



# Trail Guide

- 1 Fenland Trail**  
2.1 km loop  
No elevation gain; 40 minute round trip
- 2 Marsh Loop**  
2.8 km loop  
Minimal elevation gain; 1 hour round trip
- 3a Sundance Canyon**  
3a) 3.7 km one way from trailhead  
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
- 4a 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
- 5 Tunnel Campground Loop**  
6.4 km loop  
Elevation gain 70 m; 1.5 hour round trip
- 6 Stewart Canyon**  
1.5 km one way  
Minimal elevation gain; 1 hour round trip
- 7 Johnson Lake**  
2.8 km loop  
Minimal elevation gain; 1 hour round trip
- 8 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
- 9a 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
- 10 Silverton Falls**  
0.9 km one way  
Elevation gain 90 m; 40 minute round trip
- 11 Boom Lake**  
5.1 km one way  
Elevation gain 175 m; 3 to 4 hour round trip
- 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
- 13 Tunnel Mountain Summit**  
2.4 km one way  
Elevation gain 260 m; 2 hour round trip
- 14 Surprise Corner to Hoodoos Viewpoint**  
4.8 km one way  
Elevation gain 115 m; elevation loss 90 m; 3 hour round trip
- 15 Stoney Squaw**  
2.1 km one way  
Elevation gain 190 m; 1.5 hour round trip
- 16 Cascade Amphitheatre**  
7.7 km one way  
Elevation gain 640 m, elevation loss 150 m; 6 hour round trip
- 17 C-Level Cirque**  
4 km one way  
Elevation gain 455 m; 3 hour round trip
- 18 Healy Pass**  
8.8 km one way  
Elevation gain 655 m; 6 to 7 hour round trip
- 19a 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
- 20 Ink Pots**  
5.7 km one way  
Elevation gain 330 m, elevation loss 140 m; 4 hour round trip
- 21 Rockbound Lake**  
8.4 km one way  
Elevation gain 760 m; 6 to 7 hour round trip
- 22 Castle Lookout**  
3.7 km one way  
Elevation gain 550 m; 3 hour round trip
- 23a Vista Lake / Arnica Lake / Twin Lakes**  
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
- 24a 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
- 25 Cory Pass Loop**  
13 km loop  
Elevation gain 915 m; 6 hour round trip

**LEGEND**

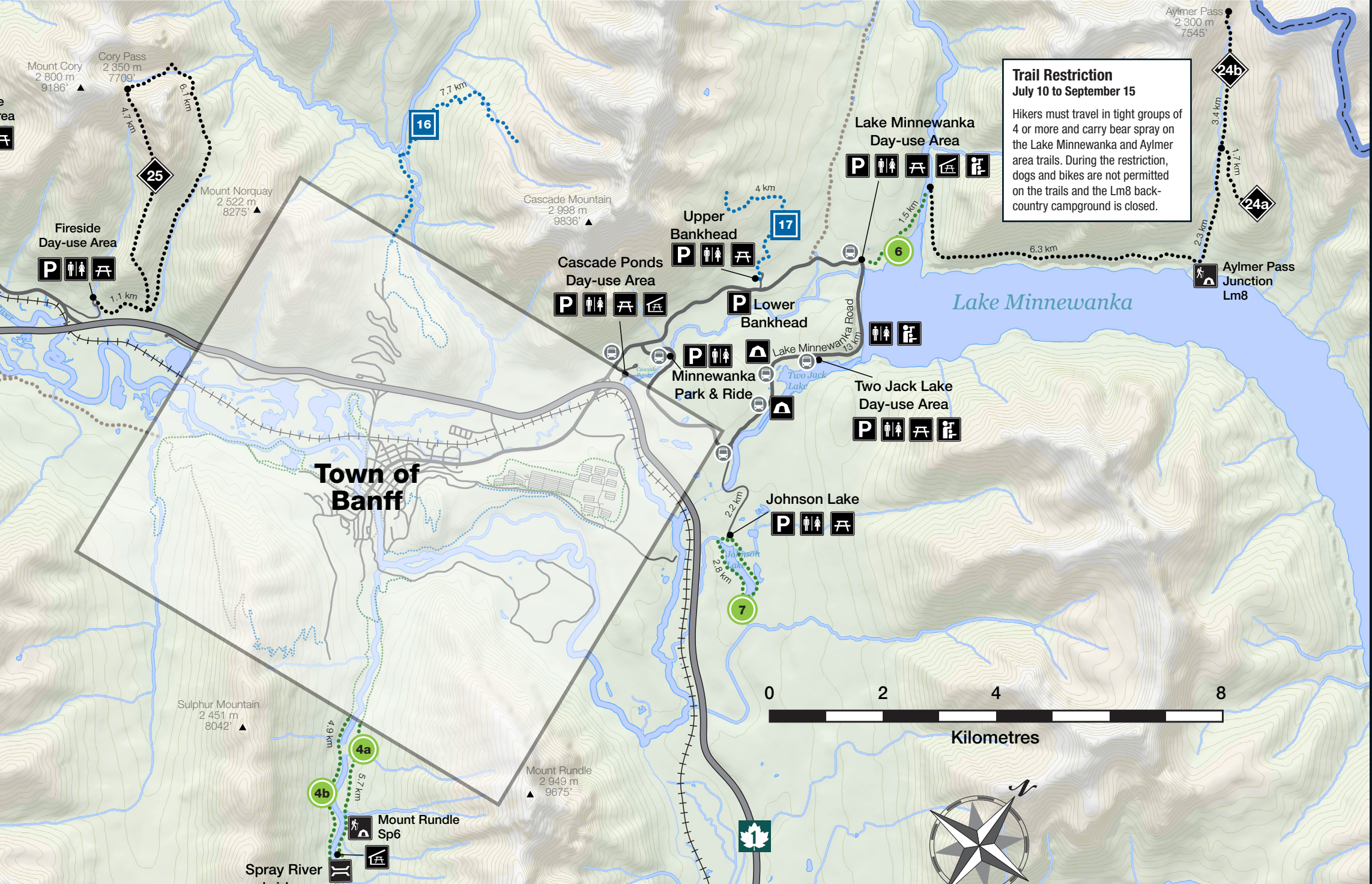
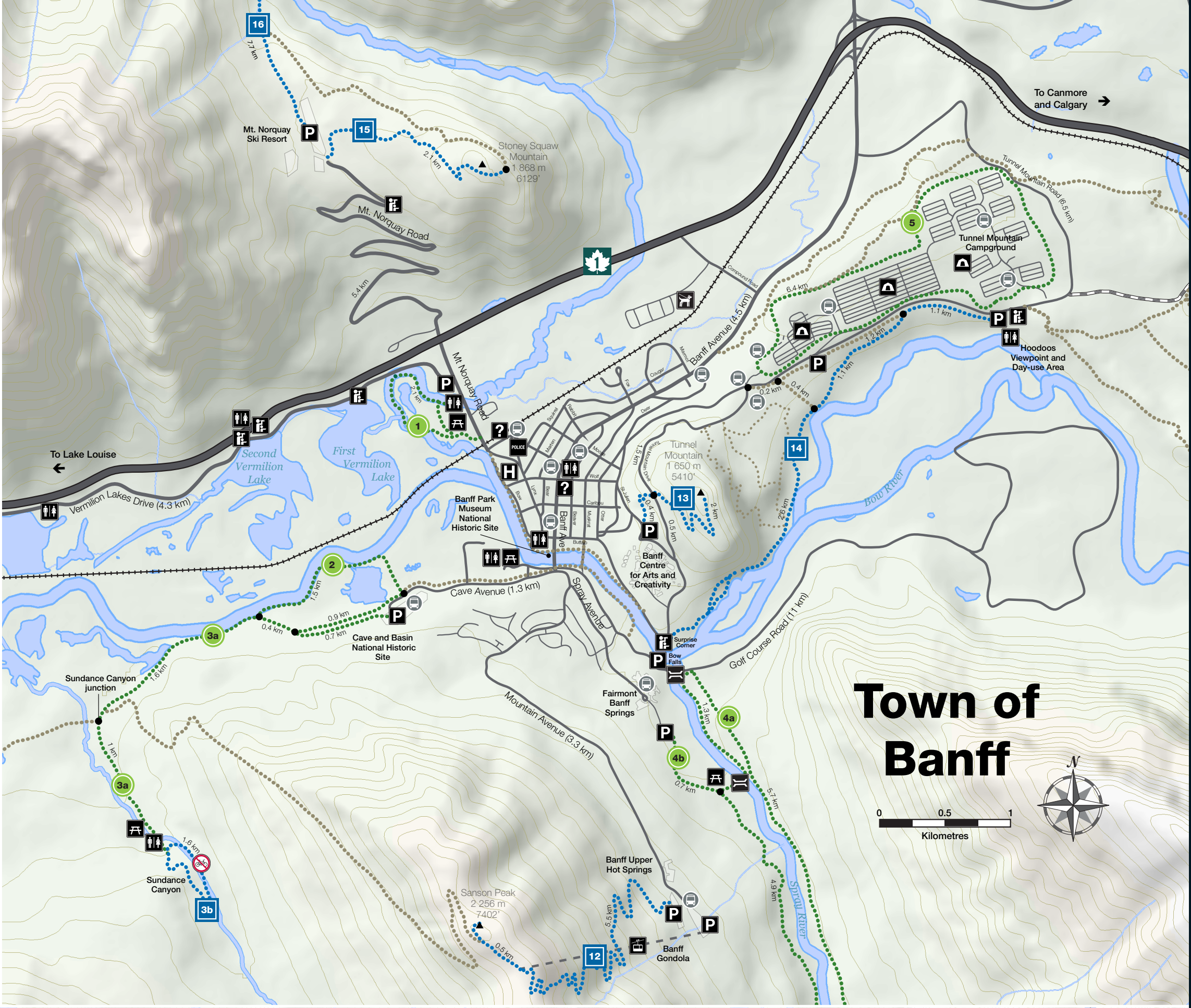
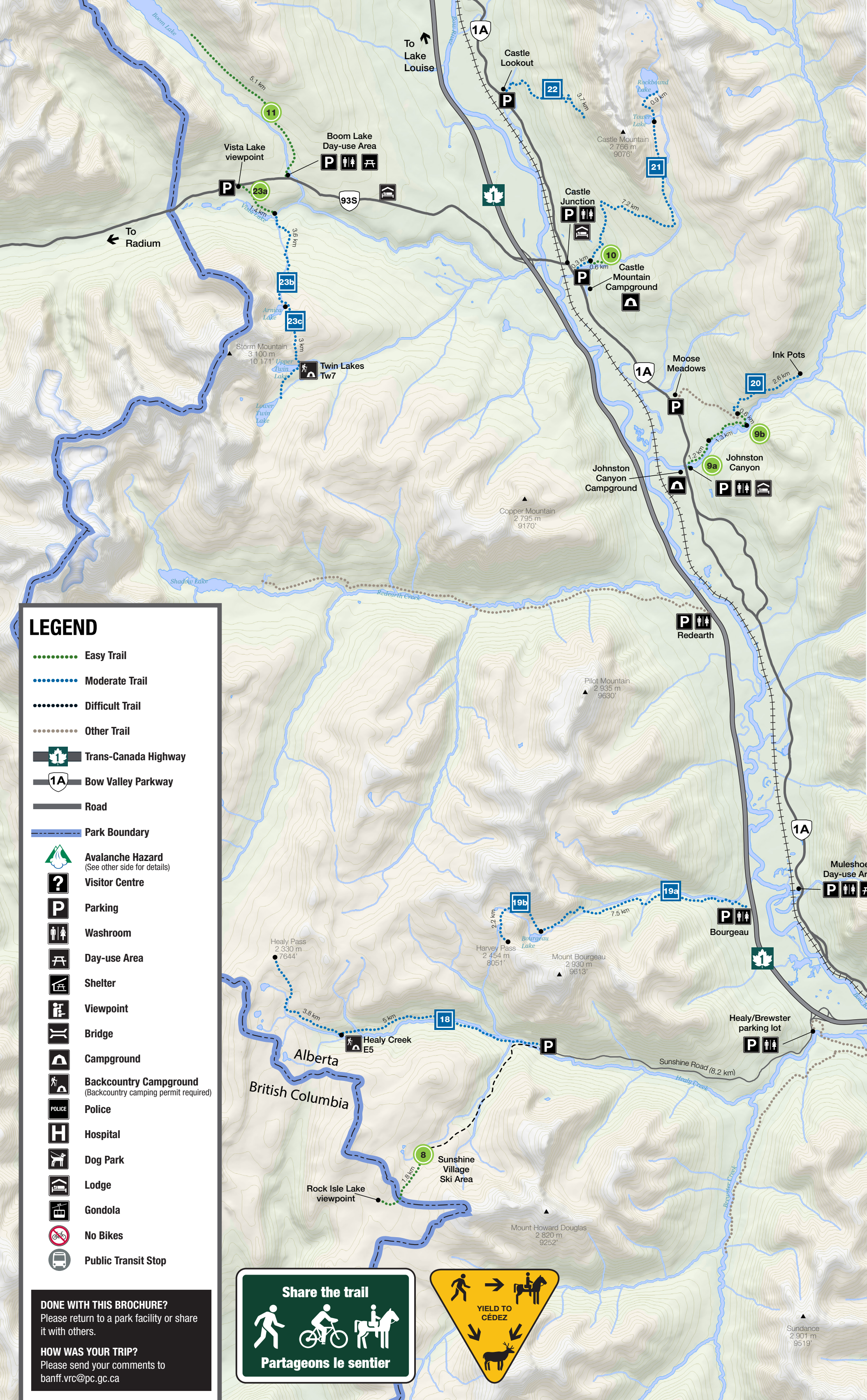
- ..... Easy Trail
- ..... Moderate Trail
- ..... Difficult Trail
- ..... Other Trail
- Trans-Canada Highway
- Bow Valley Parkway
- Road
- Park Boundary
- Avalanche Hazard (See other side for details)
- Visitor Centre
- Parking
- Washroom
- Day-use Area
- Shelter
- Viewpoint
- Bridge
- Campground
- Backcountry Campground (Backcountry camping permit required)
- Police
- Hospital
- Dog Park
- Lodge
- Gondola
- No Bikes
- Public Transit Stop

**DONE WITH THIS BROCHURE?**  
Please return to a park facility or share it with others.

**HOW WAS YOUR TRIP?**  
Please send your comments to [banff.vrc@pc.gc.ca](mailto:banff.vrc@pc.gc.ca)

**Share the trail**  
**Partageons le sentier**

**YIELD TO CEDEZ**



# Common Critters, Birds and Wildflowers

While exploring the park on foot, take a moment to smell, hear and look around you to discover nature at its best. Wonder what the difference is between a chipmunk and a ground squirrel? Wondering why the raven stays here year-round? What is that pretty red flower, and why is it called Indian Paintbrush? Challenge yourself to answer your curiosities by learning more about the living things – big and small – that call Banff National Park home. Find more information in books available at many stores in the Town of Banff, online, through interpretive programs, and from local experts. Visit a Banff Visitor Centre to learn more.



Photos: Parks Canada

## Banff Now

Real-time trailhead parking info:  
[pc.gc.ca/banffnow](http://pc.gc.ca/banffnow)

