

Staying the night?

We've got you covered

Parks Canada oTENTik



A cross between a tent and an A-frame cabin, oTENTik provides a front row seat to our country's most spectacular landscapes while providing a roof over your head and a floor beneath your feet.



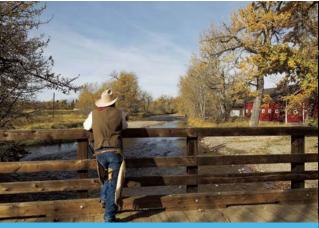
Each unit can accommodate up to 6 people and includes:

- Three beds
- A table and chairs
- Heating and lighting (varies by location)

\$90 per night

Comfort and convenience is only a click away! parkscanada.gc.ca/accomodations

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Cave and Basin National Historic Site

British Columbia

Alberta

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Fort Langley National Historic Site

Welcome!

Whether you're looking for adventure, fun for the whole family, or a break from the everyday, Parks Canada has countless unique experiences to suit your needs. Climb a rock face, discover sea creatures on the ocean floor, have a family picnic, or soak your bones in thermal hot springs.

It's time to connect!

With nature – with history – with friends and family.



4 DAYS

Vancouver to
Pacific Rim National
Park Reserve

British Columbia

ITINERARY & SIGHTSEEING



DAY 1

Depart from West Vancouver and take BC Ferries to Nanaimo. "Cruising" time 1h40.

Head to Tofino, Ucluelet and Pacific Rim National Park Reserve. Set up your camp at Green Point Campground.

At Pacific Rim National Park Reserve walk among large ferns rising from a bed of moss in an old-growth rainforest where the trees tower higher than you can see.

Explore the endless sandy beaches. Watch the breakers roll in. Breathe in the salt air and experience paradise.



DAY 2

Up for the **Long Beach Challenge**?

Begin at the Long Beach parking area between trail 1 and 2 or the K*isitis Visitor Centre. Use the course map and watch for way-finding signs along the route.

Walk, jog or run the 9.5 km section of beach along the park's most stunning shoreline features. Use a Challenge Time Card to track your start and finish times and post them on our website.

Don't forget to share your images with us on Facebook and Twitter **#LongBeachChallenge**.





DAY 3

Paddle through the Broken Group islands, an archipelago of over 100 islands and islets in Barkley Sound.

Glide past basking sea lions, check out the kelp forest and enjoy a picnic lunch on a quiet sand beach. Want a real adventure?

Plan to camp overnight on the islands!





DAY 4

For that once-in-a-lifetime surfing experience, put on a wetsuit and spend the afternoon in the waves. Visit local outfitters in Tofino or Ucluelet for lessons, or if you are an experienced surfer, to rent gear.

Will you catch the perfect wave before you head back home?









7 DAYS

Calgary to Jasper Alberta

ITINERARY & SIGHTSEEING



DAY 1

Hwy 1 W to Banff National Park 128 km from Calgary

Stop at Banff town site. Explore Cave and Basin and Banff Park Museum National Historic Sites.

Camp at Banff. Stay in an oTENTik!



DAY₃

Take Bow Valley Parkway to Lake Louise (60 km)

Don't miss Moraine Lake – a photographer's dream. Best time to visit? Before 11 am or after 5 pm.



Jasper National Park

Edmonton

Calgary

Take Icefields Parkway (Hwy 93N) to Jasper (232 km). Explore the hiking trails and campgrounds en route!

Stop at Bow Lake. Enjoy the view of the glaciers.

Go to Peyto Lake. Your reward? Brilliant views of a turquoise, glacial fed lake.

Visit the Columbia Icefield area with easy to moderate day hikes.

Camp near glaciers, icefields, waterfalls or lakes along the way.



DAY 2

Drive the Lake Minnewanka Loop. Hike Johnston Lake loop; 1.1 km to the Lower Falls or 2.7 km to the Upper Falls. Take time to picnic, mountain bike or hike.

Relax in soothing hot mineral waters at Banff Upper Hot Springs.









DAY 5

Explore easy walking and biking trails around Jasper.

Stop at Lake Edith and Lake Annette. Swim and suntan on a sandy beach.



DAY 6

Hike in the shadow of Mt. Edith Cavell, a 3300 metre peak.

Relax in the hottest mineral water in the Rockies at Miette Hot Springs.



DAY 7

Go to Maligne Lake. Fish. Boat. Hike. Visit Maligne Canyon, Jasper's famous limestone gorge.







MUST-TRY HIKES IN WESTERN CANADA

PACIFIC RIM NATIONAL PARK RESERVE

On the bucket list of any serious hiker, the 75-kilometre West Coast Trail follows the one-time survival route of unlucky shipwreck victims through old-growth forests, past wide-open beaches and across suspension bridges spanning rivers and streams.



GLACIER NATIONAL PARK
Experience the towering old-growth
hemlocks and cedars of B.C.'s legendary
old-growth forests with easy strolls along
boardwalk trails. Transition to subalpine
spruce and fir as routes lead you to
mountain meadows offering sweeping
panoramas of the Selkirk wilderness.



NATIONAL PARK.

Experience great wildlife viewing and scenic trails on a visit to stunning Red Rock Canyon. Then watch the stars come out from the comfort of a Blackfoot-style tipi at nearby Crandell Mountain Campground.

WATERTON LAKES



GULF ISLANDS NATIONAL PARK RESERVE

Enhance a Gulf Islands National Park Reserve experience by following self-guided routes through the highlights of the islands' natural landscapes, learning and gaining insights along the way by geocaching or using an Explora app.



GLACIER NATIONAL PARK
Conquering a technical mountain ascent, traversing icefields with 1,500-metre descents, freewheeling past glaciers, waterfalls and rock canyons: this is all part of the high country adventure experience.



BANFF NATIONAL PARK

Among the best ways to experience the park's Rocky Mountain scenery is on the trail. Whether on foot or by bike, visitors have access to hundreds of kilometres of trails.



YOHO NATIONAL PARK
With more than 400 kilometres of trails,
Yoho is a backpacker's paradise. Set
out from Takakkaw Falls or Emerald
Lake for Yoho's most scenic and
popular destinations, or head west
for unmaintained trails in the Amiskwi
Valley or Ice River.



NATIONAL PARK

Join a knowledgeable guide as you hike through a forest naturally regenerating after wildfire en route to the recently discovered Stanley Glacier fossil site. Here, the remains of unique and sometimes bizarre sea creatures reveal the mysteries of early

life on Earth.



JASPER NATIONAL PARK
Jasper's newly completed Easy Trail
System offers twenty kilometres of
bike-friendly, multi-use trails easily
accessed right from your hotel doorstep...
or tent flap! Visit lakes, beaches, and
take in gorgeous mountain and valley
views along the way.



MOUNT REVELSTOKE NATIONAL PARK
Bike, hike or drive to the peak of Mount Revelstoke and celebrate the summit experience. Arrive to panoramic vistas, stroll the historic trails, take in the local art or find inner calm with a yoga workshop.



ELK ISLAND
National Park

Don't have the gear or prefer to travel light? Try one of our Equipped Campsites. We provide the gear, you make the memories. Enjoy the *Bison Backstage Tour*, take a bike or canoe ride or simply relax. When the sun sets, try making s'mores over the campfire – the kids will love them!



ROCKY MOUNTAIN HOUSE

National Historic Site

Submerse yourself in the full wilderness experience by camping in one of the tents along the North Saskatchewan River.
Complete the adventure with the Enhanced Camping kit. Light a fire with a flint and steel to cook bannock for supper.



FORT LANGLEY
National Historic Site

Camp inside the timber walls of a 19th century Canadian fort in a furnished, heritage-themed oTENTik with 21st century WiFi. Walk or cycle to the colourful village of Fort Langley and along scenic riverfront trails.



walk-in Takakkaw Falls campground,

or roast marshmallows around the

campfire after a hot shower at

Kicking Horse campground.

FORT ST. JAMES

National Historic Site

Sleep in the historic home of the fort's former chief factor, just as it was in 1896, down to the bedding, wood stove and chamber pot. Enjoy after-hours free rein of the fort.



KAYAK UP-CLOSE TO WILDLIFE AND HAIDA CULTURE

Kayaking encourages more intimate experiences with the ocean and its creatures as well as the primordial wilderness and ancient culture of Gwaii Haanas' network of islands.

Gwaii Haanas National Park Reserve p. 12



BISON TRAFFIC JAM Smell the bison and listen to the soft grunts and lion-like roars of the rutting males, just metres away - all from the safety of your vehicle.

Elk Island National Park p. 14



LEARN TO BE A REAL LIVE COWBOY

With 30,000 cattle and no fences, cowboys at the Bar U Ranch were kept busy. Learn what it took to maintain the largest ranch of the day by participating in many of the same activities.

Bar U Ranch National Historic Site p. 14



Waterton Lakes National Park p. 14

CLOSE TO NATURE AND TAKE IN THE WILDLIFE

Skies and shorelines bustle with birdlife while the waters of the Salish Sea teem with marine life from otters to orcas a haven for wildlife enthusiasts.

Gulf Islands National Park Reserve p. 12

Western Canada

National Parks and National Historic Sites of Canada



British Columbia

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The following section provides more information on unique places and experiences in Western Canada.

Services and activities legend

The legend below identifies some of the services and activities that may be available at the parks and sites. Watch for these symbols when planning your visit.

- Access for the physically disabled
- Restaurant
- iil Gift shop
- Interpretation
- Picnic area/shelter
- Playground
- **A** Camping
- Recreational vehicles
- narks Canada oTENTik
- A Yurts
- **Å** Teepees
- Cabins
- Cycling
- Mountain biking

- Backpacking/hiking
- Horseback riding
- **3** Golfing
- **K**Ø Tennis
- Birdwatching
- Marine mammals
- Beaches
- Canoeing/Kayaking
- Motorboating
- Fishing
- Scuba diving
- Rafting
- Hot springs
- Mountain/Ice climbing
- * Winter activities



75+ red chairs

waiting to be discovered in Western Canada #SHARETHECHAIR #TIMETOCONNECT





Kootenay National Park

Fort Langley National Historic Site

British Columbia



Gwaii Haanas (Reserve)





Amid lush rainforest islands and seas rich with wildlife, Gwaii Haanas harbours rare sites of carved poles and longhouses, making this park culturally important to the Haida people who cooperatively manage the region with Parks Canada.

Skidegate, BC 1-877-559-8818 parkscanada.gc.ca/gwaiihaanas



Pacific Rim (Reserve)



















Catch a wave, or spread a blanket and watch the sun dip below the horizon. From rainforests on land to marine kelp forests at sea, Pacific Rim National Park Reserve embodies the rich natural and cultural heritage of Canada's west coast

Ucluelet, BC - 300 km from Victoria, BC; 300 km from Vancouver, BC 1-250-726-3500 parkscanada.gc.ca/pacificrim



Gulf Islands (Reserve)















Scattered throughout the Salish Sea, the Gulf Islands teem with wildlife, a haven for rare species and threatened eco-systems and a playground with a Mediterranean-like climate for hikers, campers, cyclists, boaters and kayakers.

Sidney, BC - 27 km from Victoria, BC; 87 km from Vancouver, BC 1-866-944-1744 parkscanada.gc.ca/gulfislands











within a leisurely day's drive at Mount Revelstoke

Revelstoke, BC 1-250-837-7500 parkscanada.gc.ca/revelstoke



Glacier





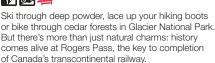












Revelstoke, BC 1-250-837-7500 parkscanada.gc.ca/glacier



Yoho







In the shadow of the Great Divide, Yoho's towering rockwalls, spectacular waterfalls and soaring peaks reveal the secrets of ancient life, the power of ice and water and the stories of plants and animals that continue to evolve today.

Field, BC - 209 km from Calgary, AB 1-250-343-6783 parkscanada.gc.ca/yoho

7 Kootenay





Radium Hot Springs, BC - 261 km from Calgary, AB 1-250-347-9505

stay and explore the park's treasures.

parkscanada.gc.ca/kootenay





Hike a legendary trail through the northern Coast Mountains, from Alaska's Taiya Inlet to the headwaters of the Yukon River in northern British Columbia, following in the footsteps of dreamers in the Klondike Gold Rush.

Whitehorse, Yukon 1-800-661-0486 / 867-667-3910 parkscanada.gc.ca/chilkoot



9 Fort Rodd Hill & Fisgard Lighthouse



Fort Rodd Hill commemorates the history, stories and lessons of Canada's emergence as a military presence on the world stage. Follow the trail to Fisgard Lighthouse in Esquimalt Harbour, a boon to navigators since 1860.

Victoria, BC – 14 km from Victoria, BC; 112 km from Vancouver, BC 1-250-478-5849 parkscanada.gc.ca/fortroddhill





Tour a historic Fraser River salmon cannery, through a herring reduction plant and interactive fishing displays. Learn about local marine life on the Fish Wall and be inspired by the industrious fishery of BC's past.

Richmond, BC – 14 km from Vancouver, BC; 104 km from Victoria, BC 1-604-664-9009 parkscanada.gc.ca/georgiacannery





Experience life as a 19th century voyageur at Fort Langley, where the colony of British Columbia was born. Mingle with fur traders, pan for gold, learn the blacksmith's art and camp in an HBC-themed of TENTIK

Fort Langley, BC – 48 km from Vancouver, BC; 135 km from Victoria, BC 1-604-513-4777 parkscanada.gc.ca/langley





Handle beaver and muskrat pelts in a fur warehouse at Fort St. James restored to the year 1896. Meet costumed interpreters and sleep over in Canada's only bed and breakfast at a national historic site.

Fort St. James, BC 1-250-996-7191 parkscanada.gc.ca/stjames



Discover the role Rogers Pass played in the transcontinental Canadian Pacific Railway. Follow an abandoned rail line to the ruins of a Victorian-era resort, where legendary Swiss mountain guides forged popular trails and climbing routes.

Revelstoke, BC 1-250-837-7500 parkscanada.gc.ca/rogers

Alberta





Jasper astonishes visitors with its vast wilderness, dotted with glaciers, lakes, waterfalls, rivers, mountains and deep-cut canyons. Hike, paddle, swim, ski, fish, and take in soothing hot springs, scenic drives and extraordinary wildlife.

Jasper, AB – 336 km from Edmonton, AB; 415 km from Calgary, AB 1-780-852-6176 parkscanada.gc.ca/jasper





With its soaring peaks, azure lakes and abundant wildlife, this Rocky Mountain park attracts millions of visitors a year. Founded in 1885, Banff is Canada's first national park and part of the first national park system in the world.

Banff, AB – 130 km from Calgary, AB 1-403-762-1550 parkscanada.gc.ca/banff





Enter into the heart of the Canadian Rockies, where history and wild nature blend. Featuring the world famous scenes of Moraine Lake, The Valley of Ten Peaks, Lake Louise and Victoria Glacier this destination is a must-see.

Lake Louise, AB – 190 km from Calgary, AB 1-403-522-3833 parkscanada.gc.ca/banff



Glacier National Park

Bar U Ranch National Historic Site





The prairies meet the Rocky Mountains in Waterton Lakes National Park, a 505-square-kilometre park in the southwest corner of Alberta. Exceptional scenery and easy access add up to a unique Canadian adventure

Waterton Park, AB – 264 km from Calgary, AB 1-403-859-5133

parkscanada.gc.ca/waterton

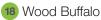




Experience first-hand the story of the bison and how it was saved from near extinction at Elk Island National Park, where an active conservation program replenishes herds around the world.

Fort Saskatchewan, AB – 45 km from Edmonton, AB; 340 km from Calgary, AB 1-780-922-5790

parkscanada.gc.ca/elkisland





Canada's largest National Park contains half of the world's endangered wood bison population, unique whooping crane nesting grounds and the Peace-Athabasca Delta. Access to undisturbed boreal wilderness is a unique global experience.

Fort Smith, NT 1-867-872-7960 parkscanada.gc.ca/woodbuffalo

19 Banff Park Museum

P₁ & #

The oldest natural history museum in western Canada, the Banff Park Museum offers visitor's access to 5,000 vintage specimens, from stuffed mountain goats and elk to a cabinet of natural curiosities, all housed in a landmark 1903 rustic log building.

Banff, AB – 129 km from Calgary, AB 1-403-762-1558 parkscanada.gc.ca/banffparkmuseum

20 Cave and Basin



When three railway workers stumbled upon bubbling hot springs in 1883, they had no idea it would lead to the creation of Banff National Park. Discover the birthplace of Canada's first national park at Cave and Basin National Historic Site.

Banff, AB – 129 km from Calgary, AB 1-403-762-1566 parkscanada.gc.ca/cave





Two centuries ago trappers, traders and the First Nation Peoples shared the rugged western frontier of Canada. At Rocky Mountain House National Historic Site - be a part of the story. Explore, hike, camp and discover their challenges and triumphs.

Rocky Mountain House, AB – 227 km from Calgary, AB; 231 km from Edmonton, AB 1-403-845-2412

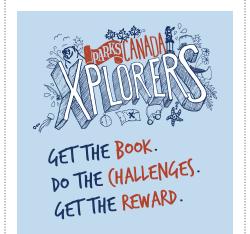
parkscanada.gc.ca/rockymountainhouse

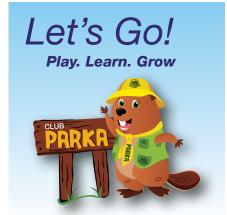


Saunter on the historic Bar U Ranch and learn what it took to maintain one of the most successful ranches in Canadian history. Try the cowboy chores; hear the tales of hardship and love of the land.

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Longview, AB – 80 km from Calgary, AB; 300 km from Edmonton, AB 1-888-773-8888 parkscanada.gc.ca/baruranch







Cave and Basin National Historic Site

Fort Rodd Hill & Fisgard Lighthouse National Historic Sites

Canadian Rockies Hot Springs

Canada's most famous hot springs are in the Canadian Rockies national parks. There's nothing like soaking in hot, naturally heated mineral water surrounded by dramatic mountain scenery. You will find the experience unforgettable! In Banff, the iconic Upper Hot Springs continues to delight visitors as it has for over a century. Or, get off the beaten path and head to Radium Hot Springs in Kootenay National Park. This hot spring is nestled within the stunning rock walls of Sinclair Canyon. Jasper's Miette Hot Springs will toast your toes perfectly after a scenic hike or drive in the park.



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Banff Upper Hot Springs offers a splendid historic bathhouse, located in Banff National Park.

Banff, AB - 129 km from Calgary, AB 1-800-767-1611 parkscanada.gc.ca/hotsprings



24 Radium



Radium Hot Springs, in BC's Kootenay National Park, is famous for its canyon setting.

Radium Hot Springs, BC - 261 km from Calgary, AB 1-800-767-1611

parkscanada.gc.ca/hotsprings







Jasper National Park contains Miette Hot Springs with the hottest mineral water in the Rockies.

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Jasper, AB - 365 km from Edmonton, AB 1-800-767-1611 parkscanada.gc.ca/hotsprings

The Wild Side



Mountain goat

Mountain goats have white coats, beards, and short black dagger-like horns. They are actually not goats but belong to a family of mountain antelopes of Asia. They can often be seen at the Mount Kerkeslin "Goat Lick" viewpoint and at Disaster Point on the icefields on Highway 16 east of Jasper.



That's a Big Horn!

Bighorn sheep have a sandy coloured coat and a white rump. The ram's massive curved horns are unmistakable. Bighorns are primarily grazers and migrate seasonally between low grassy slopes and alpine meadows.



The howl of the coyote

Coyotes look like a medium-sized grayish dog with a slender muzzle, large pointed ears, and a bushy tail but that's where the likeness ends. Coyotes are very vocal. At night, listen and you may hear their nocturnal howls.



Busy Black Bear

Black Bears can be light reddish brown or multi-coloured in streaks and patches. They have long faces and large ears where grizzlies have a hump on the shoulder, a flatter forehead and smaller ears.



Great Grizzly

A Grizzly Bear has a large muscular hump on its shoulders and can weigh up to 320 kg. Cubs are born in late January to early February and weigh about half a kg (under 1 lb.) By the time the female emerges from the den with her cubs, they weigh around 8 kg (18 lbs.)

Give these animals the space they need. Your responsible behaviour contributes to the survival of wildlife – and your own safety!

Parks Canada

Discovery Pass

Enjoy **unlimited opportunities** to experience nearly 100 places for *two full years!*

- Provides faster entry and greater convenience;
- Makes a great gift idea;
- Can pay for itself in as little as seven days compared to purchasing day passes;
- Valid for 24 full months from the date of purchase;

Adult	\$67.70
Senior (Ages 65+)	\$57.90
Youth (Ages 6 to 16)	\$33.30
Family/Group	\$136.40
Prices include applicable taxes and a	are subject to change.

★ Free entry on Canada Day

Purchase online at parkscanada.gc.ca/pass or by phone at 1-888-773-8888.





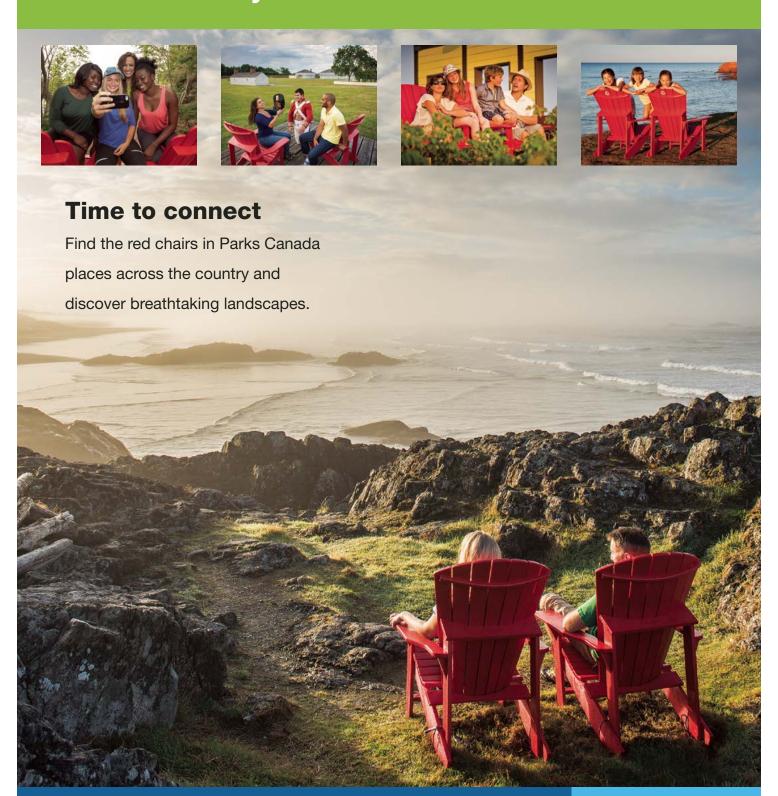


Parks Canada

official merchandise

Get these unique products while visiting our sites or online at **www.parkscanadashop.ca**. Every purchase supports national parks, historic sites and marine conservation areas.

We saved you a seat!



Connect with Parks Canada to plan your own unforgettable experiences in Western Canada.



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