## The Banff Legacy Trail – a new national park experience

The Banff Legacy Trail was built in honour of Banff National Park's 125<sup>th</sup> Anniversary. The trail is a testament to and celebration of the values of the national park, encouraging visitors and Bow Valley residents to explore the landscape in a new and environmentally friendly way.

The trail extends from the park's east gate to the scenic Bow Valley Parkway.



The Banff Legacy Trail offers all kinds of outdoor enthusiasts – from cyclists, runners to roller skiers – a new way to experience Banff National Park. Twentysix kilometres of paved trails span from Banff's east park gate all the way to the Bow Valley Parkway with breathtaking views, comfortable and covered picnic areas, the Banff townsite and a range of rest spots in between.

# Gates and state-of-the-art, electrified rubber mats protect wildlife

There are five sets of pedestrian and cyclist gates along the trail. To protect wildlife and to create an uninterrupted route for cyclists, Parks Canada has installed state-of-the-art, solar-powered electrified mats that span the width of the cyclist gate. Mats open the gates for trail users and deliver a low amperage charge (10 kilovolts) to deter wildlife from accessing highway and trail areas. This system is similar to the one used to keep bears out of the campground in Lake Louise.

Cyclists and roller skiers should simply roll across the mats without stopping. Pedestrians and other users should avoid the mats completely by going through the pedestrian gate.

## Considerations for wheelchair users and recumbent cyclists

The trail travels through the heart of the Canadian Rockies over a rolling terrain. Please note that there are a few short, steep hills along the way. These spots are clearly marked with signage. Be aware of these locations and ensure you have a plan to travel safely.

#### Supporting all types of trail users

The trail is a multi-use recreation pathway built for the enjoyment of children to seniors – from cyclists to skateboarders to in-line skaters of all fitness and ability levels. To support a positive experience for all users, trail etiquette is:

- Always keep to the right
- Wear a helmet
- Travel at a reasonable and controlled speed
- Announce "on your left" and pass with care
- Horses always have the right of way; stop and allow them to pass safely
- Ensure your pet is on a leash at all times
- Be aware of cars on parkways

If you encounter wildlife on the trail, give them the space they need. And most importantly, enjoy your journey.

#### For more information:

Banff Information Centre, 224 Banff Avenue Tel. 403-762-1550 Banff.trails@pc.qc.ca If you wish to get further involved in the cycling experience, visit Bow Valley Mountain Bike Alliance for more information:

Banff National Park Web Site www.pc.gc.ca/banff

info@bvmba.org www.bvmba.org

Banff National Park Trail Report Recorded Message: 403-760-1305

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