



HIKING IN GLACIER NATIONAL PARK

Glacier National Park has a rich natural and cultural history. The park protects unique stands of old-growth cedar and hemlock, and a great diversity of wildlife. Created in 1886 following the completion of the Canadian Pacific Railway's transcontinental line, the park enticed travellers to its uncharted wilderness and the area became the birthplace of mountaineering in North America. Today's explorers will find heritage resources

of national significance, both historical and natural. The abandoned rail-grade, stone bridges and trestle supports, snow sheds and other structures associated with the railway may all be visited on self-guiding trails. Trails leading to spectacular glacier viewpoints were laid out by the Swiss guides for their clients a century ago – and are still waiting for you to discover the magic of the Selkirks for yourself.

Photos left to right: Hiking Balu Pass; dwarf dogwood and foam flower; mountain goats

The hiking trails in Glacier National Park will lead you to stunning ridges and viewpoints that will make the climbs worthwhile. The Columbia Mountains are steep and the valleys narrow, allowing for only a few easy hikes and a good number of difficult ones. **Use the trail chart below to choose a hike** suitable for everyone in your party.



Our trails are managed to protect the safety of both bears and people.

Plan Ahead and Prepare

Remember, you are responsible for your own safety.

- Get advice from a Parks Canada Information Centre.
- Study trail descriptions and maps before starting.
- Check the weather forecast and current trail conditions.
- Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, maps and gear.
- Carry a first aid kit and bear spray.
- Tell somebody where you're going, when you'll be back and who to call if you don't return.
- Travel with a friend or group.
- Be prepared for emergencies and changes in weather.

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 100 m from any water source. Bury solid human waste in a hole 15 cm deep. Pack out your toilet paper.
- Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy.

Backcountry

A backcountry camping permit is required for any overnight trip.

Random Camping

Non-designated or random camping may be permitted. Ask Parks Canada Information Centre staff for details.

Fishing

A National Park fishing licence is required.

Safety

Emergency

Emergency Dispatch Number: **Call 1-877-852-3100**. Tell dispatchers you have a backcountry emergency in Glacier National Park and require assistance. 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 to 50 metres away from most animals, and 100 metres away from bears.
- Carry bear spray and know how to use it.
- Pets must be on a leash at all times.



Avalanches

The right combination of snow cover and slope angle can produce avalanches. Be careful when crossing snow slopes or when exposed to avalanche paths. Avalanche control explosive artillery projectiles are fired at the slopes near the Trans-Canada highway. Unexploded projectiles might exist. If you see one, do not touch or move it! Note its location and call **1-877-852-3100 or 911**.

More Information

- **Parks Canada Revelstoke Office:** 250-837-7500
- **Website:** www.pc.gc.ca/glacier
- **Glacier Trail Conditions Report:** www.pc.gc.ca/glaciertrails
- **Weather:** www.weatheroffice.gc.ca
- **Avalanche Reports, Information and Training:** www.avalanche.ca

Done with this Brochure?

Please return for re-use to a park facility or share it with others.

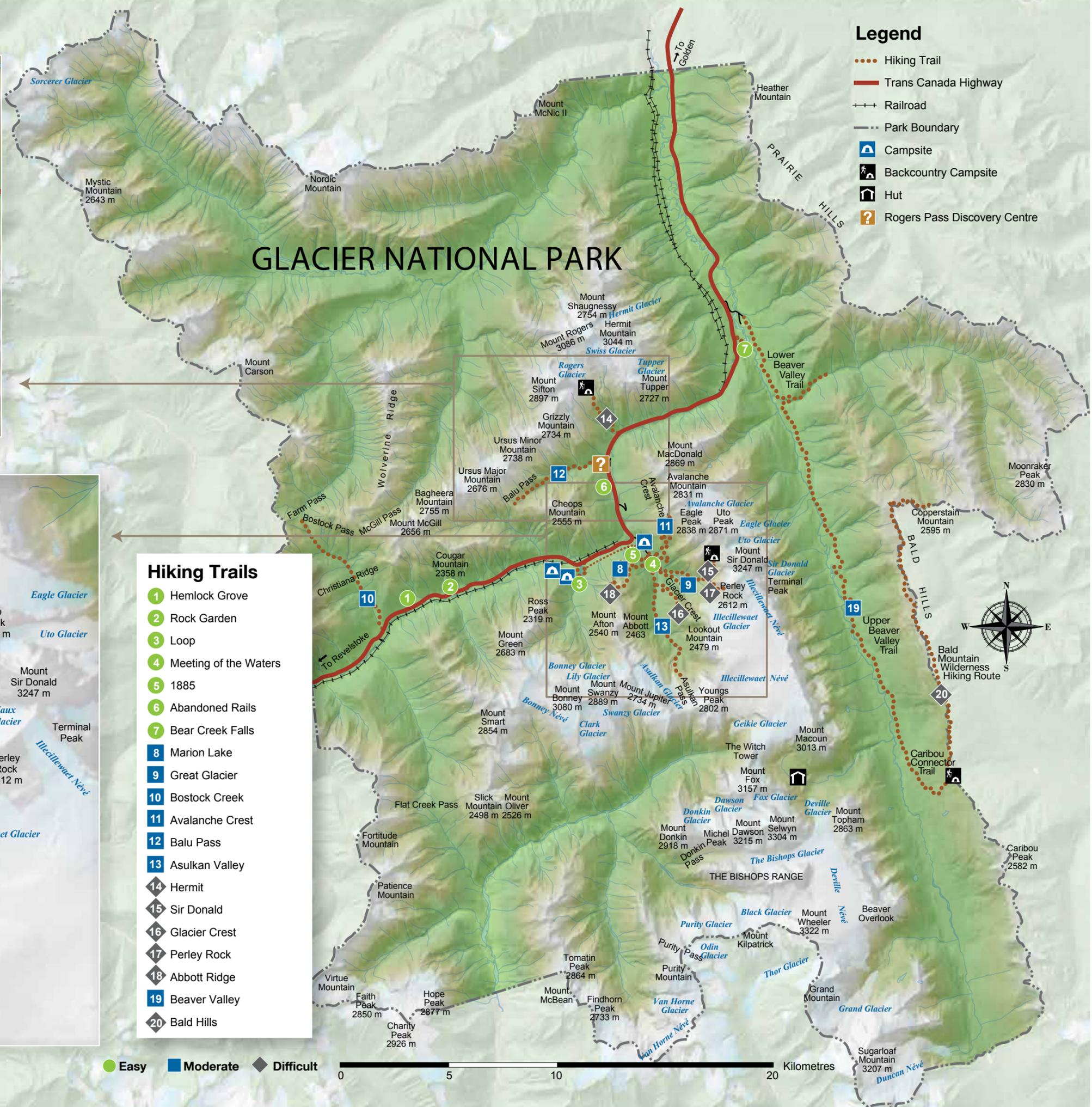
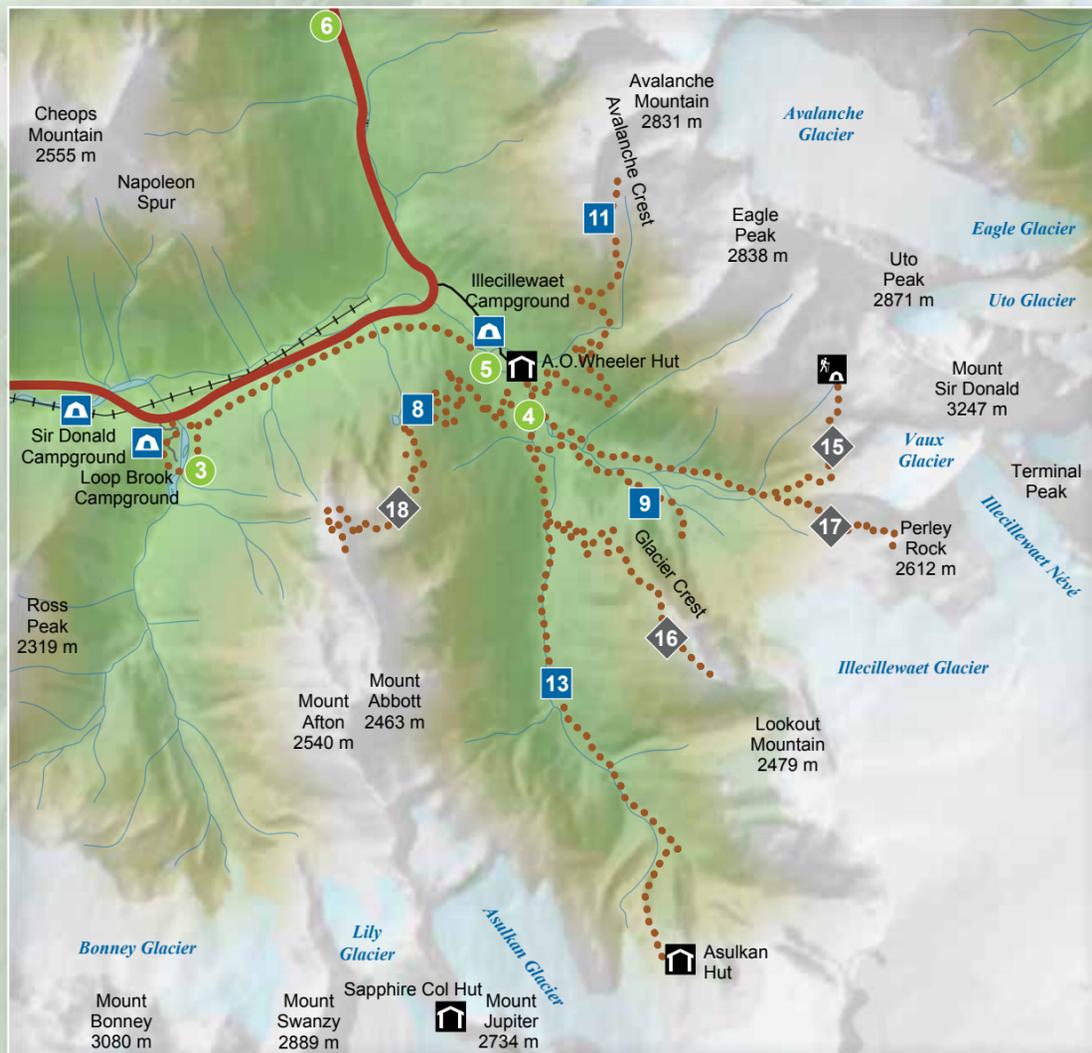
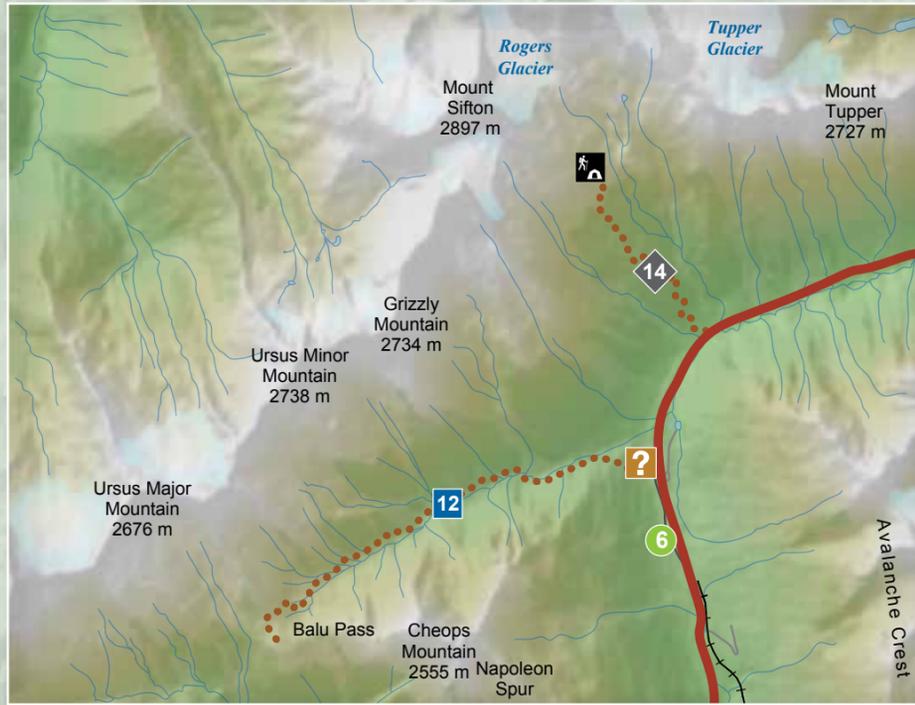
How was your trip?

Please send us your comments at revglacier.reception@pc.gc.ca and report trail problems to park staff.

Type	Hiking Trail	Estimated Time (Return)	Distance (Return)	Elevation Gain	Trail Description
SHORT HIKES	1 Hemlock Grove	15 minutes	350 m loop	Minimal	Interpretive boardwalk through old-growth cedar-hemlock forest.
	2 Rock Garden	30 minutes	428 m loop	Minimal	Interpretive trail with rock staircases and stepping stones. Slippery and steep sections.
	3 Loop Brook Trail	45 minutes	1.7 km	42 m	Interpretive trail on old rail grade highlights railway history. Short steep sections.
	4 Meeting of the Waters	30 minutes	1.3 km loop	Minimal	Forest walk past the confluence of Asulkan Brook and the Illecillewaet River.
	5 1885	2 hours	7.2 km	Minimal	Interpretive trail along the original Canadian Pacific rail-grade. Prone to early season flooding.
	6 Abandoned Rails	1 hour	2.8 km	Minimal	Interpretive trail along the original Canadian Pacific rail grade.
	7 Bear Creek Falls	1 hour	1 km	62 m	Short, steep trail down to Bear Creek Falls.
	8 Marion Lake	2.5 hours	4.4 km	425 m	Steep forested hike along the first leg of the Abbott Ridge Trail to Marion Lake.
DAY HIKES	9 Great Glacier	3.5 hours	6.4 km	321 m	Trail up to the sloping bedrock below the Illecillewaet Glacier.
	10 Bostock Creek	7 hours	15.6 km	740 m	Moderate hike through the interior rainforest and into the subalpine forest.
	11 Avalanche Crest	5 hours	8.2 km	795 m	Steep trail into an alpine basin. The nearby left ridge overlooks the highway/railway corridor.
	12 Balu Pass	4 hours	12.8 km	788 m	Trail through avalanche paths into alpine meadows offering amazing views.
	13 Asulkan Valley	6 hours	13.8 km	869 m	Glacier views, mountain scenery and waterfalls. Trail steepens after 4 km.
	14 Hermit	4 hours	6.4 km	819 m	Steep trail into alpine meadows. A designated campsite is located in the Hermit Meadows.
	15 Sir Donald	5 hours	10.2 km	1008 m	Built as a mountaineering route, this rigorous hike accesses an alpine basin below the peak.
	16 Glacier Crest	6 hours	11.4 km	958 m	Steep trail up onto a ridge providing a panoramic view of rock and glacial ice.
	17 Perley Rock	6 hours	10.8 km	1143 m	Steep, ambitious hike ending at a high viewpoint overlooking the Illecillewaet Icefield.
	18 Abbott Ridge	6.5 hours	13.6 km	1029 m	Trail up to alpine tundra that ends on a narrow ridge. During early season take the marked short cut to avoid a steep snow slope.
MULTI-DAY	19 Beaver Valley	3 days one way	42 km one way	449 m one way	Trail passes through large stretches of old growth forest. Trail can be connected to the Bald Hills via Caribou Pass. Random camping available beyond 5 km. There is designated camping at the "20 Mile" campsite. Beyond 20 Mile, trail difficulty increases as sections are obscured by vegetation and/or wash-outs.
	20 Bald Hills	Up to 4 days	16 – 40 km	1130 m	The trail accesses the extensive alpine meadows of the Bald Hills. Designated campsites are located at 20 Mile and at Caribou Pass. The trail is not marked between the Copperstain Pass and Caribou Pass campsites. Hikers must be experienced in route finding and carry a map and compass in case visibility is poor in the Bald Hills.

● Easy ■ Moderate ◆ Difficult





- ### Hiking Trails
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