



Bask in our warmth

There is nothing quite like it... unparalleled views, unruffled luxury. The breathtaking Canadian Rockies, viewed from soothing, mineral-rich waters that bubble up from deep, deep beneath the scenery. Heal the soul, relax and allow the tension to melt away. Like thousands of visitors who recommend us to their friends, you will be asking yourself how soon you can come back.



Miette Hot Springs

JASPER NATIONAL PARK OF CANADA
(780) 866-3939

Newly renovated!

You won't soon forget the drive up the spectacular Fiddle Valley to the hottest mineral springs in the Rockies. Flowing from the mountain at 54°C, the water is cooled to a comfortable temperature of 40°C as it enters the pools. Peaceful surroundings with these services:

- two hot pools, two cool pools
- outdoor and indoor cafés
- gift shop
- wildlife viewing
- superb hiking
- accommodation and camping nearby

Ashlar Ridge Café (780) 866-2111

Home baked goodies, barbecued burgers and other treats for sale. Gift shop. Indoor and outdoor seating.



Radium Hot Springs

KOOTENAY NATIONAL PARK OF CANADA
(250) 347-9485

Gaze up at the rock cliffs of Sinclair Canyon from the spacious mineral hot pool and see if you can spot one of the bighorn sheep that make this canyon home. The kids will enjoy swimming and diving in the cooler swimming pool (29°C). Plan to visit often—there is so much to enjoy, year-round:

- eastern B.C.'s largest day spa
- annual stained glass art show and sale June 23 – December 2, 2007
- heated winter pool entrances
- nature trails
- picnic areas and space to lounge
- the ultimate winter get-away for peace and relaxation

Radium Hot Springs Poolside Café (250) 347-9376

Snacks and souvenirs coming right up! Ice cream, pizza, sandwiches, t-shirts and gifts. Café and cappuccino bar with indoor and outdoor seating.



Banff Upper Hot Springs

BANFF NATIONAL PARK OF CANADA
(403) 762-1515

All the amenities of a modern facility are featured in this splendid, historic spa and bath house—against a backdrop of spectacular alpine scenery. You will luxuriate in the comfort of soothing hot water where travellers have come to “take the waters” for more than a century. Banff's premier attraction features:

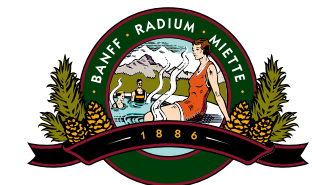
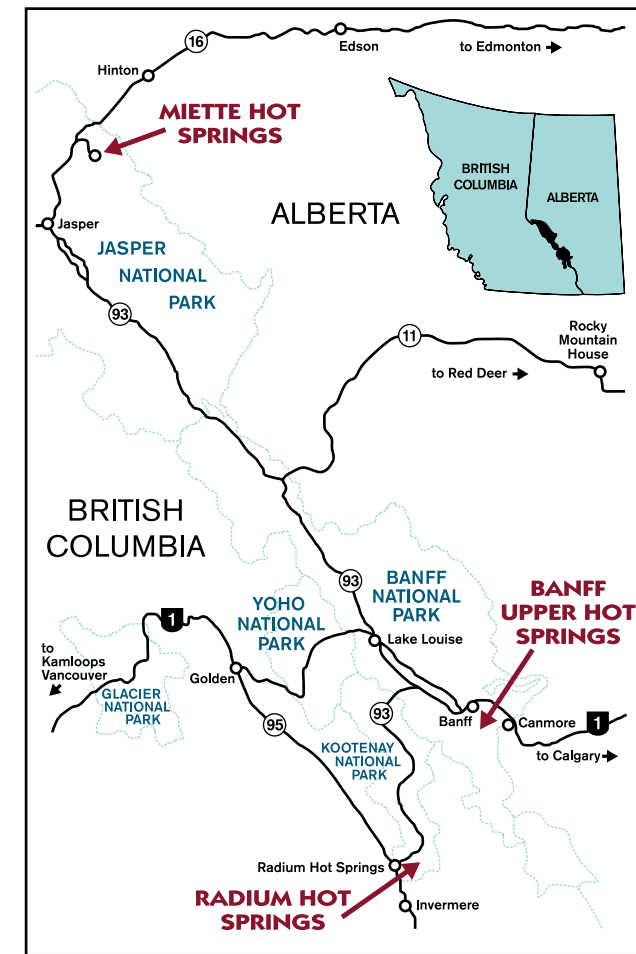
- day spa
- café
- gift store
- outdoor terrace
- *Wonder of Water* exhibit
- historic swimsuits (1920s) for rent

Outfitters Gift Store

Find the perfect souvenir here!
T-shirts, fleece tops, books, cards and gifts.

Upper Hot Springs Poolside Restaurant (403) 760-6686

Savour a tasty light meal, snack or a cappuccino indoors or out! Group bookings welcome.



CANADIAN ROCKIES HOT SPRINGS

1-800-767-1611

www.hotspings.ca

www.pc.gc.ca/hotspings

Box 900, Banff, Alberta, Canada T1L 1K2

PLEIADES MASSAGE AND SPA

Banff: 1-866-760-2502 Radium: 1-866-238-2923

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Canadian Rockies HOT SPRINGS



To you, from deep within

Hot springs are formed naturally when water seeps kilometres deep into the earth, where it is heated and pressurized. The water is forced back to the surface, laden with sulphate, calcium, bicarbonate, magnesium, sodium and other natural minerals.

Canadian Rockies Hot Springs offers you a choice of three different hot spring experiences, in three different mountain parks. Try one—you will want to experience them all.

Our staff proudly maintain these facilities to the highest public health and environmental standards. We work hard to ensure the protection of our natural surroundings.



Banff • Miette • Radium

2007-08 *Également disponible en français*



Parks
Canada

Parcs
Canada

Canada

Rates and hours

Banff Upper Hot Springs

Open year-round

Summer 2007

(May 17 – Sept 9)

Daily 9am-11pm

Winter 2007/08

(Sept 10 – May 14/08)

Sun-Thurs 10am-10pm

Fri-Sat 10am-11pm

Single admission

Adult (ages 18-64) \$8.00

Youth (ages 3-17) \$7.00

Senior (65+) \$7.00

Child (under 3) Free

Last admission 1/2 hr before closing time.
Annual passes and group rates available.
All rates include GST.

(403) 762-1515

Miette Hot Springs

Open May 17 to October 8

Spring 2007

(May 17 – Jun 22)

Daily 10:30am-9pm

Summer 2007

(Jun 23 – Sept 3)

Daily 8:30am-10:30pm

Fall 2007

(Sept 4 – Oct 8)

Daily 10:30am-9pm

Single admission

Adult (ages 18-64) \$7.50

Youth (ages 3-17) \$6.50

Senior (65+) \$6.50

Child (under 3) Free

Last admission 1/2 hr before closing time.
Day passes, season passes and group rates available. All rates include GST.

(780) 866-3939

Radium Hot Springs

Open year-round

Summer 2007

(May 17 – Oct 8)

Daily 9am-11pm

Winter 2007/08

(Oct 9 – May 14/08)

Sun-Thurs 12pm-9pm

Fri-Sat 12pm-10pm

Single admission

Adult (ages 18-64) \$7.50

Youth (ages 3-17) \$6.50

Senior (65+) \$6.50

Child (under 3) Free

Last admission 1/2 hr before closing time.
Day passes, annual passes and group rates available. Park user fee included in admission price. All rates include GST.

(250) 347-9485

Cool pool (25 metre)

May 17 – Jun 29

Jun 30 – Sept 3

Sept 4 – Oct 8

Oct 9 – May 14/08

Daily 1pm-8pm

Daily 9am-11pm

Daily 1pm-8pm

Fri 6pm-9pm, Sat-Sun 12pm-9pm

All facilities wheelchair accessible. Towels, lockers and swim suits for rent at all locations. Inquire about season's passes, books of tickets and wholesale rates. Interac, Visa, Mastercard, Amex accepted. Prices subject to change.



Soak in some history

Sacred to Native people, treasured by European settlers, the hot springs of the Canadian Rockies have rejuvenated and inspired generation after generation of travellers.

The birth of an entire family of world-famous national parks is told in the collective stories of these hot springs. Each of the three facilities has a distinctive and unique history, told in illuminating interpretive displays at each location.



Pleiades Massage and Spa

A gift to the senses. Day spas are operated at Banff Upper Hot Springs and Radium Hot Springs.

At Banff, a fresh atmosphere, private treatment rooms with natural light and mountain views—the ideal environment to enhance your well-being. Radium Hot Springs' spacious modern spa allows you to focus on wellness and luxuriate in comfort.

Certified therapists offer aromatherapy, facials, massage, Shiatsu, Reflexology and more.

Appointments recommended:

Banff:

(403) 760-2500

Toll free

1-866-760-2502

Radium:

(250) 347-2100

Toll free

1-866-238-2923