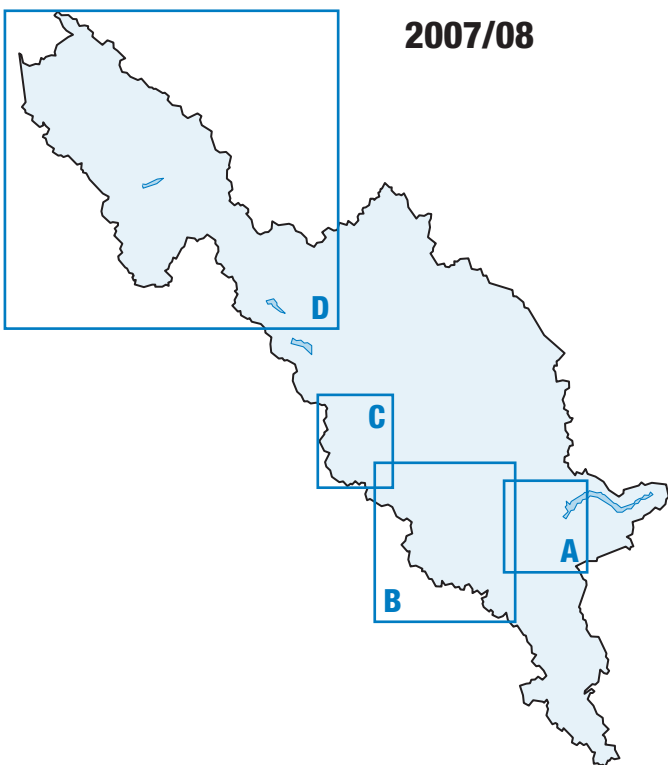




DAY HIKES IN BANFF NATIONAL PARK

2007/08



WHAT YOU NEED TO KNOW BEFORE YOU HIKE IN BANFF NATIONAL PARK

PLAN AHEAD AND BE PREPARED.

Check detailed trail descriptions in trail guide books.

Guidebooks can be purchased from the Friends of Banff National Park. *The Canadian Rockies Trail Guide, 2007 (Brian Patton and Bart Robinson) Classic Hikes in the Canadian Rockies, 2003 (Graeme Pole) Backcountry Banff, 2001 and Hiking Lake Louise, 2005 (Mike Potter) Walks and Easy Hikes in the Canadian Rockies, 2004 (Graeme Pole)



Purchase a topographic map

Topographic maps provide detail for safe backcountry travel. Maps can be purchased from the Friends of Banff National Park.

Check the Weather Report

Mountain weather can change quickly and is difficult to predict. You need to be prepared for any and all weather conditions.

Check Trail Conditions

Trails may be temporarily closed for public safety or environmental reasons, such as aggressive wildlife. Other trails may remain open, but have warnings placed upon them for similar reasons. Be extra cautious when travelling on these trails.

Purchase a fishing permit

National Park Fishing Permits are required. Know the National Park Fishing Regulations.

Safety is your responsibility

The park is managed as a natural area, and hazards are part of the wilderness. You are ultimately responsible for your own safety, so please be careful. Hike with companions. Tell someone where you are going and when you plan to return. Bring enough food and water. Pack extra clothing in case the weather changes. Carry this guide with you. For more information about public safety, consult park staff.

Carry enough drinking water

At least one litre per person of safe drinking water on any hike, two litres or more if you are going to be out all day. Surface water can be contaminated with Giardia, an intestinal parasite.

TRAVEL ON DURABLE SURFACES.

Please take the extra steps and stay on the trail. Shortcutting between trail switchbacks damages the soil and plant life, and causes erosion and trail maintenance problems.

*Trail details and trailhead descriptions for this brochure are courtesy of Brian Patton.

DISPOSE OF WASTE PROPERLY.

All garbage must be packed out, including diapers, sanitary napkins, tampons, food waste and foil.

If you need to relieve yourself, select a spot well away from trails and at least 100 m from water sources. To dispose of human waste, dig a hole 12 to 16 cm deep with a stick, the heel of your boot or a small trowel. Make sure you reach the dark-coloured, biologically active soil layer. Fill the hole with soil afterward and do not pack it down. Use as little toilet paper as possible. Pack out used toilet paper or burn it if the fire hazard is not extreme.

LEAVE WHAT YOU FIND.

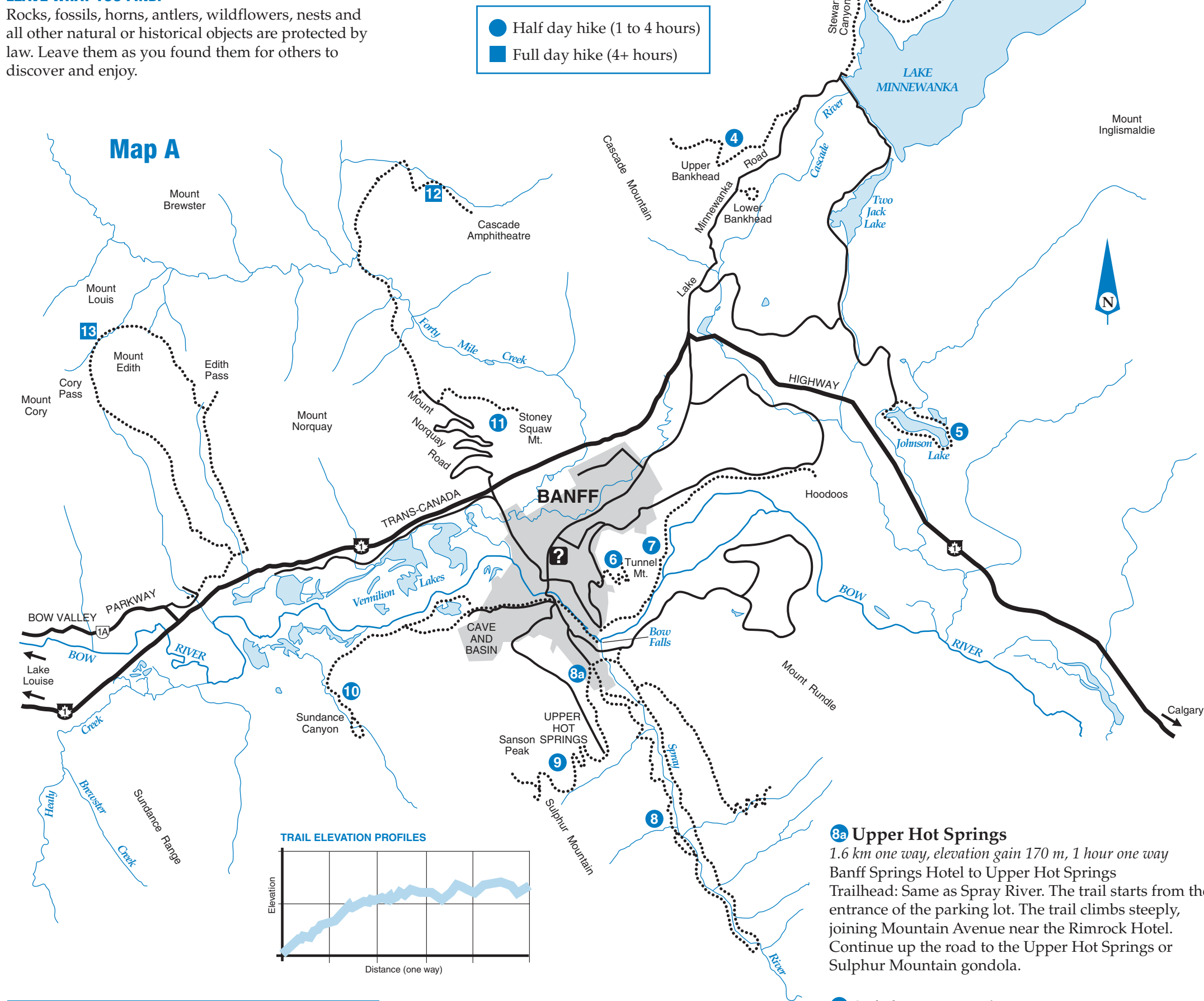
Rocks, fossils, horns, antlers, wildflowers, nests and all other natural or historical objects are protected by law. Leave them as you found them for others to discover and enjoy.

BE CONSIDERATE OF OTHER VISITORS.

Respect for others can go a long way toward reducing conflicts. Move off the trail to allow horse parties to pass, and avoid sudden movements. Cyclists should dismount and walk their bicycles when they encounter hikers or horse parties.

Mountain Biking

Cycling is only permitted on designated bicycle trails. All other park trails are closed to bicycles. Ask for the Banff and Lake Louise mountain biking brochures at an Information Centre.



Banff Area - Map A

1 Aylmer Pass

13.3 km one way, elevation gain 810 m, 8 - 9 hours round trip
Trailhead: From the Lake Minnewanka Interchange on the Trans-Canada Highway, take the Lake Minnewanka Loop Road 5.5 km to Lake Minnewanka. Park in the large parking lot above the boat concession. Follow the paved path past the boat concession to the lakeshore trail. The Aylmer Pass trail branches north at km 8 and climbs steeply to a 2285 m pass.

2 Aylmer Lookout

11.6 km one way, elevation gain 560 m, 7 - 8 hours round trip
Trailhead: Same as Aylmer Pass.

3 Stewart Canyon

1.4 km one way, no elevation gain, 1 hour round trip
Trailhead: Same as Aylmer Pass. The Canyon trail becomes faint after several km.

4 C-Level Cirque

3.9 km one way, elevation gain 455 m, 3 hours round trip
Trailhead: From the Minnewanka Interchange on the Trans-Canada Highway, take the Lake Minnewanka Road 3.5 km to the Upper Bankhead picnic area.

5 Johnson Lake

3 km loop, no elevation gain, one hour round trip
Trailhead: Johnson Lake picnic area. Trail follows the shoreline.

6 Tunnel Mountain

2.3 km one way, elevation gain 260 m, 2 hours round trip
Trailhead: Follow Wolf St. east to St. Julien Road. Follow St. Julien uphill to the parking lot on the left, 0.3 km from the Wolf St. junction.

7 Bow River / Hoodoos

5.1 km one way, elevation loss and gain about 60 m, 3 hours round trip
Trailhead: Follow Buffalo St. east to the parking lot at Surprise Corner (parking for the Bow Falls Viewpoint), a distance of about 1.2 km.

8 Spray River Loop

14.9 km round trip, elevation gain 65 m, 3 - 4 hours round trip
Trailhead: Follow Spray Avenue from the Bow River bridge to the Banff Springs Hotel. Go past the hotel parkade to the trailhead parking lot. Follow the Spray River fireroad upstream for 7 km to a footbridge, cross the river and return downstream along the east side of the valley to Banff Springs Golf Course Road.

8a Upper Hot Springs

1.6 km one way, elevation gain 170 m, 1 hour one way
Banff Springs Hotel to Upper Hot Springs
Trailhead: Same as Spray River. The trail starts from the entrance of the parking lot. The trail climbs steeply, joining Mountain Avenue near the Rimrock Hotel. Continue up the road to the Upper Hot Springs or Sulphur Mountain gondola.

9 Sulphur Mountain

5.5 km one way, elevation gain 655 m, 2.5 - 4 hours round trip
Trailhead: Cross the Bow River bridge, turn left, then right at the first intersection. Drive 4 km on Mountain Avenue to the Upper Hot Springs parking lot. If walking from town, take the Upper Hot Springs trail (see #8a). The trail leaves from the corner of the Upper Hot Springs parking lot closest to the pool. Side trip: 1 km one way, 60 m elevation gain, 1 hour round trip. Boardwalk trail departs from Observation Deck on the summit.

10 Sundance Canyon

4.3 km one way, elevation gain 145 m, 3 hours round trip
Trailhead: From the Bow River Bridge drive 1.6 km to the Cave and Basin parking lot. Walk past the building to the start of the hike/bike path.

11 Stoney Squaw Mountain

2.1 km one way, elevation gain 190 m, 2 hours round trip
Trailhead: Just inside the main parking lot for Mount Norquay ski area.

12 Cascade Amphitheatre

7.7 km one way, elevation gain 640 m, 6 hours round trip
Trailhead: From the Mount Norquay area main parking lot, walk past the ski lodge, then continue past the Cascade, Spirit and Mystic chairlifts where there is a trail sign.

Castle Junction Area - Map B

14 Healy Pass

9.3 km one way, elevation gain 655 m, 6 - 7 hours round trip
Trailhead: Follow the Trans-Canada Highway 7.4 km west of Mt. Norquay Interchange and turn off to the right to get on the Sunshine Road. Follow this road for 9 km to the Sunshine Parking Lot.

The trail begins at the far end of the parking area immediately behind the Sunshine gondola terminal. After following the wide Sunshine ski-out trail for 800 m, it branches right, crosses Sunshine Creek and begins its ascent of Healy Creek.

15 Bourgeau Lake

7.4 km one way, elevation gain 725 m, 6 hours round trip
Trailhead: On the Trans-Canada Highway 13 km west of the Mt. Norquay Interchange. Trailhead is on the south side of the four-lane divided highway.

16 Harvey Pass

9.7 km one way, elevation gain 1035 m, 7 - 8 hours round trip
Trailhead: Same as Bourgeau Lake. Strong hikers who are good route finders can continue beyond Bourgeau Lake on a rough, unmarked trail to Harvey Pass.

17 Johnston Canyon Lower Falls

1.1 km one way, elevation gain 30 m, 1 hour round trip
Trailhead: From the Norquay Interchange drive west 5.5 km on the Trans-Canada Highway and take the Bow Valley Parkway (1A Highway). Drive along this road 18 km to Johnston Canyon parking lot.

18 Johnston Canyon Upper Falls

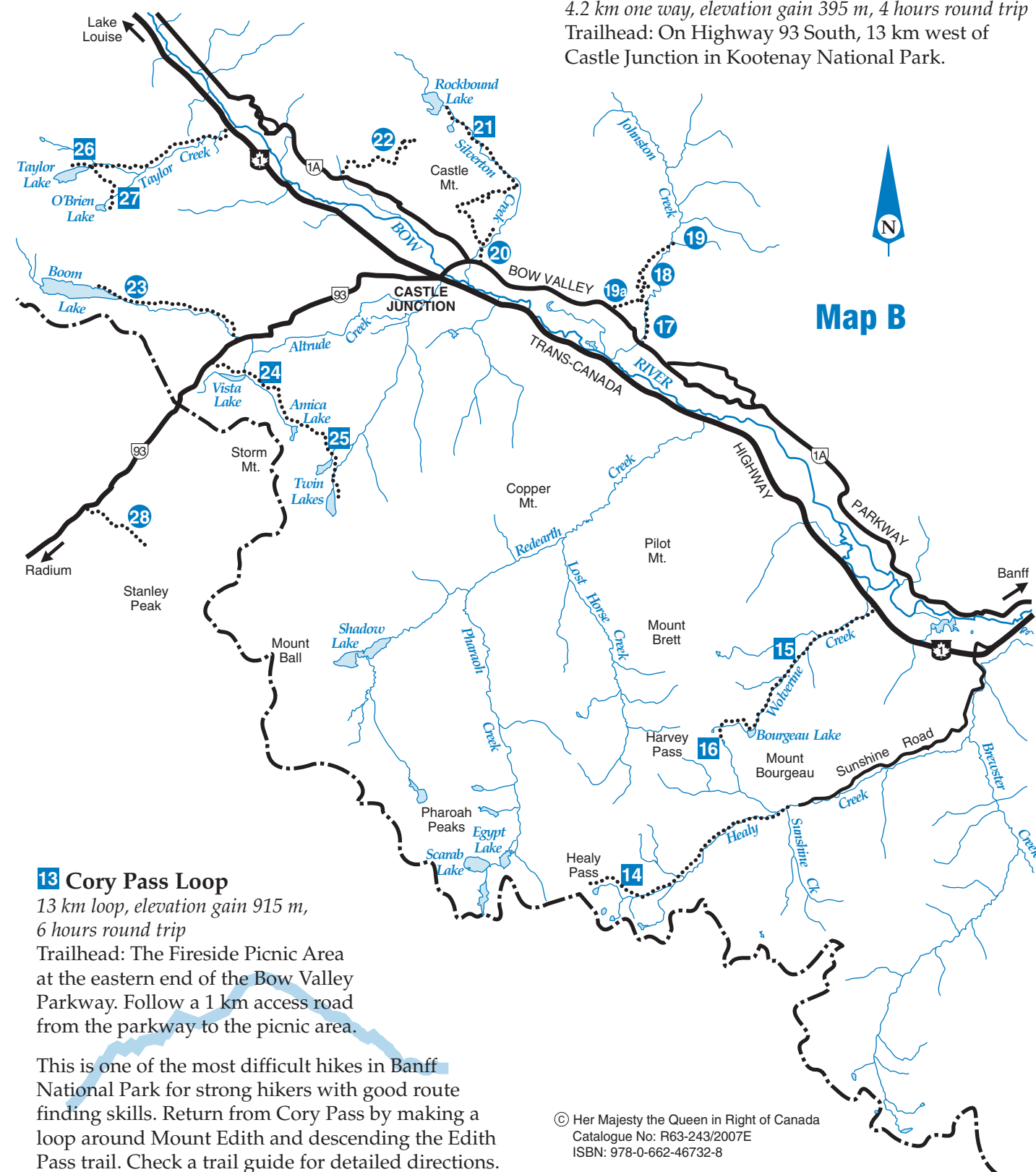
2.7 km one way, elevation gain 120 m, 2 hours round trip
Trailhead: Same as Johnston Canyon Lower Falls.

19 Ink Pots

5.8 km one way, elevation gain 215 m, 4 hours round trip
Trailhead: Same as Johnston Canyon Lower Falls.

19a Ink Pots via Moose Meadows

5.9 km one way, elevation gain 215 m, 4 hours round trip
Trailhead: 1.4 km west of Johnston Canyon trailhead on the Bow River Parkway. Recommended winter route. Completely by-passes the Johnston Canyon trail.



20 Silverton Falls

0.7 km one way, elevation gain 60 m, 1 hour round trip
Trailhead: Parking lot on the north side of the Bow Valley Parkway, 0.2 km east of Castle Junction (Rockbound Lake Trailhead)

21 Rockbound Lake

8.4 km one way, elevation gain 760 m, 6 - 7 hours round trip
Trailhead: Drive to the parking area on the north side of the Bow Valley Parkway 0.2 km east of Castle Junction.

22 Castle Lookout

3.7 km one way, elevation gain 520 m, 3 - 4 hours round trip
Trailhead: Drive to parking lot on north side of Bow Valley Parkway 5 km west of Castle Junction.

23 Boom Lake

5.1 km one way, elevation gain 175 m, 3 - 4 hours round trip
Trailhead: On Highway 93 South, 7 km west of Castle Junction (en route to Radium).

24 Arnica Lake

5.1 km one way, elevation gain 580 m, 5 hours round trip
Trailhead: On Highway 93 South, 8 km west of Castle Junction at the Vista Lake Viewpoint. Caution: There are no signs on the highway for this trailhead. Use extreme caution when entering and exiting.

25 Twin Lakes

7.4 km one way, elevation gain 715 m, 6 hours round trip
Trailhead: Same as Arnica Lake.

26 Taylor Lake

6.3 km, elevation gain 585 m, 4 - 5 hours round trip
Trailhead: On the Trans-Canada Highway 8 km west of Castle Junction at Taylor Creek Picnic area. Caution: There are no signs on the highway for this trailhead. Use extreme caution when entering and exiting.

27 O'Brien Lake

8.1 km one way, elevation gain 640 m, 6 hours round trip
Trailhead: Same as Taylor Lake.

28 Stanley Glacier

4.2 km one way, elevation gain 395 m, 4 hours round trip
Trailhead: On Highway 93 South, 13 km west of Castle Junction in Kootenay National Park.

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