



VIA FERRATA

Take the Stress Out of Climbing

Get vertical at the most exhilarating Via Ferrata (Italian for iron path) in Western Canada! Beginner and expert climbers alike will tackle Terminator Peak's north face by choosing from 3 routes, including a suspension bridge to get started. Giddy Up!

1.866.SKICKICK
www.KickingHorseResort.com

Eagle's Eye & Gondola Top

(Elev. 2347m)

KICKING HORSE MOUNTAIN RESORT Trails

TO BASE: Base Elevation: 1190m

Bear Aware!
This is not a topographical map and is not suitable for route-finding.

Hiking Trail (Time)	Trail Description
1. It's a Ten (1 - 3 hrs)	This well marked trail follows the It's a Ten Road from the top of the resort down through Crystal Bowl and into up with the Bowl Over Loop trail, to bring you back up to the top. Please be advised that mountain bikers also use the road and have right of way.
2. CPR Ridge (20 - 30 mins)	Begins at the top of the Golden Eagle Express Gondola and heads east down the ridge, parallel to the gondola line. Be sure to take in the lookout points offering spectacular views of the Columbia River Valley, Blaeberry Valley and Rocky Mountains.
3. Terminator Ridge (30 mins - 1 hr)	From the Gondola top, head east along CPR Ridge and then follow the signs south for Terminator. This well defined trail cuts below Terminator Peak and heads to the Super Bowl Saddle.
4. Bowl Over Loop (2.5 hrs)	Starts from the Gondola top and follows the CPR Ridge trail (2), dropping in elevation until you reach Tower 15 of the Gondola line. From tower 15 you start your heart pumping ascent up through the natural beauty of Bowl Over. Gaining elevation with every step, the trail heads up through large rocks, alpine meadows and along natural moraine features before its steep final leg that finishes you back up at the summit of Kicking Horse.

FOREST SERVICE ROADS
Users must be cautious and plan for the unexpected. Most have gravel surfaces and are single lane. There may be limited visibility, soft shoulders, little to no ditch, tight curves, steep road grades and rough loose gravel surfaces, potholes, drop-offs, changing road surface conditions, freezing rain or snow, large industrial vehicles, high traffic volumes, passing or being passed on narrow roads, wildlife, rocks and boulders, and other unmarked hazards.

Check road and weather conditions, including avalanche risk, active logging and restrictions that may apply to forest service roads.

Many forest service roads are not suitable for recreational vehicles or travel trailers. High clearance vehicles are recommended.

For more information visit: www.tourismgoldencanada.com/FSR

Report Wildfires

Call *5555 or 1-800-663-5555

WILDFIRES
To report a wildfire or irresponsible behaviour that could start a wildfire in British Columbia, please call 1-800-663-5555 or (*5555 from a cell phone) as soon as possible. Information from the public is crucial. For more information and to find out what fire bans and restrictions are in the area visit: www.tourismgoldencanada.com/informed

Golden Skybridge

Adventure awaits at Golden Skybridge, home to Canada's Highest suspension bridges. Beyond the bridges, take a thrilling ride on the Railrider Mountain Coaster, soar through the sky on our 1,200ft quad-ziplines, conquer your fear on the Giant Canyon Swing, and enjoy our challenge courses, axe throwing and climbing wall.

503 Golden Donald Upper Rd
1-800-270-1238
www.goldenskybridge.ca

Eat Pure Mountain Market

Golden's local Organic grocer & bulk refillery! Home of the Hive Cafe!

Open daily 10am-6pm
824 10th Ave South
1-250-939-9532
www.eatpuremarket.com

Holiday Inn Express Golden

Golden's newest hotel located only minutes from Kicking Horse Mountain Resort. Rooms include: fridge, microwave, safes, in room coffee, 40" TVs, business centre, heated indoor pool, hot tub.

1120 14th St North
1-250-344-4664 | www.tinyurl.com/hiegolden

Whitetooth Brewing Company Ltd.

Belgian inspired and West Coast influenced beers available in growlers, bottles or cans, and by the glass or taster flight.

Tasting Room 12pm to 10pm (hours may vary).
623 8th Avenue North | 1-250-344-2838
www.whitetoothbrewing.com

Kootenay River Runners

Whitewater rafting in 3 locations from mild to wild! Adventure, fun, safety & a solid dose of nature for everyone!

1-800-599-4399
www.raftingtherockies.com

HIKES NEAR GOLDEN

Golden is a hikers' paradise offering trails for all ability and experience levels. Enjoy spectacular mountain scenery, rivers, lakes and wildlife.

QUARTZ LAKE

GORMAN LAKE

DAWN MOUNTAIN

KICKING HORSE MOUNTAIN RESORT

TOWN OF GOLDEN

The Rotary Trails, depicted in green, offer an easy walk around the Town of Golden and allows visitors a chance to see much of the Town of Golden. The trails were established and are maintained by the Rotary Club of the Town of Golden.

DRIVE TIME AND DISTANCE TO GOLDEN:

Calgary: 3 hours (258 km)
Banff: 1.5 hours (137 km)
Lake Louise: 1 hour (81 km)
Revelstoke: 2 hours (150 km)
Kelowna: 4 hours (348 km)
Spokane: 6 hours (548 km)

LEGEND

- Easy
- Moderate
- Difficult
- Forest Service Road (FSR)
- FSR in Poor Condition
- Paved Road
- Highways
- Visitor Services
- Digital Info Kiosk
- WiFi
- Golden Visitor Centre
- No through road
- Washrooms

Tourism Golden is grateful to live, work and play on the traditional unceded territory of the Ktunaxa and Secwepemc peoples which is also the chosen home of the Metis Nation Columbia River Society. We respectfully acknowledge the culture and history that connects these Nations with this land, and their wisdom, sacrifices, and stewardship of the past, the present, and the future.

This is not a topographical map and is not suitable for route-finding.

Type	Hiking Trail	Time	Distance (Return)	Elevation Gain	Trail Description
Short Hikes	1. Cedar Lake Recreation Site	Various	Various (1-2 km)	Minimal	Begins at the day use area and runs along the east side of Cedar 2 Lake, and provides access to the secluded Cedar 2 Lake. Watch out for bikers.
	2. Confluence Park	30 mins	2 km	Minimal	Meander through the wetlands and forest along the edge of the Columbia River.
	3. Dainard Lake *	1 hr	3.8 km	30 m	Short and relatively flat trail that accesses a beautiful lake deep within a narrow valley. Watch for wildlife including bears.
	4. Dawn Mountain	Various	Various	Minimal	Follow the winter Nordic ski tracks for a quick and easy hike. Some great views of Kicking Horse Mountain Resort and the Dogtooth Range. Muddy sections in spring and may have construction in summer. Watch for wildlife including bears.
	5. Rotary Trails	Various	16 km	32 m	In-town hiking and hiking loop. Winds its way along the Kicking Horse River, through residential areas, treed paths and past Reflection Lake.
Half Day	6. Canyon Creek	1 - 1.5 hrs	8 km	350 m	A spectacular hike along the north rim of Canyon Creek, with three lookouts featuring views of the Creek and Columbia Valley. Watch for mountain bikes. Ridges and cliff edges are not fenced overexposed caution at all times. Watch for wildlife including bears. Beyond the third lookout the trail becomes narrow and travel beyond is not recommended.
	7. Gorman Lake *	2 hrs	6.8 km	290 m	Hike to a beautiful alpine lake through a forest, across a boggy section with boardwalks and climbs across a rock slope. Gorman Lake FSR and hiking trail may be snowbound and inaccessible until July. Watch for wildlife including bears. There is a map kiosk at the trailhead.
	8. Quartz Lake *	5 hrs	11 km	565 m	A lovely lake nestled in an alpine valley. The trail is well defined and climbs steeply up a forested slope, crosses several side paths, and then follows the creek to the lake. The top third of the trail can be wet throughout the summer. Watch for wildlife including bears.
	9. Thompson Falls	4 hrs	12.8 km	85 m	Forms part of the David Thompson Heritage trail from Saskatchewan Crossing to the Columbia River. Initially follows close along the Blaeberry River and ends at Thompson Falls where the Blaeberry River enters a gorge through a narrow tunnel. Be careful when viewing Thompson Falls. There is a map kiosk at the trailhead.
Full Day	10. Wolverine Pass *	6 hrs	15 km	675 m	Follows a forested creek for most of the way. Terrific views are available just past the pass. Caution is required when crossing the single log bridge with a rope railing. Watch for wildlife including bears. East of the pass, national park rules apply.
	11. Mt. 7 Summit Trail *	3 hrs	8 km	570 m	This trail traverses down the front (west) face of the lower summit of Mt. 7. It follows from the main (lower) launch site to a point roughly mid-way along the Bowle-Evans FSR. It does not lead to the true summit of Mt. 7. Steep. Watch for wildlife including bears. This trail - do not attempt to hike these. Look uphill for lakes as you cross these paths.
	12. Mount 7 Upper Launch *	3 hrs	8 km	400 m	Hike up from the main (lower) launch site to the less frequently used (upper) launch site which offers excellent views of the Columbia Valley and the summit of Mount 7. Parking is at the main (lower) launch site. This route begins by hiking on an old 4x4 road with several junctions. Watch for steep drop offs, cliffs, and wildlife including bears. Recommended for experienced hikers only. Visit www.goldenhikes.ca for detailed information as this hike has complicated route finding.
Full Day	13. Table Mountain	7 - 10 hrs	10 km	1230 m	It offers little in the way of respite as it climbs steeply to the top of Table Mountain. Once there, expect to find beautiful subalpine meadows to explore. Watch for steep drop offs, cliff edges and wildlife including bears.

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THOMPSON FALLS

CEDAR LAKE RECREATION SITE

CANYON CREEK

NICHOLSON

MT. 7 SUMMIT

MOUNT 7 UPPER LAUNCH

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Trailhead & Access	Trailhead & Access
Take the paved road towards Kicking Horse Mountain Resort and turn left onto the Talis FSR for 2 km and turn left at the junction to Cedar Lake, where you will immediately see the parking area and a trail kiosk.	Trail starts just past the road bend at the north end of the Golden Municipal Airport next to the concrete vault toilet.
Head east of Golden on TransCanada Highway 1. Exit onto Beaverfoot FSR. After 39 km, exit left onto the Thomas Branch FSR and follow for 7 km to the cut block where a trailhead kiosk is located. Watch for traffic. Visit www.goldenhikes.ca for detailed information as there are many junctions to navigate.	Located at Dawn Mountain Nordic Centre at the base of Kicking Horse Mountain Resort.
Located at the end of Canyon Creek Road in Nicholson 9 km south of Golden. Trailhead is located past the concrete barriers. Don't be put off by the awkward steep section at the start as the trail soon assumes a pleasant grade.	Start right at the Kicking Horse Pedestrian Bridge in downtown Golden, or at any point along this well-marked trail.
Located west of Golden, off the TransCanada Highway 1 on Quartz Creek FSR.	Located on Gorman FSR, off Golf Course Rd. Park at the wooden bridge. Do not attempt to drive this road without a high clearance vehicle. The 17 km access road is extremely rough with large potholes. The last 2 km of road is badly eroded and you must park at the trail bridge which crosses Gorman Creek and proceed by foot.
Head west on TransCanada Highway 1. Exit highway onto Moberly Branch Road, right onto Golden-Donald Upper Road, left onto Moberly School Road, this becomes Blaeberry Road. Trailhead at east end of OB campground.	Head east of Golden on TransCanada Highway 1. Exit onto Beaverfoot FSR. After 31.7 km take the left fork, and continue past Moose Creek branch to the Wolverine Branch and follow for 10 km to the trailhead kiosk. Visit www.goldenhikes.ca for detailed information as there are many junctions to navigate.
Located close to the S.E. town boundary. Take the 15 km Bowle-Evans FSR with rough sections* to the hang glider and paragliding launch site. Park your vehicle at the obvious parking area. Watch for traffic.	Located close to the S.E. town boundary. Take the 15 km Bowle-Evans FSR with rough sections* to the hang glider and paragliding launch site. Park your vehicle at the obvious parking area. Watch for traffic.
The trailhead and parking is 6.2 km east of Hwy 1/Hwy 95 intersection in Golden on TransCanada Highway 1, but can only be accessed from the west bound lane of the highway. Do not cross the highway. Travellers from Golden will need to proceed past the trailhead and continue east on the TransCanada Highway 1 for 5 km, taking the left exit to the Kicking Horse Rest Area. Turn around and head back on the highway westbound. Look for the "Danger Avalanche Control" red/orange sign at trailhead. Exit onto the Dart Creek FSR for 50 m. Trailhead is on the right with a sign on a tree.	

WOLVERINE PASS

DAINARD LAKE

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WOLVERINE PASS & DAINARD LAKE

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SAFETY IS YOUR RESPONSIBILITY
Hiking trails in this map should only be undertaken by persons experienced in hiking in mountain backcountry. Even short and easy trips can have serious hazards including wildlife encounters, weather and other natural hazards to minimise your risk by planning ahead and being prepared. Ensure you have the correct training, skills, knowledge and equipment before venturing out. Check road and weather conditions, including avalanche risk, active logging and restrictions that may be applied to forest service roads. Pack adequate food, water, clothing, topographical maps and gear including a first aid kit and bear spray. Travel in a group. Tell someone where you are going, when you will be back and an emergency contact number if you do not return.

Many of the trails described here are located in mountain wilderness areas which may not have cell phone coverage or other communication services and from which rescue may be difficult. Some trails are not maintained and/or any locations contained on this map are subject to change without warning or notice and may deteriorate or change from the descriptions here and at www.goldenhikes.ca at any time.

***High clearance vehicles are recommended for all trails**

IMPORTANT INFORMATION AND CONTACTS:
RCMP: 250-344-2221
RCMP: Emergency 911
Search and Rescue 250-344-5992
Safety and essential tips: www.adventuresmart.ca

Detailed information on trailhead access and trail descriptions can be found at: www.goldenhikes.ca

RENTAL VEHICLES
We recommend checking with your insurance and rental vehicle company to ensure proper insurance and recovery coverage before driving on unpaved, gravel and forest service roads.

ABOUT THIS MAP
This map is intended to highlight the many amazing hikes in Golden and the surrounding country. It is not designed, and should not be used as a route finding tool. Travelers in the backcountry are advised to carry topographical maps.

DISCLAIMER
The condition of the trails, roads, attractions, areas or any locations contained on this map are subject to change without warning or notice. Users must exercise extreme caution at all times and be aware of potential dangers such as poor weather/road conditions or unexpected traffic. The authors and publisher of this map play no part in the maintenance and/or supervision of any activity or location featured or shown on this map. They assume no liability whatsoever for any loss or damage to person or property arising from the use of this map. In addition, the authors and publisher caution users of this map that there may be private property or restricted areas which have not been delineated and all users of this map acknowledge that they will be fully responsible for any breach of municipal, provincial, federal or common law concerning these lands.

Golden is surrounded by six of Canada's most stunning national parks; Yoho, Glacier, Kootenay, Banff, Jasper, and Mount Revelstoke. Stay in Golden to enjoy an authentic mountain town, the spectacular scenery, iconic hiking trails, waterfalls, lakes, heritage sites and the national parks.



Yoho National Park protects Rocky Mountain landscapes on the western slopes of the Continental Divide. Rock walls and waterfalls, forests and meadows, sparkling lakes, and cascading rivers set the scene for memorable hiking. It offers alpine majesty within reach of casual hikers, and seasoned backpackers alike.

With over 400 km of trails to explore, from Emerald Lake to the Iceline and everything in between, there is something for everyone. Travel trails that have been used for over a century to investigate the park's rich heritage of chalets, cabins and fire lookout towers. Looking for something different? Take a guided hike to the restricted Burgess Shale fossil beds and hold half a billion years of history in your hands.

The steep mountains and narrow valleys of Glacier National Park are home to unique stands of old growth cedar and hemlock as well as a great diversity of wildlife.

Discover the magic of the Columbia Mountains on trails pioneered by legendary Swiss mountain guides. Take a gentle stroll amid moss-draped old-growth cedars or hike through alpine meadows strewn with lichen-covered boulders. Self-guided interpretive trails highlight original Canadian Pacific rail-grade and hotel ruins. Up for a challenge? Several difficult hiking trails in Glacier National Park lead to stunning ridges and viewpoints that make the climb worthwhile.

Kootenay National Park is a place of startling contrasts, from icy mountain rivers to steamy hot springs it has hiking for different levels and abilities. In Kootenay National Park's rich landscape, you can find everything from high elevation glaciers to post-wildfire regrowth forests and diverse wildlife.

Take a 60-minute scenic drive and discover a new surprise around every curve. Explore deep canyons, tumbling waterfalls and ochre pools a short stroll from the road. Feeling energetic? Challenge yourself to a day-hiking adventure to a pristine backcountry lake or alpine meadow. Want to go farther? Explore a multi-day trail and sleep under the stars.

- Remember, you are responsible for your own safety.
- Get advice from a Parks Canada Visitor 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

Backcountry
A backcountry camping permit is required for overnight trips. Reservations can be made three months (or more) in advance. Visit www.reservation.pc.gc.ca.
Glacier National Park call 250-837-7500.
Kootenay National Park call 250-347-9505.
Yoho National Park call 250-343-6783.

- Pack out all garbage, including diapers and food waste.
- Bury human waste in a hole 15 cm deep and at least 100 m away from any water source. Pack out your toilet paper or use biodegradable toilet paper and bury it.
- 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.

- Cyclists are susceptible to sudden, dangerous bear encounters – slow down, stay alert and make noise.
- Mountain biking is allowed only on trails designated for cycling.
- Cyclists yield to hikers. Cyclists and hikers yield to horses.
- Stay on trails and avoid skidding.

- A national park fishing permit is required.
- All waterbodies in Yoho and Kootenay national parks are closed to watercraft and angling until further notice. Contact the visitor centres for more information.

Emergency
Cell phone reception is unreliable. If you have cell phone reception, call 911. There are emergency phones in multiple locations through Kootenay National Park. For backcountry emergencies, push the SOS button on your satellite communication device, or if using a satellite phone call Parks Canada Dispatch at 403-762-1470 (Yoho and Kootenay) or 1-877-852-3100 (Glacier).

- 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

Avalanche season extends from November until June. Whenever there is snow on a slope, there is potential for an avalanche. If you choose to travel in avalanche terrain, come prepared with the right equipment and training.

- Safety and essential tips: www.adventuresmart.ca
- Yoho National Park Visitor Centre: 250-343-6783
- Glacier National Park information: 250-837-7500
- Kootenay National Park Visitor Centre: 250-347-9505
- Lake O'Hara reservations: www.pc.gc.ca/lakeohara

Up-to-date trail information and trail conditions:

- www.parks.canada.ca/glacier
- www.parks.canada.ca/kootenay-hiking
- www.parks.canada.ca/yoho-hiking

Weather

- www.weather.gc.ca

Avalanche Reports, Information and Training:

- www.avalanche.ca
- Mount Revelstoke and

• Friends of Yoho National Park at the Yoho Visitor Centre, 250-343-6364

or www.friendsofyoho.ca

