

WESTERN CANADA



Discover
PARKS CANADA



Gulf Islands National Park Reserve



Parks
Canada

Parcs
Canada

Canada



PARKS CANADA IN WESTERN CANADA

AT A GLANCE



27
NATIONAL
HISTORIC
SITES



12
NATIONAL
PARKS



1
NATIONAL MARINE
CONSERVATION
AREA

45+
WILDLIFE
CROSSINGS



130+ RED CHAIRS
#SHARETHECHAIR

BE INSPIRED!
COME... HIKE, BIKE,
CAMP, SWIM, PADDLE,
LEARN, PLAY...



Rocky Mountain House National Historic Site



Jasper National Park



Pacific Rim National Park

WELCOME!

Dive into an exciting world of adventures when you explore the dazzling wild nature and historic treasures of Western Canada.

Come for a day trip, or take a look at our itineraries and book a vacation to remember.

Learn more about how we're working hard to fight climate change and discover how you can become a 'citizen scientist' and help protect biodiversity.

Memories await.

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Map and directory

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7-DAY
ITINERARY

PACIFIC COAST SPLENDOUR



FROM VANCOUVER TO VICTORIA



ROUNDTrip
230 km



LOCATIONS

Gulf Islands National Park Reserve
Gulf of Georgia Cannery,
Fort Langley and
Fort Rodd Hill and Fisgard Lighthouse
National Historic Sites



DAY 1

GULF OF GEORGIA CANNERY Richmond, 20 km from Vancouver

Discover the fascinating history of British Columbia and marvel at the wonders of the ocean!

Experience the early days of the west coast fishing industry. Learn the different methods of fishing and salmon canning. Hear captivating fishermen's tales. Feel the charm of the picturesque fishing village of Steveston.

Continue your journey at Fort Langley.

oTENTik, Fort Langley,
60 km from Richmond

DAY 2

FORT LANGLEY AND GULF ISLANDS

Travel to the mid-19th century to become a Hudson's Bay Company worker at the birthplace of British Columbia. Mingle with fur traders; hone your skills with a blacksmith; practice barrel-making; visit the farm animals; and pan for gold – you might just strike it rich!

Head to Sidney on the Tsawwassen ferry to Swartz Bay sailing through the beautiful Gulf Islands.

sleep in your tent,
McDonald campground,
Vancouver Island

DAY 3

Ready for adventure? Enjoy a day trip on Saturna Island. Hike or drive up the dirt track to the summit of Mount Warburton Pike to enjoy astonishing views of the Gulf Islands stretched out before you.

Head to East Point to do some whale watching from dry land; you might spot some of the resident orcas! While you're there, visit the Heritage Centre and learn about the history of the island.

Enjoy a spectacular sunset before heading back to the ferry for Sidney.

sleep in your tent,
McDonald campground, Vancouver Island

DAY 4

Want a relaxing day at the beach? Walk aboard the passenger ferry for Sidney Island, and cruise across Sidney Channel. In no time at all, you'll be gleefully kicking off your shoes and strolling on the sun-warmed sand. Enjoy a picnic watching the turquoise waves crash off Sidney Spit before a relaxing afternoon kite flying and building sand castles.

Intrigued by nature? Once back at Sidney, stop by the Shaw Centre for the Salish Sea aquarium and discover local marine life secrets with Parks Canada interpreters.

sleep in your tent,
McDonald campground, Vancouver Island

DAY 5

FORT RODD HILL AND FISGARD LIGHTHOUSE Victoria, 30 km from Sidney

En route to the provincial capital! Spend your morning strolling through the narrow streets of Victoria's heritage districts. Be sure to check out Chinatown, Canada's oldest and most colourful Chinese neighbourhood. Sample English-style tea and enjoy a plate of fish and chips before heading to Fort Rodd Hill, only a few kilometres from downtown.

oTENTik,
sleep within the fort's walls

DAY 6

Let's go! Discover the oldest artillery fort on Canada's west coast. Explore secret bunkers, military command posts and 19th century buildings at Fort Rodd Hill. Listen to moving stories of soldiers and their families. In the summer, get an introductory lesson in target shooting using a replica WWII machine gun.

Watch the sunset from the lighthouse, then enjoy a night telling stories around the campfire.

oTENTik,
sleep within the fort's walls

DAY 7

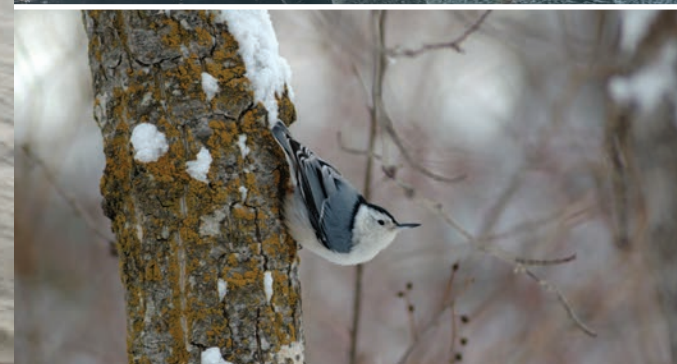
After waking up to the sound of birds singing, soak up the beauty of the sunrise at the lighthouse. Take a walk through a Garry oak meadow and see if you can find any Camassia, a plant used as a food source by local First Nations.

Return to Vancouver, 120 km

PLAN
YOUR VISIT AT
PARKSCANADA.GC.CA/VISIT
AND DISCOVER
OTHER ITINERARIES



Gulf Islands National Park Reserve



© Parks Canada/M. Skinner



CONSERVING FOR THE FUTURE

THE CHALLENGE

What can we do to address climate change and fight global warming?

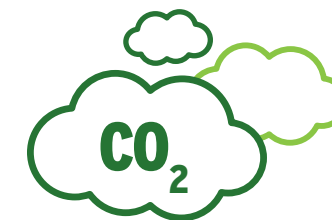
Carbon dioxide is a major greenhouse gas and driver of climate change, however salt marsh ecosystems can store large amounts of CO₂ for much longer than mature forests.

A STEP IN THE RIGHT DIRECTION

In an international effort, Parks Canada Coastal Ecologists are studying the effect that eelgrass meadow and tidal salt marshes have on absorbing carbon dioxide.

THE RESULT?

Understanding how these ecosystems work will hopefully encourage everyone to be more environmentally conscious.



GET INVOLVED NOW IT'S YOUR TURN

CHRISTMAS BIRD COUNT

Join The Friends of Elk Island Park Society for the annual Christmas Bird Count! Help play a part in future conservation and join keen birders out on the trails at dawn; volunteers are appreciated throughout the day.

Elk Island National Park p. 15

TREE DETECTIVES NEEDED!

Needles of five, keep them alive! Have you seen the endangered whitebark pine tree? Help us locate this species by sending in photographs and GPS coordinates of its location.

Glacier National Park p. 11

BE PART OF THE COMEBACK

We thought Pink Sand-verbena had been driven out of its natural habitat by invasive grasses, but thanks to volunteers, now there are thousands of these plants in the park! Join the fight and learn what makes them unique.

Pacific Rim National Park Reserve p. 11



STAYING THE NIGHT?

WE'VE GOT YOU COVERED

DON'T
MISS OUT

[PARKSCANADA.GC.CA/ACCOMMODATIONS](https://parksCanada.gc.ca/accommodations)
RESERVE TODAY!



FROM
\$15.70
PER NIGHT



FROM
\$100
PER NIGHT



FROM
\$9.80
PER PERSON PER NIGHT



FROM
\$14.70
PER PERSON PER NIGHT



FROM
\$70
PER NIGHT

TENT AND RV CAMPING

Stay close to nature at one of our wonderful campsites – at your preferred comfort level.

Available in Pacific Rim (Reserve), Gulf Islands (Reserve), Glacier, Yoho, Kootenay, Jasper, Banff, Waterton Lakes, Elk Island and Wood Buffalo National Parks; and Rocky Mountain House National Historic Site.

BACKCOUNTRY CAMPING

The ultimate in overnight adventure: just you, your tent and the great outdoors, far from the beaten path.

Available in Gwaii Haanas (Reserve), Pacific Rim (Reserve), Gulf Islands (Reserve), Mount Revelstoke, Glacier, Yoho, Kootenay, Jasper, Banff, Elk Island and Wood Buffalo National Parks; and Chilkooot Trail National Historic Site.



FROM
\$58.80
PER PERSON PER NIGHT



FROM
\$70
PER NIGHT

oTENTik

The perfect mix of tent and A-frame cabin comes together in our oTENTik with its raised floors and cosy beds; great for campers who want a little extra comfort in the wild.

Available in Pacific Rim (Reserve), Kootenay, Jasper, Banff and Elk Island National Parks; and Fort Langley, Fort Rodd Hill and Fisgard Lighthouse National Historic Sites.

CABIN

Cottage life at its best with a rustic home-away-from-home in the woods. Sweet dreams for 2-12 happy campers.

Available in Mount Revelstoke and Wood Buffalo National Parks; and Rocky Mountain House National Historic Site.

MICROCUBE

Get super-cosy in a MicrOcube, the designer way to score a window over the wilderness, while sleeping with a roof over your head and a floor beneath your feet.

Coming soon to Gulf Islands National Park Reserve.

HISTORIC STAY

Immerse yourself in one of Canada's national treasures with a very special overnight stay in truly historic surroundings.

Available in Jasper National Park; and Fort St. James and Rocky Mountain House National Historic Sites.

EQUIPPED CAMPING

No gear? No problem! Now you can rent the whole kit and caboodle thanks to our partnership with MEC in an equipped campsite. Ideal for stress-free vacays and those who want to travel light.

Available in Banff, Waterton Lakes and Elk Island National Parks; and Rocky Mountain House National Historic Site.



STAFF

FAVOURITES

Get the inside scoop on the very best way to enjoy our parks and sites from Parks Canada pros!



1 ICELINE TRAIL

"The Iceline Trail at Yoho National Park is an all-around favourite of mine. It takes you high up and really close to glaciers on one of the most scenic trails in Canada. It's a hike to get up there, but once you've made the initial climb you can enjoy a long walk with mostly flat terrain and breathtaking vistas."

Alison - Education and Outreach Officer



2 LEGACY POLE

"Sailing into Windy Bay, seeing the Legacy Pole and traditional Haida Longhouse amongst the old growth cedars and sitka spruce, I love to imagine the people and work it took to raise the pole, and protect Gwaii Haanas."

Natalie - Promotion Officer



3 SKELETON KEY

"Seeing the antique skeleton key in the Big House at Fort Langley National Historic Site. Just showing it to adults and children alike turns them into wide-eyed, imaginative believers in magic. I usually let them try to lock and unlock one of the doors."

Nette - Heritage Presenter



4 BURGESS SHALE

"Among my personal favourites, the Burgess Shale hike takes you to one of the most scenic locations in Kootenay National Park. It's a great location in itself with amazing views of Mounts Whymper and Stanley, and you get to learn about 505 million years of history. Right here!"

Jacquie - Interpretation Coordinator

5 BEAR CREEK FALLS

"The rushing water at beautiful Bear Creek Falls in Glacier National Park reminds me of the transient quality of nature. The water there makes its way through the mountains via the Columbia River to the Pacific Ocean."

Amy - Education and Outreach Officer

6 WINTER WONDERS

"My hidden gem is the lower boardwalk at Cave and Basin National Historic Site in winter. Around flowing warm springs, frosty vegetation creates a winter wonderland. In silence, you can hear the sounds of running water flowing into the marsh."

Joanne - Interpretation Coordinator

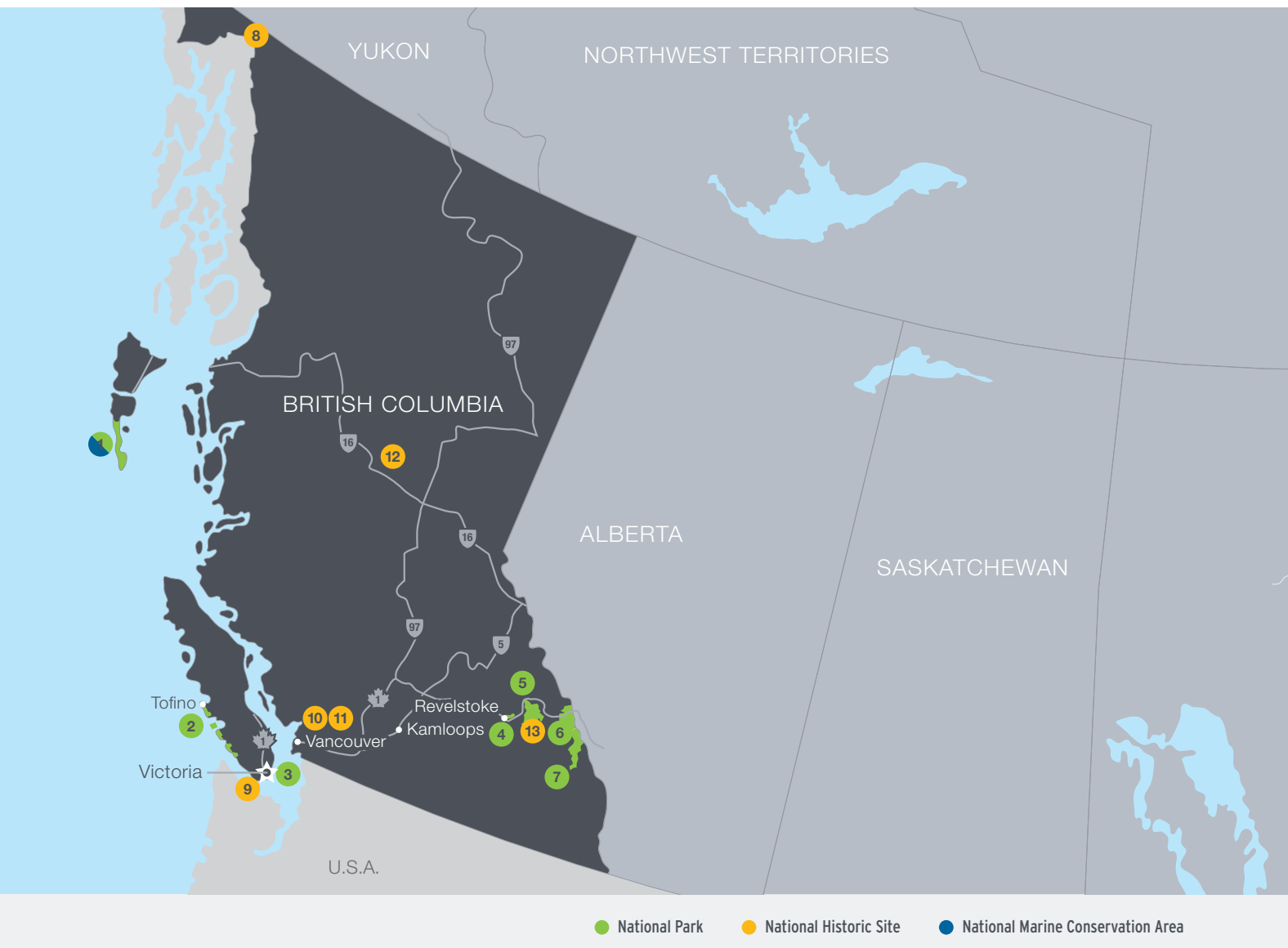
7 BISON TRAILS

"I enjoy stepping into bison territory and walking in their tracks in Elk Island National Park. Bison trails always lead to something interesting: a pond full of birds, a wonderful view, or even bison themselves!"

Lauren - Interpretation Coordinator

DIRECTORY

BRITISH COLUMBIA



SERVICES

- Access for the physically impaired
- Restaurant
- Gift shop
- Picnic area/Shelter
- Playground

ACCOMMODATION

- Camping
- Recreational vehicle
- oTENTik
- MicrOcube
- Historic stay
- Equipped camping
- Tipi
- Cabin

ACTIVITIES

- Interpretation
- Cycling
- Mountain biking
- Backpacking/Hiking
- Birdwatching
- Marine mammals
- Beach
- Canoeing/Kayaking
- Motorboating
- Fishing
- Scuba diving
- Horseback riding
- Golfing
- Tennis
- Rafting
- Hot Springs
- Mountain/Ice climbing
- Winter activities
- Dark Sky Preserve
- Xplorers activities
- My Photo Missions app
- Red chairs



1 Gwaii Haanas (Reserve)

Where lush rainforest islands, seas rich with wildlife and Haida heritage come together.

DON'T MISS

- Explore weathered carved poles, longhouse remains and learn about traditional Haida culture.
- Cruise through an ocean teeming with marine mammals and other wildlife!



Skidegate | 1-877-559-8818
parksCanada.gc.ca/gwaiihaanas



2 Pacific Rim (Reserve)

An area of rainforests, marine kelp forests and rich heritage.

DON'T MISS

- Catch a wave and go for a once-in-a-lifetime surfing experience!
- Walk under the rainforest canopy and identify wonderful creatures and plant life like Old Man's Beard and the Banana Slug!



Ucluelet – 300 km from Victoria;
 300 km from Vancouver | 1-250-726-3500
parksCanada.gc.ca/pacificrim
 @PacificRimNPR | #PacificRimNPR



3 Gulf Islands (Reserve)

Fifteen islands and 36 square kilometers of protected marine wilderness.

DON'T MISS

- Paddle a kayak through the sheltered waters of the Salish Sea.
- Camp at one of several oceanfront back-country campgrounds.



Sidney – 25 km from Victoria;
 85 km from Vancouver | 1-866-944-1744
parksCanada.gc.ca/gulfislands | @GulfIslandsNPR
 #GulfIslandsNPR



4 Mount Revelstoke

A showcase of Western Canada's dramatic mountain landscapes, from dense rainforests to craggy peaks.

DON'T MISS

- Hike alpine meadows, meandering past colourful wildflowers.
- Lean out over the historic Nels Nelson ski jump and imagine launching into flight.



Revelstoke | 1-250-837-7500
parksCanada.gc.ca/revelstoke | @ParksMtnSafety



5 Glacier

Deep valleys, ancient forests and exceptional alpine scenery.

DON'T MISS

- Take a stroll through towering moss-draped old-growth cedars.
- Push yourself to the limit with an exhilarating high-country experience!



Revelstoke | 1-250-837-7500
parksCanada.gc.ca/glacier | @ParksMtnSafety



6 Yoho

A pristine National Park with 28 peaks soaring over 3,000 metres.

DON'T MISS

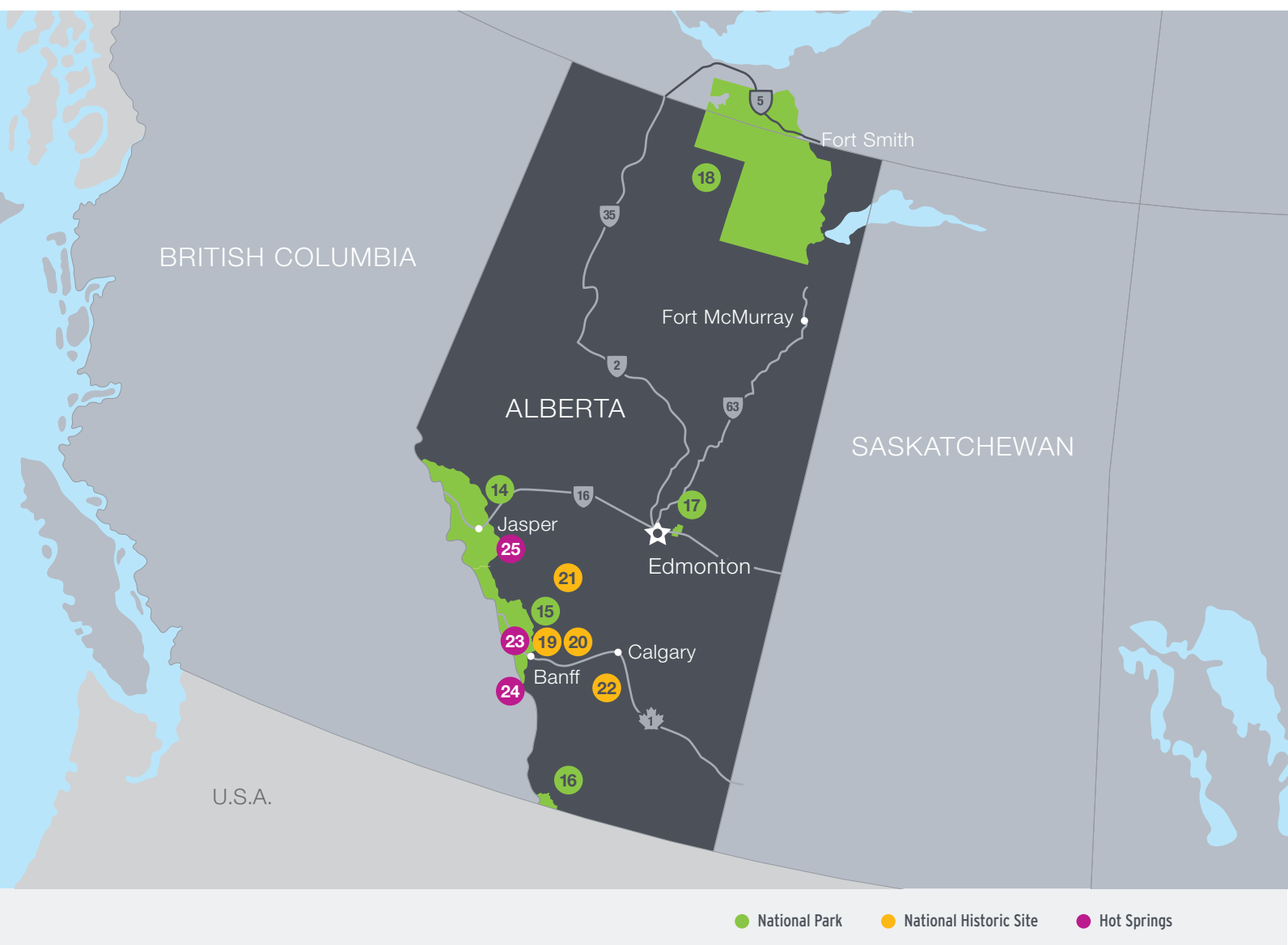
- Book a guided fossil tour of the Burgess Shale and explore the origins of life on earth.
- Hike at dawn on the spectacular Twin Falls trail along the Yoho River.



Field – 210 km from Calgary, AB
 1-250-343-6783 | parksCanada.gc.ca/yoho
 @YohoNP

DIRECTORY

ALBERTA



SERVICES

- Access for the physically impaired
- Restaurant
- Gift shop
- Picnic area/Shelter
- Playground

ACCOMMODATION

- Camping
- Recreational vehicle
- oTENTik
- MicrOcube
- Historic stay
- Equipped camping
- Tipi
- Cabin

ACTIVITIES

- Interpretation
- Cycling
- Mountain biking
- Backpacking/Hiking
- Birdwatching
- Marine mammals
- Beach
- Canoeing/Kayaking
- Motorboating
- Fishing
- Scuba diving
- Horseback riding
- Golfing
- Tennis
- Rafting
- Hot Springs
- Mountain/Ice climbing
- Winter activities
- Dark Sky Preserve
- Xplorers activities
- My Photo Missions app
- Red chairs



14 Jasper

A part of UNESCO's Canadian Rocky Mountain Parks World Heritage Site.

DON'T MISS

- Watch dramatic mountain scenery unfold as you drive the world-famous Icefields Parkway.
- Witness the starry night sky at the annual Jasper Dark Sky Festival.



Jasper – 335 km from Edmonton;
415 km from Calgary | 1-780-852-6176
parkscanada.gc.ca/jasper | @JasperNP
#JasperNP



15 Banff

Canada's historic first National Park.

DON'T MISS

- Pedal through breathtaking views with picnic areas along the Legacy Trail.
- Follow the Sundance Canyon Trail, offering panoramic mountain views across the Bow River.



Banff – 130 km from Calgary
1-403-762-1550 | 1-403-522-3833
parkscanada.gc.ca/banff | @BanffNP

Check out the car-free exploration options at parkscanada.gc.ca/banff-transit.



15 Lake Louise (Banff)

The heart of the Canadian Rockies where history and wild nature blend.

DON'T MISS

- Hike to a wild glacial moonscape above Bow Lake.
- Snowshoe or cross-country ski in the heart of the Rockies.



Lake Louise – 190 km from Calgary
1-403-522-3833 | parkscanada.gc.ca/banff
@BanffNP | #LakeLouise



16 Waterton Lakes

A dramatic landscape where the prairies of Alberta meet the Rocky Mountains.

DON'T MISS

- Some areas of the park are now open to the public following the 2017 Kenow Fire. Closures are still in effect for areas heavily affected by fire due to safety hazards and infrastructure damage. Updates are posted on our website and social media channels as they become available.



Waterton Park – 265 km from Calgary
1-403-859-5133 | parkscanada.gc.ca/waterton
@WatertonLakesNP | #WatertonLakesNP



17 Elk Island

A refuge for bison and oasis of calm only 35 minutes east of Edmonton.

DON'T MISS

- Take a VIP *Bison Backstage tour* to discover how plains bison were brought back from near extinction!
- Discover the wonder of a night sky twinkling with stars without the city's light pollution.



Fort Saskatchewan – 45 km from Edmonton;
340 km from Calgary | 1-780-922-5790
parkscanada.gc.ca/elkisland | @ElkIslandNP
#ElkIsland



18 Wood Buffalo

Canada's largest National Park, established to protect some of the last remaining herds of bison.

DON'T MISS

- Look for animal tracks as you meander along the Salt Plains.
- Leave technology behind and unwind in a rustic cabin on the shores of Pine Lake.



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



19 Banff Park Museum

Western Canada's oldest natural history museum.

DON'T MISS

- Join the Xplorers Club, solve puzzles, play games and win a souvenir.
- Admire the architecture of the cross-log construction from 1903.



Banff – 130 km from Calgary
1-403-762-1558
parksCanada.gc.ca/banffparkmuseum



20 Cave and Basin

The birthplace of Canada's National Parks.

DON'T MISS

- Dip your hands in thermal waters, then stroll the boardwalk over pristine marshlands on the *Discovery Tour*.
- Awaken your senses on an 'after hours' guided *Lantern Tour* inside the cave.



Banff – 130 km from Calgary
1-403-762-1566 | parksCanada.gc.ca/cave



21 Rocky Mountain House

A historic fur trading post along the North Saskatchewan River.

DON'T MISS

- Try a 3D Virtual Reality experience and travel back in time to a bustling fur trade post.
- Sign up to a *Dream Catcher Workshop* to learn more about the local Indigenous peoples.



Rocky Mountain House – 225 km from Calgary;
230 km from Edmonton | 1-403-845-2412
parksCanada.gc.ca/rockymountainhouse



22 Bar U Ranch

A historic ranch dating back to 1882 that played an important role in Canada's ranching industry.

DON'T MISS

- Sip cowboy-brewed coffee and learn to lasso a replica steer by its horns.
- Enjoy a *Horse-drawn wagon tour* pulled by the ranch's gentle giants, the Percheron horses.



Longview – 110 km from Calgary;
375 km from Edmonton | 1-888-773-8888
parksCanada.gc.ca/baruranch | @BarURanchNHS
#BarURanchNHS

DISCOVER THE PARKS CANADA APP

- Discover new trail map features in many locations
- Create personalised itineraries
- Find out about BioBlitz activities
- Find special events
- Discover hidden gems
- Create packing lists
- Unlock fun photo features

parksCanada.gc.ca/app



Canadian Rockies Hot Springs

1-800-767-1611
parksCanada.gc.ca/hotsprings

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.

For centuries, Indigenous peoples used these springs as sacred places while travelling through the Canadian Rockies. Today, the iconic Banff Upper Hot Springs continue to delight and welcome visitors as it has for over 130 years. Get off the beaten path and visit 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 is the perfect place to soothe sore muscles after a scenic walk or hike on the Sulphur Skyline trail.

23 Banff Upper

Banff Upper Hot Springs are the highest elevation developed hot springs in the Canadian Rockies.



Banff, AB – 130 km from Calgary, AB
@BanffNP | #Banff

24 Radium

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



Radium Hot Springs, BC – 260 km from Calgary, AB
@KootenayNP | #Radium

25 Miette

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



Jasper, AB – 340 km from Edmonton, AB
@JasperNP | #Jasper

Visit on weekday mornings for a quieter experience.



PLAN YOUR VISIT

PARKSCANADA.GC.CA
1-888-773-8888

5 OTHER REGIONS TO DISCOVER

Look for these
brochures on
our website



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QUEBEC



ONTARIO



CANADIAN
PRAIRIES



NORTHERN
CANADA

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 instagram.com/parks.canada

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en français.*

