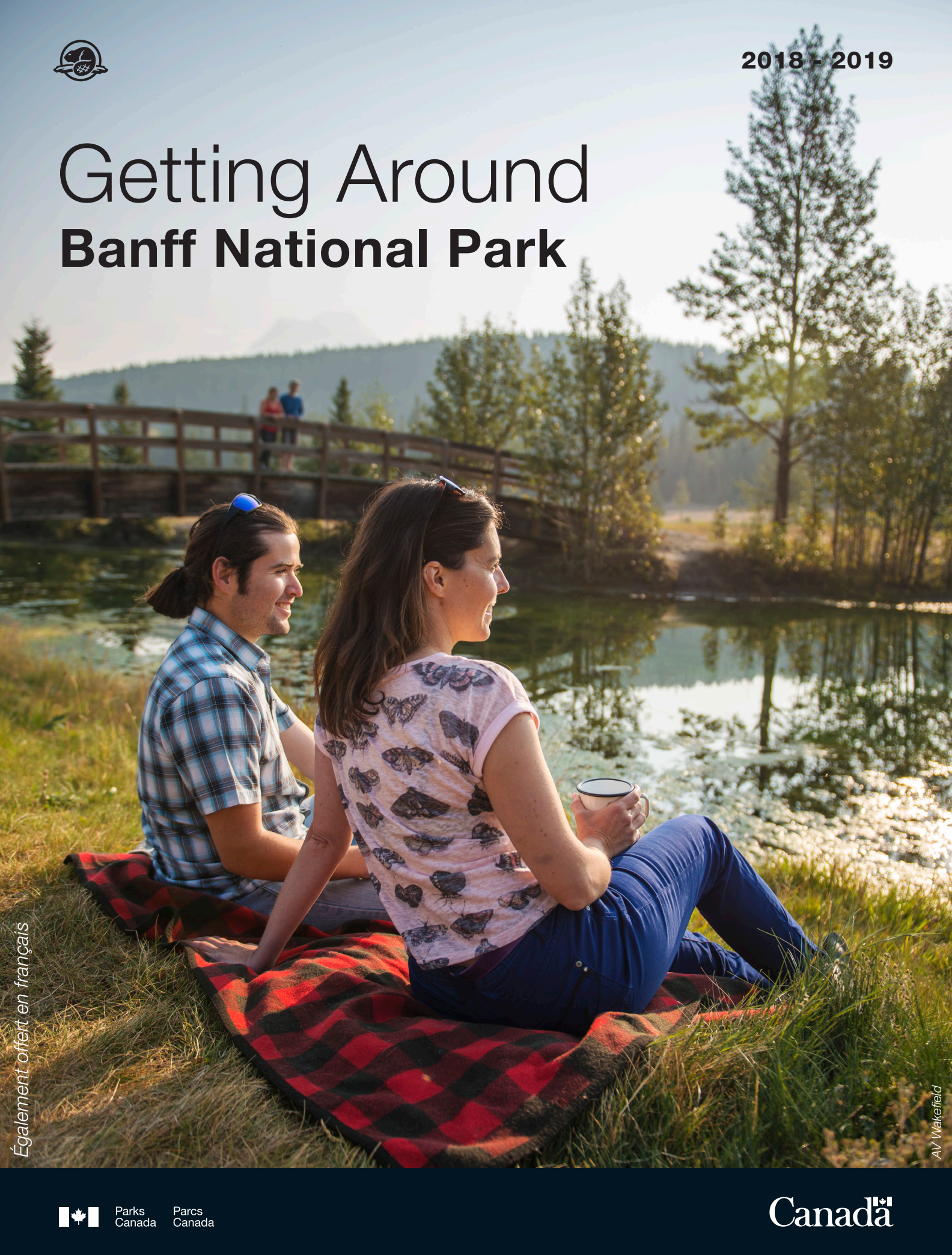




2018 - 2019

# Getting Around Banff National Park



Également offert en français

AV Wakefield



Parks Canada  
Parcs Canada

Canada





## Connect with Nature

### Our Story

In 1883, like Indigenous peoples long before them, three railway workers came across a series of hot springs on the lower shoulder of present-day Sulphur Mountain. No doubt they laid down their shovels and pick axes, removed their dusty clothes and gratefully slid into the waters to soothe their aching muscles. Two years later, as Canada was completing its transcontinental railway, Sir John A. Macdonald, Canada's first Prime Minister, realized a new national dream: the creation of Canada's first national park, which set aside the Cave and Basin hot springs and 26 km<sup>2</sup> of land as a small protected reserve. More than a century later, the national park has grown in size and draws millions of people each year to experience the staggering natural beauty of Banff and Lake Louise, no less than seven national historic sites and a bounty of wildlife large and small — from iconic grizzly bears to the endangered Banff Springs snail. With a long history of melding innovative conservation initiatives with spirited adventure, Canada's oldest national park offers mountains of possibilities.

### A UNESCO World Heritage Site

Four of the mountain national parks – Banff, Jasper, Yoho and Kootenay – are recognized by the United Nations Educational, Scientific and Cultural Organization as part of the Canadian Rocky Mountain Parks World Heritage Site, for the benefit and enjoyment of all nations. Among the attributes that warranted this designation were vast wilderness, diversity of flora and fauna, outstanding natural beauty and features such as Lake Louise, Maligne Lake, the Columbia Icefield and the Burgess Shale.

## Contents

Suggested Itineraries .....	3
Top 10 List .....	4
Park Map .....	5
Banff Area Map .....	6-7
Town of Banff Map .....	8-9
Lake Louise Area Map .....	10
Interpretive Programs and Activities ...	11
Volunteering in Banff National Park ....	11
Mountain Wildlife .....	12-13
Protecting Wildlife .....	14-16
Mountain Safety .....	17
National Park Regulations .....	18-19
Winter Adventures .....	20-21
Camping .....	22
Contact Information .....	23



United Nations  
Educational, Scientific and  
Cultural Organization

Organisation  
des Nations Unies  
pour l'éducation,  
la science et la culture



Canadian Rocky  
Mountain Parks  
inscribed on the World  
Heritage List in 1984

Parcs des montagnes  
Rocheuses canadiennes  
inscrit sur la Liste du  
patrimoine mondial en 1984

## Suggested Itineraries

### Half Day Adventures

#### Hit the Top Spots in Town

Start your day with a relaxing soak in the warm mineral waters of the historic **Banff Upper Hot Springs**. Be inspired on an award-winning tour of the **Cave and Basin National Historic Site** – the birthplace of Canada's national parks. Take an afternoon stroll through the flower-filled **Cascades of Time Garden**, then listen and watch the rushing river along the trail to **Bow Falls**. These sites are accessible by Roam public transit, car or foot.

#### Four Extraordinary Afternoons

By canoe, explore the wildlife hidden among the marshes at **Vermilion Lakes**, a magnificent wetland. Hike a switchback trail up **Tunnel Mountain** for the best views of the Town of Banff. Enjoy an easy walk to discover **Sundance Canyon**, or ride on the paved **Banff Legacy Trail**.

#### Family Time on Minnewanka Loop

Picnic with the kids by **Lake Minnewanka reservoir** then walk the twisting shoreline trail to **Stewart Canyon**. Explore the history and remnants of an old coal town on the **Lower Bankhead Trail**. For a truly Canadian experience, book a comfortable Equipped Campsite at **Two Jack Main Campground** – your tent is ready and waiting. Visit the entire route car-free on public transit.

### A Full Day of Fun

#### Take the Scenic Route

Drive the 230 km **Icefields Parkway (93N)** past glaciers, sparkling waterfalls and turquoise lakes on your way from **Lake Louise** to **Jasper**. Hike to view ancient ice at **Parker Ridge** and **Bow Glacier Falls**. Snap unforgettable panoramas at **Crowfoot Glacier** and **Peyto Lake** viewpoints and photographers' favourite, **Herbert Lake**. Try a unique adventure: take the **David Thompson Highway (Hwy 11)** to **Rocky Mountain House National Historic Site** to explore the archeological remains of four fur-trade forts during the day and experience the life of a fur trader by sleeping in a tipi or Metis trapper tent at night.

#### Banff's Unique Landscapes

A slow, scenic drive along the **Bow Valley Parkway** winds through sun-speckled forests and past the tiered pinnacles of **Castle Mountain**. Walk alongside waterfalls in the summer and on glittering ice in the winter at popular **Johnston Canyon**. Stroll along the shoreline of **Lake Louise**, enjoy the Bow River trail by bike, or experience from above at two historic teahouses surrounded by glaciers (bring cash for tasty treats). In the winter, play on skates, skis and snowshoes. *During the summer, visit Lake Louise or Moraine Lake before 8 a.m. and after 7 p.m. for the best chance of finding parking and to avoid the largest crowds.* Free shuttles are available to popular destinations in the summer and fall. Visit [parkscanada.gc.ca/banff-transit](http://parkscanada.gc.ca/banff-transit).





## Top 10 List

### 1 See the Cave and Basin National Historic Site

Nature, culture and history minutes from Banff Avenue. Impressive architecture, bubbling mineral waters, and an underground cave that gave rise to a huge idea: the birthplace of Canada's national parks.

### 2 Drive the Icefields Parkway

This world-renowned, 230 km drive through the heart of the Canadian Rocky Mountain Parks UNESCO World Heritage Site is a must do! The parkway winds through ancient glaciers, dramatic rock spires, emerald lakes, and broad sweeping valleys. *Snow may be present any time of the year - review driving safety on page 21.*

### 3 Discover Johnston Canyon

Follow wide trails and narrow bridges with railings through the canyon to the majestic Lower Falls. Take public transit to this iconic location in summer. In winter, be sure to bring ice cleats.

### 4 Explore Lake Minnewanka Loop

Visit a cascading waterfall, a glacial lake, remnants of a coal mining town and a scenic canyon. Summer public transit brings you to the Lake Minnewanka Day-use Area for boating, picnicking, biking and hiking. In the winter, half the loop is closed to traffic, making it a great destination for cross-country skiing, winter walking or snowshoeing.

### 5 Soak in the Banff Upper Hot Springs

Relax amidst the jagged peaks in an outdoor pool with hot, mineral rich water. The hot springs are open daily, year-round, complete with café, gift shop, and picnic tables nearby. This fully accessible site can also be reached by public transit. Visit: [pc.gc.ca/banff-transit](http://pc.gc.ca/banff-transit)

### 6 Visit Lake Louise – The Lake

This spectacular alpine setting is the hub for iconic photos, hikes, canoeing, horseback riding, climbing, and awe-inspiring scenery. In the summer, a free shuttle is available to this popular destination. Visit: [pc.gc.ca/banff-transit](http://pc.gc.ca/banff-transit). Peak visitation hours are 8 a.m. to 7 p.m. daily.

### 7 Bike the Banff Legacy Trail

Paved paths and roadways span 29 km from Travel Alberta's visitor centre in Canmore to the Bow Valley Parkway. Cyclists, strollers and runners enjoy breathtaking views, picnic areas, the Banff townsite, and Vermilion Lakes along the way.

### 8 Summit Tunnel Mountain

The switchback trail to this low summit provides sweeping views across the town and Bow Valley, with Mount Rundle rising dramatically to the south. The trailhead is a 15 minute walk (1 km) from downtown Banff.

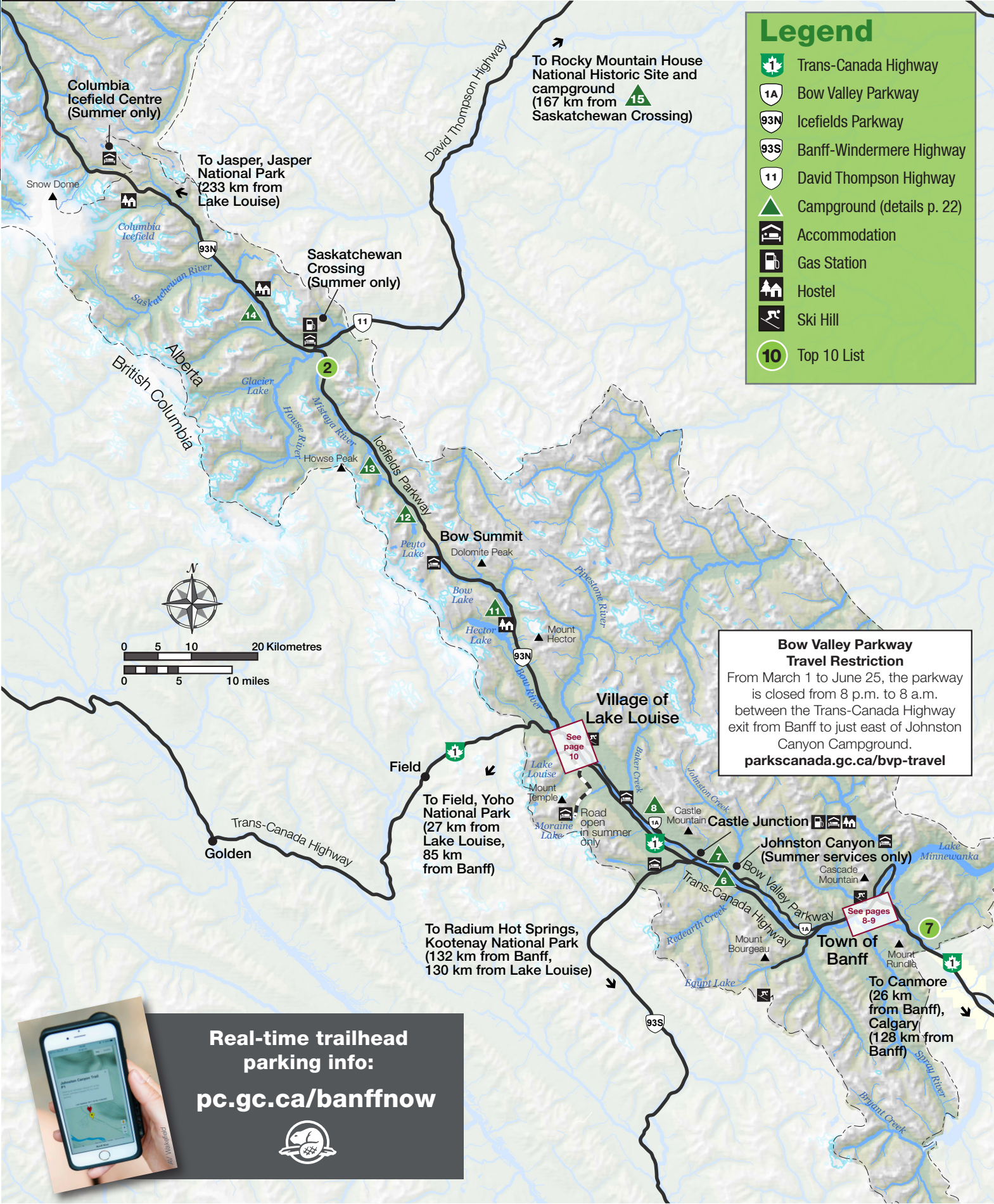
### 9 Meander along Vermilion Lakes Drive

This year-round 4.3 km paved road is ideal for biking, and can also be explored by car or foot. Relax on the docks and benches, learn about the area, and snap a stunning picture of Mount Rundle.

### 10 Experience Great Canadian Camping

Camping in the national park is as rewarding as its majestic landscapes. Sites range from rustic, treed settings to full service with mountain views. Book in advance and choose from a traditional RV or tent site, try a cabin-like oTENTik, or a convenient Equipped Campsite: [reservation.pc.gc.ca](http://reservation.pc.gc.ca).

## Park Map



### Legend

- Trans-Canada Highway
- Bow Valley Parkway
- Icefields Parkway
- Banff-Windermere Highway
- David Thompson Highway
- Campground (details p. 22)
- Accommodation
- Gas Station
- Hostel
- Ski Hill
- Top 10 List

**Bow Valley Parkway Travel Restriction**  
 From March 1 to June 25, the parkway is closed from 8 p.m. to 8 a.m. between the Trans-Canada Highway exit from Banff to just east of Johnston Canyon Campground.  
[parkscanada.gc.ca/bvp-travel](http://parkscanada.gc.ca/bvp-travel)

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



## Legend

- Trans-Canada Highway
- Bow Valley Parkway
- Banff-Windermere Highway
- Trail
- Seasonal Road Closure

## Services

- Bus Station
- Campground (details p. 22)
- Gas Station

- Hospital
- Hostel
- Hotel
- Parking
- Police
- Public Transit Stop
- RV Parking
- Sani Dump
- Train Station
- Visitor Centre
- Washroom

## Things to do

- Canoe Docks
- Golf Course
- Gondola
- Horse Riding
- Hot Springs
- Lookout
- Off-leash Dog Park
- Park/Playground
- Picnic Area
- Picnic Shelter
- Skating
- Ski Hill
- Theatre
- Top 10 List (p. 4)
- Red Chairs

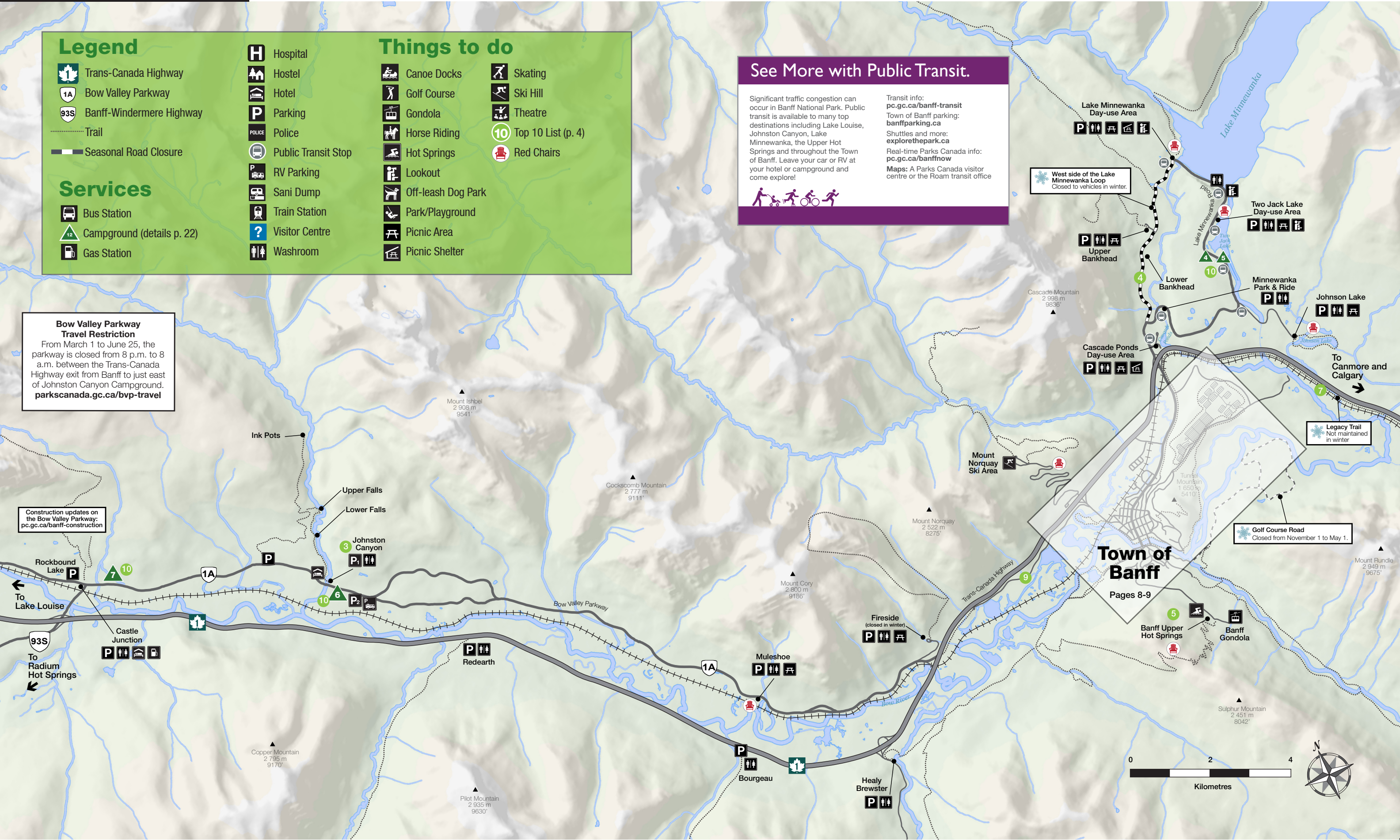
### See More with Public Transit.

Significant traffic congestion can occur in Banff National Park. Public transit is available to many top destinations including Lake Louise, Johnston Canyon, Lake Minnewanka, the Upper Hot Springs and throughout the Town of Banff. Leave your car or RV at your hotel or campground and come explore!

Transit info: [pc.gc.ca/banff-transit](http://pc.gc.ca/banff-transit)  
 Town of Banff parking: [banffparking.ca](http://banffparking.ca)  
 Shuttles and more: [explorethepark.ca](http://explorethepark.ca)  
 Real-time Parks Canada info: [pc.gc.ca/banfnow](http://pc.gc.ca/banfnow)  
 Maps: A Parks Canada visitor centre or the Roam transit office

**Bow Valley Parkway Travel Restriction**  
 From March 1 to June 25, the parkway is closed from 8 p.m. to 8 a.m. between the Trans-Canada Highway exit from Banff to just east of Johnston Canyon Campground. [parksCanada.gc.ca/bvp-travel](http://parksCanada.gc.ca/bvp-travel)

Construction updates on the Bow Valley Parkway: [pc.gc.ca/banff-construction](http://pc.gc.ca/banff-construction)



**Lake Minnewanka Day-use Area**

**West side of the Lake Minnewanka Loop**  
 Closed to vehicles in winter.

**Two Jack Lake Day-use Area**

**Upper Bankhead**

**Lower Bankhead**

**Minnewanka Park & Ride**

**Johnson Lake**

**To Canmore and Calgary**

**Legacy Trail**  
 Not maintained in winter

**Cascade Ponds Day-use Area**

**Mount Norquay Ski Area**

**Town of Banff**  
 Pages 8-9

**Banff Upper Hot Springs**

**Banff Gondola**

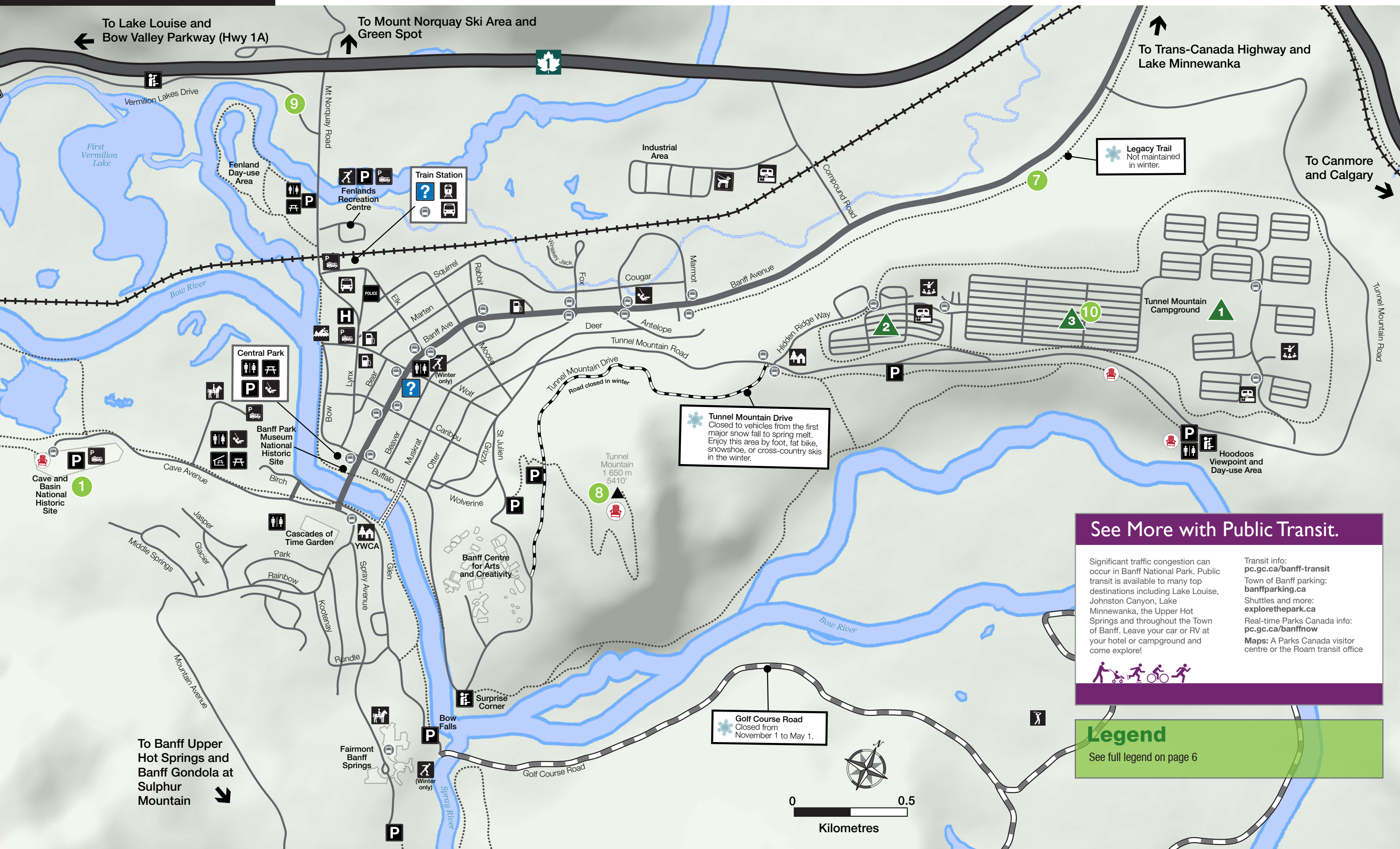
**Golf Course Road**  
 Closed from November 1 to May 1.

**Mount Rundle** 2 949 m 9675'

**Sulphur Mountain** 2 451 m 8042'

**0 2 4 Kilometres**

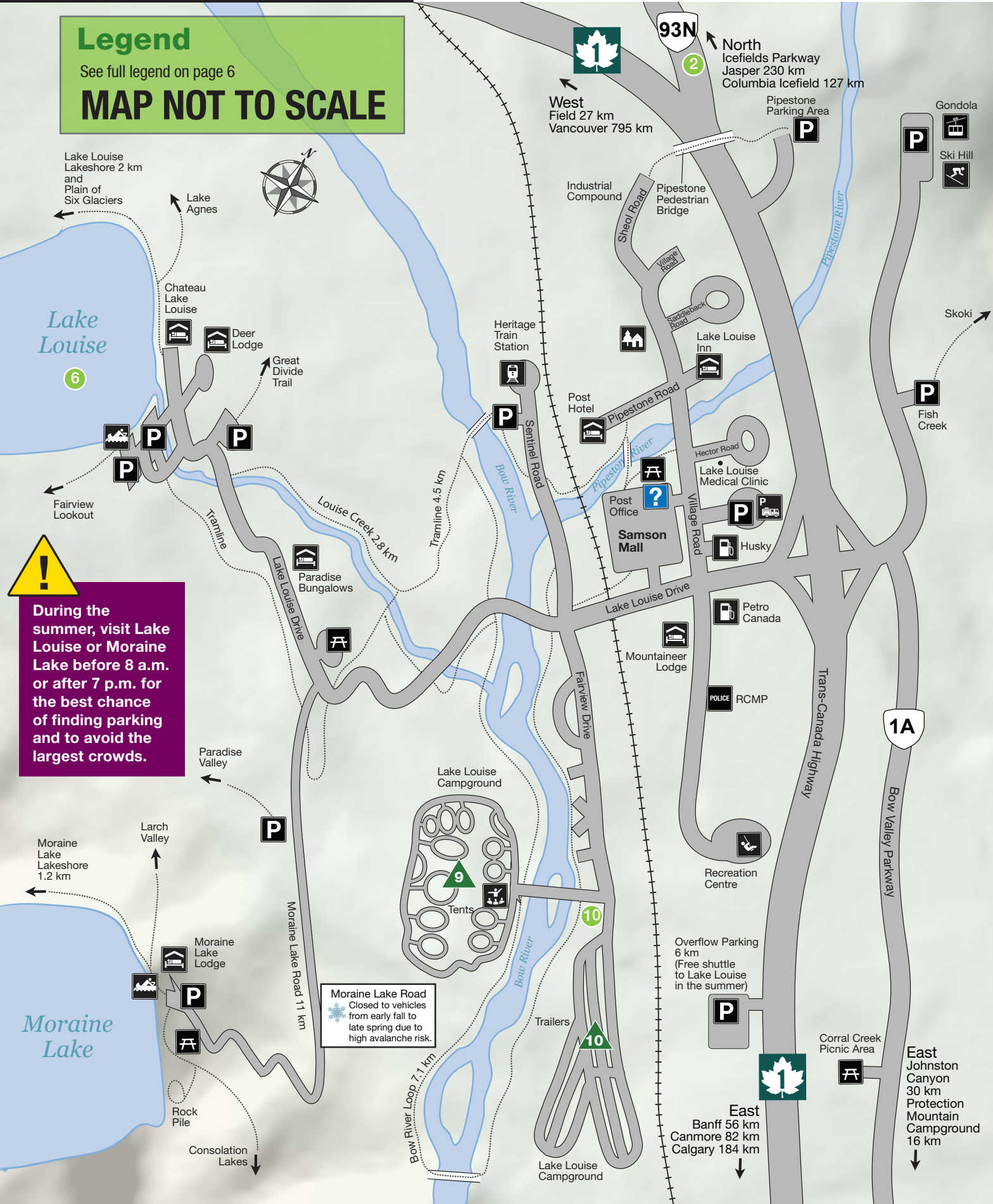




### Legend

See full legend on page 6





**During the summer, visit Lake Louise or Moraine Lake before 8 a.m. or after 7 p.m. for the best chance of finding parking and to avoid the largest crowds.**

**Moraine Lake Road**  
Closed to vehicles from early fall to late spring due to high avalanche risk.



**Meet Park Interpreters**

Want to discover more about the uniqueness of the area's natural and cultural heritage? Friendly and knowledgeable interpreters are here to share the stories of Parks Canada's protected places.

Look for interpreters at campgrounds and popular day-use areas throughout the summer and at national historic sites during various times of the year.

Visit [parksCanada.gc.ca/banff-interpretation](http://parksCanada.gc.ca/banff-interpretation) for more information on interpretive programs and activities in Banff National Park and national historic sites.

For event listings, visit [parksCanada.gc.ca/bnp-events](http://parksCanada.gc.ca/bnp-events).

**Explore with your preschooler**

Parka is eagerly waiting to introduce your child to the wonders of Parks Canada places. This busy little beaver is ready to welcome you and your family to Canada's national parks, national historic sites and marine conservation areas. Parka encourages kids to explore the world around them, whether on a hike along wilderness trails or a step back in history at a site or fort.



**Are you 6-11 years old?**

Check out Parks Canada's Xplorers booklets filled with fun activities to do while visiting. In Banff National Park there are five different booklets to complete: Banff National Park, Lake Louise, Icefields Parkway, Cave and Basin and Banff Park Museum national historic sites. Don't forget to ask for Rocky Mountain House National Historic Site's Xplorers booklet when you are there.

**Volunteering in Banff National Park**



Are you looking for a unique experience during your trip to Banff National Park? Volunteers are an important part of keeping the park pristine and safe for people and wildlife.

Anyone can volunteer—learn more and sign up:

[parksCanada.gc.ca/banff-volunteer](http://parksCanada.gc.ca/banff-volunteer)







**Wolf**

**Characteristics**  
Built like a large German Shepherd, with longer legs. Colour can vary from white to black.

**Where to find**  
Mainly valley bottoms.



**Coyote**

**Characteristics**  
Medium-sized dog. Thick, bushy tail. Greyish-brown in colour.

**Where to find**  
Valley bottoms, well adapted to humans.



**Red Squirrel**

**Characteristics**  
Red body, white underside and very large, bushy tail.

**Where to find**  
Coniferous forests, scampering up trees.



**Columbian Ground Squirrel**

**Characteristics**  
Tan-coloured. Longer body. Has a high-pitched "squeak".

**Where to find**  
Meadows, roadsides and townsites in underground colonies.



**White-tailed Deer**

**Characteristics**  
Tan colour, tail has white underside and is held erect like a flag when alarmed.

**Where to find**  
Mostly valley bottoms.



**Mule Deer**

**Characteristics**  
Black tip on tail, large ears, white rump, grey colour.

**Where to find**  
Mostly valley bottoms.



**Elk**

**Characteristics**  
Brown body, darker neck and large tan rump patch. Backwards slanting antlers.

**Where to find**  
Valley bottoms and open areas. Commonly seen around townsites.



**Bighorn Sheep**

**Characteristics**  
White rump and light brown fur and horns. Males: thick curved horns. Females: short narrow horns.

**Where to find**  
Near steep rocky terrain.



**Mountain Goat**

**Characteristics**  
Narrow black horns, beard, long white hair.

**Where to find**  
Near steep rocky terrain.



**Moose**

**Characteristics**  
Long legs, shoulder hump. Built like a horse with a large head. Shovel-like antlers.

**Where to find**  
Wet and marshy areas.

## Grizzly or Black Bear?

**BLACK BEAR**



NO SHOULDER HUMP

SMALL HEAD

TALL EARS

SHORT CLAWS

**GRIZZLY BEAR**



DISTINCTIVE SHOULDER HUMP

LARGE HEAD

SHORT ROUNDED EARS

LONG CLAWS

## You are in bear country!

- **Be aware you are near a bear!** Watch for fresh scat or large diggings.
- **Make noise!** Sing, yell, talk loudly and travel in groups of 4 or more when possible.
- **Keep your dog on a leash at all times.**
- **Keep children nearby and in sight at all times.**
- **Never approach or feed a bear.** Stay ten bus lengths away.
- **Carry bear spray and know how to use it.** Visit: [parkscanada.gc.ca/bears-and-people](http://parkscanada.gc.ca/bears-and-people)



**Size Chart** Bison Bear Moose Elk Deer Sheep Goat Wolf Coyote Squirrel

## Bison Return to Banff

Bison once roamed Banff National Park, but until 2017, they hadn't been seen in the wild for over 140 years.

In early 2017, Parks Canada reintroduced a small herd of wild plains bison into Banff's eastern slopes. Their return is a pilot project to shape the future of bison restoration in Banff National Park. Beginning in summer 2018, the herd will roam a large area in Banff's backcountry.

Bringing wild bison back will benefit a range of plants and animals. Their return will reconnect cultural links between people and bison, and will create opportunities for Canadians and visitors to learn about this iconic creature.

Follow the journey of returning North America's largest land mammal to Canada's first national park: [parkscanada.gc.ca/banff-bison](http://parkscanada.gc.ca/banff-bison)



Adam Zier-Vogel/Parks Canada



## Wildlife in Banff Need Your Help.

National parks help protect uniquely Canadian landscapes and the ecosystems that wildlife depend on for their survival. When visitors disturb or entice wildlife, the natural character of national parks diminishes. Parks Canada staff make special efforts to ensure your safety and protect wildlife. By learning more you can help ensure an encounter is positive for both you and the wildlife.

## Human Food Kills Wildlife.



Wildlife quickly find any food, scented items or garbage that is left unattended. Eating these unnatural foods teaches the wildlife to approach people for an easy meal.



Once wildlife develop a taste for human food, they often become aggressive in their search for more. This places you and others in danger as they search for food or garbage that is not properly stored.

**Wildlife that eat human food or garbage become aggressive with people. This puts both people and wildlife at risk of being hurt or killed.**

## Do Not Litter. Put Garbage in its Proper Place.

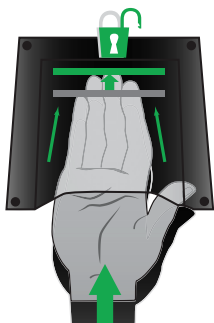


Wildlife will feed on garbage: littering means feeding wildlife. Ensure all garbage and recycling are disposed in wildlife proof bins immediately.

- If you see garbage or recycling left outside in the Town of Banff, please inform Bylaw Services at 403-762-1218 (8 a.m. to 6 p.m. seven days a week).
- After hours, please call Parks Canada Banff Dispatch at 403-762-1470.



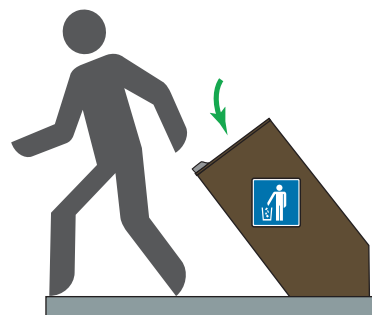
## How to Use the Wildlife-proof Garbage Bins.



Place your hand inside the handle and push it to the very back to release the latch.



Raise your arm to open the lid. Dispose of garbage.



Lower the lid. Ensure the lid is **closed tight** before leaving.

## Properly Store All Food and Scented Items.

A clean campsite or picnic area does not have anything that will attract wildlife (food, garbage, food-related or scented items). Never leave these items where wildlife can access them:

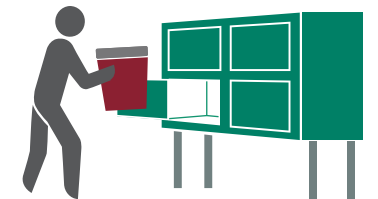
- Coolers – full or empty
- Food – wrapped, unwrapped, or in containers
- Garbage/wrappers
- Dishes/pots/cutlery – clean or dirty
- Full or empty beverage containers
- Pet food/bowls – full or empty
- Bottles/cans – open or unopened
- Scented products – such as shampoo, toothpaste, candles, citronella, dish soap, sunscreen, lip balm, dish towels
- Barbecues – clean or dirty
- Any other items used for food preparation or that have a smell or scent



ALL food-related and scented items **MUST** be stored away in a vehicle,



a hard-sided trailer or RV,



or in a campground food storage locker.

**Never leave food or scented items unattended or in a tent for even a minute.**

## Always Keep Your Campsite or Picnic Area Clean.

When you are done cooking or eating at your picnic table, all food, food-related and scented items **MUST** be stored:

- In a hard-sided vehicle, trailer or motor home (not in tents or tent trailers)
- In campground food storage lockers

Non-food items such as lawn chairs, tables or lanterns may be left outside. Items such as coolers, cook stoves, dish towels and toothpaste must be properly stored.

Dump dish water down outdoor sinks or at the sani-dump in campgrounds.



All food, food-related and scented items **MUST** be stored away.



Cooler, stove and dishes (dirty or clean) **MUST** be stored away.



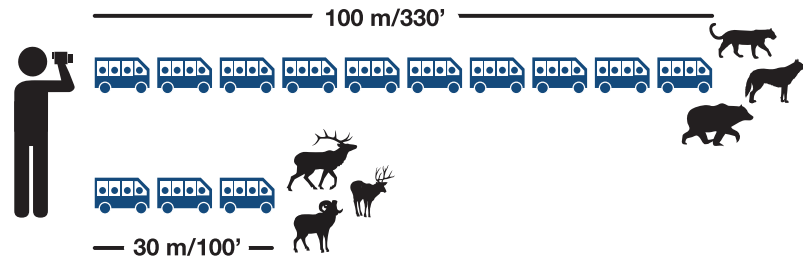
Non-food items may be left outside.



## Do Not Approach or Entice Wildlife. Give Them Space.



For photos, do not surround, crowd or follow an animal. Use zoom or show the animal in its natural surroundings and crop the image later.



Photograph wildlife from a vehicle or safe distance:

- 30 metres for deer, elk, moose and bighorn sheep
- 100 metres for cougars, bears, coyotes and wolves



**Do not startle wildlife.**  
**If you make them move, you are too close.**

## If You See Wildlife By the Road.

### Always slow down.

If you do stop (not recommended for the safety of wildlife):

- Be aware of the traffic around you.
- Pull over where it is safe to do so.
- Use your hazard lights to alert other drivers.
- **Stay in your vehicle.**
- Watch for a few moments, take a quick photo, and then move on.
- If a traffic jam develops, move on. It is unsafe for people and wildlife.



## Dogs Stress Wildlife.

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:



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



Pick up and dispose of your pet's waste in a garbage bin.



Do not leave pet food out. If you walk away, store food dishes – empty or full. Always store food dishes at night.

Dogs are not allowed on some trails:  
[parksCanada.gc.ca/banfftrails](http://parksCanada.gc.ca/banfftrails)

Consider leaving your dog at home if you plan to camp, hike or go into the backcountry.

## Keeping Your Children Safe.

Bears, cougars, wolves and coyotes may be curious about children and can attack them:

- Keep children in immediate sight and within close reach at all times.
- Children should avoid playing in or near areas with tall grass or dense bushes.
- Never allow children to pet, feed or pose with wildlife.

## To Learn More About Wildlife and Safety

Pick up a copy of *Keep the Wild in Wildlife* and *Bears and People* publications at a Parks Canada Visitor Centre or visit [parksCanada.gc.ca/banff-brochures](http://parksCanada.gc.ca/banff-brochures).

Also available in French, Chinese, Japanese and Korean.

Report bear, cougar, wolf and coyote sightings and encounters to Parks Canada staff when it is safe to do so: 403-762-1470



**It is illegal to feed, entice or disturb any wildlife in a national park. Violators will be charged, be required to appear in court, and could pay fines up to \$25 000.**

## Mountain Safety

Unpredictable mountain weather can change road and trail conditions quickly and wildlife can be anywhere, at any time. These simple precautions will help ensure a safe and enjoyable visit:

- Before heading out, check trail conditions ([parksCanada.gc.ca/banfftrails](http://parksCanada.gc.ca/banfftrails)), and road conditions (call **511** or visit [alberta511.ca](http://alberta511.ca)).
- Obey speed limits and watch for wildlife on the roadside, even on fenced portions of the highway. Sometimes wildlife (bears, cougars) get through or over the fence.
- Stay on designated roads, trails and other hardened surfaces.
- Make noise on the trails and let wildlife know you are coming.
- Be aware of your surroundings. Earbuds prevent you from hearing wildlife and increase your risk of a dangerous encounter.
- Animals are active in the park at all times of the year – even bears can wake up during the winter. Carry bear spray, keep it accessible, and know how to use it. Watch a video here: [parksCanada.gc.ca/bearspray](http://parksCanada.gc.ca/bearspray). Bear spray and more information is available at Parks Canada Visitor Centres.
- Keep clear of cliffs, ledges and fast moving water.
- Research and plan overnight trips including potential trail restrictions and closures, avalanche conditions and mandatory backcountry permits. Visit [avalanche.pc.gc.ca](http://avalanche.pc.gc.ca) and [parksCanada.gc.ca/banff-backcountry](http://parksCanada.gc.ca/banff-backcountry) for safety tips.
- Let someone know your travel plans; cell phone coverage is not reliable in many areas of the park.





# National Park Regulations

## Stay Safe and Enjoy

Following park regulations while enjoying the national parks will help protect visitors, landscapes, and wildlife:



**Camp only in designated campgrounds.** Camping is by permit only. Do not sleep in your vehicle or RV roadside, at pull-outs, or pitch a tent in areas that are not campgrounds.



**Be considerate of your neighbours.** Liquor consumption is prohibited in public places and day-use areas. In campgrounds, there is a daily ban on alcohol consumption during quiet hours, between 11 p.m. and 7 a.m. **During long weekends, alcohol is not permitted at any campground.**



**Drones/UAVs are prohibited** for personal use anywhere in the national parks.



**Pets must be on a leash at all times.** Collect and discard feces in garbage bins.



**Do not feed any wildlife.** It is illegal to feed wildlife – this includes leaving food or scented items where wildlife can access them.



**Do not litter.** Use the wildlife-proof garbage bins for all unwanted items.



**Take only photographs.** It is illegal to pick flowers, mushrooms, cut down trees, branches, remove rocks, cultural artifacts or otherwise cause damage to natural objects or living things.



**Stay out of closed areas.** Area closures or activity restrictions are implemented when visitors are at risk or when wildlife require additional protection. Signs indicate the areas impacted.



**Be careful with fire.** Fires are permitted only in designated metal fire pits. Never leave a fire unattended. Extinguish fires completely. Do not use deadwood, bark or branches for fuel.



**Buy fishing permits.** Anglers require a national park fishing permit, available at Parks Canada Visitor Centres. **Provincial licenses are not valid in national parks.** National Park Fishing Regulations prohibit lead tackle under 50g, and all bait (natural or chemical). For more information, see the *Fishing Regulations Summary* brochure, available at Parks Canada Visitor Centres.



**Going boating?** Motors of all kinds are prohibited on all lakes except Lake Minnewanka.



**CLEAN** off watercraft and equipment after every use.



**DRAIN** onto land all water from your watercraft, including buckets or coolers.



**DRY** the watercraft and all gear completely.



**Motorized off-road travel is not permitted.**



**Firearms are prohibited in national parks.** Firearms include pellet guns, bear bangers, bows, slingshots and similar items.

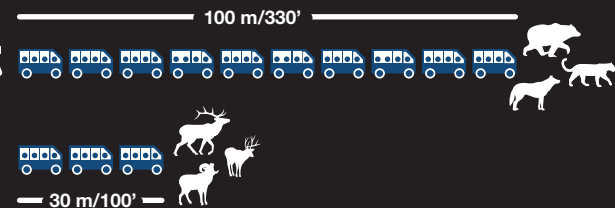
## The Canada National Parks Act

Park Wardens are responsible for enforcing park regulations as required by the *Canada National Parks Act* ([parksCanada.gc.ca/banffregulations](http://parksCanada.gc.ca/banffregulations)). To report park violations, call 24 hours, 7 days per week:  
**1-888-927-3367 (Banff, Yoho, Kootenay and Waterton Lakes)**  
**1-877-852-3100 (Jasper, Mount Revelstoke and Glacier)**

**Violators will be charged, be required to appear in court, and could pay fines of up to \$25 000.**



Give us space.



**Do not approach wildlife.**



Human food **kills** wildlife.



**Do not litter.**





## Winter Adventures

Summer trails become a winter wonderland with the turn of the seasons in Banff National Park. Snow covered pines, white-capped mountains, and wildlife tracks in the snow are just a few of the discoveries waiting to happen. Come outside and play!

### Near the Town of Banff

Grab your hiking poles and ice cleats and **hike** Tunnel Mountain for a beautiful view of the townsite and valley. On a day with fresh snow, enjoy the views of Cascade and Rundle mountains by **snowshoe** around frozen Johnson Lake. From the over-sized tires of a **fat bike**, ride to the Cave and Basin National Historic Site. After your visit, continue on to find views of the river and mountains along the beginner-friendly Sundance Trail. Enjoy the rolling terrain and groomed **cross-country ski** trails along Spray River West in the tree-lined river valley. **Camp** year-round at Tunnel Mountain Village II – bring your RV or enjoy the season from a tent.

### Near the Village of Lake Louise

**Hike** or **ice skate** at Lake Louise, the lake, where you can enjoy a picturesque view of the Victoria Glacier. From the village, view the beautiful frozen river from the seat of a **fat bike** along the Bow River Loop. Experience the charm of the Fairview Loop from a track set **cross-country ski** trail that runs through open clearings and snow-draped woods. Bring your RV and **camp** year-round in the Lake Louise Trailer campground. For a spectacular winter view, drive the scenic Icefields Parkway and **snowshoe** up to the Peyto Lake Viewpoint - be rewarded with views of the lake and surrounding valley, bordered by striking snow-capped peaks.

## Safe Winter Driving

Ensure your vehicle has snow tires—look for the snowflake symbol. **Snow tires are mandatory from November 1 to April 1 on mountain roads including the Icefields Parkway (Lake Louise to Jasper).**

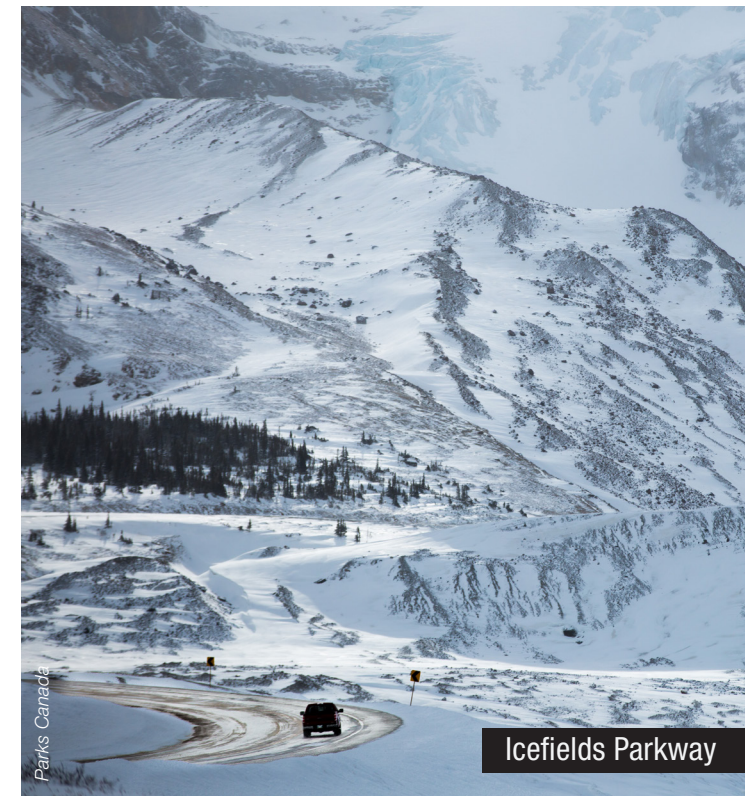


Cell phone coverage is not reliable in the mountains, and **there is no cell coverage along the Icefields Parkway.** Tell someone your route, when you are leaving and when you plan on arriving.

Plan to start early and complete your drive (with time for exploration and stops along the way) during daylight hours.

Have a safety kit in your vehicle that includes: a cell phone, charger, water, energy bars, first aid kit, flashlight, extra batteries, warm clothing and blankets.

Always check road conditions and the weather forecast before leaving: 511 in Alberta or 1-855-391-9743. Online at [alberta511.ca](http://alberta511.ca).



## Leaving Town? Be Avalanche Aware



Avalanche season in the mountains extends from November to June, and even a short walk can take you into avalanche terrain. Check the current avalanche forecast at a Parks Canada Visitor Centre or [avalanche.ca](http://avalanche.ca). For more information on backcountry travel and how to stay safe in the mountains, visit: [parks-mountainsafety.ca](http://parks-mountainsafety.ca).

## Winter Closures, Restrictions and Warnings

See maps or [pc.gc.ca/banffnp-closures](http://pc.gc.ca/banffnp-closures) for more information.

- Tunnel Mountain Drive (page 9)
- Golf Course Road (page 7, 9)
- Legacy Trail (page 7, 9)
- West side of the Lake Minnewanka Loop (page 7)
- Moraine Lake Road (page 10)
- Bow Valley Parkway (page 5, 6)



## Ask Us About Winter

Parks Canada staff are here to help. Stop by a Parks Canada Visitor Centre and plan your winter trip. Ask about:

- Trip and winter activity planning
- Winter camping
- Trail and road conditions
- Weather updates
- Avalanche safety
- Winter packing list



## Winter Tip: Use Ice Cleats

Trails can be icy in the winter. Hiking poles and ice cleats are recommended. Cleats are designed to fit over shoes or boots and can be purchased at the Banff Visitor Centre, 224 Banff Avenue, and most outdoor stores in the Town of Banff.

## Top Tips for Winter

- Visit a Parks Canada visitor centre before you go.
- Tell someone where you are going and when you expect to return.
- Always check the local weather forecast before you venture out.
- Mountain weather changes quickly. Make sure you are prepared with warm clothing and supplies.
- Wear proper winter footwear. Steep snow-covered trails can be icy and slippery.
- Bring a headlamp—you never know when you might be delayed.
- Expect winter driving conditions. Drivers should travel based on comfort level and experience.



## Planning to Camp in a National Park?

Book online or call ahead for information and reservations.

Banff, Jasper, Yoho, Kootenay and Waterton Lakes national parks offer extraordinary camping experiences, ranging from full-service RV sites to rustic settings. Many campsites can be reserved and most fill up quickly. **Call ahead or go online for recommendations and availability of campsites, oTENTik and Equipped Campsites.**

**1-877-RESERVE (1-877-737-3783) or reservation.pc.gc.ca**

Campgrounds	Full Hook-up	Electrical	Sani Dump	Flush Toilets	Pit Toilets	Showers	Firepit	Cooking Shelter	Drinking Water	Equipped Campsites	oTENTik	Tipis/Trapper Tents	Interpretive Programs	Disabled Access	Open Dates	Sites
1 Tunnel Mt. Village I*															May 10 – Oct 1	618
2 Tunnel Mt. Village II															Open year-round (oTENTiks May 10 – Oct 8)	209
3 Tunnel Mt. Trailer Court															May 10 – Oct 1	321
4 Two Jack Main															Jun 21 – Sep 4	380
5 Two Jack Lakeside															May 10 – Oct 1	74
6 Johnston Canyon*															May 24 – Sep 24	132
7 Castle Mountain															May 31 – Sep 17	43
8 Protection Mountain															Jun 22 – Sep 3	72
9 Lake Louise Tent															May 30 – Sep 27	206
10 Lake Louise Trailer															Open year-round	189
11 Mosquito Creek															Jun 1 – Oct 8	32
12 Silverhorn															To be determined	45
13 Waterfowl Lakes															Jun 22 – Sep 3	116
14 Rampart Creek															Jun 1 – Oct 8	50
15 Rocky Mountain House National Historic Site															May 14 – Sep 30	45

Campgrounds highlighted in green may be reserved.  
 Other campgrounds are available on a first-come, first-serve basis, with self-registration by cash only. In summer months, arrive before mid-day for the best chance of getting a site.  
 \* Availability of sites may be limited in September due to planned construction.  
**For prices and the latest information, visit [parkscanada.gc.ca/banffcamping](http://parkscanada.gc.ca/banffcamping)**

## Want More Information About Banff National Park?

Visit facebook.com/BanffNP  
 twitter.com/BanffNP  
 instagram/parkscanada

Brochures are available online at: [parkscanada.gc.ca/banff-brochures](http://parkscanada.gc.ca/banff-brochures) or at a Parks Canada visitor centre.



## Want More Information on Mountain National Parks?

### Banff

[pc.gc.ca/banff](http://pc.gc.ca/banff)

**Banff Visitor Centre:**  
 224 Banff Avenue  
 403-762-1550

Jan 1 - May 17 | 9 a.m. - 5 p.m. | 7 days / week  
 May 18 - Oct 8 | 8 a.m. - 8 p.m. | 7 days / week  
 Oct 9 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week  
 (closed Dec 25)

**Banff Train Station:**  
 327 Railway Avenue

Jan 1 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week  
 (closed Dec 25)

**Lake Louise Visitor Centre:**  
 201 Village Road, in Samson Mall  
 403-522-3833

Jan 1 - May 31 | 9 a.m. - 5 p.m. | 7 days / week  
 June 1 - Sept 30 | 8:30 a.m. - 7 p.m. | 7 days / week  
 Oct 1 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week  
 (closed Dec 25)

### Jasper

**Jasper Information Centre: 780-852-6176**  
[pc.gc.ca/jasper](http://pc.gc.ca/jasper)  
 Tourism Jasper: 780-852-6236 ([jasper.travel](http://jasper.travel))

### Kootenay

**Kootenay Visitor Centre: 250-347-9505**  
[pc.gc.ca/kootenay](http://pc.gc.ca/kootenay)  
 Tourism Radium/Radium Chamber of Commerce:  
 1-888-347-9331 ([tourismradium.com](http://tourismradium.com))

### Yoho

**Yoho Visitor Centre: 250-343-6783**  
[pc.gc.ca/yoho](http://pc.gc.ca/yoho)  
 Tourism Golden: 1-800-622-4653 ([tourismgolden.com](http://tourismgolden.com) / [field.ca](http://field.ca))

### Mount Revelstoke and Glacier

**Rogers Pass Discovery Centre: 250-837-7500**  
[pc.gc.ca/glacier](http://pc.gc.ca/glacier) • [pc.gc.ca/revelstoke](http://pc.gc.ca/revelstoke)  
 Tourism Revelstoke: 1-800-487-1493 ([seerevelstoke.com](http://seerevelstoke.com))

### Waterton Lakes

**Waterton Lakes Visitor Centre: 403-859-5133**  
[pc.gc.ca/waterton](http://pc.gc.ca/waterton)  
 Waterton Chamber of Commerce ([mywaterton.ca](http://mywaterton.ca))

**Banff Lake Louise Tourism: 403-762-8421 ([banfflakelouise.com](http://banfflakelouise.com))**

**Trail Conditions Report: [pc.gc.ca/banfftrails](http://pc.gc.ca/banfftrails)**

**Environment Canada Weather Forecast: 403-762-2088 / [weather.gc.ca](http://weather.gc.ca)**

Guidebooks, topographic maps and bear spray are available at Parks Canada visitor centres and retail outlets in the Town of Banff and the Village of Lake Louise.

## Backcountry Camping

Banff National Park is a very special place to enjoy a backcountry experience. As a backcountry user, you can access treasured natural wonders not seen by most park visitors – and experience them without the crowds associated with the national park's more accessible attractions. Book your site and obtain your backcountry permit at: [parkscanada.gc.ca/banff-backcountry](http://parkscanada.gc.ca/banff-backcountry)

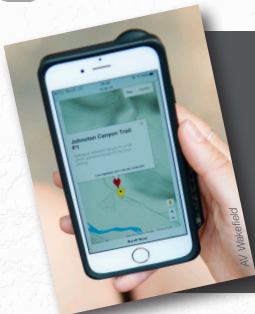


Slow down,  
 my **cubs**  
 live here.



**Obey speed limits.**





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



**distance chart**

	Banff	Calgary	Columbia Icefield	Edmonton	Field	Jasper	Lake Louise	Radium Hot Springs	Golden	Revelstoke	Vancouver
Calgary	128										
Columbia Icefield	188	316									
Edmonton	423	295	461								
Field	85	213	157	508							
Jasper	291	419	103	361	260						
Lake Louise	58	186	130	481	27	233					
Radium Hot Springs	132	260	261	555	157	361	130				
Golden	134	262	207	557	57	307	85	105			
Revelstoke	282	410	355	705	197	455	224	253	148		
Vancouver	856	984	928	1279	771	798	794	818	713	565	
Waterton	395	266	582	568	476	687	453	395	532	681	1140

Distances are shown in kilometres. To convert distances to miles, multiply by 0.62.

© Her Majesty the Queen in Right of Canada  
 Catalogue N°: R64-435/2018E  
 ISBN: 978-0-660-24694-2



**Wildlife in area**  
 Obey speed limit

**Faune dans le secteur**  
 Obéissez à la limite de vitesse

**In case of EMERGENCY,**  
**call 911 or satellite phone: 403-762-4506.**

Cell phone coverage is not reliable throughout the national park.  
 Alberta Road Report: 511 or 1-855-391-9743 / [alberta511.ca](http://alberta511.ca)  
 British Columbia Road Report: 1-800-550-4997 / [drivebc.ca](http://drivebc.ca)