

Discover

Parks Canada







PARKS CANADA IN WESTERN CANADA

AT A GLANCE



















WELCOME!

Dive into an exciting world of adventures when you explore the dazzling nature and historic treasures of Western Canada.

Come for a day trip, or take a look at our itineraries and book a vacation to remember.

Learn more about how we're working hard to fight climate change and discover how you can become a 'citizen scientist' and help protect biodiversity.

Memories await.

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ROCKY MOUNTAIN RETREAT



FROM CALGARY TO KOOTENAY



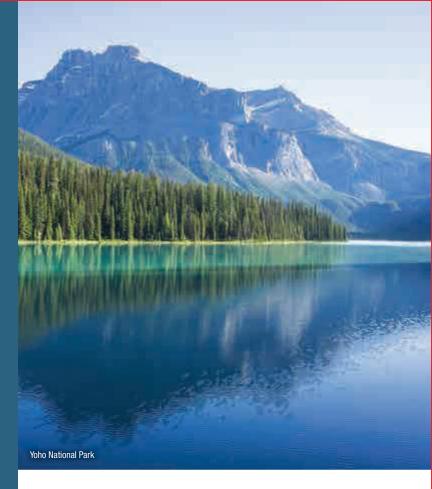
ROUNDTRIP 690 km



LOCATIONS

Banff, Yoho and Kootenay National Parks Radium Hot Springs





DAY 1

LAKE LOUISE, BANFF

186 km from Calgary

Embark on a magical mountain adventure! Visit Lake Louise with its striking turquoise water and white mountain peaks. For summer trips, tour with ease and take the shuttle. Soak up some of the world's most breathtaking mountain scenery in this UNESCO World Heritage Site.



Camping, Lake Louise Campground

DAY 2

Y0H0

Field, 27 km from Lake Louise

Make your way to Yoho National Park and try to catch site of trains passing through the Spiral Tunnels and watch the ingenious engineering in action! Treat yourself to lunch in the charming village of Field, BC. Walk through lush, evergreen forest to discover the marvelous Wapta Falls. Listen to the roaring waters and get lost in the beauty of nature at work.



Camping, Kicking Horse Campground



DAY 3

Visit Natural Bridge, an impressive work of nature formed by the powerful Kicking Horse River. Be amazed at the influence of rushing water as it carves ancient rocks. Rent a canoe and explore Emerald Lake's bright, jewel-coloured waters up close! Make sure to see Takakkaw Falls, one of the highest waterfalls in Canada! Listen to the rushing water resonate within the air, and feel the fresh spray of mist on your skin.



Camping, Kicking Horse Campground

DAY 4

Book ahead and be one of the lucky few who get to discover the amazing Burgess Shale fossils sites and learn about ecosystems that once thrived there. Choose a guided hike at Walcott Quarry or Mount Stephen. Observe high mountain peaks, glacier-fed lakes and fossils over 500 million years old! This UNESCO World Heritage Site is continuously looking for new animals. Can you identify a new fossil?



Camping, Kicking Horse Campground

DAY 5

KOOTENAY

60 km from Kicking Horse Campground

Prior to entering Kootenay National Park, download the Kootenay Guided Tour App. Buckle your seatbelts, and get ready for a GPS-triggered, behind-thescenes audio driving tour of one of BC's most scenic highways. Listen to your virtual guide and check out the Continental Divide, the breathtaking Kootenay Valley Viewpoint and Sinclair Canyon.



oTENTik, Redstreak Campground

DAY 6

Take a day for rejuvenation and soak in the mineral-rich Radium Hot Springs. Relax in the hot pools and take in the beauty of Sinclair Canyon. Enjoy the easy hiking trails in the Redstreak Restoration Area and feel completely at peace. Admire the lush green grass supporting the remarkable Columbia Valley—maybe you'll even spot some Bighorn Sheep!



oTENTik, Redstreak Campground

DAY 7

Head to the intriguing Paint Pots and see this vibrant orange mineral springsystem! Admire the ochre-coloured clay that Indigenous peoples have been gathering from this special place for thousands of years. Next, hike to Marble Canyon and marvel at the glacier blue waters rushing through a striking limestone gorge. A truly picturesque must-see in Kootenay!

HEART OF THE FUR TRADE



FROM EDMONTON TO ROCKY MOUNTAIN HOUSE



ROUNDTRIP 545 km



LOCATIONS

Rocky Mountain House National Historic Site Elk Island National Park



AB



DAY 1

ROCKY MOUNTAIN HOUSE

230 km from Edmonton

Immerse yourself in the lifestyle of the fur trade. Stop by the visitor centre for a 3D virtual reality experience, and journey back to when the site was a bustling trade post for the North West Company and the Hudson Bay Company. Try your hand at finger weaving, Métis jigging and other Indigenous arts and crafts.

Grab your Fur Trade Camp Kit and sleep on the banks of the North Saskatchewan River.



Métis trapper's tent, Heritage Camping

DAY 2

ELK ISLAND

Fort Saskatchewan, 270 km from Rocky Mountain House

Enjoy the waters of Astotin Lake and rent a canoe, kayak or even try a stand up paddle board! Bask in the sun as you enjoy a picnic on the beach. End your day by admiring the sunset, and spend the night counting the stars from the comfort of your campground. Keep an eye out for seasonal meteor showers and the northern lights!



Camping, Astotin Lake Campground

DAY 3

Hit the Beaver Pond Trail in the morning and perhaps even catch a glimpse of bison. Did you know that the fur trade had completely eliminated beavers from this region by the mid-1800s? But thanks to their reintroduction in the 1940s, you're sure to spot plenty of beaver activity along the trail if you keep your eyes open!

Return to Edmonton, 45 km











CONSERVING

FOR THE FUTURE

THE CHALLENGE

What can we do to address climate change and fight global warming?

Carbon dioxide is a major greenhouse gas and driver of climate change, however salt marsh ecosystems can store large amounts of carbon, often for longer than many mature forests.

A STEP IN THE RIGHT DIRECTION

In an international effort, Parks Canada Coastal Ecologists are studying the effect that eelgrass meadow and tidal salt marshes have on the intake and storage of greenhouse gases such as carbon dioxide.

THE RESULT?

Protecting these ecosystems helps them store carbon, keeping it out of the atmosphere. It's part of a "natural solution" to climate change.





GET INVOLVED

NOW IT'S YOUR TURN

CHRISTMAS BIRD COUNT

Join The Friends of Elk Island Park Society for the annual Christmas Bird Count! Help play a part in future conservation and join keen birders out on the trails at dawn; volunteers are appreciated throughout the day.

Elk Island National Park p. 15

TREE DETECTIVES NEEDED!

Needles of five, keep them alive! Have you seen the endangered whitebark pine tree? Help us locate this species by sending in photographs and GPS coordinates of its location.

Glacier National Park p. 11

BE PART OF THE COMEBACK

We thought Pink Sand-verbena had been driven out of its natural habitat by invasive grasses, but thanks to volunteers, now there are thousands of these plants in the park! Join the fight and learn what makes them unique.

Pacific Rim National Park Reserve p. 11



STAYING THE NIGHT?

WE'VE GOT YOU COVERED





TENT AND RV CAMPING

Stay close to nature at one of our wonderful campsites – at your preferred comfort level.

Available in Pacific Rim (Park Reserve), Gulf Islands (Park Reserve), Mount Revelstoke, Glacier, Yoho, Kootenay, Jasper, Banff, Waterton Lakes, Elk Island and Wood Buffalo National Parks; and Rocky Mountain House National Historic Site.



BACKCOUNTRY CAMPING

The ultimate overnight adventure: just you, your tent and the great outdoors – far from the beaten path.

Available in Gwaii Haanas (Park Reserve), Pacific Rim (Park Reserve), Gulf Islands (Park Reserve), Mount Revelstoke, Glacier, Yoho, Kootenay, Jasper, Banff, Waterton Lakes, Elk Island and Wood Buffalo National Parks; and Chilkoot Trail National Historic Site.



oTENTik

The perfect mix of tent and A-frame cabin comes together in our oTENTik with its raised floors and cosy beds; great for campers who want a little extra comfort in the wild.

Available in Pacific Rim (Park Reserve), Kootenay, Jasper, Banff and Elk Island National Parks; and Fort Langley, Fort Rodd Hill and Fisgard Lighthouse National Historic Sites



CABIN

Cottage life at its best with a rustic home-away-from-home in the woods. A hassle-free camping experience with a bit more privacy than the campground. Sweet dreams for happy campers.

Available in Mount Revelstoke and Wood Buffalo National Parks; and Rocky Mountain House National Historic Site.



MICROCUBE

Get super-cosy in a MicrOcube, the designer way to score a window over the wilderness, while sleeping with a roof over your head and a floor beneath your feet.

Available in Mount Revelstoke National Park.



HISTORIC STAY

Immerse yourself in one of Canada's national treasures with a very special overnight stay in truly historic surroundings.

Available in Jasper National Park; and Fort St. James and Rocky Mountain House National Historic Sites.



EQUIPPED CAMPING

No gear? No problem! Now you can rent the whole kit and caboodle thanks to our partnership with MEC in an equipped campsite. Ideal for stress-free vacays and those who want to travel light.

Available in Banff and Elk Island National Parks; and Rocky Mountain House National Historic Site.



STAFF **FAVOURITES**

Get the inside scoop on the very best way to enjoy our parks and sites from Parks Canada pros!



Visitor Experience **Product Development** Officer

MORNING STROLL

One of my favourite things to do at Rocky Mountain House is wake up in a Métis Trapper Tent, then go for a stroll amongst the Trembling Aspens. If you're lucky, in the early morning light the mist rises off the North Saskatchewan River, and you can imagine the hearty souls from years past paddling upstream as part of the once thriving fur trade.





Blacksmith

SLICE OF THE FORT

I love talking with visitors and hearing their different perspectives on Canada's history. We find so many points of connection with the story of this place, and unique ways of looking at things. Quite literally - there is a spot in one of our bastion towers where you can look out and see this long, panoramic slice of Fort Langley - I love that!





VIEW FROM THE VISITOR CENTRE

Looking out the windows of the **Bar U Ranch** National Historic Site Visitor Centre towards the majestic Rocky Mountains over the slowly rolling porcupine hills was a moment I soaked in and forever revisit in my mind. I felt so at home, at peace and inspired.



RASPBERRY COVE

I love Raspberry Cove in Houston Stewart Inlet at **Gwaii Haanas**. The beach is really nice and a bit rocky, and when I visited a few years back it was very serene. While we were there, I saw an octopus in the intertidal zone. At first I didn't notice but then I saw his eye. It was thrilling and creepy all at once!



AlanField Unit Superintendent

WHIRLPOOL TRAIL-CROSS-COUNTRY SKIING

The Whirlpool Trail in **Jasper** National Park is a great cross-country ski trail for all ability levels. I love going for a short ski to the Whirlpool River that overlooks beautiful Mount Kerkeslin, and taking a break along the shoreline to watch the American dippers as they fly in and out of the open water all winter long. I never forget to bring a picnic and enjoy the river view!





Brennan Promotion and Non-Personal Media Officer

WINTER AT ELK ISLAND

While each season provides unique experiences, winter is one of my favourite times to explore **Elk Island** National Park. Whether watching for wildlife while skating around the islands of Astotin Lake; snowshoeing over snow-drifts; or sharing stories around a crackling campfire, a winter visit is always rewarding.

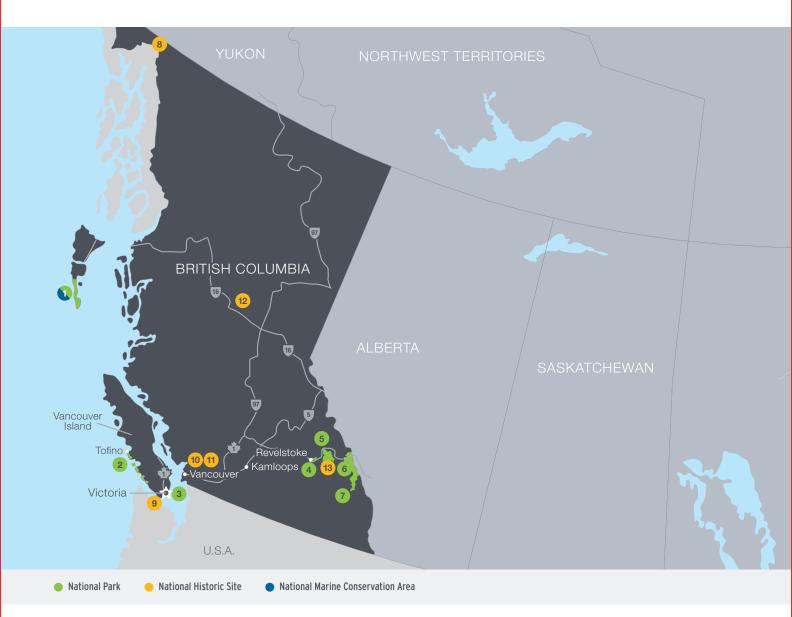




ColleenPromotion Officer

Sandra his Finance and Administration Officer

DIRECTORY BRITISH COLUMBIA



SERVICES

- Access for persons with reduced mobility
- Restaurant
- **#@** Gift shop
- The Picnic area/Shelter
- Playground
- \$ Equipment rental (varies by site)

ACCOMMODATION

- Camping
- Recreational vehicle
- **⋒** oTENTik
- Micr0cube
- Alistoric stay
- Ă Tip
- **A** Equipped camping
- **☆** Cabin

ACTIVITIES

- Interpretation
- ₫ Cycling
- Mountain biking
- ⅓ Backpacking/Hiking
- Birdwatching
- Marine mammals
- **Beach**

- **Eanoeing/Kayaking**
- Motorboating
- Fishing
- Scuba diving
- Horseback riding
- Golfing
- Rafting .

- Mountain/Ice climbing
- **₩** Winter activities
- ±₩ Hot Springs
- Dark-Sky Preserve
- Q Xplorers activities
- App Photo Missions app
- Red chairs





Where lush rainforest islands, seas rich with wildlife and Haida heritage come together.

DON'T MISS

- Explore weathered carved poles, longhouse remains and learn about traditional Haida culture.
- Cruise through an ocean teeming with marine mammals and other wildlife!



Skidegate | 1-877-559-8818 parkscanada.gc.ca/gwaiihaanas



Pacific Rim (Park Reserve)

An area of rainforests, marine kelp forests and rich heritage.

DON'T MISS

- Catch a wave and go for a once-in-a-lifetime surfing experience!
- Walk under the rainforest canopy and identify wonderful creatures and plant life like Old Man's Beard and the Banana Slug!











Ucluelet - 300 km from Victoria; 300 km from Vancouver | 250-726-3500 parkscanada.qc.ca/pacificrim @PacificRimNPR | #PacificRimNPR



Gulf Islands (Park Reserve)

Fifteen islands and 36 square kilometers of protected marine wilderness.

DON'T MISS

- Paddle a kayak through the sheltered waters of the Salish Sea.
- Camp at one of several oceanfront backcountry campgrounds.















Sidney - 25 km from Victoria; 85 km from Vancouver | 1-866-944-1744 parkscanada.gc.ca/gulfislands | @GulfIslandsNPR #GulfIslandsNPR



Mount Revelstoke

A showcase of Western Canada's dramatic mountain landscapes, from dense rainforests to craggy peaks.

DON'T MISS

- Hike alpine meadows and meander past colourful wildflowers.
- Lean out over the historic Nels Nelson ski jump and imagine launching into flight.



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Revelstoke | 250-837-7500 parkscanada.gc.ca/revelstoke | @ParksMtnSafety



Glacier

Deep valleys, ancient forests and exceptional alpine scenery.

DON'T MISS

- Take a stroll through towering moss-draped old-growth cedars.
- Push yourself to the limit with an exhilarating high altitude experience!









Revelstoke | 250-837-7500 parkscanada.gc.ca/glacier | @ParksMtnSafety



6 Yoho

A pristine destination with 28 peaks soaring over 3 000 metres.

DON'T MISS

- Book a guided fossil tour of the Burgess Shale and explore the origins of life on earth.
- Hike at dawn on the spectacular Twin Falls trail along the Yoho River.













Field - 210 km from Calgary, AB 250-343-6783 | parkscanada.gc.ca/yoho @YohoNP







A place of thrilling contrasts, from icy mountain rivers to steamy hot springs.

DON'T MISS

- Download the Kootenay Guided Tour app and enjoy a picnic with a view.
- Short or long, a hike is always worth it! Book a Burgess Shale Hike at Stanley Glacier.















Radium Hot Springs – 260 km from Calgary, AB 250-347-9505 | parkscanada.gc.ca/kootenay @KootenayNP



Chilkoot Trail

A route used by Chilkoot Tinglit Traders and thousands of Yukon-bound prospectors.

DON'T MISS

- Earn lifelong bragging rights on a challenging multi-day hike.
- Learn about the gold rush and Tagish culture at Skookum Jim House.



Whitehorse, YT 1-800-661-0486 | 867-667-3910 parkscanada.gc.ca/chilkoot | @ParksCanYukon



Fort Rodd Hill and Fisgard Lighthouse

A key defence for Victoria-Esquimalt and the first permanent lighthouse on the Pacific Coast

DON'T MISS

- Satisfy your appetite for stories, thrills and bite-sized tales on an audio tour.
- Lodge an army of friends and family in a soldier-worthy oTENTik.

















Victoria – 15 km west of Victoria; 110 km from Vancouver | 250-478-5849 parkscanada.gc.ca/fortroddhill | @FortRoddFisgard



Gulf of Georgia Cannery

Once B.C.'s largest producer of canned salmon on the Fraser River.

DON'T MISS

- Take a guided tour and explore the Cannery's key role in the history of the West Coast.
- Walk the canning line and hear stories of the people who worked here more than a hundred years ago.



Richmond - 20 km from Vancouver 604-664-9009 parkscanada.gc.ca/georgiacannery



Fort Langley

An 1800s trading post and birthplace of British Columbia.

DON'T MISS

- Hear how trade with the Stó: lo and a gold rush sparked the birth of B.C.
- Ready, aim, fire: watch and learn how to fire a historic musket.



Fort Langley - 50 km from Vancouver 604-513-4777 parkscanada.gc.ca/fortlangley @FortLangleyNHS | #FortLangleyNHS



Fort St. James

An important centre of trade and commerce with First Nations on the Pacific Slope.

DON'T MISS

- Escape the Fort using the clues and reap your reward.
- Check the odds and place your bet at our world class chicken races.



Fort St. James | 250-996-7191 parkscanada.gc.ca/stjames | @FortStJamesNHS





Get your booklet

Do the activities



Rogers Pass

The final link in connecting Canada via the transcontinental Canadian Pacific Railway.

DON'T MISS

- Visit the Rogers Pass Discovery Centre to learn about avalanches, wildlife and the history of
- Hike the abandoned rail bed on the final stretch of Canada's first transcontinental railway.















Revelstoke | 250-837-7500 parkscanada.gc.ca/rogers





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Discover Parks Canada!

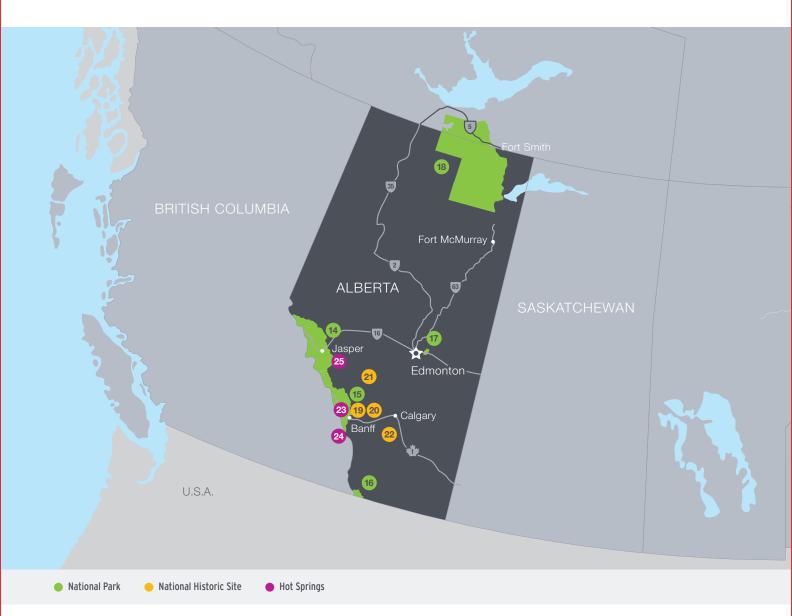
Your **Discovery Pass** provides admission for a full year to Parks Canada places from coast to coast to coast.

Start planning your adventure!

Adult (Ages 18 to 64)	\$69.19
Senior (Ages 65+)	\$59.17
Youth (Ages 0 to 17)	FREE
Family/Group	\$139.40



DIRECTORY ALBERTA



SERVICES

- & Access for persons with reduced mobility
- **T**Restaurant
- **#△** Gift shop
- The Picnic area/Shelter
- Playground
- \$ Equipment rental (varies by site)

ACCOMMODATION

- **Camping**
- Recreational vehicle
- **⋒** oTENTik
- MicrOcube
- A Equipped camping
- Alistoric stay
- Ă Tipi
- **☆** Cabin

ACTIVITIES

- Interpretation
- ॐ Cycling
- Mountain biking
- Backpacking/Hiking
- Birdwatching
- Marine mammals
- a Beach

- **Eanoeing/Kayaking**
- Motorboating Motorboating
- Fishing
- Scuba diving
- Horseback riding
- Golfing
- Rafting .

- Mountain/Ice climbing
- **₩** Winter activities
- ₩ Hot Springs
- Dark-Sky Preserve
- Q Xplorers activities
- Photo Missions app
- Red chairs

Banff





A part of UNESCO's Canadian Rocky Mountain Parks World Heritage Site.

DON'T MISS

- Watch dramatic mountain scenery unfold as you drive the world-famous Icefields Parkway.
- Witness the starry night sky at the annual Jasper Dark Sky Festival.



Jasper – 335 km from Edmonton; 415 km from Calgary | 780-852-6176 parkscanada.gc.ca/jasper | @JasperNP #JasperNP



15 Banff

Canada's historic first national park.

DON'T MISS

- Pedal through breathtaking views with picnic areas along the Legacy Trail.
- Follow the Sundance Canyon Trail, offering panoramic mountain views across the Bow River.



Banff – 130 km from Calgary 403-762-1550 | 403-522-3833 parkscanada.gc.ca/banff | @BanffNP

Lake Louise (Banff)

The heart of the Canadian Rockies where history and wild nature blend.

DON'T MISS

- Hike to a wild glacial moonscape above Bow Lake.
- Snowshoe or cross-country ski in the heart of the Rockies.



Lake Louise – 190 km from Calgary 403-522-3833 | parkscanada.gc.ca/banff @BanffNP | #LakeLouise



16 Waterton Lakes

A dramatic landscape where the prairies of Alberta meet the Rocky Mountains.

Some areas of the park are now open to the public following the 2017 Kenow Fire. Closures are still in effect for areas heavily affected by fire due to safety hazards and infrastructure damage. Updates are posted on our website and social media channels as they become available.



Waterton Park – 265 km from Calgary 403-859-5133 | parkscanada.gc.ca/waterton @WatertonLakesNP | #WatertonLakesNP



Check out the car-free exploration options at parkscanada.gc.ca/banff-transit.

17 Elk Island

A refuge for bison and oasis of calm only 35 minutes east of Edmonton.

DON'T MISS

- Take a VIP Bison Backstage tour to discover how plains bison were brought back from near extinction!
- Gather around a campfire and gaze into a night sky filled with stars and dancing Northern Lights.



Fort Saskatchewan – 45 km from Edmonton; 340 km from Calgary | 780-922-5790 parkscanada.gc.ca/elkisland | @ElkIslandNP #ElkIsland



18 Wood Buffalo

Canada's largest national park, established to protect some of the last remaining herds of bison.

DON'T MISS

- Look for animal tracks as you meander along the Salt Plains.
- Leave technology behind and unwind in a rustic cabin on the shores of Pine Lake.



Fort Smith, NT | 867-872-7960 parkscanada.gc.ca/woodbuffalo @ParksCanadaNWT





Western Canada's oldest natural history museum.

DON'T MISS

- Join the Xplorers, solve puzzles, play games and win a souvenir.
- Explore over 5 000 historic botanical and zoological specimens, from bears and big horn sheep to birds and bees.



Banff – 130 km from Calgary 403-762-1558 parkscanada.gc.ca/banffparkmuseum



20 Cave and Basin

The birthplace of Canada's national parks.

DON'T MISS

- Awaken your senses inside the cave before strolling along the Upper Boardwalk above the bathing pavilion to see the cave vent.
- Marvel in the site's rich history by taking a Discovery Tour, or sign up for an 'after-hours' quided Lantern Tour.



Banff – 130 km from Calgary 403-762-1566 | parkscanada.gc.ca/cave



21 Rocky Mountain House

A historic fur trading post along the North Saskatchewan River.

DON'T MISS

- Try a 3D virtual reality experience and travel back in time to a bustling fur trade post.
- Stay overnight and camp along the banks of the North Saskatchewan River.



Rocky Mountain House – 225 km from Calgary; 230 km from Edmonton | 403-845-2412 parkscanada.gc.ca/rockymountainhouse



22 Bar U Ranch

A historic ranch dating back to 1882 that played an important role in Canada's ranching industry.

DON'T MISS

- Sip cowboy-brewed coffee and learn to lasso a replica steer by its horns.
- Enjoy a *Horse-drawn wagon tour* pulled by the ranch's gentle giants, the Percheron horses.



Longview – 110 km from Calgary; 375 km from Edmonton | 1-888-773-8888 parkscanada.gc.ca/baruranch | @BarURanchNHS #BarURanchNHS













Canadian Rockies Hot Springs

1-800-767-1611 parkscanada.gc.ca/hotsprings

Canada's most famous hot springs are found in national parks in the Canadian Rockies.

There's nothing like soaking in hot, naturally heated mineral water surrounded by dramatic mountain scenery.

For centuries, Indigenous peoples used these springs as sacred places.

23 Banff Upper

Banff Upper Hot Springs are the highest elevation developed hot springs in the Canadian Rockies. The iconic hot springs continue to delight and welcome visitors as they have for over 130 years.

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Banff, AB – 130 km from Calgary, AB @BanffNP | #Banff

24 Radium

Venture off the beaten path and visit Radium Hot Springs in Kootenay National Park. This hot spring is well-known for its picturesque location, nestled within the stunning rock walls of Sinclair Canyon.

6 **41** #0 4 %

Radium Hot Springs, BC - 260 km from Calgary, AB @KootenayNP \mid #Radium

25 Miette

Jasper National Park is home to Miette Hot Springs, the hottest mineral water in the Rockies. It's the perfect place to soothe sore muscles after a scenic walk or hike on the Sulphur Skyline trail.

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Jasper, AB – 340 km from Edmonton, AB @JasperNP | #Jasper

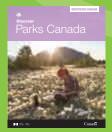
Visit on weekday mornings for a quieter experience.

PLAN YOUR VISIT

PARKSCANADA.GC.CA 1-888-773-8888

5 OTHER REGIONS TO **DISCOVER**

LOOK FOR THESE BROCHURES ON OUR WEBSITE



NORTHERN CANADA



CANADIAN PRARIES



ONTARIO



QUEBEC



ATLANTIC CANADA

FOLLOW US



facehook com/narkscanada





twitter.com/parkscanada



instagram.com/parks.canada



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