrails

camp, hike or go into the backcountry.



## Drones **Disturb** Wildlife



Drones/UAVs are prohibited in all national parks as they disturb wildlife. Leave your drone at home or in your vehicle.

# Trail **Etiquette**

Show courtesy to fellow trail users!

- Leave what you find. 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.
- 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.
- To prevent damage to vegetation, stay on the trail and avoid shortcuts.
- These trails are used by a variety of outdoor enthusiasts. Be sure to yield to others.

## Recommended **Packing List**

- Trail guide and map • Full water bottle or thermos
- Bear spray Sunscreen and sunglasses

High energy food

- First aid kit Headlamp or flashlight with spare batteries
- Hat and gloves Hiking poles
- Rain/wind jacket
- Extra warm clothing in case of an emergency

• Cell phone or satellite emergency communication device.

## Safety

Safety is your responsibility. There are always hazards associated with outdoor recreation. Even short trips from the Town of Banff can have serious consequences. Minimize your risk by planning ahead.

Plan Ahead And **Prepare** 

- Ask advice at a Parks Canada visitor centre or visit pc.gc.ca/banfftrails for current trail conditions, warnings, closures, weather and trail classifications.
- Be prepared for emergencies and changes in weather. Mountain weather changes quickly and it can snow any month of the year. Dress in layers, bring extra food and warm clothing.
- Study descriptions and maps before heading out. Always choose a trail suitable for the least
- Bring your own water. Surface water may be contaminated and unsafe for drinking.
- Tell a reliable person where you are going, when you will be back, and who to call if you do not return: Banff Dispatch – 403-762-1470
- Ticks carrying Lyme disease may be present in the park. It is important to check yourself and your pet after hiking.

## Snowy **Trails**

When trails are snow covered, route finding can be difficult and travel through deep snow or on hard snow and ice can be unsafe. Be prepared and check trail conditions before heading out: parkscanada.gc.ca/banfftrails.

## Avalanche Risk 🗥

Trails above tree line (2 000 m) may be exposed to avalanche hazard from November through June. Steep slopes that are snow covered have the potential to avalanche. For more information on the avalanche hazard, visit a Parks Canada visitor centre or

Snow can remain on trails well into the summer

## More **Information**

Banff Visitor Centres: 224 Banff Avenue and 327 Railway Avenue

Environment Canada Weather Forecast:

Banff Visitor Centre, 224 Banff Avenue, and retail outlets in the Town of Banff.

In case of EMERGENCY, call 911 or satellite phone: 403-762-4506. Cell phone coverage is not

Catalogue No: R64-422/2018E

**Trail Conditions Report:** parkscanada.gc.ca/banfftrails

reliable throughout the national park.

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- experienced member in your group.
- Carry a first aid kit and bear spray.

# Snow can remain on some trails well into the summer.



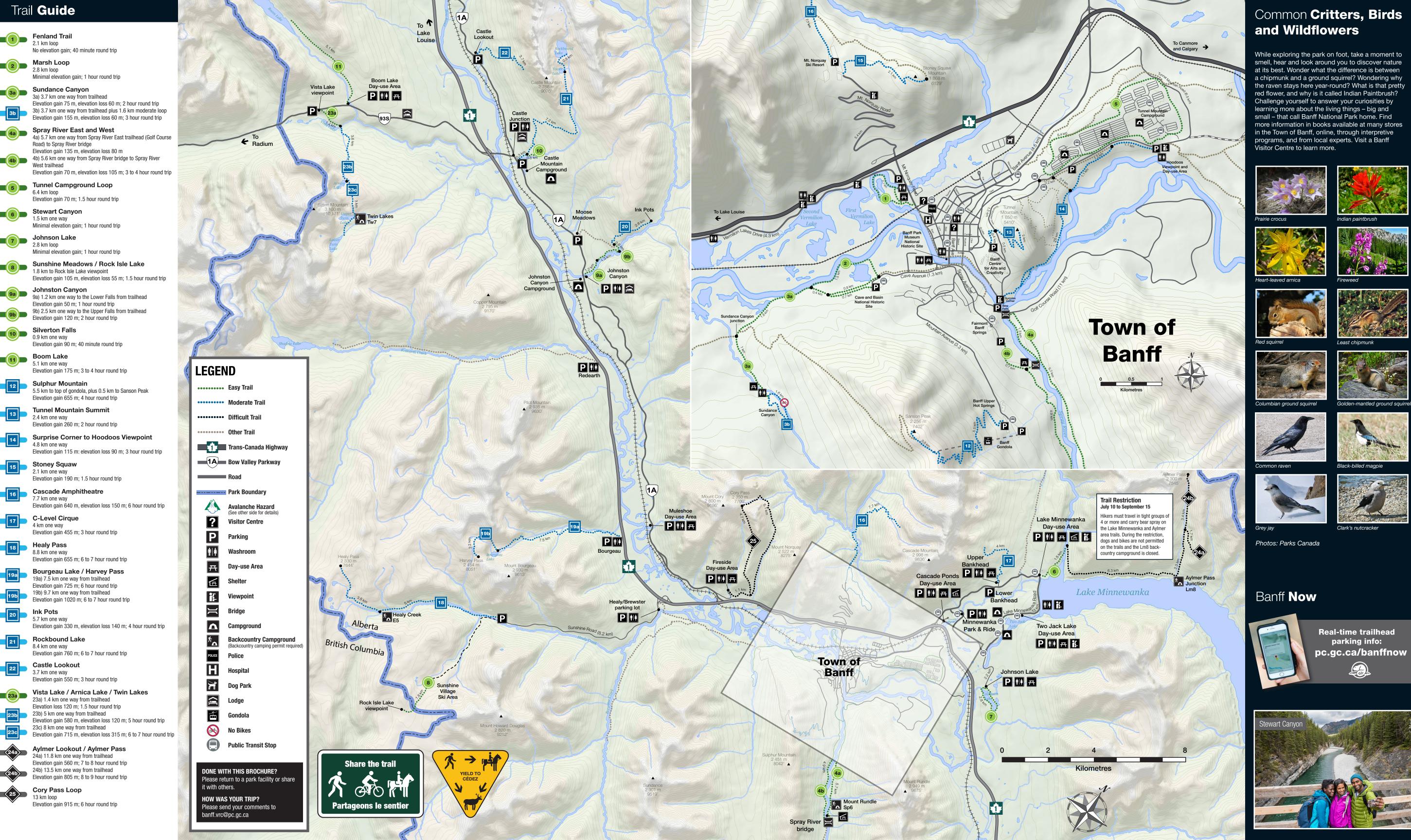


403-762-1550 / parkscanada.gc.ca/banff

Guidebooks and topographic maps

weather.gc.ca

Également offert en français



Real-time trailhead

parking info:

6.4 km loop

Ink Pots