



THE MOUNTAIN GUIDE

to

BANFF • JASPER • KOOTENAY • YOHO • GLACIER • MOUNT REVELSTOKE
NATIONAL PARKS OF CANADA



The Mountain National Parks reveal the majesty and wildness of the Rocky and Columbia Mountains. They are symbols of Canada, places of great beauty, where nature is able to flourish and evolve.

The Mountain National Parks are, above all else, a place of wonder, where the richness of life is respected and celebrated.

2005/2006

Aussi disponible en français



Parks Canada
Parcs Canada

Canada

Welcome

to Banff, Jasper, Kootenay, Yoho, Mount Revelstoke and Glacier National Parks of Canada.

The idea of a Canada-wide system of protected areas took root here. Parks Canada now protects and presents 42 National Parks and 150 National Historic Sites, each representing a significant aspect of the landscape and our history.



Banff, Jasper, Kootenay and Yoho National Parks, together with the provincial parks of Hamber, Mount Robson and Mount Assiniboine, are recognized internationally as a UNESCO World Heritage Site. The **Canadian Rocky Mountain Parks World Heritage Site** is one of the largest protected areas in the world.



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\$ All visitors to Canada's national parks require a Park Pass.

PARK PASS fees help fund:

- ▲ maintenance of park roads, trails, and day use areas
- ▲ public safety programs and park rescues
- ▲ visitor information and interpretation services.

DAILY and ANNUAL National Park Passes are sold at park gates, information centres and staffed campgrounds.

? Visit or call Information Centres for:

- ▲ maps, brochures, guide books
- ▲ trail, weather and avalanche reports
- ▲ safety information about wildlife, hazardous activities and conditions
- ▲ warning, closure, and use restriction notices
- ▲ trip planning assistance for hikers, backpackers, climbers and skiers
- ▲ backcountry campsite reservations and wilderness passes
- ▲ national park fishing licenses
- ▲ park passes
- ▲ commercial services information

First Peoples, First Presence

For early Native people, these mountains were both sacred places and a source of game, fish, and other supplies. Archaeological evidence from Banff's **Vermilion Lakes** suggests Aboriginal people arrived here about 11 thousand years ago.

Though the Stoneys, Cree, Ktunaxa, and Plains Blackfoot passed through these valleys, few settled for long. Some journeyed to mineral springs such as **Kootenay National Park's Paint Pots** to gather ochre. An iron-based mineral, ochre was baked, crushed, mixed with grease, and used as a paint for tipis, pictographs, and personal adornment.



11,000 years of Aboriginal history - Byron Harmon Collection

All Aboard!

Blasting a railway through these rock walls was no easy feat. Yoho National Park's **Spiral Tunnels** bear witness to this engineering marvel. The **Walk in the Past Trail** features an engine abandoned after the building of these tunnels. The self guiding **Abandoned Rails Trail** in Glacier National Park includes remnants of early snowsheds built for rail line avalanche safety.

But in 1885, Canada achieved the impossible, completing its coast-to-coast railway. The arrival of the train brought tourists, resorts, and a lifeline to the newly-established **Rocky Mountains Park** (now Banff National Park), this young country's first national park. The creation of **Glacier, Yoho, and Jasper National Parks** soon followed, as more and more visitors discovered the beauty of this mountain landscape.

For a brief period, lumber and mining industries flourished here. Banff's **Bankhead** and Jasper's **Pocahontas** coal mines boomed in the early 1900s. Today, you can wander among the ruins on self guiding trails. By 1930, a new **National Parks Act** set resource protection as the parks' priority, ending such industrial activities.



Crossing the mountains - Field, B.C. c.1904



David Thompson at work

Pushing The Boundaries

Mention the fur trade, and the names of **David Thompson** and **Simon Fraser** are inescapable. These men mapped and explored over 1.5 million square miles (3.5 million km²) of western Canada at the turn of the 19th Century. While charting new trading areas to the Pacific, Thompson explored the **Howse and Athabasca Passes**, both now recognized as national historic sites. He frequented posts in the area of **Rocky Mountain House National Historic Site** and established **Kootenay House**. Simon Fraser established many trading posts, including **Fort St. James National Historic Site**, in British Columbia, before heading down the river which now bears his name.

Other Canadian legends like Sir George Simpson and Captain John Palliser visited too, eyeing the West for its resource and settlement potential.



Discover how Canada's National Park system began at the Cave and Basin National Historic Site.

A Lasting Legacy

The parks brought people – all kinds! By 1920 tourists came by automobile, along Canada's first central trans-mountain motor route, to the newly-established **Kootenay National Park**.

Some flocked to world famous attractions like Banff's **Cave and Basin Springs**, now a national historic site.

The more adventurous climbed with Swiss guides up uncharted peaks in the Columbia Mountains, often using historic **Glacier House** in **Rogers Pass National Historic Site** as a base. Between 1886 and 1903, almost 40 of **Glacier National Park's** mountains were climbed for the first time. Today you can tour the site of **Glacier House** near the **Illecillewaet Campground**.

At The Top

If you could view this land from the vantage point of a soaring golden eagle, you would see that about half of it is bare rock, ice and snow, and treeless, tundra-like meadows. The alpine environment is harsh: winds, temperatures, ultra-violet radiation, and moisture stresses can be extreme, growing seasons may be as short as a few weeks and soils are meagre. Yet a surprising variety of creatures, from ground-hugging alpine plants to agile mountain goats, are adapted to these conditions. You are likely to see pikas, hoary marmots and ptarmigan here. Grizzly bears spend a good part of their lives in alpine meadows, digging for roots or rodents, or sleeping the winter away under a blanket of snow.

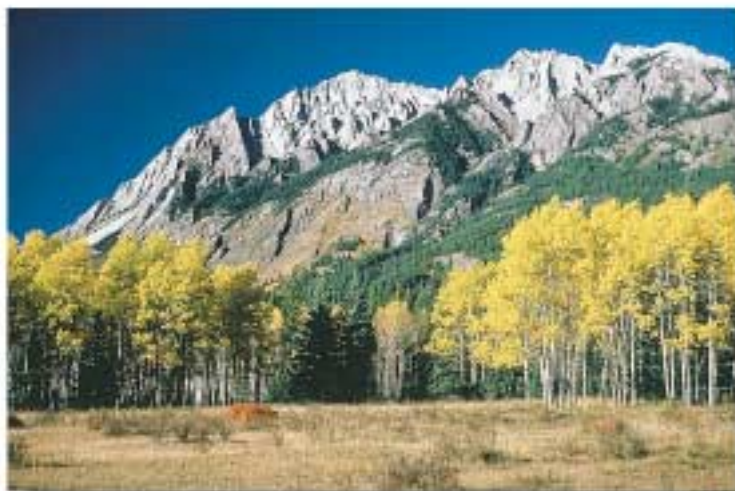
The
Alpine
Zone



On The Slopes

Dark, dense stands of spruce and fir clothe the mountainsides. Much snow falls and accumulates here during the winter, protected by the forest canopy from the drying forces of sun and wind. Summer hikers will notice that, while nowhere near as lush as the rain forests further to the west, these subalpine "snow forests" are carpeted with moisture-loving mosses and mushrooms. You may spot the occasional moose here, or signs of the elusive lynx. More commonly sighted inhabitants are the porcupine, who lives on needles and bark, and the pine marten, whose diet includes mice, voles, squirrels and birds. The lovely alpine larch, famous for its golden needles in the fall, thrives near treeline. Avalanche slopes are important feeding areas for wildlife – use binoculars to scan them.

The
Subalpine
Zone



The Montane Zone

In The Valleys

Picture the landscape around the townsites of Banff and Jasper: dry grassy meadows and open forests of trembling aspen, Douglas fir, lodgepole pine and white spruce. With a relatively long growing season, and little snow cover during the winter, the wide valley bottoms of the Rocky Mountains provide a good year-round food supply for elk, deer and bighorn sheep – and, of course, for their predators, the wolf and the cougar. Black bears live in this montane ecoregion, and it is important habitat for grizzlies too, especially in the spring when higher elevations remain snow-covered. Also common in valley bottoms are wetlands, rich in aquatic and bird life. Amazingly, all this activity is concentrated in a very small – but very vital – portion of the parks: less than 5% of Banff, Jasper, Kootenay and Yoho National Parks.

In the more westerly and much wetter Selkirk Mountains, where Mount Revelstoke and Glacier National Parks are located, valley bottoms contain a complex community of plants dominated by very old, very large western red cedar and western hemlock. Mountain caribou, pine siskins, and devil's club can be found here.



The Cedar
Hemlock
Rainforest in
Mount
Revelstoke
& Glacier
National
Parks

"In wildness is the preservation of the world."

- Henry David Thoreau

Go with a GUIDE

Whether your interpretive guide works for Parks Canada or for a private company licensed to operate within the mountain national parks, we share a commitment to providing you with knowledgeable guides and stimulating, safe adventures.



For a list of accredited guides, see: www.mphia.org

FRIENDS in High Places

Gifts that make a difference:

Friends carry a large selection of books, maps and unique gift ideas. Proceeds support educational programs, research, publications and projects.

We'll take you places:

Join your Friends for a historical walking tour, guided hike or educational event. Visit the Friends' gift shops for a complete list of events.

Friends of Banff

The Bear & the Butterfly
Banff Park Information Centre
Lake Louise Visitor Centre

Friends of Jasper

Jasper Park Information Centre

Friends of Kootenay

Park Information Centre in
Radium Hot Springs

Friends of Yoho

Yoho Visitor Centre in Field

Friends of Mt. Revelstoke & Glacier

Rogers Pass Discovery Centre

Books, Gear

- Friends' gift shops and local bookstores sell topographical maps and trail guide books.
- Equipment rentals are available at outdoor stores and in larger hotels.



Photo: Al Williams

This is the perfect place to tune in to nature – to appreciate it, respect it, and pledge to protect it.

Take a moment to stop and quietly observe your natural surroundings. Chances are you'll find something of interest.

Discover the stories behind the scenery at educational exhibits throughout the parks.

Whether you stroll, hike, cross-country ski or snowshoe, the mountain parks offer hundreds of kilometres of trails – from easy to challenging.

Before heading out overnight you must purchase a Wilderness Pass and obtain current safety information. Reservations may be required for the more popular backcountry campsites; these can be made up to 3 months in advance.

Visit an Information Centre for hiking, biking or skiing maps and for current trail, bear, and avalanche reports. **Some routes may have restricted access – check ahead to avoid disappointment.**

Mountain biking is permitted on some trails – when done safely and with respect for park wildlife and other trail users.

Guided horse trips, sleigh rides and dog-sledding are offered in some locations.

If you can buckle up a life jacket, you can enjoy a quiet canoe on a calm, alpine lake. Travel on mountain rivers, however, should only be attempted by well-informed and experienced paddlers. Motor boats are prohibited on most park waters.

Only a few of our alpine lakes warm up enough for a dip, but they're certainly refreshing!

Relax in the steaming mineral springs of Banff, Jasper, and Kootenay National Parks.

What could be more Canadian than skating on a frozen Rocky Mountain lake? Natural ice conditions in the parks are not monitored; make sure the ice is at least 15 cm (6 in) thick.

Camping is allowed in designated campgrounds only. Parks Canada's drive-in campsites range from primitive to full service – see park map pages for details. Demand is heavy in July and August, so plan to arrive by early afternoon or consider staying at a more remote campground.

Coming in 2005 – campground reservation system in some locations: 1-877-RESERVE or www.pccamping.ca

The practice of catch and release angling is encouraged; lead weights and live bait are prohibited. You must have a National Park fishing permit valid in the park in which you are fishing, and follow all regulations.

There are three ski areas in Banff and one in Jasper.
Banff Mount Norquay (403) 762-4421
Sunshine Village (403) 762-6500
Skiing Louise (403) 522-3555
Marmot Basin (780) 852-3816

LEGEND

Information Centre	Hiking	Accommodation
Point of Interest	Backpacking	Hostel
Exhibits	Biking	Restaurant
Viewpoint	Swimming	Gasoline
Disabled Access	Hot Springs	Gift Shop
Camping	Canoeing	Gondola
Warden Office	Boat Launch	Down Hill Ski Area
Backcountry Hut	Fishing	Glacier Tour
Playground	Horse Riding	Trailer Drop-Off
Picnic Tables	Golfing	Sani-Dump Station
Picnic Shelter	Cross-Country Skiing	Recycling
Trail	Skating	Hospital

Special places require special rules.

The awe-inspiring scenery can pose some awe-inspiring hazards too.

Remember, you are responsible for your own SAFETY!



REGULATIONS

In our National Parks, you must:

Give Wildlife Space

It is against the law to touch, entice, disturb or otherwise harass any wild animals – big or small.

Keep Food Away From Wildlife

Feeding any park wildlife is prohibited. Always keep coolers stored in vehicles. Pick up litter and dispose of garbage in bearproof bins.

Put Pets On A Leash

Unrestrained pets may harass wildlife, provoke wildlife attacks and endanger people.

Leave It For Others To Enjoy

Whatever treasure you find – be it a rock, a flower, an antler or an historic artifact – it belongs where it is.

Obey Closures And Restrictions


Restrictions may be imposed, or areas may be temporarily closed for safety or environmental reasons. Restricted areas and closures are marked with signs.

Disarm Firearms

Firearms must remain in your vehicle at all times, unloaded, and in a case or wrapped and securely tied so that no part of the firearm is exposed.

Help Protect People And The Park

Call 1-888-WARDENS (927-3367) if you see anyone violating park regulations.

 Please report all bear, cougar, or wolf sightings, or aggressive behaviour by any wildlife to the nearest Park Warden Office or Information Centre.

Driving

Statistically, it's the most dangerous activity in the park.

- ▶ Obey posted speed limits: 90 km/hr max (56 mph) on major routes and 60 km/hr max (37 mph) on secondary roads.
- ▶ Make allowances for other drivers, who may be in a hurry, lost, or distracted by the scenery...
- ▶ Be prepared for a variety of conditions; it may snow in summer at higher elevations.
- ▶ Slow down in bad weather or stop somewhere safe and wait it out.
- ▶ Watch out for cyclists. They may be difficult to see, especially from an RV. Do not drive on the road shoulder.
- ▶ Watch out for wildlife: See pages 8, 9, 10 & 11.


Driving in WINTER conditions takes extra care:

- ▶ Slow down if the road is snow-covered or if visibility is poor.
- ▶ Watch out for black ice, especially on bridges and near water.
- ▶ The use of cruise control is not recommended.
- ▶ Snow tires, all-season radials or chains are required by law for travel on all roads except Hwy #1 and #16.
- ▶ It is a good idea to equip your car with a shovel, flashlight, blanket, food and extra warm clothing.
- ▶ Cell phone reception outside of townsites is unreliable.

Road Conditions

For all 6 parks.....(403) 762-1450

Safety Registration

Parks Canada offers a Voluntary Safety Registration service for people engaging in potentially hazardous activities. Ask at .

Weather

Never underestimate the power of weather in the mountains.

- ▶ Check the local weather forecast before heading out, but be prepared for anything. Conditions can change rapidly in the mountains, from minute to minute and from place to place. Generally, the higher you go, the colder and windier it gets.
- ▶ Take along clothing to protect you from wind, cold, rain or snow.
- ▶ Dress in layers; adjust to prevent overcooling or overheating.
- ▶ Use sunglasses and sunscreen, even on overcast or cool days. Ultraviolet radiation is stronger at higher elevations. Reflection from snow or ice can damage your eyes.

Weather

Banff, Kootenay, & Yoho(403) 762-2088
Jasper.....(780) 852-3185

Wilderness

Hazards are part of the wilderness environment. Reduce the risks by following these guidelines:

- ▶ Research your trip before you go.
- ▶ Tell someone where you're going and when you will be back.
- ▶ Take along a map.
- ▶ Bring water, food, and extra clothing.
- ▶ Travel with others, and keep your group together.
- ▶ Stay on the trail; retrace your steps if unsure of your route.
- ▶ Be prepared to stay out overnight, just in case. A search takes time.

Trail Conditions

Banff only.....(403) 760-1305

Falling

All it takes is a slippery slope or a momentary lapse of attention...

- ▶ Keep away from the edge.
- ▶ Avoid slippery patches on trails and rocky areas adjacent to canyons, waterfalls and streams.
- ▶ Heed warning signs, and stay behind safety fences.
- ▶ Be aware that high elevation trails may be covered by snow or ice until mid-summer.
- ▶ Falling into a crevasse can be fatal; glacier travel should only be attempted by experienced and properly equipped mountaineers.

Rock & Ice

- ▶ There is a lot of loose rock in the Rocky and Selkirk Mountains. Be alert for rockfall whenever you are in steep terrain.
- ▶ Glacier ice on steep slopes or cliff edges can collapse at any time. Do not walk on or beneath overhanging ice or snow.

Avalanches



You are in AVALANCHE country.

- ▶ Drivers should avoid stopping in posted avalanche zones.
- ▶ Back-country skiers, boarders and snow-shoers must know how to recognize and travel in avalanche terrain. Each member of your party should carry a shovel, transceiver and probe, and know how to use them.

Avalanche Hazard

1-800-667-1105
www.avalanche.ca

If you are approached by a PREDATOR:



Stephen Krasemann

If you are approached by a cougar, wolf or coyote, send a clear message that you are NOT potential prey.

- ▶ Pick up small children immediately.
- ▶ Yell.
- ▶ Do anything you can to make yourself look bigger.
- ▶ Be prepared to use pepper spray if you have it.
- ▶ Fight back aggressively if attacked.
- ▶ DO NOT crouch, play dead, run, or turn your back to the animal.

To a carnivore, your PET may look appetizing.

- ▶ Keep dogs on a leash, walk them in open areas and during daylight hours only.
- ▶ Do not leave pets unattended outside.

Prevent conflicts with wildlife.

They may sometimes appear unconcerned by our presence, but all park animals are unpredictable and potentially dangerous.

ALWAYS KEEP YOUR DISTANCE.

Do not approach or entice wildlife. Use binoculars or a telephoto lens instead. Remain at least:

→ 100 metres (10 bus lengths) away from BEARS, COUGARS and WOLVES.



→ 30 metres (3 bus lengths) away from ELK, DEER, SHEEP, GOATS and MOOSE.

NEVER LEAVE FOOD ATTRACTANTS out for wildlife.

Food attractants include:

- ✗ coolers (they are NOT bearproof!)
- ✗ food scraps or leftovers ✗ dishwater
- ✗ dirty dishes, pots or barbecues
- ✗ empty bottles, cans or wrappers
- ✗ toothpaste, soap or other toiletries
- ✗ pet food dishes (full or empty) ✗ pets

Don't forget the small stuff!



Wildlife experts predict that West Nile Virus may have reached the mountains by this summer. Remember to use insect repellent.

BE AWARE OF YOUR SURROUNDINGS at all times.

Because it is impossible to predict how wildlife will react in any situation, avoiding encounters is the only sure way to keep people safe and wildlife wild.

- ✓ Always be on the lookout for animals or signs of their presence.
- ✓ Carefully supervise children whenever outdoors.

ELK are wild animals too!

"My wife and I visited your national park last September. One morning we saw some elk near the road. We stopped a safe distance away. While I made my camera with a 500 mm telephoto lens ready to take a photo of this big elk, another car appeared. The driver left his car and walked toward the elk to take a close picture. The elk seemed to become angry about this and chased him back across the road, where he hid behind his car. This was the moment when I took this picture. It shows clearly that your recommendation to stay at least 3 bus lengths from an elk really makes sense!"

- photos and comments submitted by Claus-Peter Ernst, Mainz, Germany



Getting too close to elk is hazardous.

Attacks have occurred at any time of the year. Females are most aggressive during the May/June calving season, and males are especially dangerous during the September/October rut.

Drive as if



Watch out for animals near the road.

Drive with care and be prepared to avoid a collision at all times. Be especially cautious at dusk and dawn, when many animals are most active, and visibility is poor.

IF YOU SEE AN ANIMAL BY THE ROAD:

- ✓ Slow down. It could run out into your path at any time.
- ✓ Warn other motorists by flashing your hazard lights.
- ✓ Where there is one animal, expect others nearby.

IF YOU WISH TO STOP AND VIEW ROADSIDE WILDLIFE:

- ✓ Pull safely out of traffic.
- ✓ Remain in your vehicle.
- ✓ Move on after a few minutes.

IF YOU SEE A BEAR...

Consider not stopping.

Why?
See page 11.

Give Them the Space They Need

Please do your part to limit the impact that so many people have on park wildlife. Give all the animals you see the respect they deserve and the space they need. Enjoy a safe visit and ensure that future generations have the chance to see wildlife that is truly wild.



their lives depended on it.

The speed limit on major park roads is 90 km/hr (56 mph). A lower speed limit of 70 km/hr (43 mph) may be posted in known high collision areas. The speed limit on the parks' scenic secondary roads is lower still, either 50 or 60 k/h (31 or 37 mph).

HOW TO AVOID HITTING WILDLIFE

Slow down.

When you drop your speed from 100 km/hr to 80 km/hr, you reduce your stopping distance by 32 metres (105 feet). This gives you a lot more time and space to avoid a collision.

Travel during daylight hours.

By avoiding travel at dawn, dusk or night-time you lower your chances of hitting an animal by about two-thirds.

Pay attention to wildlife warning signs.

They are there for a reason!

What should I do if I see a BEAR?

If you are driving: stay in your car, and consider not stopping.

See pages 9 & 11.

If you are not in a vehicle:

- ▶ Stay calm. If a bear rears on its hind legs and waves its nose about, it is trying to identify you. Remain still and talk calmly so that it knows you are human and not a prey animal. Bears may also bluff charge: run toward you and turn away at the last moment. A scream or sudden movement may trigger an attack.
- ▶ Pick up children, stay in a group.
- ▶ Back away slowly, don't run.
- ▶ Leave the area. If this is impossible, wait until the bear leaves; make sure it has an escape route.

To reduce your risk of a surprise encounter:

- ▶ Make noise. Clap, sing or yell to announce your presence, especially where a bear might not otherwise smell, hear or see you coming. *(Bear bells are not very effective.)*
- ▶ Travel in groups, on established trails, and during daylight hours.
- ▶ Minimize odours by proper storage of food, garbage and toiletries.
- ▶ Leave the area if you see a bear or fresh tracks, droppings, diggings; or if you come across a large dead animal *(a bear may be nearby)*.

If you surprise a bear and it defends itself:

Use bear spray if you have it. PLAY DEAD, let it know you are not a threat: lie on stomach with legs apart, cover back of head and neck with hands, keep pack on to protect your back.

If a bear stalks you and then attacks, or attacks at night:

Try to escape, use bear spray if you have it. FIGHT BACK, let it know that you are not easy prey. *(This kind of predatory attack is very rare.)*



Bighorn Sheep



Black Bear



Black-billed Magpie



Clark's Nutcracker



Cougar

Try "Seton watching".

Find a comfortable, safe spot, and just sit quietly and observe. Watch how creatures interact with each other and their habitat. You'll be amazed at what nature will reveal!

Act small.

Resist that impulse to get close, reach out, or call out to wildlife. Use binoculars and telephoto lenses. Your best chance of observing truly wild nature is to become as insignificant as possible....but stay safe.

Retreat immediately if an animal approaches you or shows any sign of aggression. See page 9 for SAFETY in BEAR, COUGAR and ELK country.

See small.

The big creatures get all the press, but there just aren't that many of them out there. It's as rewarding to look for the smaller ones. Interest – like beauty – is largely in the eyes of the beholder.

Think big.

While observing the activity at an ant's nest, for example, contemplate the ant's role in the bigger picture—as a model of society, perhaps, or as an important source of food for grizzly bears.

Intrude less.

Cherish the knowledge that there are creatures living wild and free out there, whether you see them or not. Buy a wildlife postcard and write about hearing wolves howl, or finding lynx tracks.

Learn more.

Join a Parks Canada interpretive program, hire a guide, read one of the many books about the nature of the mountains. Indulge your curiosity!

Do not feed or disturb wildlife.

See page 7 for PARK REGULATIONS.

Staying ALIVE...

It's not easy to 'make a living' here in the mountains. Wildlife must devote all available energy to simple survival: feeding, resting, staying warm or cool enough, avoiding natural dangers, and producing healthy offspring.

Every time we disrupt these natural activities we are, in effect, taking energy away from their survival 'bank account.' With millions of people visiting our mountain parks every year, these 'withdrawals' can quickly add up to 'dead broke'.

Staying WILD...

Is there a difference between a wild bear and one in a zoo? We can only guess at what the bear might think. But from our perspective, isn't the very thing that makes wild animals so attractive to us the fact that they are indeed wild?

Unfortunately, when animals become used to being around people, they are in danger of losing that very thing that makes them special, their wildness.

How can we keep park wildlife WILD and ALIVE?

Parks Canada staff are trying to teach some bears to avoid busy areas by using noise-makers, flares, rubber bullets and even specially trained bear dogs. This is called *aversive conditioning*.

You may also see crews and signs along park roadways asking for your help in *preventing "animal jams"*, dangerous traffic jams around roadside wildlife. Please do your part; every action counts!

Columbian Ground Squirrel



Coyote



Elk



Golden-mantled Ground Squirrel



Grizzly Bear



Stephen J. Kräsemann



If you see a bear beside the road, consider this:

It may run onto the road.

At any time, anywhere. And especially if there are crowds of people stopping to watch it, getting out of their cars, approaching too closely. In the past 10 years, 125 bears have been killed on roads in the mountain national parks.

It is stronger and faster than you are.

It may look 'docile', but a bear that appears unconcerned about your presence is the one you should fear the most. It's obviously not afraid of you, and it could be getting a bit bothered by all the people who keep disturbing it – all day long, day after day...

It is likely eating or looking for food.

Bears have to eat almost constantly during the snow-free months to accumulate enough energy to survive their long winter hibernation. Being able to feed undisturbed may make the difference between life or death for that bear or, if it's a female, for her offspring: though she may have mated in the spring, her pregnancy won't succeed unless she builds up enough body fat over the summer.

It could be a female.

In this harsh mountain environment, it takes a female grizzly 7 years to reach breeding age, and her cubs will stay with her for 4 or 5 years. This means she may only produce two litters of offspring in her lifetime – a very low reproductive rate. The unnatural loss of any individual, especially a female, is therefore a serious threat to the long-term survival of the population.

It could be an adolescent.

Trying to find its place in a difficult world, an adolescent bear is highly susceptible to picking up bad habits (like losing its natural fear of people) and getting into trouble (by approaching people for food). The fact that relatively few roadside adolescent bears survive to maturity in our busy parks is one of the reasons that scientists fear for the future of the grizzly in this part of the world.

If it loses its wildness, it probably won't survive.

'Habituated' bears – bears that have lost their natural fear of humans – are 4 times more likely than their wild cousins to become problem bears. They actively seek out places where people congregate because they have learned that where there are people, there is also food and garbage to eat. Over time they become increasingly more aggressive in their search for an easy meal. Problem bears usually end up having to be removed or destroyed because of the threat they pose to public safety. It is very difficult, and often impossible, to undo habituation. The only real solution is prevention.

If you see a bear beside the road, consider not stopping.

Gray Wolf



Stephen J. Krasemann

Red Squirrel



Pine Marten



Pika



Mule Deer



Stephen J. Krasemann

White-tail Deer



Stephen J. Krasemann

Hoary Marmot



Least Chipmunk



Moose



Mountain Goat



Canada's first national park was created around the warm mineral springs at Banff.

Visit the Cave and Basin for the full story.

Elevation: 1384 m (4540')



CAVE & BASIN

1 BANFF INFORMATION CENTRE

224 Banff Avenue



Watch our video: *Welcome to Banff.*

- Parks Canada information: (403) 762-1550
- Banff/Lake Louise Tourism Bureau: 762-8421
- Friends of Banff gift shop

SPRING (MAY 20 - JUN 23) 8 am - 6 pm
 SUMMER (JUN 24 - SEP 5) 8 am - 8 pm
 FALL (SEP 6 - SEP 25) 8 am - 6 pm
 WINTER (SEP 26 - MAY 19) 9 am - 5 pm

2 CAVE & BASIN

National Historic Site
 1 km, Cave Avenue; 762-1566



It's the birthplace of Canada's national park system.

- see the bubbling thermal waters of the "Cave" and the "Basin" springs
- explore the exhibits and displays
- stroll the interpretive boardwalk trails to thermal springs and marsh
- tours at 11 am, daily in summer and weekends in winter
- admission: adult \$4, youth \$3, family \$10, senior \$3.50

SUMMER (MAY 15 - SEP 30) 9 am - 6 pm
 WINTER WEEKENDS 9:30 am - 5 pm
 WEEKDAYS 11 am - 4 pm

3 BANFF PARK MUSEUM

National Historic Site
 Banff Avenue by the Bow River Bridge; 762-1558

An enchanting way to discover Banff's wildlife since 1903

- natural and geological collections
- tours daily in summer at 3 pm, weekends in winter at 2:30 pm
- admission: adult \$4, youth \$3, family \$10, senior \$3.50

SUMMER (MAY 15 - SEP 30) 10 am - 6 pm
 WINTER (DAILY) 1 pm - 5 pm

4 BOW & BANFF SPRINGS FALLS HOTEL

National Historic Site
 Magnificent views from either side of the Bow River

5 UPPER HOT SPRINGS POOL

4 km, Mountain Ave.; 762-1515



Soak in some history.
 • locker, swimsuit and towel rentals
 • for full service spa, call 760-2500

SUMMER (MAY 20 - SEP 11) 9 am - 11 pm
 WINTER SUNDAY-THURSDAY: 10 am - 10 pm
 FRIDAY & SATURDAY: 10 am - 11 pm

6 BANFF GONDOLA & Historic Weather Observatory

4 km, Mountain Avenue



See photos pages 20 & 21.

- the upper gondola terminal is 2285 m (7495') above sea level; call 762-5438 for hours and fees
- a 1 km (20 min) boardwalk trail leads from the upper gondola terminal to the summit and a historic weather observatory exhibit

7 WHYTE MUSEUM

of the Canadian Rockies
 111 Bear Street; 762-2291



Mountain history, art and culture



BANFF PARK MUSEUM

THE FACES OF FIRE

Live theatre at the Cave and Basin at 8 pm
 Thursdays and Fridays,
 June 30 - September 4;
 tickets \$10

8 CASCADE GARDENS

By the Park Administration Building, at the head of Banff Ave.
 • historic gardens are most colourful in JULY and AUGUST
 • Siksika Nation tipi JULY-SEPT, native dancing TUESDAYS at noon

9 CANADA PLACE

In the Park Administration Building at the head of Banff Avenue; 760-1338

Rediscover Canada. FREE ADMISSION.
 • interactive exhibits about Canada's land and people
 • great for families and tour groups
 SUMMER (MAY 21 - SEP 30) 10 am - 6 pm



Photo: Brenda Falvey

CANADA PLACE

10 LUXTON MUSEUM

of the Plains Indians
 1 Birch Avenue; 762-2388



Native history, art and culture

11 CASCADE PONDS

5 km (10 minutes) from Banff on the Minnewanka Loop



A favourite with locals and visitors alike

- grassy meadows, clear shallow pools, and a small beach

12 BANKHEAD

8 km (12 minutes) from Banff on the Minnewanka Loop



Once a coal mining town...

- Lower Bankhead: now a quiet 1.1 km (30 min) interpretive trail among the ruins
- Upper Bankhead: a popular picnic area and trailhead
- from NOV 15 - APR 15, the road to Bankhead is closed to vehicles

13 LAKE MINNEWANKA

10 km (15 minutes) from Banff on the Minnewanka Loop



The Stoney Indians called it the "Lake of the Water Spirits".

- you are likely to see bighorn sheep – enjoy but please do not feed them
- 2-hour boat tours to the end of the lake (762-3473) are available MID-MAY to OCTOBER
- take a leisurely lakeside stroll to Stewart Canyon (1.4 km, 30 min)

14 JOHNSON LAKE

14 km (20 minutes) from Banff on the Minnewanka Loop



An easy trail circles this shallow lake.

- a small beach and good wildlife watching opportunities

Trails Around Town

15 THE HOODOOS

A short interpretive trail unlocks the mystery of these bizarre natural pillars and leads to a superb viewpoint.

16 VERMILION LAKES

Guided nature strolls offered weekday mornings in summer; preregister at Friends of Banff stores. Connects with FENLAND TRAIL, a 2 km loop.

17 SUNDANCE TRAIL

This wide 3.7 km asphalted trail, popular with hikers, cyclists and skiers, ends at a picnic shelter. From there, a more strenuous 2.1 km trail, for hikers only, loops up into the canyon. Full round trip is 9.5 km (3+ hours). Connects also with the 2.7 km MARSH LOOP TRAIL.

18 TUNNEL MOUNTAIN SUMMIT

You'll get a birds-eye view of Banff Townsite and the Bow Valley along this well-travelled path. Round trip is 4.6 km, with a 300 m elevation gain (2-3 hours). Watch your step at the top, especially in slippery conditions.

HISTORICAL WALKING TOUR

Throughout the town, dark blue oval plaques describe Banff's history and heritage buildings. Pick up the *Historical Walking Tour* brochure and route map at the Banff Information Centre or the Town of Banff office at 110 Bear Street (762-1200).

PARK RADIO 101.1 FM

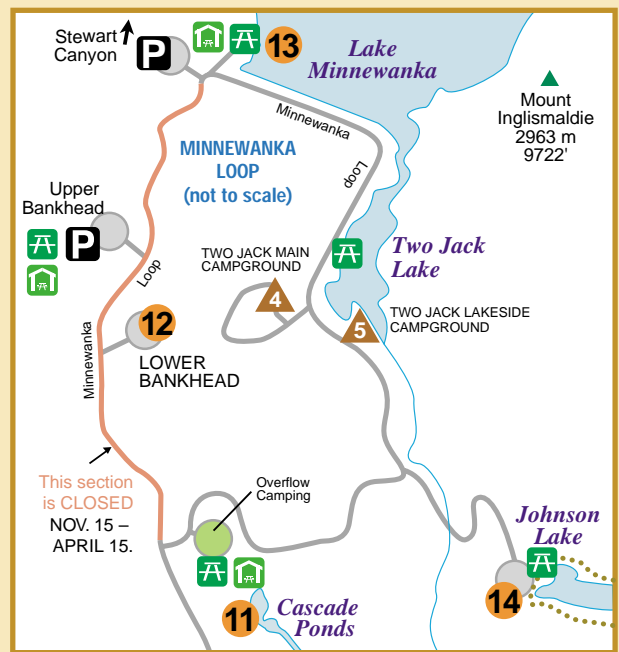
Tune in to the OFFICIAL radio station of Banff National Park for:

- park news
- weather, road and trail conditions.



We also feature documentaries on local area history and nature.

Listen to us on the Internet: www.friendsofbanff.com



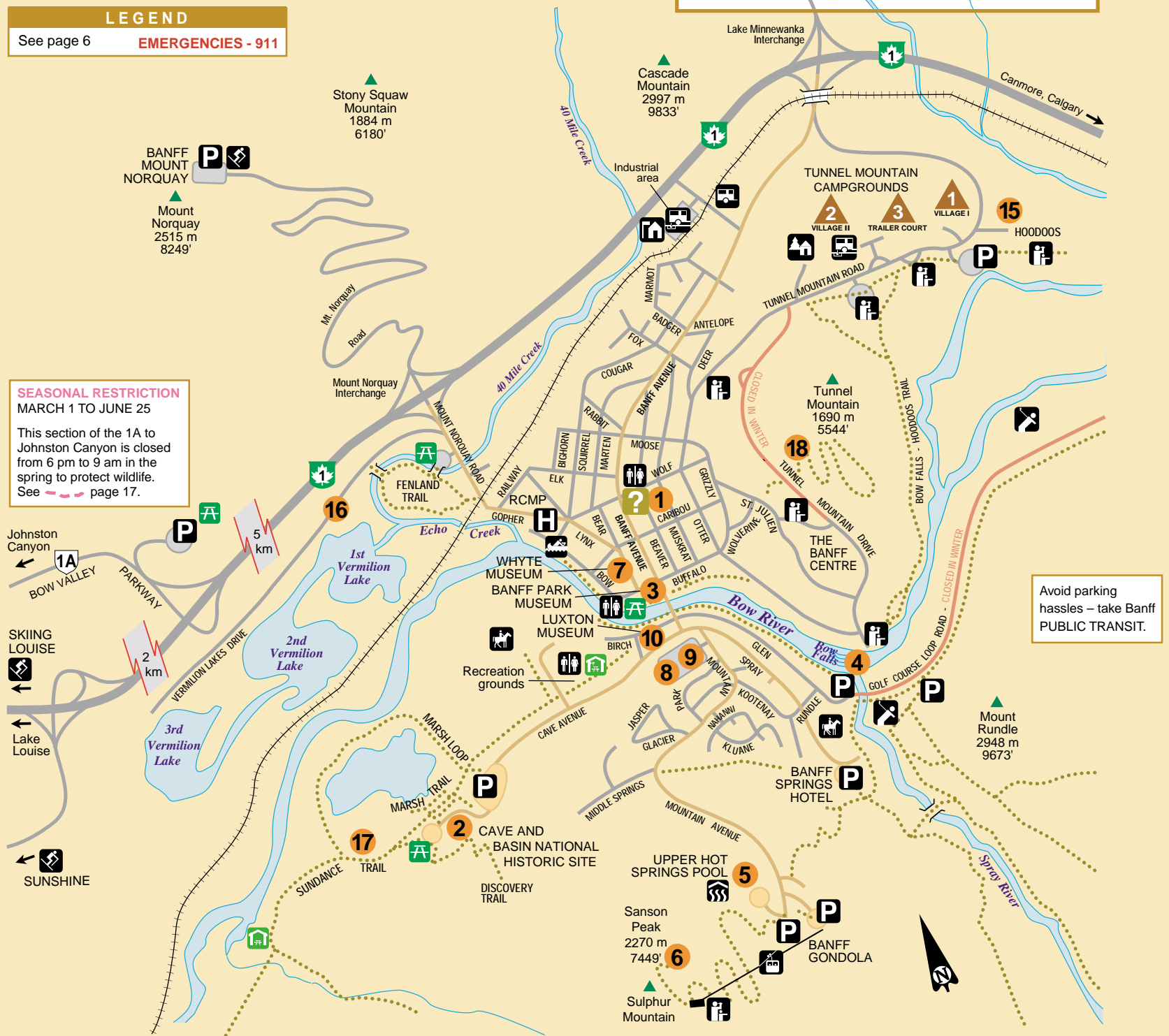
LEGEND

See page 6

EMERGENCIES - 911

SEASONAL RESTRICTION
MARCH 1 TO JUNE 25

This section of the 1A to Johnston Canyon is closed from 6 pm to 9 am in the spring to protect wildlife. See page 17.



The name Banff comes from Banffshire, Scotland, the birthplace of two major financiers of the Canadian Pacific Railway.

Established: 1885
Size: 6,641 km²
(2,564 mi²)



PEYTO LAKE - ICEFIELDS PARKWAY

ALONG THE BOW VALLEY PARKWAY (1A)

Plan to stop at roadside viewpoints and the new interpretive exhibits along this scenic road between Banff and Lake Louise.

e	Distance (km) from Banff/Lake Louise	AT	
	Backswamp	3 / 49	
	Mule Shoe	6 / 46	✓
	Prescribed Burn	8 / 44	
	Sawback	11 / 41	✓
	Hillsdale	13 / 39	
	Pilot Pond	16 / 42	
	Moose Meadow	21 / 31	
	Castle Cliffs	26 / 24	
	Storm Mountain	28 / 24	✓
	Baker Creek	40 / 12	✓
	Morant's Curve	48 / 4	

1 JOHNSTON CANYON
25 km (30 minutes) from Banff



A paved trail and exciting cat-walks cling to the canyon walls.

- 1.1 km (20 min) to the Lower Falls
- 2.7 km (1 hr) to the Upper Falls

! For safety's sake, stay on the trail and away from the edge.

ALONG THE TRANS-CANADA HIGHWAY (1)

Drive with care on this busy thoroughfare. Look for two animal overpasses just west of Banff, built to allow wildlife to cross the road safely.

2 SUNSHINE MEADOWS
15 km (20 minutes) from Banff via #1 and the Sunshine Road



Explore on your own or take a guided hike.
• summer visitors can hike or take the bus service (678-4099, June to September) up the steep 5 km road from the parking lot to the ski area and access to the trails

ALONG THE ICE FIELDS PARKWAY (93N)

Named for the chain of icefields that roofs the Rockies, this is one of the world's great mountain highroads. The drive from Lake Louise to the town of Jasper takes half a day, with time to stop and admire the views.

3 CROWFOOT GLACIER
34 km (25 min) from Lake Louise

! A century ago, there were three "toes" of ice here.
• How many can you see today?

4 BOW SUMMIT, PEYTO LAKE
40 km (30 minutes) from Lake Louise



2088 m (6849') above sea level
• a short walk from the parking area leads to a view of brilliant turquoise Peyto Lake and, in July and August, an astonishing array of alpine flowers

ALONG THE ICE FIELDS PARKWAY (93N)

5 MISTAYA CANYON
72 km (50 minutes) from Lake Louise



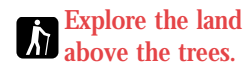
Only ten minutes by trail from the road
• look for rounded potholes and a natural arch on the canyon sides

6 SASKATCHEWAN CROSSING
77 km (55 minutes) from Lake Louise



Three rivers converge here:
• the Mistaya River from the south—"mistaya" is Stoney for "great bear"
• the Howse River from the west—this was the route used in 1807 by fur trader and explorer David Thompson to cross the Great Divide
• the North Saskatchewan from the north—arising in the Columbia Icefield and emptying into Lake Winnipeg, this extensive river corridor provided a major east-west link across Canada for over 100 years
• services available MARCH - NOVEMBER

7 PARKER RIDGE
120 km (1.4 hours) from Lake Louise



Explore the land above the trees.
• a short but steep trail (250 m / 820' elevation gain, 4.8 km/3.0 mi return) up Parker Ridge ends with a great view of the Saskatchewan Glacier

8 COLUMBIA ICEFIELD
130 km (1.5 hours) from Lake Louise

See Jasper National Park, page 24/25.

ROADSIDE EXHIBIT, BOW VALLEY PARKWAY



ROCKY MOUNTAIN HOUSE NATIONAL HISTORIC SITE

167 km (2 hrs) east of Banff's Saskatchewan Crossing on Highway #11 and #11A; (403) 845-2412



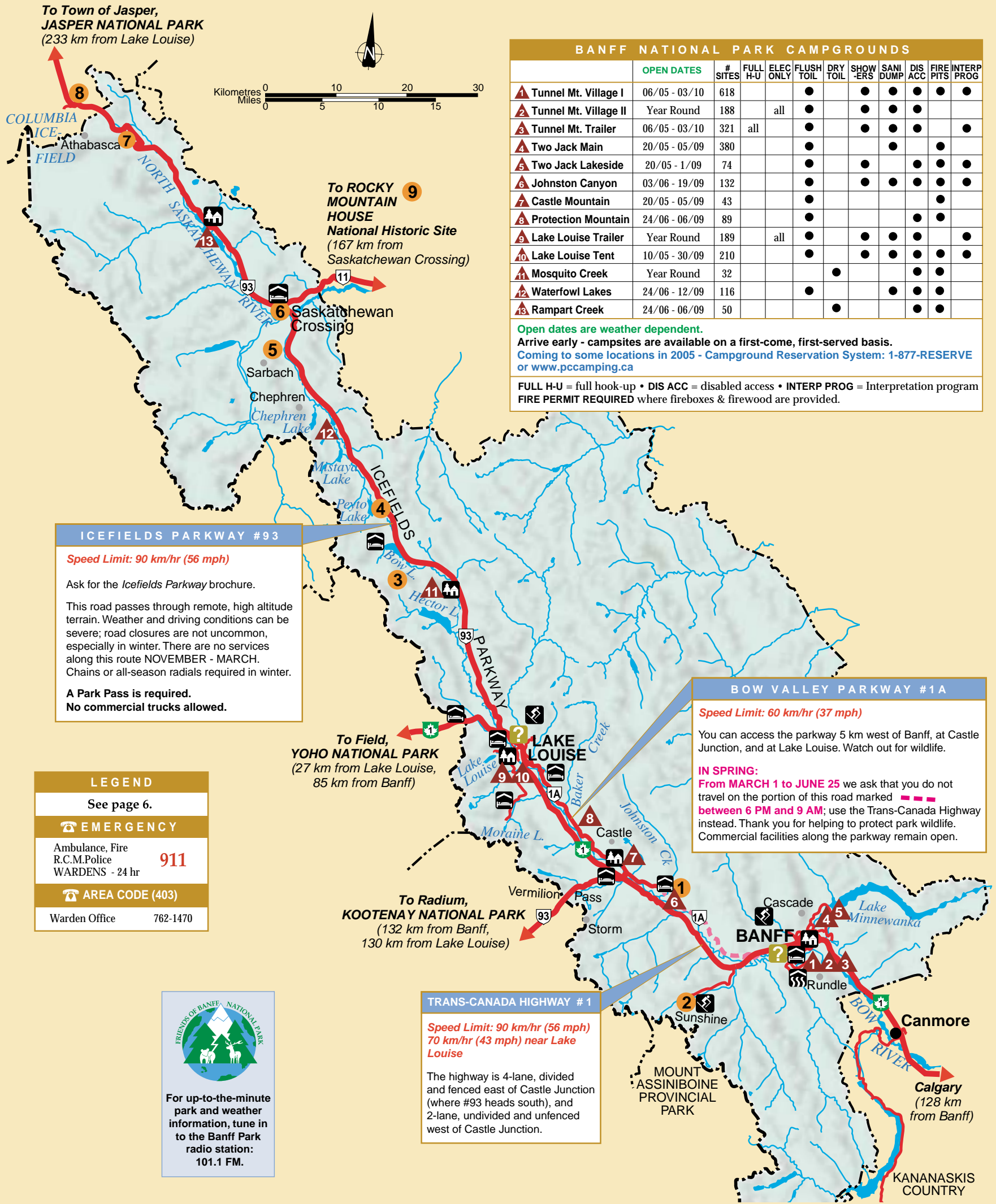
The rivalries, struggles and triumphs of the fur trade come to life at this historic site.

Experience interpretive presentations, 7 km of nature trails and a Playfort. Explorer, fur trader, and map-maker David Thompson used Rocky Mountain House as a base to find a pass through the mountains.

- adult \$2.50, youth \$1.50, family \$5.50, senior \$2.00
- MAY 21 - SEP 5, 10 am - 5 pm



The birthplace of Canada's national park system



BANFF NATIONAL PARK CAMPGROUNDS

	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG
1 Tunnel Mt. Village I	06/05 - 03/10	618			●		●	●	●	●	●
2 Tunnel Mt. Village II	Year Round	188		all	●		●	●	●		●
3 Tunnel Mt. Trailer	06/05 - 03/10	321	all		●		●	●	●		●
4 Two Jack Main	20/05 - 05/09	380			●		●	●	●		●
5 Two Jack Lakeside	20/05 - 1/09	74			●		●	●	●		●
6 Johnston Canyon	03/06 - 19/09	132			●		●	●	●		●
8 Castle Mountain	20/05 - 05/09	43			●		●	●	●		●
8 Protection Mountain	24/06 - 06/09	89			●		●	●	●		●
9 Lake Louise Trailer	Year Round	189	all		●		●	●	●		●
10 Lake Louise Tent	10/05 - 30/09	210			●		●	●	●		●
11 Mosquito Creek	Year Round	32				●		●	●		●
12 Waterfowl Lakes	24/06 - 12/09	116			●		●	●	●		●
13 Rampart Creek	24/06 - 06/09	50				●		●	●		●

Open dates are weather dependent.
 Arrive early - campsites are available on a first-come, first-served basis.
 Coming to some locations in 2005 - Campground Reservation System: 1-877-RESERVE or www.pccamping.ca
 FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretation program
 FIRE PERMIT REQUIRED where fireboxes & firewood are provided.

ICEFIELDS PARKWAY #93
Speed Limit: 90 km/hr (56 mph)
 Ask for the Icefields Parkway brochure.
 This road passes through remote, high altitude terrain. Weather and driving conditions can be severe; road closures are not uncommon, especially in winter. There are no services along this route NOVEMBER - MARCH. Chains or all-season radials required in winter.
A Park Pass is required.
No commercial trucks allowed.

BOW VALLEY PARKWAY #1A
Speed Limit: 60 km/hr (37 mph)
 You can access the parkway 5 km west of Banff, at Castle Junction, and at Lake Louise. Watch out for wildlife.
IN SPRING:
From MARCH 1 to JUNE 25 we ask that you do not travel on the portion of this road marked **-----** between **6 PM and 9 AM**; use the Trans-Canada Highway instead. Thank you for helping to protect park wildlife. Commercial facilities along the parkway remain open.

LEGEND
 See page 6.
EMERGENCY
 Ambulance, Fire R.C.M. Police WARDENS - 24 hr **911**
AREA CODE (403)
 Warden Office 762-1470

FRIENDS OF BANFF NATIONAL PARK
 For up-to-the-minute park and weather information, tune in to the Banff Park radio station: **101.1 FM.**

TRANS-CANADA HIGHWAY #1
Speed Limit: 90 km/hr (56 mph) 70 km/hr (43 mph) near Lake Louise
 The highway is 4-lane, divided and fenced east of Castle Junction (where #93 heads south), and 2-lane, undivided and unfenced west of Castle Junction.

LAKE LOUISE ...icon of the Canadian Rockies

Known to the Stoney Indians as "Lake of the Little Fishes" Lake Louise was named in 1884 in honour of Princess Louise Caroline Alberta, daughter of Queen Victoria.

Elevation:

Village: 1540 m (5052')
Lake: 1731 m (5680')



1 Lake Louise VISITOR CENTRE
By the Samson Mall; (403)522-3833



Exhibits explain the geology and history of the Canadian Rockies.

- Parks Canada interpretive centre
- full information services (see p. 3)
- Friends of Banff maps and guidebooks sold here

SPRING (MAY 2 - JUN 23): 9 am - 5 pm
SUMMER (JUN 24 - SEP 17): 9 am - 7 pm
WINTER (SEP 18 - MAY 1): 9 am - 4 pm

Sprucing up the promenade!

This spring and early summer we will be installing new interpretive panels and working on improved visitor access to the popular Lake Louise Lakeshore vistas. Please watch for alternate routes while work is in progress.

2 LAKE LOUISE — the Lake
5 minutes from Lake Louise, the Village



Mountains and glaciers surround this "Diamond in the Wilderness".

- Why is the lake such a wonderful colour? Read the interpretive signs.

3 MORaine LAKE
15 km (20 min) from the Village



- Nestled in the Valley of the Ten Peaks
- hiking restrictions in effect: ask at ?
- open late May to early October
- Moraine Lake Road becomes a ski trail in winter (closed to vehicles)

Beautiful but busy!

To avoid the crowds, visit Lake Louise and Moraine Lake in the morning or evening.

4 HERBERT LAKE
6 km (8 minutes) from the Village, on the Icefields Parkway

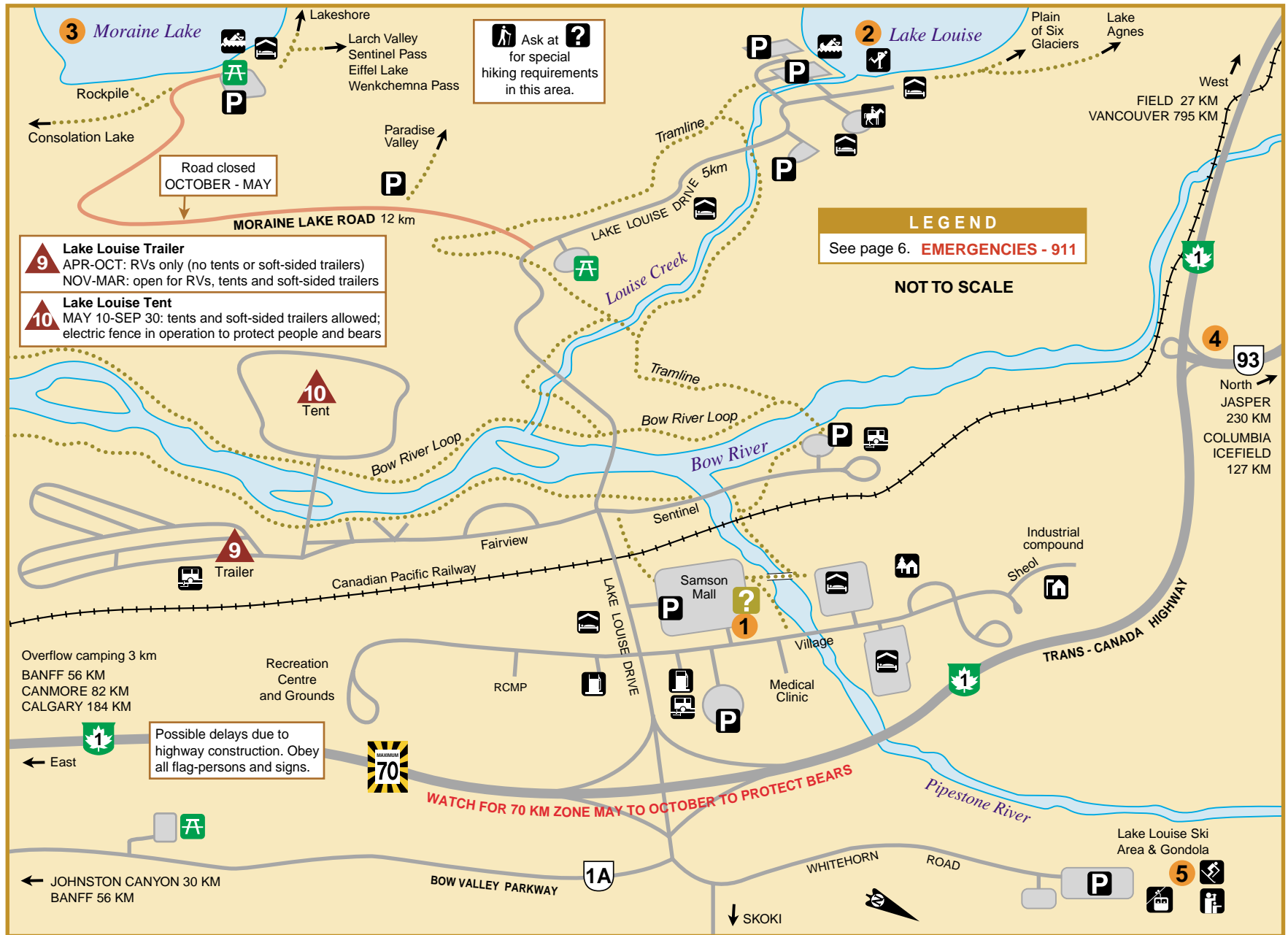


- A photographer's dream.
- panoramas of the main range peaks of Lake Louise, including Mt. Temple

5 Lake Louise SIGHTSEEING GONDOLA
4.5 km from the Village; 522-3555



Gondola runs JUNE - SEPTEMBER.





We're more than just a pretty place!





Life's mysteries are all around you.

Are you interested nature's dramas? Would you like to know about our colourful history?

Find your way to connect with mountain heritage.

Discovery made easy:

Staff posted at popular sightseeing spots will answer your questions, point out unique features, and fill you in on the local stories.



Park interpreters also offer live drama, campground theatre programs, and guided tours at national historic sites. Ask for an event schedule at information centres and park facilities.

You can join park Friends for guided walks, and take your pick of a wide variety of heritage activities offered by commercial guides.

Or try self-guided explorations along trails, scenic parkways, and other park attractions. Look for the **e** for exhibits, in this magazine.

The park takes its name from Jasper House, a fur-trade post managed by Jasper Hawse in the early 1800s and commemorated today as a national historic site.

Elevation: 1067 m
(3500')



JASPER INFORMATION CENTRE

Historic Buildings

The Jasper Information Center National Historic Site, built in 1914, is one of the finest examples of rustic architecture in Canada's national parks – a landmark and popular rendez-vous place.

The Jasper Heritage Railway Station across the street commemorates local architecture, pride in community and the building of a nation.

1 JASPER INFORMATION CENTRE National Historic Site 500 Connaught Drive



Information and more...

- Parks Canada: (780) 852-6176
- Jasper Tourism and Commerce: 852-3858
- interpretive program information
- Friends of Jasper store

SPRING (APR 1 - JUN 17)	9 am - 5 pm
SUMMER (JUN 18- SEP 5)	8:30 am - 7 pm
FALL (SEP 6 - SEP 30)	9 am - 6 pm
(OCT 1 - OCT 31)	9 am - 5 pm
WINTER (NOV 1 - MAR 31)	9 am - 4 pm

2 JASPER-YELLOWHEAD MUSEUM 400 Pyramid Lake Rd; 852-3013



Discover the spirit of Jasper.

- permanent exhibits feature Jasper's history
- monthly exhibits in Showcase Gallery

SUMMER (MAY 21 - SEP 5)	10 am - 9 pm
FALL (SEP 6 - OCT 10 daily)	10 am - 5 pm
WINTER (OCT 11 - MAY 20, THURS - SUN only)	10 am - 5 pm

3 THE PYRAMID BENCH



An important travel corridor for wildlife

- a variety of scenery and trails for all abilities

4 PATRICIA & PYRAMID LAKES 5/7 km (10/15 min drive) On the Pyramid Bench



Enjoy!

- Patricia L. has a 4.8 km (2-3 hr) loop trail by Cottonwood creek
- Pyramid L. is accessible to wheelchairs, skating in winter

THE FACES OF FIRE

Live theatre at the Jasper Heritage Railway Station at 8:30 pm Saturdays and Sundays, June 30 - September 4; tickets \$10

5 LAKES ANNETTE & EDITH 5 km (10 min), via Hwy 16 and Jasper Park Lodge Road



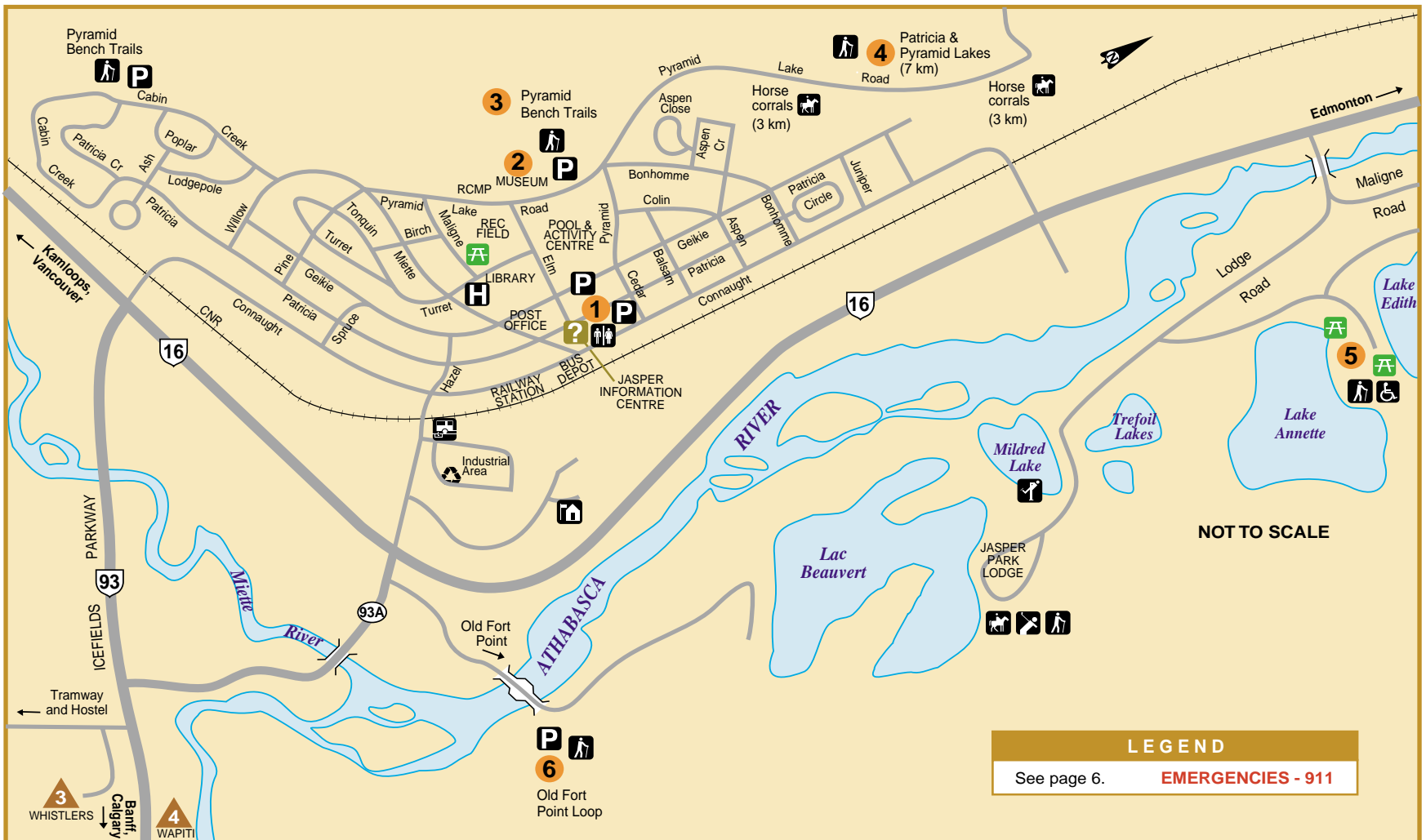
Beautiful blue-green spring-fed lakes

- enjoy the 2.4 km (45 min-1.5 hr) fully accessible interpretive trail around Lake Annette

6 OLD FORT POINT 1.5 km (5 min drive) from town via 93A and Old Fort Point Road



- a fairly steep 3.4 km (1-2 hr) trail takes you to great views



Jasper National Park is the largest and most northerly of the six mountain parks – with abundant opportunities to discover and enjoy its natural beauty.

Established: 1907
Size: 11,228 km²
(4335 mi²)



Photo by Brenda Falvey

MIETTE HOT SPRINGS

- 1 THE WHISTLERS**
7 km (15 min) from Jasper via #93 and Whistler Road
-

Visit the alpine zone.

- tramway open APRIL to OCTOBER; (780) 852-3093
- or you can walk up: 7 km, 1200 m elevation gain (3-5 hours one way)
- from the tramway's upper terminal, a steep 1.5 km (1-1.5 hrs return) trail leads to the summit
- bring warm clothing and water

- 2 MOUNT EDITH CAVELL**
29 km (30 min) south of Jasper via #93A and the Cavell Road



A switchback road climbs 14.5 km (9 mi) to a popular viewpoint.

- for a quieter experience, visit before 10 am or after 4 pm
- trailers are not permitted; vehicles longer than 6 m not recommended
- the Cavell Road is open JUNE to OCTOBER, as snow conditions permit
- road is a ski touring trail in winter
- Cavell Meadows Trail is closed in spring until the snow melts (usually early to mid-JULY) to protect fragile alpine plants and recent trail restoration work

FORT ST. JAMES National Historic Site

536 km (6 hrs) north-west of Jasper via #16 and Prince George; information: (250) 996-7191



A fully restored 1800s Hudson Bay Company post.

Exhibits and demonstrations reveal the historic partnership between fur traders and First Nations people.

- MAY 21 - SEP 30

- 3 MIETTE HOT SPRINGS**
61 km (1 hr) north-east of Jasper via #16 and Miette Hot Springs Road; (780) 866-3939



These are the hottest mineral springs in the Canadian Rockies.

- two hot pools kept at 40°C (104°F), and a refreshing cool plunge pool
- towel and swimsuit rentals

SPRING (MAY 6 - JUN 9)	10:30 am - 9 pm
SUMMER (JUN 10 - SEP 6)	8:30 am - 10:30 pm
FALL (SEP 7 - OCT 10)	10:30 am - 9 pm
WINTER (OCT 11 - MAY 5)	Closed

- 4 MALIGNE CANYON**
11.5 km (15 min) east of Jasper on the Maligne Road



Take the 3.7 km interpretive trail with foot-bridges over the canyon.

- ! Stay away from the edge.

- commercial facilities are open MID MARCH - OCTOBER
- in winter: ask about guided canyon walks – it is unsafe to descend into the canyon without a guide

- 5 MEDICINE LAKE**
27 km (30 min) from Jasper on the Maligne Road



The Maligne River flows in, but where does it flow out?

- this lake is drained by one of the largest underground river systems in North America

- 6 MALIGNE LAKE**
48 km (55 min) from Jasper on the Maligne Road



The beauty of this lake is legendary.

- commercial services are available JUNE to OCTOBER
- reservations are recommended for the boat tour; (780) 852-3370
- access to ski trails in winter

JASPER National Park
Box 10 Jasper, AB
T0E 1E0
www.pc.gc.ca/jasper

MALIGNE LAKE



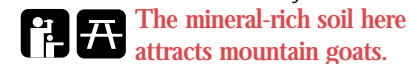
- 7 ATHABASCA FALLS**
30 km (30 min) south of Jasper via #93A or the Icefields Parkway, #93



A bridge and platforms give views of the thundering falls.

- ! Stay on the trail and inside the protective fences.
- access to ski trails in winter

- 8 GOATS AND GLACIERS**
38 km (35 min) from Jasper on the Icefields Parkway, #93



The mineral-rich soil here attracts mountain goats.

- use the parking lot; it is very dangerous to stop on the road

- 9 SUNWAPTA FALLS**
55 km (40 min) from Jasper on the Icefields Parkway, #93



A paved road and short trail lead to the falls.

- commercial services are available MAY 8 - OCTOBER 15
- ! Stay away from the edge.

- 10 ATHABASCA GLACIER**
103 km (75 min) from Jasper On the Icefields Parkway, #93



Touch the toe of a glacier!

- in summer a short access road leads to an interpretive trail to the glacier
- ! Glaciers are beautiful but dangerous. Please read and heed the safety signs on site.

- 11 ICEFIELD CENTRE**
103 km (75 min) from Jasper on the Icefields Parkway, #93



Centre is open APR 15 to OCT 15

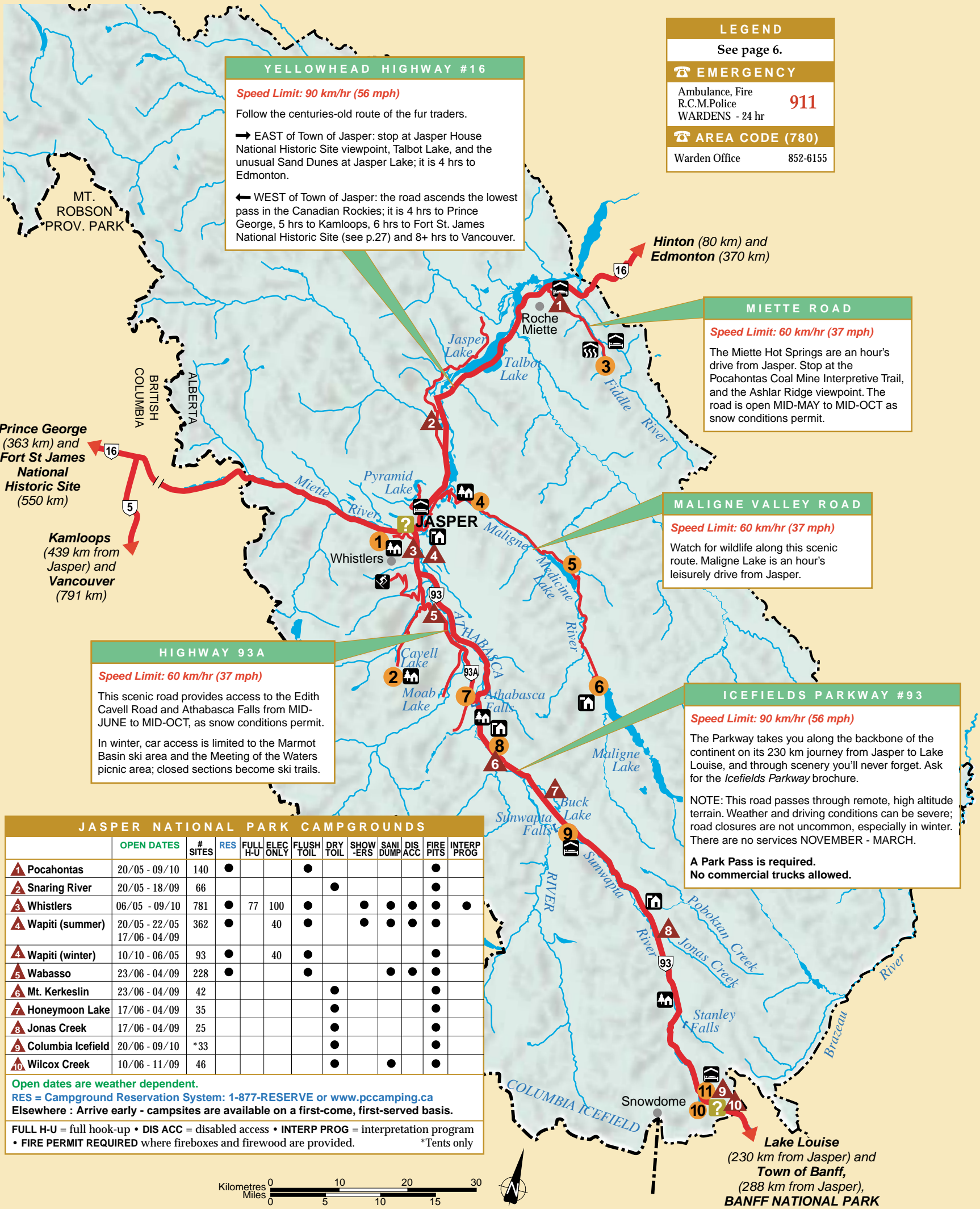
- Parks Canada information desk open MAY 1 - OCT 15: (780) 852-6288

SPRING (MAY 1 - JUN 22)	9 am - 5 pm
SUMMER (JUN 23 - SEP 5)	9 am - 6 pm
FALL (SEP 6 - OCT 15)	9 am - 5 pm

- interpretive displays in the Glacier Gallery reveal the stories behind the great Columbia Icefield
- for guided "Ice Walks" call (780) 852-5595 or 1-800-565-7547
- for Brewster's GLACIER EXPERIENCE, book your trip at the Centre or call 1-877-423-7433

- ! People with severe heart or lung conditions should note that the Icefield Centre is at an elevation of 2000 m (6500') above sea level.

A rugged and diverse landscape



YELLOWHEAD HIGHWAY #16
Speed Limit: 90 km/hr (56 mph)
 Follow the centuries-old route of the fur traders.
 → EAST of Town of Jasper: stop at Jasper House National Historic Site viewpoint, Talbot Lake, and the unusual Sand Dunes at Jasper Lake; it is 4 hrs to Edmonton.
 ← WEST of Town of Jasper: the road ascends the lowest pass in the Canadian Rockies; it is 4 hrs to Prince George, 5 hrs to Kamloops, 6 hrs to Fort St. James National Historic Site (see p.27) and 8+ hrs to Vancouver.

LEGEND
 See page 6.

EMERGENCY
 Ambulance, Fire
 R.C.M. Police **911**
 WARDENS - 24 hr

AREA CODE (780)
 Warden Office 852-6155

MIETTE ROAD
Speed Limit: 60 km/hr (37 mph)
 The Miette Hot Springs are an hour's drive from Jasper. Stop at the Pocahontas Coal Mine Interpretive Trail, and the Ashlar Ridge viewpoint. The road is open MID-MAY to MID-OCT as snow conditions permit.

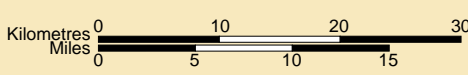
MALIGNE VALLEY ROAD
Speed Limit: 60 km/hr (37 mph)
 Watch for wildlife along this scenic route. Maligne Lake is an hour's leisurely drive from Jasper.

HIGHWAY 93A
Speed Limit: 60 km/hr (37 mph)
 This scenic road provides access to the Edith Cavell Road and Athabasca Falls from MID-JUNE to MID-OCT, as snow conditions permit.
 In winter, car access is limited to the Marmot Basin ski area and the Meeting of the Waters picnic area; closed sections become ski trails.

ICEFIELDS PARKWAY #93
Speed Limit: 90 km/hr (56 mph)
 The Parkway takes you along the backbone of the continent on its 230 km journey from Jasper to Lake Louise, and through scenery you'll never forget. Ask for the Icefields Parkway brochure.
 NOTE: This road passes through remote, high altitude terrain. Weather and driving conditions can be severe; road closures are not uncommon, especially in winter. There are no services NOVEMBER - MARCH.
A Park Pass is required.
No commercial trucks allowed.

JASPER NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	RES	FULL H-U	ELEC ONLY	FLUSH TOIL	DRY TOIL	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG
1 Pocahontas	20/05 - 09/10	140	●			●					●	
2 Snaring River	20/05 - 18/09	66				●					●	
3 Whistlers	06/05 - 09/10	781	●	77	100	●		●	●	●	●	●
4 Wapiti (summer)	20/05 - 22/05 17/06 - 04/09	362	●		40	●		●	●	●	●	
4 Wapiti (winter)	10/10 - 06/05	93	●		40	●					●	
5 Wabasso	23/06 - 04/09	228	●			●			●	●	●	
6 Mt. Kerkeslin	23/06 - 04/09	42				●					●	
7 Honeymoon Lake	17/06 - 04/09	35				●					●	
8 Jonas Creek	17/06 - 04/09	25				●					●	
9 Columbia Icefield	20/06 - 09/10	*33				●					●	
10 Wilcox Creek	10/06 - 11/09	46				●			●		●	

Open dates are weather dependent.
 RES = Campground Reservation System: 1-877-RESERVE or www.pccamping.ca
 Elsewhere : Arrive early - campsites are available on a first-come, first-served basis.
 FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = interpretation program
 • FIRE PERMIT REQUIRED where fireboxes and firewood are provided. *Tents only



From glacier-clad peaks along the Continental Divide to the dry grassy slopes of the Columbia Valley, where even cactus grows, this is a place rich in variety.

The Banff - Windermere Highway (#93 S) is a scenic 94 km drive through the park.

Established: 1920
Size: 1406 km²
(543 mi²)



NEW EXHIBITS AT INFORMATION CENTRE IN RADIUM

THE FIRES OF 2003



Photo: G. Peregroodoff

The hot dry summer of 2003 was Kootenay's most active fire season in living memory. All fires were started by lightning. The two largest fires, Tokumm Creek and Verendrye Creek, eventually merged and burned 12.6% of the park.

In total, nearly 400 firefighters from every province and from 22 national parks and historic sites across Canada worked to protect park facilities and stop the fires from spreading into the Bow Valley.

REBUILDING CONTINUES

Most of the park facilities and trails that were closed after the fires have now been reopened. Marble Canyon day-use area and trail will remain closed until crews have repaired bridges and railings and cleared fallen trees. The Floe Lake Trail will remain closed until the Vermilion River bridge can be replaced. The hazard of falling trees persists on re-opened trails around the burn area. Notices posted at affected trailheads advise on recommended precautions.

FIRES BRING NEW LIFE

Some people may find burned forests disturbing, or downright ugly. But fire has an important role to play here. It opens up dense old forests and turns branches, leaves and dead wood into instant fertilizer. Blackened, sun-warmed and nutrient-rich soil allows rapid re-growth of plants, providing abundant food for elk, moose, sheep, deer, hares, bears and a variety of songbirds. Burned but standing tree trunks are havens for insects, which in turn feed woodpeckers and many other small creatures. In time, a new forest is born. Explore for yourself how forests are renewed after fire along the Fireweed Interpretive Trail (#10).

KOOTENAY National Park
Box 220 Radium Hot Springs, BC
VOA 1M0
www.pc.gc.ca/kootenay

1 KOOTENAY NATIONAL PARK VISITOR CENTRE
7556 Main St. E.,
Radium Hot Springs



In the village of Radium Hot Springs

- Parks Canada information, hours below: (250) 347-9505
- Chamber of Commerce information year-round: 347-9331
- Friends of Kootenay gift shop
- new exhibits feature Ktunaxa history and culture

SPRING (MAY 20 - JUN 23)	9 am - 5 pm
SUMMER (JUN 24 - SEP 4)	9 am - 7 pm
FALL (SEP 5 - SEP 17)	9 am - 5 pm
(SEP 18 - OCT 10)	9 am - 4 pm

2 SINCLAIR CANYON
1.5 km from Radium

A dramatic entrance-way, just inside the park's West Gate

- a few minutes ahead are the iron-rich cliffs of the Redwall Fault
- watch for bighorn sheep

3 VALLEY VIEW Interpretive Trail
0 km from Radium

Enjoy views of the Columbia Valley.

- start this 1.8 km (30 min) trail behind the Visitor Centre or at Redstreak Campground

4 RADIUM HOT SPRINGS POOLS
3 km from Radium;
(250) 347-9485



At the base of Sinclair Canyon's sheer rock wall

- hot, relaxing pool is 40°C (104°F)
- cool, refreshing pool is 29°C (84°F)
- locker, swimsuit and towel rentals
- massage and spa services by appointment; 347-2100

SUMMER (MAY 13 - OCT 10)	9 am - 11 pm
WINTER FRIDAY & SATURDAY	12 noon - 10 pm
SUNDAY - THURSDAY	12 noon - 9 pm

5 OLIVE LAKE
13 km (15 minutes) from Radium



This has always been a natural stopping place.

- an interpretive trail bordering the clear, shallow lake explains why

6 KOOTENAY VALLEY Viewpoint
16 km (20 minutes) from Radium



Stop here for a dramatic overview of:

- the Kootenay River Valley
- the Mitchell & Vermilion Ranges

7 KOOTENAY PARK LODGE VISITOR CENTRE
63 km (45 minutes) from Radium



Located at Vermilion Crossing

- offers most Parks Canada information services; no telephone

SPRING (MAY 20 - JUN 30)	10 am - 5 pm
SUMMER (JULY & AUGUST)	9 am - 7 pm
FALL (SEP 1 - SEP 25)	10 am - 5 pm
WINTER	Closed

8 PAINT POTS
85 km (1 hour) from Radium



A 20-minute walk from the highway

- cold, iron-rich mineral springs bubble up through small pools, staining the earth a deep ochre
- panels describe the Aboriginal and mining history of the Paint Pots

9 MARBLE CANYON
88 km (1 hour) from Radium



Closed for reconstruction in 2003 - see sidebar

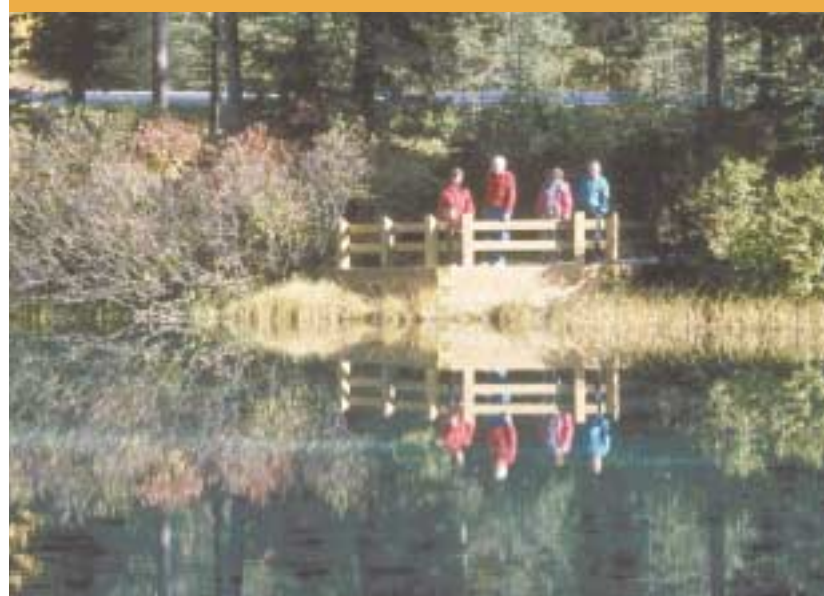
10 CONTINENTAL DIVIDE:
Vermilion Pass, Fireweed Trail
95 km (1.2 hour) from Radium



It's the dividing line between Pacific and Atlantic watersheds.

- elevation of the Pass: 1651m (5415')
- a 15-minute interpretive trail loops through the regenerating forest, the site of a large wildfire in 1968

OLIVE LAKE



Takes you from glaciers to cactus



KOOTENAY NATIONAL PARK CAMPGROUNDS

	OPEN DATES	# SITES	FULL H-U	FLUSH TOIL	DRY TOIL	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG
1 Redstreak	06/05 - 10/10	106		●		●	●	●	●	●
2 McLeod Meadows	20/05 - 6/09	46		●			●	●	●	
3 Dolly Varden (winter)	07/09 - 15/05	86			●			●		
4 Marble Canyon	24/06 - 06/09	35		●					●	

Open dates are weather dependent.

Arrive early - campsites are available on a first-come, first-served basis.

Coming to some locations in 2005 - Campground Reservation System: 1-877-RESERVE or www.pccamping.ca

FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretation program
FIRE PERMIT REQUIRED where fireboxes & firewood are provided.

LEGEND

See page 6.

EMERGENCY

Ambulance
Fire
R.C.M. Police **911**
WARDENS - 24 hr (403) 762-4506

AREA CODE (250)

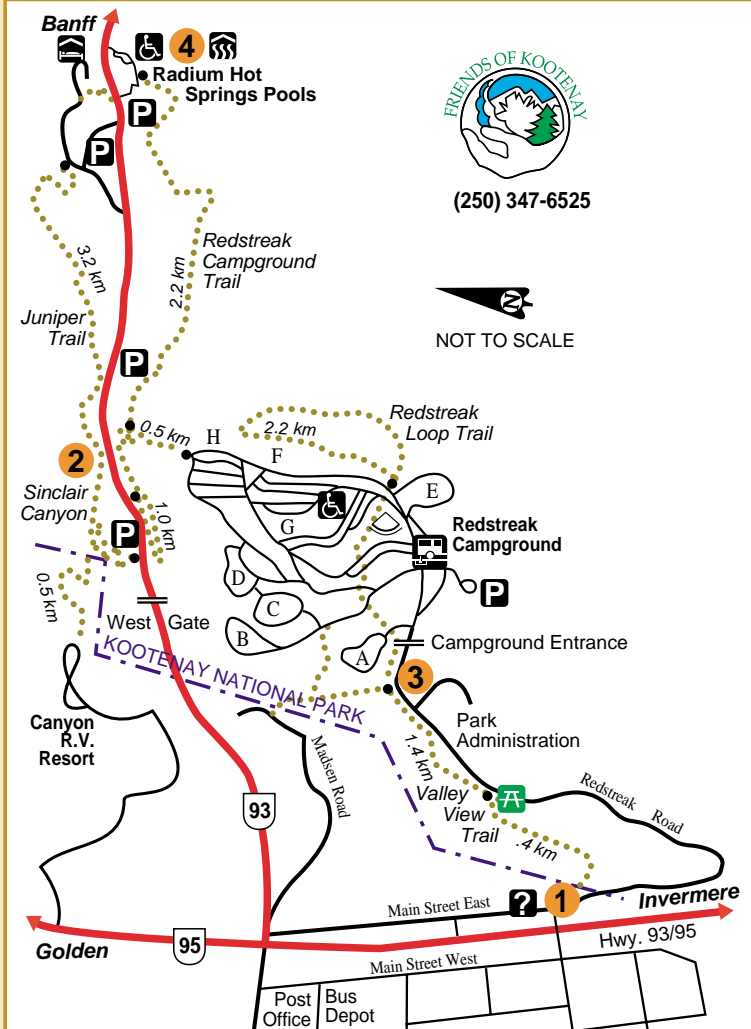
Warden Office 347-9361

BANFF-WINDERMERE HIGHWAY #93S

Speed Limit: 90 km/hr (56 mph)

Construction of the Banff-Windermere Highway, completed in 1922, was the result of an agreement between the federal and BC governments. Kootenay National Park was included as a 5 mile (8 km) strip of land on each side of the highway. This was the first motor road to cross the Canadian Rockies.

VILLAGE OF RADIUM HOT SPRINGS



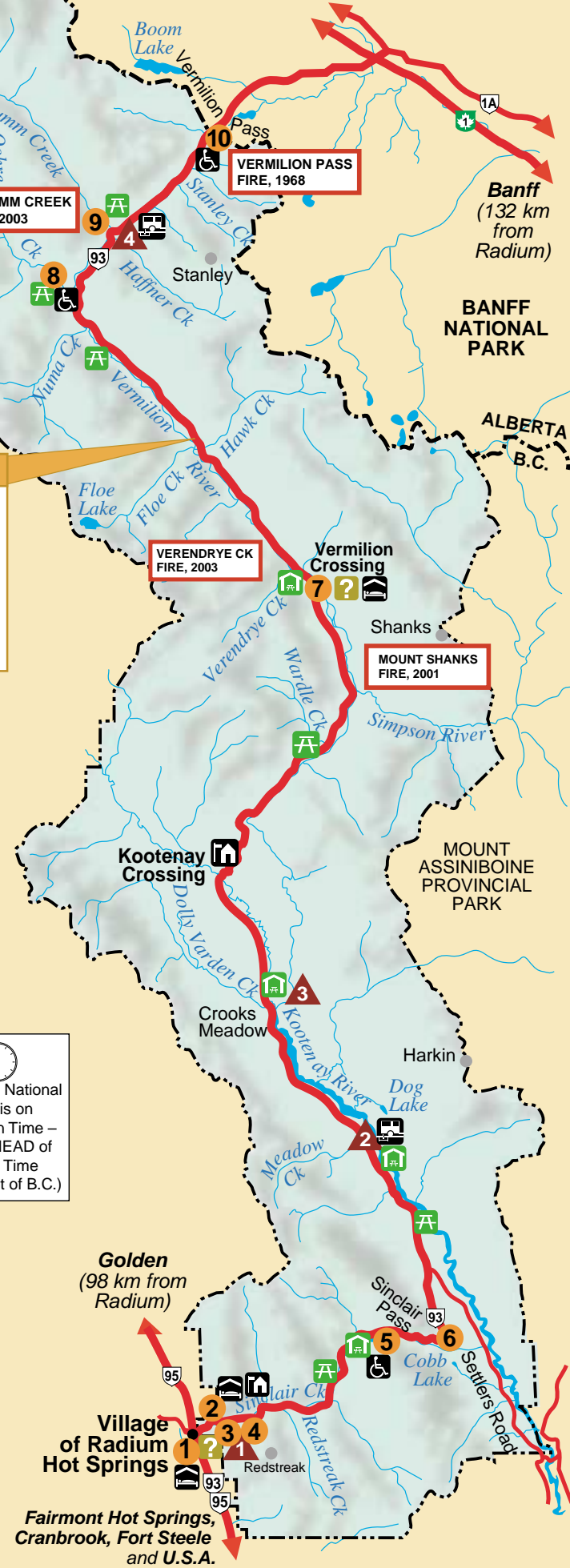
(250) 347-6525



NOT TO SCALE

Kootenay National Park is on Mountain Time - 1 HR AHEAD of Pacific Time (and most of B.C.)

Lake Louise and JASPER NATIONAL PARK



The word "Yoho" is a Cree expression of awe and wonder.

Nestled on the western slopes of the Rockies, Yoho National Park boasts towering rock walls, spectacular waterfalls, and 28 peaks over 3,000 metres in height.

Established: 1886
Size: 1310 km²
(507 mi²)



EMERALD LAKE

1 YOHO VISITOR CENTRE

In Field; (250) 343-6783



Just off the Trans-Canada Highway:

- full Parks Canada and Travel Alberta information services
- natural history and Burgess Shale fossil displays
- Friends of Yoho gift shop

SPRING (MAY 2 - JUN 23)	9 am - 5 pm
SUMMER (JUN 24 - SEP 4)	9 am - 7 pm
FALL (SEP 5 - SEP 17)	9 am - 5 pm
(SEP 18 - MAY 1)	9 am - 4 pm

SPIRAL TUNNELS VIEWPOINTS



2 8 km east of Field on the Trans-Canada Highway.

Closed OCT-APR due to snow

3 2 km north of Kicking Horse Campground on the Yoho Valley Road Road

Closed EARLY OCT-LATE JUNE due to snow

- view the entry and exit portals of an engineering marvel
- the Spiral Tunnels, completed in 1909, reduced the original railway grade of 4.5% – the steepest of any railway in North America – to a much safer 2.2%

WHY ARE THE TREES RED?

The outbreak we are seeing today is, we think, due to at least two factors. Several decades of fire suppression has created large tracts of old, even-aged lodgepole pine forest – the beetle's favourite habitat. As well, the warmer and drier climate that we have been experiencing recently means that the trees are more water-stressed, and the beetles are better able to survive our winters.

Parks Canada is using carefully planned burns to restore fire as a natural rejuvenating process in park forests, and to help slow the spread of the Mountain Pine Beetle.

4 TAKAKKAW FALLS

17 km (25 minutes) from Field via #1 (east) and Yoho Valley Road (north)



One of the highest waterfalls in Canada

- means "magnificent!" in Cree
- several popular hikes start here
- the steep 13 km Yoho Valley Road to the falls has tight switchbacks and is not suitable for vehicles pulling trailers (see map)
- this road is open in LATE JUNE - EARLY OCTOBER only, becoming a ski trail in winter (closed to vehicles)

5 NATURAL BRIDGE

3 km (5 minutes) west of Field



A place to wonder at the force of water over time

- a natural rock bridge arches over the mighty Kicking Horse River

6 EMERALD LAKE

11 km (15 minutes) from Field



A jewel of the Canadian Rockies

- see the Burgess Shale display at the picnic area
- a 5.2 km (2 hr) trail circles the lake

7 WAPTA FALLS

22 km (30 minutes) west of Field



"Wapta" means running water.

- a short drive from the #1 takes you to the start of an easy 2.4 km trail to these impressive falls (45 min, 1-way)
- the turn-off is accessible to eastbound traffic only

YOHO National Park
Box 99 Field, BC
V0A 1G0
www.pc.gc.ca/yoho



A tiny bug called the Mountain Pine Beetle has colonized and killed these pine trees. This beetle is a natural part of our forests, with cycles of high and low population levels.

LAKE O'HARA

The Lake O'Hara area is as fragile as it is beautiful. To protect this alpine area and assure a high quality visitor experience, a quota limits the number of people who may use the bus service to the lake. Bicycles are not permitted. There is, however, no limit on the number of people who may hike the 11 km (7 mi) in to the lake.

Reservations are required for the bus service (JUN 18 - OCT 3) and for the backcountry campground. They can be made up to 3 months in advance by calling (250) 343-6433. A small number of day use and one-night camping spots are set aside for assignment 24 hours in advance; these are available by phone only (see above).

BURGESS SHALE

The 515 million year-old remains of more than 120 species of marine animals have been found in the Burgess Shale, preserved in exquisite detail. In some cases scientists can even see what these ancient creatures ate just before they died!

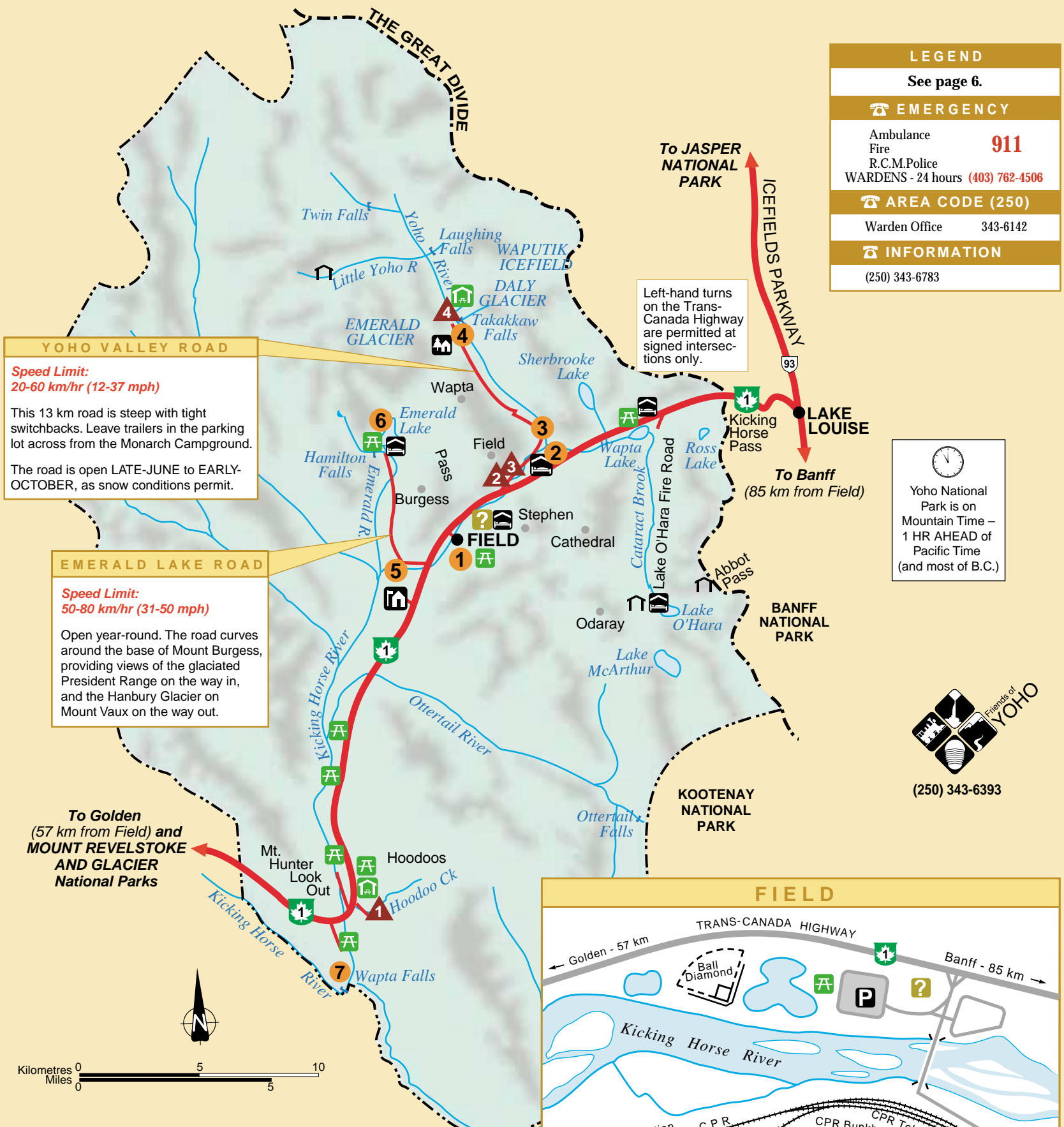
To protect this globally important scientific site, access to Walcott's Quarry and to the Trilobite Beds is by guided hike only. Both hikes are long and strenuous, and run from EARLY JULY to MID-SEPTEMBER as trail conditions permit. Led by licensed guides, the hikes are limited to 15 people. For schedules, fees and reservations, contact the Yoho Burgess Shale Foundation at 1-800-343-3006.

You can also enjoy the Burgess Shale displays at the Field and Lake Louise Visitor Centres, and at Emerald Lake.

PLEASE NOTE:

Collecting fossils anywhere in the national parks is against the law.

A land of rock walls and waterfalls

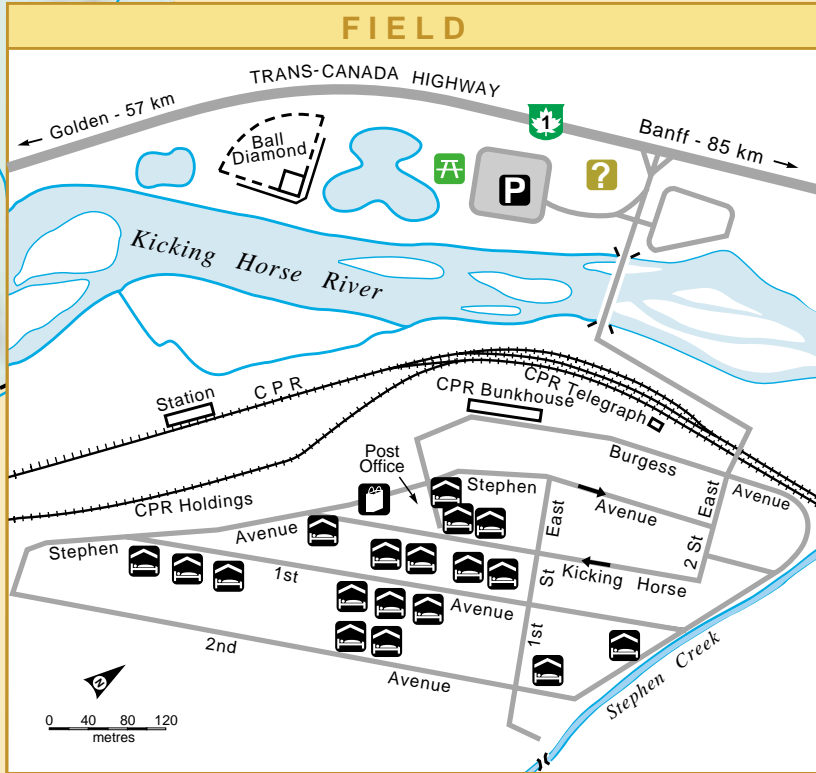


YOHO VALLEY ROAD
Speed Limit:
 20-60 km/hr (12-37 mph)
 This 13 km road is steep with tight switchbacks. Leave trailers in the parking lot across from the Monarch Campground.
 The road is open LATE-JUNE to EARLY-OCTOBER, as snow conditions permit.

EMERALD LAKE ROAD
Speed Limit:
 50-80 km/hr (31-50 mph)
 Open year-round. The road curves around the base of Mount Burgess, providing views of the glaciated President Range on the way in, and the Hanbury Glacier on Mount Vaux on the way out.

LEGEND	
See page 6.	
EMERGENCY	
Ambulance	911
Fire	
R.C.M. Police	
WARDENS - 24 hours	(403) 762-4506
AREA CODE (250)	
Warden Office	343-6142
INFORMATION	
	(250) 343-6783

Yoho National Park is on Mountain Time – 1 HR AHEAD of Pacific Time (and most of B.C.)



YOHO NATIONAL PARK CAMPGROUNDS										
	OPEN DATES	# SITES	FULL H-U	FLUSH TOIL	DRY TOIL	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG
1 Hoodoo Creek	closed			●				●	●	
2 Monarch	02/05 - 12/05 03/06 - 06/09	46			●		●	●		
3 Kicking Horse	12/05 - 10/10	86		●		●		●	●	●
4 Takakkaw Falls (walk-in)	24/06 - 27/09 road closed 01/10	35			●			●	●	

Open dates are weather dependent.
 Arrive early - campsites are available on a first-come, first-served basis.

FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretation program
 FIRE PERMIT REQUIRED where fireboxes & firewood are provided.

MOUNT REVELSTOKE & GLACIER NATIONAL PARKS

Mount Revelstoke and Glacier National Parks protect landscapes characteristic of the Columbia Mountains of interior British Columbia: steep terrain, moist climate and lush vegetation.

Mount Revelstoke National Park provides easy access to the summit of one of these mountains, and opportunities to learn about its natural features.

Glacier National Park, with over 400 glaciers covering one-tenth of its area, is a stunning setting for some fascinating transportation and mountaineering history.

Established: 1914
Size: 260 km²
(100 mi²)

Established: 1886
Size: 1350 km²
(521 mi²)



MOUNT REVELSTOKE NATIONAL PARK

1 MEADOWS IN THE SKY Parkway
Begins 1.5 km east of Revelstoke



Drive from dense rainforest to flower filled subalpine meadows.

- this narrow paved road switchbacks 26 km up Mount Revelstoke*
- shuttle service runs 10 am – 4 pm from JULY or AUGUST (when the road is free of snow) until SEPTEMBER 30
- the parkway is left unplowed in winter and is trackset for cross-country skiers for 8 km; ski touring terrain lies beyond

*The parkway is locked each evening and is not suitable for all vehicles – see map.

2 SKUNK CABBAGE Trail
28 km (25 minutes) east of Revelstoke



A unique wetlands experience

- an interpretive 1.2 km (30 min) boardwalk trail loops over the wetland; great bird-watching
- new exhibits in 2005

MOUNT REVELSTOKE & GLACIER National Parks
Box 350 Revelstoke, BC V0E 2S0
www.pc.gc.ca/revelstoke
www.pc.gc.ca/glacier

3 HEMLOCK GROVE Trail
54 km (40 minutes) east of Revelstoke



Explore the rain forest.

- a 0.4 km (10 min) interpretive boardwalk winds through an ancient stand of Western Hemlock trees, making the wonders of the old-growth forest accessible to all, including persons with mobility and visual impairments

4 LOOP BROOK Trail
63 km (45 minutes) east of Revelstoke



Railway history is featured on this trail.

- allow 1 hr for this 1.6 km loop and find out why this trail is also a National Historic Site

5 ILLECILLEWAET / ASULKAN Valleys
66 km (50 minutes) east of Revelstoke



Several hikes begin at this trailhead.

- explore hiking trails and mountaineering routes opened more than a century ago

6 ROGERS PASS DISCOVERY CENTRE
69 km (52 minutes) east of Revelstoke; 72 km (55 minutes) west of Golden; (250) 837-7500



At the summit of Rogers Pass:

- full Parks Canada information services
- theatre, exhibits about railway history, avalanches and wildlife
- Friends of Mount Revelstoke and Glacier bookstore
- Rogers Pass Discovery Centre is open daily, except OCT 20-NOV 16 and Christmas Day

7 BEAVER / COPPERSTAIN Valleys
79 km (1 hr) east of Revelstoke



Access (on foot!) to the interior of Glacier National Park

- the Beaver River Valley is the home of giant, 1000 year-old Engelmann spruce and western red cedar
- the vast alpine meadows of Bald Mountain attract hardy adventurers



GLACIER NATIONAL PARK

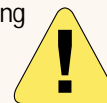
WINTER RECREATION

Visitors to Glacier National Park will find vast ski-touring opportunities, including glades, icefields and alpine bowls where descents of more than 1500 m are possible. But beware – the legendary Columbia Mountain snowfalls that make this area a winter playground can also make it deadly.

Glacier National Park is the site of the world's largest mobile avalanche control program.

ALL avalanche paths facing the Trans Canada Highway and Canadian Pacific Railway line are closed for avalanche control using explosives. Some of these Closed Areas can be accessed daily by skiers on a permit basis when the Avalanche Forecaster has determined that the area will not be subject to avalanche control. Permits are available only at the Rogers Pass Discovery Centre in Glacier National Park.

Avalanche Hazard Bulletins are available at the Rogers Pass Discovery Centre, at Park Headquarters in downtown Revelstoke, or by calling 250-837-MTNS or 1-800-667-1105.



Remember that:

- ▲ all backcountry destinations in Glacier require travel in avalanche terrain;
- ▲ conditions at higher elevations may be very different from those at the trailhead;
- ▲ explosive shells may be fired into the slopes near the Trans-Canada Highway at any time;
- ▲ you must be prepared for self-rescue and overnight survival; and
- ▲ weather and darkness will affect rescue response time.

We're in the heart of the Columbia Mountains.



Rogers Pass National Historic Site

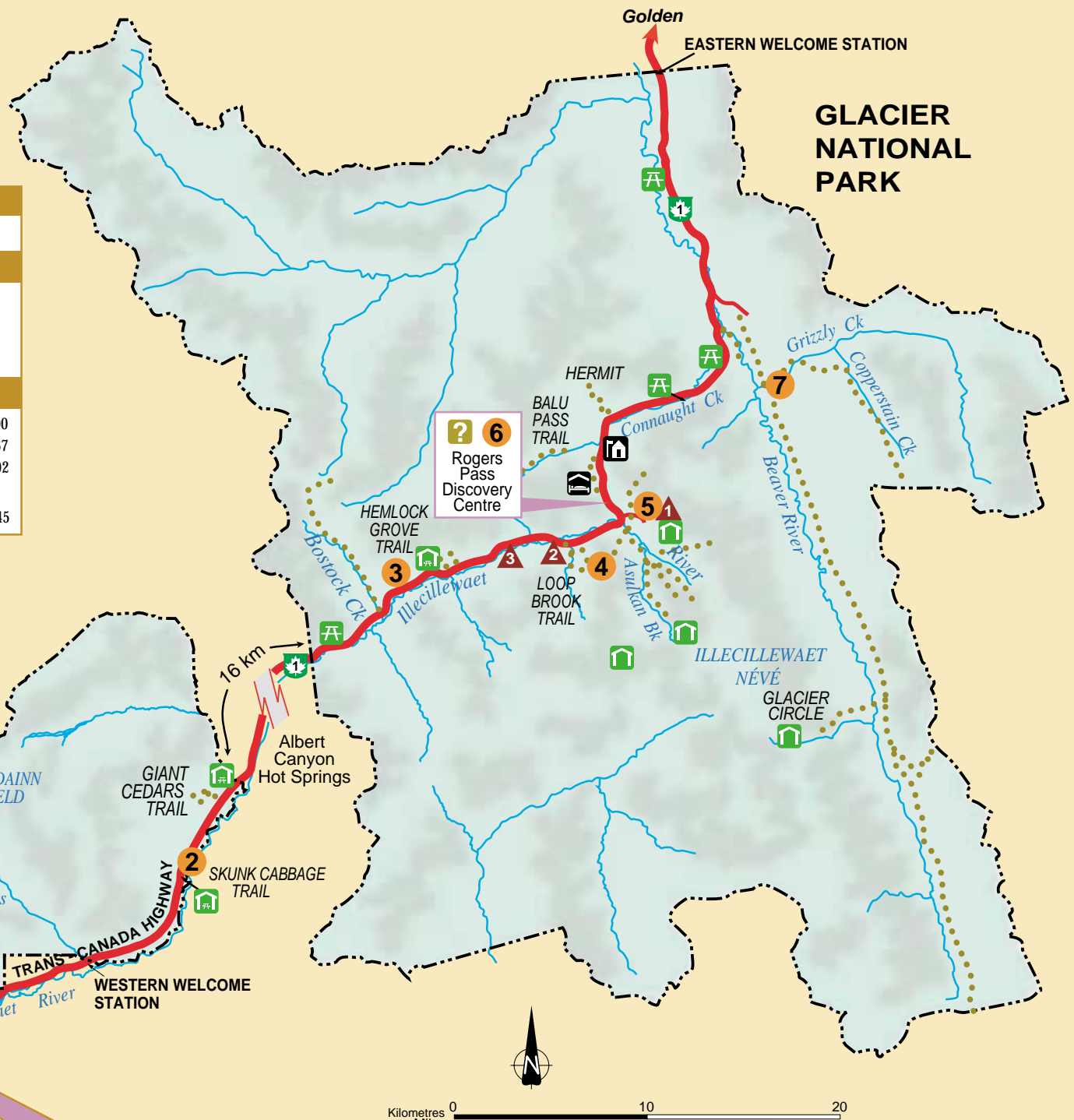
The difficult and little-known terrain in the Selkirk Mountains made finding a route for the Canadian Pacific Railway a demanding task. In 1882, Chief Engineer A. B. Rogers traversed Rogers Pass and overcame the last great obstacle facing the trans-continental railway. The steep grade and susceptibility to avalanches made the pass such a treacherous part of the line that it was bypassed in 1916 by the Connaught Tunnel. With the opening of the Trans-Canada Highway in 1962, however, Rogers Pass again formed part of a national route.

Mount Revelstoke & Glacier National Parks are on Pacific Time – 1 hour BEHIND Mountain Time.

LEGEND
See page 6.

EMERGENCY
Ambulance **911**
Fire **911**
R.C.M. Police **911**
WARDENS: **1-877-852-3100**

AREA CODE (250)
Information 837-7500
Recorded Avalanche Bulletin 837-6867
Mountaineering Information 837-5202
Revelstoke Chamber of Commerce 204 Campbell Avenue 837-5345



MOUNT REVELSTOKE NATIONAL PARK

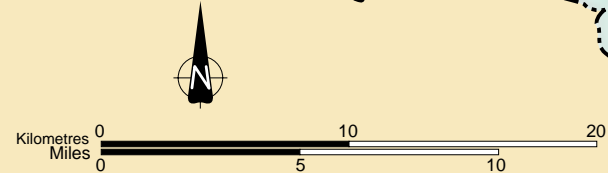


1 MEADOWS IN THE SKY PARKWAY
Speed Limit: 50 km/hr (31 mph)

The Parkway climbs for 26 km to the 1,920 m (6,240') summit of Mount Revelstoke.

This narrow paved road has many switchbacks; trailers and buses are not permitted. Trailer parking is available near the park entrance.

The road is open when snow-free, usually:
- lower sections in MAY / JUNE (9 am - 5 pm)
- to summit in JULY (7 am - 10 pm), AUGUST (7 am - 8:30 pm) and SEPTEMBER (9 am - 5 pm)



GLACIER NATIONAL PARK CAMPGROUNDS

	OPEN DATES	# SITES	FULL H-U	FLUSH TOIL	DRY TOIL	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG
1 Illecillewaet	23/06 - 03/10	60		●	●			●	●	●
2 Loop Brook	01/07 - 06/09	20		●					●	
3 Mount Sir Donald (overflow)	01/07 - 06/09	15			●					

Open dates are weather dependent.
Arrive early - campsites are available on a first-come, first-served basis.

• FULL H-U = full hook-up • DIS ACC = disabled access