

Old Fort-Paint Loop



you are strolling along the shores of Maligne Lake or hiking all day in the alpine, this guide will help you plan a trip that is safe, exciting and low impact. While we aim to achieve high standards, inclement mountain weather and events can considerably change trail conditions instantly.

The best way to discover the park is to take a day and explore each of its 5 major regions: **1** Around Town, **2** Maligne Valley, **3** Edith Cavell and 93A, **4** Miette Hot Springs, and **5** the Icefields Parkway. Each of them contains very unique terrain, waterways, wilderness and facilities.

Easy Moderate Difficult

Note: Distances given in the trail descriptions are approximate. Times given are on-trail times for hikers.

Elk, bighorn sheep, mountain goats and caribou must have established their own pathways through Jasper National Park long before humans arrived in the Canadian Rockies about 11 000 years ago. Indigenous peoples, followed by explorers, fur-company employees, railway surveyors and settlers discovered and used these hoofed-animal trails. Since the park was established in 1907, its natural trail network has been expanded and maintained for the benefit of everyone wanting to experience Jasper's wilderness. Whether

Maligne Lake

At Maligne Lake, you can walk the lakeshore, enjoy a forest trail or hike to the top of an easy peak.

Moose Lake Loop

2.7 km loop; elevation gain/loss: 59 m; 1-2 hours
Trailhead: The parking lot at the end of the Maligne Lake Road, starting at the Bald Hills Kiosk

This trail stays in the woods, but the landscape is fascinating with little hills and hollows among the overgrown debris of a huge landslide. Thousands of years ago, half a billion cubic metres of rock fell from the ridge on the other side of Maligne Lake, blocking the valley and enlarging the lake to its present size.

Mary Schäffer Loop

3.2 km loop; no elevation gain; 1-2 hours
Trailhead: Turn in at the first parking lot at Maligne Lake. Take any path down to the shore and follow the paved trail left

This trail is an easy stroll. Passing Curly Phillip's historic boathouse, the trail reaches a viewpoint that features a set of interpretive panels. Leaving the shoreline, the trail passes through lichen-rich stands of pine, spruce and fragrant subalpine fir as it loops back to the parking lot.

Lorraine Lake and Mona Lake

5.2 km return; elevation gain/loss: 80 m; 2-3 hours
Trailhead: The parking lot at the end of the Maligne Lake Road, starting at the Skyline Kiosk

The trail climbs gently through a lodgepole pine forest. Both these lakes lie in hollows in landslide debris (see #20, Moose Lake Loop). If you are after a longer walk, continue on to Little Shovel Pass (20.6 km return; 548 m elevation gain).

Indian Paintbrush



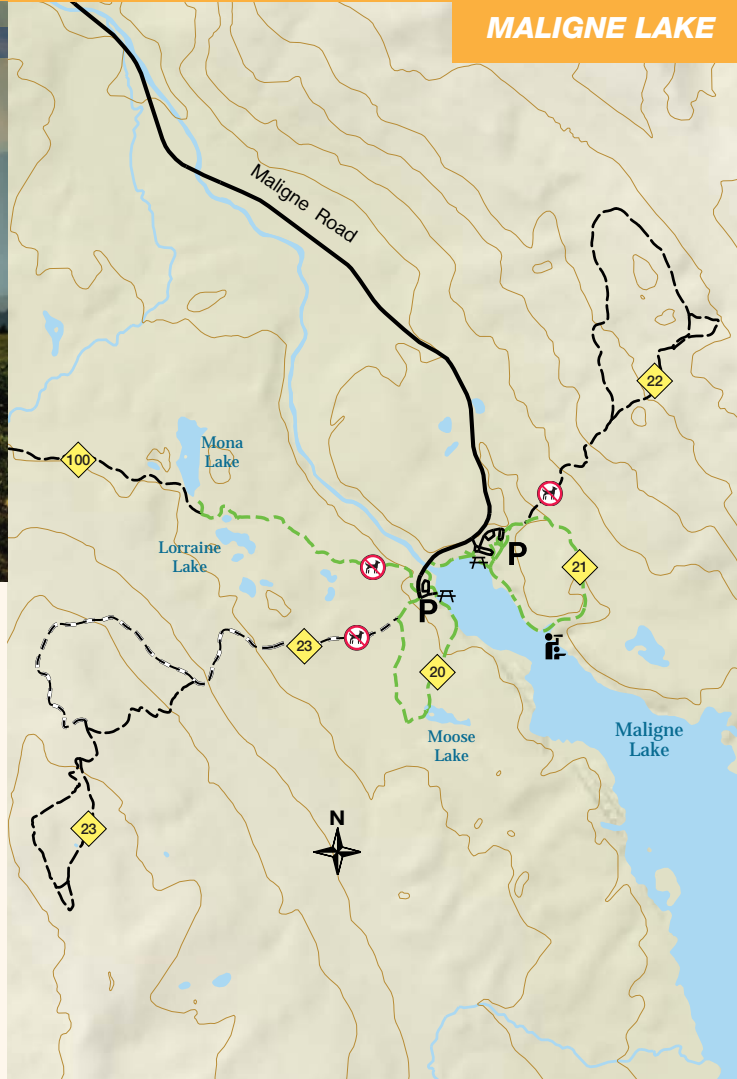
Opal Hills Loop

Bald Hills

10.4 km return; elevation gain/loss: 500 m; 4-6 hours
Trailhead: The parking lot at the end of the Maligne Lake Road
This moderately steep trail travels along the old fire road up to treeline beside an alpine heather meadow. There are great views of the mountains and Maligne Lake.

Opal Hills Loop

8.2 km loop; elevation gain/loss: 460 m; 4-6 hours
Trailhead: The trail begins at the northeast corner of the farthest of the three lots to the left of the chalet
Hiking one of the steepest trails in Jasper rewards you with an alpine flower meadow and mountain vistas. This trail often has warnings or is closed during July and early August for bear activity.



MALIGNE LAKE

Edith Cavell Area and Highway 93A

The Cavell area offers fragrant subalpine forest, new growth where a glacier recently retreated from the valley, flowery alpine meadows and spectacular views of Mt. Edith Cavell and the Angel Glacier.

Path of the Glacier Trail

1.4 km return; elevation gain/loss: 70 m; 1 hour
Trailhead: The end of the Cavell Road
This short, well-used trail takes you toward the great north face of Mt. Edith Cavell, across a rocky landscape recently covered with glacial ice.

Cavell Meadows Trail

6 to 7 km return; elevation gain/loss: 500 m; 3-5 hours
Trailhead: The end of the Cavell Road
Take this moderately steep but well-graded trail through upper-subalpine forest, treeline vegetation and the alpine region beyond. Summer opening of the Cavell Meadows Trail may be delayed until conditions are dry enough to prevent trail and vegetation damage (usually around mid-July).

Moab Lake

To access this beautiful area, drive Highway 93A to Moab Lake Road. Park at the end of the Moab Lake gravel road.

Moab Lake

1 km return; elevation gain/loss: 100 m; 1 hour
Trailhead: At Moab Lake Road parking lot
Take a short 500 m stroll down to a quiet, pretty lake.



EDITH CAVELL

Icefields Parkway

For these hikes, travel south from Jasper townsite along Highway 93, the Icefields Parkway. The Icefield Centre is 103 km from Jasper.

Wilcox Pass

2.4 km return to the first viewpoint; 1 hour
8 km return to the pass; elevation gain/loss: 390 m; 2-3 hours
Trailhead: 3.1 km south of the Icefield Centre at the entrance of Wilcox Campground

Rise quickly above treeline to the expansive meadows of this glacier-carved landscape. Bighorn sheep are often seen in this area.

Parker Ridge

5.4 km return; elevation gain/loss: 250 m; 3 hours
Trailhead: 9 km south of the Icefield Centre
After a series of switchbacks you'll be rewarded with dramatic views of the Saskatchewan Glacier—headwaters of the North Saskatchewan River.

Nigel Pass

14.4 km return; elevation gain/loss: 365 m; 5 hours
Trailhead: 13 km south of the Icefield Centre
A consistent and gentle grade ensures that it doesn't take long to reach treeline as you head towards the wide-open scenery of the Banff-Jasper park boundary.

Forefield Trail

3.6 km return; minimal elevation gain; 1-2 hours
Trailhead: Directly across from the Icefield Centre
Cross the moraines and glacial debris that the Athabasca Glacier has left behind.

Toe of the Athabasca Glacier

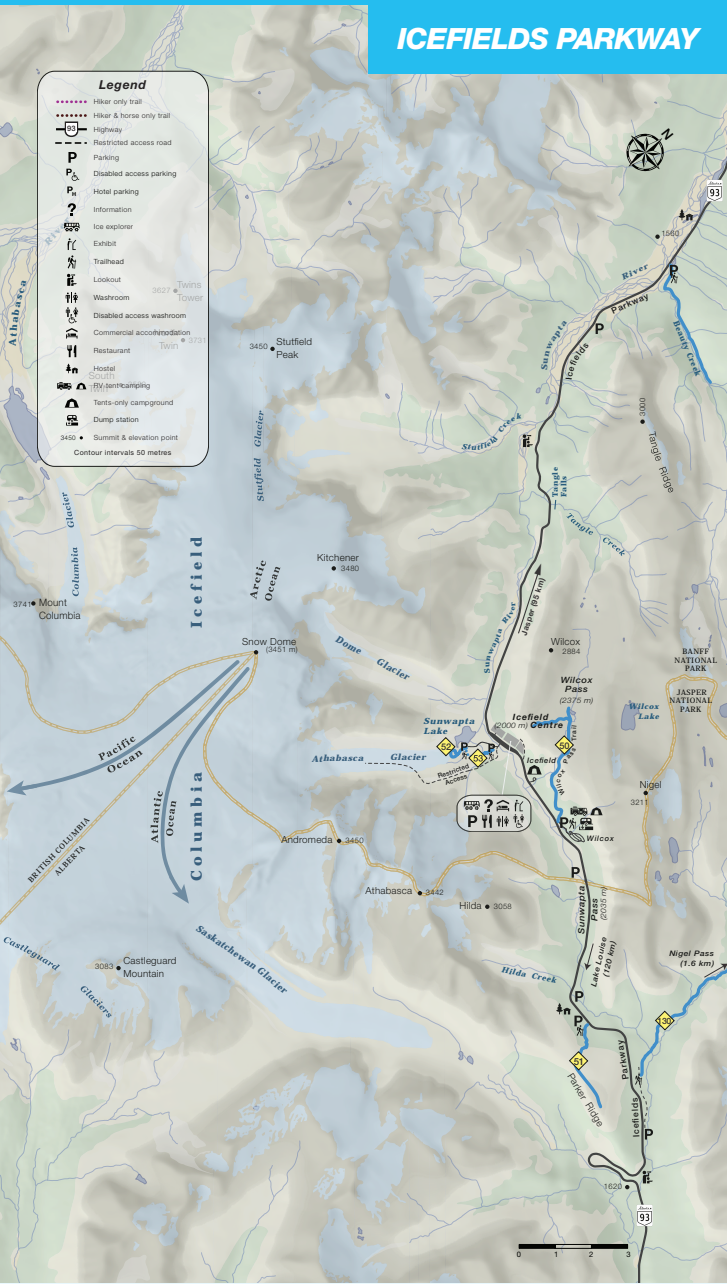
1.8 km return; elevation gain/loss: 60 m; 1 hour
Trailhead: Across from the Icefield Centre, at end of Toe of Glacier Road
Once across the bridge, you're walking on glacially smoothed limestone surfaces that were under the ice in the 1950s. The upper loop provides great views of the toe of the glacier and surrounding features.

Warning! Walking on the Athabasca Glacier is not safe. As the Athabasca Glacier recedes, the ice at the toe has become hollow and is collapsing. The underlying water is extremely cold, fast moving and unpredictable. There is a serious risk of injury, hypothermia and drowning.

Over the years several people have died from falling into crevasses on the Athabasca Glacier. These deep, ice-cold cracks in the glacier lie hidden below a thin covering of snow that may collapse under a person's weight.



Athabasca Glacier



ICEFIELDS PARKWAY

Lower Sunwapta Falls

2.6 km return; elevation gain/loss: 87 m; 1 hour
Trailhead: 54 km (30 min) south of Jasper on Hwy 93
Lower Sunwapta Falls is composed of three major waterfalls. The combination of solitude and open views to the surrounding mountains make this short hike very rewarding.

Athabasca Falls

Day-use area
Trailhead: 30 km (20 min) south of Jasper, junction of Hwy 93 and 93A
Feel the spray of the Athabasca River as it thunders into the canyon below. Stay on designated trails and behind railings. The rock beyond is slippery and dangerous.



Athabasca Falls

Miette Hot Springs Area



Sulphur Skyline

If you like to hike in the park's high country, you normally have to wait until mid-June for the snow to go—except in the Miette Hot Springs area, where the trails are usually clear by late May.

Pocahontas Mine Trail

Lower loop: 800 m, 20 minutes
 Upper Loop: 1.7 km, 45 minutes
Step back in time as you stroll through the old Pocahontas Mine site.

Jasper House Trail

700 m return, 20 minutes
A short walk to a viewpoint looking across the Athabasca River towards the Jasper House National Historic Site.

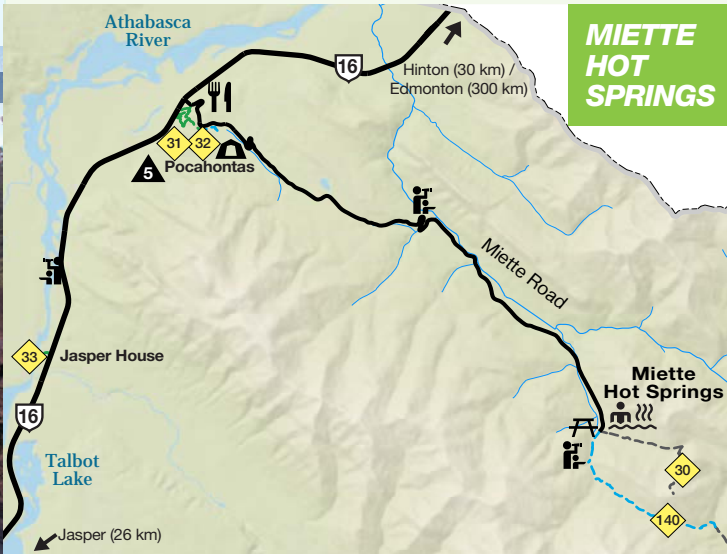
Source of the Springs

1.2 km return; elevation gain/loss: 75 m; 30 min
Trailhead: Miette Hot Springs parking lot
The trail begins with a walk through the ruins of the old pool building and continues up the creek to the hot springs themselves, where the sulphurous water comes out of the rock. Stroller friendly.

Sulphur Skyline

8 km return; elevation gain/loss: 700 m; 4-6 hours
Trailhead: Miette Hot Springs parking lot
If you would like to reach the summit of a peak, choose this challenging trail. At the summit, the views of the Fiddle River Valley, Utopia Mountain and Ashlar Ridge are spectacular.

Caution: This area is well-known for afternoon thunderstorms. Start early and stay below the treeline if the weather looks threatening.



MIETTE HOT SPRINGS

Plan Ahead and Prepare

Remember, you are responsible for your own safety.

- Before heading out, check trail and weather conditions on-line or at an information centre (see below).
- Travel with a friend or group. Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, first aid kit, bear spray and maps. Be prepared for emergencies and changes in weather.
- Tell somebody where you are going, when you will be back and who to call if you do not return.

Stay on maintained trails

- To prevent trail damage, stay on the trail and avoid shortcuts.

Leave what you find and take what you bring

- Pack out all garbage, including diapers and food waste.
- Dispose of human waste at least 70 m from any water source. Bury solids 15 cm deep. Pack out toilet paper.
- Artifacts like antlers, rocks, wildflowers, etc. are protected by law and must be left undisturbed.

Water from lakes and streams

Parasites can occur in any water body in the park and may contaminate the water supply. Boil your drinking water or purify it with a water filter or iodine tablets.

Backcountry (780-852-6177)

A backcountry camping permit is required for any overnight trip. Visit pc.gc.ca/jasperbackcountry for more information and to book a trip.

Fishing - A National Park fishing licence is required.

Ask the Information Centre for additional guides on biking, backcountry and fishing.

How was your trip?

Please send us your comments at jnp.info@pc.gc.ca and report trail conditions to park staff.

Safety

Emergency

Call 911 or, if using a satellite phone, call the park dispatch office (780-852-3100). Cell phone reception is unreliable.

Keep wildlife wild, and yourself safer

- Travel in groups and make noise to avoid surprise encounters.
- Do not feed, touch or approach wildlife. Stay at least 30 m away from most animals and 100 m away from bears.
- Carry bear spray and know how to use it.
- Pets must be on a leash at all times.

Avalanches

Be careful when crossing snow slopes or when exposed to avalanche paths.

More Information

JASPER TOWNSITE INFORMATION CENTRE: 780-852-6176
ICEFIELD CENTRE: 780-852-6288, open late April to September
WEBSITE: pc.gc.ca/jasper
JASPER TRAIL CONDITIONS REPORT: pc.gc.ca/jaspertrails
WEATHER: weather.gc.ca
AVALANCHE INFORMATION: pc.gc.ca/avalanche
BEAR INFORMATION: pc.gc.ca/bears-and-people
MAPS AND GUIDE BOOKS: Friends of Jasper National Park at 780-852-4767 or www.friendsofjasper.com

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