

Lake Louise Area - Map C

- 29 Boulder Pass**
8.6 km to pass, elevation gain 640 m, 6 - 7 hours round trip
Trailhead: From the village drive towards the ski area, turn at signs for Fish Creek Parking area, follow gravel road for 1 km to parking lot on south side.
- 30 Bow River Loop**
7.1 km round trip, no elevation gain, 2.5 hours round trip
Trailhead: Parking lot opposite the Lake Louise train station (restaurant).
- 31 Louise Creek**
2.8 km, elevation gain 195 m, 1 hour one way
Trailhead: From the Samson Mall parking lot walk along Lake Louise Drive to a bridge crossing the Bow River. Cross the bridge and then look for the trailhead on the downstream side of the bridge.
- 32 Tramline**
4.5 km, elevation gain 195 m, 1.5 hours one way
Trailhead: From the Station restaurant a 3% grade follows the old narrow gauge railway bed to the Chateau Lake Louise.

- UPPER LAKE LOUISE TRAILHEAD**
- 33 Lake Agnes**
3.4 km one way, elevation gain 385 m, 2.5 hours round trip
Trailhead: From Lake Louise shoreline trail, in front of Chateau Lake Louise continue up to Teahouse.
Side trip: Big Beehive
1.6 km one way, elevation gain 135 m from Lake Agnes
Side trip: Little Beehive
1 km one way, elevation gain 105 m from Lake Agnes
 - 34 Lake Louise Lakeshore**
2 km one way, no elevation gain, 1 hour round trip
Trailhead: In front of the Chateau Lake Louise
 - 35 Plain of Six Glaciers**
5.3 km one way, elevation gain 365 m, 4 hours round trip
Trailhead: Follow the Lake Louise Shoreline trail to the back of the lake and continue on to Teahouse.
Option: Connect the Lake Agnes and Plain of Six Glaciers trails, via the Highline trail, to form a 14.6 km loop. 5 hours round trip.
 - 36 Fairview Lookout**
1 km one way, elevation gain 100m, 1 hour round trip
Trailhead: Same as for Saddleback. Follow the Saddleback trail for 0.3 km then branch right.

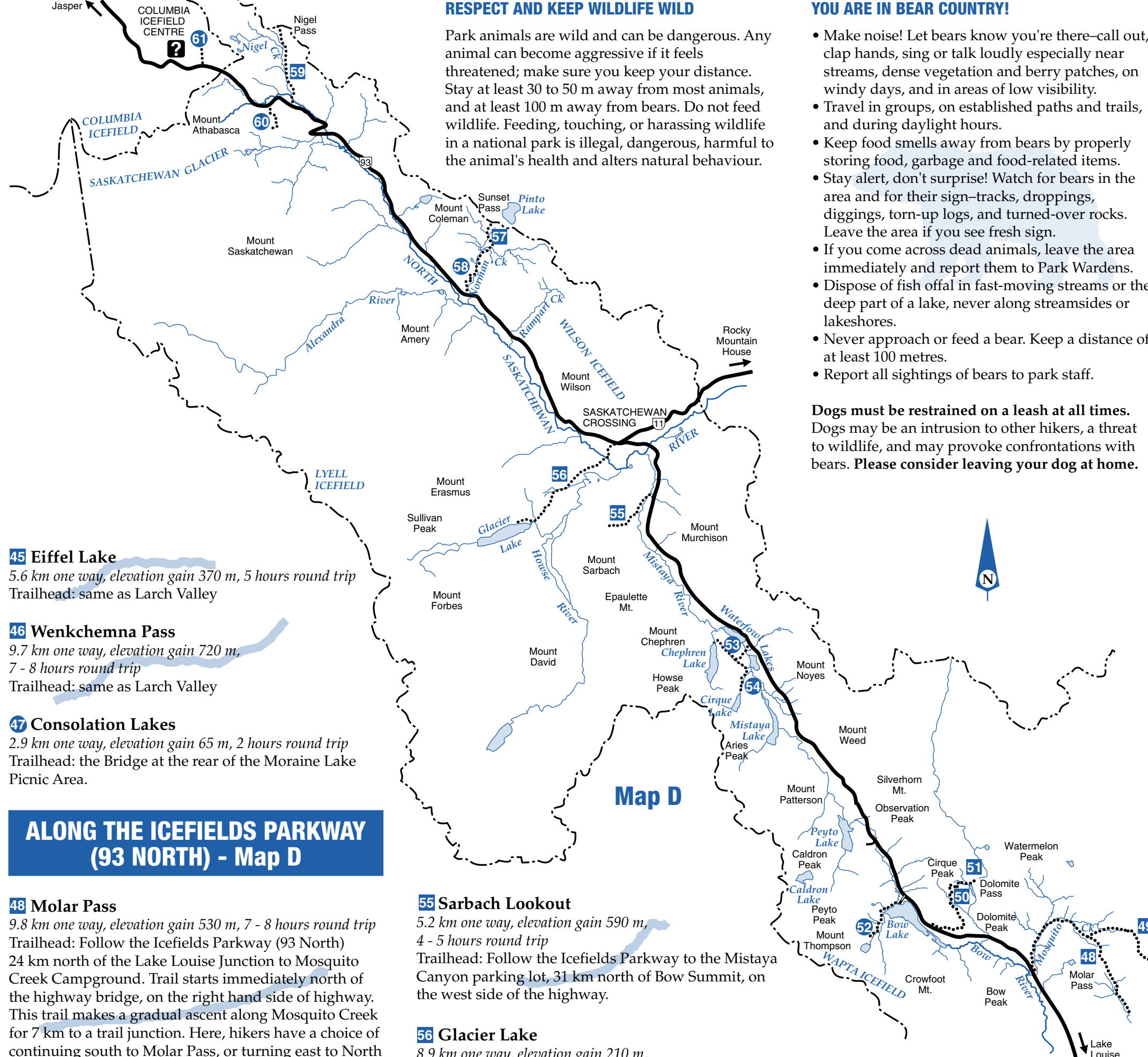
- 37 Saddleback**
3.7 km to pass, elevation gain 595 m, 4 hours round trip
Trailhead: Viewpoint near boathouse on shore of Lake Louise.
- 38 Fairview Mountain**
4.5 km to summit, 1013 m elevation gain, 5 - 6 hours round trip
Trailhead: Same as for Saddleback.
- 39 Sheol Valley**
12.5 km to Paradise Valley Trailhead, elevation gain 595 m, elevation loss 576 m, 5 - 6 hours total trip
Trailhead: Same as for Saddleback.
- 40 Lake Annette**
5.7 km one way, elevation gain 245 m, 1.5 hours one way
- 41 Paradise Valley & Giant Steps**
10 km one way, elevation gain 385 m, 7 hours round trip
- 42 Paradise Valley / Larch Valley**
17 km total distance, elevation gain 880 m, 7.5 hours
- 43 Larch Valley**
2.8 km one way, elevation gain 465 m, 3 hours round trip
Trailhead: 100 m past Moraine Lake Lodge, along lakeshore. A 2.4 km trail switchbacking steeply through the forest to a junction high on the north slope of the Valley of the Ten Peaks. From the junction it is another 0.4 km uphill to Larch Valley.
- 44 Sentinel Pass**
5.8 km one way, elevation gain 725 m, 5 hours round trip
Trailhead: Same as Larch Valley. Follow up steep switchbacks to this 2611 m pass. Sentinel Pass is 3 km beyond Larch Valley.

CHECK AHEAD!
Trail users may be required to travel in a group of four in Consolation, Larch and Paradise Valleys.

- 37 Saddleback**
3.7 km to pass, elevation gain 595 m, 4 hours round trip
Trailhead: Viewpoint near boathouse on shore of Lake Louise.
- 38 Fairview Mountain**
4.5 km to summit, 1013 m elevation gain, 5 - 6 hours round trip
Trailhead: Same as for Saddleback.
- 39 Sheol Valley**
12.5 km to Paradise Valley Trailhead, elevation gain 595 m, elevation loss 576 m, 5 - 6 hours total trip
Trailhead: Same as for Saddleback.

- PARADISE VALLEY TRAILHEAD**
Follow the Moraine Lake Road for 2.5 km to a parking lot on the right hand side. Paradise Valley trail was rerouted in 2006.
- 40 Lake Annette**
5.7 km one way, elevation gain 245 m, 1.5 hours one way
 - 41 Paradise Valley & Giant Steps**
10 km one way, elevation gain 385 m, 7 hours round trip
 - 42 Paradise Valley / Larch Valley**
17 km total distance, elevation gain 880 m, 7.5 hours

- MORaine LAKE TRAILHEAD**
- 43 Larch Valley**
2.8 km one way, elevation gain 465 m, 3 hours round trip
Trailhead: 100 m past Moraine Lake Lodge, along lakeshore. A 2.4 km trail switchbacking steeply through the forest to a junction high on the north slope of the Valley of the Ten Peaks. From the junction it is another 0.4 km uphill to Larch Valley.
 - 44 Sentinel Pass**
5.8 km one way, elevation gain 725 m, 5 hours round trip
Trailhead: Same as Larch Valley. Follow up steep switchbacks to this 2611 m pass. Sentinel Pass is 3 km beyond Larch Valley.



ALONG THE ICEFIELDS PARKWAY (93 NORTH) - Map D

- 45 Eifel Lake**
5.6 km one way, elevation gain 370 m, 5 hours round trip
Trailhead: same as Larch Valley
- 46 Wenkemna Pass**
9.7 km one way, elevation gain 720 m, 7 - 8 hours round trip
Trailhead: same as Larch Valley
- 47 Consolation Lakes**
2.9 km one way, elevation gain 65 m, 2 hours round trip
Trailhead: the Bridge at the rear of the Moraine Lake Picnic Area.
- 48 Molar Pass**
9.8 km one way, elevation gain 530 m, 7 - 8 hours round trip
Trailhead: Follow the Icefields Parkway (93 North) 24 km north of the Lake Louise Junction to Mosquito Creek Campground. Trail starts immediately north of the highway bridge, on the right hand side of highway. This trail makes a gradual ascent along Mosquito Creek for 7 km to a trail junction. Here, hikers have a choice of continuing south to Molar Pass, or turning east to North Molar Pass.
- 49 North Molar Pass**
11.5 km one way, elevation gain 760 m, 8 - 9 hours round trip
Trailhead: Same as Molar Pass.
- 50 Helen Lake**
6.0 km one way, elevation gain 455 m, 4 - 5 hours round trip
Trailhead: Follow the Icefields Parkway to the Crowfoot Glacier Viewpoint, 33 km north of the Lake Louise junction; trailhead across highway from viewpoint.
- 51 Dolomite Pass**
9.0 km one way, elevation gain 550 m, 6 - 7 hours round trip
Trailhead: Same as Helen Lake. From the high ridge above Helen Lake, strong hikers can descend to the shores of Katherine Lake and then make a short climb to the summit of Dolomite Pass, 3.0 km farther.
- 52 Bow Glacier Falls**
4.6 km one way, elevation gain 155 m, 3 hours round trip
Trailhead: Follow the Icefields Parkway to the Num-ti-jah Lodge access road, on the west side of the highway 36 km north of the Lake Louise junction. The trailhead kiosk is 400 m down this access road.
- 53 Chephren Lake**
3.5 km one way, elevation gain 80 m, 3 hours round trip
Trailhead: Follow the Icefields Parkway to the Waterfowl Lakes Campground, 57.5 km north of the Lake Louise junction. Enter the campground and stay right, skirting around the northern edge of the facility to the trail kiosk. From the Chephren-Cirque junction, the trail to Chephren Lake branches right.
- 54 Cirque Lake**
4.2 km one way, elevation gain 150 m, 3 hours round trip
Trailhead: Same as Chephren Lake. From the Chephren-Cirque junction, the trail to Cirque Lake branches left.

- 55 Sarbach Lookout**
5.2 km one way, elevation gain 590 m, 4 - 5 hours round trip
Trailhead: Follow the Icefields Parkway to the Mistaya Canyon parking lot, 31 km north of Bow Summit, on the west side of the highway.
- 56 Glacier Lake**
8.9 km one way, elevation gain 210 m, elevation loss 220 m, 6 hours round trip
Trailhead: Follow the Icefields Parkway to the parking area on the west side of the highway, 1 km north of the Saskatchewan River Crossing Service Centre.
- 57 Sunset Pass**
8.2 km one way, elevation gain 725 m, 6 - 7 hours round trip
Trailhead: Follow the Icefields Parkway to the Norman Creek Bridge, 16.5 km north of the Saskatchewan River Crossing Service Centre. Trailhead parking is on the open flat to the east of the highway just below the bridge.
- 58 Sunset Lookout**
4.5 km one way, elevation gain 390 m, 3 - 4 hours round trip
Trailhead: Same as Sunset Pass. At the junction 2.9 km up the Sunset Pass trail, branch left 1.6 km to the old Sunset Lookout.
- 59 Nigel Pass**
7.2 km one way, elevation gain 365 m, 5 hours round trip
Trailhead: Follow the Icefields Parkway to a parking area 113.5 km north of the Lake Louise junction and 2.5 km north of the "Big Bend" switchback; parking area on northeast side of highway.
- 60 Parker Ridge**
2.7 km one way, elevation gain 250 m, 3 hours round trip
Trailhead: Parking area on the west side of the Icefields Parkway, 4 km south of the Banff-Jasper boundary.
- 61 Wilcox Pass**
4 km one way, elevation gain 335 m, 4 hours round trip
Trailhead: 3.1 km south of the Icefield Centre on the Icefields Parkway at the entrance to the Wilcox Creek campground in Jasper National Park.

RESPECT AND KEEP WILDLIFE WILD
Park animals are wild and can be dangerous. Any animal can become aggressive if it feels threatened; make sure you keep your distance. Stay at least 30 to 50 m away from most animals, and at least 100 m away from bears. Do not feed wildlife. Feeding, touching, or harassing wildlife in a national park is illegal, dangerous, harmful to the animal's health and alters natural behaviour.

YOU ARE IN BEAR COUNTRY!

- Make noise! Let bears know you're there—call out, clap hands, sing or talk loudly especially near streams, dense vegetation and berry patches, on windy days, and in areas of low visibility.
- Travel in groups, on established paths and trails, and during daylight hours.
- Keep food smells away from bears by properly storing food, garbage and food-related items.
- Stay alert, don't surprise! Watch for bears in the area and for their sign—tracks, droppings, diggings, torn-up logs, and turned-over rocks. Leave the area if you see fresh sign.
- If you come across dead animals, leave the area immediately and report them to Park Wardens.
- Dispose of fish offal in fast-moving streams or the deep part of a lake, never along streambanks or lakeshores.
- Never approach or feed a bear. Keep a distance of at least 100 metres.
- Report all sightings of bears to park staff.

Dogs must be restrained on a leash at all times. Dogs may be an intrusion to other hikers, a threat to wildlife, and may provoke confrontations with bears. Please consider leaving your dog at home.

Information on trails, weather, trail guide books and topo maps

Parks Canada
Banff Information Centre
224 Banff Avenue, Banff, AB
Tel: (403) 762-1556 Fax: (403) 762-1551
Email: Banff.Trails@pc.gc.ca

Parks Canada
Lake Louise Information Centre
Samson Mall, Village of Lake Louise, AB
Tel: (403) 522-3833 Fax: (403) 522-1212
Email: LL.Info@pc.gc.ca

Banff National Park Home Page:
www.pc.gc.ca/banff

Banff National Park Trail Report
Recorded Message: (403) 760-1305
Park Radio: 101.1 FM
Web page: www.pc.gc.ca/banff

Environment Canada Weather Forecast
Recorded Phone Message: (403) 762-2088
Park Radio: 101.1 FM
Web page: www.weatheroffice.ec.gc.ca

For purchasing topo maps and guidebooks contact:
The Friends of Banff National Park
224 Banff Avenue, Banff, AB
Tel: (403) 762-8918
Fax: (403) 762-2933
Home Page: www.friendsofbanff.com

In case of an EMERGENCY, phone 911.