

BACKCOUNTRY VISITORS' GUIDE

BANFF NATIONAL PARK



You have chosen a very special place to enjoy a backcountry experience. Canada's oldest national park protects large tracts of stunningly beautiful mountain wilderness. As a backcountry traveller, you will be able to visit natural wonders seen by only a very small percentage of Banff National Park visitors. A wide range of backcountry experiences are available, supported by over 1,500 km of trails, 53 backcountry campsites, 2 trail shelters, 4 backcountry lodges, several alpine huts, 2 commercial horse outfitters, and numerous guide services.

Backcountry visitors have a special responsibility to minimize their impact on the park's rich natural and cultural heritage. There is currently little direct management of human use in the parks. Over the coming years, Parks Canada will introduce a human use management strategy to reduce the impacts people appear to be having on wildlife. More information is provided in this guide to help you plan a safe and enjoyable visit, while keeping the park's natural environment as pristine as possible.

Have a wonderful trip!



PLANNING TO CAMP IN BANFF'S BACKCOUNTRY?

PLEASE REMEMBER TO...

- ✓ **Select a trip which best suits your party**, your abilities and experience, your interests, your equipment and the time you have available.
- ✓ **Familiarize** yourself with the trail you have selected. This includes using additional reference guides and topographic maps. Both are available at park visitor centres through the Friends of Banff National Park.
- ✓ **Reserve** the campsites you wish to use by calling (403) 762-1550 (Banff) or (403) 522-3833 (Lake Louise), up to 90 days before your departure date. Book early for popular sites. A nominal reservation fee applies.
- ✓ **Pick up your Wilderness Pass** at a park visitor centre, or Parks Canada's office in Calgary, within 24 hours of your departure. At the same time, you will receive up-to-date information on bear activity and trail conditions.
- ✓ **Be prepared** to be self-sufficient in inclement and rapidly changing mountain conditions by packing the right clothing and camping gear. Bring along a backpacker's campstove and fuel. If you are travelling in a random camping area, you will need two 20 m ropes to hang food and other tempting items out of reach of bears.
- ✓ **Let a friend or family member know** about your travel plans.
- ✓ **Check the current weather forecast** by calling (403) 762-2088.
- ✓ **Check at the trailhead kiosk prior to your hike.** It contains valuable information.
- ✓ **Read** the rest of this guide carefully for additional information on park opportunities, regulations, low impact travelling, information sources, wildlife and more!

PLANNING YOUR TRIP

The trip ideas in this guide are a good starting point for selecting a trip that meets your party's needs and abilities. More detailed trail guidebooks and topographic maps are available through the park's cooperating association, the Friends of Banff National Park (see Information Sources) and bookstores. Nothing beats discussing your trip plans with knowledgeable Park Visitor Centre staff, who can provide you with up-to-date trail conditions, bear warnings and other essential information.

Your Wilderness Pass

Purchase of a Wilderness Pass is mandatory for any overnight backcountry visit. Your Wilderness Pass will specify the campsites you are using along your route, or whether you are travelling through a random camping area. Wilderness Pass fees are used to fund the trail maintenance, bridge building, campground maintenance, trip planning assistance and other services backcountry users have come to expect. If you have not made a reservation, plan to visit a Park Visitor Centre to purchase your Wilderness Pass. Frequent travellers can purchase an Annual Wilderness Pass.

Campsite and shelter reservations are advisable during the peak hiking months of July and August. For a nominal fee, you can make a reservation up to 90 days in advance of your trip by contacting a Parks Canada Visitor Centre.

If your Wilderness Pass is mailed or faxed to you, we strongly recommend that you contact a Park Visitor Centre prior to departure for updates on trail conditions, closures and other pertinent information. Passes not picked up before **10 am** on the day of departure will be cancelled and subsequent vacancies filled on a first-come, first-served basis.

Managing Human Use

The last two decades have seen a dramatic shift in the way people use Banff's backcountry. Day use on park trails is in some cases 15 times greater than overnight use. Areas once considered remote have seen increased use due to development adjacent to the park, new technology such as mountain bicycles, equipment improvements, and rising numbers of park visitors.



Research shows that wildlife movement and habitat use is being restricted by the presence of people. Increased use may also be eroding visitors' wilderness experiences. In order to maintain a healthy ecosystem and quality backcountry experiences, Parks Canada is initiating a human use management strategy that may include new restrictions on access. Ongoing social and wildlife research will hopefully allow us to better manage in the future, for the benefit of the park's wildlife and visitors. **Changes will be phased in over the coming years, so please check before beginning your trip.**

Voluntary Safety Registrations

If you plan to participate in an activity involving significant risk, you may choose to register your trip **in person** at the time you purchase your Wilderness Pass. **A safety registration ensures that, if you do not return by the date and time recorded, a search will be initiated on your behalf.**

Safety registration is recommended for individuals or small groups engaged in activities such as mountaineering, canoeing, kayaking, skiing outside regularly tracked routes and any activity on glaciers or icefields. The Safety Registration system is voluntary, but becomes a binding agreement if you choose to use it. It is your responsibility to provide a comprehensive and accurate description of your route, including any sidetrips. You must report back immediately upon your return to a park visitor centre, or, if they are closed, call the Park Warden Office at 762-1470 (open 24 hours).

Avoiding Unwanted Pests

Giardia lamblia is a parasite carried by humans and some domestic and wild animals. These parasites can be in any surface water (lakes, streams, rivers) and may contaminate water supplies that come from these sources. Boiling water for 3-5 minutes will destroy the organism. Special filters and iodine tablets can also be used to purify water.

Getting From Here To There

Trailheads can be difficult to get to without a vehicle. There is limited public transportation beyond major centres such as Lake Louise and the Town of Banff. Visitor Centre staff can assist you with options for getting to and from trailheads.

Wildlife is Wild!

Never forget that park animals are wild and can be dangerous. Any animal can become aggressive if it feels threatened, so keep your distance. How close is too close? Thirty to fifty metres is close enough for most animals, and bears should be given even more room - at least 100 metres.

Please do not feed wildlife. Feeding, touching, or enticing wildlife in a national park is illegal. Even deer and mountain sheep can be dangerous. Feeding them is harmful to your safety and their health. Read the park brochure entitled **Keep the Wild in Wildlife!**, available at park campgrounds and Visitor Centres, for more information on keeping wildlife wild.

Bears (both black and grizzly) are of special concern to backcountry travellers. You can significantly reduce the risk of bear encounters by following the guidelines on food storage and garbage provided in the Please Leave No Trace section of this brochure, and by making frequent loud noises while travelling.

Mountain Weather

The most predictable thing about mountain weather is its unpredictability. It can rain or snow at any time of the year and freezing temperatures are possible even during the summer. Snowdrifts can remain in high mountain passes well into the summer months. The best way to deal with the weather is to prepare for any conditions. For a detailed weather forecast, call the Environment Canada Weather Office at (403) 762-2088.

Planning a Winter Visit?

Backcountry skiing opportunities abound in Banff National Park. There are, however, a number of winter hazards to be aware of. Winter weather in Banff can be cold and windy, with frequent snowfalls. Skiers travelling above tree line should be prepared to find their way in whiteout conditions. Knowledge about travelling in avalanche terrain is essential. **Be sure to call 762-1460 for current avalanche conditions.** Winter camping is permitted in most of the park and conditions for random camping (see below) apply. A Wilderness Pass is required and you may wish to fill out a voluntary safety registration.

Information Sources

By mail:

The Superintendent, Banff National Park, Box 900, Banff, AB, T0L 0C0

For information, trip planning assistance, use of maps and guidebooks, Wilderness Passes and current trail conditions:

Banff Visitor Centre, 224 Banff Avenue, Town of Banff

Tel: (403) 762-1550 Fax: (403) 762-1551

Lake Louise Visitor Centre, Samson Mall, Hamlet of Lake Louise

Tel: (403) 522-3833 Fax: (403) 522-1212

Canadian Heritage, (Parks Canada office)

Room 520, 220-4th Avenue SE, PO Box 2989, Station M, Calgary, AB, T2G 4X3

Tel: (403) 292-4401 Fax: (403) 292-4242

For sales of topo maps and guidebooks:

Friends of Banff National Park

Stores are located at the Banff and Lake Louise visitor centres, or order a catalogue from:

Box 1695, Banff, AB, T0L 0C0

Tel: (403) 762-8918 Fax: (403) 762-2933

For mountaineering information and horse grazing permits only:

Banff Warden Office, Industrial Compound, Town of Banff Tel: (403) 762-1470

Lake Louise Warden Office, Industrial Compound, Lake Louise (mountaineering information only)

Tel: (403) 522-1220

Be sure to visit the Banff National Park website at <http://www.worldweb.com/parkscanada-banff>

In the Town of Banff area, tune in to 101.1 FM (English) or 103.3 (French) for the latest park information.

For winter avalanche conditions, call 762-1460.

In case of emergency, call (403) 762-4506 (Banff Warden Office - 24 hour service)

Continuing Beyond Park Boundaries?

Information on Jasper, Yoho and Kootenay national parks is available from the Banff or Lake Louise Visitor Centres or from the Canadian Heritage Calgary office (see Information Sources).

Information on near-by Alberta parks, recreation areas and wilderness areas is available from:

Alberta Environmental Protection,
South East Slopes Region
201 - 800 Railway Avenue,
Canmore, AB T1W 1P1
Tel: (403) 678-5508
Website: <http://www.gov.ab.ca/~env/nrs/kananaskis>

Information on nearby British Columbia parks and wilderness areas is available from:

B.C. Parks, Kootenay District Office
Box 118,
Wasa, B.C. V0B 2K0
Tel: (250) 422-4200

Safety

Your safety is your personal responsibility.

All outdoor activities involve some degree of risk. Rapidly changing weather, steep, rugged or unfamiliar terrain, cold, swift-flowing streams, canyons, rapids and waterfalls, glacial crevasses, falling rocks and wild animals are all backcountry hazards visitors may encounter. In winter, freezing temperatures, limited daylight, avalanches and unsafe water crossings are additional hazards.

Caution and self-reliance are essential. You or your trip leader should have a knowledge of natural hazards, experience in avoiding them and a plan to deal with them successfully when required.

THE BANFF BACK-COUNTRY EXPERIENCE

A Range of Experiences

Banff National Park offers a range of backcountry experiences. In the more popular areas, you will find well-maintained trails and designated campsites with amenities like outhouses, tent pads, food storage cables, rustic picnic tables and metal fire grates at sites where campfires are allowed. You are required to camp at the designated primitive campsites or stay at the trail shelters indicated on your Wilderness Pass. You are likely to meet others on the trail in these areas.

In more remote parts of the park, trails are not as well maintained and travellers must be prepared for random camping. You will have to ford rivers as there are few bridges. However, there is a good chance you will not encounter any other visitors.

Backcountry Use Levels

A dozen backcountry campgrounds are traditionally quite heavily used. These campsites are identified by the symbol “◇” on the list of campsites found on the reverse side of this guide. If your aim is to get away from other people, there are over 20 campsites that get very little use. These are identified by the “*” symbol on the campsite list. Some are located not far from the park’s most popular sites.

Trail Shelters and Backcountry Lodges

Rustic trail shelters are provided at Egypt Lake and Bryant Creek. They can be booked in the same way as campsites by paying a surcharge on your Wilderness Pass. Commercial backcountry lodges provide a higher level of service than the shelters. Lodge reservations can be made by calling:

Skoki Lodge: (403) 522-3555

Shadow Lake Lodge: (403) 762-0116

Sundance and Halfway Lodges: (403) 762-4551

Travelling With Horses

Be prepared to encounter horses, since many park trails are shared with equestrians. Trails with commercial use will have the most horse traffic. You can obtain information from Park Visitor Centres about guided day or overnight horse trips in the park. The park’s **Horse Users’ Guide** provides detailed information to individuals or small groups planning a horseback trip on their own. Horse users must contact the Banff Warden Office to obtain the permits required for an overnight horse trip.

Trail Bicycling

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 a Visitor Centre.

Climbing, Mountaineering and Glacier Travel

Highly specialized equipment and knowledge are necessary for safe mountain climbing and glacier travel. If you plan to take part in climbing or mountaineering activities you may wish to discuss your plans with a Park Warden in Banff or Lake Louise. A number of excellent guidebooks are available at information centres or bookstores. Since climbing and mountaineering activities involve some risk or hazard, a **voluntary safety registration** is also recommended.

Mountaineering parties can apply to bivouac in non-vegetated areas. Special restrictions may apply. The Alpine Club of Canada operates several mountaineering huts in Banff Park. To find out more about these huts, or to make a booking, contact the Alpine Club at:

Box 8040, Indian Flats Road,
Canmore, AB, T1W 2T8
Tel: (403) 678-3200 Fax: (403) 678-3224.
website: www.culturenet.ca/acc/
Email: alpclub@telusplanet.net

A Wilderness Pass is required if you bivouac or use Alpine Club of Canada facilities.

Fishing

Fishing is permitted in most backcountry lakes. A **National Park Fishing Permit** is mandatory. Fishing permits can be purchased at the park information centres and at several Calgary and Banff retail outlets that sell angling supplies. Be sure to obtain a copy of the **Fishing Regulations Summary** with your permit. It covers opening seasons, bait and tackle restrictions and catch and possession limits. Seasonal closures may be in effect on some lakes to allow fish populations to recover from over-fishing.

Backcountry Wardens

National Park Wardens conduct backcountry patrols throughout the year. They are there to assist you in case of emergency, provide information, and ensure that the park's natural and cultural resources are protected. Any Park Warden you encounter in the backcountry will ask to see your Wilderness Pass. Since their duties require them to travel long distances, you should not count on being able to find a Warden in case of emergency. **Prepare to be self-reliant.**

PLEASE LEAVE NO TRACE!

Garbage

Litter in the backcountry is both unsightly and hazardous. A piece of broken glass or shiny bit of foil could magnify the sun's rays enough to start a forest fire. Animals may be injured by scavenging in garbage left lying around. They may also learn to associate edible trash with people, resulting in possible danger to travellers who follow. "Pack In - Pack Out" should be your rule of thumb. Litter bags are provided with your Wilderness Pass to make packing out easier. **Do not dispose of garbage in pit privies - it may attract animals.**

Washing

Wash well away from any lakes, streams or rivers and keep the use of soap to a minimum. Even biodegradable soaps are pollutants. Dispose of grey water on land, a good distance from water sources and campsites. Strain out those last bits of food waste and pack them out.

Camping

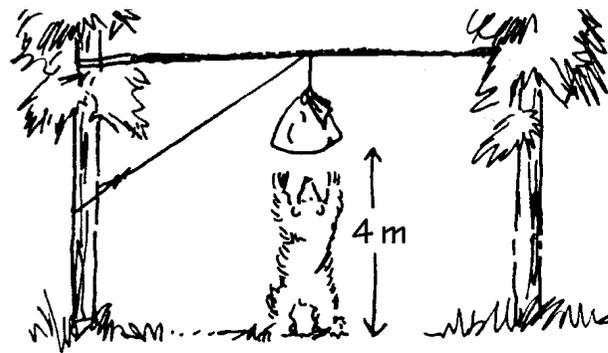
Please camp only at those campsites indicated on your Wilderness Pass and use the tent pads (where provided). If your route passes through a random camping area, choose a campsite at least 5 km from the nearest trailhead, at least 50 m off the trail, and 70 m from the nearest water source. Do not stay at one site longer than 3 days. Sleep well away from food storage areas.

Campfires

Campfires are a luxury in the mountains and are not permitted at all campsites (see map on reverse). If you choose to have a fire, use the metal fireboxes provided, keep your fire small and use **only** deadfall. Tend your fire at all times and smother it completely before you move on. In random camping areas, remove all traces of your fire, including fire rings, before moving on. Gas stoves are cleaner and more efficient for cooking. We recommend you use one.

Food Storage

To reduce your campsite's attractiveness to bears, **all food, garbage, toiletries and cooking equipment** must be suspended from the food storage cables provided at designated campsites. In random camping areas, find two stout trees and hang your food at least four metres above the ground and two metres from each tree trunk (bring two 20 m lengths of rope along with you). Please remember that food left in vehicles may encourage damage by bears. Avoid leaving excess food in your vehicle.



Pets

Pets may provoke confrontations with wildlife and affect your safety. Dogs must be restrained on a leash at all times while in a national park, and they may be happier if left at home.

Respect for Others

Hikers could be sharing trails and campsites with horse parties and/or mountain bicyclists in certain parts of the park. You may wish to plan your trip to avoid encounters with other user groups, but recognize that horse users and cyclists have the same right as you to be in designated areas. Respect for others can go a long way toward reducing conflicts. If possible, 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.

Human Waste

Use the pit privies provided if at all possible. If there are no facilities nearby, select a spot away from trails, campsites and at least 50 m from water sources. Dig a hole 12 to 16 cm with a stick, the heel of your boot or a small trowel. You want to reach the dark-coloured, biologically active soil layer. Fill the hole with soil afterward; do not pack it down. Use as little toilet paper as possible. Pack used toilet paper out or burn it if the fire hazard is not extreme.

Collecting Natural or Cultural Objects

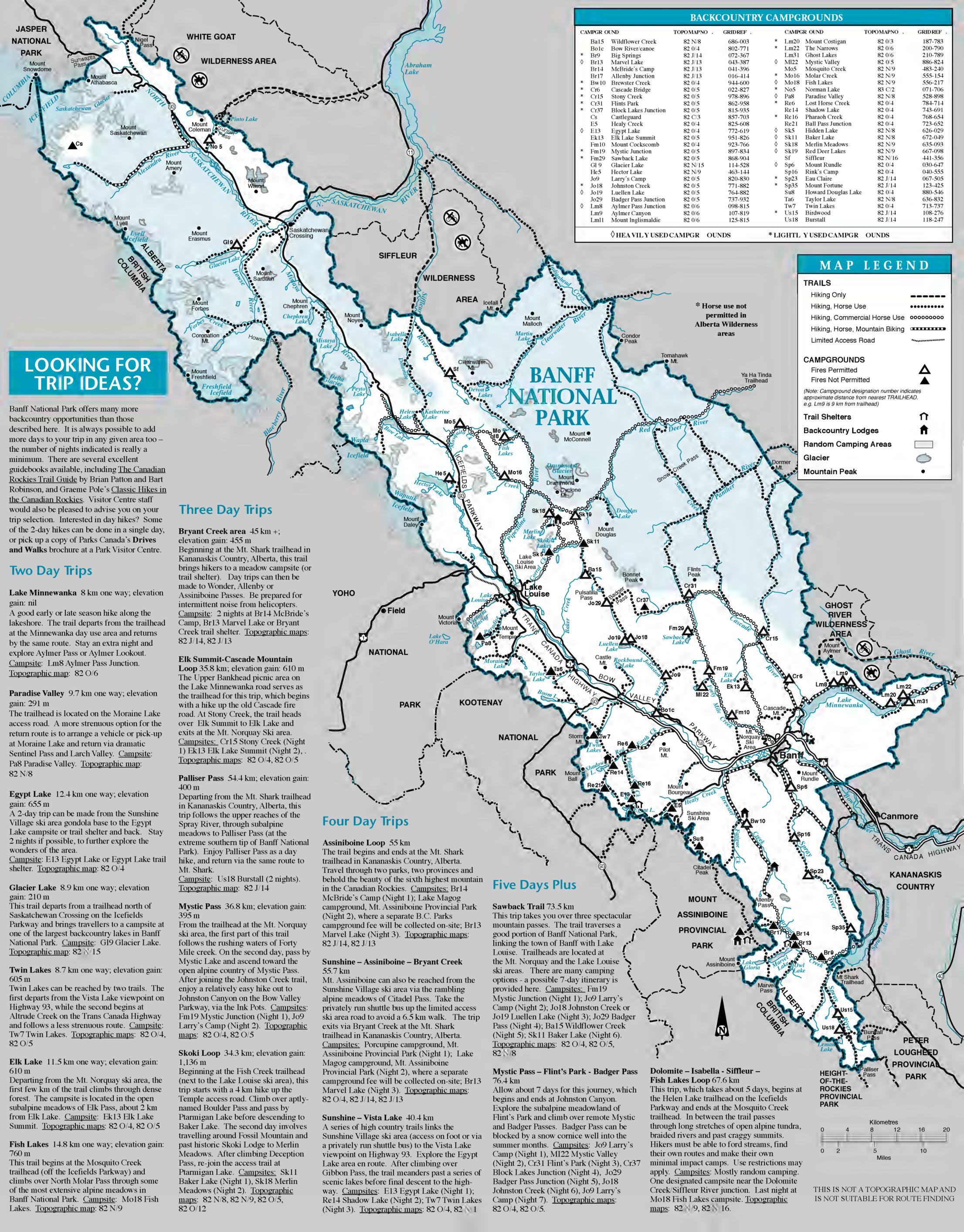
Rocks, fossils, horns, antlers, wildflowers, nests and all other natural or historical objects in a national park are protected by law. Leave them as you found them for others to enjoy. You may be prosecuted for violating this regulation.

Shortcutting Trails

Please take the extra steps and stay on the trail. Shortcutting between trail switchbacks damages both the soil and plant life. This not only ruins the look of an area, but makes it susceptible to further damage by erosion.

For more information on low impact travel in the backcountry contact:

Leave No Trace, P.O. Box 997, Boulder, CO, U.S.A.
80305 Tel: (303) 442-8222 <http://www.Int.org>



BACKCOUNTRY CAMPGROUNDS

CAMPGR OUND	TOPOMAPNO	GRIDREF	CAMPGR OUND	TOPOMAPNO	GRIDREF
Ba15 Wildflower Creek	82 N/8	686-003	* Lm20 Mount Costigan	82 O/3	187-783
Bo1c Bow River/canoe	82 O/4	802-771	* Lm22 The Narrows	82 O/6	200-790
* Br9 Big Springs	82 J/14	072-367	Lm31 Ghost Lakes	82 O/6	210-789
Br13 Marvel Lake	82 J/13	043-387	MI22 Mystic Valley	82 O/5	886-824
Br14 McBride's Camp	82 J/13	041-396	Mo5 Mosquito Creek	82 N/9	483-240
Br17 Allenby Junction	82 J/13	016-414	* Mo16 Molar Creek	82 N/9	555-154
* Bw10 Brewster Creek	82 O/4	944-600	Mo18 Fish Lakes	82 N/9	556-217
* Cr6 Cascade Bridge	82 O/5	022-827	* No5 Norman Lake	83 C/2	071-706
* Cr15 Stony Creek	82 O/5	978-896	Pa8 Paradise Valley	82 N/8	528-898
* Cr31 Flints Park	82 O/5	862-958	* Re6 Lost Horse Creek	82 O/4	784-714
* Cr37 Block Lakes Junction	82 O/5	815-935	Re14 Shadow Lake	82 O/4	743-691
Cs Castleguard	82 C/3	857-703	* Re16 Pharaoh Creek	82 O/4	768-654
E5 Healy Creek	82 O/4	825-608	Re21 Ball Pass Junction	82 O/4	723-652
Ek13 Egypt Lake	82 O/4	772-619	Sk5 Hidden Lake	82 N/8	626-029
Fm10 Mount Cockscomb	82 O/4	923-766	Sk11 Baker Lake	82 N/8	672-049
* Fm19 Mystic Junction	82 O/5	897-834	Sk18 Merlin Meadows	82 N/9	635-093
* Fm29 Sawback Lake	82 O/5	868-904	Sk19 Red Deer Lakes	82 N/9	667-098
Gl9 Mount Lake	82 N/15	114-528	Sf Siffleur	82 N/16	441-356
He5 Hector Lake	82 N/9	463-144	Sp6 Mount Rundle	82 O/4	030-647
* Jo18 Johnston Creek	82 O/5	771-882	Sp16 Rink's Camp	82 O/4	040-555
* Jo19 Luellen Lake	82 O/5	764-882	* Sp23 Eau Claire	82 J/14	067-505
Jo29 Badger Pass Junction	82 O/6	737-932	* Sp35 Mount Fortune	82 J/14	123-425
Lm8 Aylmer Pass Junction	82 O/6	098-815	Su8 Howard Douglas Lake	82 O/4	880-546
Lm9 Aylmer Canyon	82 O/6	107-819	Ta6 Taylor Lake	82 N/8	636-832
Lm11 Mount Inglismaldie	82 O/6	125-815	Tw7 Twin Lakes	82 O/4	713-737
			* Us15 Birdwood	82 J/14	108-276
			Us18 Burstall	82 J/14	118-247

◇ HEAVILY USED CAMPGROUNDS * LIGHTLY USED CAMPGROUNDS

MAP LEGEND

- TRAILS**
- Hiking Only
 - Hiking, Horse Use
 - Hiking, Commercial Horse Use
 - Hiking, Horse, Mountain Biking
 - Limited Access Road
- CAMPGROUNDS**
- Fires Permitted
 - Fires Not Permitted
- (Note: Campground designation number indicates approximate distance from nearest TRAILHEAD, e.g. Lm9 is 9 km from trailhead)
- Trail Shelters**
- Backcountry Lodges**
- Random Camping Areas**
- Glacier**
- Mountain Peak**

LOOKING FOR TRIP IDEAS?

Banff National Park offers many more backcountry opportunities than those described here. It is always possible to add more days to your trip in any given area too – the number of nights indicated is really a minimum. There are several excellent guidebooks available, including *The Canadian Rockies Trail Guide* by Brian Patton and Bart Robinson, and Graeme Pole's *Classic Hikes in the Canadian Rockies*. Visitor Centre staff would also be pleased to advise you on your trip selection. Interested in day hikes? Some of the 2-day hikes can be done in a single day, or pick up a copy of Parks Canada's *Drives and Walks* brochure at a Park Visitor Centre.

Three Day Trips

Bryant Creek area 45 km +; elevation gain: 455 m
Beginning at the Mt. Shark trailhead in Kananaskis Country, Alberta, this trail brings hikers to a meadow campsite (or trail shelter). Day trips can then be made to Wonder, Allenby or Assiniboine Passes. Be prepared for intermittent noise from helicopters. **Campsite:** 2 nights at Br14 McBride's Camp, Br13 Marvel Lake or Bryant Creek trail shelter. **Topographic maps:** 82 J/14, 82 J/13

Elk Summit-Cascade Mountain Loop 35.8 km; elevation gain: 610 m
The Upper Bankhead picnic area on the Lake Minnewanka road serves as the trailhead for this trip, which begins with a hike up the old Cascade fire road. At Stony Creek, the trail heads over Elk Summit to Elk Lake and exits at the Mt. Norquay Ski area. **Campsites:** Cr15 Stony Creek (Night 1) Ek13 Elk Lake Summit (Night 2). **Topographic maps:** 82 O/4, 82 O/5

Palliser Pass 54.4 km; elevation gain: 400 m
Departing from the Mt. Shark trailhead in Kananaskis Country, Alberta, this trip follows the upper reaches of the Spray River, through subalpine meadows to Palliser Pass (at the extreme southern tip of Banff National Park). Enjoy Palliser Pass as a day hike, and return via the same route to Mt. Shark. **Campsite:** Us18 Burstall (2 nights). **Topographic map:** 82 J/14

Mystic Pass 36.8 km; elevation gain: 395 m
From the trailhead at the Mt. Norquay ski area, the first part of this trail follows the rushing waters of Forty Mile creek. On the second day, pass by Mystic Lake and ascend toward the open alpine country of Mystic Pass. After joining the Johnston Creek trail, enjoy a relatively easy hike out to Johnston Canyon on the Bow Valley Parkway, via the Ink Pots. **Campsites:** Fm19 Mystic Junction (Night 1), Jo9 Larry's Camp (Night 2). **Topographic maps:** 82 O/4, 82 O/5

Skoki Loop 34.3 km; elevation gain: 1,136 m
Beginning at the Fish Creek trailhead (next to the Lake Louise ski area), this trip starts with a 4 km hike up the Temple access road. Climb over aptly-named Boulder Pass and pass by Ptarmigan Lake before descending to Baker Lake. The second day involves travelling around Fossil Mountain and past historic Skoki Lodge to Merlin Meadows. After climbing Deception Pass, re-join the access trail at Ptarmigan Lake. **Campsites:** Sk11 Baker Lake (Night 1), Sk18 Merlin Meadows (Night 2). **Topographic maps:** 82 N/8, 82 N/9, 82 O/5, 82 O/12

Four Day Trips

Assiniboine Loop 55 km
The trail begins and ends at the Mt. Shark trailhead in Kananaskis Country, Alberta. Travel through two parks, two provinces and behold the beauty of the sixth highest mountain in the Canadian Rockies. **Campsites:** Br14 McBride's Camp (Night 1); Lake Magog campground, Mt. Assiniboine Provincial Park (Night 2), where a separate B.C. Parks campground fee will be collected on-site; Br13 Marvel Lake (Night 3). **Topographic maps:** 82 J/14, 82 J/13

Sunshine – Assiniboine – Bryant Creek 55.7 km
Mt. Assiniboine can also be reached from the Sunshine Village ski area via the rambling alpine meadows of Citadel Pass. Take the privately run shuttle bus up the limited access ski area road to avoid a 6.5 km walk. The trip exits via Bryant Creek at the Mt. Shark trailhead in Kananaskis Country, Alberta. **Campsites:** Porcupine campground, Mt. Assiniboine Provincial Park (Night 1); Lake Magog campground, Mt. Assiniboine Provincial Park (Night 2), where a separate campground fee will be collected on-site; Br13 Marvel Lake (Night 3). **Topographic maps:** 82 O/4, 82 J/14, 82 J/13

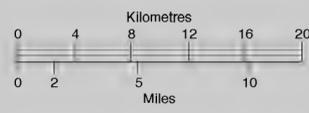
Sunshine – Vista Lake 40.4 km
A series of high country trails links the Sunshine Village ski area (access on foot or via a privately run shuttle bus) to the Vista Lake viewpoint on Highway 93. Explore the Egypt Lake area en route. After climbing over Gibbon Pass, the trail meanders past a series of scenic lakes before final descent to the highway. **Campsites:** E13 Egypt Lake (Night 1); Re14 Shadow Lake (Night 2); Tw7 Twin Lakes (Night 3). **Topographic maps:** 82 O/4, 82 N/1

Five Days Plus

Sawback Trail 73.5 km
This trip takes you over three spectacular mountain passes. The trail traverses a good portion of Banff National Park, linking the town of Banff with Lake Louise. Trailheads are located at the Mt. Norquay and the Lake Louise ski areas. There are many camping options - a possible 7-day itinerary is provided here. **Campsites:** Fm19 Mystic Junction (Night 1); Jo9 Larry's Camp (Night 2); Jo18 Johnston Creek or Jo19 Luellen Lake (Night 3); Jo29 Badger Pass (Night 4); Ba15 Wildflower Creek (Night 5); Sk11 Baker Lake (Night 6). **Topographic maps:** 82 O/4, 82 O/5, 82 N/8

Mystic Pass – Flint's Park - Badger Pass 76.4 km
Allow about 7 days for this journey, which begins and ends at Johnston Canyon. Explore the subalpine meadowland of Flint's Park and climb over remote Mystic and Badger Passes. Badger Pass can be blocked by a snow cornice well into the summer months. **Campsites:** Jo9 Larry's Camp (Night 1), MI22 Mystic Valley (Night 2), Cr31 Flint's Park (Night 3), Cr37 Block Lakes Junction (Night 4), Jo29 Badger Pass Junction (Night 5), Jo18 Johnston Creek (Night 6), Jo9 Larry's Camp (Night 7). **Topographic maps:** 82 O/4, 82 O/5

Dolomite – Isabella - Siffleur – Fish Lakes Loop 67.6 km
This trip, which takes about 5 days, begins at the Helen Lake trailhead on the Icefields Parkway and ends at the Mosquito Creek trailhead. In between the trail passes through long stretches of open alpine tundra, braided rivers and past craggy summits. Hikers must be able to ford streams, find their own routes and make their own minimal impact camps. Use restrictions may apply. **Campsites:** Mostly random camping. One designated campsite near the Dolomite Creek/Siffleur River junction. Last night at Mo18 Fish Lakes campsite. **Topographic maps:** 82 N/9, 82 N/16



THIS IS NOT A TOPOGRAPHIC MAP AND IS NOT SUITABLE FOR ROUTE FINDING