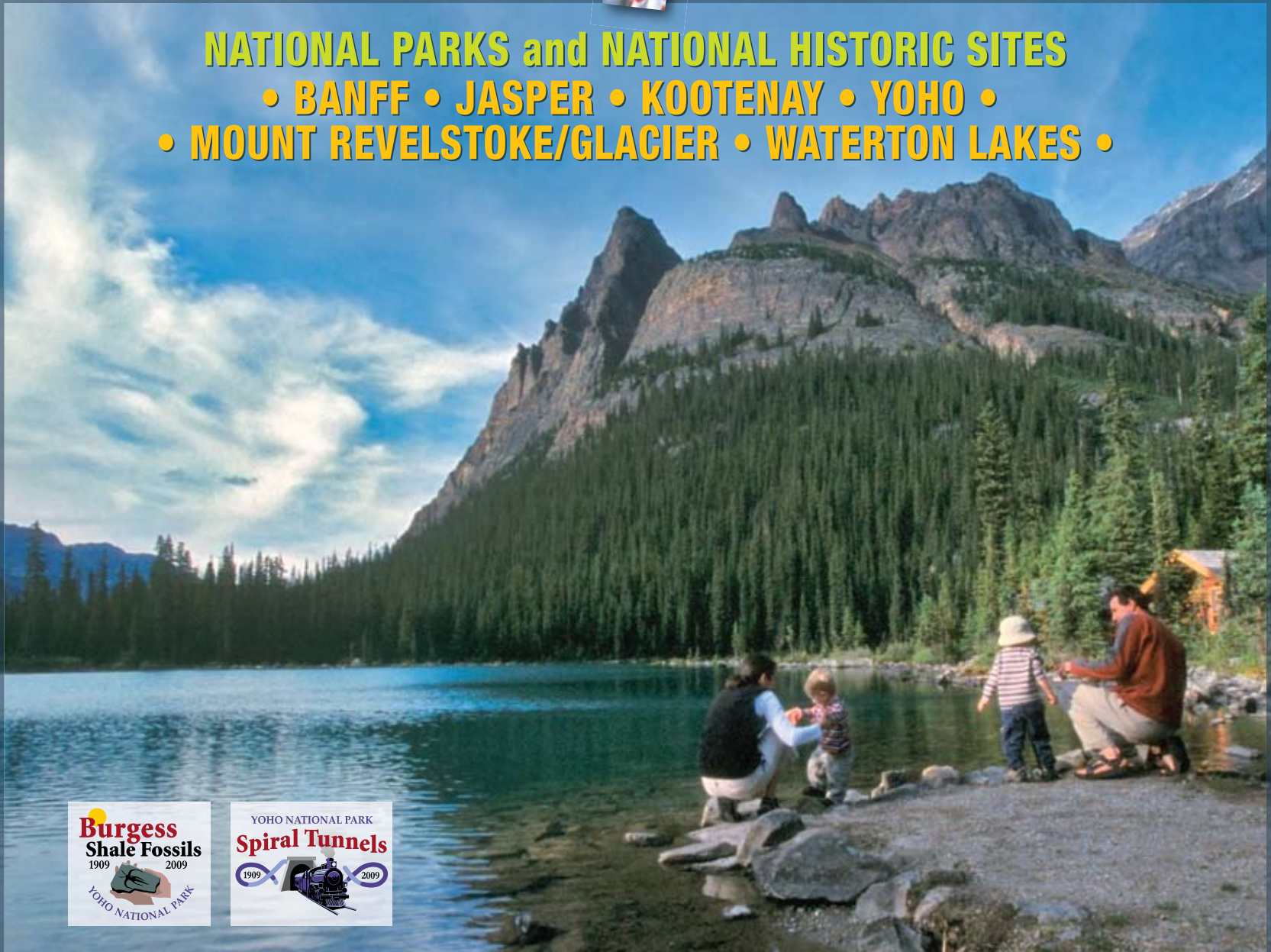




the Parks Canada Mountain Guide



NATIONAL PARKS and NATIONAL HISTORIC SITES
 • BANFF • JASPER • KOOTENAY • YOHO •
 • MOUNT REVELSTOKE/GLACIER • WATERTON LAKES •



2009/2010 Également offert en français



MAPS INSIDE!

Welcome to the mountain national parks.

We have much to celebrate this year!

Twenty-five years ago... the Canadian Rocky Mountain Parks were officially proclaimed one of the wonders of the world. This UNESCO World Heritage Site now includes Banff, Jasper, Kootenay and Yoho national parks and three provincial parks, for a total of 20 585 km². It's one of the largest protected natural places on the planet and – we like to think – one of the most beautiful.

2009 also marks the 100th anniversary of:

- The chance discovery of the exquisitely preserved **Burgess Shale** fossils between Mount Wapta and Mount Burgess, revealing an ancient lost world of weird and wonderful life forms that have to be seen to be believed. For that story, see page 28.

- The completion of the **Spiral Tunnels** through Cathedral Mountain and Mount Ogden, affording millions of train cars ever since safe descent down the Kicking Horse Pass. Page 17 shows where you can see this marvellous engineering feat.
- Our first “**Fire & Game Guardians**” as national park resource conservation crews were called back in 1909. Today Parks Canada protects and presents 42 national parks, 3 national marine conservation areas, and 158 national historic sites across the country. Together they form a living legacy, from generation to generation, connecting hearts and minds to the very essence of Canada.

In this guide, you will find plenty of opportunities to enjoy and discover the unique nature and culture of these mountains. We hope you'll celebrate that heritage with us to make your own enduring memories of this special place and its people.



Ron Hallman
Ron Hallman
Executive Director
Mountain Parks
Parks Canada

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While we have made every effort to ensure the accuracy of information in this guide, details such as prices, dates and times are subject to change.

Enjoy our parks year round



We're here to help . . .

You can help, too



Minimize your footprint

The spectacular mountain scenery and unique wildlife found in the mountain parks attract millions of visitors, and all those feet leave tracks. Follow these guidelines to **reduce your personal impact**.

- Do not touch, entice, disturb, feed or harass any wild animal. It is against the law.
- Leash your pets.
- Leave all park objects—rocks, flowers, antlers or artifacts—where they are.
- Obey all area closures or restrictions.
- Graffiti is vandalism! Do not leave your mark or write graffiti on anything.
- Disable firearms.
- Call 1.888.WARDENS (1-888-927-3367) if you see anyone violating park regulations.
- Report wildlife sightings. It is especially important to report aggressive behaviour by any animal, no matter how small.

Information Centres

We invite you to visit the friendly staff at our information centres. Here you can pick up Parks Canada's official publications, receive personalized advice, and shop for books and other items in the non-profit Friends stores. Some information centres offer exhibits and multimedia programs, too!



Park Staff

Look for Parks Canada staff at points of interest, visitor facilities and campgrounds throughout the mountain parks. These friendly and helpful people are ready to answer your questions, provide advice and share interesting stories.

Students...
WORK
in truly special places:
the Mountain National Parks

Each summer, Parks Canada hires students. Register on-line for the Federal Student Work Experience Program (FSWEP) at www.jobs.gc.ca.

For more information:
mountainparks.jobs@pc.gc.ca

Fees

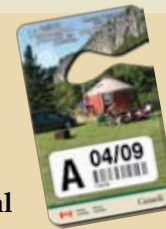


Every trip to Canada's mountain national parks should be a memorable one. That's why park entry and service fees are invested back into facilities and services that help you travel safely and get the most from your stay. Fees pay for things like information centres, interpretive programs, search and rescue, and this guide. They also help maintain



facilities and structures like historic sites, picnic areas, viewpoints, roads, trails and bridges. When you visit a park or site you are investing in its future – and in a legacy for future generations.

Choose the pass that's best for you!



Daily and annual **national park passes** are sold at park gates, information centres and by campground staff.

Daily and annual **national historic site passes** are sold at historic sites.

National Parks

Annual pass

All national parks

Family or group	\$136.40
Adult	\$67.70
Senior	\$57.90
Youth	\$33.30

Daily entry

Jasper, Banff, Kootenay and Yoho NP

Family or group	\$19.60
Adult	\$9.80
Senior	\$8.30
Youth	\$4.90

Daily entry

Glacier, Mount Revelstoke and Waterton Lakes NP

Family or group	\$19.60
Adult	\$7.80
Senior	\$6.80
Youth	\$3.90

* All fees listed include applicable taxes and are subject to change.

National Historic Sites

Annual pass - All Sites

Federally operated historic sites

Family or group	\$106.90
Adult	\$53.00
Senior	\$45.10
Youth	\$26.50

Daily entry

Bar U Ranch and Fort St. James

Family or group	\$19.60
Adult	\$7.80
Senior	\$6.55
Youth	\$3.90

Daily entry

Banff Park Museum, The Cave and Basin and Rocky Mountain House

Family or group	\$9.80
Adult	\$3.90
Senior	\$3.40
Youth	\$1.90

Discovery Pass

- Valid at 78 participating national historic sites and 27 participating national parks.
- Sold at most national historic sites and park information centres.

Thank you for supporting your national parks and national historic sites.

Banff National Park of Canada


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: 6641 km² (2564 sq. mi.)

TRANS-CANADA HIGHWAY

Speed limit: 90 km/h (55 mph)

Drive with care on this busy highway. Look for animal overpasses between Banff and Lake Louise, built to connect habitat and allow safe animal passage.

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

1 The Town of Banff ALL SERVICES

Explore Canada's first national park community.
Population 8721

2 The Village of Lake Louise MOST SERVICES

Experience the hospitality of this hiker's haven.
Population 1500

BOW VALLEY PARKWAY

Speed limit: 60 km/h (37 mph)




Experience life in the 'scenic' lane. Roadside interpretive panels at pull-offs along the way connect you to the diversity of life and life forces that flow through the Bow Valley.

Bow Valley Parkway Seasonal Road

Restriction from March 1 to June 25, evenings 6 pm - 9 am, helps protect wildlife at a critical time of year. This voluntary travel restriction is in effect between the east exit on the 1A near Banff for 18 km to Johnston Canyon. When travelling east from Lake Louise to Banff, connect to the Trans-Canada Highway at Castle Junction. **Access to commercial facilities along the parkway during this time is best from Castle Junction.**

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	36	
Moose Meadow	21	31	
Castle Cliffs	26	26	
Storm Mt.	28	24	✓
Baker Creek	40	12	
Morant's Curve	48	4	

3 Johnston Canyon

25 km (30 min) 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.

ICEFIELDS PARKWAY

Speed limit: 90 km/h (55 mph)

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 winter tires are required in winter. **No services November to March.** A park pass is required. No commercial trucks are allowed.

- Watch for reduced speed limits in congested zones and places frequented by wildlife.
- Ask for the *Icefields Parkway* brochure, your guide to peak names, icefield names and other points of interest.



4 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.

5 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 2088 m (6849') above sea level. A short, uphill walk from the parking area leads to a view of Peyto Lake, glacially-fed and brilliantly turquoise.

6 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.



7 Saskatchewan Crossing and Viewpoint

77 km (55 min) from Lake Louise
Fuel, food and accommodation are available from April to late October. At the viewpoint located just south of the resort, enjoy spectacular views and learn about Howse Pass National Historic Site.

8 Columbia Icefield

130 km (1.5 hr) from Lake Louise
Plan to spend at least an hour. Please turn to the Jasper National Park information on pages 10 and 11.



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 1 - Oct. 1	618			●		●	●	●	●	\$27.40
2	Tunnel Mt. Village II	Year Round	188		all	●		●	●		●	\$32.30
3	Tunnel Mt. Trailer	May 1 - Oct. 1	321	all		●		●	●		●	\$38.20
4	Two Jack Main	May 15 - Sept. 8	380			●			●			\$21.50
5	Two Jack Lakeside	May 15 - Sept. 14	74			●			●	●		\$27.40
6	Johnston Canyon	May 29 - Sept. 14	132			●		●	●	●		\$27.40
7	Castle Mountain	May 15 - Sept. 8	43			●				●		\$21.50
8	Protection Mountain	June 26 - Sept. 1	89			●			●	●		\$21.50
9	Lake Louise Trailer*	Year Round	189		all	●		●	●		●	\$32.30
10	Lake Louise Tent	May 15 - Sept. 28	206			●		●	●	●	●	\$27.40
11	Mosquito Creek	Year Round	32			●			●	●		\$15.70
12	Waterfowl Lakes	June 19 - Sept. 7	116			●		●	●	●		\$21.50
13	Rampart Creek	June 26 - Sept. 1	50			●			●	●		\$15.70

*Soft-sided camping in winter only (mid-November to mid-April)
Open dates are weather dependent. Arrive early - sites 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 at least 24 hours in advance.

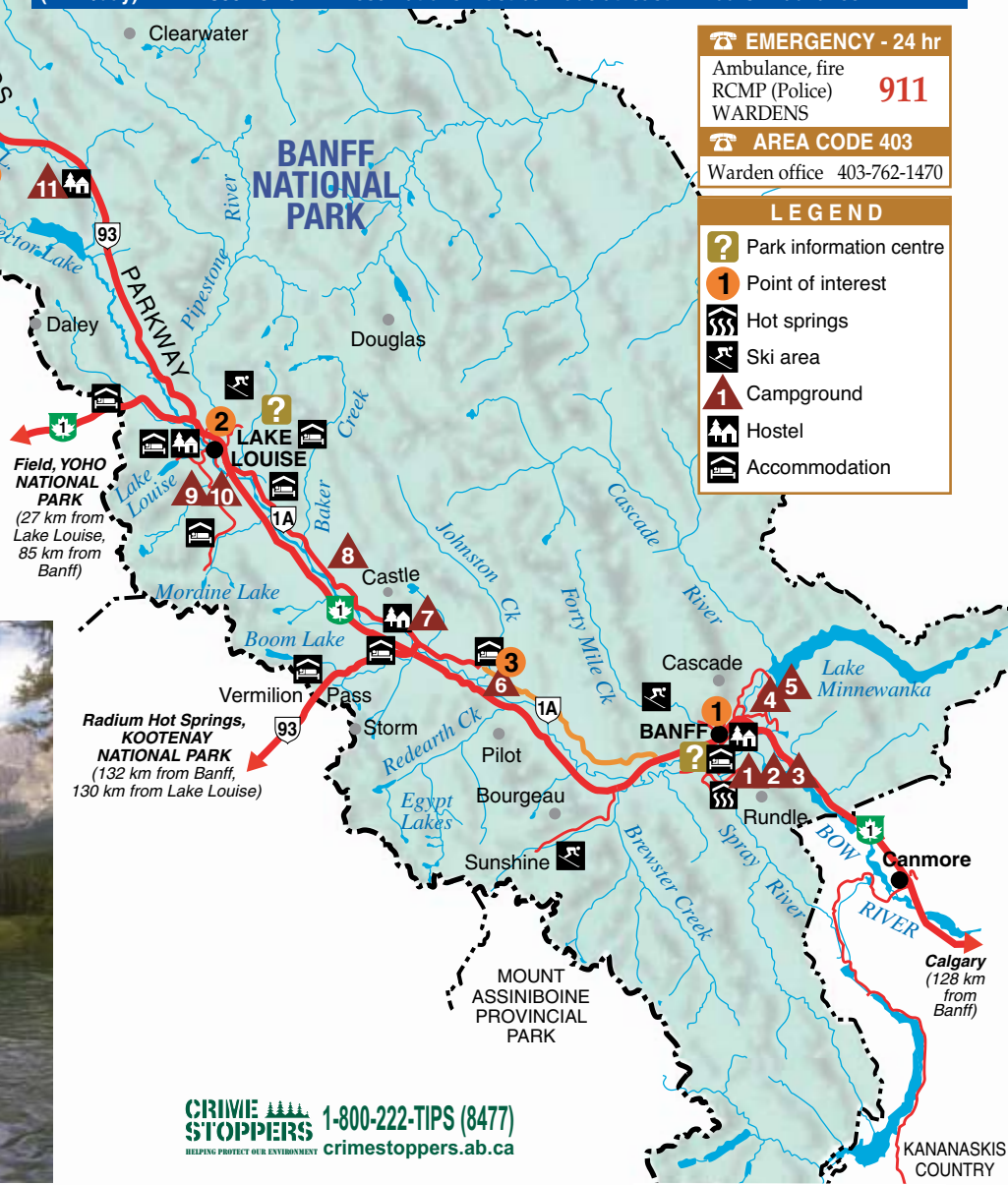


To improve safety for people and wildlife, the Trans-Canada Highway is being upgraded in stages through Banff National Park. The most recent upgrade from a two-lane to four-lane divided highway is underway near Lake Louise.

There is no other location in the world with as many and different types of wildlife crossings, or with the largest data set on wildlife use of crossings.

For details on highway twinning and wildlife crossings in the park: www.pc.gc.ca/transcanada

Trans-Canada Highway construction is underway. Please obey construction-zone signs and flag people. Anticipate some delays.



EMERGENCY - 24 hr
Ambulance, fire
RCMP (Police)
WARDENS **911**
AREA CODE 403
Warden office 403-762-1470

LEGEND
? Park information centre
1 Point of interest
Hot springs
Ski area
Campground
Hostel
Accommodation

CRIME STOPPERS 1-800-222-TIPS (8477)
HELPING PROTECT OUR ENVIRONMENT crimestoppers.ab.ca

Banff Townsite

As a base camp to Banff National Park, the town of Banff is unique. The footprint of the Town of Banff is just 3.93 km², which means everything is just 10 minutes away... So park your car and enjoy the town! You can walk or ride Banff Public Transit wherever you go. Elevation: 1384 m (4540')

1 Banff Information Centre



224 Banff Avenue 403-762-1550
Check out our daily video featuring Banff National Park.

- Parks Canada information 403-762-1550
- Banff/Lake Louise Tourism 403-762-8421
- Friends of Banff gift shop
Jan. 1 - May 14, 9 am - 5 pm
May 15 - June 17, 9 am - 7 pm
June 18 - Sept. 9, 8 am - 8 pm
Sept. 10 - Sept. 23, 9 am - 7 pm
Sept. 24 - Dec. 31, 9 am - 5 pm
Closed December 25



1

2 Cave and Basin National Historic Site



311 Cave Avenue (1 km from downtown Banff)
403-762-1566

The birthplace of Canada's national park system

- Thermal mineral springs
- Interpretive boardwalk trails
- Exhibits and video
- Interpretive programs available - see page 9
- Café open in the summer
May 15 - Sept. 30, 9 am - 6 pm daily
Oct. 1 - May 14
weekends, 9:30 am - 5 pm
weekdays, 11 am - 4 pm
Closed Dec. 25, 26 and Jan. 1
Admission charged

3 Banff Park Museum National Historic Site



91 Banff Avenue (by Bow River Bridge) 403-762-1558



3

A showpiece of early architecture and natural history interpretation

- Collection of natural specimens
- Hands on Discovery Room
- Interpretive programs available - see page 9

May 15 - Sept. 30, 10 am - 6 pm daily
Oct. 1 - May 14, 1 pm - 5 pm daily
Closed Dec. 25, 26 and Jan. 1
Admission charged

4 Cascades of Time Gardens



101 Mountain Avenue (Behind the Park Administration Building)

Historic gazebos, rustic bridges and rundle stone paths entwined in a garden of colourful flowers. In bloom from June to September. Interpretive Programs available - see page 9

5 Sulphur Mountain



4 km from town, Mountain Ave

- Hike the trail (visit the Banff Information Centre for trail details) or take the gondola (403-762-2523 for hours, fees).

6 Buffalo Nations Museum



1 Birch Avenue 403-762-2388
Native history, art and culture
Admission charged

7 Whyte Museum of the Canadian Rockies



111 Bear Street 403-762-2291
Mountain history, culture and archives
Admission charged

8 Vermilion Lakes



1 km from town, turn off the Mount Norquay Road south of the Trans-Canada Highway
Guided nature strolls of the Bow Valley's biggest wetland are offered here in summer. Register in advance at Friends of Banff stores, 403-762-8911.



9 UPPER HOT SPRINGS POOL



4 km from town, Mountain Ave
1-800-767-1611
Enjoy the splendid heritage bath house and pool.

- Towels, bathing suits, lockers for rent
- Day Spa 403-760-2500, cafe, and gift shop on site
May 15 - Sept. 13, daily, 9 am - 11 pm
Sept. 14 - May 20, 2010
Sunday - Thurs, 10 am - 10 pm
Friday - Sat, 10 am - 11 pm
Admission charged

10 Bow Falls & Banff Springs Hotel National Historic Site

Magnificent views from either side of the Bow River

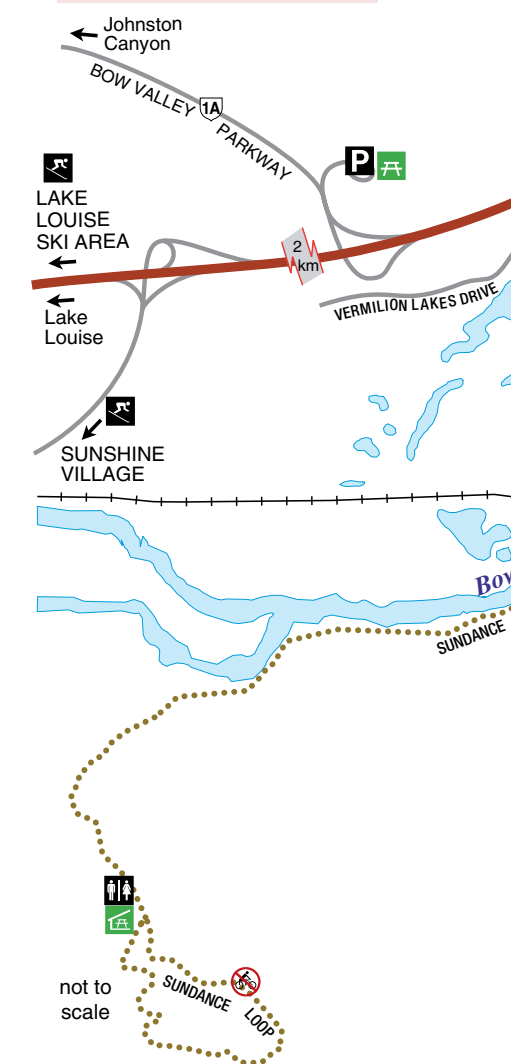
11 Bankhead



8 km (12 min) from Banff
Once the site of a huge coal-mining operation

- Lower Bankhead: now a quiet 1.1-km (30 min) interpretive trail loops among the ruins
- Upper Bankhead: a popular picnic area and trailhead
- Not accessible by car
November 15 to April 15

SEASONAL RESTRICTION MARCH 1 TO JUNE 25 - Travel along a 17-km section of the 1A to Johnston Canyon is restricted from 6 pm to 9 am in the spring to protect wildlife. See page 14.



Special Programs and Events

EVENING PROGRAMS

Relax, laugh and learn as Banff –its wildlife, peaks and people– come to life at our family-friendly programs.



Tunnel Mountain Campground Theatre

Nightly interpretive programs, late June to early Sept. FREE

- Tunnel Mountain Outdoor Theatre (Village I) – 7:30 pm (see map on page 7)
- Tunnel Mountain Indoor Theatre (Village II Hook-up area) – 8 pm (see map on page 7)

Lake Louise Campground Theatre

Nightly interpretive programs, July and August. FREE

- Outdoor Theatre – 8 pm (see map on page 8)

Banff Avenue Square

Mountain WIT Variety Night, July and August. FREE

- Wednesdays – 7:30 pm



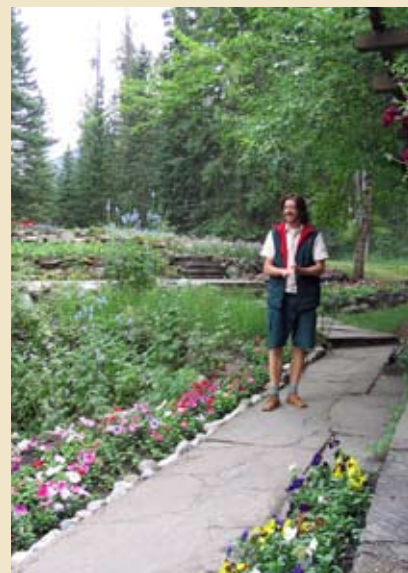
DAYTIME PROGRAMS

For a self-guiding tour of Banff's cultural highlights pick up a copy of the *Walking through Banff's History* brochure. To learn more about Banff's heritage programs visit www.banff.ca or www.banffculturewalk.com.

The Friends of Banff offer many guided walks throughout the summer. Check with them in the *Bear and the Butterfly*, or in their store in the Banff Park Information Centre for times and locations. (see 1 page 6)

Banff Park Museum National Historic Site

Summer (mid-May to Sept. 30): Interpretive program at 3 pm
Winter (Oct. 1 to mid-May) Sat and Sun at 2:30 pm
Programs are free with paid admission (see 3 page 6)



Cascades of Time Gardens

Interpretive programs are scheduled during the summer months. Call 403-762-1558 for dates and times. FREE (see 4 page 6)



Cave and Basin National Historic Site

Summer (mid-May to late Sept.): Interpretive programs at 11 am, 2 pm and 4 pm
Winter (Oct. 1 to mid-May) Sat and Sun at 11 am
Programs are free with paid admission (see 2 on page 6)

EVENTS

Siksika Nation Interpretive Program

Experience First Nations Culture
Share traditional stories, songs and dances

New location! Banff Avenue Square (downtown Banff) – Tuesday afternoons, July and August. FREE
All ages welcome

ROVING INTERPRETERS



Parks Canada staff are ready to answer your questions and share stories.

EXHIBITS

Explore a variety of self-guided trails and interpretive displays throughout the national parks, at your own pace. Look for the “e” symbol on highway signs.



BEAR GUARDIANS

Look for Banff National Park's Bear Guardians patrolling roadways and day use areas, working to keep both bears and people safe. Ask them how YOU can be a Bear Guardian, too!



Mountain World Heritage Interpretive Theatre

Watch for Parks Canada's very own theatre troupe, Mountain WIT, with their hilarious style of “edu-tainment” at special events all summer long!

Jasper National Park of Canada

JASPER NATIONAL PARK is Canada's fifth national park and the largest of the parks representing the Rocky Mountain region. Established in 1907 Size: 11 228 km² (4335 sq. mi.)

YELLOWHEAD HIGHWAY 16

Speed limit: 90 km/h (55 mph)
Drive with care on this busy highway. Watch for reduced speed limits in congested zones and places frequented by wildlife.

1 Municipality of Jasper ALL SERVICES

This friendly, picturesque community is the heart of Jasper National Park.

HIGHWAY 93A

Speed limit: 60 km/h (37 mph)
This scenic route provides access to Mount Edith Cavell and Marmot Basin Ski Area. The southern portion of the road - from the Meeting of the Waters picnic area to Athabasca Falls - is open mid-May to mid-October and is closed in winter (and trackset for cross-country skiing).

2 Mount Edith Cavell



29 km (45 min) from Jasper
Hanging glaciers and alpine meadows.
Trailers are not permitted; vehicles longer than 6 m not recommended. For a less-crowded experience, visit before 10 am or after 3 pm.
Road open mid-June to October as snow permits.

3 Athabasca Falls



30 km (30 min) from Jasper
This 23-metre waterfall has the most powerful flow to be found anywhere in the mountain parks.
 Swift water and canyon environment. For your safety stay on designated trails.

THE ICEFIELDS PARKWAY 93

Speed limit: 90 km/h (55 mph)
Road open year-round.
This spectacular 230-km drive along the backbone of the continent passes through remote, high-altitude terrain. Weather and driving conditions can be severe.

- Watch for reduced speed limits in congested zones and places frequented by wildlife.
- No commercial trucks are allowed.
- A park pass is required.
- Chains or winter tires are required in winter.
- No services Nov. - March.

4 Sunwapta Falls



55 km (40 min) from Jasper
The Sunwapta River pours over the falls and rushes through a limestone gorge.
 Swift water and canyon environment. For your safety stay on designated trails. Hotel and restaurant open May 8 to Oct. 15

5 Columbia Icefield and Icefield Centre



103 km (75 min) from Jasper
Hiking trails and glacier exhibits.

Please remain on designated trails. Access to the toe of the Athabasca Glacier has been restricted due to dangerous conditions.

Looking for a safe way to get on the glacier? Try a Brewster Ice Explorer tour or a walk with a certified mountain guide. Visit the Parks Canada desk at the Icefield Centre for information.

Ice Explorer Tours
1-877-423-7433

April 10 - 30, 10 am - 4 pm
May 1 - May 30, 9 am - 5 pm
June 1 - Aug. 31, 9 am - 6 pm
Sept. 1 - 30, 9 am - 5 pm
Oct. 1 - 18, 10 am - 4 pm

Guided glacier hikes (Icewalks)
1-800-565-7547 or

www.icewalks.com

June 1 to September 30

Parks Canada Information Desk
780-852-6288

April 10 - June 10, 9 am - 5 pm
June 11 - Sept. 5, 9 am - 6 pm
Sept. 6 - Oct. 18, 9 am - 5 pm

MIETTE ROAD

Speed limit: 60 km/h (37 mph)
Road open mid-May to mid-Oct.

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

1-800-767-1611 or
www.hot springs.ca

Newly renovated, these are the hottest mineral springs in the Canadian Rockies.

Two pools kept at 40°C (104°F) and two refreshing cool pools. Towels, bathing suits and lockers for rent.

May 9 - June 19, 10:30 am - 9 pm
June 20 - Sept. 1, 8:30 am - 10:30 pm

Sept. 2 - Oct. 13, 10:30 am - 9 pm
Schedules are subject to change.
Admission charged

MALIGNE VALLEY ROAD

Speed limit: 60 km/h (37 mph)
Road open year-round.

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 metres deep, Maligne Canyon has confounded geologists for many years. How old is it? How did it form? In winter it is possible to take a guided tour inside the gorge.

Swift water and canyon environment. For your safety stay on designated trails. Tea House open April to Oct.

9 Medicine Lake



27 km (30 min) from Jasper
This lake is drained by one of the largest underground river systems in North America.

10 Maligne Lake



43 km (1 hr) from Jasper

The beauty of this 22-km-long lake is legendary.

Chalet

May 16 - Oct. 4, 8:30 am - 7:00 pm

Boat tours

From chalet opening day (as ice conditions permit) to June 4, 10 am - 3 pm

June 5 - June 30, 10 am - 4 pm

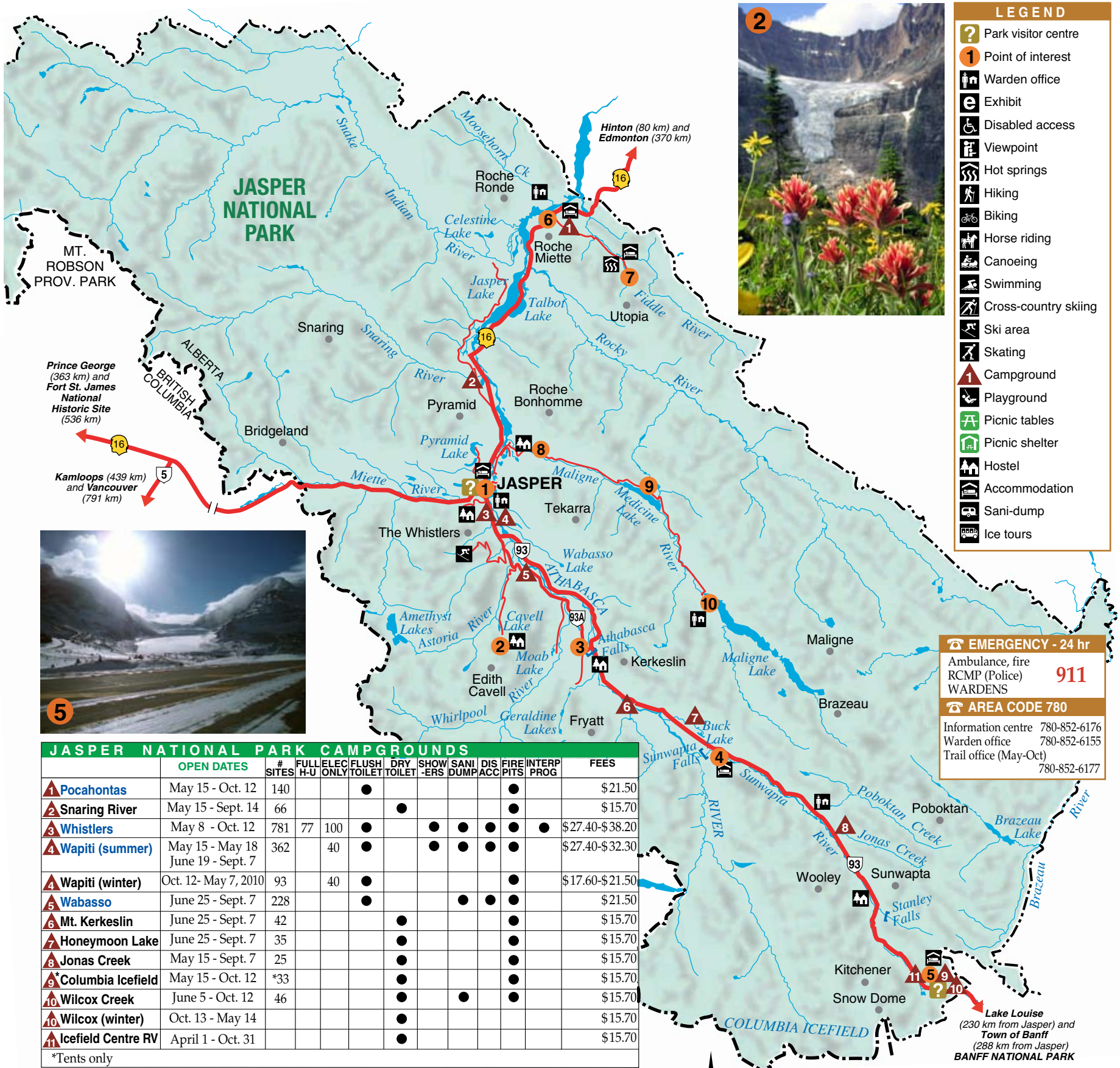
July 1 - Aug. 31, 10 am - 5 pm

Sept. 1 - Oct. 4, 10 am - 4 pm

Reservations recommended

780-852-3370 or

www.malignelake.com



LEGEND	
	Park visitor centre
	Point of interest
	Warden office
	Exhibit
	Disabled access
	Viewpoint
	Hot springs
	Hiking
	Biking
	Horse riding
	Canoeing
	Swimming
	Cross-country skiing
	Ski area
	Skating
	Campground
	Playground
	Picnic tables
	Picnic shelter
	Hostel
	Accommodation
	Sani-dump
	Ice tours

EMERGENCY - 24 hr
Ambulance, fire
RCMP (Police) **911**
WARDENS

AREA CODE 780
Information centre 780-852-6176
Warden office 780-852-6155
Trail office (May-Oct) 780-852-6177

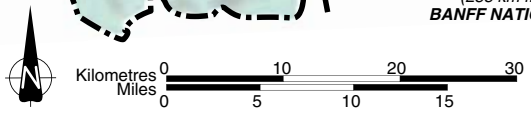
JASPER NATIONAL PARK CAMPGROUNDS

	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 15 - Oct. 12	140			●					●		\$21.50
2 Snaring River	May 15 - Sept. 14	66			●					●		\$15.70
3 Whistlers	May 8 - Oct. 12	781	77	100	●		●	●	●	●	●	\$27.40-\$38.20
4 Wapiti (summer)	May 15 - May 18 June 19 - Sept. 7	362		40	●		●	●	●	●	●	\$27.40-\$32.30
4 Wapiti (winter)	Oct. 12- May 7, 2010	93		40	●					●		\$17.60-\$21.50
5 Wabasso	June 25 - Sept. 7	228			●			●	●	●		\$21.50
6 Mt. Kerkeslin	June 25 - Sept. 7	42			●					●		\$15.70
7 Honeymoon Lake	June 25 - Sept. 7	35			●					●		\$15.70
8 Jonas Creek	May 15 - Sept. 7	25			●					●		\$15.70
9 Columbia Icefield	May 15 - Oct. 12	*33			●					●		\$15.70
10 Wilcox Creek	June 5 - Oct. 12	46			●			●		●		\$15.70
10 Wilcox (winter)	Oct. 13 - May 14				●					●		\$15.70
11 Icefield Centre RV	April 1 - Oct. 31				●							\$15.70

*Tents only

Open dates are weather dependent. Arrive early - sites 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 at least 24 hours in advance.



Jasper Town and Area

Jasper Hawes was an employee of the North West Company who operated a fur-trade post in the eastern part of the park known as "Jasper House". By the time the post was abandoned, the name "Jasper" was being used to describe the whole area. It was a natural choice when a name was needed for the new town in 1913.

1 Jasper Park Information Centre National Historic Site

500 Connaught Drive

Built in 1914, this landmark served as both the park's administration offices and as the superintendent's residence. Since the 1970s the building has served as the Parks Canada Information Centre.

April 4 – June 10, 9 am - 5 pm
 June 11 – Sept. 5, 8:30 am - 7 pm
 Sept. 6 – 30, 9 am - 6 pm
 Oct. 1 – 31, 9 am - 5 pm
 Nov. 1 – April 2010, 9 am - 4 pm

- Parks Canada information 780-852-6176
- Jasper Tourism and Commerce 780-852-3858 or www.jaspercanadianrockies.com
- Friends of Jasper gift shop

2 The Discovery Trail



This trail can be accessed at several points throughout the town. The downtown section is wheelchair accessible while the Pyramid Bench section behind the town is unpaved.



3 Jasper Yellowhead Museum and Archives



400 Pyramid Avenue

780-852-3013 or

www.jaspermuseum.org

Permanent exhibits feature Jasper's history. Monthly exhibits in Showcase Gallery.

Oct. – April, Thurs. – Sun., 10 am - 5 pm

May – Sept., daily, 10 am - 5 pm

Admission: adults \$5, seniors and students \$4, families \$12

- Children 5 and under FREE
- Groups of 10 or more receive a 15% discount

4 Patricia Lake and Pyramid Lake

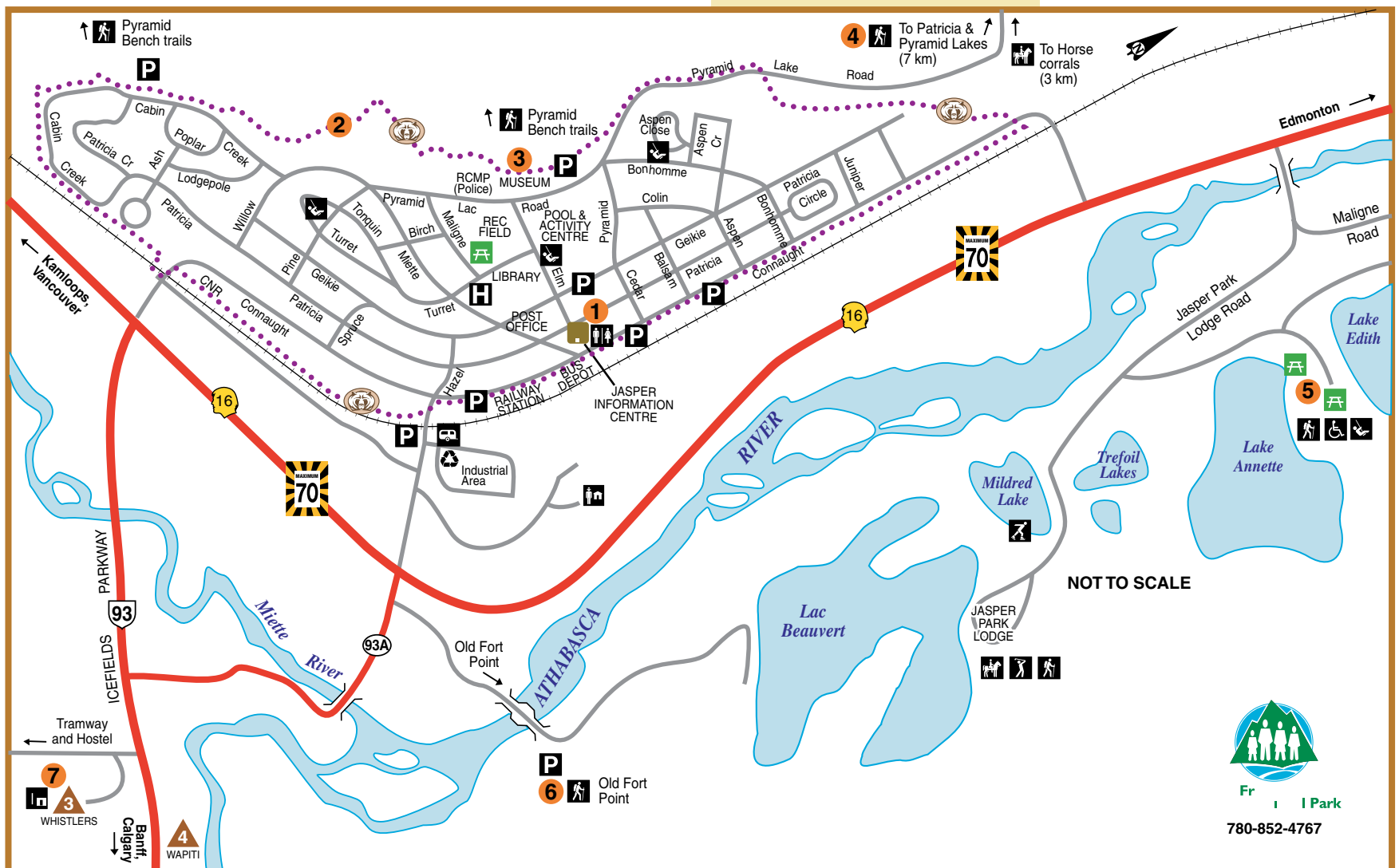


5 & 7 km (10/15 min) from Jasper

Enjoy swimming, fishing, boating, hiking, biking, snowshoeing and cross-country skiing in this easy to access wilderness.



Information on Jasper hotels is available at the Jasper Information Centre or www.jaspercanadianrockies.com



5 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 Aug. for swimming and wading.

6 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.



7 The Whistlers



7 km (15 min) from Jasper
Hike a steep 1.5 km trail from the tramway’s upper terminal or start at the bottom, 8 km one way, 1200 m elevation gain. Bring warm clothing and water. Hiking up from the bottom is not recommended in winter and spring when avalanche conditions may exist.

Jasper Tramway
780-852-3093 or

www.jaspertramway.com

Late April – mid-May,

10 am - 5 pm

Mid-May – end of June,

9:30 am - 6:30 pm

July – Labour Day, 9 am - 8 pm

Labour Day – Thanksgiving,

10 am - 5 pm

(Weather permitting)

Special Programs and Events

REGULAR PROGRAMS

Jasper: A Walk in the Past

Take a step back in time on this 1.5-hour historical walking tour of Jasper. Daily, June to September, 7:30 pm. Pick up free advance tickets at the Friends of Jasper store in the Information Centre. Space is limited. Donations appreciated.

Junior Naturalist

A fun one-hour program for children aged 6 to 10. Daily, July and August, 5 pm. Pre-register at Whistlers Campground Theatre. Donations appreciated.

Junior Naturalist Club

Hey kids! Will you be visiting a few mountain parks during your holiday? You can join the Junior Naturalist Club by collecting stamps and stickers from each Friends group in the mountain national parks. Drop by any Friends store located in Parks Canada Information Centres to pick up your FREE activity booklet.

Full Moon Hikes

Explore nature after dark. Enjoy the night sky and the full moon. May 9, June 7, July 7, Aug. 6 and Sept. 4. Pick up free advance tickets at the Friends of Jasper store in the Information Centre. Space is limited. Donations appreciated.

Hiking Kits

Make the most of your next hike by borrowing a hiking kit from the Friends of Jasper National Park. Free from Friends of Jasper store in the Information Centre.

Friends in Wild Spaces...

Meet new people and learn more about the park while showing it that you care; trail volunteer days every Tuesday, May to September. Other volunteer opportunities

are available throughout the year. Call 780-852-4767 for information.

Above programs by the Friends of Jasper. For more detailed information:

www.friendsofjasper.com

Jasper-Yellowhead Museum & Archives

Summer Exhibits:

Jasper’s First Tourist: James

Carnegie, Earl of Southesk

The Centennial of the Warden Service

The Life of Cowboy Artist, Stan Carr

For more information call 780-852-3013 or visit

www.jaspermuseum.org.

Whistlers Campground Interpretive Theatre Programs

Fun, family-friendly shows at Whistlers Campground Outdoor Theatre. Daily, July and August, 9 pm. FREE.

For more detailed information: www.pc.gc.ca/jasper

EVENTS

Environment Week

Discover things you can do to protect the environment. Information available at park information centres. **May 30 – June 6**



photo: Mark Horsley

National Aboriginal Day

Celebrate the unique heritage, cultures and contributions that First Nations and Métis people have made to Jasper National Park. Information available at park information centres. **June 21**

Parks Day

Celebrate Parks Day on the Jasper Information Centre lawn 11 am - 4 pm. **July 18**

Canada Day

A fun-filled, family-focused day complete with a pancake breakfast, a parade and fireworks. Information available at park information centres, campgrounds and hotels. **July 1**

Wildlife Festival

A behind the scenes celebration of Jasper’s wildlife. Information available at park information centres. **Aug. 29 & 30**


Jasper in January

Join us for a winter festival that will knock your thermal socks off! Information available at jaspercanadianrockies.com, the Jasper Information Centre and Jasper hotels. **Jan. 15 – 31**

Roving Interpreters

Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park. **June – September.**

Exhibits

Watch for self-guided opportunities as you travel through Jasper National Park. You will find a variety of self-guided trails and exhibits to explore at your own pace. Look for the  symbol.

Mountain WIT

Watch for Parks Canada’s very own theatre troupe, Mountain WIT, with their hilarious style of “edu-tainment” at special events all summer long!

Kootenay National Park of Canada

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: 1406 km² (543 sq. mi.)

VILLAGE OF RADIIUM HOT SPRINGS

1 Kootenay National Park Visitor Centre



- Parks Canada Visitor Centre
250-347-9505, Tourism BC
and Chamber of Commerce
information services
250-347-9331
 - Friends of Kootenay gift shop
 - Exhibits feature Ktunaxa
history and culture.
- May 15 – June 18, 9 am - 5 pm
June 19 – Sept. 6, 9 am - 7 pm
Sept. 7 – Sept. 12, 9 am - 5 pm
Sept. 13 – Oct. 12, 9 am - 4 pm

2 Redstreak Restoration Trail



Learn why grasslands and open forests are so important for wildlife and see how this habitat is being restored. An interpretive brochure is available at park facilities. 1-km trail



3 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.



4 RADIIUM HOT SPRINGS POOLS



3 km from Radium

Enjoy the canyon setting and hot and cool pools of this spacious facility.

- Towels, bathing suits,
lockers for rent
- Day spa reservations:
250-347-2100

HOT POOL

May 14 – Oct. 12, 9 am - 11 pm
Oct. 13, 2009 – May 19, 2010
Sun. – Thurs., 12 pm - 9 pm
Fri. – Sat., 12 pm - 10 pm

COOL POOL

May 14 – June 25, 1 pm - 8 pm
June 26 – Sept. 7, 9 am - 11 pm
Sept. 8 – Oct. 12, 1 pm - 8 pm
Oct. 13, 2009 – May 19, 2010
Fri., 6 pm - 9 pm
Sat., Sun., 12 pm - 9 pm
Admission charged

BANFF-WINDERMERE HIGHWAY

Speed limit: 90 km/h (55 mph)

Completed in 1922, this scenic 94-km drive through the park was the first motor road to cross the Canadian Rockies. In 2008, 46 large animals were struck on this highway in the park. Watch for reduced speed limits in places frequented by wildlife.

5 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.

6 Kootenay Valley Viewpoint



16 km (20 min) from Radium

Stop here for a dramatic view.

- Interpretive exhibits explain how the view has changed over time.



7 Paint Pots



85 km (1 hr) from Radium

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.

8 Marble Canyon

88 km (1 hr) from Radium

Enjoy the sights and sounds of thundering glacial meltwater and the diverse vegetation resulting from the 2003 wildfire.

9 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.

Special Programs and Events

Roving Interpreters

Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park.

Evening Programs

Listen, laugh and learn with Parks Canada Interpreters at **Redstreak Campground Theatre**. Interpretive programs **July and August**.

Children's Programs

Are your kids looking for something fun to do? Friends of Kootenay National Park **Junior Naturalist Programs** for kids aged 6-12 are offered during July and August. Check Information Centre for dates and times.

Events

Wings Over the Rockies Bird Festival, May 4-10, 2009.

www.WingsOverTheRockies.org

Stained Glass Art Show & Sale.

This year's theme is "Park Wildlife". June 27 – Nov. 9. Lobby of the Radium Hot Springs pools

Head Banger Trail Challenge

Late September,
Radium Hot Springs

www.friendsofkootenay.ca

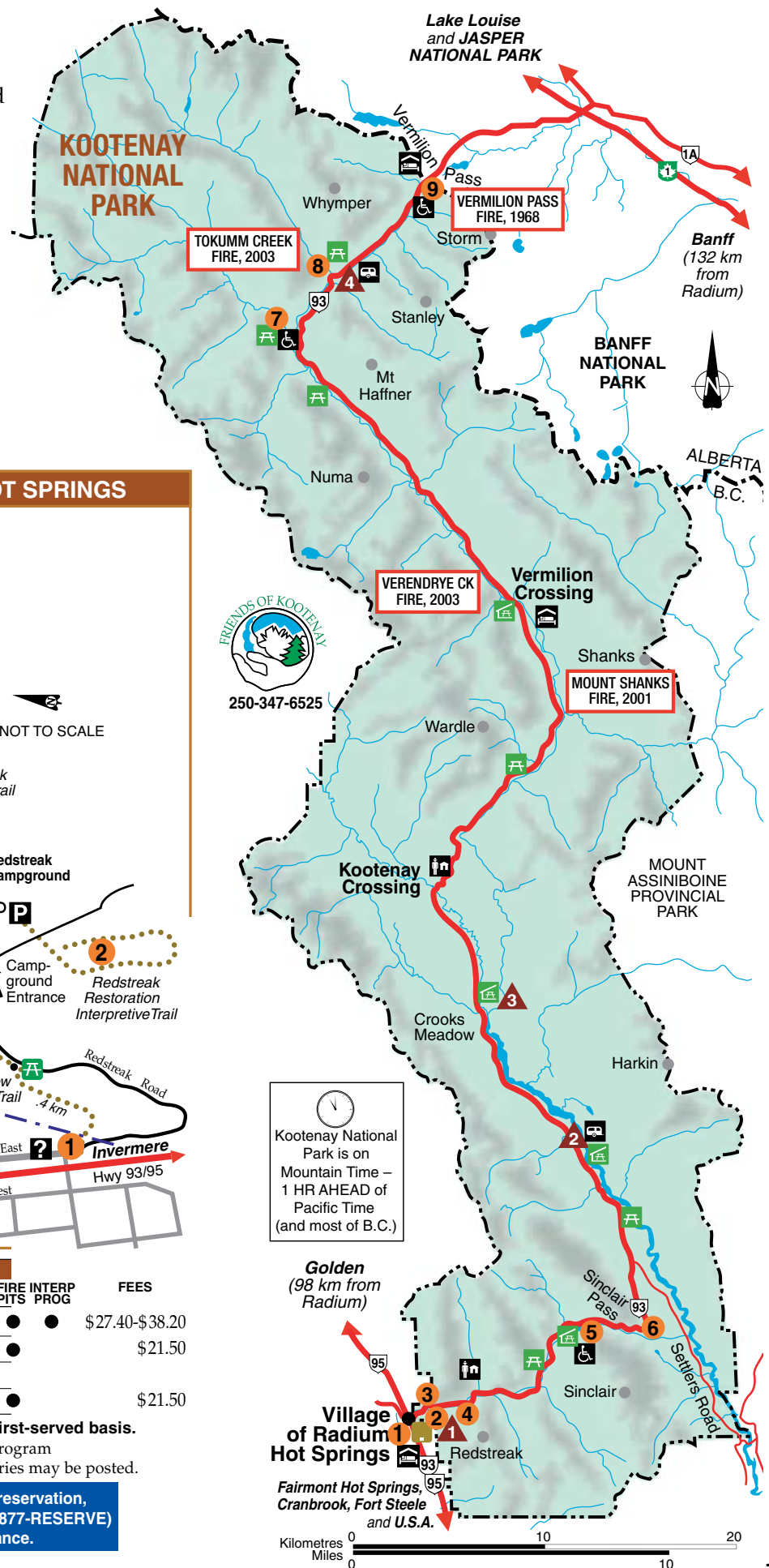


Fires bring new life

The hot, dry summer of 2003 was Kootenay National Park's most active fire season in living memory. Two large, lightning-caused fires 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 songbirds and wildlife. Burned but standing trees are havens for insects, which feed woodpeckers and many other small creatures. These snags also provide shelter, nesting sites and perches for a wide variety of wildlife species. Already, a new forest has been born within the blackened timber of the fires of 2003.

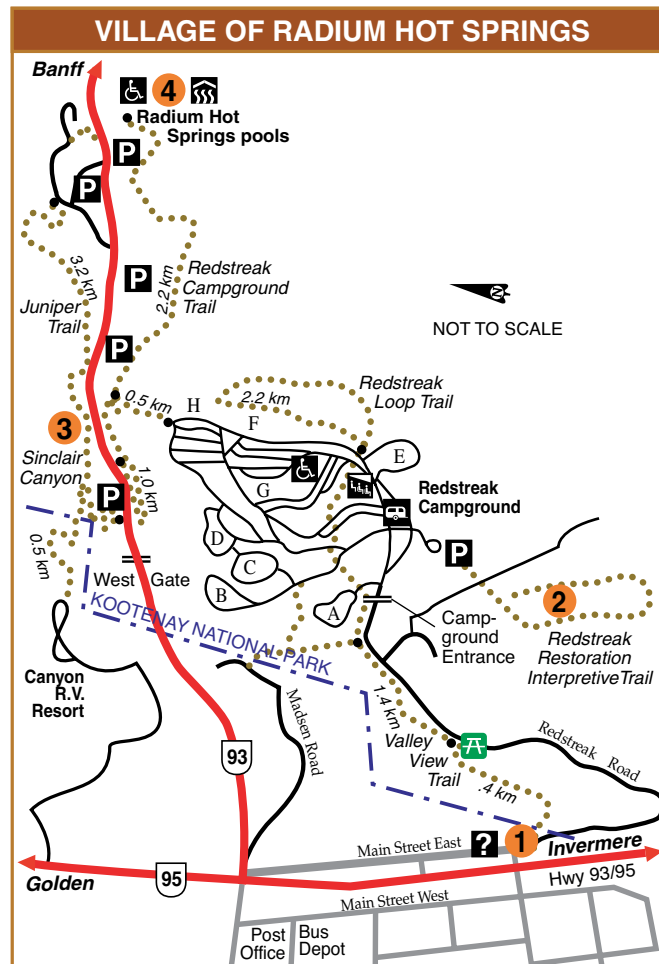


LEGEND

- Park visitor centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Theatre
- Viewpoint
- Hot springs
- Hiking
- Cross-country skiing
- Canoeing
- Campground
- Picnic tables
- Picnic shelter
- Hostel
- Accommodation
- Sani-dump
- Trail

EMERGENCY - 24 hr
 Ambulance, fire **911**
 RCMP (Police)
 WARDENS 403-762-4506

AREA CODE 250
 Warden offices 250-347-9361



KOOTENAY NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI-DUMP	DIS ACC	FIRE INT	INTERP PROG	FEES
1 Redstreak	May 8 - Oct. 5	242	50	38	●		●	●	●	●	●	\$27.40-\$38.20
2 McLeod Meadows	June 5 - Sep. 7	98			●			●	●	●		\$21.50
3 Dolly Varden	winter	7				●						\$21.50
4 Marble Canyon	June 26 - Sept. 7	61			●			●		●		\$21.50

Open dates are weather dependent. Arrive early - sites 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 at least 24 hours in advance.

Yoho National Park of Canada

YOHO NATIONAL PARK boasts towering rock walls, spectacular waterfalls and 28 peaks over 3000 metres in height. The word "Yoho" is a Cree expression of awe and wonder. Established in 1886 Size: 1310 km² (507 sq. mi.)

TRANS-CANADA HIGHWAY

Speed limit: 90 km/h (55 mph)
Drive with care on this busy highway.

1 Yoho Visitor Centre



At the turn-off to Field

- Parks Canada 250-343-6783 and Travel Alberta information services
 - Burgess Shale fossil displays
 - Friends of Yoho gift shop
- April 1 – April 30, 9 am - 4 pm
May 1 – June 18, 9 am - 5 pm
June 19 – Sept. 6, 9 am - 7 pm
Sept. 7 – Sept. 19, 9 am - 5 pm
Sept. 20, 2009 – Mar. 31, 2010, 9 am - 4 pm

2 Town of Field MOST SERVICES

27 km west of Lake Louise, AB
Population: 250
Discover this quaint mountain town and its working history.



3 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%—steepest of any railway in North America—to a much safer 2.2%.
- Exhibits show how the tunnels work.

16 Closed Oct. to April due to snow.



4 Wapta Falls



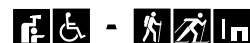
22 km (30 min) west of Field
"Wapta" means "river" in the Nakoda language of the Stoney people.

- In summer, 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 only accessible to eastbound traffic.

YOHO VALLEY ROAD

Speed limit: 20-60 km/h (12-37 mph)
This 13-km road is steep, with tight switchbacks. Leave trailers in the parking lot across from Monarch Campground. Road is open late June to early October, as snow conditions permit.

5 Takakkaw Falls



17 km (25 min) from Field
One of the highest waterfalls in Canada. Visitors can walk to base of the falls. Closed Oct. to June to motor vehicles.

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



EMERALD LAKE ROAD

Speed limit: 50 km/h (30 mph)
Begins 3 km west of Field. 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. Area closed in winter due to snow.

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.

Special Programs and Events

Roving Interpreters



Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park.

Evening Programs

Discover insights into the park's natural and cultural wonders at **Kicking Horse Campground Theatre**. Interpretive programs, July and August.

Events

Celebrate **Parks Day** July 18! Check at information centres for details.

Fossils of the Burgess Shale

The Burgess Shale preserves the 505-million-year-old remains of more than 200 species of marine animals, many of them new to science when Charles Walcott studied them.

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 late-June through mid-September, as trail conditions permit. Led by licensed guides, the hikes are limited to 12 people.

Hike information:

Parks Canada hikes: www.pc.gc.ca/yoho or the Yoho Information Centre
Burgess Shale Geoscience Foundation hikes: 1-800-343-3006

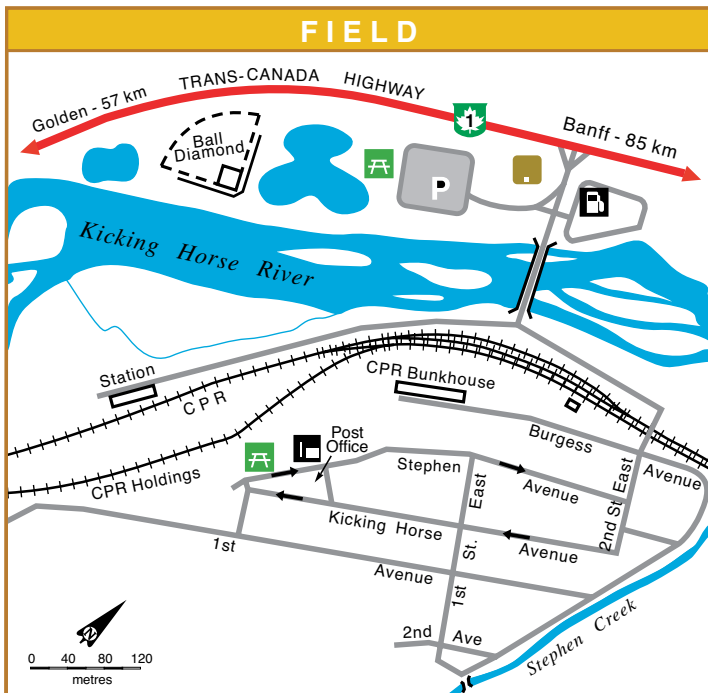
Exquisitely preserved Burgess Shale fossils are on display in the Yoho Visitor Centre.

PLEASE NOTE

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

Centennial Celebrations

More information about centennial events celebrating the discovery of the Burgess Shale and the making of the Spiral Tunnels is available at the Visitor Centre in Field and at www.pc.gc.ca/yoho.



Lake O'Hara

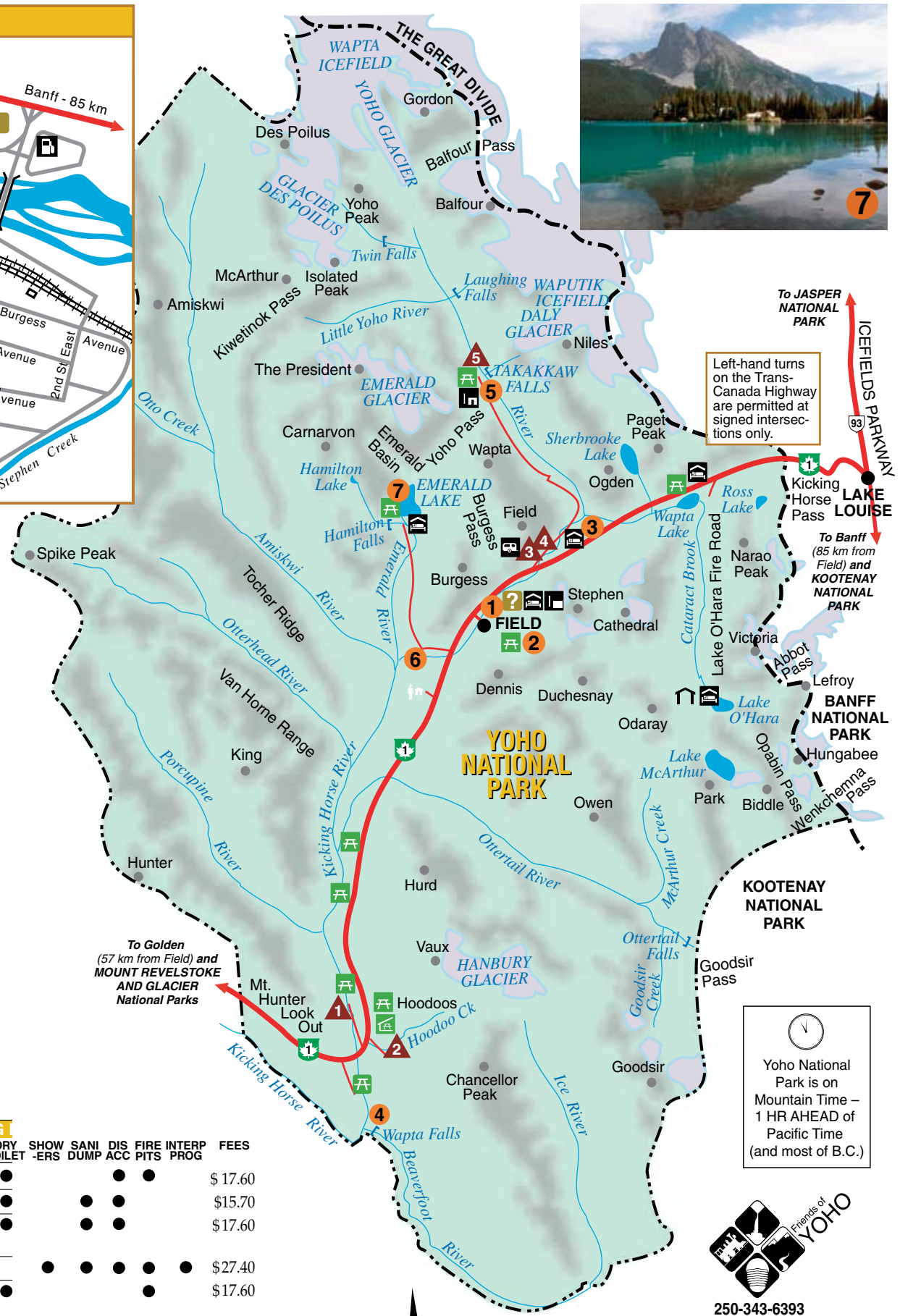
The Lake O'Hara area is as fragile as it is beautiful. To protect this sensitive area and to ensure a high-quality visitor experience, a quota limits the number of people who may use the bus service to the lake. Bicycles are not permitted; however, you may hike the 11-km (7 mi.) trail to the lake.

Reservations are required for the bus service (approx. mid-June to the first weekend in October) and for the backcountry campground. They can be made up to three months in advance by calling 250-343-6433.

YOHO NATIONAL PARK CAMPG

	OPEN DATES	# SITES	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DIS ACC	FIRE PIT	INTERP PROG	FEES
▲ Chancellor Peak	June 5 - Sept. 7	62		●			●	●		\$ 17.60
▲ Hoodoo Creek	June 5 - Sept. 7	30		●		●	●			\$15.70
▲ Monarch	May 1 - May 14 June 5 - Sept. 7	44		●		●	●			\$17.60
▲ Kicking Horse	May 14 - Oct. 5	88	●		●	●	●	●		\$27.40
▲ Takakkaw Falls (walk-in)	June 19 - Sept. 30 road closed Oct. 1	35		●			●			\$17.60

Open dates are weather dependent. Arrive early-sites 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.



Left-hand turns on the Trans-Canada Highway are permitted at signed intersections only.

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

Friends of Yoho
 250-343-6393



Mount Revelstoke and Glacier National Parks of Canada

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 (100 sq. mi.)

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: 1350 km² (521 sq. mi.)

TRANS-CANADA HIGHWAY

Speed limit: 90 km/h (55 mph)

Follow Major Roger's route through the Selkirk Mountains.

1 Rogers Pass Discovery Centre



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

At the heart of Rogers Pass National Historic Site, this information centre is a replica of an historic railway snowshed. Theatre, exhibits about history, avalanches and wildlife. Friends of Mount Revelstoke & Glacier bookstore.

Dec. – April, 7 am - 5 pm

May – June 10, 8:30 am - 4:30 pm

June 11 – Sept. 8, 7:30 am - 8 pm

Sept. 9 – Oct. 12, 8:30 am - 4:30 pm

Oct. 13 – Nov. 13, CLOSED

Nov. 14 – 30, 8:30 am - 4:30 pm,

Closed Tuesday & Wednesday

2 Skunk Cabbage Trail



28 km (25 min) east of Revelstoke

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



3 Hemlock Grove Trail



54 km (40 min) east of Revelstoke

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

4 Rockgarden Trail



56 km (42 min) east of Revelstoke

You can spend a lot of time looking up in the spectacular Columbia Mountains, but every one of the rocks on this 0.5-km trail contains a miniature landscape of its own.

5 Loop Brook Trail



63 km (45 min) east of Revelstoke

A century of railway history comes alive on this 1.6-km walking trail.

6 Beaver/Copperstain Valleys



79 km (1 hr) east of Revelstoke

This is the access point for trails to the wilderness 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.



MEADOWS IN THE SKY PARKWAY

Speed limit: 50 km/h (30 mph)



The Parkway climbs 26 km from the valley bottom to the flower-filled meadows at the summit of Mount Revelstoke. It's the only place in a national park that you can reach a mountain-top by vehicle. Nine hiking and strolling trails begin at the summit area. Koo Koo Sint Trail commemorates explorer David Thompson's journeys in this area. First Footsteps Trail tells the stories of First Nations people in our area. **7**

The parkway is open from mid-May to Oct. 31 at the lower elevations. Higher up, the road opens and closes with the snow levels. You can usually reach the summit area by mid-July. A free shuttle takes you the last kilometre from mid-July to mid-September. **Note:** trailers and buses are not permitted on the parkway. The parkway is closed and locked each evening. Check with gateway staff for seasonal hours and trailer parking.

8 Nels Nelsen Historic Ski Jump

A new exhibit pavilion and trail celebrates the history of ski-jumping in Mount Revelstoke. It's the only place in Canada where world-record jumps were ever recorded.

Winter recreation and avalanche hazard

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 stabilizes these areas 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 bulletins are available at the Rogers Pass Discovery Centre, at park headquarters in downtown Revelstoke, on our website or by calling: 250-837-MTNS or 1-800-667-1105.

- 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 at the slopes near the Trans-Canada Highway any time.



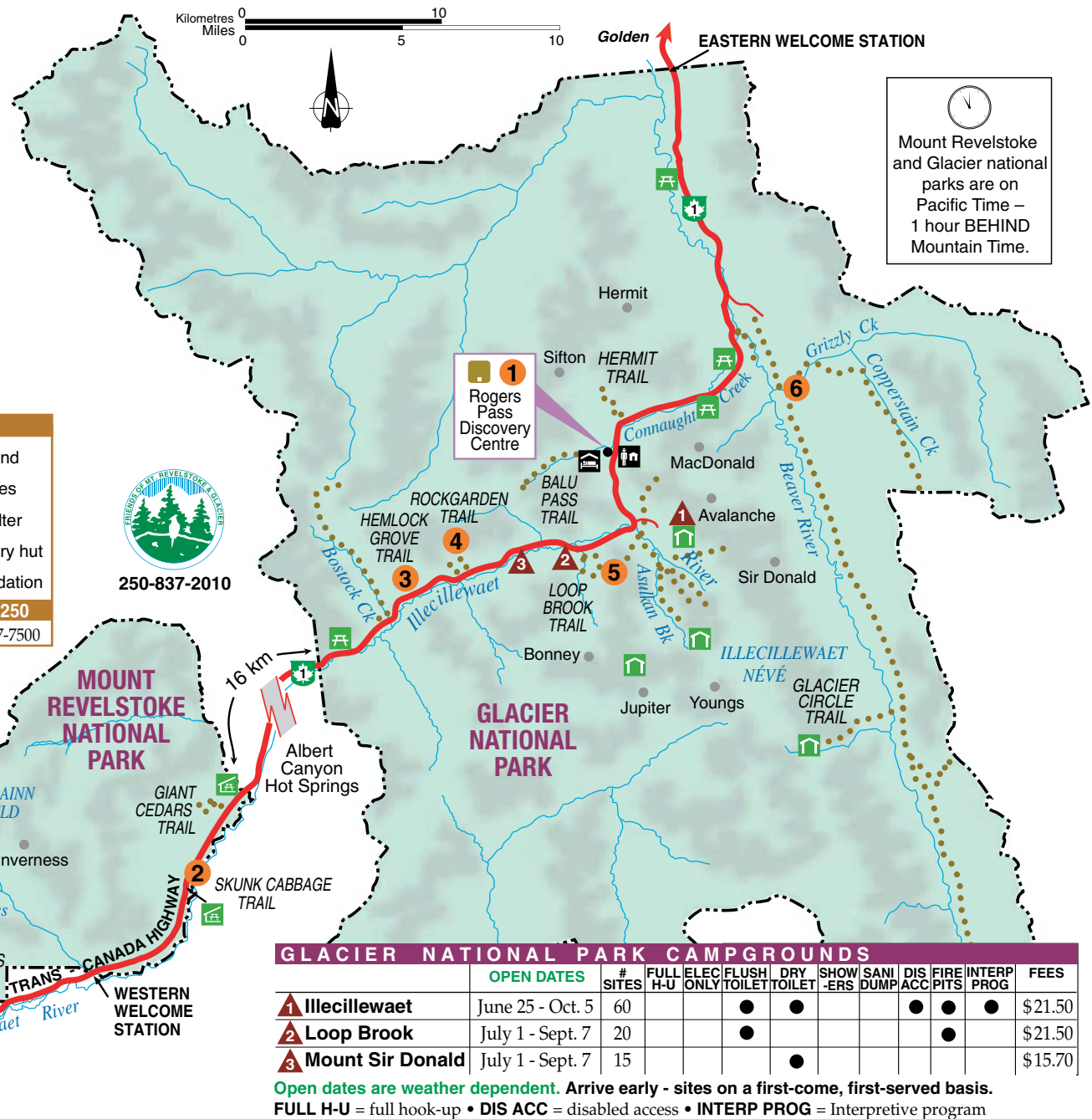
Special Programs and Events

Events

Mount Revelstoke NP
Chickadee Nature Festival
 May 30 – 31, 2009

Celebrate the Summit
 Second weekend in August.
 Check at information centres for details.

Interpretive Programs
 Regularly scheduled short strolls and evening programs at Illecillewaet Campground during July and August



LEGEND

- Park visitor centre
- Point of interest
- Warden office
- Trail
- Campground
- Picnic tables
- Picnic shelter
- Backcountry hut
- Accommodation

EMERGENCY 1-877-852-3100
AREA CODE 250 Administration 250-837-7500



GLACIER NATIONAL PARK CAMPGROUNDS

	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PIT	INTERP PROG	FEES
1 Illecillewaet	June 25 - Oct. 5	60			●	●			●	●	●	\$21.50
2 Loop Brook	July 1 - Sept. 7	20			●					●		\$21.50
3 Mount Sir Donald	July 1 - Sept. 7	15				●						\$15.70

Open dates are weather dependent. Arrive early - sites 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.

Waterton Lakes National Park of Canada

Box 200, Waterton Park, AB T0K 2M0
403-859-5133 Emergency: 403-859-2636
TTY: 1-866-787-6221

WATERTON LAKES NATIONAL PARK is “where the mountains meet the prairie”, and is the Canadian part of the world’s first International Peace Park. Its prairie, mountains and lakes support a rich variety of life, with over 1000 plants, 250 species of birds, more than 60 mammals, 24 species of fish and 8 species of reptiles and amphibians. Established in 1895 Size: 505 km² (195 sq. mi.)

ENTRANCE PARKWAY 5

Speed limit: 80 km/h (50 mph)
30 km/h (20 mph) in the Townsite
Follow the parkway 8 km to Waterton townsite. Enjoy scenic views of the Waterton Lakes chain, the valley and its wildlife. Stop for information at the Visitor Centre (mid-May to mid-Oct.) or the Operations Building (mid-Oct. to mid-May).

1 The Prince of Wales Hotel



One km from the Waterton Townsite
This National Historic Site was built in 1927 by the Great Northern Railway. Enjoy a

spectacular view of Upper Waterton Lake and surrounding peaks. *Closed in winter.*

2 Waterton Townsite

8 km/5 miles from the Park Entrance

MOST SERVICES

No gas or groceries available in winter
Visit the International Peace Park Pavilion, near the marina, or photograph Cameron Falls, with some of the oldest exposed rock in the Canadian Rockies.

RED ROCK PARKWAY

Speed limit 50 km/h (30 mph)
Travel from undulating prairie into colourful mountains and

sample some of our best wildlife viewing. Open to motor vehicles from May 1 to Oct. 31, this 15-km parkway is very narrow and may not be suitable for larger buses or recreational vehicles.

3 Red Rock Canyon



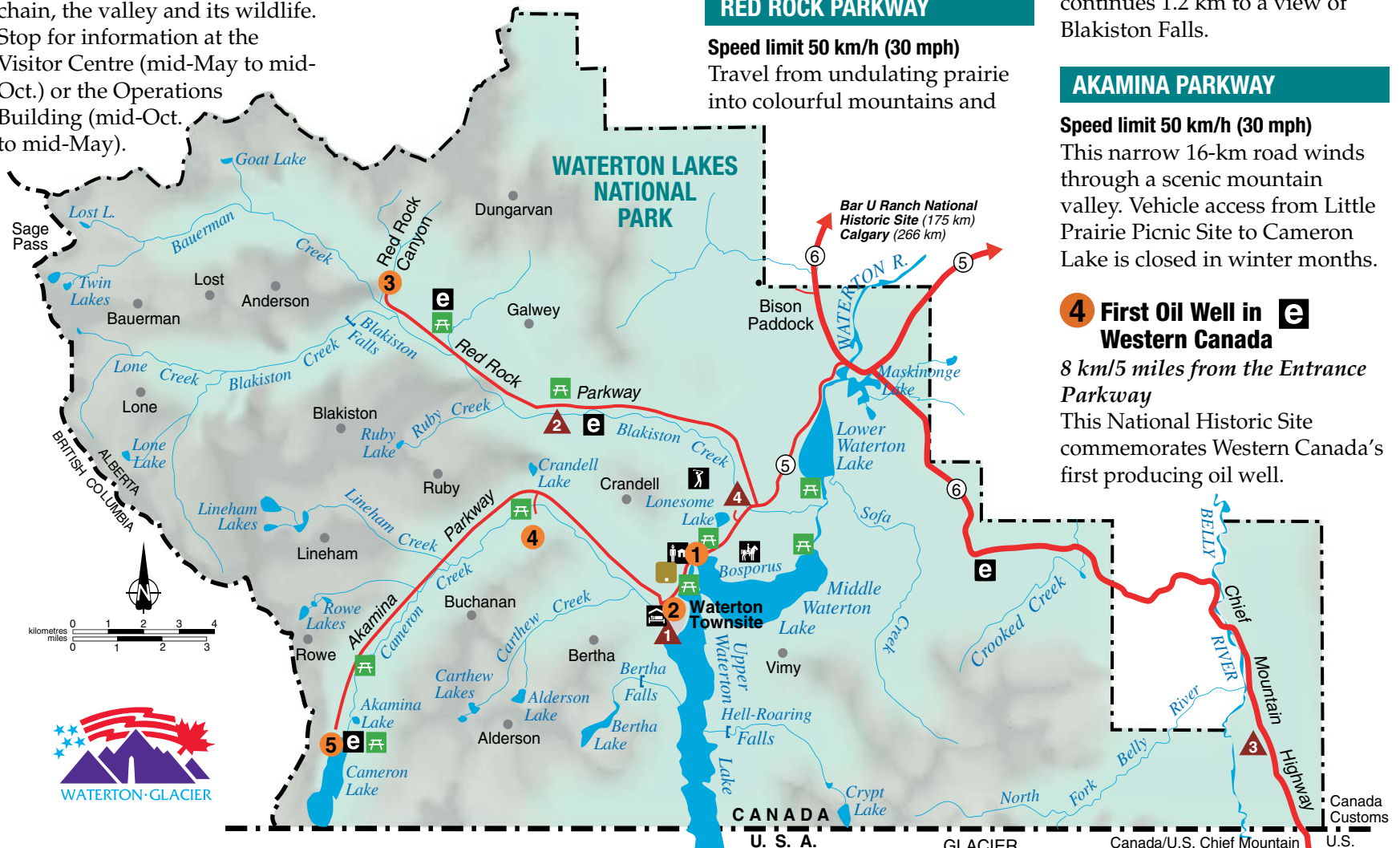
15 km/9 miles from the Entrance Parkway
A short trail circles the canyon’s colourful rock layers and clear sparkling stream. The trail continues 1.2 km to a view of Blakiston Falls.

AKAMINA PARKWAY

Speed limit 50 km/h (30 mph)
This narrow 16-km road winds through a scenic mountain valley. Vehicle access from Little Prairie Picnic Site to Cameron Lake is closed in winter months.

4 First Oil Well in Western Canada

8 km/5 miles from the Entrance Parkway
This National Historic Site commemorates Western Canada’s first producing oil well.



WATERTON LAKES NATIONAL PARK CAMPGROUNDS

	OPEN DATES	# SITES	FULL H-U	UNS	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DIS ACC	FIRE PIT	INTERP PROG	FEES
1 Waterton Townsite	May - Oct.	238	95	143	●		●	●	●	●	●	\$22.50-\$38.20
2 Crandell Mountain	mid-May - Labour Day	129		129	●			●		●	●	\$21.50
3 Belly River	mid-May - mid-Sept.	24		24	●					●	●	\$15.70
Belly River Group	mid-May - mid-Sept.					●				●	●	\$4.90/person
4 Pass Creek Winter	late Oct. - early May	8		8		●				●		no charge

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 at least 24 hours in advance.

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





5 Cameron Lake



16 km/10 miles from the Entrance Parkway

Discover life in the 'Snow Forest' at lakeside exhibits and trails.

CHIEF MOUNTAIN HIGHWAY 6

Speed limit 80 km/h (50 mph)

This highway links Waterton with our U.S. neighbour, Glacier National Park, in Montana. The Waterton-Glacier International Peace Park was created in 1932, and designated a World Heritage Site in 1995.

Special Programs and Events

Interpretive Programs

Laugh and learn at one of our interpretive programs, nightly at the Falls Theatre in the townsite, five nights a week at Crandell Campground.



Join a Canadian Park Interpreter and an American Park Ranger on a day-long International Peace Park Hike, Wednesday and Saturday. Reserve in advance at the Visitor Centre.

Interpreters are often on hand at Red Rock Canyon and Cameron Lake to answer your questions and share interesting stories.

Friends organizations

Many of the activities listed in this guide are provided by local Friends organizations. You can make a difference by shopping with your Friends.



Friends in High Places

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

You will find:

- Books related to the National Parks
- Maps
- Unique Canadian Gifts
- Souvenirs
- Clothing
- ... and so much more



Fr i l Park

Friends of Jasper National Park

Jasper Park Information Centre
780-852-4767

www.friendsofjasper.com



Friends of Mount Revelstoke and Glacier

Rogers Pass Discovery Centre
250-837-2010

www.friendsrevglacier.com



Friends of Banff National Park

Banff Park Information Centre
& The Bear and the Butterfly
403-762-8918

www.friendsofbanff.com



Friends of Kootenay National Park

Radium Visitor Centre
250-347-6525



Friends of Yoho National Park

Yoho Visitor Centre, Field
250-343-6393

www.friendsofyoho.ca



Waterton Natural History Assoc.

Heritage Centre
117 Waterton Ave., Waterton Park
403-859-2624

www.wnha.ca

Receive 10% discount on your purchase when you become a member of the Friends.

We have great stories to tell you.



Get more out of your visit – experience the parks with a Professional Interpretive Guide.

Before you book a tour, ask if you will be going with a Professional Interpretive guide. They will bring the local, natural and cultural history of the mountain parks to life on your guided hike, snowshoe, or bus tour.

Professional Interpretive guides are accredited in local knowledge through the Interpretive Guides Association in a Parks Canada approved program. To find a list of companies that hire Professional Interpretive guides, visit our website or ask for our brochure at information centres in the mountain national parks.

Connecting you with Canada's mountain parks

www.interpretiveguides.org

Driving in the mountains

Anyone can become distracted by beautiful scenery and roadside wildlife. Statistically, driving is the most dangerous activity in the park... for both people AND wildlife. So, please slow down on park roads! Generally speed limits are:

90 km/h (55 mph)
on major roads

60 km/h (37 mph)
on secondary roads

If you choose to stop, pull safely out of traffic. Use pull-out areas whenever possible.

Road reports

- Banff, Jasper, Kootenay, Yoho, Mount Revelstoke and Glacier, 403-762-1450
www.pc.gc.ca/banff
- Waterton Lakes
1-800-642-3810
www.ama.ab.ca

Road and weather conditions change rapidly in the mountain parks. Closures due to mudslides, avalanches or accidents can occur at any time. Expect winter driving conditions at any time of year, even in summer.

Fuel availability

Gasoline

- All townsites (in Waterton mid-April to early October only)
- Saskatchewan Crossing (April to October)
- Castle Mountain Village
- Rogers Pass

Propane

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

Diesel

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

Drive as if their lives depend on it

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.

Be alert:

- Scan ahead for animals. 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 when animals are most active.
- Stay vigilant, even where the highway is fenced. Although fencing has greatly reduced wildlife-vehicle collisions, some animals may still climb over or under them.

If you see an animal by the road:

- Slow down, it could run out into your path.
- Warn other motorists by flashing your hazard lights.



Watch for reduced speed limits of 70 km/h (43 mph) posted in certain places on major roads. These are known hotspots for wildlife-vehicle collisions.

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

Bears that repeatedly see people, even when people are in vehicles, lose their natural fear of humans. These "habituated bears" are more likely to die on our roads and railways, or be destroyed as a risk to public safety. You can help stop bears from becoming habituated in the first place.

Your thoughtful decision to drive on by might just save a bear's life.



Winter driving tips

Road and weather conditions change quickly.

- Keep a shovel, flashlight, blanket, food and additional warm clothing in your car.
- Expect snow and ice on park roadways.
- Watch for "black ice", a very thin, almost invisible, layer of ice 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 snow-slide might come down.
- Cruise control is not safe when conditions are icy.
- Your vehicle must have good snow-rated tires or tire chains.

Drive defensively. Leave lots of room between you and other vehicles, especially when conditions deteriorate.

911

IN CASE OF EMERGENCY

If you need emergency assistance of any kind, including mountain rescue, dial the following:

Banff, Jasper, Lake Louise, Kootenay & Yoho: 911

Mt. Revelstoke & Glacier:
1-877-852-3100

Waterton: 403-859-2636

Cell phone coverage in the mountain parks is unreliable.

Mountain hazards

Playing it safe

All outdoor activities involve some degree of risk. In the mountains the terrain is steep and unstable, the water is freezing cold and the weather is intense. You can reduce the risks by following these guidelines:

- Stay on the trail.
- Heed warning signs and stay behind safety fences.
- Watch out for wet rock, which can be very slippery.
- Mountains get more difficult as you climb higher. When in doubt, turn back.
- Mountain lakes and rivers are extremely cold, even in summer. If you fall in, hypothermia can set in very quickly.
- Keep away from cliff edges, especially next to canyons, waterfalls and streams.
- High-elevation trails may be covered by snow or ice until midsummer. Don't be tempted to slide on patches of snow left over from the winter.
- Be alert for rock-fall whenever you are in steep terrain.

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.

HELICOPTER RESCUE

If you require helicopter rescue in the back-country, proper communication with the rescue crew can save critical time.



KNOW THESE STEPS:

1 Learn the Signal



2 Make the Signal

ON THE GROUND:

Signalling to the helicopter rescue team

When the helicopter approaches, signal and stay in position (do not wave arms).

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

Every year, thousands of snow avalanches occur in the mountain parks. Most have no effect on people - but some do. Highways, ski resorts and backcountry recreation areas are all affected by avalanche hazards.

Information is available

Parks Canada provides information for visitors planning backcountry travel in avalanche terrain. Daily avalanche bulletins, terrain ratings and avalanche mapping are available. All backcountry travellers must be prepared and properly equipped.

Ski resort boundaries

Ski resorts provide avalanche control within their boundaries, but once you leave that boundary there is no avalanche control or ski patrol. **You are on your own.**

Highway travel

Avalanches affect most highways in the mountain parks. Parks

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.
- 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.
- Be prepared to stay out overnight. A search takes time.

Intense weather

The most predictable thing about mountain weather is its unpredictability. Rain or snow can fall at any time of the year and freezing temperatures are possible even during the summer. The best way to deal with the weather is to be prepared for all conditions.

- 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.
- Ultraviolet solar radiation is strong in the mountains, especially at higher elevations. Use sunscreen and wear sunglasses, even on cloudy days.

Canada employs an extensive program of avalanche control to keep the highways open and safe. Notice the signs saying, "Avalanche area - no stopping", and pay attention to these warnings.

Custodial groups

Special regulations apply to organized youth groups undertaking winter backcountry travel. Group leaders must understand these rules.

Professional guides

If you are inexperienced and wish to try backcountry skiing, consider hiring a professional certified guide, licensed to operate in the mountain parks. Many areas exist that are free from avalanche hazards. For more information, talk to staff at our information centres, consult our new avalanche publications or visit www.pc.gc.ca/avalanche.



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 human or pet food outside where wildlife could get it.

2. Never, ever, give wildlife a handout

- *Resist the urge.*

Feeding wildlife, even the birds, is illegal in national parks.

- Feeding animals often leads to aggressive wildlife behaviour.

3. Always keep your distance from wildlife

- Give wild animals the space they need and the respect they deserve.
- Use binoculars to see animals up close and use a telephoto lens 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, deer and bighorn sheep. In some busy areas, bighorn sheep and deer have become especially tolerant of people, but you should still stay back.
- When viewing roadside wildlife, remain in your vehicle and move on after a few seconds. Or better yet, choose not to stop at all.



Pets and Wildlife

- Keep your pets on a leash at all times. They look like prey and can lead predators to you.
- Never leave your pet unattended outside. Your pet is considered food by wildlife such as wolves, bears, cougars and coyotes.
- Dogs, both large and small, are in danger of being attacked and killed by deer and elk protecting their young in the spring and their herds in winter. When walking dogs, keep them closely leashed (3 m, 10 ft). Steer clear of all deer and elk as they may attack—even when unprovoked.
- Caribou, a threatened species in western Canada, react strongly to dogs because they closely resemble wolves, their main predator. Even dogs on a leash can increase a caribou's stress. To reduce this stress and increase the caribou's chances for survival, Parks Canada has closed some areas to dogs. For more information, ask at information centres.



Don't be fooled.

These are wild animals!

Elk, moose and deer are unpredictable and potentially dangerous, especially females with young (May and June) and males during the mating season (September through November). Remember, stay at least 30 metres (3 bus lengths) away from any elk, moose or deer.



Learn more...

Ask park staff about wildlife safety, and how you can keep wildlife wild—and alive, or read these Parks Canada wildlife publications available at information centres or on our website: www.pc.gc.ca:

*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*

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.



This is carnivore country

Wolves and coyotes are often seen on trails and along roads. Cougars are elusive and rarely seen, but they do live here. The chance of being approached by these carnivores is unlikely, but if you are approached, *send a clear message that you are not prey.*

- Pick up small children immediately.
- Try to appear bigger, hold 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 animal.
- If the animal continues to approach, yell at it, wave a stick or throw rocks.
- If you are attacked, fight back. Hit the animal with a heavy stick or rock.



Safety in BEAR COUNTRY

If you are in the mountain parks, you are in bear country. Protecting the grizzly and black bears that live here, along with 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 and be respectful in bear country, you do need to know what to do. Here is our bear-safety advice.

AVOID a bear encounter in the first place.

Here's how...

- Larger size groups are less likely to have a serious bear encounter. We recommend hiking in a tight group of four or more.
- Make noise. Let bears know you are coming and give them time to move away. Shout loudly every few minutes. Bears hear about as well as we do. A little bear-bell jingling on your pack is not loud enough.
- Carry bear spray and know how to use it.
- Watch for fresh bear sign: paw prints, droppings, diggings.
- Keep your dog on a leash at all times (this is the law).
- Never approach a bear. Stay at least 100 metres away.
- Use extra caution during berry season, from late July to mid-September. If there are lots of berries, there are likely bears nearby. Consider hiking another trail.

If you do encounter a bear...

- If the bear is close, back away slowly. **Never run.**
- Stay calm and move deliberately. This lets the bear know you are not a threat.
- If you are in a group, bunch up, or join other hikers nearby.
- If you are carrying bear spray, get it ready, just in case.
- Speak to the bear in a soothing tone of voice. This lets a curious bear know you are a human.
- Leave the area or take a detour. If this is impossible, wait until the bear moves away. Always leave the bear an escape route.
- Report bear encounters to park staff.



Chuck Bartlebaugh, Center for Wildlife Information

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

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. Knowing why a bear is attacking can help you avert contact or minimize injury.



There are two kinds of attacks. What you do depends on the bear's behaviour.

1. If the bear behaviour is DEFENSIVE

You surprise a bear. This is the **most common** attack situation. 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.

- If you have bear spray, use it (according to the manufacturer's instructions).
- 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!**

2. If the 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.
- If you can't escape, **do not play dead.**
- **Fight back!** Use bear spray, rocks, sticks, whatever you can find—do whatever it takes to let the bear know you will not give up.



Wildlife... in the mountains



Grizzly Bear



Black Bear



Coyote



Grey Wolf

Jordy Shephard



Species at risk

Wolverine



Cougar



Pine Marten



Beaver



Pika



Hoary Marmot



Columbia Ground Squirrel



Golden-mantled Ground Squirrel

This overpass was built JUST for wildlife (no humans allowed!). It's on the Trans-Canada Highway in Banff National Park, which serves more than 30 000 vehicles a day in summer. As you can imagine, fencing this wide and very busy roadway has greatly reduced roadkills. But without crossing structures, park wildlife would be unable to move from one side of the valley to the other. And wild animals need to move freely throughout their habitat to stay healthy.

Who uses these crossing structures?

The photo of the grizzly bear on this page was taken by a motion-sensing camera on one of our wildlife overpasses. So was the photo of the cougar. As of January 2009, eleven species of large mammals have used the crossing structures along the Trans-Canada Highway through Banff National Park over 183 000 times since monitoring began in 1996.

Q: How DO they cross

**A: With the help of v
and overpasses -- in**

Elk and deer started to use them as soon as they were built. It took their more wary predators – wolves, cougars, and bears – a bit longer to adapt, but they too now regularly use both kinds of structures. Grizzly bears, wolves, elk, deer and moose tend to prefer the wider and quieter overpasses, where they are better able to see what lies ahead. Cougars and black bears seem more comfortable using the underpasses.

We are still discovering more answers to this question. One current study involves specially-placed wires that painlessly snag small tufts of hair from bears as they use the crossing structures. Analysis



Rubber Boa

SPECIES AT RISK

A species is at risk when it may disappear entirely if nothing is done to help it along. The Woodland Caribou, Banff Springs Snail, Northern Leopard Frog, Rubber Boa and Wolverine are a few Species at Risk being monitored in the Mountain National Parks. To learn more, go to www.speciesatrisk.gc.ca.

How can YOU help populations

- 1. BE AWARE:** Always be on the lookout for wildlife on or near the road. Most park roads are not fenced, and even the best fencing will not keep all animals off the road, all of the time.
- 2. DRIVE WITH CARE:** Obey the speed limit and drive defensively so you'll have a better chance of avoiding an animal, if it should dart into your path.



s the road, anyway?

wildlife underpasses
a few special places.

Where are the crossing structures?

The only place you'll see wildlife overpasses is along the Trans-Canada Highway through Banff National Park: two have been there for several years, and more are being built this year. Although you can't see them from the road, there are also 27 underpasses along this highway, with more under construction in 2009.

of the DNA in these "captured" hair samples will tell us whether there are enough different, and unrelated, individual bears moving throughout the park to allow for a healthy mixing of genes in the regional population.



The idea is catching on in other places, too: this photo shows a tiny underpass in Waterton Lakes National Park -- designed especially for long-toed salamanders!



keep park wildlife healthy?

3. REPORT HAZARDOUS ROADSIDE SITUATIONS, for example: a bear near any roadway or any large animal inside the fence on the Trans-Canada Highway. Note the time and location as exactly as possible, the type of animal, and the direction it was travelling when you saw it. As soon as it is safe to do so, call Parks Canada with this information.



Want to Learn More?

Join our park interpreters for a variety of FUN and informative programs featuring wildlife, human history and outdoor adventure! Ask at park information centres or see the Special Events sections in this guide.



Mark Bradley

Moose



Species at risk

Larry Halverson

Western Toad



Elk (Wapiti)



Species at risk

Woodland Caribou



Mule Deer



White-tailed Deer



Bighorn Sheep



Mountain Goat



Gray Jay



Clark's Nutcracker



Larry Halverson

Steller's Jay



Black-billed Magpie



A LONG TRADITION OF SERVING CANADIANS

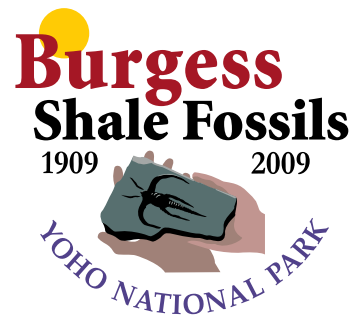
Parks Canada is recognized as an international leader in protection, education and visitor experience and our staff are renowned for their exemplary level of service to Canadians and international visitors.

This reputation for service was established 100 years ago in 1909 with the hiring of "Fire and Game Guardians" in Rocky Mountains National Park (now Banff National Park of Canada), and continued in 1959 with the establishment of an education and interpretation service. The tradition continues to this day from coast to coast to coast in Canada's national parks, national historic sites and national marine conservation areas.

In 2009, we celebrate these milestone anniversaries and salute the dedicated service of the exceptional men and women who contribute to outstanding visitor experiences, education and conservation in Canada's treasured natural and historic places.



Warden Robert H. Mann,
Glacier National Park, 1942



In August 1909, Charles Doolittle Walcott chanced upon one of the most important fossil finds in the world, a half-billion year old rock layer in Yoho National Park. Walcott discovered a natural 'time capsule', now known as the Burgess Shale, bringing to light an ancient and previously unknown underwater world. Walcott's efforts triggered a century of research and discoveries that continue to shape how we interpret the history of this planet.

Exquisitely preserved Burgess Shale fossils reveal how chance has influenced the story of evolution and the important role serendipity plays in scientific discovery. Consider hunting for matching puzzle pieces of fossil from a mountainside of rock rubble – just like searching for a needle in a haystack. Amazingly, Royal Ontario Museum researchers did just that! In 1983, the arthropod called Sanctacaris was discovered in broken parts, and -- after years of rockslides, harsh weather and grinding avalanches -- the missing piece was found in 2007.

The Burgess Shale is protected within the Canadian Rocky Mountain Parks UNESCO World Heritage Site. Access to the Mt. Stephen Trilobite beds and the Walcott Quarry is limited to hikes guided by Parks Canada and the Burgess Shale Geoscience Foundation. Check at Parks Canada Visitor Centres or see www.burgess-shale.bc.ca for ways to join our centennial celebrations.



Trains tackling the steep western slope of Kicking Horse Pass in Yoho National Park wind their way through the Spiral Tunnels. The figure-eight track was completed by the Canadian Pacific Railway in 1909 and remains an integral part of the railway's network.

It took 1000 men and 75 carloads of dynamite to blast out the two circular tunnels, each a kilometre long. Crews started at both ends and joined perfectly in the middle two years later. Without modern technology, that was quite a feat!

The Spiral Tunnels replaced the "Big Hill" route, built in 1884. The hill was so steep that extra steam locomotives were needed to push on the way up. On the way down, there was always the possibility of a runaway train.

Today, the Trans-Canada Highway follows the original Big Hill rail grade, allowing you to experience railway history as you drive. The Spiral Tunnels Viewpoint offers the unique view of trains spiraling over themselves. To find the viewpoint location, see page 16.



More information about centennial events is available at the Visitor Centre in Field and www.friendsofyoho.ca.

Celebrate

HERITAGE



EXPERIENCE



NATIONAL HISTORIC SITES OF CANADA

Banff Park Museum NHSC



A Showpiece of early architecture and natural history interpretation



- Century old collection of natural specimens
- Reading room with magazines and books
- Discovery room with hands on displays

91 Banff Avenue, Banff, Alberta
403-762-1558

SERVICES:

Washrooms nearby; parking; picnic area

HOURS:

May 15 to Sept. 30: 10 am - 6 pm daily
Oct. 01 to May 14: 1 pm - 5 pm daily
Closed Dec. 25, Dec. 26 and Jan. 01

Entrance Fees Charged

www.pc.gc.ca/banffparkmuseum

Cave and Basin NHSC



The Birthplace of Canada's national park system



- Thermal mineral springs
- Interpretive boardwalk trails
- Exhibits and video

311 Cave Ave, Banff, Alberta
403-762-1566

SERVICES:

Washrooms; parking; disabled access; a summer café; picnic area

HOURS:

May 15 to Sept. 30: 9 am - 6 pm daily
Oct. 01 to May 14:
Weekends: 9:30 am - 5 pm
Weekdays: 11 am - 4 pm
Closed Dec. 25, Dec. 26 and Jan. 01

Entrance Fees Charged

www.pc.gc.ca/cave

Rocky Mountain House NHSC



Five Forts, Two Companies, Many Rivalries



- New exhibits for 2009
- Heritage presentations and activities
- Riverside, audio-guided walking trails

6 km west of Rocky Mountain House on Hwy 11A
403-845-2412

SERVICES:

Visitor Centre; washrooms; parking; disabled access; gift shop; picnic area; campground

HOURS:

May 16 to Sept. 06: 10 am - 5 pm daily
Sept. 07 to Oct. 02: Monday to Friday: 10 am - 5 pm

Entrance Fees Charged

www.pc.gc.ca/rockymountainhouse

Fort St James NHSC



The largest group of original wooden buildings depicting the fur trade in Canada



- Visit with costumed interpreters in the historic buildings
- Help tan a moose hide or make bannock
- Have a fur traders lunch in the Old Fort Café

280 Kwah Road West, 250-996-7191 Ext 21

SERVICES:

Visitor Centre; washrooms; parking; disabled access; gift shop; picnic area

HOURS:

May 16 to Sept. 30: 9 am - 5 pm daily
Oct. 01 to May 15: 9 am - 5 pm by appointment

Entrance Fees Charged

<http://www.pc.gc.ca/stjames>

Rogers Pass NHSC



A promise to British Columbia is honoured



- 4 unique self-guiding trails
- Historic engineering marvels
- Exhibits, films and publications, campground talks and strolls

Rogers Pass Discovery Centre

Near the summit of Rogers Pass on the Trans-Canada Highway
250-837-7500

SERVICES:

Visitor Centre; washrooms; parking; disabled access; picnic areas: campgrounds

HOURS:

The Rogers Pass Discovery Centre is open:
Dec. to April: 7 am - 5 pm
May to June 10: 8:30 am - 4:30 pm
June 11 to Sept. 8: 7:30 am - 8 pm
Sept. 9 to Oct. 12: 8:30 am - 4:30 pm
Oct. 13 to Nov. 13: Closed
Nov. 14 to Nov. 30: 8:30 am - 4:30 pm

www.pc.gc.ca/glacier

Bar U Ranch NHSC



Ranching history comes alive... experience western hospitality at its best!



- Take our horse drawn wagon tour
- Immerse yourself in stories of ranching pioneers
- Hands on ranch life activities and interpretive trails

Located 13 km south of Longview, Alberta on Hwy #22
403-395-3044 or 1-888-773-8888

SERVICES:

Visitor Centre; washrooms; parking; restaurant; gift shop; picnic area

HOURS:

May 24 to Sept. 30: 9 am - 5 pm daily

Entrance fees charged

www.pc.gc.ca/baru

