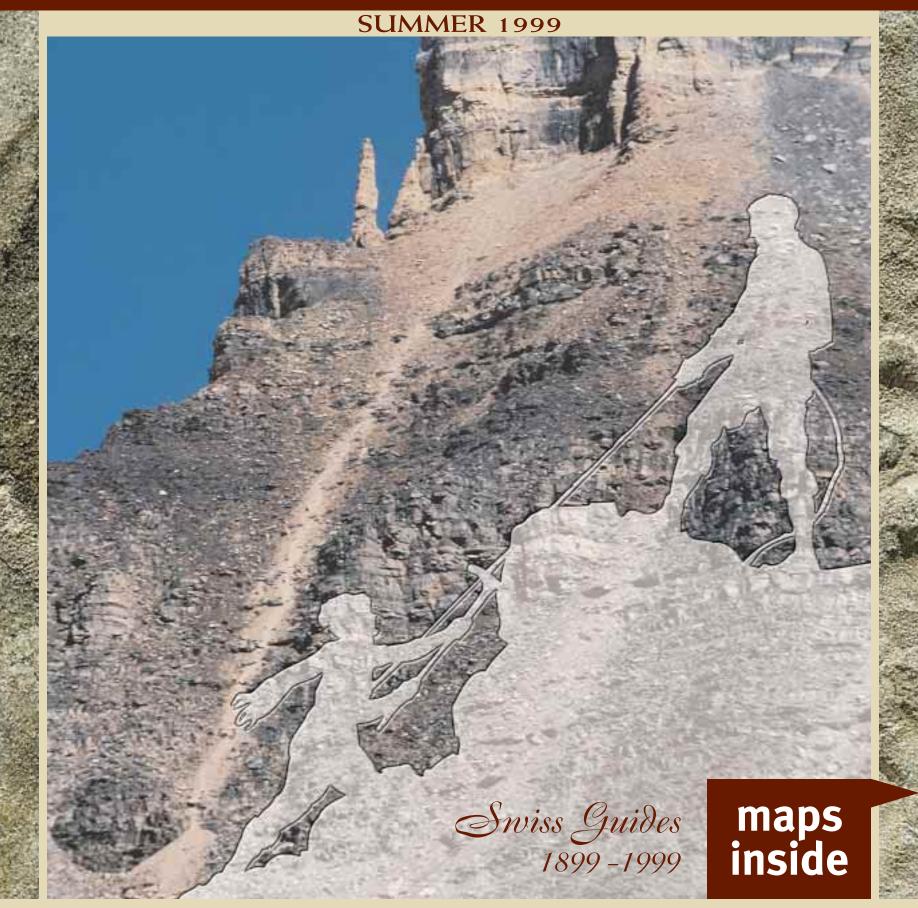
NATIONAL PARKS

# MOUNTAIN GUIDE

The Official Parks Canada Visitor's Guide



## welcome



## be a friend

Park Friends are non-profit organizations that partner with Parks Canada to help achieve common goals.

Friends use the proceeds from their gift shops to fund education and research activities. Here are just a few of the ways that park Friends are making a difference:



## The Friends of Banff

run the park radio (101.1 FM) and the "Living With Wildlife" program at roadsides and in campgrounds. (403) 762-8918



## The Friends of

support research projects, youth programs, and educational products. (780) 852-4767



## The Friends of Kootenav

sponsor interpretive walks and "Take A Hike for Parks Day" in mid-July. (250) 347-6525



## The Friends of

provide a roving "bear interpreter" and publications featuring Yoho's beauty. (250) 343-6393



offer a speaker program, summer hikes and mountaineering courses, and fund park research and a high school bursary. (250) 837-2010

To become a member, volunteer, or make a donation - just give us a call.

...from the staff of Banff, Jasper, Kootenay, Yoho, Mount Revelstoke and Glacier National Parks, and our partners. We invite you to discover, with us, the unique nature and culture of Canada's mountain national parks.

## A National Treasure

The idea of a Canada-wide system of protected areas took root here. Parks Canada now protects 38 National Parks and 132 National Historic Sites, each representing a significant aspect of the landscape and our history. These national parks and historic sites characterize our country and define who we are as Canadians. Parks Canada holds them in trust for all time:

> "The National Parks of Canada are hereby dedicated to the people of Canada for their benefit, education, and enjoyment and shall be maintained and made use of so as to leave them unimpaired for the enjoyment of future generations."

> > - National Parks Act, 1930

## A World Heritage Site Too

Banff, Jasper, Kootenay and Yoho National Parks, together with the provincial parks of Hamber, Mount Robson and Mount Assiniboine, are recognized internationally as a UNESCO World Heritage Site. The Canadian Rocky Mountain Parks World Heritage Site is one of the largest protected areas in the world.

> It's big. It's beautiful. It's also fragile and irreplaceable.

Read on to learn what makes our parks special, and how you can help keep them that way.

## **General Information**

- A Page from the Past
- Feature: The Guiding Spirit
- 6-7 Wildlife Guide
- 8-9 Activities, Safety
- The Big Picture: 10-11 Making Connections
  - 13 Interpretive Programs
  - 15 Park Use Fees
- 19 Addresses & Websites

## **MAPS & Highlights**

- 15 DISTANCE CHART & 6 Park Map
- 16-17 **BANFF National Park**
- 20-21 **Banff Townsite**
- 23 Lake Louise
- 24-25
- **27**
- 28-29 **KOOTENAY National Park**
- 32-33 YOHO National Park
- 36-37 MT. REVELSTOKE & GLACIER **National Parks**

## your next stop

Most of the visitor information you'll need is in this Guide. For more details, visit the nearest Information Centre, or take in an Interpretive Program or two. You'll be glad you did!



### **Information Centres**

Parks Canada Information Centres offer personalized service, maps and brochures, trail and weather reports, safety and area closure notices, back-country trip planning assistance and reservations, sales of park permits, wilderness passes, fishing licenses.

Banff Information Centre .... p. 20 Lake Louise Visitor Centre . . . . p. 23 Jasper Information Centre . . . . . p. 27 Columbia Icefields Centre . . . . p. 24

Kootenay Information Centres . . p. 28 Field Visitor Centre (Yoho) .... p. 32 Rogers Pass Centre (Glacier) . . . p. 36



## Interpretive Programs

Learning about local history and nature will add meaning and enjoyment to your visit. We offer guided walks and evening theatre programs for visitors of all ages. See interpretive program schedule, page 13.



## Interpretive Exhibits

Look for this symbol during your travels. It indicates the presence of interpretive exhibits in buildings, at roadsides or along trails, and a chance to understand these parks better.



## **S** Commercial Services

For accommodation, dining, retail and recreational opportunities:

Banff/Lake Louise Tourism Bureau, located in the Banff and Lake Louise Information Centres. (403) 762-8421

Jasper Tourism & Commerce, in the Jasper Information Centre. (780) 852-3858

Radium Hot Springs Chamber of Commerce, 7585 Main Street West in Radium Hot Springs. (250) 347-9331

Tourism Alberta & British Columbia, (250) 343-6783 Field Visitor Centre.

Revelstoke Chamber of Commerce, 204 Campbell Ave. (250) 837-5345



## a page from the past

The Canadian Rockies inspired scores of Hollywood movies – but Tinseltown found nothing that compares to the real history of our mountain parks.

Imagine ancient buffalo hunters combing these valleys... fur traders battling for control of the west... daring acts and tragedy ascending unclimbed peaks... turn-of-the century romance between a Philadelphia socialite and a mountain guide... or even the antics of an eccentric outfitter who released a lynx into a local tavern!

The men and women behind these stories live on in the history of these parks – and it's all here to discover.

Byron Harmon Collection

## First Peoples, First Presence

For early Native people, these mountains were both sacred places and a source of game, fish, and other supplies. Archaeological evidence from Banff's **Vermilion Lakes** suggests Aboriginal people arrived here about **11 thousand** years ago.

Though the Stoneys, Cree, Interior Salish and Plains Blackfoot passed through these valleys, few settled for long. Some journeyed to mineral springs such as Kootenay National Park's Paint Pots to gather ochre. An iron-based mineral, ochre was baked, crushed, mixed

with grease, and used as a paint for tipis, pictographs, and personal adornment.

## **Pushing the Boundaries**

Mention the fur trade, and **David Thompson's** name is inescapable.

This explorer mapped over a million square miles of

western Canada between 1797 and 1811. While charting new trading areas to the Pacific, Thompson explored the Howse and Athabasca Passes. He also frequented posts at historic Rocky Mountain House and established Kootenay House.

Other Canadian legends like **Sir George Simpson** and **Captain John Palliser** visited too, eyeing the West for its resource and settlement potential.

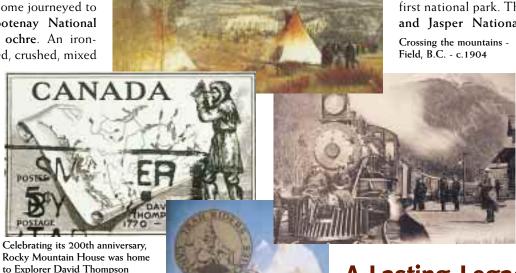
## All Aboard! Blasting a railway through 11,000 years of Aboriginal history -

Blasting a railway through these rock walls was no easy feat. Yoho National Park's Spiral Tunnels bear witness to this engineering marvel.

But in 1885, Canada achieved the impossible, completing its coast-to-coast railway. The arrival of the train brought tourists, resorts, and a lifeline to the newly-established Rocky Mountains Park (now Banff National Park), this young country's first national park. The creation of Glacier, Yoho, and Jasper National Parks soon followed, as

more and more visitors discovered the beauty of this mountain landscape.

For a brief period, lumber and mining industries flourished here. Coal mines at Bankhead and Pocahontas boomed in the early 1900s. But by 1930, a new National Parks Act set resource protection as the parks' priority.



A Lasting Legacy

The parks brought people – all kinds! By 1920 tourists came by automobile, along Canada's first central trans-mountain motor route, to the newly-established **Kootenay National Park**.

Some flocked to world famous attractions like Banff's Cave and Basin Springs. The more adventurous climbed with Swiss guides up uncharted peaks, often using historic Glacier House as a base. Between 1886 and 1903, almost 40 of Glacier National Park's mountains were climbed for the first time.

### SHOULD BE

## time travels and easy expeditions

The mountains contain many National Historic Sites and fascinating historic attractions. Here are a few easy-to-find highlights:

Paint Pots (Kootenay National Park) - Learn how early Native people gathered ochre for trade and personal use. The trail begins at Highway 93, 19.7 km southwest of Castle Junction.

Rocky Mountain House National Historic Site - Celebrations all summer long mark the 200th anniversary of the fur trade's arrival at this site, on Highway 11, 5 km west of Rocky Mountain House, Alberta.

Walk in the Past Trail (Yoho National Park) - The interpretive trail begins at Kicking Horse Campground, 3.7 km east of Field, and leads to the site of an engine wrecked during the building of the Spiral Tunnels.

Pocahontas Mine Trail (Jasper National Park) - The trailhead is 42.9 km east of Jasper townsite on the Miette Hot Springs Road. Named after a Virginia mining community, this coal town enjoyed a brief boom between 1908

and 1921. A similar trail can be found at historic Bankhead, within Banff National Park.

Rogers Pass National Historic Site (Glacier National Park) - Beginning at the Visitor Centre, the Abandoned Rails Trail passes historic snowsheds associated with avalanche control. Tour the site of Glacier House, a former Canadian Pacific Railway hotel, near the Illecillewaet Campground. In nearby Mount Revelstoke National Park look for the Historic Fire Tower.

For those heading to Prince George and points West... Fort Saint James National Historic Site is a fully restored Hudson's Bay Company post commemorating the partnership between the fur traders and First Nations people. Turn north onto Highway 27 from Highway 16 near Vanderhoof.

For more information on these or any other historic attractions, stop by the Information Centres in any of our parks or call 1-800-748-7275.

## the guiding spirit



by Bob Sandford

When the Canadian Pacific Railway was completed in 1885, it passed through five great ranges of moutains separating the prairies from the Pacific coast. In order to pay for the expensive maintenance and further development of the mountain sections of the railway, the Canadian Pacific established a tourism economy centred in the newly formed national parks of the Rockies and the Selkirks.

Given the wild and unmapped nature of these mountains, it is not surprising that mountaineers were among the first visitors to take the train west. Unfortunately, however, many of the earliest climbers were inexperienced. Without guides, it would be only a matter of time before someone was hurt or killed.

On August 3, 1896, a young Boston lawyer named Philip Stanley Abbot fell to his death from Mount Lefroy near Lake Louise. The accident caused a stir in the press and fired an American interest in climbing the mountain. A high-powered party of

British and American climbers made the ascent of Mount Lefroy on the anniversary of Abbot's death.

The party included a professional Swiss guide, Peter Sarbach. Though not hired officially as a guide for this expedition, his experience contributed greatly to its success. Subsequent exploration and a number of other first ascents made in 1897 strengthened the argument supporting the use of professional guides in the virtually unknown ranges of the Canadian West.

In 1899, the Canadian Pacific Railway brought two Swiss guides to work at their hotel in Rogers Pass, Glacier House. Though most of their guided trips were little more than glacier walks, Edouard Feuz and Christian Häsler Sr. also led a number of first ascents in the Selkirk Ranges. As their clientele grew, their base of operations expanded to include Mount Stephen House in Field and the (then) small Canadian Pacific chalet at Lake Louise.

Riding the crest of growing interest in mountaineering in Europe and the United States, the railway advertised these spectacular parks as "50 Switzerlands In One" and promoted the role guides played in enjoyable and safe mountain travel.

In 1911, the Canadian Pacific Railway built a "Swiss Village" at Golden, B.C. to house the guides and their families in a location central both to the Rockies and the Selkirks. Soon a second generation of Swiss guides was working at Canadian Pacific's mountain resort hotels.

The Swiss guides had a formative impact on Western Canadian culture during their 55 years of operation in the Selkirks and Rockies. They led more than 250 first ascents in the "Canadian Alps". They influenced local architecture and local cuisine. And they laid the foundation for the birth of skiing as a winter pastime in the Canadian West.

Through the introduction of safe mountaineering techniques and a highly developed aesthetic of alpine appreciation, the Swiss guides established the basis for a uniquely Canadian sense of their own mountain landscapes.

## **Mountain Guides Today**

With the perfection of the automobile, visitor patterns and interests began to change. In 1954, Canadian Pacific Hotels decided to drop its guiding program. The guiding tradition, however, continues here. The Association of Canadian Mountain Guides was formally created on May 23, 1963, and now numbers some 250 members.

In 1997, the Swiss mountain guiding tradition was revived at Canadian Pacific Hotels. Professional mountain guides once again take guests from the steps of the Chateau Lake Louise, the Banff Springs Hotel and Jasper Park Lodge to the summits of their dreams.

## **Celebrating 100 Years of Mountain Guiding**

In 1999, a broad range of community, national park and private sector interests will be drawing attention to the centennial of the arrival of the Swiss guides in Canada, and the role they played in shaping our alpine aesthetic. *We invite you to join us in the events listed below.* 

## swiss guides festival events

### BANFF, ALBERTA - Banff National Park

May 22 - September 19 Parks Canada interpretive hikes offered; see schedule page 13 (403-762-1550)

June 14 - September 15 Mountain guiding and interpretive hiking season at Banff Springs Hotel (403-762-2211)

July 2 - November 30 Exhibition of Swiss guiding tradition at the Whyte Museum of the Canadian Rockies; opening reception 7:30 pm, July 2 (403-762-2291)

**Saturday, July 17** Parks Day: hiking events sponsored by the Friends of Banff (403-762-8919)

**November 3 - 7** Mountain Book and Film Festival, at the Banff Centre for Mountain Culture (403-762-6125)

### LAKE LOUISE, ALBERTA - Banff National Park

May 21 - 23 Chateau Lake Louise Mountain Heritage Weekend to kick-off centennial celebrations at Canadian Pacific Hotels (403-522-1803); events include book launches, climbing and equipment demonstrations, presentations about historic guiding figures and by contemporary guides June 14 - September 15 Mountain guiding and interpretive hiking season at Chateau Lake Louise (403-522-1803) July 1 - August 31 Parks Canada interpretive hikes offered; see schedule page 13 (403-522-3833)

**Saturday, July 17** Parks Day: hiking events sponsored by the Friends of Banff (403-762-8919)

October 8 & 9 Mountain Guides' Weekend at Chateau Lake Louise: guest speakers, climbing and rescue demonstrations, summary presentations on centennial climbs undertaken during the summer (403-522-1803)

### FIELD, BRITISH COLUMBIA - Yoho National Park

July 1 - August 31 Parks Canada interpretive hikes offered; see schedule page 13 (250-343-6783)

July 1 - September 6 Swiss Guide photo gallery in the Field Community Centre, noon - 8 pm

"The Impact of Mountain Guiding on Canadian Culture", a free public presentation by noted local historian-author Bob Sandford, at 8 pm:

July 11, August 18, September 6

- Emerald Lake Lodge (250-343-6321)

July 23, August 26, September 10

– Field Community Centre (250-343-6783)

**July 15 & August 9** "The Mountain Show" (see description under Golden), 8 pm at the Field Community Centre; hosted by the Friends of Yoho (250-343-6783)

**Saturday, July 17** Parks Day: hiking events sponsored by the Friends of Yoho (250-343-6783)

## GOLDEN, BRITISH COLUMBIA - Glacier National Park

May 3 - September 30 Swiss Guides' Families exhibit at the Golden and District Museum, daily 10 am - 5 pm (250-344-5169)

June 12 & 13 Golden Heritage Weekend: kick-off for centennial celebrations in Golden

June 12 & 13 CPR Historic Train Exhibition at Rogers Pass Visitors' Centre

June 12 - September 30 Swiss Chalet at "Edelweiss" Swiss Village: interpretive walking tours offered Friday to Monday, 2 pm - 8 pm

Jun 12 - September 6 Bruno Engler's "Black & White Impressions" photo exhibit at Purcell Heli-Skiing Base Lodge, 2 pm - 8 pm (250-344-5410)

Sunday, June 13 Costume picnic with Swiss folk music and entertainment (1-800-622-4653)

June 13, July 5, 13, 21, August 3, 11, 19, 27 "The Mountain Show", a play based on the lives of the Swiss Guides, performed by the Golden Players at the Golden Civic Centre. All shows begin at 8 pm.

July 1 - September 1 Parks Canada interpretive hikes offered; See schedule page 13 (250-814-5232)
July & August Sounds of Summer: street concerts in downtown area, 7-9 pm Fridays & Saturdays

**Saturday, July 17** Parks Day: hiking events sponsored by Friends of Glacier (250-814-5232)

**September 18 & 19** Documentary Film Festival (1-800-622-4653)

**Friday, October 22** Celebration of Mountain Literature (1-800-622-4653)

### JASPER, ALBERTA - Jasper National Park

June 1 - September 30 Friends of Jasper National Park hikes; see schedule page 13 (780-852-4767)

June 14 - September 15 Mountain guiding and interpretive hiking season at Jasper Park Lodge (780-852-3301); ceremony at Lodge on Monday June 14 will commemorate the arrival of the first Swiss Guides to Jasper National Park in 1924

Saturday, July 17 Parks Day: call Jasper Information

Centre for special events (780-852-6176)



## mountain nature

## Life Zones

### Alpine

This is the land above the trees – a land of bare rock, ice and flower-filled meadows. Mountain goats, pikas, ptarmigans and a surprising variety of ground-hugging plants are adapted to the harsh climate and short growing season here.



### **Subalpine**

In the dark, dense mid-elevation stands of tall subalpine fir and Engelmann spruce the climate is cool and damp. The floor of this "snow forest" is moss-covered. Clark's nutcrackers, porcupines, and pine marten are typical residents.



### Montane

Grassy meadows, wetlands, and open forests of aspen, lodgepole pine, white spruce and Douglas fir occur in the lowest, driest part of the Rocky Mountains. Rich in food sources, this is essential winter habitat for elk, deer, bighorn sheep, wolves and cougars.



### **Cedar Hemlock Rainforest**

In the more westerly and much wetter Selkirk Mountains, valley-bottoms are home to a complex community of plants dominated by very old western red cedar and western hemlock. Mountain caribou, pine siskins, and devil's club can be found here.



## Wildlife Guide

For the Rocky Mountain National Parks: Banff, Jasper, Kootenay and Yoho. Please see page 36 for Mount Revelstoke and Glacier National Parks.



## **Grizzly Bear**

Ursus arctos

## **Identifying Features:**

shoulder hump, round face, long claws, fur blond to black, often grizzled **Habitat:** 

meadows, open forests, and alpine terrain

### **Estimated Population:**

Banff: 55-80 / Jasper: 100-120 Kootenay: 5-10 / Yoho: 6-12 Notes from the Park Wardens: "Grizzlies need plenty of space and freedom from human interference. You'd think there would be a lot of room to roam here. But you have to consider how much of this land is usable for wildlife – not bare rock and

ice, and not fragmented by roads or other human developments. We're finding that even the combined area of the four Rocky Mountain parks is not large enough to support viable populations of large carnivores. That's why we are working with our neighbours to ensure that grizzlies have the kind of space they need, both within and outside of national parks."



## **Black Bear**

Ursus americanus

## **Identifying Features:**

straight muzzle profile, short curved claws, fur black, brown, reddish or blond **Habitat:** 

forests and shrubby, open areas at mid to low elevations

## **Estimated Population:**

Banff: 50-60 / Jasper: 70-90 Kootenay: 15-25 / Yoho: 15-25



**Notes from the Park Wardens:** "Bears have huge appetites. They have to pack in enough calories during the snow-free seasons to get them through their long winter hibernation.

Bears are mostly vegetarian, but will eat whatever meat they can catch or find. Once bears learn about human food sources, like garbage, coolers or pet food dishes, they quickly turn into "problem" bears – getting increasingly bold and dangerous. We rely on YOU to help us keep bears from becoming habituated to people and their food. Sometimes we have to close parts of the park to ensure the safety of people or bears."



Canis lupus

## **Identifying Features:**

long legs, big feet, large head, fur may be grey, black or white

Grey(Timber)Wolf

### **Habitat:**

forests and meadows, at mid to low elevations

### **Estimated Population:**

Banff: 35-40 / Jasper: 50-80 Kootenay: 5-10 / Yoho: 5-10



Notes from the Park Wardens: "Back in the old days we used to think that the only good wolf was a dead wolf. Now we understand that they're an essential part of nature,

and we strive to protect them from unnatural threats. Wolves travel huge distances, often along roadways. That's one of the reasons we have speed limits of 90 km/hr or less on our highways, and 60 km/hr or less on our smaller roads. But cars still kill a lot of park wildlife. This is especially a concern for the wolf, with its small population base and relatively slow reproduction rate. Please obey park speed limits!"

## Please help us keep park wildlife WILD — and alive!



## Elk (Wapiti)

Cervus elaphus

## **Identifying Features:**

horse sized, large antlers in summer fur tawny brown with light rump patch **Habitat:** 

mixed wood forests, meadows, and townsites

### **Estimated Population:**

Banff: 1600-3200 / Jasper: 1300 Kootenay: 50-75 / Yoho: 25-50 Notes from the Park Wardens: "Elk have discovered that Banff and Jasper townsites provide plenty of tasty plants to eat — ask any local gardener. Townsites also offer elk a safe haven from their natural predators, wolves and cougars, who avoid populated areas. Our 'urban elk' may look tame, but don't let that fool you. People who have approached too closely have been attacked. Those hooves and antlers can cause serious injury! We do what we can to ensure that people keep their distance from wildlife, and are investigating ways to get the elk back out there in wolf country, where they belong."



## Moose

Alces alces

## **Identifying Features:**

long legs, bulbous nose, massive antlers, fur dark brown or black **Habitat:** 

mixed woods, wetlands, and recently burned areas

### **Estimated Population:**

Banff: 50-80 / Jasper: 80-100 Kootenay: 50-70 / Yoho: 40-60 Notes from the Park Wardens: "There aren't many moose in the Rocky Mountain parks. One of the reasons there are fewer of them here today than a century ago could be that we've been too good at suppressing forest fires. Moose, like many other plants and animals here, are adapted to fire. They need periodic fires to open up the forest and provide fresh new shrubs and tender plants to eat. Over the past decade we have been working to reintroduce fire into the ecosystem – in a safe way – to restore the natural, healthy diversity of habitats that wildlife need."



## **Bighorn Sheep**

Ovis canadensis

### **Identifying Features:**

large curling brown horns, fur tan with lighter rump patch

## **Habitat:**

meadows, open forests, and steep rocky hillsides

### **Estimated Population:**

Banff: 2000-2600 / Jasper: 2500-3000 Kootenay: 100-140 / Yoho: 0 Notes from the Park Wardens: "Sheep are social creatures. They learn important life skills from each other, and there's safety in numbers if you have to keep a constant look-out for predators. In our parks, some sheep have also become social in another sense. They hang out with people, usually at roadsides because they are fed there. People may not know that feeding ANY wildlife in a national park is illegal, or they may think that their one small act won't cause any harm. Believe me, it does! Think of it this way: feeding wildlife is like teaching your kids to eat junk food and play in the street."



## **Mountain Goat**

Oreamnos americanus

### **Identifying Features:**

dagger-like black homs, fur creamy white and shaqqy

### **Habitat:**

steep slopes and cliffs from treeline to mountain top

### **Estimated Population:**

Banff: 800-900 / Jasper: 250-300 Kootenay: 250-300 / Yoho: 300-400 Notes from the Park Wardens: "Goats live high on rocky cliffs, where life is hard. In the spring goats may visit mineral licks at lower elevations, for example at Mount Wardle in Kootenay National Park. This area has been designated a "Special Preservation Zone" because it is such important habitat for goats and other species that can't tolerate much human presence. In the Rocky Mountain parks there are 14 Special Preservation Zones, where no man-made trails or other facilities are allowed. Zoning for different levels of use is just one of the ways national parks protect and present our Canadian heritage."





## mountain activities

Explore!

National parks offer a chance to connect with the natural world.

All paths take you closer to the reason you came here in the first place.



## Scenic Drives, **Exhibits & Strolls**

We have scenic drives, roadside viewpoints, interpretive exhibits and easily accessible strolls for people of all ages, abilities and interests. See the park highlights and maps pages for details:

Banff p. 16-23 Jasper p. 24-27 Kootenay p. 28-29 Yoho p. 32-33 Mt. Revelstoke & Glacier p. 36-37

## **Walking** & Hiking

Hundreds of kilometres of trails, from easy to challenging, lead into this spectacular mountain scenery. Check at Park Information Centres for trail descriptions and conditions. Guided hikes are offered by Parks Canada Interpreters and local hiking guides.

## 😘 Biking

Scenic park roads are popular with cyclists, and some park trails are designated for use by mountain bikers. Dress for visibility and wear a helmet! Mountain bikers must give way to horses and hikers and be aware of the danger of surprising wildlife. Take warm clothes and be prepared to handle breakdowns or accidents. Rentals are available at some hotels and outdoor stores.

## P Horseback Riding

Riders require a Wilderness Pass and a grazing permit for any overnight stays. Horse use and/or grazing is restricted in some parts of the parks; ask at Park Information Centres. Guided horse trips, from an hour to a few days, are offered by outfitters in Banff, Jasper and Yoho National Parks.

## **Nature Watching** & Photography

Early and late in the day are usually the best times for photography and nature watching. Please treat the landscape and its inhabitants with respect: stay on established trails to avoid trampling vegetation, and always give wildlife plenty of space.

## Fishing

If you wish to fish in the mountain parks you must have a national park fishing permit. Permits and the brochure Fishing Regulations Summary, are available at Park Information Centres and some outdoor stores. Try your luck alone, or hire a fishing guide. We encourage the practice of catch and release angling. Mountain park waters are not stocked, and do not support large fish populations.

## **Boating**

Non-motorized watercraft are permitted on most lakes and rivers in the parks. Mountain rivers present a variety of hazards and should only be attempted by knowledgeable and experienced paddlers; route information is available at Park Information Centres. River rafting companies offer trips in some locations. Private motor boats are allowed only on Pyramid Lake in Jasper and Lake Minnewanka in Banff. Commercial boat tours are offered on Lake Minnewanka in Banff and Maligne Lake in Jasper.

## SwimmingSoaking

Some of the smaller mountain lakes warm up enough for the hardy: Johnson and Herbert Lakes in Banff, Lakes Annette and Edith in Jasper, Faeder Lake in Yoho. And don't forget the soothing hot pools in Banff, Jasper, and Kootenay National Parks.



## **Frontcountry** Camping

Parks Canada offers you a choice of than 30 Frontcountry Campgrounds (along roads) with over 5,000 sites, a range of facilities, and friendly, knowledgeable staff.

### First come, first served.

Demand for the more popular campgrounds is heavy in July and August. As campsites cannot be reserved in advance, plan to arrive by early afternoon or consider a more remote campground. For group camping, ask at Park Information Centres.

### See MAP pages...

for Frontcountry Campground locations, fees and amenities. Camping is allowed in designated campgrounds only, people camping in other locations will be moved and could face a fine.

## Backpacking

Before you head out for an overnight trip into the backcountry, stop in at a Park Information Centre to purchase your Wilderness Pass, pick up a Backcountry Visitors' Guide, and obtain other essential pre-trip advice. Local bookstores sell topographical maps, trail guides and books on low impact camping and hiking.

## Mountaineering

Opportunities abound for experienced climbers and scramblers, but make sure you venture out wellinformed and well-prepared. Park Information Centres provide route descriptions, permits, and trail, weather, and avalanche reports. We also offer a voluntary registration for hazardous activities - if you register out you must, by law, register back in. Licensed mountain guides, guide books, and climbing equipment are available commercially.

## TRecorded Information

## **WEATHER**

Banff .....(403) 762-2088 Jasper.....(780) 852-3185

### **ROAD CONDITIONS**

For all 6 parks.....(403) 762-1450

### **AVALANCHE HAZARD**

Banff, Kootenay,

& Yoho .....(403) 762-1460 Jasper .....(780) 852-6176 Rogers Pass.....(250) 837-6867 Western Canada ..... 1-800-667-1105

## Backcountry Camping

The unspoiled wilderness of Canada's mountain parks offers visitors superb opportunities for solitude, personal and physical challenge, freedom and adventure.

## A Wilderness Pass is required for all overnight stays in the backcountry.

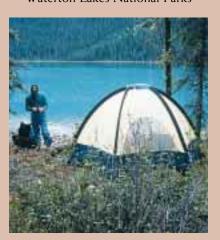
The Wilderness Pass fee is an investment in protecting that wilderness, and in maintaining backcountry trails and services. Wilderness Passes are available at all Park Information Centres.

ADULT: \$6 / person / night to a maximum of \$30 / person / trip

CHILD/YOUTH: free

16 years and under

ANNUAL PASS: \$42 / person valid in Banff, Jasper, Kootenay, Yoho, Mount Revelstoke/Glacier & Waterton Lakes National Parks



## Book ahead to avoid disappointment.

The number of campers that can be accommodated in is limited by the number of tent sites at backcountry campgrounds. Reservations may be made up to 3 months in advance by phone or in person at Park Information Centres. There is a non-refundable \$10 fee for this service.

### **Backcountry Huts**

These shelters provide sleeping platforms and cook stoves; you supply the rest. A Wilderness Pass is required.

Most huts are booked through the Alpine Club of Canada (call 403-678-3200) EXCEPT:

For Egypt and Bryant shelters in Banff, call the Banff Information Centre at (403) 762-1550.

For Mt. Revelstoke & Glacier huts Sapphire Col, Glacier Circle, and Caribou Cabin (winter only) call the Park Administration Office at (250) 837-7500.

## travel safely!

The awe-inspiring scenery can pose some awe-inspiring hazards too. The most common risks, and how to avoid them, are described on this page.

Remember: You are responsible for your own safety.

## **Driving**

The scenery can be distracting, but don't forget that you share the road with others – some on two wheels, and some on four legs. For safety's sake:

Drive with care, obey posted speed limits, and make allowances for other drivers (who may not be following this advice!). • Slow down in bad weather or stop somewhere safe and wait it out. • Here in the mountains weather conditions can change very rapidly, it may even snow in summer at higher elevations. • Watch out for cyclists - they may be difficult to see, especially if you are driving an RV. • Slow down and be prepared to stop if you see animals beside the road. • Warn other motorists of roadside animals by flashing your hazard lights. • If you wish to stop and view wildlife at roadsides, pull safely out of traffic first. Remain in your vehicle, and move on after a few minutes.

## Wildlife

All park animals, no matter how 'tame' they may appear, are unpredictable and potentially dangerous.

Do not approach or feed ANY wild animals, big or small. Even ground squirrels will bite, and they can carry some nasty parasites too. • Stay at least 30 m (3 bus lengths) away from large animals. • Approaching ELK too closely is dangerous at any time of the year, and particularly so in the spring and fall. Females will aggressively protect their calves in May/June. Rutting males are dangerous in September/October. • Always stay at least 100 m (10 bus lengths) away from BEARS. • When hiking, make noise to warn bears of your presence. When driving, stay in your vehicle if you see a bear.



## **Falling**

All it takes is a slippery slope or a momentary lapse of attention and you could be in trouble.

Keep away from the edge. • Avoid slippery patches on trails and rocky areas adjacent to canyons, waterfalls and streams. • Heed warning signs, stay behind safety fences. • High elevation trails can be covered by snow or ice until mid-summer. In some cases, a slip can mean serious injury or death. • Only walk on glaciers if you are properly equipped.

## **Getting Lost**

It's big out there, and wild. Losing your way can have serious consequences here.

Research your trip before you hit the trail. • Tell someone where you're going and when you will be back. • Take a map. • Keep your group together. • Stay on the trail, retrace your steps if unsure of your route. • Always travel with water, food, and extra clothing. • Be prepared to stay out overnight just in case — a search takes time.

## Weather

Weather in the mountains can change rapidly, from minute to minute and from place to place. Generally, the higher you go, the colder and windier it gets.

Check weather reports before heading out, but be prepared for anything. • Take along clothing to protect you from wind, cold and rain, and bring sunglasses, hat and sunscreen for protection from ultraviolet radiation. • Dress in layers, adjust as you go to prevent overcooling or overheating.

## Avalanches, Icefalls, Rockfalls...

Gravity at work!

Wherever there is snow on a slope, there is the potential for an avalanche. In most places this is a concern only in spring, late fall and, of course, winter. • Glacier ice on steep slopes or cliff edges can collapse at any time. Do not walk beneath overhanging ice. • Much of the Rocky and Selkirk Mountains are made of loose rock. Be alert for rockfall whenever you are in steep terrain.



# PARK REGULATIONS

exist to protect everything that makes our national parks special, including you. When in a national park, be sure to:

## **GIVE WILDLIFE SPACE**

It is against the law to touch, entice, disturb or otherwise harass any wild animals – big or small.

## KEEP FOOD & GARBAGE AWAY FROM WILDLIFE

Feeding any park wildlife is prohihibited. Always keep coolers stored in vehicles. Pick up litter and dispose of garbage in bearproof bins.

## **PUT PETS ON A LEASH**

Unrestrained pets have been known to harass wildlife, provoke wildlife attacks and endanger people.

## LEAVE IT FOR OTHERS TO ENJOY

Whatever treasure you find – be it a rock, a flower, an antler or an historic artifact – it belongs where it is.

### RESPECT RESTRICTIONS

All park activities, such as fishing, camping, etc., are subject to certain restrictions that ensure the protection of the park and a high quality, safe experience for all.

### **OBEY CLOSURES**

Areas may be temporarily closed by order of the Park Superintendent for safety or environmental reasons. Closures are marked with signs and/or tape.

## **DISARM FIREARMS**

Firearms must remain in your vehicle at all times, unloaded, and in a case or wrapped and securely tied so that no part of the firearm is exposed.



Call us if you see anyone violating the park regulations listed above. Your timely and accurate information will help protect people and the park.

1-888-WARDENS (927-3367)

the big picture:

When Canada's first national park was created out of 10 square miles of mountain wildemess in 1885, it was little more than a line drawn on a map. For the wildlife living there, life was much the same inside that line as it was outside. The only difference was that the land inside the line was called a park, and so people thought of it differently.

Drawing lines on a map is no longer enough. Today, park boundaries define rare and special places. Differences between the inside and the outside of those lines are more apparent than ever. At the same time, the ability of those boundary lines to protect the inside from the outside is decreasing.

As we head into the next century, the challenge of managing Canada's 38 national parks is to ensure that the features which make these parks special are sustained into the future.

Pressures from both outside and inside those lines drawn on the map are putting increasing stress on the natural environment. More and more people visit parks each year. Canadian landscapes are changing rapidly to meet the demands of a growing nation. How can we ensure that our national parks continue to function as wild spaces?



## A highway in the sky



Over the ridge crest of the Rocky Mountains soars an "eagle highway". Each spring and fall, thousands of golden eagles and other birds of prey soar the thermals that rise over the

tops of the eastern peaks, on their way to and from their summer homes in the mountain ranges of Alaska and the Yukon. In some places, this "eagle highway" is less than 500 metres wide, which may be why it remained unnoticed until a few years ago. If such a well-used flyway can be overlooked for so long, what other connections might we be missing?

Our mountain national parks are part of greater landscapes. These parks take up only a relatively small amount of space on a map, but they have a big role to play in sustaining the wilderness and wildlife of western North America.

"What we have we hold."
-J.B. Harkin, first Parks Commissioner, 1911 - 36

In order to maintain national parks, we have to understand what it is we hold. We need to know what lives here, and the relationships between species and natural processes. Not only do we have to care about what is within our parks, we need to care about what is happening outside of them too.

In short, we must think like an ecosystem. An ecosystem is a community of plants and animals (including us!) and the processes that link them to each other and to the land. Few parks contain complete or unaltered ecosystems. Instead, our national parks are part of larger, dynamic ecosystems.

Few parks contain complete or unaltered ecosystems.

Park managers now strive to make decisions based on an understanding of the entire ecosystem. This holistic approach recognizes that the well-being of parks — and of human communities — depends on the health of the larger landscapes of which they are part.

## Focus on "Indicator Species"



One way to assess the health of an ecosystem is to look at "indicator species" such as the wolf or the grizzly bear. In spite of their size and strength, these large carnivores are actually among the most sensitive species in our parks. Sensitive to ecosystem health, that is.

Stephen J. Krasemann

For one thing, they

need huge amounts of space. Since suitable habitats are already limited by the nature of this mountainous landscape, their ranges often extend far beyond park boundaries.

Large carnivores are also particularly sensitive to disturbance. Wolves have a low tolerance for human presence and are known to avoid developed areas. Grizzly bears will abandon good habitat if human use of the area is high.

The presence or absence of wolves and grizzly bears in an ecosystem, therefore, is usually a good indication of its overall health. That is why park research and management activities

are aimed at sustaining these species. If their needs are looked after, it is likely that the needs of other species in the community are also looked after.

By respecting park closures and restrictions, you are contributing to a healthy future for wildlife.

One of the best ways we can help bears and other large carnivores survive in this mountain region is to reduce our impact upon the landscape. Habitats with the most human pressure are the ones we most like to enjoy – and where we have built our roads, day use areas and hiking trails. During your travels you may find that access to some parts of the parks is limited, to reduce human use in key habitat areas or at critical times. By respecting park closures and restrictions, you are contributing to a healthy future for wildlife.

## The Natural Role of Fire

In many ecosystems, fire plays a natural and necessary role in ensuring high quality habitat for wildlife. Historically, fires burned frequently across the Rocky Mountain landscape. Some were started by Aboriginal peoples to improve wildlife habitat and travel routes, others by lightning strikes. Fire prevention and suppression in our national parks during the past century has adversely affected the vegetation and wildlife habitats here.

We now use prescribed burns to reintroduce fire into some ecosystems in a safe and controlled manner.

Fire recycles nutrients, helps plants reproduce, and creates a mosaic of vegetation types and ages that provides habitat for a variety of animals. Without fire, the landscape begins to lose its diversity. Trees slowly invade meadows and shrublands. Moose, sheep, bears and other species that favour open spaces may decline. That is why we now use prescribed burns to reintroduce fire into some ecosystems in a safe and controlled manner. Our aim is to restore the biological diversity required for a strong and healthy ecosystem.

But frequent fire is not for every forest. The temperate rainforests of Mount Revelstoke and Glacier National Parks in the Columbia Mountains evolved with long intervals between fires, to create old-growth forests.

Since there is little old-growth forest left, a fire in Mount Revelstoke National Park would be disastrous to species that rely on these ancient forests for their survival. The endangered mountain

## making connections

caribou, for example, feeds in winter on lichens that grow very slowly on the branches of mature trees. Without protection of old-growth forest habitat, both within and outside of these national parks, the future of the mountain caribou is threatened.

## Making Way for Wildlife

In addition to protecting patches of wildlife habitat within and around national parks, it is critical that these patches be linked in such a way that wildlife can move safely between them. Wild animals need to travel freely in search of feeding, denning or resting areas, and suitable (ie. not closely related) mates. Unfortunately for wildlife, their travel corridors often follow the the same valleys and low mountain passes that people use.

Wild animals need to travel freely in search of feeding, denning or resting areas, and suitable (ie. not closely related) mates.

We have found, through DNA research, that the grizzly bears of the eastern slopes of the Rocky Mountains have very low genetic diversity. These bears are not dispersing far to find mates, and the population could be at risk due to inbreeding.

We also know that within Banff National Park, female grizzlies are not moving from one side of the Trans-Canada Highway to the other, in spite of the underpasses and overpasses that have been built to enable wildlife to cross this formidable barrier safely.

It is obvious that we need to work on a variety of initiatives, both within and outside park boundaries, to make sure wildlife can move freely throughout these mountains.

"Use without abuse - how can it be attained?"
- J.B. Harkin, first Parks Commissioner, 1911 - 36

Our task is to love and care for this landscape without forever damaging what it is that we cherish. We need to allow ecological processes to continue to operate much as they have always done. We need to understand our connections to the natural ecosystems we rely on for our survival. We need to ask meaningful questions and make thoughtful decisions.

Parks give us hope, that we can still learn about the diverse life around us, learn how to keep our wildlands wild and most of all, learn about our role in these treasured landscapes.

## Yellowstone to Yukon Conservation Initiative





The mountain national parks are only a small part in the big picture of wildlife conservation in western North America. A joint Canada-United States network of more than 200 organizations, institutions and foundations is working to ensure the long-term survival of wildlife in the Rocky and Columbia Mountains. It is called the Yellowstone to Yukon Conservation Initiative, or Y2Y.

Acknowledging the recent revelations that wide-ranging wildlife species such as wolves and bears need much more territory than anyone previously thought necessary, Y2Y seeks to build and maintain a life-sustaining system of core protected reserves and connecting wildlife corridors, all the way from the Yellowstone Plateau to the Yukon Highlands – a distance of 3,200 km (1990 miles).

## Walking from Yellowstone to Yukon



On June 6, 1998, Karsten Heuer and his canine companion Webster traded the comforts of home for hiking boots, Band-Aids, backpacks and a slide projector. Their mission? To hike from Yellowstone to the Yukon, a route that will cover 3,400 km (2,200 miles).

The Y2Y Hike is being completed in two sixmonth periods. The first leg began in June of 1998 in Yellowstone at Mammoth, Wyoming, tracing a path along the Continental Divide to Jasper, Alberta. The second leg started (on skis!) in March of this year, and will continue north from Jasper through north-central British Columbia, to Watson Lake in the Yukon.

The hike crosses some of the wildest parts of the Rockies. It follows the most likely path of a grizzly bear, elk or cougar moving from one park to another, a path modeled by US scientists Dr. Lance Craighead and Rich Walker. It will symbolically cross the fences, private lands, railways, roads, towns, clearcuts, mines, regional jurisdictions and international borders that challenge wild animals in their efforts to move between protected areas too fragmented to meet their needs.

The trek's purpose is to attach a human story to the challenges and barriers that wild animals face as they move along these crucial routes.

Why undertake such a mission? "In the hope that it might help people expand their concept of wildlife conservation beyond the boundaries of existing parks and wilderness areas. To help others think at a scale that is meaningful to wide-ranging animals like the wolf, wolverine and grizzly bear," says Karsten.

As a park warden, Karsten patrolled Banff National Park's backcountry on horseback for the four seasons preceding the Y2Y Hike. In winter, he works as an independent biologist studying the movements of wolves, lynx and cougars around developed areas in the Bow River Valley.

For more information, visit the Y2Y website: http://www.rockies.ca/y2y

## interpretive programs

Park Interpreters share their knowledge, insights and sense of fun at guided walks, theatre programs and other events.

Ask at Park Information Centres and Campgrounds for more details about the programs listed here, and about other educational opportunities provided by Parks Canada and our Friends associations.



Historic Sites: JUN 12 - SEP 12

Tours are free with admission to these National Historic Sites (p.21).

Cave & Basin Discovery Tour DAILY @ 11 am (1 hr)

Park Museum Wildlife Tour DAILY @ 3 pm (1 hr)

Guided Walks: MAY 22 - SEP 19

## "Vermilion Lakes Stroll" DAILY @ 10 am (2.5 hrs)

Get the inside scoop on Banff's wildlife, history and current events, while enjoying classic views of the Bow Valley. Free, but space is limited, pre-register at the Friends of Banff store in the Banff Information Centre. Meet at the First Vermilion Lake.

## Downtown Theatre: JUN 11 - SEP 12

Join us for an informative and inspirational mix of slide talks, drama, films.

Banff Information Centre Theatre

224 Banff Avenue, downstairs.

DAILY @ 8:30 pm (1 hr)

## Campground Shows: JUN 18 - SEP 6

Tunnel Mountain Campground Trailer Court (Indoor) Theatre TUES / THUR / FRI / SAT / SUN @ 8 pm

Tunnel Mountain Campground Village I (Outdoor) Theatre MON / WED / FRI / SAT @ 9 pm (1 hr)

### Kids' Programs: JUL 2 - AUG 19

"Edu-tainment" for the whole family, brought to you by the Friends of Banff.

Tunnel Mountain Campground

Village I (Outdoor) Theatre

SUN / TUES / THUR @ 7:30 pm (45 min)

FRIENDly Thursdays: JUL / AUG

**EVERY THURSDAY IN JULY& AUGUST** 



Share insights and experiences with a local expert. Activities and times vary; for details, and to register, visit the Friends' store in the Banff Information Centre. Maximum. 10 participants / event. \$5/person.

## Lake Louise

Guided Walks: JUL 1 - AUG 31

For both walks, meet at the "Parks Canada Guided Events" sign on the brown fence along the lakeshore. Sponsored by the Friends of Banff. Space is limited, pre-register at the Friends' store in the Lake Louise Visitor Centre or call 522-2708.

## "Lake Louise Lakeshore Stroll" WED & FRI @ 10 am (2 hrs)

An easy stroll along the most famous lake in the Canadian Rockies.

"Plain of Six Glaciers Experience"
TUES / THUR / SUN @ 9 am (6hr/13km)
A moderate hike up to the teahouse,
with great views of peaks and glaciers.

### Campground Shows: JUL 1 - AUG 31

Lake Louise Campground Theatre DAILY EXCEPT TUESDAYS (1 hr) @ 9 pm JUL 1 - AUG 15 @ 8 pm AUG 16 - AUG 31

## Yoho

## Guided Walks: JUL 1 - AUG 31

"Emerald Lakeshore Stroll"
WED & SUN @ 10 am (2.5 hrs/5 km)
Meet at the café by the Emerald Lake
Lodge bridge for an easy walk around
the "jewel of Yoho". Co-sponsored by
Emerald Lake Lodge.

## "Walk Into the Past" MON & THUR @ 7 pm (1.5 hr)

Meet at Old Bake Oven in Kicking Horse Campground for a stroll through the woods with an historic flavour.

## Campground Shows: JUL 1 - AUG 31

Kicking Horse Campground Theatre FRI / SAT / SUN (1 hr) @ 9 pm JUL 1 - AUG 13 @ 8 pm AUG 14 - AUG 31

Hoodoo Creek Campfire Circle THURS & SAT (1 hr) @ 9 pm JUL 1 - AUG 13 @ 8 pm AUG 14 - AUG 31

## Kootenay

## Guided Walks: JUL 1 - AUG 31

### **Sinclair Canyon Walks**

Sponsored by the Friends of Kootenay. Space is limited; pre-register at the Friends' gift store at the Radium Hot Springs Pools or phone 347-6525. Meet at the Pools front entrance.

## "Walk of the Two Lions" (2 hrs) IN JULY: MON & FRI @ 10 am IN AUGUST: MON @ 10 am

Signs of at least one lion guaranteed.

## "Into the Secret Canyon" (1.5 hrs) AUGUST ONLY: FRI @ 10 am

A walk back in time to a sacred place of vision quests and natural splendour.

## "Stanley Glacier Hike" TUES @ 10 am (5 hrs/10 km)

Meet at the Stanley Glacier trailhead for Kootenay's #1 classic hike through a dynamic landscape of fire and ice, to a lunch spot overlooking the glacier. Tickets may be purchased at Information Centres or at trailhead: Adult \$10, Family \$25, Senior \$7.50, Child \$5.

### Campground Events: JUL 1- AUG 31

## Redstreak Campground Theatre MON / TUES / FRI / SAT @ dusk (1 hr)

Check campground advertising for times and topics, or call 347-9505.

Redstreak Family Evenings WED & SUN (1 - 2 hrs) @ 7:30 pm JUL 1 - AUG 8 @ 7 pm AUG 9 - AUG 31

## And now, a word from our **Friends...**









"When you shop with us, you are helping us help the park. We look forward to seeing you in our gift stores and at our interpretive programs."

Meet at the theatre for a walk on the Edge of the Rockies Trail or an early theatre program. Check campground advertising for details.

Marble Canyon Campground Theatre MON & THUR @ 8 pm (1 hr)

## Jasper

### **Guided Walks**

"Jasper... A Walk in the Past" (1.5 hr) JUN 1 - SEP 30 DAILY @ 7:30 pm JUN 1- SEP 6 @ 6:30 pm SEP 7 - 30

Join the Friends of Jasper for an historical walking tour of Jasper Townsite. Meet at the Information Centre. To book group tours in French or German call 852-4767.

## "Pocahontas... A Walk in the Past" JUL 3 - AUG 29, SAT @ 2 pm (1.5 hr)

Tour a historic coal-mining town. Meet at the first parking lot at the bottom of Miette Hot Springs Road. Offered by the Friends of Jasper; donations appreciated.

## Kids' Programs: JUN 26 - AUG 31

## Junior Naturalist (1 hr) DAILY @ 5 pm

The Friends of Jasper offer children aged 6-10 a free, fun and educational program at Whistlers Campground. Limited enrollment; pre-register at campground. Donations appreciated.

## Campground Shows: JUL 1 - SEP 1

Whistler's Campground Theatre DAILY @ 10 pm JUL 1 - AUG 16 @ 9 pm AUG 17 - SEP 1

## Glacier

## Guided Walks: JUL 1 - SEP 1

Meet at Illecillewaet Campground Welcome Station. Check advertising at campgrounds and Rogers Pass Centre for dates and times, or call (250) 814-5232.

## Campground Shows: JUN 1 - SEP 1

Illecillewaet Campfire Circle WED & SUN @ 7 pm (1 hr)

## 6 park locator map

## **Park Fees**

Parks Canada offers you quality service and excellent value. We strive to give you the best!

Park entry fees support the maintenance of scenic drives, trails, picnic areas, information services and interpretive opportunities.

Park Fees are also an investment in the future, so that generations to come will also enjoy the benefits of Canadian heritage protected and presented in our national parks and historic sites.

### NATIONAL PARK DAY PASS

Valid from date of issue until 4 pm the following day, in any of the four contiguous mountain national parks: Banff, Jasper, Yoho and/or Kootenay. (Amounts in parenthesis are for day passes in Mt. Revelstoke & Glacier National Parks only.)

			GROUP 2-7 persons		
Adult	\$5	(\$4)	Adult Senior	\$10	(\$8)
Senior	\$4	(\$3)	Senior	\$8	(\$6)
Child					

If you decide to stay longer, you can upgrade your day pass to an annual pass at Park Gates and Information Centres.

### GREAT WESTERN ANNUAL PASS

For entry to all 11 national parks in Western Canada. Valid for one year from month of purchase.

ı	INDIVIDUAL	GROUP 2-7 persons
ſ	Adult \$35	Adult \$70
	Senior \$27	Senior \$53
	Child \$18	

Includes a coupon book worth over \$100 in discounts for camping, hot pools, historic sites, and more.

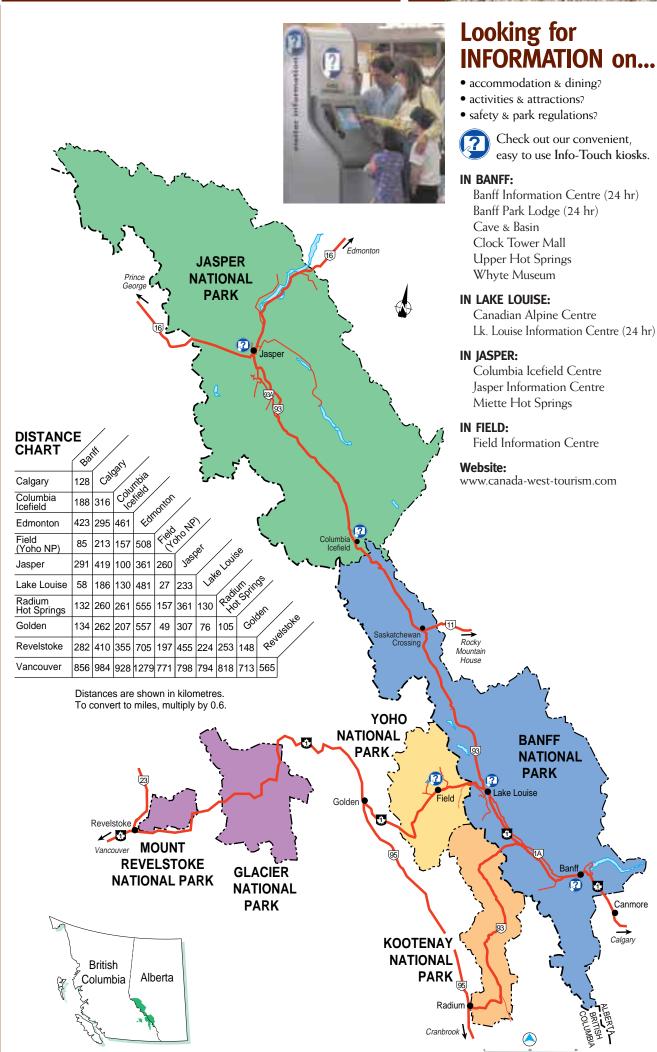
## TO PURCHASE YOUR PARK PASS

## Before you arrive:

Call 1-800-748-PARK (7275), or E-mail: natlparks-ab@pch.gc.ca

### Once you're here:

• Passes are sold at Park Gates, Information Centres, and staffed Campground Kiosks. • During the summer you can buy Day Passes only (by Visa or MasterCard) at 24-hour Automated Pass Machines located throughout the parks — look for APM on maps. • In Mount Revelstoke & Glacier National Parks, APMs also accept cash and issue camping passes.





## banff national park highlights

**Banff National Park** was Canada's first, North America's second, and the world's third national park.

The town of Banff (page 21) and the Village of Lake Louise (page 23) are the two main visitor centres in the park.

Established: 1885

Size: 6,641 square kilometers 2,564 square miles **Number of Visitors / Year:** 

about 4.7 million

1 Banff Townsite



See PAGES 20/21, Town of Banff highlights & map.

2 Cascade Ponds 5 km (10 min) from Banff on the Minnewanka Loop

Picnic shelters and fire boxes, grassy meadows, clear shallow pools, and a small beach make this a favourite with locals and visitors alike. See MAP, p. 21.

Bankhead 8 km (12 min) from Banff on the Minnewanka Loop

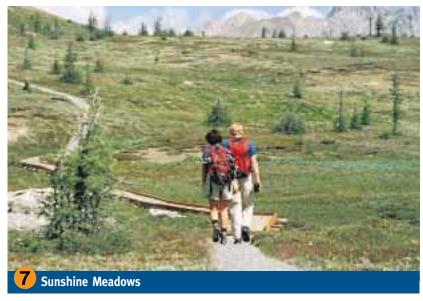
e in A coar mine in a national park? It A coal mine in a wouldn't be allowed today, but if you had been here 80 years ago you'd have seen a bustling, modern community at Upper Bankhead, and a thriving industrial centre at Lower Bankhead.

- at Lower Bankhead, wander among the ruins along the 1.1 km (30 min) interpretive loop trail
- Upper Bankhead is now a picnic area and a trailhead for hikers. See MAP p. 21.

Lake Minnewanka 10 km (15 min) from Banff on the Minnewanka Loop

Take a leisurely lakeside stroll to Stewart Canyon (1.4 km, 30 min), picnic by the beach or in one of the shelters provided, or simply admire the views at Banff's biggest lake, the "Lake of the Water Spirits".

- You are likely to see bighorn sheep - enjoy but please do not feed them.
- 2-hour boat tours to the end of the lake (762-3473) and guided fishing trips are available MID-MAY to OCT. See MAP p. 21.



Two Jack Lake 12 km (17 min) from Banff on the Minnewanka Loop

A pleasant spot for day use and camping.

Johnson Lake 14 km (20 min) from Banff on the Minnewanka Loop

There is an easy trail around this shallow lake, good wildlife-watching opportunities, and a small beach. See MAP p. 21.

**Sunshine Meadows** 15 km (20 min) from Banff via #1 and the Sunshine Road

From the ski area parking lot you can walk or take the bus service (678-4099, END JUN - ENDSEP) up a steep 5 km road to the ski area itself. From here, a selection of fine trails lead through alpine meadows full of wildflowers to stunning viewpoints. Explore on your own, or take a guided hike.

**Johnston Canyon** 25 km (30 min) from Banff on the Bow Valley Parkway

A paved trail and exciting catwalks lead up the canyon to two thundering waterfalls. Interpretive signs explain how and when the canyon was formed and the unique habitat that has been

- created by the force of water on rock. • 1.1 km (20 min) to the Lower Falls (wheel-chair accessible)
- 2.7 km (1 hr) to the Upper Falls For safety's sake, stay on the trail and away from the edge.
- Lake Louise 58 km (45-60 min) from Banff via #1 Highway or #1A Parkway
- See PAGE 23 .c. Louise highlights and map. See PAGE 23 for Lake

**Crowfoot Glacier** 

34 km (25 min) from Lake Louise on the Icefields Parkway

This beautiful pale-blue glacier was named a century ago when three "toes" of ice clung to the cliff. Today there are only two.

11 Bow Summit and Peyto Lake 40 km (30 min) from Lake Louise on the Icefields Parkway

Bow Summit is the highest point on the parkway, at 2088 m (6849') above sea level. You are near treeline here, at the edge of the alpine zone. A short walk from the parking area leads to a viewpoint overlooking the turquoise Peyto Lake and, in July and August, an astonishing array of alpine flowers.

12 Mistaya Canyon 72 km (50 min) from Lake Louise on the Icefields Parkway

Only ten minutes by trail from the road, the Mistaya River narrows into a twisting canyon. Look for rounded potholes and a natural arch on the canyon sides.

Saskatchewan River Crossing 77 km (55 min) from Lake Louise on the Icefields Parkway

The Crossing is near the junction of three rivers. One of these, the Howse, was the route used in 1807 by fur trader and explorer David Thompson to cross the Great Divide. Today's David Thompson Highway (#11) leads east from the Crossing to Rocky Mountain House, once an important fur trading fort (see box below).

**Rocky Mountain House National Historic Site** (403-845-2412) 167 km (2 hrs) east of the Crossing on the David Thompson Hwy, #11

Come celebrate our 200th Anniversary. Fur trade, exploration and aboriginal history are brought to life through displays, presentations and special events. Open 10 am - 6 pm in summer, National Historic Site admission fee as listed on page 20.

14 Parker's Ridge 120 km (1.4 hr) from Lake Louise on the Icefields Parkway

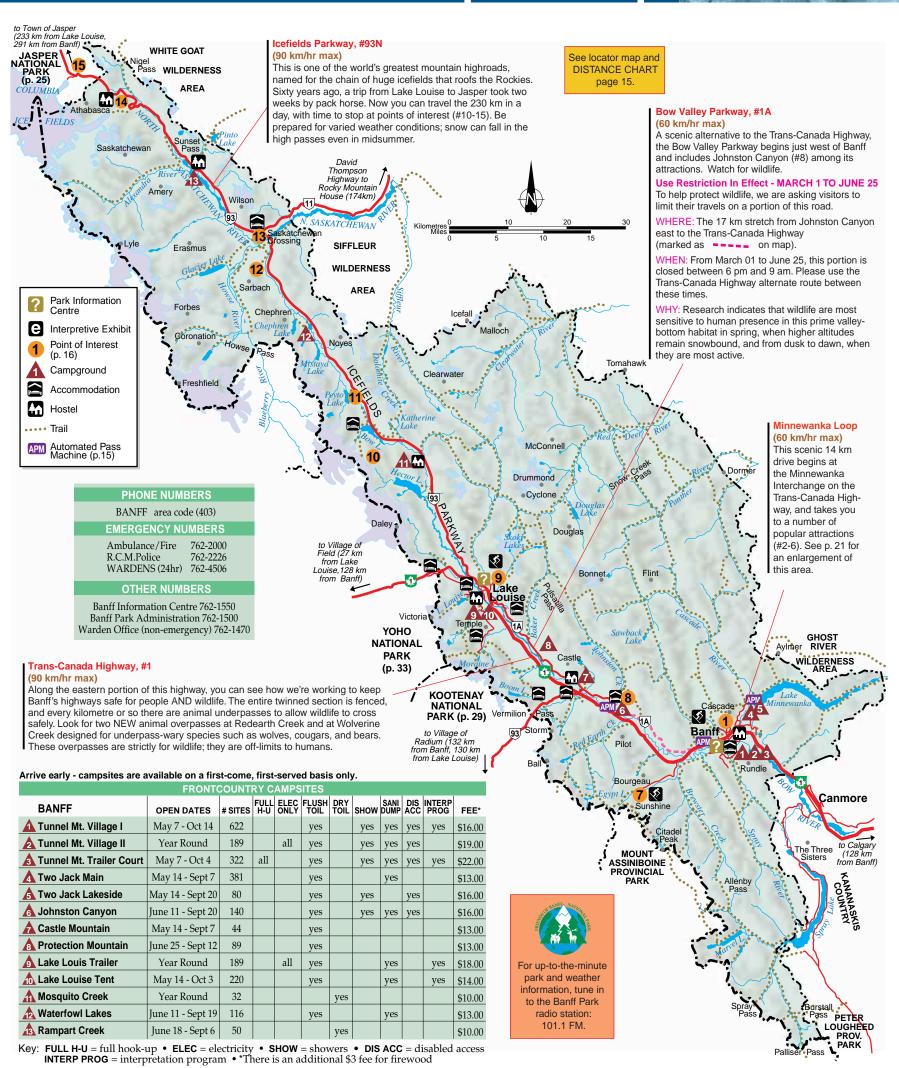
Experience the alpine **z**one. Sweeping mountain vistas, an outstanding view of the Saskatchewan Glacier, alpine flowers and the chance to see ptarmigan and goats await those who take the steep (250 m elevation gain), but short (2.4 km / 1 hr round trip) trail up Parker's Ridge. To protect the plant-life, do not short-cut the switchbacks.

Columbia Icefield 130 km (1.5 hr) from Lake Louise on the Icefields Parkway

See JASPER National S Park, page 25.



## banff national park map





## banff townsite highlights

The town of Banff is named after Banffshire in Scotland, the birthplace of two major financiers of the Canadian Pacific Railway.

There are plenty of opportunities within the townsite to experience Banff's cultural and natural heritage.



### **Banff Information Centre**

224 Banff Avenue; 762-1550



- full Parks Canada information services, maps, brochures, passes, permits, backcountry registrations, trail, road and weather reports
- "Welcome to Banff" video (12 min)
- Banff/Lake Louise Tourism Bureau information services (year-round)
- Friends of Banff National Park gift shop and office (year-round)

 SPRING (MAY 21 - JUN 17)
 8 am - 6 pm

 SUMMER (JUN 18 - SEP 6)
 8 am - 8 pm

 FALL (SEP 7 - SEP 26)
 8 am - 6 pm

 WINTER (SEP 27 - MAY 20)
 9 am - 5 pm

Cave & Basin National Historic Site end of Cave Avenue; 762-1566



Walk into the same cave that three railway workers 'discovered' in 1883 and marvel at its bubbling warm mineral waters. Interpretive exhibits, videos, and self-guiding trails explain how the site evolved from a place of potential fortune for three explorers, to a priceless national park for all.

- 1 hr guided tour at 11 am, summer
- admission fee: see fee box below

## NATIONAL HISTORIC SITE FEES Cave & Basin, Banff Park Museum

Adult: \$2.50 Youth: \$1.50 Family: \$6 Senior: \$2 (fees subject to change) or less if you purchase a

### **BANFF HERITAGE PASSPORT**

for admission to both Historic Sites

17 18 and the Whyte Museum

17 18 and the Whyte Museum of the Canadian Rockies 19

Adult: \$6 Family: \$14
Senior / Student: \$3.50
Three great places, one great price!



 SUMMER (JUN 12 - SEP 12)
 9 am - 6 pm

 WINTER (SEP 13 - JUN 10)
 1 pm - 5 pm

 Weekends
 9:30 am - 5 pm

 Weekdays
 11 am - 4 pm

## Banff Park Museum National Historic Site

Banff Avenue by the Bow River Bridge; 762-1558

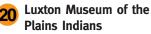
Built in 1903, western Canada's first natural history museum allowed early park visitors to enjoy the animals and curiosities of the Rockies in style and comfort. Now maintained as a "museum of a museum", the elegant building still exhibits the charm and attitudes of Victorian times.

- 1 hr guided tour at 3 pm, summer
- reading room, discovery room
- admission fee: see fee box this page **SUMMER** (JUN 12 - SEP 12) **10 am - 6 pm WINTER** (SEP 13 - JUN 11) **1 pm - 5 pm**

## 19 Whyte Museum of the Canadian Rockies

111 Bear St; 762-2291

This is the place to go for an entertaining introduction to mountain history, art and culture.



1 Birch Ave; 762-2388

Native history, art and culture are exhibited within this fort-like building.

## **21** Cascade Gardens at the head of Banff Avenue

The gardens surrounding the Park Administration Building, with their flagstone walkways, rustic gazebos and colourful blooms, are a delightful escape from the bustle of town.

22 Bow Falls 23 Banff Springs Hotel

Both sides of the Bow River offer enchanting views of the Bow Falls and of Banff's famous "castle".

## **24** Upper Hot Springs Pool end of Mountain Ave.; 762-1515

that have travelled deep into the earth, returning to the surface hot and rich in minerals.

- locker, swimsuit and towel rentals
- full service spa: massage, aromatherapy, etc. (call 760-2500)

the brochure Soak in Some History

SUMMER (MAY 15 - SEP 12) 9 am - 11 pm

WINTER Sun-Thur: 10 am - 10 pm

Fri & Sat: 10 am - 11 pm

Sulphur Mountain Gondola & Weather Observatory

end of Mountain Ave; 762-5438

From the u p p e r gondola terminal you can follow the 1 km (20 min) boardwalk trail to the summit. At the top, peek into the windows of the restored 1903 weather observatory. Bring a jacket, as it can be cool and windy up top at 2285m (7495') above sea level.

• admission fees vary by season, see

## The Banff Centre

St. Julien Rd; 762-6100

Check schedules for theatre, music, art, and other cultural events.

## **Some Easy Trails**

For a more complete list, ask for the brochure Banff Drives & Walks.

## 27 The Hoodoos

A short interpretive trail unlocks the mystery of these bizarre pillars and ends at a superb viewpoint.

**Vermilion Lakes** 

These three shallow lakes provide an oasis for birds and other animals. The 4.5 km lakeside road makes for a pleasant stroll, bike ride, or drive. Guided walks daily, 10 am noon (see p.13). Connects with the Fenland Trail.

Sundance Trail

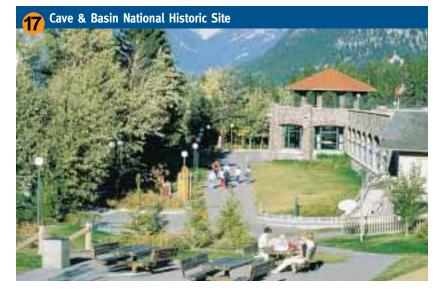
This wide 3.7 km asphalted trail, popular with hikers and cyclists, ends at a picnic shelter. From here, a more strenuous 2.1 km trail, for hikers only, loops up into the canyon. Full round trip is 9.5 km (3+ hours). Connects with the Marsh Loop Trail

30 Tunnel Mountain Summit

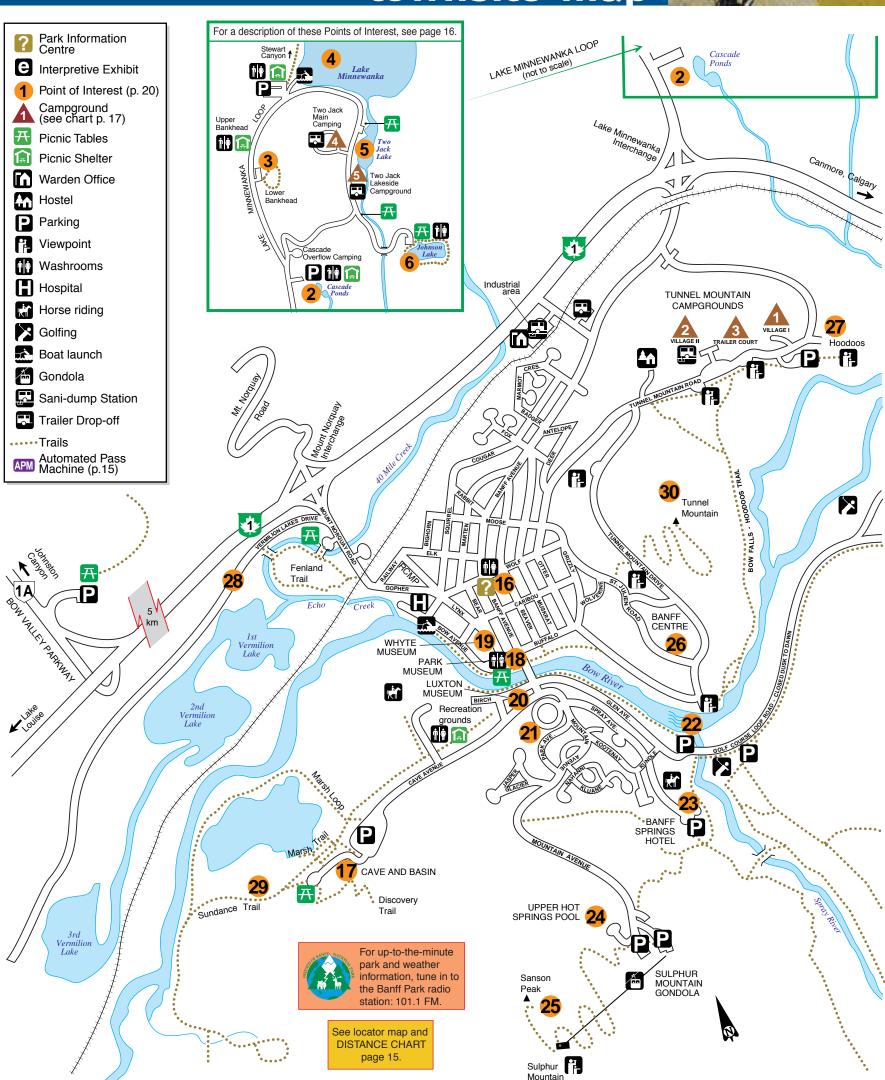
You'll get a birds-eye view of Banff Townsite and the Bow River Valley along this well-travelled trail. Round trip is 3.6 km, with a 300 m elevation gain (2-3 hours).

## **Historical Walking Tour**

Throughout the town, dark blue oval plaques describe Banff's history and heritage buildings. Pick up the *Historical Walking Tour* brochure and route map at the Banff Information Centre or the Town of Banff office (762-1200).



## banff townsite map



## lake louise highlights & map

Known to the Stoney Indians as "Lake of the Little Fishes" and called "Emerald Lake" by its first European visitor in 1882, Lake Louise was renamed in 1884 to honour Princess Louise Caroline Alberta, daughter of Queen Victoria.

The village of Lake Louise offers a range of lodging, dining and shopping options. From there, it's a 5 minute drive to the lake itself.





- full Parks Canada information services, maps, brochures, passes, permits, backcountry registrations, trail, road and weather reports
- exhibits explaining the geology of the Canadian Rockies
- Banff/Lake Louise Tourism Bureau information services (JUN 1 SEP 30)
- Friends of Banff National Park gift shop (MAY 22 SEP 26)

### **OPEN DAILY:**

 SPRING (MAY 21 - JUN 17):
 8 am - 6 pm

 SUMMER (JUN 18 - SEP 6):
 8 am - 8 pm

 FALL (SEP 7 - SEP 26):
 8 am - 6 pm

 WINTER (SEP27 - MAY 20):
 9 am - 4 pm

**2** Lake Louise — the Lake 5 min from Lake Louise, the Village



This is one of the most famous images of Canada. Interpretive exhibits along the lake explain, among other things, why the water is such a wonderful colour. To avoid the summer crowds, enjoy its magic in morning or late afternoon light. Or take a hike, there are more than 75 km of trails to choose from in this area. Inquire at the Lake Louise Visitor Centre.

Moraine Lake & the Valley of the Ten Peaks

15 km (15 min) from the Village

Moraine Lake is even more brilliant in hue than Lake Louise, with similarly stunning scenery and hiking opportunities. Interpretive exhibits here describe the geology of the area. Moraine Lake Road is open as snow conditions permit, MAY - OCT.

The Great Divide

8 km from Lake Louise, the Village

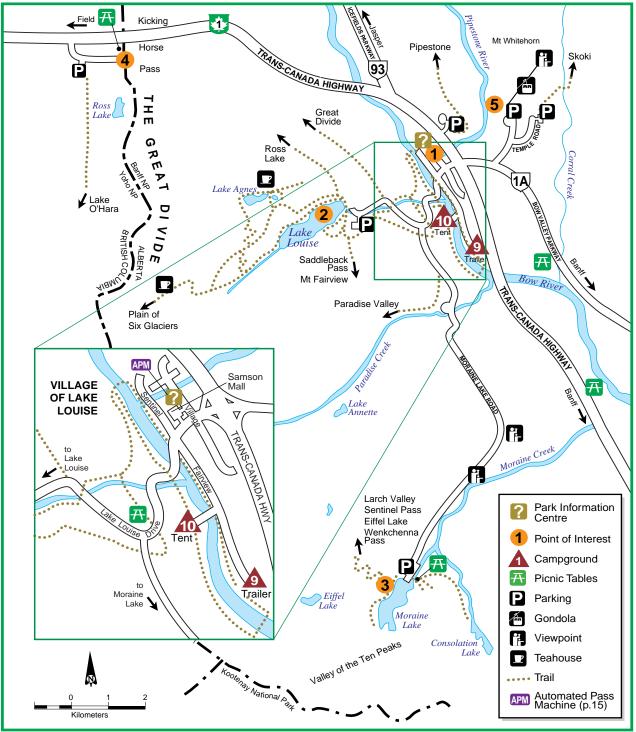
The 1A Highway west from Lake Louise to the Continental Divide has been CLOSED to motorized vehicles to enhance wildlife habitat. It is now a cycling path. The 'Parting of the Waters' exhibit remains accessible by car from Yoho National Park.

**Lake Louise Sightseeing Gondola**4.5 km from the Village; 522-3555

A RINE DOA

The gondola ride (JUN - SEP) offers views of Lake Louise, Victoria Glacier, and the impressive peaks of the Continental Divide. Ask about their interpretive events and displays.







## jasper national park highlights

Jasper National Park is the largest and most northerly of the four mountain parks. The land is rugged and diverse, with endless opportunities to discover its natural beauty, and 1000 km of trails to explore.

The town of Jasper is the main service centre in the park (see page 27).

Size: 10,641 square km 4,199 square miles Number of Visitors / Year:

## **Mount Edith Cavell**

29 km (30 min) south of Jasper via #93A and the Cavell Road

A switchback road climbs 14.5 km (9 mi) to a viewpoint under the mountain's spectacular north face, and the start of a variety of hiking trails. This is a popular spot – if you prefer a quieter experience, the best time to visit is before 10 am or after 4 pm. Trailers are not permitted; vehicles longer than 6 m are not recommended. Open MAY - OCT, as snow conditions permit.

The Whistlers
4 km (5 min) from Jasper via



You can walk up (7 km / 3-5 hours, 1200 m elevation gain!) or take the Jasper Tramway (APR - OCT; 852-3093) to the Whistlers alpine zone. At the top of the tramway there are exhibits and a steep 1.5 km (1-1.5 hrs return) trail to the summit. Bring warm clothing, a waterproof jacket, and water.





Miette Hotsprings (780) 866-3939 61 km (1 hr) north-east of Jasper via #16 and Miette Hotsprings Road

## 占领加开间首e

These are the hottest mineral springs in the Canadian Rockies, emerging from the ground a steamy 54°C! There are two hot pools (kept at 40°C/104°F), and a cool plunge pool.

- locker, towel and swimsuit rentals
- admission fees vary by season, see the brochure *Soak in Some History*

 SPRING (MAY 14 - JUN 23)
 10:30 am - 9 pm

 SUMMER (JUN 24 - SEP 6)
 8:30 am - 10:30 pm

 FALL (SEP 7 - OCT 11)
 10:30 am - 9 pm

Maligne Canyon

11.5 km (15 min) east of Jasper on the Maligne Road



Here the Maligne River plunges 23 m (75') into a narrow, steep-walled gorge of limestone bedrock. A 3.7 km (1-2 hr) interpretive trail takes you over footbridges providing fine views. Stay on the trail and away from the edge.

Medicine Lake

27 km (30 min) from Jasper on the Maligne Road

The Maligne River flows into this lake, but nothing appears to flow out. Instead, the lake is drained by one of the largest underground river systems in North America. On-site exhibits explain.

6 Maligne Lake 48 km (55 min) from Jasper

on the Maligne Road

The beauty of this

snow-capped peaks, is legendary.

It is also the longest (22 km/14 mi) and deepest (97 m/318') natural lake in the six mountain parks. For commercial services call 852-3370 (JUN - OCT).

**Athabasca Falls** 

30 km (30 min) south of Jasper via #93A or the Icefields Parkway

清·济巴开 &

Watch the mighty Athabasca River gushing through a narrow gorge and pounding the rocks 23 m (75') below. Stay on the trail and inside the protective fences.

**8** Goat Mineral Lick 38 km (35 min) from Jasper on the Icefields Parkway, #93

Bluffs of mineral-rich soil at the roadside are irresistible to goats, who usually live in the higher country. Use the parking lot – stopping on the road puts people and goats in danger.

**9** Sunwapta Falls
55 km (40 min) from Jasper
on the Icefields Parkway, #93



A paved road and short trail lead to the falls. From here it is a 15-minute walk to the lower falls.

**10** Athabasca Glacier

103 km (75 min) from Jasper
on the Icefields Parkway, #93

Touch the toe of a glacier! The Athabasca Glacier is part of the great Columbia Icefield. An access road takes you to an interpretive trail leading to the glacier. Heed warning signs; glaciers can be as dangerous as

lcefield Centre

103 km (75 min) from Jasper

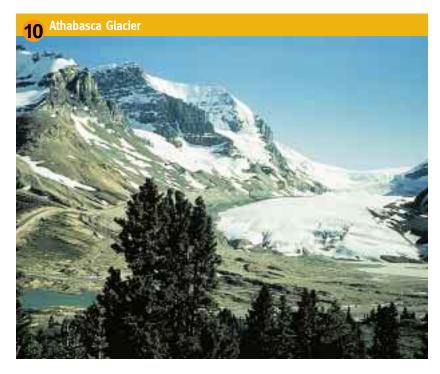
they are impressive.

on the Icefields Parkway, #93

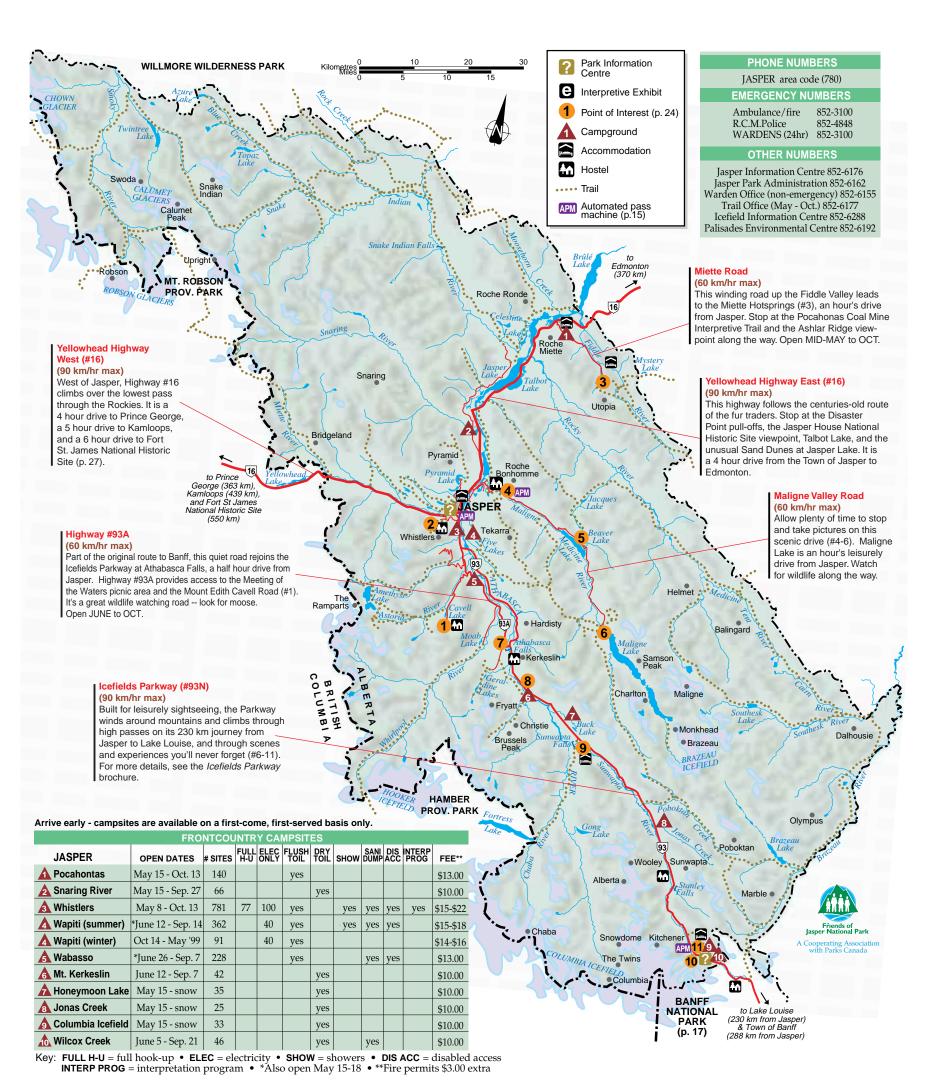
The Icefield Centre is almost halfway between the Town of Jasper and the Village of Lake Louise.

- the Centre is open MAY 1 OCT 15
- full Parks Canada information; drop in or call (780) 852-6288
- don't miss the interpretive displays in the Glacier Gallery.
- for guided "Ice Walks", call (780) 852-6550 or 1-800-565-7547
- Brewster "Snocoach" tours onto the glacier – book your trip at the Centre or call (403) 762-6735

People with severe heart or lung conditions should note that the Icefields Centre is at an elevation of 2000 m (6500') above sea level.



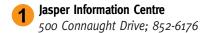
## jasper national park map



## jasper townsite highlights & map

Jasper—the park—was named after a former fur trading post in the area called Jasper House, which in turn was named after Jasper Hawse, who managed this post in the early 1800s.

The town had been known by settlers in the early 1900s as "Fitzhugh", but became "Jasper" when the park was established.



It's a National Historic Site too: Built in 1914, this handsome structure has, over the years, housed the first park superintendent, park administration offices, a museum, a fish hatchery and a library. The building played a significant role in defining the character of early architecture in lasper.

• full Parks Canada information services: maps and brochures; passes and permits; backcountry and safety registrations; trail, road and weather reports



- Jasper Tourism & Commerce information services (MID JUN MID OCT)
- Friends of Jasper gift shop
- similar information services are offered at the Icefield Centre (p.24)

SUMMER (JUN 11 - SEP 6) 8 am - 7 pm FALL (SEP 7 - SEP 30) 9 am - 7 pm WINTER (OCT 1 - JUN 10) 9 am - 5 pm 2 Jasper-Yellowhead Museum 400 Pyramid Lake Rd; 852-3013

Discover the spirit of Jasper through historical exhibits, an art gallery, and an activity room for children.

**SUMMER** (MAY 24 - SEP 6) **10 am - 9 pm FALL** (SEP 7 - OCT 11) **10 am - 5 pm WINTER** (OCT 12 - MAY 23),

THUR-SUN 10 am - 5 pm

"People sometimes accuse me of being a mystic about the influences of the mountains. Perhaps I am. I devoutly believe that there are emanations from them, intangible but very real, which elevate the mind and purify the spirit."

- J.B. Harkin, commisioner of National Parks from 1911-1936

## Some Easy Trails

For a more complete list, ask for the brochure *Day Hikers' Guide To Jasper National Park*.

Old Fort Point Loop
This moderately steep

3.4 km (1-2 hr) interpretive trail is ideal for hikers interested in superb views and the human and natural history of the park. To learn even more, borrow a free self-guiding activity kit from the Friends of Jasper in the Information Centre.

Patricia Lake Circle
A 4.8 km (2-3 hr) trail loops by the Cottonwood slough and creek, offering excellent chances for seeing wildlife.

5 A Lake Annette Loop
Designed for visitors

Designed for visitors with disabilities, this 2.4 km (45 min-1.5

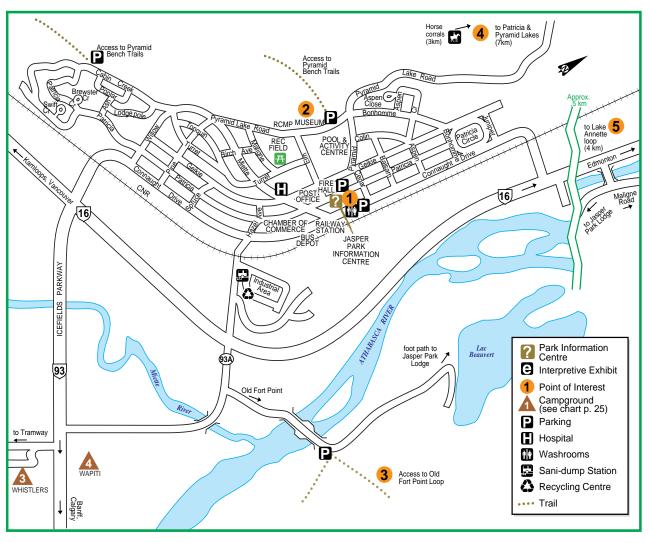
hr) paved interpretive trail is enjoyed by all. Benches allow you to linger awhile and enjoy peaceful mountain and lake views.

## Heading West on #16?

Why not stop in at Fort St. James National Historic Site – a fully restored Hudson Bay Company Post commemorating the partner-ship between fur traders and First Nations people in the early 1800s.



- open 9 am 5 pm, MAY 15 SEP 30
- theatre show, costumed interpreters, First Nations demonstrations
- gift shop, café, picnic tables
- 160 km N.W. of Prince George
- for private campgrounds and area info call (250) 996-7023, or to reserve a BC Parks campsite call Paarens Beach 1-800-689-9025



## kootenay national park highlights

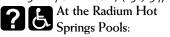
From glacier-clad peaks along the Continental Divide to the dry grassy slopes of the Columbia Valley, where even cactus grows, Kootenay National Park is a land rich in variety.

The Banff-Windermere
Highway (#93 South), the
first motor road across the
Canadian Rockies, takes you
through the park along the
Vermilion and Kootenay rivers
and through the narrow
gorge of Sinclair Canyon.

The village of Radium Hot Springs, just outside the south end of the park, is the closest visitor service centre.

Size: 1406 square km
543 square miles
Number of Visitors / Year:
about 1.2 million

Kootenay Park Information Centre 3 km from Radium; (250) 347-9505



- full Parks Canada information services, maps, brochures, passes, permits, backcountry registrations, trail, road and weather reports
- Friends of Kootenay National Park gift shop (summer only)

SPRING (MAY 29 - JUN 25) 9:30 - 4:30 SUMMER (JUN 26 - SEP 5) 9 am - 7 pm FALL (SEP 6 - SEP 19)

FRI / SAT / SUN: 9:30 - 4:30 WINTER (SEPT 20 - MAY 28) CLOSED Talk to staff at the Lake Louise Info Centre, or call: (250) 347-9615.

**Wermilion Crossing Visitor Centre** 63 km (45 min) from Radium

Operated by Kootenay Park Lodge; offers most Parks Canada information services. No phone.

SPRING (APR 2 - MAY 26, 11 am - 6 pm FRI / SAT / SUN & HOLIDAYS

**SUMMER** (MAY 21 - SEP 26, **10 am - 6:30 pm** DAILY)

FALL (OCT 1 - OCT 11, 11 am - 6 pm FRI / SAT / SUN & HOLIDAYS:

## 2 Sinclair Canyon

1.5 km from Radium

Just inside the park's West Gate, Sinclair Canyon offers a dramatic entrance-way. A few minutes ahead are the Hot Springs Pools and the iron-rich cliffs of the Redwall Fault. Watch for bighorn sheep.

**3** Valley View Interpretive Trail 2 km from Radium

Enjoy views of the Columbia Valley and learn about the natural history of a Douglas fir forest typical of the warm, dry slopes in the Radium Hot Springs area. This easy 1.4 km (30 min) trail starts near the entrance to Redstreak Campground.



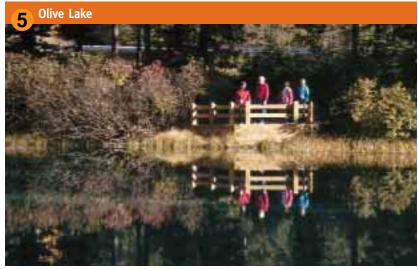
Radium Hot Springs Pools
3 km from Radium; (250)347-9485



To Canada's Aboriginal people these were sacred waters. Look for the booklet *Nipika* to learn about the history of these springs. Today, enjoy the rejuvenating powers of the hot, relaxing soaking pool (40°C/104°F) and the cool, refreshing swimming pool (29°C/84°F).

- locker, swimsuit and towel rentals
- massage by appointmenent
- admission fees vary by season, see the brochure *Soak in Some History*

SUMMER (MAY 13 - OCT 11) 9 am - 11 pm WINTER (OCT 12 - MAY 12) 12 noon - 9 pm



**5** Olive Lake

13 km (15 min) from Radium

Take a walk along the fully accessible trail bordering this clear, shallow lake and discover why this has always been a "natural stopping place".

**6** Kootenay Valley Viewpoint 16 km (20 min) from Radium

Stop here for a dramatic overview of the Kootenay River Valley and the peaks of the Mitchell and Vermilion ranges.

Mount Wardle
48 km (35 min) from Radium

Mount Wardle is home to a large population of mountain goats. For most of the year they live high on its slopes and crags, but in spring and early summer they descend to a natural mineral lick beside the road. Watch for stopped vehicles and remember to pull safely off the roadway before stopping to view wildlife.

**8** Paint Pots 85 km (1 hr) from Radium

Paint Pots: cold, iron-rich mineral springs which bubble up through small pools and stain the earth a deep ochre colour. Interpretive panels describe the Aboriginal and European mining history of this unusual geological feature.

9 Marble Canyon 88 km (1 hr) from Radium

grey limestone walls, and green cliff dwelling plants make this a colourful place. A .8 km (15 min) interpretive trail criss-crosses the narrow gorge and ends at a pounding waterfall.

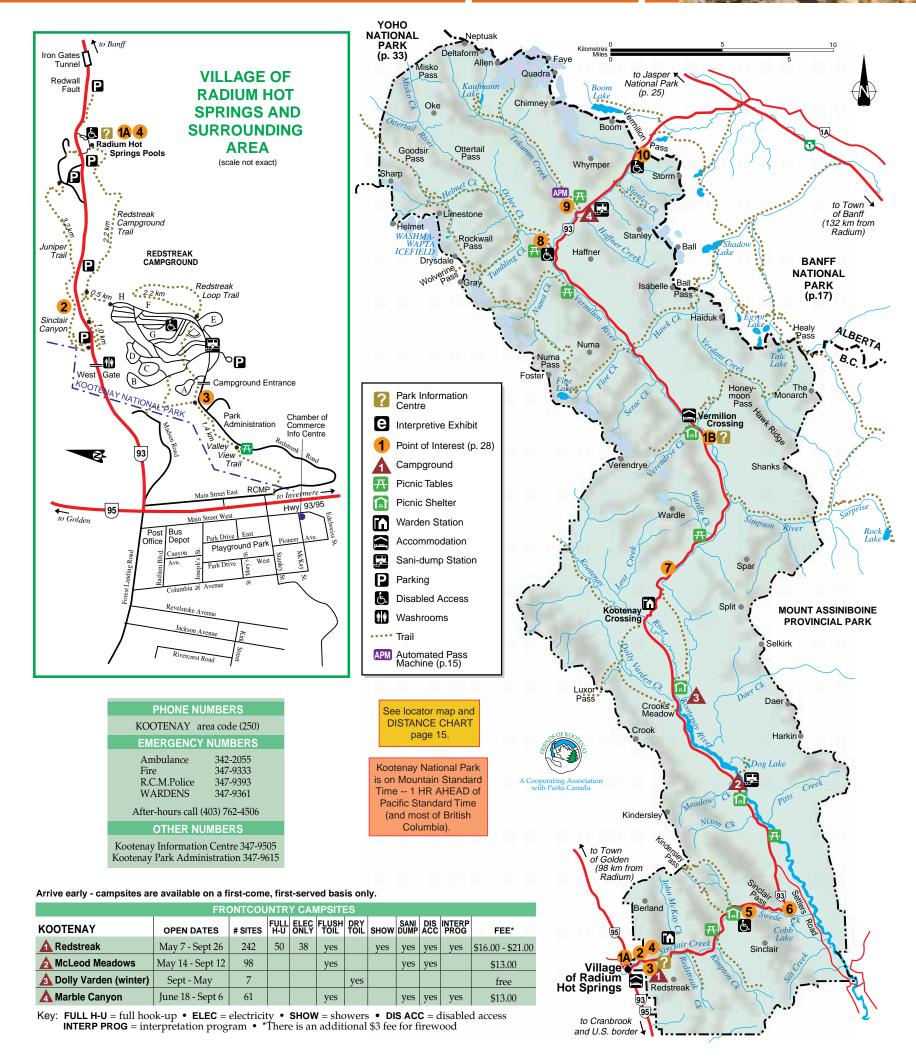
The Continental Divide and Fireweed Trail

95 km (1.2 hr) from Radium

The summit of Vermilion Pass (1651m/5415') marks the dividing line between Pacific and Atlantic watersheds. It was also the site of a large wildfire in 1968. The Fireweed Trail takes you on a .8 km (15 min) interpretive loop through the regenerating forest.



## kootenay national park map





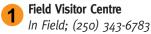
## yoho national park highlights

The word "Yoho" is a Cree expression of awe and wonder. Nestled on the western slopes of the Rockies, Yoho National Park boasts towering rock walls, spectacular waterfalls, and 28 peaks over 3,000 metres in height.

The exquisitely preserved fossils of the Burgess Shale, discovered in Yoho in 1909, have greatly expanded scientific understanding of the evolution of animal life.

The village of Field is the main visitor service centre in the park.

Established: 1886 Size: 1310 square km 507 square miles **Number of Visitors / Year:** about .8 million





- full Parks Canada information services, maps, brochures, passes, permits, backcountry registrations, trail, road and weather reports
- Travel Alberta and Tourism British Columbia information
- Burgess Shale fossil displays
- Friends of Yoho National Park gift shop
- playground, pond, picnic facilities

**SPRING** (MAY 15 - JUN 25) **9 am - 5 pm SUMMER** (JUN 26 - AUG 30) **8:30 am - 7 pm** 9 am - 5 pm **FALL** (AUG 31 - SEP 27) WINTER (SEP 28 - MAY 14) 9 am - 4 pm

The Great Divide and Kicking Horse Pass

16 km (15 min) east of Field

See Divide Creek flow east AND west beside an arch marking the Great Divide on the 1A Highway at Kicking Horse Pass. In 1858, while searching for a suitable travel route through the Rockies, explorer James Hector was knocked unconscious by his horse during a river crossing near Wapta Falls. Soon thereafter, he discovered this important mountain pass.

**Lower Spiral Tunnel Viewpoint** 8 km (5 min) east of Field

The original railway line descent from the Continental Divide to Field had a grade of 4.5%, the steepest of any railway in North America.



The Spiral Tunnels, completed in 1909, reduced this grade to a much safer 2.2%. A display beside the highway explains the history and operation of the spiral tunnels.

Takakkaw Falls 17 km (25 min) north of Field

Takakkaw, meaning "magnificent!" in Cree, is one of the highest falls in Canada. Several popular hikes start here. The 13 km Yoho Valley Road to the falls is steep with tight switchbacks; leave trailers in the parking lot across from Monarch Campground. The road is open in summer only, as snow conditions permit.

Natural Bridge 3 km (5 min) west of Field

Water and time have relentlessly worn through a solid rockbed to create a natural rock bridge over the Kicking Horse River.

**Emerald Lake** 11 km (15 min) from Field

Enjoy a 5.2 km (2 hour) hike around one of the most beautiful lakes in the Canadian Rockies. Check out the new Burgess Shale display at the picnic area, complete with a telescope

that allows you to see the fossil site, and illustrations of the amazing sea creatures found there.

Wapta Falls 22 km (30 min) west of Field

The impressive Kicking Horse River was once known as the Wapta, which means "running water". A short drive from the Trans-Canada Highway takes you to the start of an easy 2.4 km trail to the falls (45 min). The turn-off is accessible to eastbound traffic only; if you are westbound, ask for directions at the Field Information Centre.

Parks Canada Research Adventures See advertisement, page 34.



### Lake O'Hara

The Lake O'Hara area is as fragile as it is beautiful. To protect this alpine area and assure a high quality visitor experience, a quota limits the number of people who may use the bus service to the lake. Bicycles are not permitted. There is, however, no limit on the number of people who may hike the 13 km (8 mi) in to the lake.

Reservations are required for the bus service (JUN 19 - SEP 30) and for the backcountry campground. They can be made up to 90 days in advance by calling (250) 343-6433; there is a \$10 reservation fee. A small number of day use and one-night camping spots are set aside for assignment 24 hours in advance. These are available in person only at the Field Visitor Centre.

## **Burgess Shale**

The 515 million year-old remains of more than 120 species of marine animals have been found in the Burgess Shale, preserved in exquisite detail. In some cases scientists can even see what these ancient creatures ate just before they died!

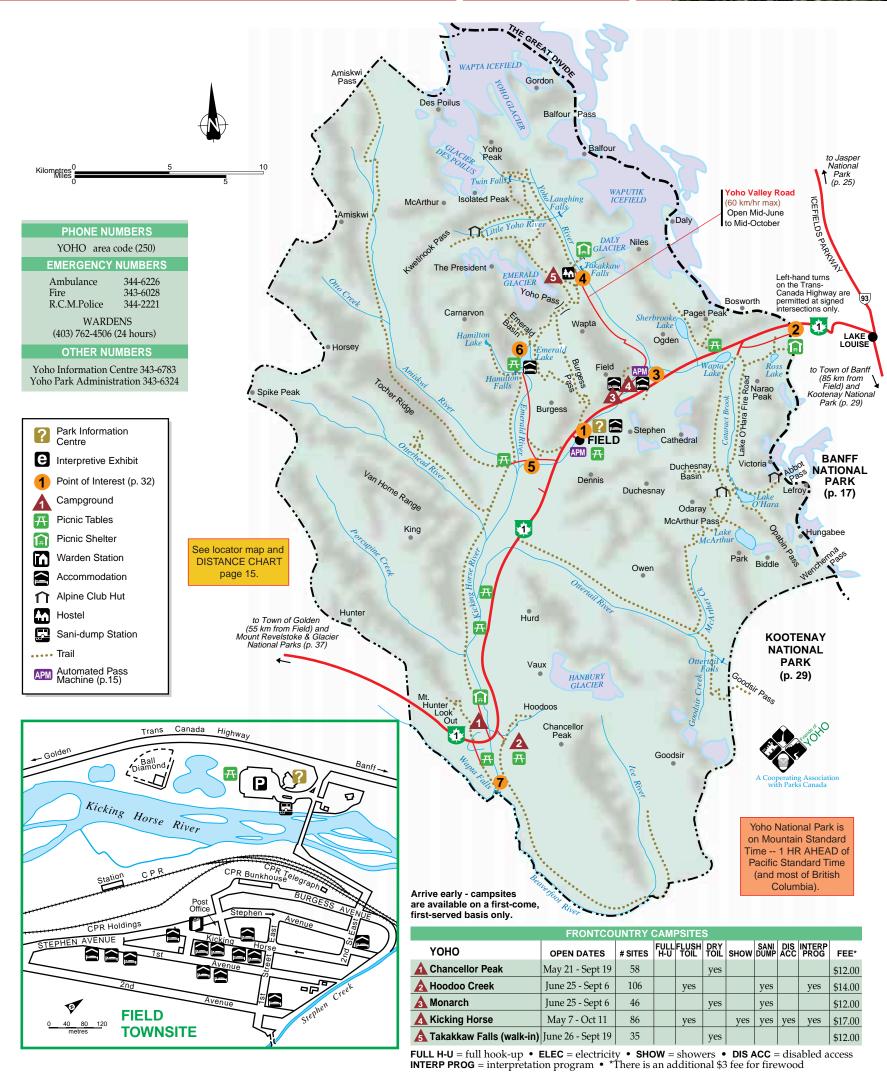
To protect this globally important scientific site, access to Walcott's Quarry and to the Trilobite Beds is by guided hike only. Both hikes are long and strenuous, and run from late June to October as trail conditions permit. Led by licensed guides, the hikes are limited to 15 people. For schedules, fees and reservations, contact the Yoho Burgess Shale Foundation at 1-800-343-3006.

You can also enjoy the Burgess Shale displays at the Field and Lake Louise Visitor Centres, and at Emerald Lake.

### PLEASE NOTE:

Collecting fossils anywhere in the national parks is against the law.

## yoho national park map





# mount revelstoke & glacier national park highlights

Mount Revelstoke and Glacier National Parks protect landscapes characteristic of the Columbia Mountains of interior British Columbia: steep terrain, moist climate and lush vegetation.

Mount Revelstoke National Park provides easy access to the summit of one of these mountains, and opportunities to learn about its natural features.

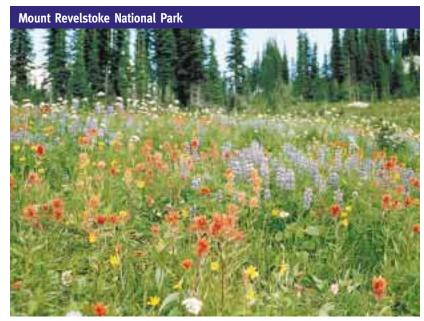
Glacier National Park, with over 400 glaciers covering one-tenth of its area, is the setting for fascinating transportation and mountaineering history.

Mount Revelstoke National Park Established: 1914

**Size:** 260 square km 100 square miles

Glacier National Park Established: 1886 Size: 1350 square km 521 square miles





Meadows in the Sky Parkway
begins 1.5 km east of Revelstoke

## He 加州开岛

Winding 26 km (16 mi) up Mount Revelstoke, this paved road takes you from lush rainforest (for a closer look, walk the 4 km *Inspiration Woods Trail*) to beautiful subalpine wildflower meadows. Stop along the way for views of the Columbia River Valley and the surrounding mountain ranges. Park at Balsam Lake and walk – or take the free shuttle bus – 2 km to the Summit area, where hiking, strolling, picnicking and photographic opportunities abound.

- the Parkway is open to vehicles\* from 7 am to 10 pm, when clear of snow (usually early July to late September)
- the free shuttle bus from Balsam Lake to the Summit area runs from 10 am to 4:30 pm
- \* This is a narrow road with many switchbacks; trailers and buses are not permitted. Trailer parking is available near the park entrance.

## 2 Skunk Cabbage Trail

28 km (20 min) east of Revelstoke

Take this interpretive boardwalk trail for a 1.2 km (20 min) loop over the wetland and an introduction to the local flora and fauna. It's a great spot for birdwatching.

**3** Hemlock Grove Trail 54 km (40 min) east of Revelstoke

Western Hemlock trees, making the wonders of the old-growth forest accessible to all, including persons with mobility and visual impairments.

Illecillewaet / Asulkan Valleys

66 km (50 min) east of Revelstoke From a short, almost flat stroll along the Illecillewaet River to multi-day trips on the great glacier that feeds it, these valleys offer something for everyone. Several hikes, recommended for their historic and scenic value, begin at this trailhead (see chart on map page).

69 km (52 min) east of Revelstoke 72 km (55 min) west of Golden

**Rogers Pass Centre** 

837-7500 or 814-5253

**?情e** 本らか At the summit of Rogers Pass:

- full Parks Canada information services, maps, brochures, passes, permits, backcountry registrations, trail, road and weather reports
- theatre, exhibits about railway history, habitats and wildlife
- Friends of Mount Revelstoke and Glacier National Parks bookstore

 SPRING (MAY 1 - JUN 14)
 9 am - 5 pm

 SUMMER (JUN 15 - SEP 15)
 8 am - 8:30 pm

 FALL (SEP 16 - OCT 31)
 9 am - 5 pm

 (NOV: THURS - MON)
 9 am - 5 pm

 WINTER (DEC 1 - APR 30)
 7 am - 5 pm

Bear Creek Falls

76 km (1 hr) east of Revelstoke
A short (1 km, 20 min) easy trail leads to a beautiful waterfall and a lovely spot for a picnic.

**Beaver / Copperstain Valleys**79 km (1 hr) east of Revelstoke

The Beaver River Valley is the home of big, old trees (some Engelmann spruce and western red cedar are 1000 years old!) and provides access to the interior of Glacier National Park, including the Copperstain Valley and the vast alpine meadows of Bald Mountain in the Purcell Ranges (see map page).

## You're not in the Rockies any more...

The Columbia Mountains have a character all their own. The unique habitat here means different wildlife viewing opportunities than described for the other parks in this guide.

**Mountain Goats** are by far the most abundant hooved animals in these parks, inhabiting most major south facing cliff systems.

**Elk** and **Moose** may be sighted along the Trans-Canada Highway in Mount Revelstoke National Park, and in the Glacier's Beaver Valley.

**MOUNTAIN CARIBOU**, a type of woodland caribou unique to the wet belt of the BC interior, may be seen in Mt. Revelstoke and the Mountain Creek and upper Beaver Valley of Glacier National Park.



**Identifying Features**: fur mostly grey with lighter neck, large hooves, both sexes grow antlers

**Habitat:** low elevation old growth forest in early winter & spring; subalpine forest in late winter & summer

**Estimated Population:** 2500 in the world (all in the Columbia Mountains)

Approx.\*: 70 in Mt. Revelstoke 20 in Glacier

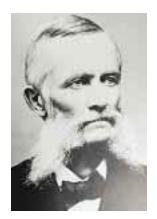
\*Caribou, like the other large animals described here, do not confine their movements to within park boundaries.

**Grizzly Bears** and **Black Bears** are found in both parks. Grizzlies most frequently use habitats at mid-elevations through to tree line, while the more numerous black bears use all forested areas from valley bottom to tree line.

**Wolverine** tracks are seen throughout both parks. These powerful members of the weasel family occur in low densities and are great travellers, making them hard to observe. The population is estimated at 10-15 individuals in total for both parks.

# mount revelstoke & glacier national park map





### Rogers Pass National Historic Site

The difficult and little-known terrain in the Selkirk Mountains made finding a route for the Canadian Pacific Railway a demanding task. In 1882, Chief Engineer A. B. Rogers traversed Rogers Pass and overcame the last great obstacle facing the transcontinental railway. The steep grade and susceptibility to avalanches made the pass such a treacherous part of the line that it was bypassed in 1916 by the Connaught Tunnel. With the opening of the Trans-Canada Highway in 1962, however, Rogers Pass again formed part of a national route.

4 Illecillewaet / Asulkan						
Distance (1-way) / Elevation Gain	TIME (return trip)					
1 km return, flat	30 min					
4.2 km / 795 m	5-6 hr					
4.8 km / 320 m	4-5 hr					
4.8 km / 795 m	5-6 hr					
5.0 km / 1040 m	7-8 hr					
5.6 km / 897 m	6-7 hr					
6.5 km / 925 m	7-8 hr					
	Distance (1-way) / Elevation Gain 1 km return, flat 4.2 km / 795 m 4.8 km / 320 m 4.8 km / 795 m 5.0 km / 1040 m 5.6 km / 897 m					

7 Beaver / Copperstain					
Distance (1-way) NAME	/ Elevation Gain				
Beaver Valley Trail	37 km / 449 m				
Copperstain Trail	16 km / 1130 m				

