



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

THE MOUNTAIN GUIDE

THE OFFICIAL PARKS CANADA VISITORS' GUIDE



The Rocky Mountains and the Columbia Mountains—two of Canada's great mountain ranges, six of Canada's great national parks and fourteen of Canada's great national historic sites.

These are places of wonder, where the richness of life is respected and celebrated.

For all time.

Beauty Creek Flats, Jasper National Park



What's inside:

Wildlife	4
Safety	6
Banff	8
Programs and events	12
Jasper	14
Yoho and Kootenay	18
Camping, hot springs	21
Mount Revelstoke and Glacier	22



photo: Lee Simmons



MAPS!

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Just arriving?

These pages will help you get the most from your visit. Please take a few minutes to leaf through *The Mountain Guide*. It's packed with useful information.

Here's what we'd like you to know right off the bat.

- Parks Canada protects and presents **42 national parks**, **150 national historic sites** and **two national marine conservation areas**, each one representing a significant aspect of our nation's memorable landscapes, history and marine environments. Every time you visit one of these places, you are helping to celebrate the best of Canada.
- The interlocking national parks of Banff, Jasper, Yoho and Kootenay, together with the adjoining British Columbia provincial parks of Hamber, Mount Robson and Mount Assiniboine, are recognized by the United Nations as a **UNESCO World Heritage Site**. The Canadian Rocky Mountain Parks World Heritage Site encompasses 20 585 km²—one of the largest protected areas in the world.
- Canada's mountain parks are also places of Aboriginal and historic significance. **Fourteen national historic sites** are located within the six parks.
- The spectacular mountain scenery and unique wildlife found in the mountain parks attract millions of visitors, and all those feet leave tracks. *The Mountain Guide* is a great source of information on what you can do to **minimize your personal impact**.
- Likewise, the rugged mountain environment can have an impact on you. Weather, wildlife, distracted drivers... **your safety is our top concern**. Be sure to read the safety section and wildlife section of *The Mountain Guide*.
- We invite you to keep turning the pages of *The Mountain Guide* and discover the best ways to experience the rich heritage protected in these world-class mountain treasures.

With Matterhorn-like peaks such as these, it's no wonder that early visitors to Glacier National Park called this area "the Canadian Alps." We call it the Columbia Mountains.

Autumn in the aspen groves, among the rugged limestone peaks of the front ranges near Banff. The wide, low-elevation valleys of the Rockies provide essential winter habitat for wildlife.



About half the land in the mountain parks lies above the treeline, in the alpine zone.

The Athabasca Glacier, one of six glaciers flowing from the massive Columbia Icefield in Jasper National Park.



Emerald Lake in Yoho National Park, typical of the scenery in Canada's Rocky Mountains.

The Cave and Basin National Historic Site, the birthplace of Canada's national parks, is located near Banff. In 1885 the Government of Canada created the country's first national park here.



The Stoney people share their colourful traditions through parades, dancing and drumming during the re-creation of "Stoney Banff Indian Days".



Your first stop

Parks Information, Passes, Permits
Renseignements sur le parc,
laissez-passer et permis

We invite you to visit the friendly staff at our information centres. Here you can pick up Parks Canada's official publications, get more detail, receive personalized

advice, and shop for books and other items in the non-profit Friends stores. Some of the information centres offer exhibits and multimedia programs, too!



Banff Information Centre
Downtown at 224 Banff Avenue
Centrally located, with displays.

Jasper Information Centre
In the centre of Jasper at
500 Connaught Drive
*Some historical elements recently
restored to their original 1914 look.*



Lake Louise Visitor Centre
In the village of Lake Louise,
near the mall
*Walk through the geological history
of the Rockies.*



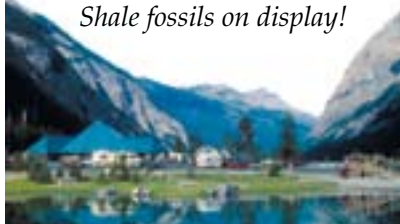
Icefield Centre
Along Highway 93 in the south
end of Jasper National Park
*Features large exhibits about the
Columbia Icefield and Athabasca
Glacier.*



Kootenay Visitor Centre
Along Highway 93/95 in
Radium Hot Springs, B.C.
Learn about the Ktunaxa culture.



Yoho Visitor Centre
Beside the Trans-Canada at the
exit for Field, B.C.
*Yes, we have some Burgess
Shale fossils on display!*



Rogers Pass Discovery Centre
At the summit of Rogers Pass in
Glacier National Park
A railway-buff's delight.



Fees

All visitors to Canada's national parks require a park pass. Park pass fees help fund:

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

Daily and annual national park passes are sold at park gates, information centres and staffed campgrounds.

National annual pass

All national parks	
Family or group	\$125.00
Adult	\$63.00
Senior	\$54.00
Youth	\$32.00

Daily entry

Jasper, Banff, Kootenay and Yoho

Family or group	\$18.00
Adult	\$9.00
Senior	\$7.75
Youth	\$4.50

Daily entry

Glacier and Mount Revelstoke

Family or group	\$17.50
Adult	\$7.00
Senior	\$6.00
Youth	\$3.50



Help protect the park!



**Call 1-888-WARDENS
(1-888-927-3367)**

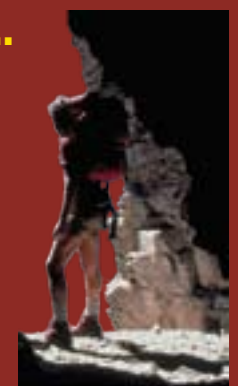
if you see anyone violating park regulations.

The parks monitor some wildlife species for safety and research purposes. Please report all sightings of bears, cougars or wolves to the nearest park warden office or information centre. It is especially important to report aggressive behaviour by any animal, no matter how small.



When you're in a national park...

- It is against the law to touch, entice, disturb or harass any wild animal.
- Feeding any park wildlife is prohibited.
- Pets must be leashed.
- Leave all park objects—rocks, flowers, antlers or artifacts—where they are.
- Obey all area closures or restrictions.
- Do not leave your mark or write graffiti.
- Disable firearms.



Hours of operation for all these information centres are listed on page 17.

Wildlife: keep it wild!

How to enjoy it, how to protect it, how to stay safe around it...

Your actions today will help to ensure that future generations have a chance to see wildlife that is truly wild. Here are three essential rules.

1. Put all garbage in wildlife-proof bins

- Never leave food outside where wildlife could get it.
- Never leave your pet unattended outside. Your dog is considered food by wildlife such as bears, cougars and coyotes.



2. Never, ever, give wildlife a handout

- Feeding wildlife—even the birds—is unlawful in national parks. *Resist the urge.* Feeding an animal makes it seek even more food from humans, which almost always results in its eventual death.

3. Always keep your distance from wildlife

- Give all the wild animals you see the respect they deserve and the space they need.
- Use your binoculars to see animals up close and use a telephoto for your photos.
- Remain at least 100 metres (10 bus-lengths) away from bears, cougars and wolves.



- Keep back at least 30 metres (3 bus-lengths) from elk, moose and deer. Bighorn sheep are especially tolerant of our presence, but you should still give them at least 10 metres of space.

Don't let them fool you. Elk are wild animals!

All elk are unpredictable and potentially dangerous, especially females with young (May to June) and males during the mating season (mid-August through October).

Stay at least 30 metres (3 bus-lengths) away from any elk.



Learn more...

About wildlife safety, and how you can keep wildlife wild—and alive! Ask at park information centres for these Parks Canada wildlife publications:

Bears and People; A Guide to Safety and Conservation on the Trail



Keep the Wild in Wildlife; How to Safely Enjoy and Help Protect Wildlife

Look on our Parks Canada website: www.pc.gc.ca, or talk to park staff about wildlife. They have good advice to offer.

This is also cougar country



Cougars are elusive and rarely seen, but they do live here. The chance of being approached by one is remote, but if you are approached, *send a clear message* to the cougar that *you are not prey*.

- Pick up small children immediately.
- Try to appear bigger, by holding your arms or an object over your head.
- Face the animal and retreat slowly. *Do not run or play dead.*
- Maintain steady eye contact with the cougar.
- If the cougar continues to approach, deter an attack by yelling, waving a stick or throwing rocks.
- If you are attacked, fight back. Hit the animal with a heavy stick or rock.



Woodland caribou

Hoary marmot

Columbian ground squirrels

Moose

Gray wolf



Mountain goat

Having read all this, please know that we humans are far more dangerous to park animals than they are to us.

We come here to recreate, animals live here to survive. As visitors in their habitat, we have to take special care in how we share the land with them.

Safety in BEAR COUNTRY

If you are in the mountain parks, you are in bear country. Grizzly and black bears live here—as well they should. Protecting bears and their habitat is part of Parks Canada’s mandate.

What if you’re heading out on the trail? Should you be worried about bears? Respectful, yes. Worried, no. Getting hurt by a bear in the mountain parks is quite rare. But to feel confident in bear country, you do need to know what to do. Here is the latest bear-safety advice.

The best thing to do is

AVOID a bear encounter in the first place.

Here’s how...

- Make noise. This lets the bears know you are coming and gives them time to move away. Shout loudly every few minutes. Bears hear only about as well as we do. A little bear-bell jingling on your pack is not loud enough.
- Watch for fresh bear sign: paw-prints, droppings, diggings.
- Keep your dog on a leash at all times (this is the law).
- Travel in groups. Six or more people walking in a group are quite unlikely to be attacked.
- Never approach a bear. Stay at least 100 metres away.
- Use extra caution during berry season, from late July to mid-September. Berries are a favourite food source of bears.



If you do encounter a bear...

- If the bear is close to you, back away slowly. **Never run.**
- Act calmly. Move deliberately, as if you are not alarmed. This will help to calm the bear, too.
- If you are in a group, bunch up, or join other hikers nearby.
- If you are carrying pepper spray, get it ready, just in case.
- Speak to the bear in a normal tone of voice. This helps to identify you as human and satisfy the bear’s curiosity.

Bear attacks

BOTTOM LINE

It’s rare for a bear to strike a person with its claws or to bite a human. Nearly all aggressive-looking encounters end without injury.



However, if a bear does attack, follow these guidelines.

There are two kinds of attacks. What you do depends on which kind, as indicated by the bear’s behaviour.

First kind of attack: bear behaviour is defensive.

You surprise a bear. It may be feeding, protecting its cubs, or just unaware of your presence. It sees you as an immediate threat and feels that it must fight. This is the **most common** attack situation.

- If you have pepper spray, use it (according to the manufacturer’s instructions). This will do no lasting harm to the bear, but it teaches it that humans are to be avoided and that’s good for the bear.
- If the bear makes contact with you, **play dead!** Showing submission will probably end the attack.
- Lie on your stomach with your legs apart, so the bear cannot easily flip you over.
- Cover the back of your head and your neck with your hands.
- Keep your pack on to protect your back.

Defensive attacks seldom last more than two minutes. If the attack continues, it may have shifted from defensive to predatory. In this case, **fight back!**

Second kind of attack: bear behaviour is predatory.

The bear stalks you along a trail and then attacks, or the bear attacks you at night or in your tent. **This kind of attack is very rare.**

- Try to escape into a building or a car. Climb a tree.
- If you can’t escape, **do not play dead.**
- **Fight back!** Use pepper spray. Do whatever it takes to let the bear know that you are not about to give in.



To survive, bears need plenty of space and few human surprises.

Driving in the mountains

Statistically, driving is the most dangerous activity in the park... for drivers AND wildlife alike. So, please slow down on park roads! Generally the speed limits are:

90 km/hr (56 mph)
on major roads

60 km/hr (37 mph)
on secondary roads

Why these lower speed limits?

Because you need to watch out for:

- distracted drivers
- wildlife on the road
- bicyclists
- pedestrians
- construction zones
- emergency vehicles
- rockfall on the road

Road and weather conditions change rapidly in the mountain parks. Expect winter driving conditions!

Road reports

For all six parks, call (403) 762-1450 to hear a recording or check out our website: www.pc.gc.ca

Fuel availability

Gasoline

- All townsites
- Saskatchewan Crossing (April to October)
- Castle Mountain Village
- Rogers Pass

Propane

- Lake Louise
- Jasper
- Canmore
- Rogers Pass
- Saskatchewan Crossing (April to October)
- Revelstoke

Diesel

- Canmore
- Jasper
- Banff
- Field
- Lake Louise
- Rogers Pass
- Saskatchewan Crossing (April to October)
- Revelstoke



How to avoid hitting wildlife

- Slow down. When you see wildlife on or near the road, slow down even more.
- Be alert. Scan ahead for animal movements. At night, watch for their shining eyes.
- If you spot one animal, expect others nearby!
- Be extra cautious in the hours around sunrise and sunset. Animals are most active at these times of day.
- Stay vigilant, even if the highway is fenced. Fencing has greatly reduced wildlife deaths, but animals still occasionally climb over the fences or burrow underneath them.

Winter driving tips

- Expect snow and ice on park roadways.
- Be on the lookout for “black ice”, which is a very thin layer of ice, practically invisible on the dark road surface. Bridge decks are especially prone to black ice.
- Slow down! Posted speed limits are for dry pavement, not slippery surfaces.
- Do not stop in posted avalanche zones. A snowslide might come down.
- When conditions are icy, do not use cruise control.
- All vehicles must be equipped with good snow-rated tires or tire chains.
- Equip your car with a shovel, flashlight, blanket, food and additional warm clothing.

“Hey! I just saw a...”

Viewing wildlife as you drive through the mountain parks can be exciting. For your own safety, and to keep wildlife alive, please follow these guidelines.

If you see an animal by the road:

- slow down; it could run out into your path; and
- warn other motorists by flashing your hazard lights.

If you wish to stop and view roadside wildlife:

- stop only if it’s safe to do so;
- pull safely out of traffic, preferably at official pullout areas;
- *remain in your vehicle*; and
- move on after a few seconds.



Drive as if their lives depend on it

Watch for reduced speed limits of 70 km/hr (43 mph) posted in certain places on major roads. These are spots where animals have been struck and killed on the road.

If you see a bear, resist the urge to stop.

Why?

If that bear loses its wildness, it probably won’t survive. Bears that repeatedly see people—even when the people are in vehicles—lose their natural fear of humans. These “habituated bears” may become increasingly aggressive and then have to

be destroyed for public safety reasons. The solution is to prevent bears from becoming habituated in the first place.

Your thoughtful decision to keep on driving might just save a bear’s life.



Mountain hazards

Mountain terrain is steep, unstable and hazardous by its very nature. You can reduce the risks by following these guidelines.

Trail safety

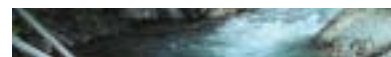
- Research your trip before you go!
- Tell someone where you'll be going and when you'll be back.
- Bring a map, water, food and extra clothing.
- Travel with others and stick together.
- Stay on the trail. If you become unsure of your route, retrace your steps until you know where you are.
- Be prepared to stay out overnight. A search takes time.



Intense weather

Check the local weather forecast before heading out. Conditions can change rapidly in the mountains.

- Dress in layers, so you can add insulation or remove it as conditions change.
- Take along suitable clothing to protect you from wind and cold, rain and snow. (Yes, it can snow here in summer!)
- Ultraviolet solar radiation is strong in the mountains, especially at higher elevations. Use sunscreen and wear sunglasses, even on overcast days.



Freezing-cold water

Mountain lakes and rivers are extremely cold, even in summer. If you fall in, hypothermia can set in very quickly.

- Keep a close eye on children near the water.
- Always wear a life jacket when boating.
- Streams are often deeper and swifter than they look. If the water goes over your knees, don't continue crossing. You may be swept away.

Safety registration

Parks Canada offers a voluntary safety registration service for people engaging in hazardous activities. You sign out before a trip and drop off your part of the form afterward, to show that you are back safely. For more information, call the park you plan to be in.

Slip, sliding away

Beware of innocent-looking slopes. Many park visitors have been hurt or killed in falls.

- Keep away from cliff edges, especially next to canyons, waterfalls and streams.
- Watch out for wet rock which can be very slippery.
- Heed warning signs and stay behind safety fences.
- Stay off glaciers. Falling into a crevasse can be fatal. Only experienced mountaineers should attempt glacier travel.
- Mountains get more difficult as you climb higher. When in doubt, turn back.
- Be aware that high-elevation trails may be covered by snow or ice until mid-summer.
- Don't be tempted to slide on patches of snow left over from winter.
- Be alert for rockfall whenever you are in steep terrain. Not only can you fall down the mountain, the mountain can fall on you.

EMERGENCY 911

If you need emergency assistance of any kind, including mountain rescue, dial 9-1-1. Be advised that cell phone coverage is not available in many areas.



Avalanches

If you're in the mountain parks, you are in avalanche country!

Backcountry skiers, boarders and snowshoers: you are at risk of being caught in a snowslide. It is essential that you know how to recognize avalanche terrain, how to move through it safely and when to turn back. Each member of your party should carry—and know how to use—a rescue shovel, transceiver and probe.

Ski area patrons, remember this: once you are outside the ski area boundaries, there is no avalanche control. Neither the ski area nor Parks Canada is responsible for your safety. You will need the same avalanche equipment and skills as all other backcountry users.

For more information on avalanche safety, please talk to Parks Canada staff at our information centres or warden offices, consult our new avalanche publications and trailhead kiosk information, or visit the web at www.pc.gc.ca.

Avalanche bulletins:
1-800-667-1105
www.avalanche.ca



BANFF NATIONAL PARK is the birthplace of Canada's national park system, created around the warm mineral springs near Banff townsite. Visit the Cave and Basin National Historic Site for the full story.
Established in 1885
Size: 6 641 km² (2 564 sq. mi.)

BOW VALLEY PARKWAY (1A)

Speed limit: 60 km/hr (37 mph)

Help protect wildlife. From March 1 to June 25, between 6 pm - 9 am, please avoid travel on portion of road marked ; use the Trans-Canada Highway instead. **Commercial facilities along the parkway remain open.**

Interpretive Displays

Distance (km) from	Lake Banff	Louise	
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 Mt.	28	24	✓
Baker Creek	40	12	
Morant's Curve	48	4	

1 Johnston Canyon



25 km (30 min) from Banff

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

- 1.1 km (20 minutes) 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.

TRANS-CANADA HIGHWAY (1)

Speed limit: 90 km/hr (56 mph) 70 km/hr (43 mph) near Lake Louise

Drive with care on this busy highway.



Trans-Canada Highway construction is underway east of Lake Louise. Obey construction speed-zone signs and flag people. Anticipate some delays.

ICEFIELDS PARKWAY (93N)

Speed limit: 90 km/hr (56 mph)

Watch for reduced speed limits in congested zones and places frequented by wildlife.

This spectacular 230-km drive along the backbone of the continent passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or all-season radials are required in winter. No services November – March. A park pass is required. No commercial trucks are allowed.



May through August, expect single-lane traffic control for paving near Saskatchewan Crossing.

- Ask for the *Icefields Parkway* brochure, your guide to peak names, icefield names and other points of interest.

2 Crowfoot Glacier



34 km (25 min) from Lake Louise. A century ago, the 'crowfoot' had three 'toes' of ice. Since then the glacier has melted back and the lower toe has been lost. These days the middle toe is disappearing, too.

3 Bow Pass ("Bow Summit") and Peyto Lake Viewpoint



40 km (30 min) from Lake Louise. This is the highest road pass in the four mountain parks at 2 088 m (6 849 ft.) above sea level. A short uphill walk from the parking area leads to a view of Peyto Lake, glacially fed and brilliantly turquoise.

4 Mistaya Canyon



72 km (50 min) from Lake Louise. Only 10 minutes by trail from the road. Look for rounded potholes and a natural arch on the canyon walls.

5 Saskatchewan Crossing



77 km (55 min) from Lake Louise. Fuel, food and accommodation available from April to early November.

6 Columbia Icefield



130 km (1.5 hr) from Lake Louise. There is much to see and do here. Plan to spend at least an hour. Please turn to the Jasper National Park information, pages 14 and 15.

The Nature of the Trans-Canada Highway



Less than 100 years ago, the first car to reach Banff National Park traveled a dusty, narrow road from Calgary. Within 50 years that road fell into the shadow of the world's longest paved highway: the Trans-Canada.

Today, in summer, more than 14 000 vehicles a day travel past Lake Louise on Canada's national highway, with use increasing two percent a year. This situation affects human safety, the flow of goods, and safe, unimpeded wildlife movement.

To improve safety for people and wildlife, the highway is being upgraded in stages. The most recent upgrade is now underway east of Lake Louise. Highway fencing will help reduce wildlife road kills. Wildlife crossing structures and other design features will help maintain or restore vital ecological flows—be they waterways or wildlife movement.

Further information on Trans-Canada Highway twinning in Banff National Park can be found on the park's website www.pc.gc.ca/banff.



Information centre hours: page 17
Campground and hot springs directory: page 21

Trans-Canada Highway construction is underway east of Lake Louise. Please obey construction-zone signs and flag people. Anticipate some delays. A road report is available through park visitor centres (403) 762-1450 or www.pc.gc.ca/banff



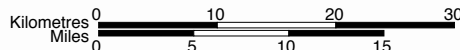
Currently 24 highway wildlife crossing structures are in place along the 45-km fenced and twinned section of the Trans-Canada Highway. The number, types of crossings and associated wildlife research are unparalleled in the world. To learn more about their significance, visit the Whyte Museum of the Canadian Rockies' exciting new exhibit, *Wildlife Crossings*, or the park website.



70 000 wildlife crossings and counting... cougars, pine martens, grizzlies and many other species



Clark's nutcracker



LAKE LOUISE AREA

BANFF TOWNSITE

Known to the Stoney people as "Lake of the Little Fishes," Lake Louise was given its present name in 1884. It honors Princess Louise Caroline Alberta, sixth child of Queen Victoria.

The town of Banff was named after the Banffshire area of Scotland, birthplace of two directors of the Canadian Pacific Railway, built through Banff in 1883.

1 Lake Louise Visitor Centre by Samson Mall



Parks Canada information: (403) 522-3833. Banff/Lake Louise Tourism: (403) 762-8421. Exhibits explain the geology and history of the Canadian Rockies.

2 Lake Louise-the Lake



5 min from the village of Lake Louise. The view from the lakeshore is known the world over. Prepare for crowds! But walk half a kilometre along the shore to leave the crowds behind. Public parking: Keep left at the Chateau Lake Louise junction.

3 Moraine Lake and Valley of the Ten Peaks



Go before 10 am or after 5 pm to avoid the crowds. A private shuttle service operates from the village. Road closed early October to late May.

Check Ahead: Hikers must be in a group of six or more when grizzly bears are using habitat in Larch, Consolation and Paradise valleys.

4 Lake Louise Sightseeing Gondola



4.5 km from the village (403) 522-3555. Gondola runs June to September.

1 Banff Information Centre



224 Banff Avenue. Parks Canada information: (403) 762-1550, Banff/Lake Louise Tourism: (403) 762-8421, Friends of Banff gift shop. Watch our video *Welcome to Banff!*

2 Cave and Basin National Historic Site



1 km from town, Cave Avenue This is the birthplace of Canada's national park system. Explore the exhibits, displays and boardwalk. See a real cave! Tours at 11 am daily in summer, weekends in winter: (403) 762-1566.

3 Banff Park Museum National Historic Site

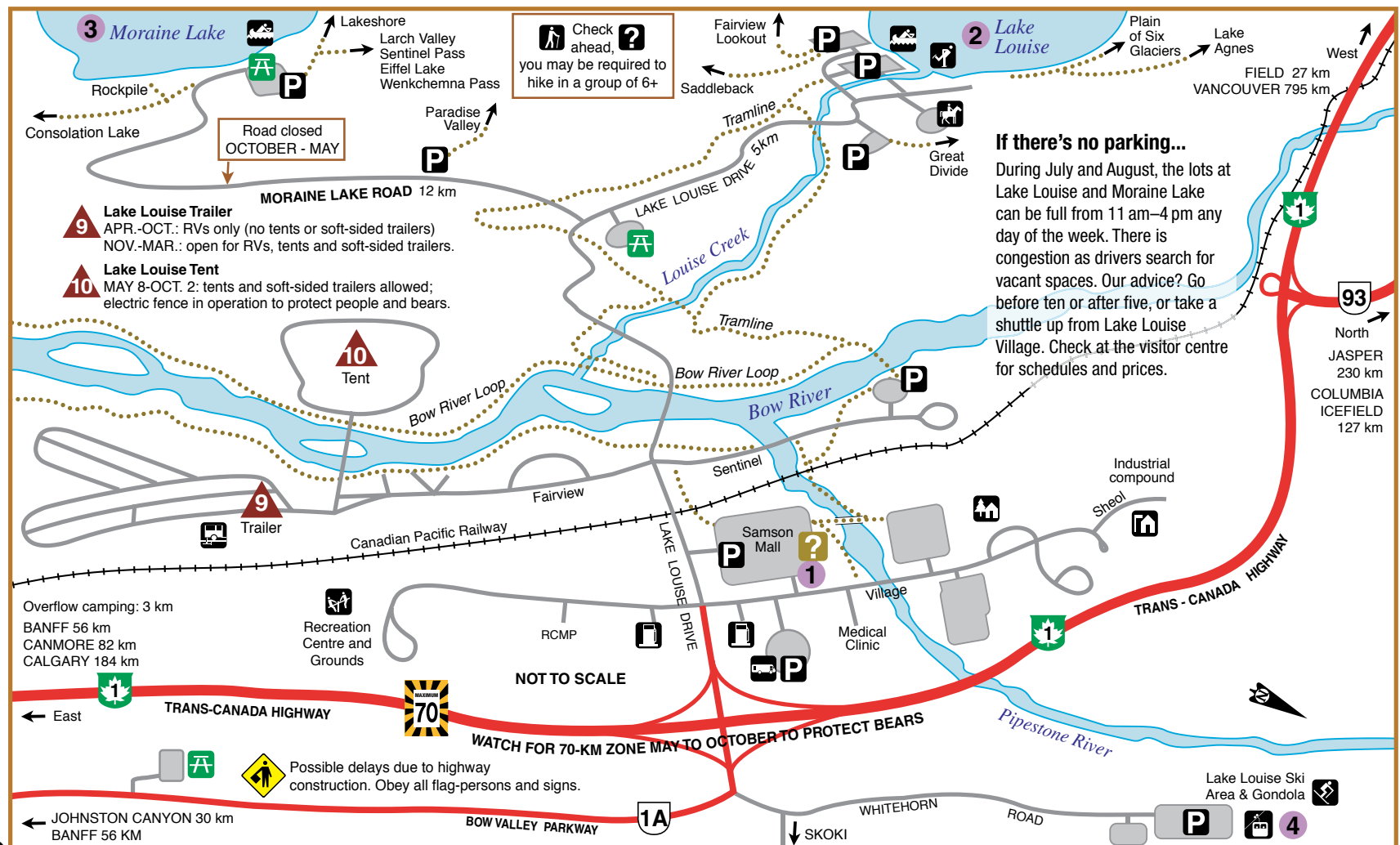


Banff Avenue by the Bow River Bridge. Built in 1903, this museum offers an enchanting way to learn about Banff's wildlife, birds and insects. Tours daily in summer at 3 pm, weekends in winter at 2:30 pm (403) 762-1558.

4 Canada Place



In the Park Administration Building at the head of Banff Avenue. Rediscover Canada! Interactive exhibits about this nation's land and people. (403) 760-1338.



5 Upper Hot Springs Pool



4 km from town, Mountain Ave
Soak in some history! (403) 762-1515. For full-service day spa, call (403) 760-2500.

6 Sulphur Mountain



4 km from town, Mountain Ave
Take the gondola, or hike the trail (5.5 km one way, 670 m elevation gain, strenuous). From the upper gondola terminal, a one-kilometre (20 min) boardwalk trail leads to the summit and Sulphur Mountain Cosmic Ray Station National Historic Site.

7 Vermilion Lakes



The Bow Valley's biggest wetland. Guided nature strolls are offered here in summer. Register in advance at Friends of Banff stores.

8 Sundance Trail



A 3.7 km paved trail for hikers, cyclists and skiers. A more strenuous 2.1 km trail for hikers only continues up into the canyon. Full round trip is 9.5 km (3-4 hr).

9 The Hoodoos



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

10 Lake Minnewanka



10 km (15 min) from Banff. Enjoy a leisurely lakeside stroll to Stewart Canyon (1.4 km, 30 min return). Boat tours of the lake are available mid-May to September. Please do not feed the bighorn sheep.

11 Johnson Lake

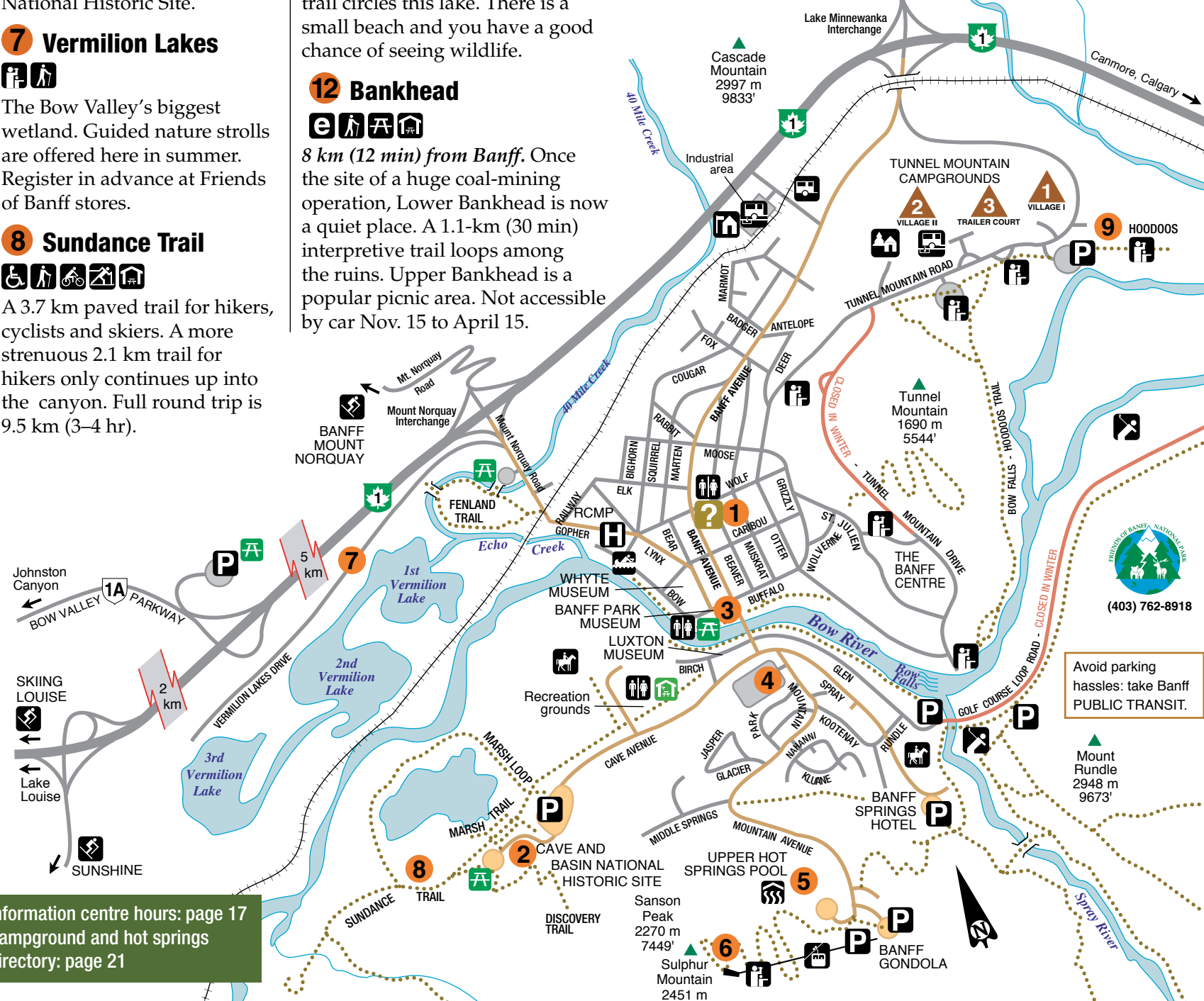
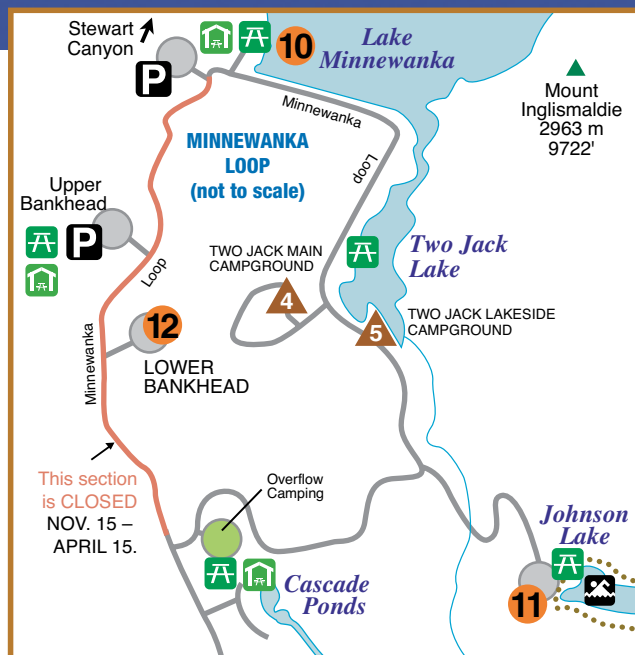


14 km (20 min) from Banff. An easy trail circles this lake. There is a small beach and you have a good chance of seeing wildlife.

12 Bankhead



8 km (12 min) from Banff. Once the site of a huge coal-mining operation, Lower Bankhead is now a quiet place. A 1.1-km (30 min) interpretive trail loops among the ruins. Upper Bankhead is a popular picnic area. Not accessible by car Nov. 15 to April 15.



Avoid parking hassles: take Banff PUBLIC TRANSIT.

Information centre hours: page 17
Campground and hot springs directory: page 21

Things to discover, things to learn



Friends in High Places

Banff • Jasper • Kootenay • Mt. Revelstoke/Glacier • Yoho

Many of the activities listed on this page are provided by local Friends organizations. Find books, maps, souvenirs and unique gifts at the shops that support our mountain parks.

- 
Friends of Banff National Park
 Banff Park Information Centre & The Bear and the Butterfly (403) 762-8918
- 
Friends of Jasper National Park
 Jasper Park Information Centre (780) 852-4767
- 
Friends of Kootenay National Park
 Radium Visitor Centre (250) 347-6525
- 
Friends of Yoho National Park
 Yoho Visitor Centre, Field (250) 343-6393
- 
Friends of Mount Revelstoke and Glacier
 Rogers Pass Discovery Centre (250) 837-2010

Go

with a guide

Guided hikes and backpacking trips, mountaineering ascents, river floats and whitewater rafting—numerous guiding companies are licensed by Parks Canada to offer these activities within the parks. These companies share a commitment to providing you with knowledgeable guides and stimulating, safe adventures. Look for accreditation by the Mountain Parks Heritage Interpretation Association.



Guided walks

Banff National Park

- Vermilion Lakes Walk**
Tuesdays, Thursdays and Sundays in July and August
- Birds of Banff Walk**
Wednesdays and Saturdays in July and August

Jasper National Park

- Jasper Institute Ed-venture Hikes.** Select weekends
May - Aug

Yoho National Park

- Burgess Shale Foundation guided hikes,** from early July to mid-September. See the Walcott fossil quarry!



Children's programs

Are your kids looking for something fun to do? Junior Naturalist programs for kids aged 6 -10 are offered during July and August in Jasper and Kootenay national parks. Check at information centres for dates and times. Pick up your free Junior Naturalist Club activity booklet in Friends stores.

Mountain World Heritage Interpretive Theatre



It's an entertaining way to learn about the role fire plays in maintaining the health and biodiversity of our mountain national parks. Our award-winning theatre troupe explores the heated, century-old relationship between fire and park managers. Scheduled performances in the towns of Banff and Jasper in July and August.

Events

Banff National Park

- Siksika Nation interpretive events.** Visit their tipi behind the Park Administration Building, June to September. Dancing and drumming demonstrations on Tuesdays.

Kootenay National Park

- Wings Over the Rockies Bird Festival.** May 1-7
- Mountain Wildflowers. Fifth Annual Radium Hot Springs Glass Art Show**
August 4-December 31

Mount Revelstoke National Park

- Chickadee Nature Festival**
May 26, 27, 28
- Eva Lake Pilgrimage,** August

All Mountain National Parks

- Celebrate Parks Day.** July 15th
Check at info centres for events

Evening programs

Relax, laugh and learn at our family-friendly programs.

Banff National Park

- Tunnel Mountain Campground Theatre**
Nightly interpretive programs, late June to early September

- Banff Information Centre Theatre.** Park films shown nightly, late June to early September

- Lake Louise Campground Theatre.** Nightly interpretive programs, July and August

Jasper National Park

- Whistlers Outdoor Theatre**
Nightly interpretive programs, late June to early September

Yoho National Park

- Kicking Horse Campground Theatre.** Interpretive programs, July and August

Kootenay National Park

- Redstreak Campground Theatre.** Interpretive programs, July and August

Glacier National Park

- Illecillewaet Campground**
Interpretive programs, July and August



Celebrate the stories of our past



For thousands of years people have travelled through the high mountain passes and camped in these valleys. Evidence from Banff's Vermilion Lakes suggests that Aboriginal people arrived here about 11 000 years ago.



Fur-traders and explorers followed their ancient trails. Railroad-builders found ways to get through mountain passes. For every pathfinder, right-of-way surveyor and hammer-swinger, there is a story of adventure.

Cultural exhibits



Throughout the mountain national parks

- Plaques, interpretive signs and exhibits marking the places, people and events that make up the cultural fabric of Canada.

Look for the **e** symbol.

Kootenay National Park

- **Ktunaxa history and culture exhibits**, at the visitor centre in Radium Hot Springs. Open year-round.

Mount Revelstoke National Park

- **Nels Nelsen Historic Ski Jump**. An exhibit pavilion celebrates international ski jumping (1915–1971). Hike from the Railway Museum in Revelstoke or the Nels Nelsen Historic Area on the Meadows In the Sky Parkway.

Exhibits

Watch for self-guided opportunities as you travel through the mountain national parks. You will find a variety of self-guided trails and exhibits to explore at your own pace. Look for the **e** symbol.

Guided historic walks

Jasper National Park

- **Jasper... a Walk in the Past** Walking tour of the town of Jasper. Evenings, May to September.
- **Pocahontas... a Walk in the Past**. Pocahontas was a thriving coal mine community from 1910 to 1921. Walking tour, Saturdays in July and August.

Kootenay National Park

- **Heritage Walking Tour** (July-August)



Museums

Banff National Park

- **Whyte Museum of the Canadian Rockies**. See page 17.
- **Buffalo Nations Luxton Museum**. See page 17.
- **Canada Place**. See page 10.

Jasper National Park

- **Jasper-Yellowhead Museum and Archives**. See page 16.

Mount Revelstoke National Park

- **Revelstoke Museum and Archives**. (250) 837-3067. See page 17.
- **Revelstoke Railway Museum**. (250) 837-6060. See page 17.

NATIONAL HISTORIC SITES IN THE MOUNTAIN PARKS

There are 14 national historic sites located within the mountain national parks, from remote mountain passes to historic buildings. Here are some of the ones you can easily visit:

Banff National Park



Cave and Basin National Historic Site

See page 10.



Banff Park Museum National Historic Site

See page 10.

Jasper National Park



Jasper Park Information Centre National Historic Site

See page 16.

Yoho National Park



Kicking Horse Pass National Historic Site at the Spiral Tunnels Viewpoint

See page 18.

Glacier National Park



Rogers Pass National Historic Site

See page 23.

NATIONAL HISTORIC SITES IN THE SURROUNDING AREA



Bar U Ranch National Historic Site

1 800 568-4996. 100 km (62 mi.) south of Calgary on Highway 22. Open May 28 to Oct. 9, from 9 am to 5 p.m. daily.



Rocky Mountain House National Historic Site

(403) 845-2412. The rivalries, struggles and triumphs of the fur trade come to life at this historic site. 167 km (2 hr.) east of Banff's Saskatchewan River Crossing on highways 11 and 11A. Open May 20 to Sept. 4, 10 am to 5 pm. Off-season: limited services. Call (403) 845-2412 for details.



Fort St. James National Historic Site

(250) 996-7191. A fully-restored 1800s Hudson Bay Company post. Exhibits and demonstrations reveal the partnerships between fur traders and Aboriginal people. 536 km (6 hr.) north-west of Jasper via highway 16. Open daily, 9 am to 5 pm, from Victoria Day long weekend to Sept. 30.

Roving interpreters

Look for Parks Canada staff, often on hand at points of interest throughout the mountain parks. These interpreters are ready to answer your questions and share interesting stories.

For details and more information, please visit our information centres.

JASPER NATIONAL PARK is Canada's fifth national park, by far the largest of the parks representing the Rocky Mountain region.

Established in 1907 (*Watch for Jasper National Park centennial celebrations in 2007.*)

Size: 11 228 km² (4335 sq. mi.)

THE WHISTLERS ROAD

Speed limit: 60 km/hr (37 mph)

1 Mount The Whistlers



7 km (15 min) from Jasper

Visit the alpine zone. Tramway open April to October.

(780) 852-3093

HIGHWAY 93A

Speed limit: 60 km/hr (37 mph)

This scenic route provides access to Mount Edith Cavell (in summer) and Marmot Basin Ski Area. In winter, the road is closed from the Meeting of the Waters picnic area to Athabasca Falls.

2 Mount Edith Cavell



29 km (30 min) from Jasper

Trailers are not permitted; vehicles longer than 6 m are not recommended. For a less-crowded experience, visit before 10 am or after 3 pm. Open mid-June to October as snow permits.

3 Athabasca Falls



30 km (30 min) from Jasper

This 23-metre waterfall along the Athabasca River has the most powerful flow to be found anywhere in the mountain parks.

HIGHWAY 93 NORTH - THE ICEFIELDS PARKWAY

Speed limit: 90 km/hr (56 mph)

Watch for reduced speed limits in congested zones and places frequented by wildlife. A spectacular 230-km drive along the backbone of the continent. This road passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or all-season radials are required in winter. No services from November to March. A park pass is required. No commercial trucks are allowed.

4 Sunwapta Falls



55 km (40 min) from Jasper


The Sunwapta River pours over the falls and rushes through a limestone gorge.

5 Columbia Icefield area and Icefield Centre



103 km (75 min) from Jasper

Take in the wealth of glacier exhibits at the Icefield Centre, then head over to the huge Athabasca Glacier and enjoy an invigorating walk up and over the glacially polished "roche moutonnée" hillock to the front of the glacier. For guided "Ice Walks", call 1-800-565-7547. For Brewster's "Ice Explorer" tours, call 1-877-423-7433.

 Glaciers are beautiful but dangerous. Please read and heed the safety signs on site.

MIETTE ROAD

Speed limit: 60 km/hr (37 mph)

Open May to mid-October.

6 Pocahontas Mine Interpretive Trail



43 km (50 min) from Jasper

Learn about the brief mining history of Pocahontas while wandering through an aspen and spruce forest that has grown around the ruins.

7 Miette Hot Springs



61 km (1 hr) from Jasper

The hottest mineral springs in the Canadian Rockies. Two new hot pools kept at 40°C (104°F) and a "refreshing" cool pool kept at a chilly creek-water temperature.

MALIGNE VALLEY ROAD

Speed limit: 60 km/hr (37 mph)

There is no shortage of natural wonders in the Maligne Valley: a 50-metre deep canyon, a lake that disappears down sinkholes and an opportunity to cruise down a stunning alpine lake. Watch for wildlife along this scenic route.

8 Maligne Canyon



11.5 km (15 min) from Jasper

Incredibly narrow and 50-m deep, Maligne Canyon has confounded geologists for many years. How old is it? How did it form? In winter, when water normally stops flowing through the canyon, it is possible to take a guided tour inside the gorge.

9 Medicine Lake



27 km (30 min) from Jasper

This lake is drained by one of the larger underground river systems in North America.

10 Maligne Lake



48 km (1 hr) from Jasper

The beauty of this 22-km-long lake, lying in its corridor of stately mountains, is legendary. Explorer Mary Schäffer followed a Stoney tribesman's map to the lake in 1908 and wrote, "There burst upon us... the finest view any of us had ever beheld in the Rockies." Commercial services available June to October. For boat tours of the lake, reservations are recommended: (780) 852-3370.

Information centre hours: page 17
Campground and hot springs
directory: page 21

LEGEND

- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hot springs
- Hiking
- Horse riding
- Canoeing
- Swimming
- Skating
- Cross-country skiing
- Ski area
- Campground
- Playground
- Picnic tables
- Picnic shelter
- Hostel
- Accommodation
- Sani-dump
- RV parking
- Caution

EMERGENCY - 24 hr

Ambulance, fire
R.C.M. Police
WARDENS **911**

AREA CODE (780)

Information centre 852-6176
Warden office 852-6155
Trail office (May-Oct) 852-6177



Caribou

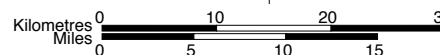


in Jasper National Park

Woodland caribou are a threatened species in western Canada, and in national parks they are at risk of disappearing altogether. Why? Limited patches of high quality habitat, predation by wolves, climate change, and the direct and indirect effects of human activity are all possible factors.

It's not too late to help caribou herds recover to a healthy level. Here's what you can do.

- Give them space. Do not approach or follow them.
- Report sightings to park staff.
- **Leave your dog at home** when you go into caribou country.
- Obey speed limits.



JASPER TOWNSITE

The name “Jasper” refers to a person, not a mineral or a type of rock. Jasper Hawes was a likeable employee of the North West Company, which operated a fur-trade post in what is now the eastern part of the park.

1 Jasper Park Information Centre National Historic Site



500 Connaught Drive

This landmark, built in 1914, is one of the finer examples of rustic architecture in Canada’s national parks. Parks Canada information (780) 852-6176, Jasper Tourism and Commerce (780) 852-3858 and Friends of Jasper gift shop.



2 Jasper-Yellowhead Museum and Archives



400 Pyramid Avenue

(780) 852- 3013. Permanent exhibits feature Jasper’s history. Monthly exhibits in the Showcase Gallery.

Open year round (limited hours in winter).

3 Pyramid Lake and Patricia Lake



5/7 km (10/15 min) from Jasper

Beaches, fishing, boating, hiking and biking are popular activities in this easy-to-access wilderness.

4 Lakes Annette, Edith and Beauvert



5 km (10 min) from Jasper

Come enjoy these “kettle” lakes, formed at the end of the ice ages and fed by springs. Lakes Annette and Edith have sandy beaches, popular in July and August for swimming and wading.

5 Old Fort Point



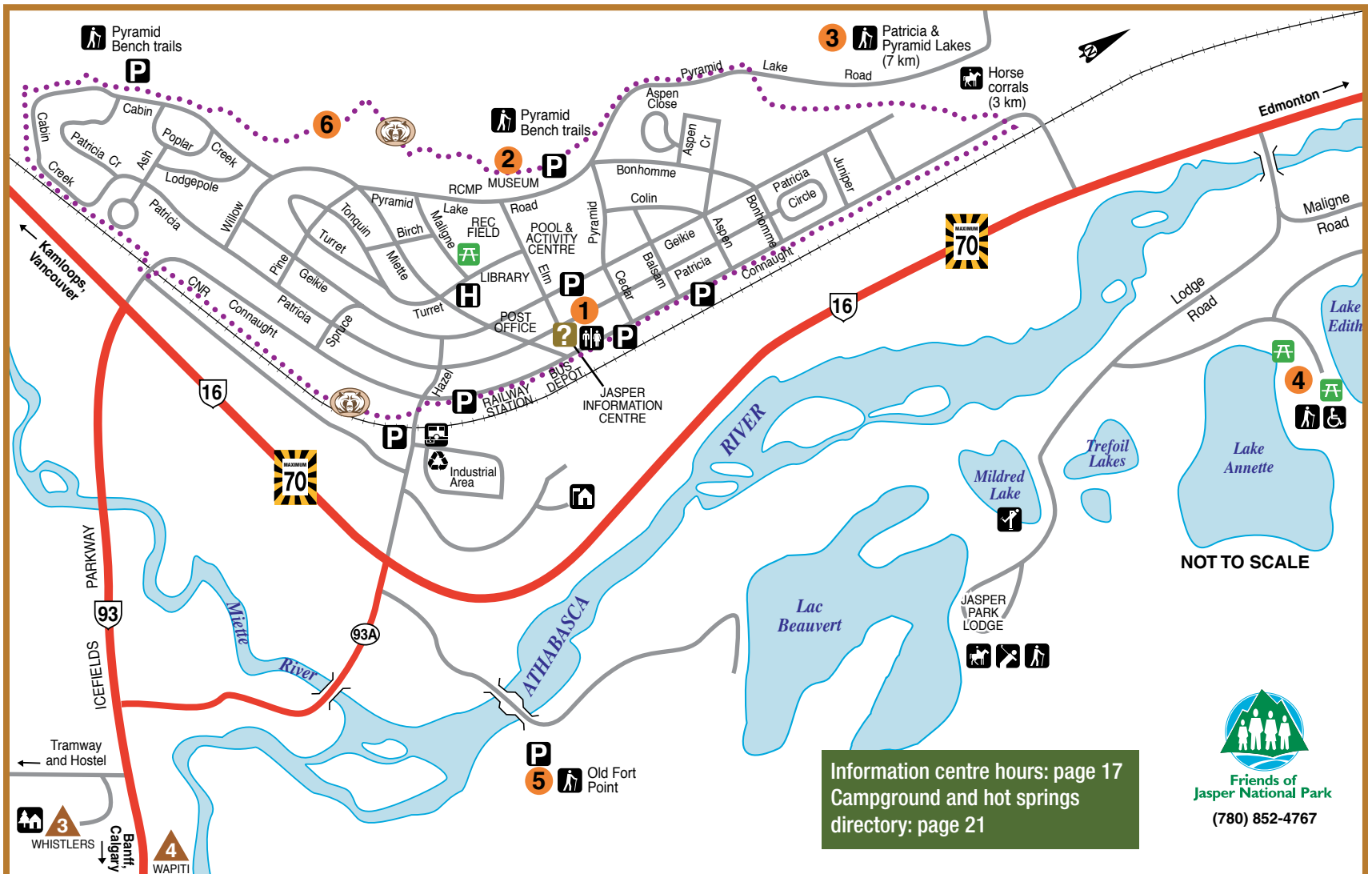
1.5 km (5 min) from Jasper.

No one is sure what the “old fort” was—it may have been the fur-trade era’s “Henry House,” exact location unknown—but today the top of this Jasper hill is a popular spot, with great views of the town and the Athabasca River.

6 Town Trail



This 8 km trail has several access points throughout the town. From a paved section along the east side of town to a hilly and forested segment behind the west side of town, there’s something to suit nearly everyone.



Information centres

Jasper Information Centre

Apr. 1 - June 14	9 am - 5 pm
June 15 - Sept. 3	8:30 am - 7 pm
Sept. 4 - 30	9 am - 6 pm
Oct. 1 - 31	9 am - 5 pm
Nov. 1 - March 31	9 am - 4 pm

Icefield Centre

May 1 - June 14	9 am - 5 pm
June 15 - Sept. 3	9 am - 6 pm
Sept. 4 - Oct. 14	9 am - 5 pm
Oct. 15 - Apr. 30	Closed

Banff Information Centre

Apr. 1 to May 18	9 am - 5 pm
May 19 - June 22	8 am - 6 pm
June 23 - Sept. 4	8 am - 8 pm
Sept. 5 - 24	8 am - 6 pm
Sept. 25 - March 31	9 am - 5 pm

Lake Louise Visitor Centre

Apr. 1 - 30	9 am - 4 pm
May 1 - June 22	9 am - 5 pm
June 23 - Sept. 16	9 am - 7 pm
Sept. 17 - 23	9 am - 5 pm
Sept. 24 - March 31	9 am - 4 pm

Yoho Visitor Centre

Apr. 1 - 30	9 am - 4 pm
May 1 - June 22	9 am - 5 pm
June 23 - Sept. 3	9 am - 7 pm
Sept. 4 - 16	9 am - 5 pm
Sept. 17 - March 31	9 am - 4 pm

Kootenay Visitor Centre

May 19 - June 22	9 am - 5 pm
June 23 - Sept. 3	9 am - 7 pm
Sept. 4 - Oct. 9	9 am - 5 pm

Building and exhibits open year-round,
Parks desk staffed May 19 to Oct. 9.

Kootenay Park Lodge Visitor Centre

May 19 - June 30	10 am - 5 pm
July 1 - Sept. 4	9 am - 7 pm
Sept. 5 - 24	10 am - 5 pm
Sept. 25 - May 18	Closed

Rogers Pass Discovery Centre

Dec. - Apr.	7 am - 5 pm
May - June 14	8:30 am - 4:30 pm
June 15 - Sept. 4	7:30 am - 8:00 pm

September - Closed for construction
after Labour Day

October	8:30 am - 4:30 pm
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Construction may continue in early Oct.

November	8:30 am - 4:30 pm
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Closed Tues. & Wed.

National historic sites

Bar U Ranch

Open May 28 to Oct. 9, from 9 am - 5 pm daily

Fort St. James

Open daily, 9 am - 5 pm, from
Victoria Day long weekend to Sept. 30
Open year-round for groups by reservation.

Cave and Basin (Banff)

May 15 - Sept. 30	9 am - 6 pm
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site tours at 11 daily

Oct. 1 to May 14	11 am - 4 pm
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Mon. to Fri.

Sat. & Sun.	9:30 am - 5 pm
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site tours at 11 am

Closed Dec. 25 and 26, Jan. 1

Sundance Bistro at the Cave open during
summer.

Banff Park Museum

May 15 - Sept. 30	10 am - 6 pm
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site tours at 3 pm daily

Oct. 1 - May 14	1 pm - 5 pm
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Sat. and Sun. site tours 2:30 pm

Closed Dec. 25 and 26, Jan. 1.

Rocky Mountain House

Open May 20 to Sept. 4	10 am - 5 pm
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Off-season: limited services
Call (403) 845-2412 for details.

Bar U Ranch National Historic Site



Museums

Jasper-Yellowhead Museum and Archives

(780) 852-3013	
May 22 to Sept. 3	10 am - 9 pm
Sept 4 to Oct. 8	10 am - 5 pm
Oct. 9 to May 21	10 am - 5 pm

Thurs.-Sun.

Whyte Museum of the Canadian Rockies

(Banff) (403) 762-2291, extension 335
Museum and shop open daily 10 am - 5 pm
Closed Dec. 25, Jan. 1
Archives and library
open Mon. to Sat., year-round 1 pm - 5 pm
Closed Sun., holidays and some holiday
weekends
Out-of-town researchers are encouraged to
phone ahead.

Canada Place (Banff)

(403) 760-1338
Open May 20 to Sept. 30 10 am - 6 pm

Buffalo Nations Luxton Museum (Banff)

For dates and hours, call (403) 762-2388.

Revelstoke Railway Museum

(250) 837-6060	
Dec. to Feb.	11 am - 4 pm

closed Wed. and Thurs.
Mar. to Apr., closed Wed. 9 am - 5 pm
May, June, Sept., daily 9 am - 5 pm
July and Aug., daily 9 am - 8 pm
Oct. - Nov., closed Wed. 9 am - 5 pm

Revelstoke Museum and Archives

(250) 837-3067	
Jan. to May	1 pm-4:30 pm

closed Sat. and Sun.
June to Aug. 9 am - 5 pm
closed Sun.
Sept. to Dec. 1 pm - 4:30 pm
closed Sat. and Sun.



Cave and Basin National Historic Site

YOHO AND KOOTENAY NATIONAL PARKS OF CANADA

YOHO AND KOOTENAY NATIONAL PARKS lie on the western side of the Continental Divide, in British Columbia.

Yoho National Park boasts towering rock walls, spectacular waterfalls and 28 peaks over 3 000 metres in height. The word “Yoho” is a Cree expression of awe and wonder.

Established in 1886

Size: 1 310 km² (507 sq. mi)

Kootenay National Park is a place rich in variety, from glacier-clad peaks along the Continental Divide to the dry grassy slopes of the Columbia Valley, where cactus grows.

Established in 1920

Size: 1 406 km² (543 sq. mi)

YOHO NATIONAL PARK

TRANS-CANADA HIGHWAY (1)

Speed limit: 90 km/hr (56 mph)

Drive with care on this busy highway.

1 Yoho Visitor Centre



At the turn-off to Field

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

2 Spiral Tunnels Viewpoint and Kicking Horse Pass National Historic Site



8 km (15 min) east of Field

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%.
- Exhibits show how the tunnels work.

Closed October to April due to snow.

3 Wapta Falls



22 km (30 min) west of Field “Wapta” means “river” in the Sioux language of the Stoney people.

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

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 Monarch Campground. The road is open late June to early October, as snow conditions permit.

4 Upper Spiral Tunnel Viewpoint



2 km north of Kicking Horse Campground

- View trains entering and leaving the upper tunnel.

5 Takakkaw Falls



17 km (25 min) from Field

One of the highest waterfalls in Canada.

- Takakkaw means “magnificent!” in Cree.
- Several popular hikes start here.

EMERALD LAKE ROAD

Speed limit: 50-80 km/hr (31-50 mph)

Open year-round

6 Natural Bridge



3 km (5 min) west of Field

A place to wonder at the force of water over time.

- A natural rock bridge arches over the Kicking Horse River.

7 Emerald Lake



11 km (15 min) from Field

A jewel of the Canadian Rockies

- A 5.2 km (2 hr) trail circles the lake.

- See the Burgess Shale display at the picnic area.

KOOTENAY NATIONAL PARK

VILLAGE OF RADIUM HOT SPRINGS

8 Kootenay National Park Visitor Centre



- Parks Canada, Tourism BC and Chamber of Commerce information services.
- Friends of Kootenay gift shop
- Exhibits feature Ktunaxa history and culture.

9 Sinclair Canyon



1.5 km from Radium

A dramatic park entrance, just inside the west gate.

- Ahead are the iron-rich cliffs of the Redwall Fault.
- Watch for bighorn sheep.

10 Radium Hot Springs Pools



3 km from Radium

At the base of Sinclair Canyon’s sheer rock wall

- Hot, relaxing pool: 40°C (104°F).
- Cool, refreshing pool: 29°C (84°F).
- Locker, swimsuit, towel rentals
- Massage and spa services by appointment; (250) 347-2100.

BANFF-WINDERMERE HIGHWAY (93 S)

Speed limit: 90 km/hr (56 mph)

Completed in 1922, this scenic 94 km drive through the park was the first motor road to cross the Canadian Rockies.

11 Olive Lake



13 km (15 min) from Radium

This has always been a natural stopping place.

- Interpretive trail bordering the clear, shallow lake explains why.

12 Kootenay Valley Viewpoint



16 km (20 min) from Radium

Stop here for a dramatic view.

- New panels explain how the view has changed over time.

13 Kootenay Park Lodge Visitor Centre



63 km (45 min) from Radium

Located at Vermilion Crossing.

- Offers most Parks Canada info services; no telephone.

14 Paint Pots



85 km (1 hr) from Radium

A 20-minute walk from the road.

- Cold, iron-rich mineral springs bubble up through small pools, staining the earth a deep ochre
- Panels describe the Aboriginal and mining history.

15 Marble Canyon

88 km (1 hr) from Radium

CLOSED for reconstruction following a 2003 wildfire.

16 Continental Divide

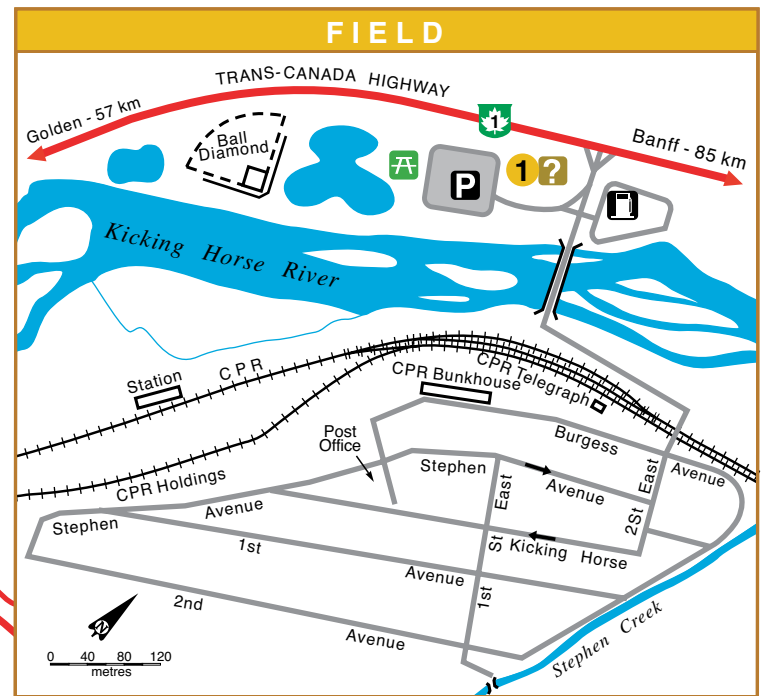
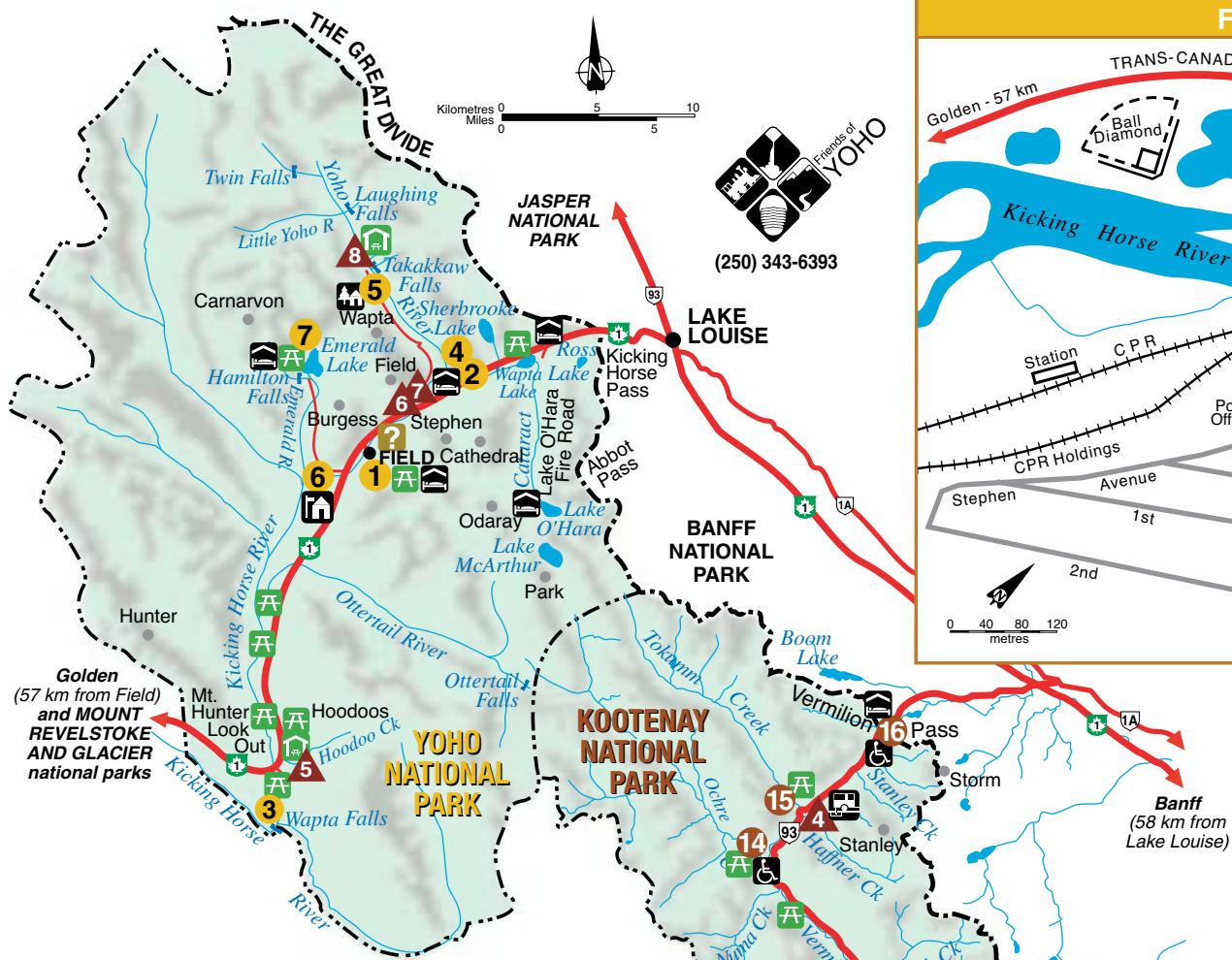


Vermilion Pass, Fireweed Trail

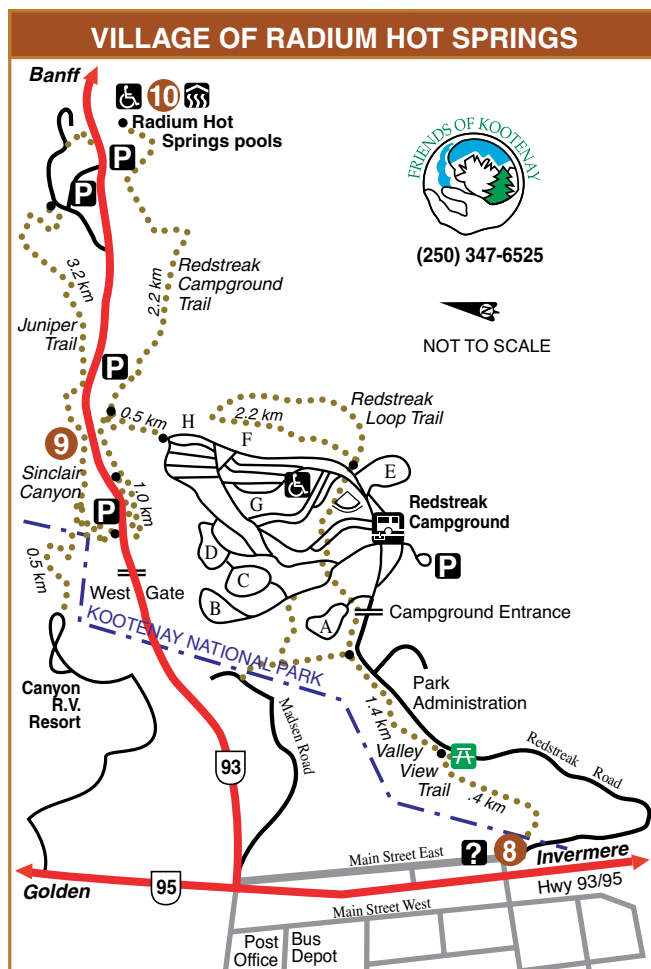
95 km (1.2 hour) from Radium

The dividing line between Pacific and Atlantic watersheds

- A 15-minute interpretive trail loops through the regenerating forest, the site of a large wildfire in 1968.



LEGEND	
	Park information centre
	Point of interest
	Warden office
	Exhibit
	Disabled access
	Viewpoint
	Hot springs
	Hiking
	Cross-country skiing
	Canoeing
	Campground
	Picnic tables
	Picnic shelter
	Hostel
	Accommodation
	Gasoline
	Sani-dump
EMERGENCY - 24 hr	
Ambulance, fire	911
R.C.M. Police	
WARDENS (403) 762-4506	
AREA CODE (250)	
Warden offices: (403) 522-1220 (Yoho) (250) 347-9361 (Kootenay)	



Information centre hours: page 17
 Campground and hot springs directory: page 21



Fossils of the Burgess Shale

Yoho

First noted in 1886 by railway surveyor Otto Klotz, these remarkable fossils were rediscovered in 1909 by Smithsonian geologist Charles Walcott. He named the fossil-rich layer the “Burgess Shale” (for Mt. Burgess, nearby) and went on to collect thousands of specimens from two outcrops in the park, one high on Mount Stephen above the town of Field and the other along the ridge between Wapta Mountain and Mt. Field, above Emerald Lake.

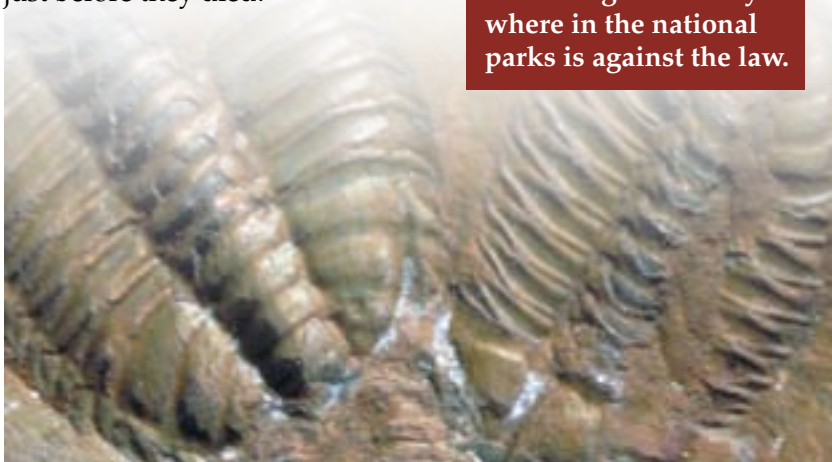
The Burgess Shale preserves the 510-million-year-old remains of more than 120 species of marine animals, many of them new to science when Walcott studied them. The fossils are so exquisitely preserved that scientists have been able to see what these ancient creatures ate just before they died!

To protect such a globally important scientific resource, access to Walcott’s Quarry and the Trilobite Beds is by guided hike only. Both hikes are long and strenuous. They are offered from early-July through 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.

Fossils of the Burgess Shale are on display in the Yoho Visitor Centre. You will also find interpretive displays on the Burgess Shale outside the Yoho Visitor Centre and at Emerald Lake picnic area.

PLEASE NOTE

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



Fires bring new life

Kootenay

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.

Fire plays an important role in the life of a forest. It opens up dense old growth and turns

branches, leaves and dead wood into instant fertilizer. Sun-warmed, nutrient-rich soil allows rapid re-growth of plants, providing abundant food for a variety of wildlife and songbirds. Burned but standing trees are havens for insects, which in turn feed woodpeckers and many other small creatures.

Already, a new forest has been born within the

blackened timber of the fires of 2003.

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. Tokumm Creek Trail is now open as far as the Alpine Club of Canada’s newly rebuilt

Fay Hut. Kaufmann Lake Campground will remain closed until crews have cleared burnt timber along the upper section of the Tokumm Creek Trail.

PLEASE NOTE:

The hazard of falling trees persists on re-opened trails around the burn area. Notices posted at affected trailheads advise on precautions to take.



Lake O’Hara

Yoho

The high-subalpine Lake O’Hara area is as fragile as it is beautiful. To protect this sensitive area and to ensure 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. However, there

is no limit on the number of people who may hike the 11 km (7 mi.) trail to the lake.

Reservations are required for the bus service (June 17 to October 4) and for the backcountry campground. They can be made up to three 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: (250) 343-6433.



Camping

Hot springs



BANFF NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1	Tunnel Mt. Village I	May 5 - Oct. 2	618		●		●	●	●	●	●	\$24
2	Tunnel Mt. Village II	Year Round	188	all	●		●	●	●			\$28
3	Tunnel Mt. Trailer	May 5 - Oct. 2	321	all	●		●	●	●		●	\$33
4	Two Jack Main	May 19 - Sept. 4	380		●			●		●		\$19
5	Two Jack Lakeside	May 19 - Sept. 2	74		●		●		●	●	●	\$24
6	Johnston Canyon	June 2 - Sept. 18	132		●		●	●	●	●	●	\$24
7	Castle Mountain	May 19 - Sept. 4	43		●					●		\$19
8	Protection Mountain	June 23 - Sept. 5	89		●				●	●		\$19
9	Lake Louise Trailer*	Year Round	189	all	●		●	●	●		●	\$28
10	Lake Louise Tent	May 8 - Oct. 2	210		●		●	●	●	●	●	\$24
11	Mosquito Creek	Year Round	32			●			●	●		\$14
12	Waterfowl Lakes	June 23 - Sept. 11	116		●			●	●	●		\$19
13	Rampart Creek	June 23 - Sept. 5	50			●			●	●		\$14

*Soft-sided camping in winter only (mid-November to mid-April).

JASPER NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1	Pocahontas	May 19 - Oct. 9	140		●					●		\$19
2	Snaring River	May 19 - Sept. 18	66			●				●		\$14
3	Whistlers	May 5 - Oct. 9	781	77	100	●	●	●	●	●	●	\$24-\$33
4	Wapiti (summer)	May 19 - May 22 June 16 - Sept. 4	362		40	●	●	●	●	●		\$24-\$28
4	Wapiti (winter)	Oct. 9 - May 2007	93		40	●				●		\$15-\$18
5	Wabasso	June 22 - Sept. 4	228		●			●	●	●		\$19
6	Mt. Kerkeslin	June 22 - Sept. 4	42			●				●		\$14
7	Honeymoon Lake	June 16 - Sept. 4	35			●				●		\$14
8	Jonas Creek	May 19 - Sept. 4	25			●				●		\$14
9	Columbia Icefield	May 19 - Oct. 9	*33			●				●		\$14
10	Wilcox Creek	June 9 - Sept. 11	46			●		●		●		\$14

*Tents only

KOOTENAY NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1	Redstreak	May 5 - Oct. 6	242	50	38	●	●	●	●	●	●	\$24-\$33
2	McLeod Meadows	May 19 - Sept. 5	98		●			●	●	●		\$19
3	Dolly Varden (winter)	Sept. 9 - May 15	7			●			●			\$14
4	Marble Canyon	June 23 - Sept. 5	61		●			●		●		\$19

YOHO NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
5	Hoodoo Creek	CLOSED										
6	Monarch	May 1 - May 8 June 2 - Sept. 5	46			●		●	●			\$16
7	Kicking Horse	May 8 - Oct. 6	92		●		●	●	●	●		\$24
8	Takakkaw Falls (walk-in)	June 23 - Sept. 29 road closed Oct. 1	35			●				●		\$16

GLACIER NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1	Illecillewaet	June 23 - Oct. 9	60		●	●			●	●	●	\$19
2	Loop Brook	July 1 - Sept. 4	20		●					●		\$19
3	Mount Sir Donald	July 1 - Sept. 4	15			●						\$14

Open dates are weather dependent. Arrive early - sites are assigned on a first-come, first-served basis. FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program
FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.

CAMPSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at www.pccamping.ca or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made 24 hours in advance.

Banff Upper Hot Springs

April 1 - May 18, 2006
Sun. - Thurs. 10 am - 10 pm
Fri. - Sat. 10 am - 11 pm

May 19 - Sept. 10, 2006
Daily 9 am - 11 pm

Sept. 11, 2006 - May 17, 2007
Sun. - Thurs. 10 am - 10 pm
Fri. and Sat. 10 am - 11 pm

May 18- Sept. 9, 2007
Daily 9 am - 11 pm

Note: The Cave and Basin pool no longer operates.

Radium Hot Springs

Hot Pool

April 1 - May 11, 2006
Sun. - Thurs. Noon - 9 pm
Fri. and Sat. Noon - 10 pm

May 12 - Oct. 9, 2006
Daily 9 am - 11 pm

Oct. 10, 2006 - May 10, 2007
Sun. - Thurs. Noon - 9 pm
Fri. and Sat. Noon - 10 pm

Note: Maintenance closure, April 18 to 28. Hot pool will be closed, but the cool pool will remain open.

Cool pool

April 1 - May 11, 2006
Fri. 6 pm - 9 pm
Sat. and Sun. Noon - 9 pm

May 12 - June 29, 2006
Daily Noon - 9 pm

June 30 - Sept. 4, 2006
Daily 9 am - 11 pm

Sept. 5 - Oct. 9, 2006
Daily Noon - 9 pm

Oct. 10, 2006 - May 10, 2007
Fri. 6 pm - 9 pm
Sat. and Sun. Noon - 9 pm

Miette Hot Springs

April 1 - April 30 2006 Closed

May 1 - June 8 2006
Daily 10:30 am - 9 pm

June 9 - Sept. 4 2006
Daily 8:30 am - 10:30 pm

Sept. 5 - Oct. 9 2006
Daily 10:30 am - 9 pm

Please note that these schedules are subject to change.



MOUNT REVELSTOKE AND GLACIER NATIONAL PARKS

These two parks, close to one another and linked by the Trans-Canada Highway, protect landscapes characteristic of the steep terrain, moist climate and lush vegetation in the heart of the Columbia Mountains.

MOUNT REVELSTOKE NATIONAL PARK features road access to the very top of a gentle mountain crowned by the flowery meadows so typical of this mountain range.

Established in 1914. Size: 260 km²

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 in 1886. Size: 1 350 km²

1 MEADOWS IN THE SKY PARKWAY

Speed limit: 50 km/hr (31 mph)



Drive from dense rainforest to flower-filled subalpine meadows. This narrow paved road switchbacks 26 km up Mount Revelstoke to the summit, elevation 1938 m. Trailers and buses are not permitted. Trailer parking is available near the park entrance. Mountain top shuttle service is available from 10 a.m. to 4 p.m. daily – from the date the road is open to the summit until September 30.

Road open: May to October (at lower elevations), July to September (to the summit). PLEASE NOTE: The road is locked each evening.

The parkway is left unplowed in winter. The first 8 km are trackset for cross-country skiers. Ski-touring terrain lies beyond.

TRANS-CANADA HIGHWAY (1)

Speed limit: 90 km/hr (56 mph)

Drive with care on this busy highway.

2 Rogers Pass Discovery Centre



69 km (52 minutes) east of Revelstoke; 72 km (55 minutes) west of Golden

The architecture mimics the structure of an 1880s railway snowshed. Theatre, exhibits about railway history, avalanches and wildlife. Parks Canada information, Friends of Mount Revelstoke and Glacier bookstore.

PLEASE NOTE: The Discovery Centre will be closed in September for construction.

3 Skunk Cabbage Trail



28 km (25 min) east of Revelstoke

This 1.2 km (30 min) interpretive boardwalk trail loops through classic Columbia Mountains wetland. Great bird-watching!

4 Hemlock Grove Trail



54 km (40 min) east of Revelstoke

Explore the rain forest. This 0.4 km (10 min) interpretive boardwalk winds through an ancient stand of western hemlock trees. It is fully accessible to persons with mobility and visual impairments.

5 Loop Brook Trail



63 km (45 min) east of Revelstoke

Railway history is featured here. Allow one hour for a 1.6 km loop through this National Historic Site.



6 Illecillewaet/Asulkan Valleys



66 km (50 min) east of Revelstoke

Several hikes begin here. Explore the area and view mountaineering routes opened more than a century ago.

7 Beaver/Copperstain Valleys



79 km (1 hr) east of Revelstoke

This is the jumping-off point for access (on foot!) to the wild interior of Glacier National Park. The vast alpine meadows of Bald Mountain attract hardy adventurers willing to walk 16 km or more via Grizzly Creek and Copperstain Creek.

Winter recreation and avalanche hazard



Visitors to Glacier National Park in the cold months will find outstanding backcountry skiing 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 the Canadian Pacific Railway line are closed to skiing, because the park clears these chutes using explosives. However, some of the closed areas can be entered by special permit only on days when the park's 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.

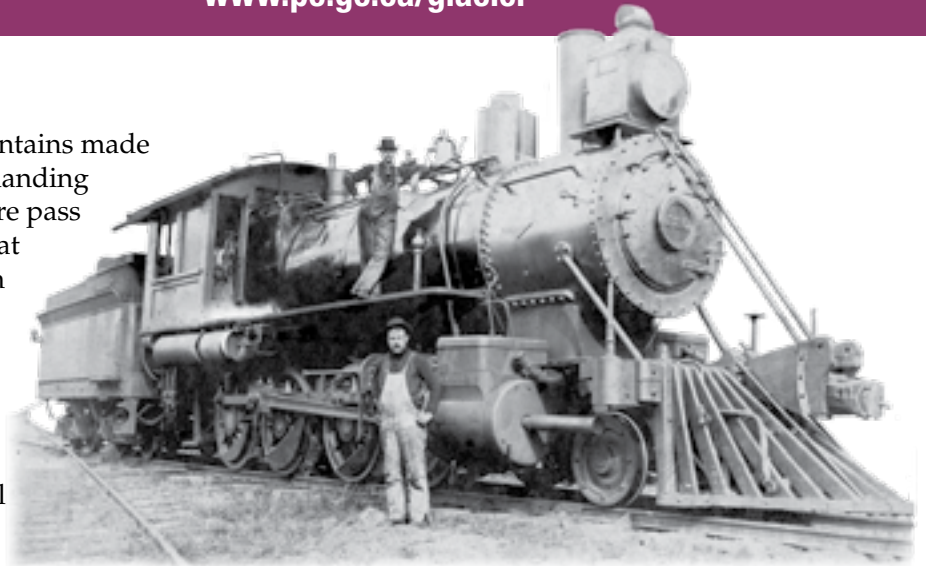
! Remember

- All winter 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.

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, surveyor A.B. Rogers traversed the 1323-metre pass that now bears his name. He found it suitable. The last great obstacle facing the trans-continental railway had now been overcome.

Still, Rogers Pass was so steep and so vulnerable to avalanches that the CPR was eventually forced to burrow underneath it. The Connaught Tunnel opened in 1916. With the completion of the Trans-Canada Highway over Rogers Pass in 1962, the pass also formed part of a national highway route. Guided historic site strolls are offered in July and August.



Information centre hours: page 17
 Campground directory: page 21

LEGEND

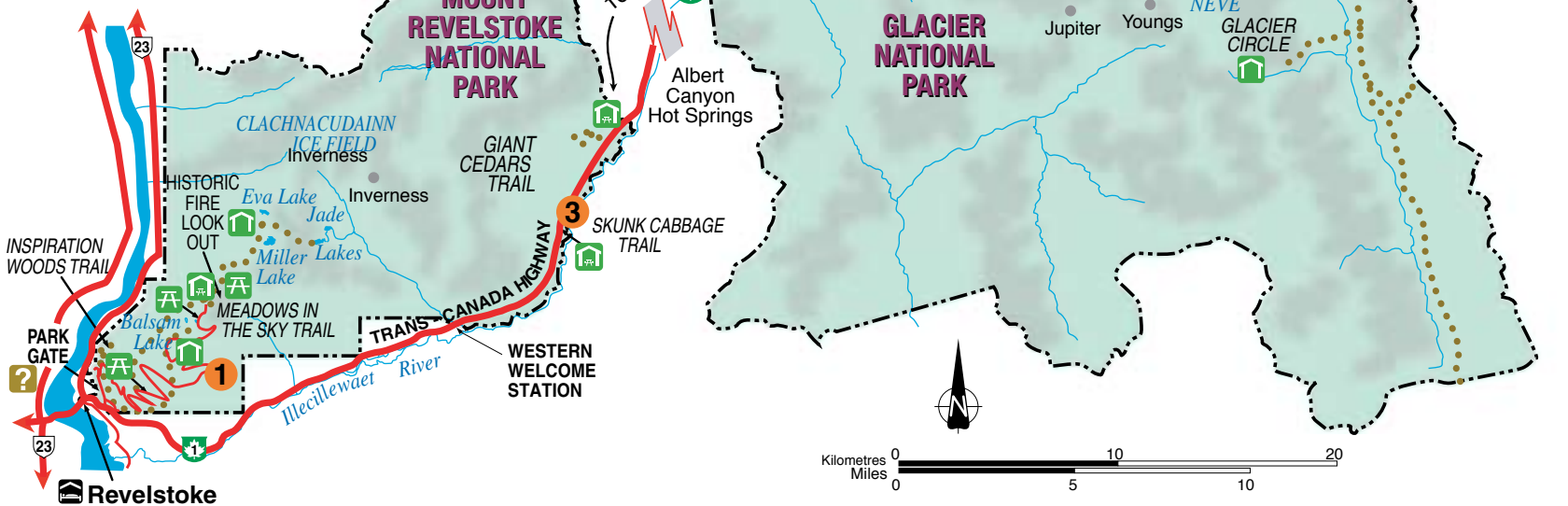
- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hiking
- Cross-country skiing
- Campground
- Picnic tables
- Picnic shelter
- Hostel
- Backcountry hut
- Accommodation

EMERGENCY

Ambulance, fire **911**
 R.C.M. Police


AREA CODE (250)

Administration 837-7500



Enjoy your visit to the mountain national parks and national historic sites

Please drive safely...

 Banff, Jasper, Kootenay and Yoho national parks along with the provincial parks of Hamber, Mount Robson and Mount Assiniboine are a UNESCO World Heritage Site - one of the largest protected areas in the world.



DISTANCE CHART

	Banff		Calgary		Edmonton		Golden		Revelstoke	
Calgary	128									
Columbia Icefield	188	316								
Edmonton	423	295	461							
Field (Yoho NP)	85	213	157	508						
Jasper	291	419	100	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	49	307	76	105		
Revelstoke	282	410	355	705	197	455	224	253	148	
Vancouver	856	984	928	1279	771	798	794	818	713	565

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

Emergencies
 Call 9-1-1

Road reports for all the mountain parks:
 (403) 762-1450
 www.pc.gc.ca