



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 1,200 ft 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

Holiday Inn Express Golden ★
Golden's newest hotel located only minutes from Kicking Horse Mountain Resort and The Skybridge. Rooms include: fridge, microwave, safes, in room coffee, 40" TVs, business center, heated indoor pool and hot tub.
1120 14th St North
1-250-344-4664
reservation@hiexpressgolden.com

Eat Pure Mountain Market ★
Golden's local Organic grocer & bulk refillery! Home of the Hive Cafe!
Open daily 10am-6pm
824 10th Ave South
1-250-939-9832
www.eatpuremarket.com

Kootenay River Runners ★
Whitewater rafting in 3 locations from mild to wild! Adventure, fun, safety & remote wilderness for everyone, all at the best prices on the river.
1-800-599-4399
www.raftingtherockies.com

Kicking Horse General Store ★
Liquor, general store, specialty coffee, breakfast, lunch, snacks and cookies.
#2-3 1500 Kicking Horse Trail
1-250-683-3786
www.kickinghorsegeneralstore.ca

Vagabond Lodge ★
Your home in the heart of adventure. Hike pristine trails, take in breathtaking views, and unwind in boutique alpine comfort.
1-250-344-2622 - info@vagabondlodge.ca
www.vagabondlodge.ca

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



Visitor Services
Stop by the Golden Visitor Centre where you will find friendly Information Counsellors who can recommend activities, dining and accommodations in Golden. Purchase your Canada Parks pass and attraction tickets, pickup free travel guides and maps, and enjoy our free wifi. Open during the summer months.

Golden Visitor Centre
1000 Trans Canada Highway
tourismgolden.com/visitors | 250-439-7290



TOWN OF GOLDEN
The Rotary Trails, depicted in green, offer an easy walk around town. The trails were established and are maintained by the Rotary Club. Enjoy the Golden Stroll Walking Tour by visiting www.tourismgolden.com/goldenstroll

Tourism Golden is grateful to live, work and play on the traditional unceded territory of the Ktunaxi 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, another, wisdom, sacrifice, and stewardship of the past, the present, and the future.

THOMPSON FALLS
WOLVERINE PASS & DAINARD LAKE
GOLDEN
MT. 7 SUMMIT
MOUNT 7 UPPER LAUNCH
CANYON CREEK

LEGEND
● Easy
■ Moderate
◆ Difficult
First Aid
First Aid Phone
Guest Services
Washrooms
Restaurant
Phone
Digital Info Kiosk

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

2026 GOLDEN HIKING MAP

Canadian Rockies Headquarters For Mountain Adventure

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
(EIV. 2347 m)

KICKING HORSE MOUNTAIN RESORT Trails
TO BASE: Base Elevation: 1190 m

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

Hiking Trail (Time)	Trail Description	Hiking Trail	Trail Description
1. 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, BlaaBerry Valley and Rocky Mountains.	5. Dogtooth Ridge (Varies with route selection)	"This trail leaves the controlled recreational area" Follow It's a Ten road for approx. 200m, then follow the trail up to the left and along the ridge line. At the Y intersection, go right to the top of the Blue Heaven Lookout. Past the resort boundary, this becomes a wilderness hiking route with no maintenance. Hikers need the skills, equipment, and experience required for route finding and travel in remote mountain environments.
2. Terminator Peak (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.	6. Terminator Peak (45 min - 1 hr)	From the Gondola top, head east along CPR Ridge and then follow the signs south for Terminator. About halfway out Terminator Ridge (2) you will follow the sign and head east to towards Terminator Peak. This is a pinnacl experience not to be missed. You'll likely even meet some new mountain climbers as they complete their Via Ferrata tours.
3. 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 links 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.	7. T2 Peak (1 hrs - 2 hr)	From the Super Bowl Saddle, continue following the main ridge up through a light scramble section. The trail culminates on T2 summit lookout, at the top of an alpine meadow. Enjoy the spectacular views of the Columbia wetlands to the south with the Rocky and Purcell Mountains on either side.
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.		

GoldenHikes

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.tourismgolden.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.tourismgolden.com/informed

Type	Hiking Trail	Time	Distance (Return)	Elevation Gain	Trail Description	Trailhead & Access
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 1 Lake, and provides access to the secluded Cedar 2 Lake. Watch out for bikers.	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.
	2. Confluence Park	30 mins	2 km	Minimal	Meander through the wetlands and forest along the edge of the Columbia River.	Trail starts just past the road bend at the north end of the Golden Municipal Airport next to the concrete vault toilet.
	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.	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 back where a trailhead kiosk is located. Watch for traffic. Visit www.goldenhikes.ca for detailed information as there are many junctions to navigate.
	4. Rotary Trails	Various	16 km	32 m	In-town hiking and biking loop. Winds its way along the Kicking Horse River, through residential areas, tree paths and past Reflection Lake.	Start right at the Kicking Horse Pedestrian Bridge in downtown Golden, or at any point along this well-marked trail.
	5. 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. Please stay on marked trails.	Located at Dawn Mountain at the base of Kicking Horse Mountain Resort.
Half Day	6. Canyon Creek	1 - 3 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 bikers. Ridges and cliff edges are not forested, exercise caution at all times. Watch for wildlife including bears. Beyond the third lookout the trail becomes narrow and travel beyond is not recommended.	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.
	7. Gorman Lake*	2 hrs	6.6 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.	Located on Gorman FSR, off Collin 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 are badly eroded and you must park at the road bridge which crosses Gorman Creek and proceed by foot.
	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.	Located west of Golden, off the TransCanada Highway 1 on Quartz Creek FSR*
Full Day	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 BlaaBerry River and ends at Thompson Falls where the BlaaBerry River enters a gorge through a narrow tunnel. Be careful when viewing Thompson Falls. There is a map kiosk at the trailhead.	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 BlaaBerry Road. Trailhead at east end of QB campground.
	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.	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.
Full Day	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, fast mountain bike trails cross this trail - do not attempt to hike these. Look uphill for bikers as you cross these paths.	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.
	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 routing finding.	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.
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.	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 drive east on Highway 1, before taking the left exit to the Kicking Horse Rest Area. Turn around and head back on the highway westbound. Drive back west on the Highway 1 for 5.5km, then turn right into the turnout (Dart Creek FSR) on the north side of Highway 1. The trail starts from this parking area.

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 so 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 readily accessible bear spray. Travel in a group. Tell someone where you are going, when you will be back and give 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 have no trail signage. 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 publishers 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.

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

IMPORTANT INFORMATION AND CONTACTS:
RCMP: 250-344-2211
RCMP: Emergency 911
Safety and essential tips: www.adventurmart.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 publishers 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.

AT THE HEART OF SIX NATIONAL PARKS.

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, spectacular scenery, iconic hiking trails, waterfalls, lakes, heritage sites and the national parks.



For accommodation information visit: tourismgolden.com or call 1-250-439-7290

YOHO NATIONAL PARK

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 Icefield 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.

GLACIER NATIONAL PARK

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

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

Drive the 60-minute length of the park 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? Choose a multi-day hiking trip and sleep under the stars.

PLAN AHEAD & PREPARE

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 250-343-0783.

Leave What You Find, and Take What You Bring

- 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.

Cycling

- 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.

Fishing

- 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 a Parks Canada visitor centre for more information.

SAFETY

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).

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

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.

MORE INFORMATION

- Weather: www.weather.gc.ca
- Safety and essential tips: www.adventuremart.ca
- Yoho National Park Visitor Centre: 250-343-0783
- 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:

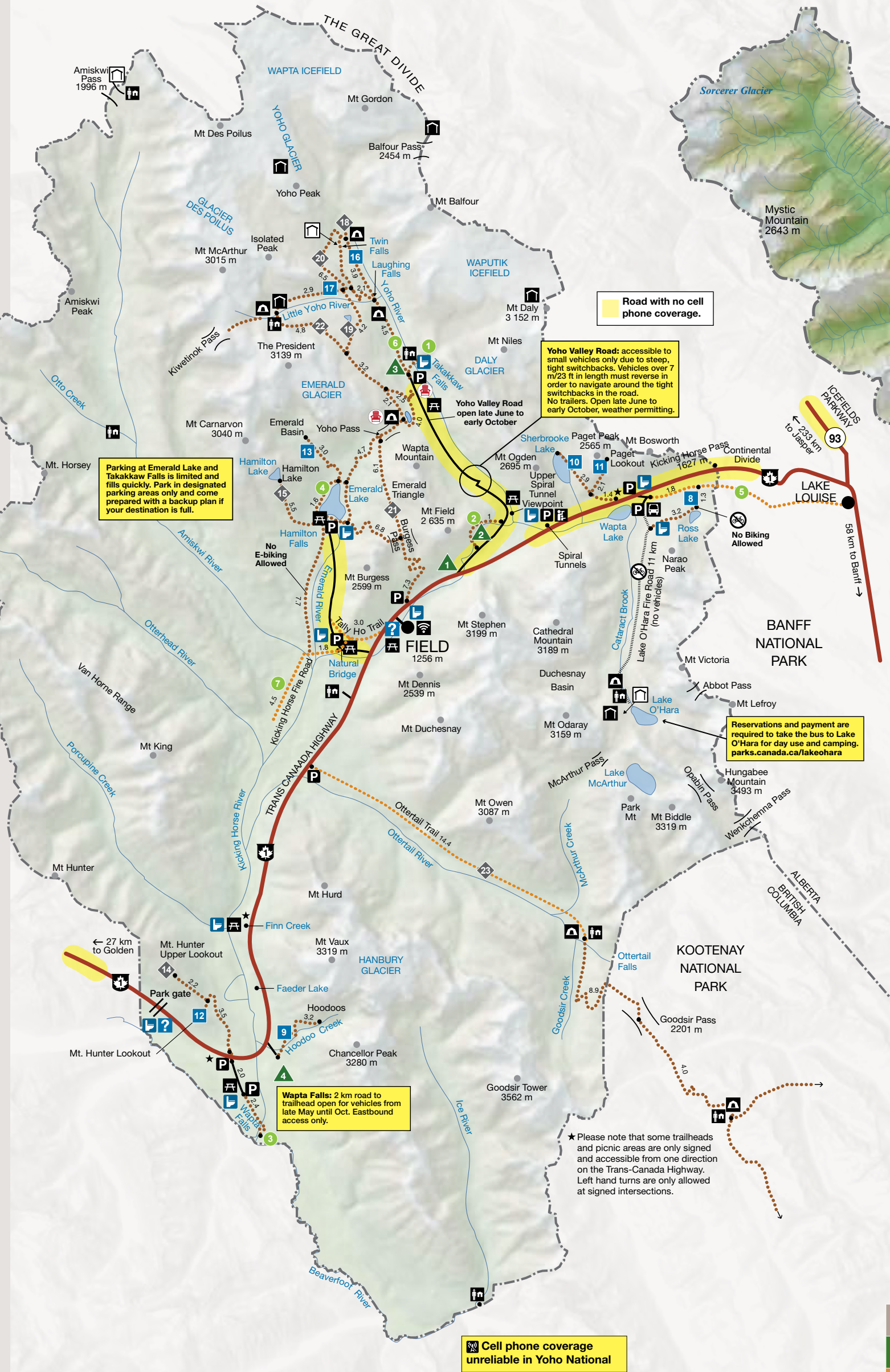
- www.parks.canada.ca/glacier
- www.parks.canada.ca/kootenay-hiking
- www.parks.canada.ca/yoho-hiking

Avalanche Reports, Information and Training:

- www.avalanche.ca
- Mount Revelstoke and Glacier National Parks office: 250-837-7500

Maps and Guide Books:

- Friends of Yoho National Park at the Yoho Visitor Centre, 250-343-6364 or www.friendsofyoho.ca



Tourism Golden is grateful to live, work and play on the traditional unceded territory of the Kootenai and Secwepemc peoples which is also the chosen home of the Métis Nation Columbia River Society.

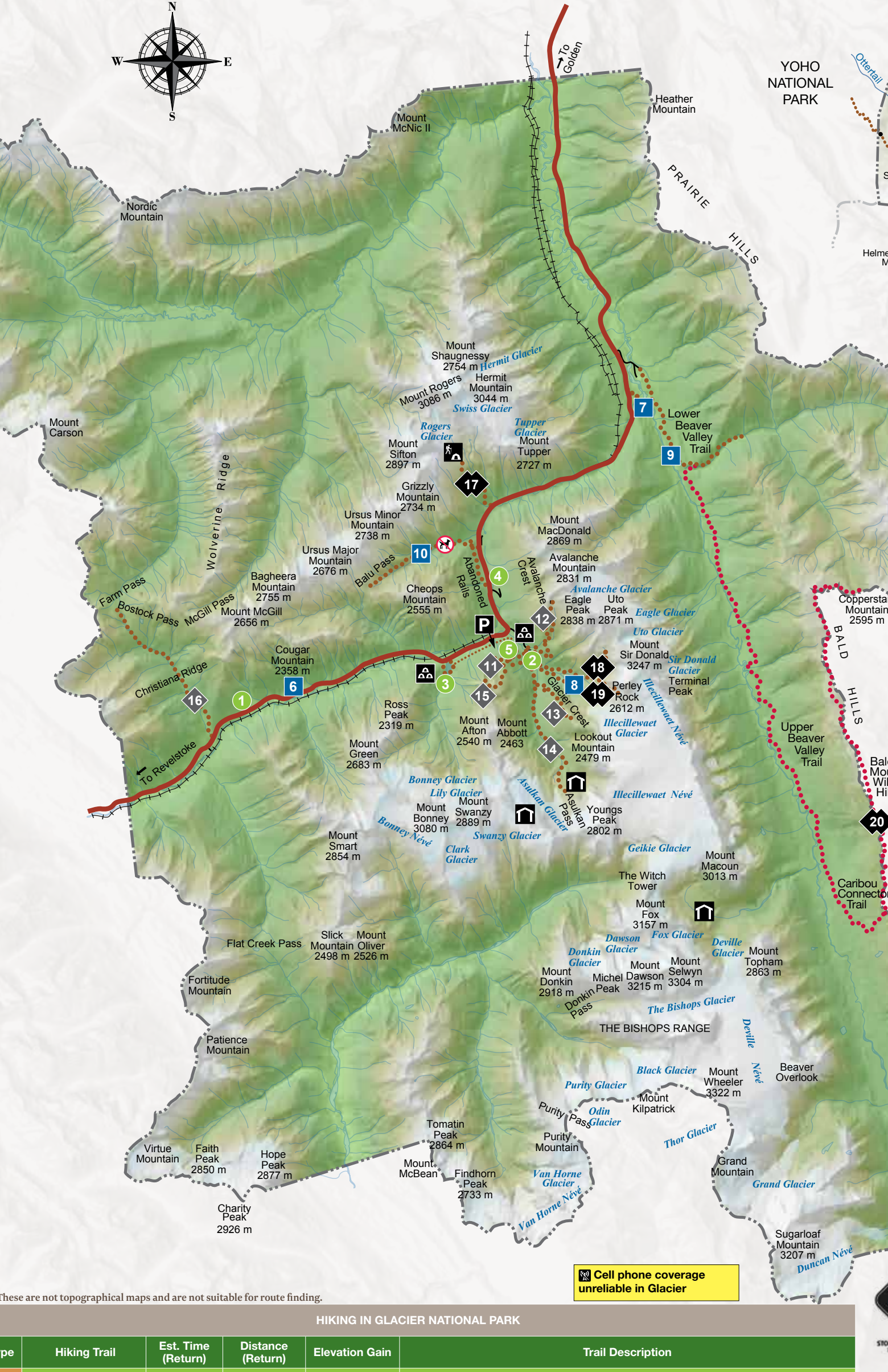
We respectfully acknowledge the culture and history that connects these Nations with this land, and their wisdom, sacrifices, and stewardship of the past, the present, and the future.

HIKING IN YOHO NATIONAL PARK					
Type	Hiking Trail	Est. Time (Return)	Distance (Return)	Elevation Gain	Trail Description
SHORT HIKES	1. Takakkaw Falls	30 min	1.8 km	Minimal	Easy stroll along a flat, paved path to the base of Canada's second highest waterfall. Don't climb on the rocks!
	2. Centennial	45 min	2 km	55 m	Riverside trail along the Kicking Horse River known for wildflowers.
	3. Wapta Falls	1.5 hrs	4.4 km	80 m	Stroll to incredible viewpoints near a spectacular waterfall. Eastbound access only.
	4. Emerald Lakeshore	2 hrs	5.2 km loop	Minimal	Gentle interpretive trail, surrounded by mountain and glacier views.
	5. Great Divide (to Lake Louise)	2 hrs (biking)	19.6 km	210 m	Closed, paved road to the historic archway marking the Continental Divide at 2.7 km. Continue for another 7.1 km to Lake Louise Drive.
	6. Laughing Falls	3.5 hrs or 2 days	9 km	165 m	Forest trail to a waterfall at the confluence of the Yoho and Little Yoho Rivers.
	7. Kicking Horse Fire Road	4.5 hrs	13.8 km	15 m	Walk or cycle on an old fireroad along the Kicking Horse River.
DAY HIKES	8. Ross Lake	2 hrs	5.8 km	140 m	Mixed road and forest trail to lake at the headwall of Narao Peak.
	9. Hoodoos	2.5 hrs	6.4 km	400 m	Steep, dry, exposed trail leading to capped pillars of glacial debris.
	10. Sherbrooke Lake	3 hrs	8.6 km	280 m	Moderate forest hike to a lake rimmed with avalanche debris. Westbound access only.
	11. Paget Lookout	3 hrs	7 km	525 m	Steep, rocky trail to views of the Bow, Cataract Brook and Kicking Horse Valleys. Westbound access only.
	12. Mt. Hunter Lookout	3 hrs	7 km	495 m	Steep trail through open forest to a historic fire lookout tower. Eastbound access only.
	13. Emerald Basin	3.5 hrs	9.6 km	305 m	Travel through ancient stands of hemlock and cedar to a natural amphitheatre.
	14. Mt. Hunter Upper Lookout	5.5 hrs	11.4 km	940 m	Trail to higher elevation and views of the Kicking Horse and Beaverfoot Valleys. Eastbound access only.
	15. Hamilton Lake	5 hrs	10.2 km	915 m	A steep and steady climb to a cliff-circled alpine tarn.
HALF DAY & OVERNIGHT	16. Twin Falls	6 hrs or 2 days	16.8 km	465 m	Mostly gentle grades along the Yoho River to Twin Falls Chalet.
	17. Little Yoho Valley	7 hrs or 2 days	19.6 km	690 m	Moderate to steep forested hike into a scenic hanging valley.
	18. Yoho Glacier Moraine	7.5 hrs or 2 days	17.2 km	425 m	Features lush forests of the valley and the stark landscape of a receding glacier.
	19. Iceoline via Celeste Lake	7 hrs or 2 days	17.4 km Loop	970 m	Shorter descent from the Iceoline through alpine meadows and sub-alpine forest.
	20. Whalebuck	7.5 hrs or 2 days	20.5 km Loop	1,110 m	Trail from Twin Falls to Little Yoho Valley; seasonal suspension bridge.
	21. Emerald Triangle	8 hrs	18.8 km Loop	1,285 m	Steady climbs and descents to Yoho and Burgess Passes. Views of the Emerald Valley.
	22. Iceoline via Little Yoho	8 hrs or 2 days	20.3 km Loop	1,090 m	Spectacular signature hike; glaciers, rock staircases and alpine meadows.
	23. Ottartall Valley - McArthur	9 hrs or 2 days	28.8 km	705 m	Walk or cycle up the Ottartall River to its confluence with McArthur Creek.

YOHO NATIONAL PARK

GLACIER NATIONAL PARK

KOOTENAY NATIONAL PARK



These are not topographical maps and are not suitable for route finding.

HIKING IN GLACIER NATIONAL PARK					
Type	Hiking Trail	Est. Time (Return)	Distance (Return)	Elevation Gain	Trail Description
SHORT HIKES	1. Hemlock Grove	15 min	350 m loop	Minimal	A ramped boardwalk offering a barrier-free rainforest experience amongst devil's club and towering cedar and hemlock. Pavement leading up to the trail is uneven due to root damage.
	2. Meeting of the Waters	30 min	3.3 km loop	Minimal	Forest walk past the confluence of Asulkan Brook and the Illecillewaet River.
	3. Loop Brook	40 min	1.7 km loop	Minimal	Interpretive trail highlighting railway history. Walk among giant stone bridge pillars.
	4. Abandoned Rails	1 hr	2.8 km*	Minimal	Short trail along rail grade linking the Rogers Pass Discovery Centre to the Summit Picnic Area.
	5. 1885 Trail	2 hrs	9.2 km*	Minimal	Interpretive trail along the original Canadian Pacific rail grade connecting the Illecillewaet and Loop Brook campgrounds.
	6. Rock Garden	30 min	430 m loop	Minimal	A short trail through boulders and evergreen forests with great views of nearby peaks.
	7. Bear Creek Falls	1 hr	1 km	95 m	Short trail leading down to a secluded glacial waterfall.
	8. Great Glacier	2.5 hrs	8.4 km*	320 m	Once leading to the Illecillewaet Glacier, formerly named the Great Glacier, the short trail now concludes at sloping bedrock, hidden from the view of the receding glacier.
	9. Lower Beaver Valley	3.5 hrs	10.2 km	320 m	This rare valley bottom trail winds through rich old growth forest. Turn right at junction (5.1 km); maintained trail ends shortly after at the Grizzly Creek bridge. The upper Beaver Valley Trail beyond Grizzly Creek is no longer maintained and is not recommended. Visitors enter at their own risk. Turn left at junction; a 2.4 km return side trip (unmaintained) is possible up to Copperstair Bridge. The trail is closed beyond this point.
	10. Balu Pass	4 hrs	12.8 km	780 m	Trail through avalanche paths into alpine meadows offering amazing views. Grizzly bears are common here and you must hike in a group of 4 or more adults between July 15 and September 30. Dogs are not allowed on this trail.
	11. Marion Lake	2.5 hrs	6.4 km*	425 m	Steep forested hike to a small subalpine lake along the first leg of the Abbott Ridge Trail.
	12. Avalanche Crest	5 hrs	10.2 km*	795 m	Hike into an open alpine basin nestled between Avalanche Crest and a ridge off Eagle Peak.
	13. Glacier Crest	6 hrs	13.4 km*	960 m	Steep trail up onto a ridge providing a panoramic view of rock and glacial ice.
	14. Asulkan Valley	6 hrs	15.8 km*	870 m	Glacier views, mountain scenery and waterfalls. Trail steepens after 4 km.
	15. Abbott Ridge	6.5 hrs	15.6 km*	1030 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.
	16. Bostock Creek	7 hrs	15.6 km	740 m	Moderate hike through the interior rainforest and into the subalpine forest.
	17. Hermit	4 hrs	6.4 km	820 m	Known for its epic steepness. Climb many switchbacks, rock stairs, and rope-assisted scramble to an alpine meadow and backcountry campsite (permits required).
	18. Sir Donald	5 hrs	12.2 km*	1010 m	A mountaineering route created by North America's first recreational climbers, this tough trail switchesback from valley bottom to alpine. Beyond the turnoff to Parley Rock, conditions vary and hikers should have route finding skills. A backcountry campsite at trail's end is an ideal climbing basecamp (permits required).
	19. Parley Rock	6 hrs	12.8 km*	1145 m	An ambitious day hike ending at a high viewpoint overlooking the Illecillewaet Icefield.
MULTI-DAY HIKES	20. Bald Mountain Wilderness Route	Varies with route selection	30 km Varies with route selection	1125 m Varies with route selection	This wilderness hiking route crosses rolling subalpine meadows that form the east boundary of the park. The route receives no maintenance. Hikers should have the skills, equipment and experience required for route finding and travel in remote mountain environments.

LEGEND

- Visitor centre
- Parking
- Toilets
- Wi-Fi
- Picnic area
- Exhibit
- Redwood Hot Springs pools
- Backcountry campground

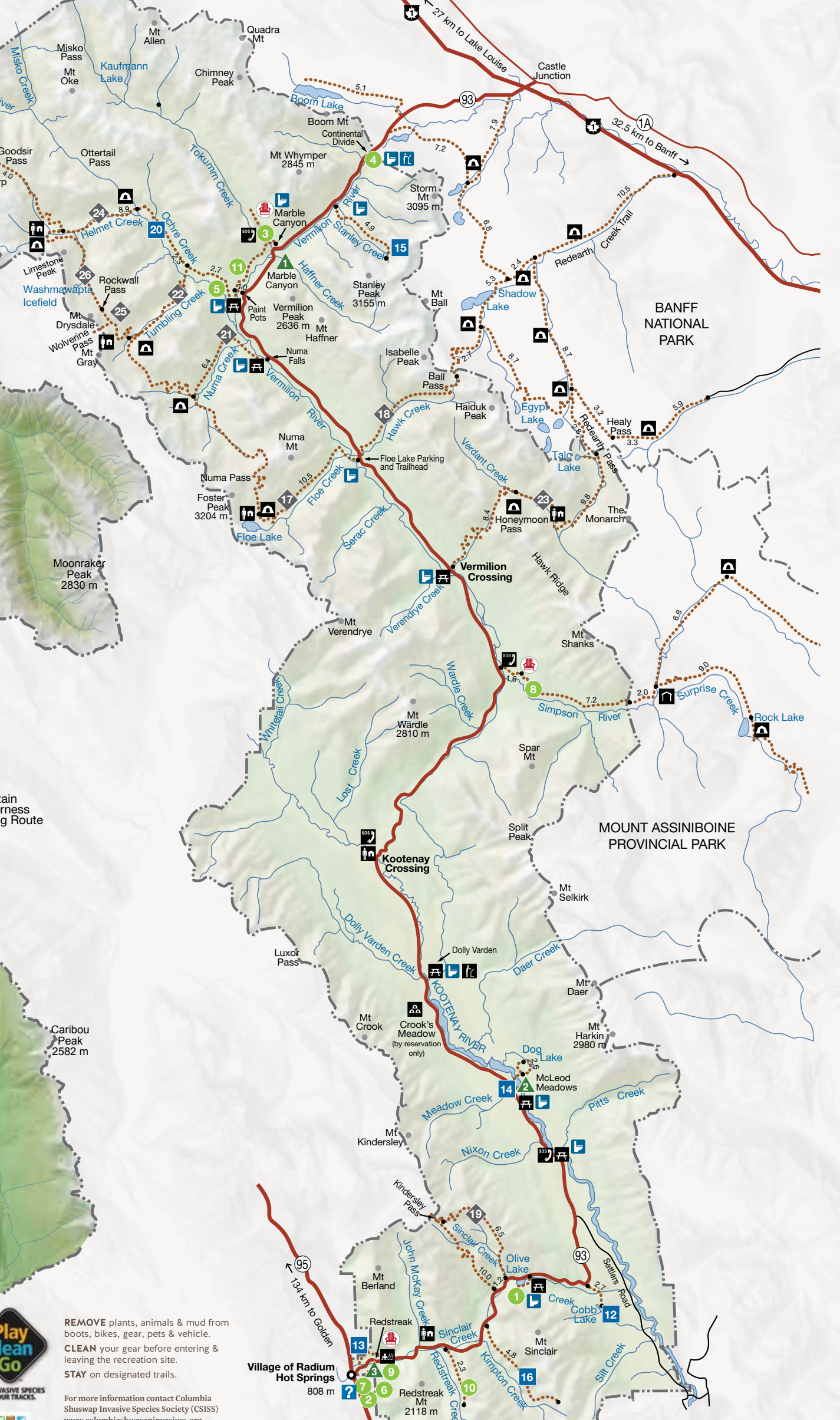
- Backcountry campground
- Group campground
- Alpine Club of Canada hut
- Backcountry lodge
- Parks Canada station
- Emergency telephone
- Lake O'Hara bus
- No dogs

- No cycling
- Red chairs
- Hiking trail
- Cycling permitted
- Trail not maintained
- Highway
- Road
- Railroad

MORaine Lake is closed to personal vehicles year round. Parks Canada shuttles, Roam Public Transit, and commercial buses are still permitted from June to mid-October.

Lake Louise Lakeshore Parking
Paid parking is in effect from mid-May to mid-October.

Lake Louise Shuttle Park and Ride Location
Lake Louise and Moraine Lake are extremely popular from mid-May until mid-October. Expect congestion, traffic restrictions and parking lots that are full before sunrise. Parks Canada offers daily shuttles allowing you to see both lakes in one day. Advanced reservations are required. More info: parks.canada.ca/lake Louise-transit



REMOVE plants, animals & mud from boots, bikes, gear, pets & vehicle. CLEAN your gear before entering & leaving the recreation site. STAY on designated trails.

HIKING IN KOOTENAY NATIONAL PARK					
Type	Hiking Trail	Est. Time (Return)	Distance (Return)	Elevation Gain	Trail Description
SHORT HIKES	1. Olive Lake	15 min	0.3 km	5 m	Interpretive trail alongside a quiet lake.
	2. Letwilt/uleecw Loop	20 min	1 km	25 m	Discover Secwepemc uses of medicinal plants along this interpretive trail.
	3. Marble Canyon	30 min	1.8 km	65 m	Popular interpretive trail atop a narrow and dramatic limestone gorge.
	4. Fireweed Loop	30 min	0.4 km	Minimal	Trail through forest regrowth from the 1968 Vermilion Pass fire.
	5. Paint Pots	40 min	2 km	35 m	Interpretive trail to culturally important springs and ochre deposits.
	6. Redstrak Loop	45 min	1.8 km	155 m	Sunny exposure, and clear views to the Columbia Mountains.
	7. ValleyView	45 min	2.6 km	130 m	Good views on a steep trail connecting the campground and the village.
	8. Simpson River Interpretive	45 min	3.2 km	30 m	A family-friendly walk through a valley marked by fire. Check out the interpretive signs along the first 1.5 km of the trail. Access to trails in Mount Assiniboine Provincial Park.
	9. Hot Springs	1.5 hrs	4 km	195 m	Gentle trail connecting the campground and hot pools with numerous viewpoints.
	10. Redstrak Creek	1.5 hrs	4.6 km	200 m	A cool, forested path, ideal in early season and in the fall, when leaves change colour.
	11. Vermilion River	2 hrs	5.8 km	65 m	Lots of variety: mature & burnt forest, plus beautiful riverside sections.
	12. Cobb Lake	2 hrs	5.4 km	less 260 m	Hike downhill to a beautiful reflecting lake. Enjoy wildflowers in May and June.
	13. Sinclair Canyon	2 hrs	5.6 km	350 m	Spend time both above and deep in the canyon along this popular loop trail.
	14. Dog Lake Loop	2.5 hrs	7 km Loop	195 m	Lots of variety, with two suspension bridges, a quiet forest and a peaceful lake.
	15. Stanley Glacier	3 hrs	9.8 km	410 m	Fire and ice are on display on Kootenay's most popular half day trail.
	DAY HIKES	16. Krimpton Creek	3 hrs	9.2 km	455 m
17. Floe Lake		7 hrs	21.6 km	1110 m	A classic day hike or backpacking trip to a spectacular lakeside destination.
18. Hawk Creek & Ball Pass		7 hrs	17.8 km	1065 m	A challenging day hike to a rugged, rocky pass.
19. Kandersley / Sinclair Loop		8 hrs	17.3 km	1325 m	Kootenay Park's top-rated loop trail. Trailheads are 1.2 km apart. Be advised: Mandatory minimum group size of four because of grizzly bears in the area.
20. Ochre Creek		2 days	12.4 km	250 m	Good backpacking destination for beginners through lush forest. Also a 4 hour day hike.
21. Numa Creek		2 days	12.8 km	410 m	An easy, forested creekside trail. Also a 4 hour day hike.
22. Tumbling Creek		2 days	20.4 km	700 m	Forest, flower-filled side paths and Tumbling Falls. Also a 6 hr day hike.
23. Honeymoon Pass/Verdant		2 days	16.7 km	1,285 m	Rough trail for skilled backpackers – creeks are unbridged.
24. Helmet Creek & Falls		2 to 3 days	28.4 km	795 m	Rich forest and a 300 m high falls. Stay an extra day for side trips to nearby passes. A 10 hr day hike or an extra day to nearby passes.
25. Tumbling / Helmet / Ochre		2 to 3 days	36.9 km	1,885 m	An abridged loop version of the Rockwall Trail, with its famous high meadows.
26. Rockwall		3 to 5 days	54.1 km	3,405 m	Premier backpack trip, featuring high passes. Shuttle required.