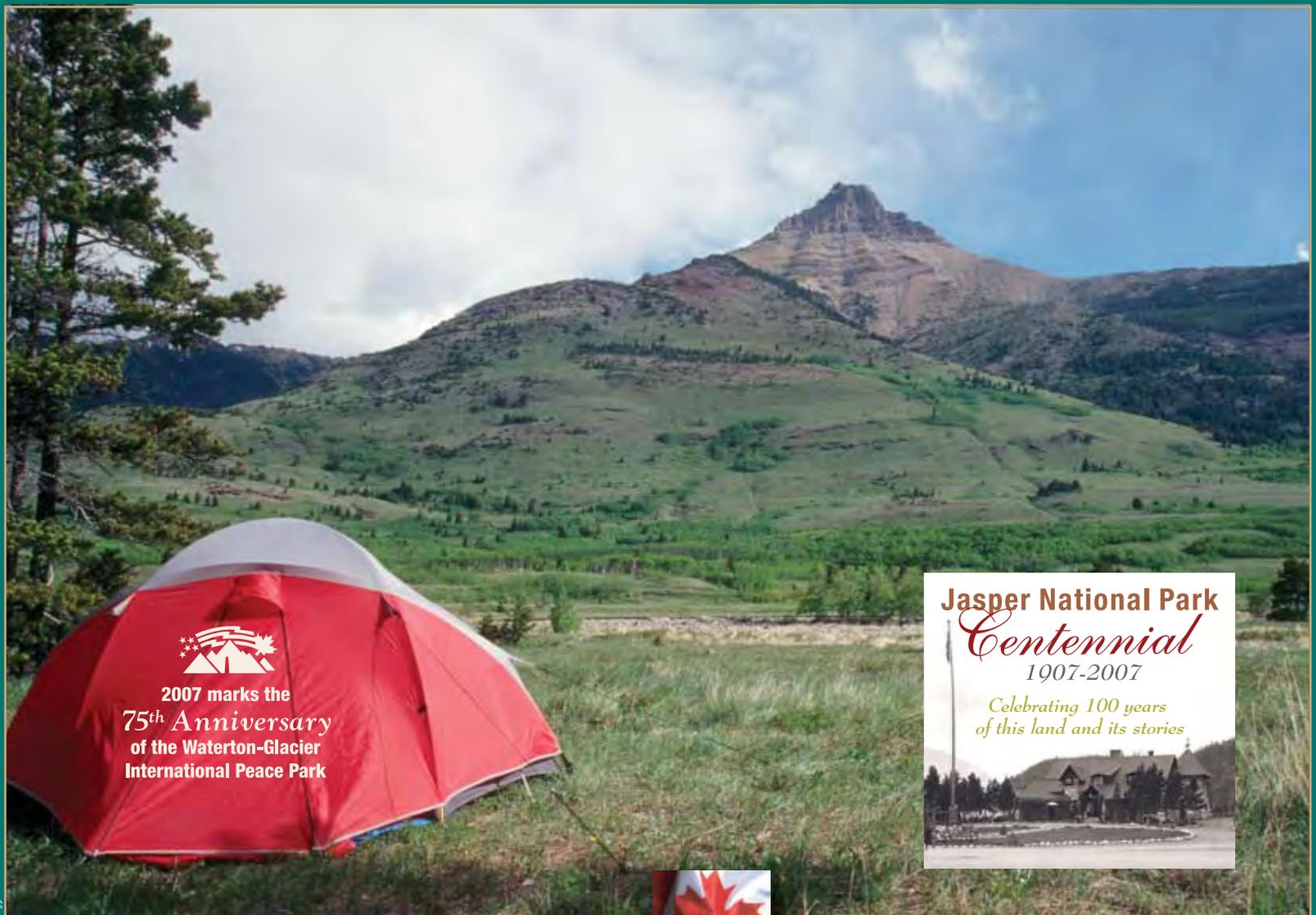




THE OFFICIAL PARKS CANADA VISITORS' GUIDE

# THE MOUNTAIN GUIDE

- BANFF • JASPER • KOOTENAY • YOHO • MOUNT REVELSTOKE
- GLACIER • WATERTON LAKES • NATIONAL PARKS
- FORT ST. JAMES • BANFF PARK MUSEUM • CAVE AND BASIN
- ROCKY MOUNTAIN HOUSE • BAR U RANCH • NATIONAL HISTORIC SITES



Jeff Yee

2007/2008 Également offert en français



**MAPS INSIDE!**



Parks Canada  
Parcs Canada

Canada

# Welcome

## You are Visiting a National Treasure

Canadian national parks and national historic sites are a country-wide system of significant natural areas, places, persons and events.

These special locales are gateways to nature, adventure, discovery and to our past. They celebrate the beauty and infinite variety of our country and bear witness to our nation's defining moments.

Each national park is a sanctuary in which nature is allowed to evolve in its own way. Each national historic site tells a unique story, contributing a sense of time, identity, and place to our understanding of Canada as a whole.

Protected and preserved for all Canadians and for the world, Canada's national parks and national historic sites provide a haven for plants and animals and for the human spirit.

*A place to wander, to wonder . . .  
to discover yourself.*

### Help protect the park

**Call 1-888-WARDENS  
(1-888-927-3367)**

if you see anyone violating park regulations.

The parks monitor some wildlife species for safety and research purposes. Please report all sightings of bears, cougars or wolves to the nearest park warden office or information centre. It is especially important to report aggressive behaviour by any animal, no matter how small.

### And world heritage sites too!

**B**anff, 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** encompasses 20 585 km<sup>2</sup>—one of the largest protected areas in the world.

**Waterton-Glacier International Peace Park**, spanning the Canada-U.S.A. boundary between Montana and Alberta, was designated as a *World Heritage Site* because of its superlative mountain scenery, high topographic relief, glacial landforms, and abundant diversity of wildlife and wildflowers.

### Special places mean special rules

It is against the law to touch, entice, disturb or harass any wild animal.

Feeding any park wildlife is prohibited.

Pets must be leashed.

Leave all park objects – rocks, flowers, antlers or artifacts – where they are.

Obey all area closures or restrictions.

Do not leave your mark or write graffiti.

Disable firearms.

### Table of contents

Mountain Driving Safety Tips	Page 4
Mountain Hazards	Page 5
Wildlife Safety	Pages 6 & 7
Mountain Wildlife	Pages 8 & 9

#### MAPS, PROGRAMS AND EVENTS

National Historic Sites	Pages 10, 11, 17
Jasper National Park	Pages 12 - 15
Banff National Park (including Lake Louise)	Pages 18 - 23
Kootenay National Park	Pages 24 & 25
Yoho National Park	Pages 26 & 27
Mount Revelstoke and Glacier National Parks	Pages 28 & 29
Waterton Lakes National Park	Page 30

While we have made every effort to ensure the accuracy of information in this guide, details such as prices, dates and times are subject to change.

*we're here to help . . .*



We invite you to visit the friendly staff at our information centres. Here you can pick up Parks Canada's official publications, get more detail, receive personalized advice, and shop for books and other items in the non-profit *Friends* stores. Some information centres offer exhibits and multimedia programs, too!



Every trip to Canada's mountain national parks and national historic sites should be a memorable one. That's why entry and service fees are charged and invested back into services like information centres, search and rescue and interpretive programs. They also help maintain facilities and structures like historic sites, picnic areas, viewpoints, roads, trails and bridges. When you visit a park or site you are investing in its future — and in a legacy for future generations.



## Your Fees at Work



### Fees at work highlights 2006

- Lake Minnewanka washrooms in Banff National Park



*This unique building will supply all its energy with rooftop solar panels. It is the first of many park buildings that will use renewable energy sources.*

- Paving on the Icefields Parkway - Banff and Jasper National Parks
- New public washrooms at Takakkaw Falls in Yoho National Park
- Improvements to the Visitor Centre in Waterton Lakes National Park
- Improvements at Athabasca Falls picnic area in Jasper National Park



Canada's national parks offer world-class recreational and sightseeing opportunities. If you are not satisfied with the quality of the service or believe you have not received good value for your fees, ask park staff about our *money back service guarantee*.

## Fees

### National Parks

#### Annual pass

##### All national parks

Family or group	\$123.80
Adult	\$62.40
Senior	\$53.50
Youth	\$31.70

#### Daily entry

##### Jasper, Banff, Kootenay, and Yoho NP

Family or group	\$17.80
Adult	\$8.90
Senior	\$7.65
Youth	\$4.45

#### Daily entry

##### Glacier, Mount Revelstoke and Waterton Lakes NP

Family or group	\$17.30
Adult	\$6.90
Senior	\$5.90
Youth	\$3.45

### National Historic Sites

#### Annual pass-All Sites

##### Canada owned historic sites

Family or group	\$98.05
Adult	\$48.50
Senior	\$41.60
Youth	\$24.75

#### Daily entry

##### Bar U Ranch NHSC

##### and Fort St. James NHSC

Family or group	\$17.80
Adult	\$7.15
Senior	\$5.90
Youth	\$3.45

#### Daily entry

##### Banff Park Museum NHSC and The Cave and Basin NHSC

Family or group	\$9.90
Adult	\$3.95
Senior	\$3.45
Youth	\$1.95

#### Daily entry

##### Rocky Mountain House NHSC

Family or group	\$5.45
Adult	\$2.45
Senior	\$1.95
Youth	\$1.45

\* All fees listed include applicable taxes and are subject to change.

# Driving in the mountains

Anyone can become distracted by beautiful scenery and roadside wildlife. Statistically, driving is the most dangerous activity in the park... for both people AND wildlife. So, please slow down on park roads! Generally speed limits are:

**90 km/hr (56 mph)**  
on major roads

**60 km/hr (37 mph)**  
on secondary roads

If you choose to stop, pull safely out of traffic—use pull-out areas whenever possible.

## Road reports

- Banff, Jasper, Kootenay, Yoho, Mount Revelstoke and Glacier, 403-762-1450  
[www.pc.gc.ca/banff](http://www.pc.gc.ca/banff)
- Waterton Lakes  
1-800-642-3810  
[www.ama.ab.ca](http://www.ama.ab.ca)

Road and weather conditions change rapidly in the mountain parks. Closures due to mudslides, avalanches or accidents can occur at any time.

Expect winter driving conditions at any time of year, even in summer.

## Fuel availability

### Gasoline

- All townsites (in Waterton mid-April to early October only)
- Saskatchewan Crossing (April to October)
- Castle Mountain Village
- Rogers Pass

### Propane

- Lake Louise
- Canmore
- Saskatchewan Crossing (April to October)
- Jasper
- Rogers Pass
- Revelstoke
- Waterton

### Diesel

- Canmore
- Banff
- Lake Louise
- Saskatchewan Crossing (April to October)
- Jasper
- Field
- Rogers Pass
- Revelstoke

## Drive as if their lives depend on it

Viewing wildlife as you drive through the mountain parks can be exciting. For your own safety and to keep wildlife alive, please follow these guidelines.

### Be alert:

- Scan ahead for animal movements. At night, watch for their shining eyes.
- If you spot one animal, expect others nearby!
- Be extra cautious in the hours around sunrise and sunset. Animals are most active at these times of day.
- Stay vigilant, even where the highway is fenced. Although fencing has reduced wildlife deaths, some animals may still climb over or burrow underneath them.

### If you see an animal by the road:

- Slow down, it could run out into your path.
- Warn other motorists by flashing your hazard lights.



Watch for reduced speed limits of 70 km/hr (43 mph) posted in certain places on major roads. These are spots where animals have been struck and killed on the road.

### If you see a bear, resist the urge to stop. Why?

If that bear loses its wildness, it probably won't survive. Bears that repeatedly see people, even when the people are in vehicles, lose their natural fear of humans. These "habituated bears" may become increasingly aggressive and then have to be destroyed for public safety reasons. The solution is to prevent bears from becoming habituated in the first place.

Your thoughtful decision to keep on driving might just save a bear's life.



## Winter driving tips

Expect winter driving conditions at any time of year, even in summer.

- Equip your car with a shovel, flashlight, blanket, food and additional warm clothing.
- Expect snow and ice on park roadways.
- Be on the lookout for "black ice", which is a very thin layer of ice, practically invisible on the dark road surface. Bridge decks are especially prone to black ice.
- Slow down! Posted speed limits are for dry pavement, not slippery surfaces.
- Do not stop in posted avalanche zones. A snow-slide might come down.
- Cruise control is not safe when conditions are icy.
- All vehicles must be equipped with good snow-rated tires or tire chains.

# 911

## IN CASE OF EMERGENCY

If you need emergency assistance of any kind, including mountain rescue, dial the following:

Banff, Jasper, Lake Louise, Kootenay & Yoho: 911

Mt. Revelstoke & Glacier:  
1-877-852-3100

Waterton: 403-859-2636

Cell phone coverage in the mountain parks is unreliable.

# Mountain hazards

## Playing it safe

All outdoor activities involve some degree of risk. In the mountains the terrain is steep and unstable, the water is freezing cold and the weather is intense. You can reduce the risks by following these guidelines:

- Stay on the trail.
- Heed warning signs and stay behind safety fences.
- Watch out for wet rock, which can be very slippery.
- Mountain lakes and rivers are extremely cold, even in summer. If you fall in, hypothermia can set in very quickly.
- Keep away from cliff edges, especially next to canyons, waterfalls and streams.
- High-elevation trails may be covered by snow or ice until midsummer. Don't be tempted to slide on patches of snow left over from the winter.
- Mountains get more difficult as you climb higher. When in doubt, turn back.
- Be alert for rock-fall whenever you are in steep terrain.

### Safety registration

Parks Canada offers a voluntary safety registration service for people engaging in hazardous activities. You sign out before a trip and drop off your part of the form afterward, to show that you are back safely. For more information, call the park you plan to be in.

## Trail safety

- Research your trip before you go!
- Tell someone where you'll be going and when you'll be back.
- Bring a map, water, food and extra clothing.
- Travel with others and stick together.
- Stay on the trail. If you become unsure of your route, retrace your steps until you know where you are.
- Streams are often deeper and swifter than they look. If the water goes over your knees, don't continue crossing. You may be swept away.
- Be prepared to stay out overnight. A search takes time.



## Intense weather

The most predictable thing about mountain weather is its unpredictability. Rain or snow can fall at any time of the year and freezing temperatures are possible even during the summer. The best way to deal with the weather is to be prepared for all conditions.

- Dress in layers, so you can add insulation or remove it as conditions change.
- Take along suitable clothing to protect you from wind and cold, rain and snow.
- Ultraviolet solar radiation is strong in the mountains, especially at higher elevations. Use sunscreen and wear sunglasses, even on cloudy days.

## Avalanches

*If you're in the mountain parks, you are in avalanche country!*

Every year, thousands of snow avalanches occur in the mountain parks. Most have no affect on people - but some do. Highways, ski resorts and backcountry recreation areas are all affected by avalanche hazards.

### Information is available

Parks Canada provides information for visitors planning backcountry travel in avalanche terrain. Daily avalanche bulletins, terrain ratings and avalanche mapping are available. All backcountry travellers must be prepared and properly equipped.

### Ski resort boundaries

Ski resorts provide avalanche control within their boundaries, but once you leave that boundary there is no avalanche control or ski patrol. You are on your own.

### Highway travel

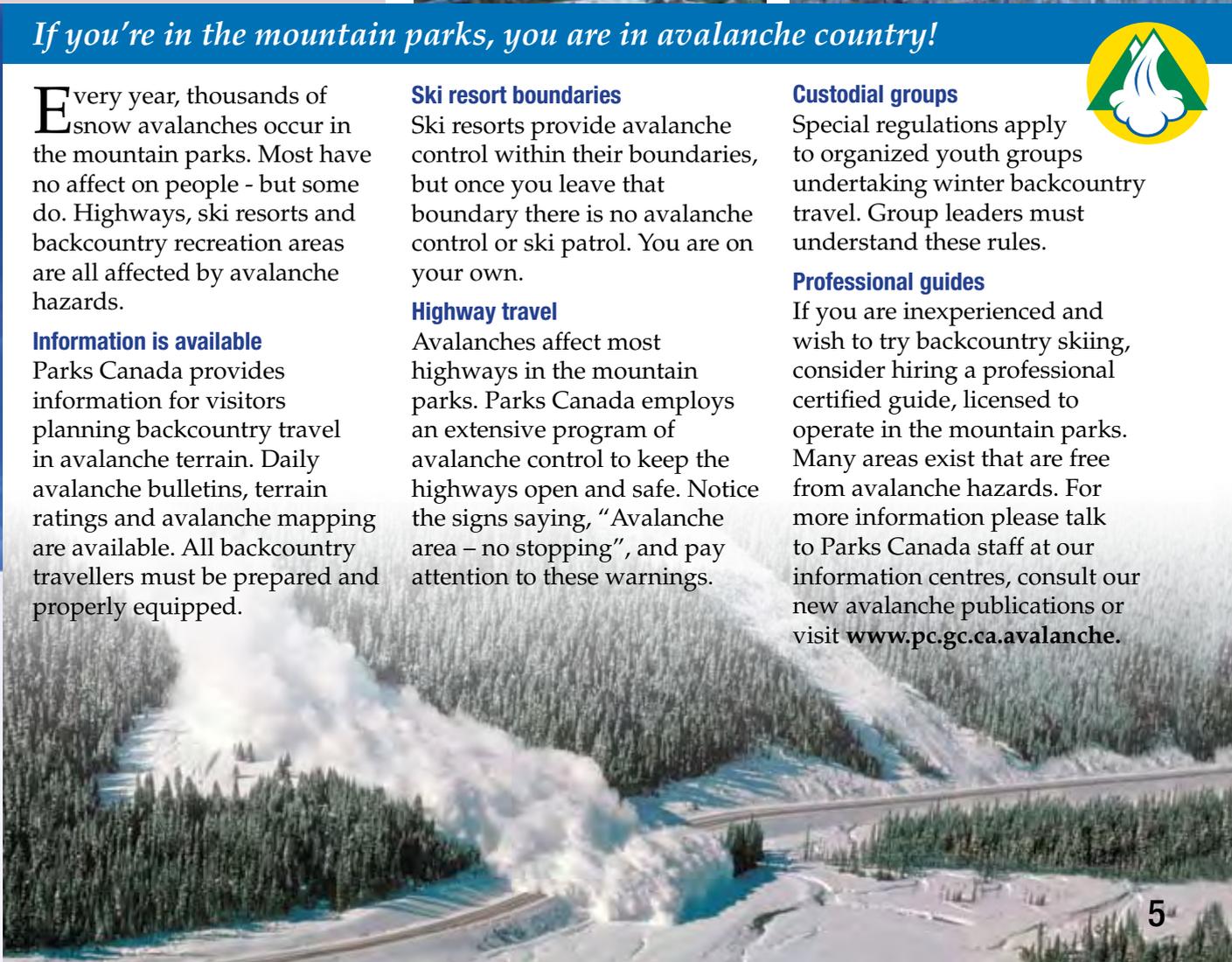
Avalanches affect most highways in the mountain parks. Parks Canada employs an extensive program of avalanche control to keep the highways open and safe. Notice the signs saying, "Avalanche area - no stopping", and pay attention to these warnings.

### Custodial groups

Special regulations apply to organized youth groups undertaking winter backcountry travel. Group leaders must understand these rules.

### Professional guides

If you are inexperienced and wish to try backcountry skiing, consider hiring a professional certified guide, licensed to operate in the mountain parks. Many areas exist that are free from avalanche hazards. For more information please talk to Parks Canada staff at our information centres, consult our new avalanche publications or visit [www.pc.gc.ca/avalanche](http://www.pc.gc.ca/avalanche).



# Wildlife...keep it wild!

## How to enjoy it, how to protect it, how to stay safe around it...

Your actions today will help to ensure that future generations have a chance to see wildlife that is truly wild. Here are three essential rules.

### 1. Put all garbage in wildlife-proof bins

- Never leave food outside where wildlife could get it.
- Never leave pet food outside because it can attract wildlife.



### 2. Never, ever, give wildlife a handout

- *Resist the urge.*  
Feeding wildlife, even the birds, is illegal in national parks.
- Human food is unhealthy for wildlife and feeding animals often leads to aggressive behaviour.

### 3. Always keep your distance from wildlife

- Give all the wild animals you see the respect they deserve and the space they need.
- Use your binoculars to see animals up close and use a telephoto lens for your photos.
- Remain at least 100 metres (10 bus lengths) away from bears, cougars and wolves.



- Keep back at least 30 metres (3 bus lengths) from elk, moose and deer. Bighorn sheep are especially tolerant of our presence, but you should still give them at least 10 metres of space.
- When viewing roadside wildlife remain in your vehicle and move on after a few seconds.

## Pets and Wildlife



- Keep your pets on a leash at all times. They look like prey and can lead predators to you.
- Never leave your pet unattended outside. Your pet is considered food by wildlife such as wolves, bears, cougars and coyotes.
- Dogs, both large and small, are in danger of being attacked and killed by deer and elk protecting their young in the spring and their herds in winter. When walking dogs, keep them closely leashed (3m, 10ft). Steer clear of all deer and elk as they may attack—even when unprovoked.
- Caribou, a threatened species in western Canada, react strongly to dogs because they closely resemble wolves, their main predator. Even dogs on a leash can increase a caribou's stress. To reduce this stress and increase the caribou's chances for survival, Parks Canada has closed some areas to dogs. For more information, ask at information centres.

### Don't be fooled.

#### *These are wild animals!*

Elk, moose and deer are unpredictable and potentially dangerous, especially females with young (May and June) and males during the mating season (September through November). Remember, stay at least 30 metres (3 bus-lengths) away from any elk, moose or deer.



### Learn more...

Ask park staff about wildlife safety, and how you can keep wildlife wild—and alive, or read these Parks Canada wildlife publications available at information centres or on our website: [www.pc.gc.ca](http://www.pc.gc.ca):

*Bears and People;  
A Guide to Safety  
and Conservation  
on the Trail*



*Keep the Wild in  
Wildlife; How to  
Safely Enjoy and  
Help Protect  
Wildlife*

**Having read all this, please know that we humans are far more dangerous to park animals than they are to us.**

We come here to recreate, animals live here to survive. As visitors in their habitat, we have to take special care in how we share the land with them.

## This is carnivore country



Wolves and coyotes are often seen on trails and along roads. Cougars are elusive and rarely seen, but they do live here. The chance of being approached by these carnivores is unlikely, but if you are approached, *send a clear message that you are not prey.*

- Pick up small children immediately.
- Try to appear bigger, by holding your arms or an object over your head.
- Face the animal and retreat slowly. *Do not run or play dead.*
- Maintain steady eye contact with the animal.
- If the animal continues to approach, deter an attack by yelling, waving a stick or throwing rocks.
- If you are attacked, fight back. Hit the animal with a heavy stick or rock.



# Safety in BEAR COUNTRY

If you are in the mountain parks, you are in bear country. Protecting the grizzly and black bears that live here, along with their habitat, is part of Parks Canada's mandate.

**What if you're heading out on the trail?** Should you be worried about bears? Respectful, yes. Worried, no. Getting hurt by a bear in the mountain parks is quite rare. But to feel confident in bear country, you do need to know what to do. Here is the latest bear-safety advice.

## The best thing to do is

**AVOID a bear encounter in the first place.**

### Here's how...

- Larger size groups are less likely to have a serious bear encounter. We recommend hiking in a tight group of four or more.
- Make noise. This lets the bears know you are coming and gives them time to move away. Shout loudly every few minutes. Bears hear only about as well as we do. A little bear-bell jingling on your pack is not loud enough.
- Carry bear spray and know how to use it.
- Watch for fresh bear sign: paw prints, droppings, diggings.
- Keep your dog on a leash at all times (this is the law).
- Never approach a bear. Stay at least 100 metres away.
- Use extra caution during berry season, from late July to mid-September. Berries are a favourite food source of bears.



### If you do encounter a bear...

- If the bear is close to you, back away slowly. **Never run.**
- Stay calm and move deliberately. This will help calm the bear and let it know you are not a threat.
- If you are in a group, bunch up, or join other hikers nearby.
- If you are carrying bear spray, get it ready, just in case.
- Speak to the bear in a normal tone of voice. This helps to identify you as human and satisfy the bear's curiosity.
- Leave the area or take a detour. If this is impossible, wait until the bear moves away. Always leave the bear an escape route.

To survive, bears need plenty of space and few human surprises.

## Bear attacks

### BOTTOM LINE

It's **rare** for a bear to strike a person with its claws or to bite a human. Nearly all aggressive-looking encounters end without injury.



However, if a bear does attack, follow these guidelines.

**There are two kinds of attacks. What you do depends on which kind, as indicated by the bear's behaviour.**

### 1. If the bear behaviour is DEFENSIVE

You surprise a bear. It may be feeding, protecting its cubs, or just unaware of your presence. It sees you as an immediate threat and feels that it must fight. This is the **most common** attack situation.

- If you have bear spray, use it (according to the manufacturer's instructions).
- If the bear makes contact with you, **play dead!** Showing submission will probably end the attack.
- Lie on your stomach with your legs apart, so the bear cannot easily flip you over.
- Cover the back of your head and your neck with your hands.
- Keep your pack on to protect your back.

Defensive attacks seldom last more than two minutes. If the attack continues, it may have shifted from defensive to predatory.

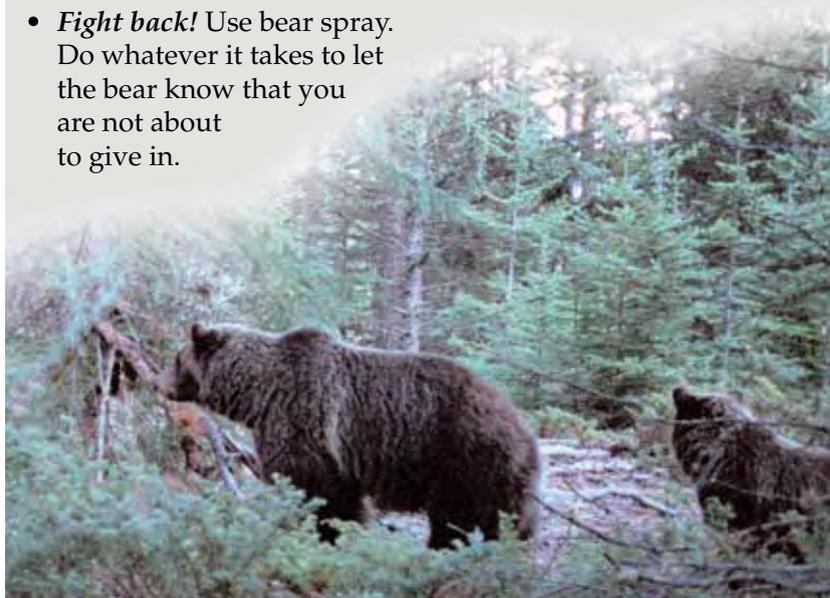
In this case, **fight back!**

### 2. If the bear behaviour is PREDATORY

The bear stalks you along a trail and then attacks, or the bear attacks you at night or in your tent.

**This kind of attack is very rare.**

- Try to escape into a building or a car. Climb a tree.
- If you can't escape, **do not play dead.**
- **Fight back!** Use bear spray. Do whatever it takes to let the bear know that you are not about to give in.



# Wildlife... in the mountains



**Grizzly Bear**



**Black Bear**



**Coyote**



**Grey Wolf**



**Wolverine**



**Cougar**



**Pine Marten**



**Beaver**



**Pika**



**Hoary Marmot**



**Columbia Ground Squirrel**



**Golden-mantled Ground Squirrel**

## A snapshot of

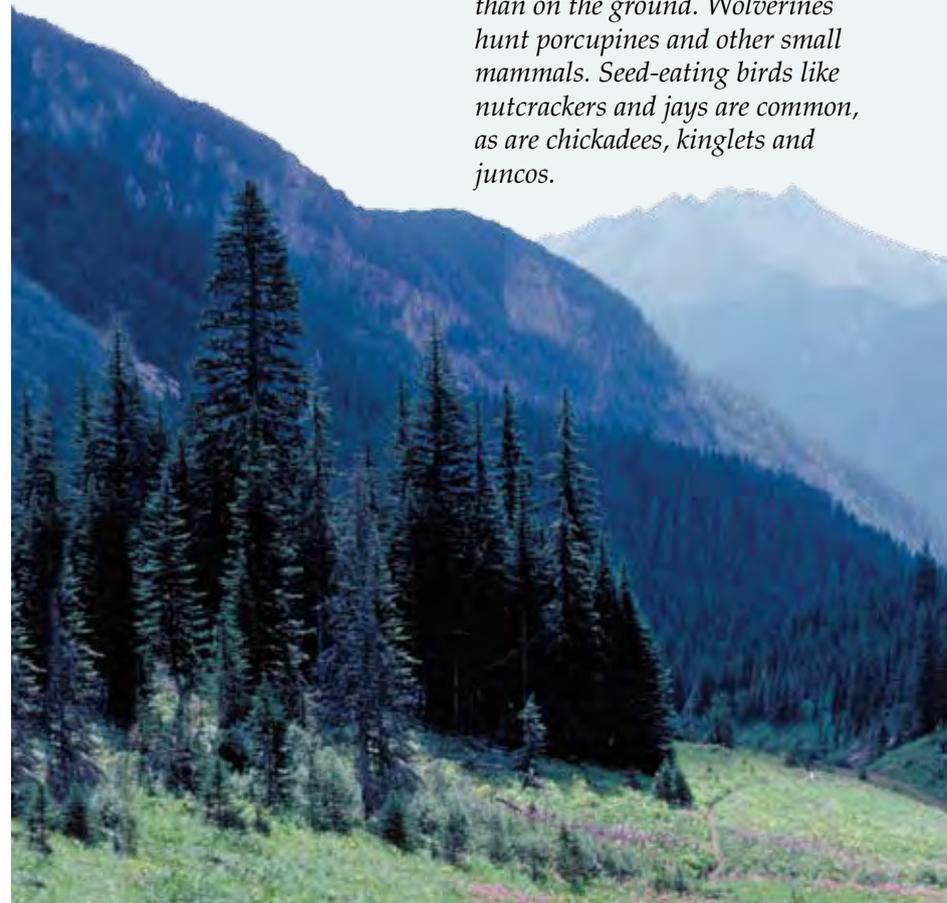
Here in the mountains, the distance from valley to peak is over 3000 m. The rugged mountaintops and wind-swept slopes are colder and wetter than the lush warmer valley bottoms. In this spread of environments from top to bottom live very different combinations of plants and animals, all uniquely adapted to their particular "life zone". It's the variety of life that survives in each of these zones that gives the mountains their incredible diversity of life.

In the Rocky Mountains national parks of Banff, Jasper, Kootenay, Yoho & Waterton the **montane life zone** (elevation 1000-1500 m) occurs on the lower slopes and valley bottoms. It's the warmest and driest part of the mountain landscape where the most plants and animals can live. The montane produces the most variety of vegetation and supports the greatest diversity of wildlife.

Grazers like elk, bighorn sheep, and deer feed on the grasses and shrubs in the montane valleys. Cougars and wolves are attracted to the abundant prey. Black bears and grizzlies use the montane in spring and fall. All of the park's amphibians and reptiles and most of the mountains' 300 species of birds are found in the montane zone.

Between the valley bottoms and the high mountain slopes is the middle **sub-alpine life zone** (elevation 1500-2200 m). Here, the climate is cooler and wetter than the montane, but not as harsh as the alpine. Snow is deeper in the winter and lasts longer in the spring. The summer growing season is shorter than in the valleys below.

Moose and caribou that can cope with deep snow are the only large mammals that use the subalpine in the winter. Squirrels feed on seeds and cones in the subalpine and are prey for pine martens that are more at home in trees than on the ground. Wolverines hunt porcupines and other small mammals. Seed-eating birds like nutcrackers and jays are common, as are chickadees, kinglets and juncos.



# mountain life

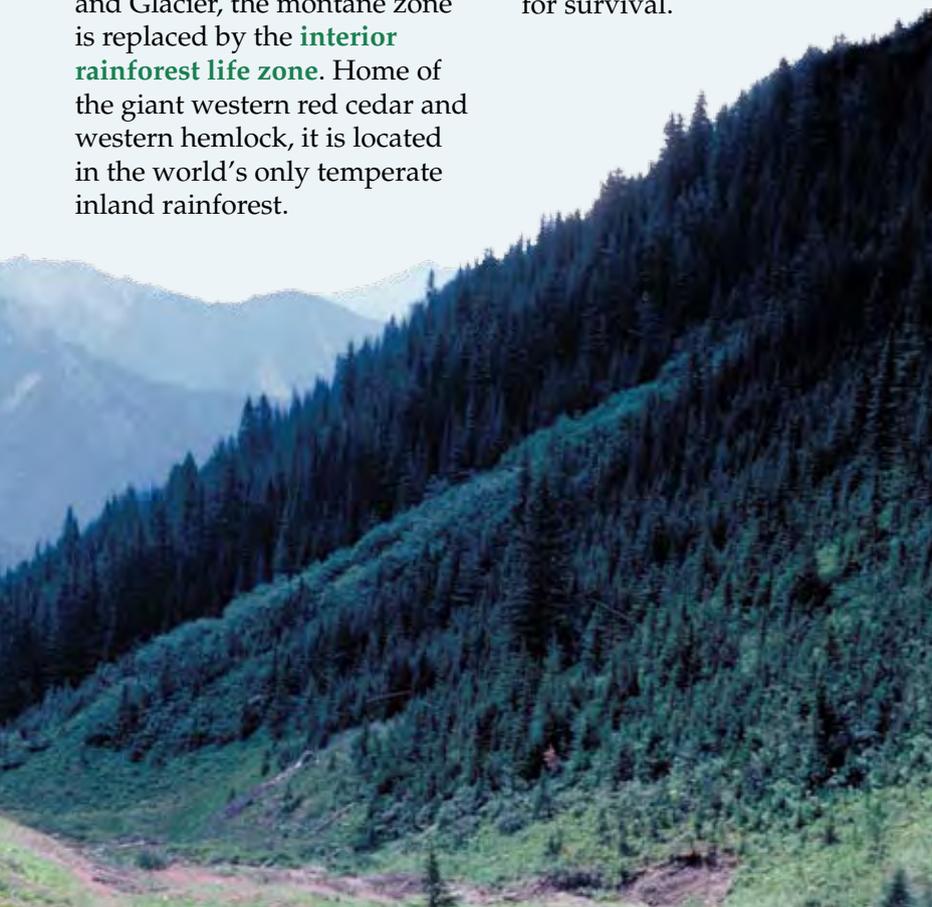
Above treeline is the harsh **alpine zone** (above 2200 m), and much of it is rock and ice. The highest life zone has the most severe climate in the parks. Temperatures are the coldest and the growing season is the shortest. Winds are strong, the sun is intense, and frost and snow can occur at any time (even in the summer). Without enough moisture to support tree growth, meadows, shrub tundra and colourful lichen provide habitat for the hardiest wildlife. In the dry, wind-swept alpine, the plants have evolved to hug the ground in cushion-like mounds to deal with wind and its cooling and drying effects.

*Surprisingly, in the brief alpine summer, birds and small mammals like marmots, pikas and ground squirrels are common. Large mammals move up to expand their range and avoid annoying bugs.*

West of the Rockies, in the Columbia Mountains national parks of Mount Revelstoke and Glacier, the montane zone is replaced by the **interior rainforest life zone**. Home of the giant western red cedar and western hemlock, it is located in the world's only temperate inland rainforest.

*Unusual plants such as devil's club and skunk cabbage share the rainforest with endangered mountain caribou, migratory birds and Coeur d'Alene salamanders.*

Few park visitors realize how much of the Rocky and Columbia Mountains are at or above treeline (about 40% and 50% respectively). Many more overestimate the extent of the montane and interior rainforest life zones. Together, they represent only about 5-10% of the mountain parks. Yet, these valley floors are critical habitat for many plants and animals. The valley bottoms are also the areas most used by people. This is where our highways, campgrounds, towns, railways and developments are built. It's in the valleys that we have our greatest impact on wildlife, and where we must be extra-careful in how we share it with the other living things that depend on it for survival.



**Elk (Wapiti)**



*Species at risk*

**Woodland Caribou**



**Mule Deer**



**White-tail Deer**



**Bighorn Sheep**



**Mountain Goat**



**Moose**



*Species at risk*

**Western Toad**



**Gray Jay**



**Clark's Nutcracker**



**Steller's Jay**



**Black-billed Magpie**

mark bradley  
Larry Halverson

# Heritage on the horizon



# National Historic Sites of Canada

## Banff Park Museum NHSC

### Your 3-D field guide to Banff's wildlife



- Observe Banff's wildlife up close
- See more than 5,000 specimens
- Experience the hands-on discovery room
- Visit Canada's oldest National Park building

#### Other services:

Information/Interpretive attendants on duty; washrooms in Central Park; ample bus and car parking nearby

#### Summer hours:

(Mid-May to late September)  
10 am to 6 pm  
Regularly scheduled tours (summer only)

#### The rest of the year:

1 pm to 5 pm  
Closed December 25-26 and January 1

Entrance fees charged

91 Banff Avenue,  
Banff, AB  
403-762-1558

[www.pc.gc.ca/banffparkmuseum](http://www.pc.gc.ca/banffparkmuseum)

## Cave and Basin NHSC

### The birthplace of Canada's national park system



- Explore a thermal springs cave
- Discover the unique hot springs wildlife
- Visit the emerald-coloured reflecting pool
- Take advantage of the interpretive boardwalk trails, extensive exhibits, tours and videos

311 Cave Ave,  
Banff, AB 403-762-1566

#### Other services:

ample parking; disabled access; a café is open during the summer; picnic tables behind the site and at Sundance Canyon

#### Summer hours:

(Mid-May to late September)  
9 am to 6 pm every day

#### The rest of the year:

Monday to Friday 11 am to 4 pm  
Weekends 9:30 am to 5 pm  
Closed December 25-26 and January 1

Entrance fees charged

[www.pc.gc.ca/cave](http://www.pc.gc.ca/cave)

## Rocky Mountain House NHSC

### In the footsteps of David Thompson...

- Watch for wildlife as you explore riverside trails to the sites of four fur trade forts
- Visit the Métis tent to try your hand at fur trade skills
- See our plains bison and imagine the great herds of the past
- Enjoy interpretive programs and hands-on demonstrations
- Laugh & sing along with the David Thompson Puppet Show

6 km west of Rocky Mountain House, AB  
on Highway 11A 403-845-2412

#### Other services:

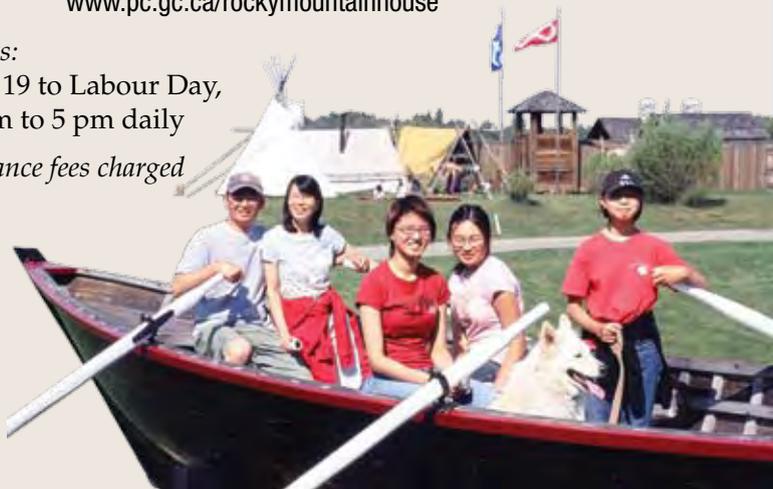
Interpretive staff on duty; washrooms; gift shop; ample bus and car parking on-site; picnic area; walk-in camping

[www.pc.gc.ca/rockymountainhouse](http://www.pc.gc.ca/rockymountainhouse)

#### Hours:

May 19 to Labour Day,  
10 am to 5 pm daily

Entrance fees charged



## Bar U Ranch NHSC

### Ranching history comes alive... Experience it!

- Experience western hospitality at its best
- Climb aboard our horse drawn wagon and tour through the historic site
- Immerse yourself in stories of ranching pioneers
- Hands-on activities take you back to the ranch life of yesteryear
- Walk the very rangeland that the giants of the west walked

Box 168, Longview, AB  
T0L 1H0  
403-395-3044 or  
1-888-773-8888

#### Other services:

Visitor centre, restaurant, gift shop, washrooms, picnic area and ample parking - interpretive staff on duty

#### Hours:

May 27 to Oct 8, 9 am to 5 pm daily

Entrance fees charged

Special rates for families and groups. Groups should reserve in advance.

[www.pc.gc.ca/baru](http://www.pc.gc.ca/baru)



# Jasper National Park of Canada

## JASPER NATIONAL PARK

2007 is Jasper National Park's centennial, a time to feel the power of our landscape, the experience of our past, and to commit to our future.

Jasper became Canada's fifth national park on September 14, 1907, when the Canadian government set aside 12,950 km<sup>2</sup> as *Jasper Forest Park of Canada*. The current size (10,878 km<sup>2</sup>) was set in 1930.

## YELLOWHEAD HIGHWAY

**Speed limit: 90 km/hr (55 mph)**

Drive with care on this busy highway. Watch for reduced speed limits in congested zones and places frequented by wildlife.

The scenic Yellowhead Highway stretches east-west across Jasper National Park. Look for 3 historic site plaques along the way: Jasper House, Henry House and Yellowhead Pass.

## 1 Municipality of Jasper ALL SERVICES

This friendly, picturesque community is the heart of Jasper National Park. Population: 4643

## HIGHWAY

**Speed limit: 60 km/hr (37 mph)**

This scenic route provides access to Mount Edith Cavell in summer and Marmot Basin Ski Area in winter. From late October to mid-May a portion of the road is closed to vehicles and track-set for cross-country skiing.

## 2 Mount Edith Cavell



29 km (30 min) from Jasper

This peak was named after the WWI war heroine, Edith Cavell, in 1916. Road open mid-June to October as snow permits. Vehicles longer than 6 m are not recommended and trailers are not permitted.

## 3 Athabasca Falls



30 km (30 min) from Jasper

This 23-metre waterfall has the most powerful flow to be found anywhere in the mountain parks.

## THE ICEFIELDS PARKWAY

**Speed limit: 90 km/hr (55 mph)**

Watch for reduced speed limits in congested zones and places frequented by wildlife.

A spectacular 230-km drive along the backbone of the continent, this road was built between 1931 and 1940 by men left unemployed in the Great Depression and passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or snow tires are required in winter. No services November to March. A park pass is required. No commercial trucks allowed.

## 4 Sunwapta Falls



55 km (40 min) from Jasper

The name "Sunwapta" is the Stoney Indian term meaning "turbulent river". Early alpinist A.P. Coleman named this river in 1892.

## 5 Columbia Icefield area and Icefield Centre



103 km (75 min) from Jasper

Motorized glacier tours began here in 1948 using a 1929 Ford truck modified to run on half-tracks.

Glacier exhibits at the Icefield Centre. Hiking trail to the Athabasca Glacier.

 Glaciers are beautiful but dangerous. Please read and heed the safety signs on site.

Parks Canada Information Desk  
780-852-6288

May 1 to June 13, 9 am - 5 pm  
June 14 to Sept. 2, 9 am - 6 pm  
Sept. 3 to Oct. 15, 9 am - 5 pm  
Oct. 16 - closed for the season

Ice Explorer Tours

1-877-423-7433

April 1 to Sept. 30, 9 am - 5 pm  
Oct. 1 to Oct. 15, 10 am - 5 pm

Guided Ice Walks

1-800-565-7547

June 1 to September 30

## MIETTE ROAD

**Speed limit: 60 km/hr (37 mph)**

Open May to mid-October.

## 6 Pocahontas Mine Interpretive Trail



43 km (50 min) from Jasper

The discovery of coal in 1910 meant that for a brief time there was a second community in Jasper National Park - the mining town of Pocahontas. Today you can still visit its remnants while wandering through a forest that has grown around the ruins.

## 7 MIETTE HOT SPRINGS



61 km (1 hr) from Jasper

1-800-767-1611

Newly renovated in time for Jasper National Park's 100th anniversary!

Towels, bathing suits, lockers for rent; restaurant on site  
May 17 to June 22 and  
September 4 to October 8,  
daily 10:30 am - 9 pm  
June 23, 2007 to September 3,  
daily 8:30 am - 10:30 pm

Schedules are subject to change.

## MALIGNE VALLEY ROAD

**Speed limit: 60 km/hr (37 mph)**

There is no shortage of natural wonders in the Maligne Valley: a 50-metre deep canyon; a lake that disappears down sinkholes; and a stunning alpine lake that you can explore on a cruise. Watch for wildlife along this scenic route.

## 8 Maligne Canyon



11.5 km (15 min) from Jasper

Incredibly narrow and 50 metres deep, Maligne Canyon has confounded geologists for many years. How old is it? How did it form? In winter it is possible to take a guided tour inside the gorge. Tea House open April to October 30.

## 9 Medicine Lake



27 km (30 min) from Jasper

This lake is drained by one of the largest underground river systems in North America.

## 10 Maligne Lake



48 km (1 hr) from Jasper

The beauty of this 22-km-long lake is legendary. In 1908, explorer Mary Schäffer wrote, "There burst upon us... the finest view any of us had ever beheld in the Rockies."

Chalet

May 13 to October 1

Boat tours

From chalet opening day (as ice conditions permit) to June 30:

daily 10 am - 4 pm

July and August,

daily 10 am - 5 pm

September 1 to October 1,

daily 10 am - 4 pm

Reservations recommended:

780-852-3370

### Roving Interpreters

Parks Canada staff are often on hand at major points of interest throughout Jasper National Park, ready to answer your questions and share interesting stories.



#### LEGEND

- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hot springs
- Hiking
- Biking
- Horse riding
- Canoeing
- Swimming
- Cross-country skiing
- Skating
- Campground
- Playground
- Picnic tables
- Picnic shelter
- Hostel
- Accommodation
- Sani-dump
- Ice tours
- Caution

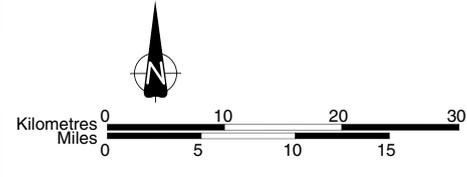


### Exhibits

Watch for self-guided opportunities as you travel through Jasper National Park. You will find a variety of self-guided trails and exhibits to explore at your own pace. Look for the symbol.

JASPER NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI-DUMP	DIS-ACC	FIRE PERMITS	INTERP PROG	FEES
<b>Pocahontas</b>	May 18 - Oct. 8	140			●					●		\$20.80
<b>Snaring River</b>	May 18 - Sept. 17	66				●				●		\$14.85
<b>Whistlers</b>	May 4 - Oct. 8	781	77	100	●		●	●	●	●	●	\$21.75-\$35.65
<b>Wapiti (summer)</b>	May 18 - May 21 June 15 - Sept. 3	362		40	●		●	●	●	●		\$25.75-\$29.70
<b>Wapiti (winter)</b>	Oct. 8 - May 9, 2008	93		40	●					●		\$16.80-\$19.80
<b>Wabasso</b>	June 21 - Sept. 3	228			●			●	●	●		\$20.80
<b>Mt. Kerkeslin</b>	June 21 - Sept. 3	42				●				●		\$14.85
<b>Honeymoon Lake</b>	June 21 - Sept. 3	35				●				●		\$14.85
<b>Jonas Creek</b>	May 18 - Sept. 3	25				●				●		\$14.85
<b>Columbia Icefield</b>	May 18 - Oct. 8	*33				●				●		\$14.85
<b>Wilcox Creek</b>	June 8 - Sept. 10	46				●		●		●		\$14.85

\*Tents only  
**Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis.**  
**FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program**  
**FIRE PERMIT REQUIRED** where fireboxes and firewood are provided. Boil water advisories may be posted.  
**CAMPSITE RESERVATIONS** can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at [www.pccamping.ca](http://www.pccamping.ca) or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.



**EMERGENCY - 24 hr**  
 Ambulance, fire  
 R.C.M. Police **911**  
 WARDENS  
**AREA CODE 780**  
 Information centre 852-6176  
 Warden office 852-6155  
 Trail office (May-Oct) 852-6177

# Jasper Town and Area

Jasper Hawes was an employee of the North West Company who operated a fur-trade post in the eastern part of the park known as "Jasper House". By the time the post was abandoned, the name "Jasper" was being used to describe the whole area. It was a natural choice when a name was needed for the new town in 1913.

## 1 Jasper Park Information Centre National Historic Site

500 Connaught Drive

Built in 1914, this landmark served as both the park's administration offices and as the superintendent's residence. Since the 1970s the building has served as the Parks Canada Information Centre.

April 1 - 4, 9 am - 4 pm

April 5 - June 13, 9 am - 5 pm

June 14 - September 2, 8 am - 7 pm

September 3 - 30, 9 am - 6 pm

October 1 - 31, 9 am - 5 pm

Nov. 1, 2007 - April, 2008,

9 am - 4 pm

- Parks Canada information 780-852-6176
- Jasper Tourism and Commerce 780-852-3858
- Friends of Jasper gift shop.

## 2 Jasper-Yellowhead Museum and Archives

400 Pyramid Avenue

780-852-3013

[www.jaspermuseum.org](http://www.jaspermuseum.org)

Permanent exhibits feature Jasper's history. Monthly exhibits in the Showcase Gallery.

## SUMMER

May - September, 10 am - 5 pm

## WINTER

October - April, 10 am - 5 pm

Thursday - Sunday

## 3 Patricia Lake and Pyramid Lake

5 & 7 km (10/15 min) from Jasper

Enjoy swimming beaches, fishing, boating, hiking and biking. During WWII, British Prime Minister Winston Churchill imagined a fleet of artificial icebergs deployed as airfields in the North Atlantic. A prototype was tested in Patricia Lake. Learn more by visiting the interpretive plaque along its shore.

## 4 Lakes Annette, Edith and Beauvert

5 km (10 min) from Jasper

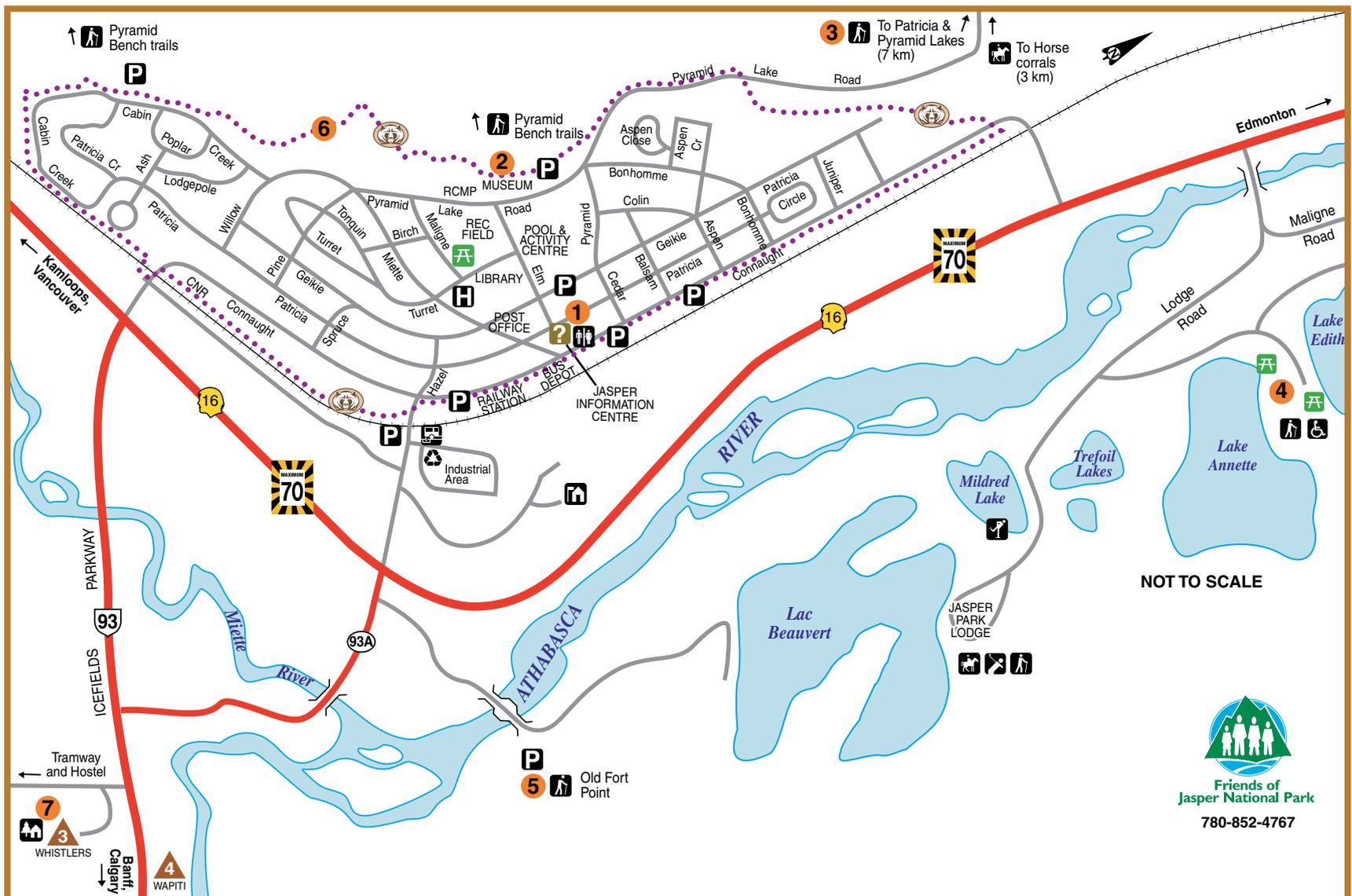
Come enjoy these "kettle" lakes, formed at the end of the ice ages and fed by springs.

Lakes Annette and Edith have sandy beaches, popular in July and August for swimming and wading.

## 5 Old Fort Point

1.5 km (5 min) from Jasper

No one is sure what the "old fort" was; it may have been the fur-trade era's "Henry House". The top of this Jasper hill is a popular spot, with great views of the town and the Athabasca River, a heritage river.



NOT TO SCALE

  
Friends of  
Jasper National Park  
780-852-4767

## 6 The Discovery Trail



This trail can be accessed at several points throughout the town. The downtown section is wheelchair accessible while the Pyramid Bench section behind the town is unpaved.

## 7 The Whistlers



7 km (15 min) from Jasper  
In 1937 the Jasper Ski Club cleared ski runs on this mountain. Today a modern tramway transports visitors to the summit. Jasper Tramway open April to October.  
780-852-3093



# Centennial Year Special Programs and Events

These events only scratch the surface of what's in store for 2007. For more details ask at information centres.

### Regular Programs

*May to December*

#### Festival of Banners

Street banners depict important aspects of Jasper's last 100 Years.

*May to September*

#### Jasper: A Walk in the Past

Take a step back in time on this historical walking tour. Meet in front of the Information Centre, daily at 7:30 pm.

*June to Labour Day Weekend*

#### Centennial Exhibit: Rough Trails and Wild Tales – 100 Years of Stories

A historic exhibit on Jasper National Park's first hundred years.

Jasper-Yellowhead Museum and Archives

*July & August*

#### Pocahontas: A Walk in the Past

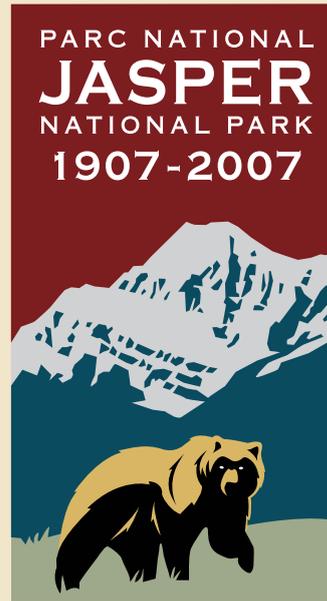
A guided walk through the remains of a 1910-1920 mining operation.

Meet at the parking lot at the bottom of the Miette Hot Springs Road, Saturdays at 2 pm.

*July & August*

#### Junior Naturalist

A fun one-hour program for children aged 6 to 10. Pre-register at Whistlers Campground Theatre.



*June to September*

#### Mountain World Heritage Theatre "Jasper's Century"

Thursday and Sunday evenings on the Information Centre lawn.



#### "Water...on the Rocks!"

Mondays, Tuesdays and Wednesdays at the Sawridge Hotel.

*July to September*

#### Whistlers Campground Interpretive Theatre Programs

Fun, family-friendly show at Whistlers Campground Outdoor Theatre, daily at 9 pm



### Events

*June 3-9*

#### Alberta Environment Week

Discover easy things you can do to protect the environment.

*June 21*

#### National Aboriginal Day

Celebrate the unique heritage, cultures and contributions that First Nation and Métis people have made to Jasper National Park.

*June 29-30, July 1*

#### The 18th Annual Fête franco-albertaine

This 3-day family festival includes concerts, art performances, and sport and kids' activities. Call 780-466-1680 for more information.

*July 1*

#### Canada Day

Celebrate Jasper National Park's 100th Canada Day in a big way!

*July 21*

#### Parks Day

Join us for the biggest and best Parks Day Jasper has ever seen. Jasper Information Centre lawn 11 am - 4 pm

*July 21*

#### Unveiling the Canada Post Jasper National Park Commemorative Stamp

Be one of the first to check out a brand new Canada Post stamp honouring Jasper National Park's Centennial.

*September 14-16*

#### The Weekend of the Century

A weekend jam-packed with events and activities honouring Jasper's last 100 years.

*September 14-30*

#### Travelling Art Exhibit: Tuktu Prayers

Tuktu is Inuit for caribou, and the 'prayer' is that Caribou will continue to be part of Canada's wild for centuries to come. Jasper-Yellowhead Museum and Archives

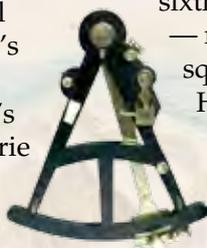
# The great surveyor and epic wanderer

## David Thompson

David Thompson's spirit still flows through the Rockies. It's in every mountain pass and every star in the night sky. It's in the howl of wolves, the eerie call of loons and the roar of the mighty Columbia River.

Trader, naturalist, explorer and writer, Thompson heard those sounds often. By horseback, canoe, dog-sled and on foot, he travelled more than 90,000 kilometres, the equivalent of twice around the globe.

In 1807, Thompson led the first Europeans across the Rockies via Howse Pass. Pushing west to the Columbia River, he spent the next years establishing trading posts. In 1811 he became the first European to travel the entire length of the Columbia.



Thompson mapped one-sixth of the continent — nearly 4 million square kilometres. He documented the landscape and peoples at the time of first European contact and charted the newly established boundary between Canada and the United States. His meticulous maps were used until the 20th century.

This year is the 150th anniversary of Thompson's death and the 200th anniversary of his first crossing of the Rocky Mountains.

Learn more at [www.pc.gc.ca/davidthompson](http://www.pc.gc.ca/davidthompson)

This summer, interpretive presentations on David Thompson will be given at Rocky Mountain House National Historic Site and in campgrounds in Kootenay, Banff and Jasper national parks. Check at visitor centres for details. Tune into Banff Park Radio for their series on Thompson.

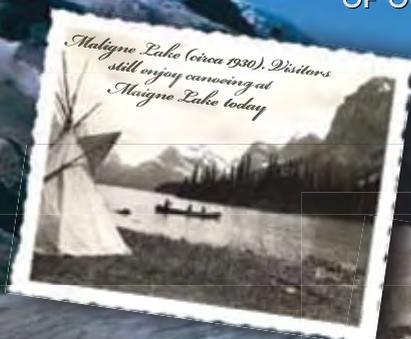


Statue in Invermere, B.C.



# JASPER NATIONAL PARK 1907 - 2007

JASPER NATIONAL PARK'S CENTENNIAL CELEBRATION IS A UNIQUE TIME TO FEEL THE POWER OF OUR LANDSCAPE, THE EXPERIENCE OF OUR PAST, AND TO COMMIT TO OUR FUTURE.



# Centennial



[WWW.PC.GC.CA](http://WWW.PC.GC.CA)

1-888-773-8888

Photos: Jasper Yellowhead Museum and Archives top to bottom: PA 7-125; PA 48-19; 001.33.143; 994.45.134.02

In 2007, Jasper National Park will celebrate a century of cultural and natural history as a protected place. To commemorate the occasion we have an incredible amount of activities planned for you and your family!

### July 1st

#### Canada Day

Celebrate Jasper National Park's 100th Canada Day in a big way! Pick-up a Canada Day program at one of Jasper's information centres.

### July 21st

#### Parks Day

Jasper Information Centre lawn 11 am-4 pm

### September 14-16th

*The Weekend of the Century*  
Don't miss Jasper National Park's big birthday party, packed with events and activities honouring Jasper's last 100 years. For additional information on the many special events offered during this weekend visit [www.jasper100.com](http://www.jasper100.com).

*These events only scratch the surface of what's in store for 2007! For more details and events, ask at the Information Centre or visit: [Jasper100.com](http://Jasper100.com)*

# Fort St. James National Historic Site of Canada

*Established by Simon Fraser for the North West Company in 1806, the fort is home to the largest group of original wooden buildings depicting the fur trade in Canada.*

- Talk to costumed interpreters as they tend livestock or work in the garden
- Help tan a moose hide, or make some fruit leather, an 1896 style snack
- Have a salmon and bannock lunch by the fire overlooking Stewart Lake
- Visit our gift shop, display room and watch a movie in the theater
- Relax at the Old Fort Café for lunch

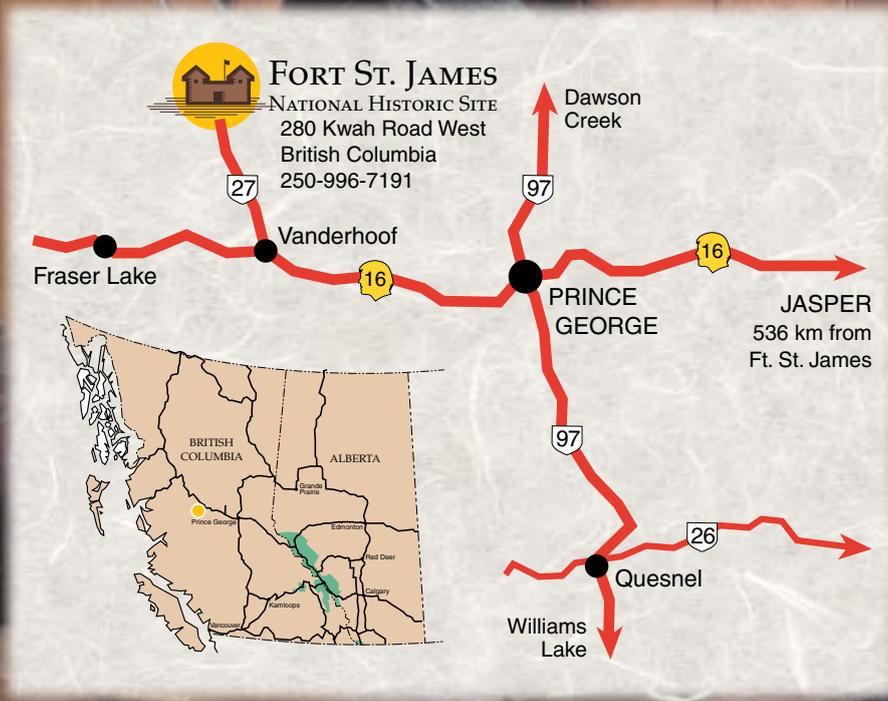
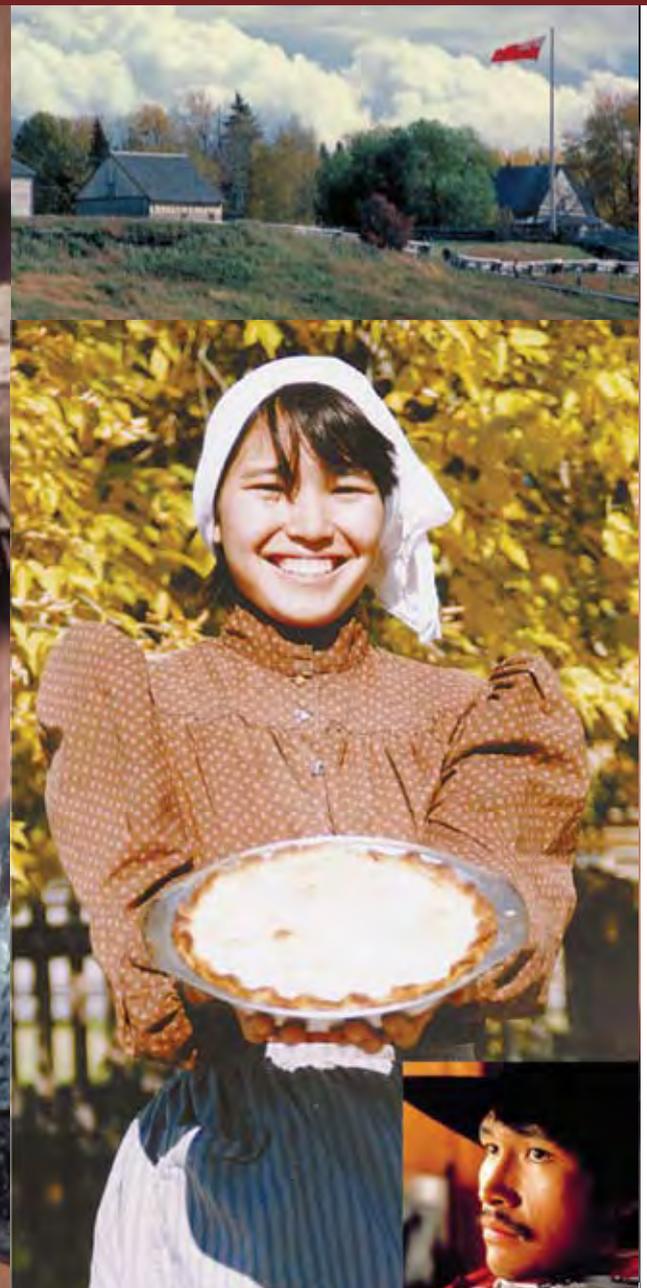
*Other services:*

The village of Fort St. James offers spectacular waterfront camping on lakes and rivers, wildlife viewing tours, golfing, shopping, hiking trails, and accommodation.

*Hours:*

9 am to 5 pm daily from mid May to the end of September, and year-round by reservation.

*Entrance fees charged.*



[www.pc.gc.ca/fortstjames](http://www.pc.gc.ca/fortstjames)

# Banff National Park of Canada

**BANFF NATIONAL PARK** is the birthplace of Canada's national park system, created around the warm mineral springs near Banff townsite. Visit the Cave and Basin National Historic Site for the full story.  
Established in 1885  
Size: 6 641 km<sup>2</sup> (2 564 sq. mi.)

## TRANS-CANADA HIGHWAY

**Speed limit: 90 km/hr (55 mph)**  
**70 km/hr (43 mph) near Lake Louise**  
Drive with care on this busy highway. Look for two animal overpasses just west of Banff, built to allow wildlife to cross the road safely.

 Trans-Canada Highway construction is underway east of Lake Louise. Obey construction speed-zone signs and flag people. Anticipate some delays.

### 1 The Town of Banff ALL SERVICES

Explore Canada's first national park community.  
Population 8,352

### 2 The Village of Lake Louise MOST SERVICES

Experience the hospitality of this hiker's haven.  
Population 1,500



Castle Mountain

## BOW VALLEY PARKWAY

**Speed limit: 60 km/hr (37 mph)**  
Experience life in the 'scenic' lane. Roadside interpretive panels at pull-offs along the way connect you to the diversity of life and life forces that flow through the Bow Valley.

- **Bow Valley Parkway Seasonal Road**   
**Restriction from March 1 to June 25, evenings 6 pm - 9 am,** helps protect wildlife at a critical time of year. This voluntary travel restriction is in effect between the east exit on the 1A near Banff for 18 km to Johnston Canyon. When traveling east from Lake Louise to Banff, connect to the Trans-Canada Highway at Castle Junction. **Access to commercial facilities along the parkway during this time is best from Castle Junction.**

## Interpretive Displays

Distance (km) from	Lake Banff	Louise	
Backswamp	3	49	
Mule Shoe	6	46	✓
Prescribed Burn	8	44	
Sawback	11	41	✓
Hillsdale	13	39	
Pilot Pond	16	42	
Moose Meadow	21	31	
Castle Cliffs	26	24	
Storm Mt.	28	24	✓
Baker Creek	40	12	
Morant's Curve	48	4	

### 3 Johnston Canyon



**25 km (30 min) from Banff**  
A paved trail and exciting catwalks cling to the canyon walls.

- 1.1 km (20 min) to the Lower Falls
- 2.7 km (1 hr) to the Upper Falls

For safety's sake, stay on the trail and away from the edge.

## ICEFIELDS PARKWAY

**Speed limit: 90 km/hr (55 mph)**  
This spectacular 230 km drive along the backbone of the continent passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or all-season radials are required in winter. **No services November to March.** A park pass is required. No commercial trucks are allowed.

- Watch for reduced speed limits in congested zones and places frequented by wildlife.
- Ask for the *Icefields Parkway* brochure, your guide to peak names, icefield names and other points of interest.

### 4 Crowfoot Glacier



**34 km (25 min) from Lake Louise**  
A century ago, the 'crowfoot' had three 'toes' of ice. Since then the glacier has melted back and the lower toe has been lost. These days the middle toe is disappearing, too.

### 5 Bow Pass ("Bow Summit") and Peyto Lake Viewpoint



**40 km (30 min) from Lake Louise**  
This is the highest road pass in the four mountain parks at 2 088 m (6 849') above sea level. A short, uphill walk from the parking area leads to a view of Peyto Lake, glacially fed and brilliantly turquoise.



### 6 Mistaya Canyon



**72 km (50 min) from Lake Louise**  
Only 10 minutes by trail from the road. Look for rounded potholes and a natural arch on the canyon walls.

### 7 Saskatchewan Crossing



**77 km (55 min) from Lake Louise**  
In a place where three rivers converge—fuel, food and accommodation are available from April to late October.

### 8 Columbia Icefield



**130 km (1.5 hr) from Lake Louise**  
There is much to see and do here. Plan to spend at least an hour. Please turn to the Jasper National Park information, pages 12 and 13.



BANFF NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1	Tunnel Mt. Village I	May 4 - Oct. 1	618		●		●	●	●	●	●	\$25.75
2	Tunnel Mt. Village II	Year Round	188	all	●		●	●	●		●	\$29.70
3	Tunnel Mt. Trailer	May 4 - Sept. 10	321	all	●		●	●	●		●	\$35.65
4	Two Jack Main	May 18 - Sept. 4	380		●			●		●		\$20.80
5	Two Jack Lakeside	May 18 - Sept. 18	74		●		●		●	●		\$25.75
6	Johnston Canyon	June 1 - Sept. 18	132		●		●	●	●	●		\$25.75
7	Castle Mountain	May 18 - Sept. 4	43		●					●		\$20.80
8	Protection Mountain	June 22 - Sept. 3	89		●				●	●		\$20.80
9	Lake Louise Trailer*	Year Round	189	all	●		●	●	●		●	\$29.70
10	Lake Louise Tent	May 11 - Oct. 1	206		●		●	●	●	●	●	\$25.75
11	Mosquito Creek	Year Round	32			●			●	●		\$14.85
12	Waterfowl Lakes	June 15 - Sept. 9	116		●			●	●	●		\$20.80
13	Rampart Creek	June 29 - Sept. 3	50			●			●	●		\$14.85

\*Soft-sided camping in winter only (mid-November to mid-April)  
**Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis.**  
**FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program**  
**FIRE PERMIT REQUIRED** where fireboxes and firewood are provided. Boil water advisories may be posted.

**CAMPSITE RESERVATIONS** can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at [www.pccamping.ca](http://www.pccamping.ca) or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.

**EMERGENCY - 24 hr**  
 Ambulance, fire  
 R.C.M. Police  
 WARDENS **911**

**AREA CODE 403**  
 Warden office 762-1470

### The Nature of the Trans-Canada Highway

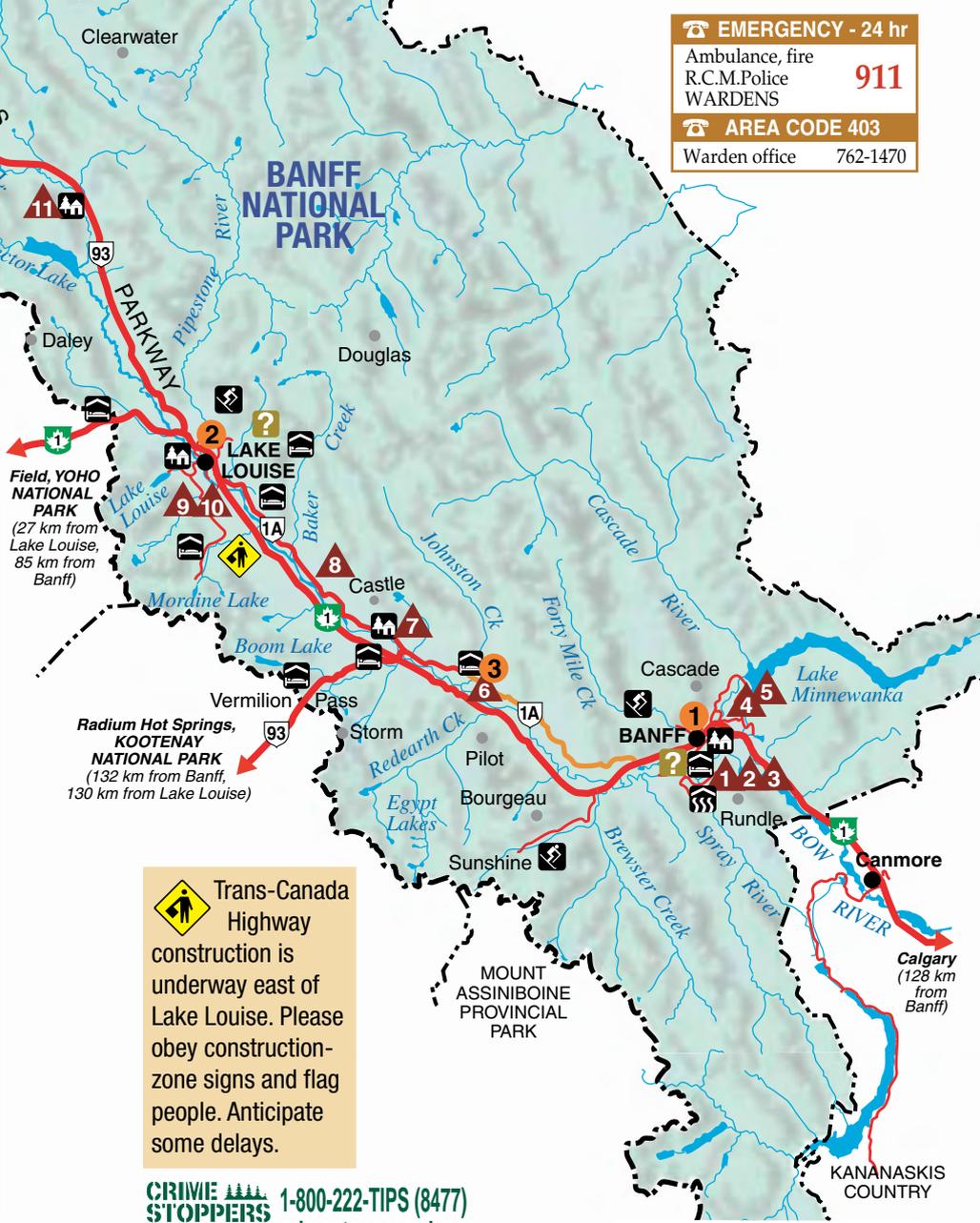
To improve safety for people and wildlife, the Trans-Canada Highway is being upgraded in stages through Banff National Park. The most recent upgrade from a two-lane to four-lane divided highway is underway east of Lake Louise.

Highway fencing will help reduce vehicle-wildlife collisions, while new wildlife crossings will help maintain or restore wildlife movements vital to sustain healthy wildlife populations. The 24 existing crossings, monitored since 1996, have been used by 11 species of large mammals. There is no other location in the world with as many different types and number of wildlife crossings.

For details on highway twinning and wildlife crossings in the park: [www.pc.gc.ca/transcanada](http://www.pc.gc.ca/transcanada)

**LEGEND**

- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hot springs
- Hiking
- Biking
- Horse riding
- Cross-country skiing
- Ski area
- Campground
- Picnic tables
- Picnic shelter
- Hostel
- Accommodation
- Ice tours
- Caution



**Trans-Canada Highway construction is underway east of Lake Louise. Please obey construction-zone signs and flag people. Anticipate some delays.**

**CRIME STOPPERS** 1-800-222-TIPS (8477)  
 HELPING PROTECT OUR ENVIRONMENT [crimestoppers.ab.ca](http://crimestoppers.ab.ca)

The town of Banff was named after the Banffshire area of Scotland, ancestral home of two major financiers of the Canadian Pacific Railway (CPR). Built east to west, the steel rails of the CPR linked Banff with Calgary, and the rest of Canada, in 1883. Elevation: 1 384 m (4 540')

## 1 Banff Information Centre



224 Banff Avenue 403-762-1550  
Check out our *Wildlife Crossings* exhibit and *Welcome to Banff* video.

- Parks Canada information 403-762-1550
- Banff/Lake Louise Tourism 403-762-8421
- Friends of Banff gift shop

SPRING

May 18 - June 20, 9 am - 7 pm

SUMMER

June 21 - Sept. 3, 8 am - 8 pm

FALL

Sept. 4 - Sept. 19, 9 am - 7 pm

WINTER

Sept. 20 - May 17, 9 am - 5 pm

## 2 Cave and Basin National Historic Site



1 km from town, Cave Avenue  
403-762-1566

The birthplace of Canada's national park system

- Explore exhibits, boardwalks and trails
- See a real cave!
- Tours at 11 am daily in summer, weekends in winter
- Café open in the summer

SUMMER

May 15 - Sept. 30, 9 am - 6 pm

WINTER

weekends, 9:30 am - 5 pm

weekdays, 11 am - 4 pm

## 3 Banff Park Museum National Historic Site



Banff Avenue by the Bow River Bridge 403-762-1558

Your must-see 3-D field guide to Banff's wildlife, birds and insects in grand Edwardian style

- We guarantee bear sightings!
- Tours daily in summer at 3 pm, weekends in winter at 2:30 pm

SUMMER

May 15 - Sept. 30, 10 am - 6 pm

WINTER

Oct. 1 - May 14, 1 pm - 5 pm

## 4 Canada Place & Cascades of Time Gardens



Park Administration Building and Grounds at the head of Banff Avenue 403-760-1338

Rediscover Canada - FREE ADMISSION

- Interactive exhibits about this nation's land and people
- Garden tours daily in summer at 2 pm
- Visit the Siksika Nation tipi July to September, with drumming and dancing demonstrations on Tuesdays

SUMMER

May 19 - Sept. 30, 10 am - 6 pm

## 5 Bow Falls & Banff Springs Hotel National Historic Site



Magnificent views from either side of the Bow River

## 6 Upper Hot Springs Pool



4 km from town, Mountain Ave  
1-800-767-1611

Enjoy the splendid heritage bath house and pool.

- towels, bathing suits, lockers for rent
- Day Spa 403-760-2500, cafe, and gift shop on site

SUMMER

May 17 - September 9,

daily, 9 am - 11 pm

WINTER

September 10, 2007 - May 14, 2008

Sunday - Thursday, 10 am - 10 pm

Friday - Saturday, 10 am - 11 pm

## 7 Sulphur Mountain



4 km from town, Mountain Ave

- Take the gondola (call 403-762-5438 for hours and fees), or hike the trail (visit the Banff Information Centre for trail details and conditions).
- From the upper gondola terminal, a one-km (20 min) boardwalk trail leads to the summit and Sulphur Mountain Cosmic Ray Station National Historic Site.

## 8 Buffalo Nations Museum



1 Birch Avenue 403-762-2388  
Native history, art and culture

## 9 Whyte Museum of the Canadian Rockies



111 Bear Street 403-762-2291  
Mountain history, art and culture

## 10 Vermilion Lakes



The Bow Valley's biggest wetland, brimming with life and beauty

- Guided nature strolls are offered here in summer; register in advance at Friends of Banff stores, 403-762-8911.
- Connects with Fenland Interpretive Trail, a 2-km loop where art and nature live in harmony.

## 11 Cascade Ponds



A great place to relax and unwind amid grassy meadows, clear shallow ponds and a small beach

## 12 Bankhead



8 km (12 min) from Banff

Once the site of a huge coal-mining operation

- Lower Bankhead: now a quiet 1.1-km (30 min) interpretive trail loops among the ruins.
- Upper Bankhead: a popular picnic area and trailhead.
- Not accessible by car November 15 to April 15.

## 13 Lake Minnewanka



10 km (15 min) from Banff

A place once known as *Lake of the Water Spirits*

- Enjoy a leisurely lakeside stroll to Stewart Canyon (1.4 km, 30 min return).
- Boat tours of the lake are available mid-May to September, call 403-762-3473 for times and fees.
- Enjoy, but please do not feed the bighorn sheep.



Vermilion Lakes

### 14 Johnson Lake



14 km (20 min) from Banff  
Known locally as Banff's summer watering hole, you can explore its easy lakeside trail year round.



### 15 The Hoodoos

A short interpretive trail unlocks the mystery of these bizarre natural pillars and leads to a superb view of the Bow Valley.

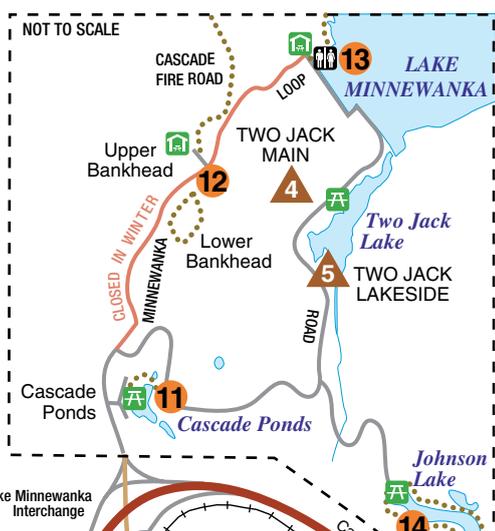
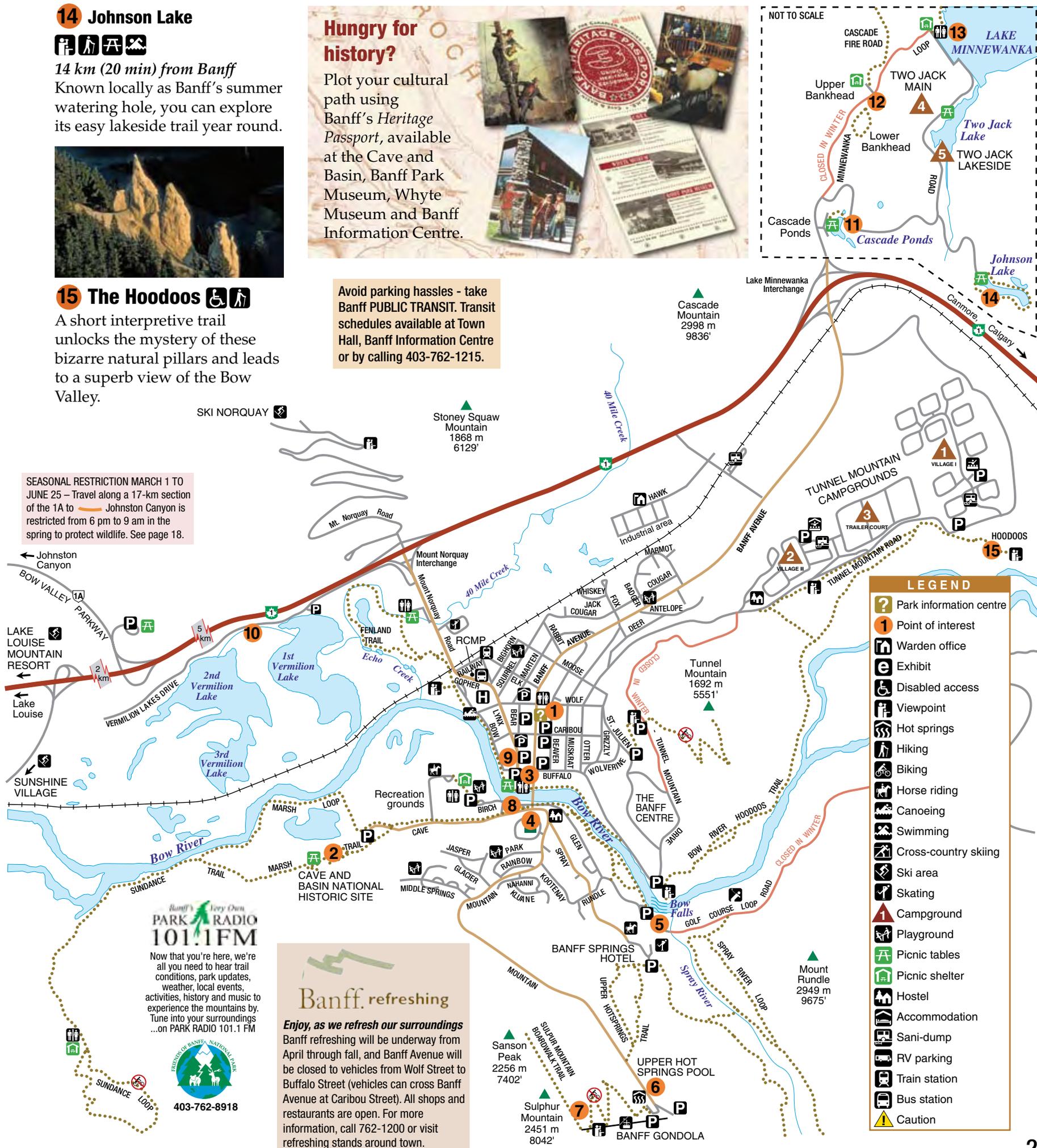
### Hungry for history?

Plot your cultural path using Banff's *Heritage Passport*, available at the Cave and Basin, Banff Park Museum, Whyte Museum and Banff Information Centre.



Avoid parking hassles - take Banff PUBLIC TRANSIT. Transit schedules available at Town Hall, Banff Information Centre or by calling 403-762-1215.

SEASONAL RESTRICTION MARCH 1 TO JUNE 25 - Travel along a 17-km section of the 1A to Johnston Canyon is restricted from 6 pm to 9 am in the spring to protect wildlife. See page 18.



LEGEND	
	Park information centre
	Point of interest
	Warden office
	Exhibit
	Disabled access
	Viewpoint
	Hot springs
	Hiking
	Biking
	Horse riding
	Canoeing
	Swimming
	Cross-country skiing
	Ski area
	Skating
	Campground
	Playground
	Picnic tables
	Picnic shelter
	Hostel
	Accommodation
	Sani-dump
	RV parking
	Train station
	Bus station
	Caution

Banff's Very Own  
**PARK RADIO 101.1FM**

Now that you're here, we're all you need to hear trail conditions, park updates, weather, local events, activities, history and music to experience the mountains by. Tune into your surroundings ...on PARK RADIO 101.1 FM



### Banff. refreshing

Enjoy, as we refresh our surroundings Banff refreshing will be underway from April through fall, and Banff Avenue will be closed to vehicles from Wolf Street to Buffalo Street (vehicles can cross Banff Avenue at Caribou Street). All shops and restaurants are open. For more information, call 762-1200 or visit refreshing stands around town.

## Special Programs and Events

### EVENING PROGRAMS

Relax, laugh and learn as Banff –its wildlife, peaks and people– come to life at our family-friendly programs.

#### Tunnel Mountain Campground Theatre

Nightly interpretive programs, late June to early September. FREE



#### Banff Information Centre Theatre

Park films shown nightly, late June to early September. FREE

#### Lake Louise Campground Theatre

Interpretive programs, July and August. FREE



#### Mountain World Heritage Interpretive Theatre

Danger! Romance! Small furry animals! Experience *Faces of Fire*—a hilarious hour for all ages with Parks Canada's Mountain World Heritage Interpretive Theatre. Check at any Parks Canada Information Centre for ticket info and show times.

### GUIDED WALKS



#### Cascades of Time Gardens (Park Administration Grounds)

Daily garden tours at 2 pm, June through September. Register inside Canada Place. FREE

**The Friends of Banff** offer many guided walks throughout the summer. Check with them in the *Bear and the Butterfly*, or in their store in the Banff Park Information Centre for times and locations. FREE

#### Cave and Basin National Historic Site

Daily site tours at 11 am, mid-May to end of September. Saturday and Sunday site tours at 11 am, October to mid-May. Tours free with cost of admission.

#### Banff Park Museum National Historic Site

Daily site tours at 3 pm, mid-May to end of September. Saturday and Sunday site tours at 2:30 pm, October to mid-May. Tours free with cost of admission

### EVENTS



#### Blackfoot Nation Interpretive Teepee

July to September. Experience the vibrant culture of the Blackfoot people by visiting their traditional teepee set amid the beautiful Cascades of Time Gardens of the park administration grounds. Native interpreters are on-hand daily to share stories, with spectacular dancing and drumming demonstrations every Tuesday at noon. FREE

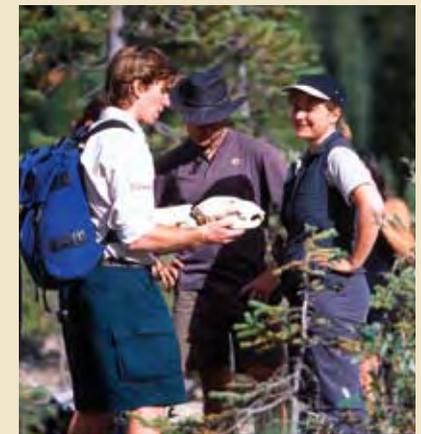
#### Banff Canada Day

Celebrate our nation's 140th birthday in the heart of its first park! A fun-filled, family-focused day complete with a pancake breakfast, a parade and fireworks. Event information available at park information centres, Banff Town Hall, Canada Place and throughout the communities of Banff and Lake Louise on July 1st!

#### 8th Annual Summer Sulphur Stroll with Sanson

July 21. Celebrate Parks Day with Parks Canada staff on a stroll up Sulphur Mountain in the footsteps of Norman B. Sanson. Register at the Banff Information Centre. FREE

### ROVING INTERPRETERS



Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park.

### EXHIBITS

Watch for self-guided opportunities as you travel through Banff National Park. You will find a variety of self-guided trails and exhibits to explore at your own pace. Look for the **e** symbol.



### BEAR GUARDIANS

Look for Banff National Park's Bear Guardians patrolling roadways and day use areas, working to keep both bears and people safe. Ask them how YOU can be a Bear Guardian, too!



# Village of Lake Louise

Lake Louise Visitor Centre  
Samson Mall  
403-522-3833

Known to the Stoney people as "Lake of the Little Fishes," Lake Louise was given its present name in 1884. It honors Princess Louise Caroline Alberta, sixth child of Queen Victoria.  
Elevations: Village: 1 540 m (5052') Lake: 1731 m (5680')

## 1 Lake Louise Visitor Centre by Samson Mall



Parks Canada information:  
403-522-3833. Banff/Lake Louise Tourism: 403-762-8421.  
Exhibits explain the geology and history of the Canadian Rockies.  
April 1 to April 29, 9 am - 4 pm  
April 30 to June 21, 9 am - 5 pm  
June 22 to September 8, 9 am - 8 pm  
September 9 to September 15, 9 am - 7 pm  
September 16 to September 22, 9 am - 5 pm  
September 23, 2007 to March 31, 2008, 9 am - 4 pm

## 2 Lake Louise - the Lake



5 min from the village of Lake Louise

The view from the lakeshore is known the world over. Prepare for crowds! But walk half a kilometre along the shore to leave the crowds behind. Public parking: keep left at the Chateau Lake Louise junction.



## 3 Moraine Lake and Valley of the Ten Peaks



Go before 10 am or after 5 pm to avoid the crowds. Road closed early October to late May.

**Check Ahead:** Hikers must be in a tight group of four or more when grizzly bears are using habitat in Larch, Consolation and Paradise valleys.

## 4 Lake Louise Sightseeing Gondola

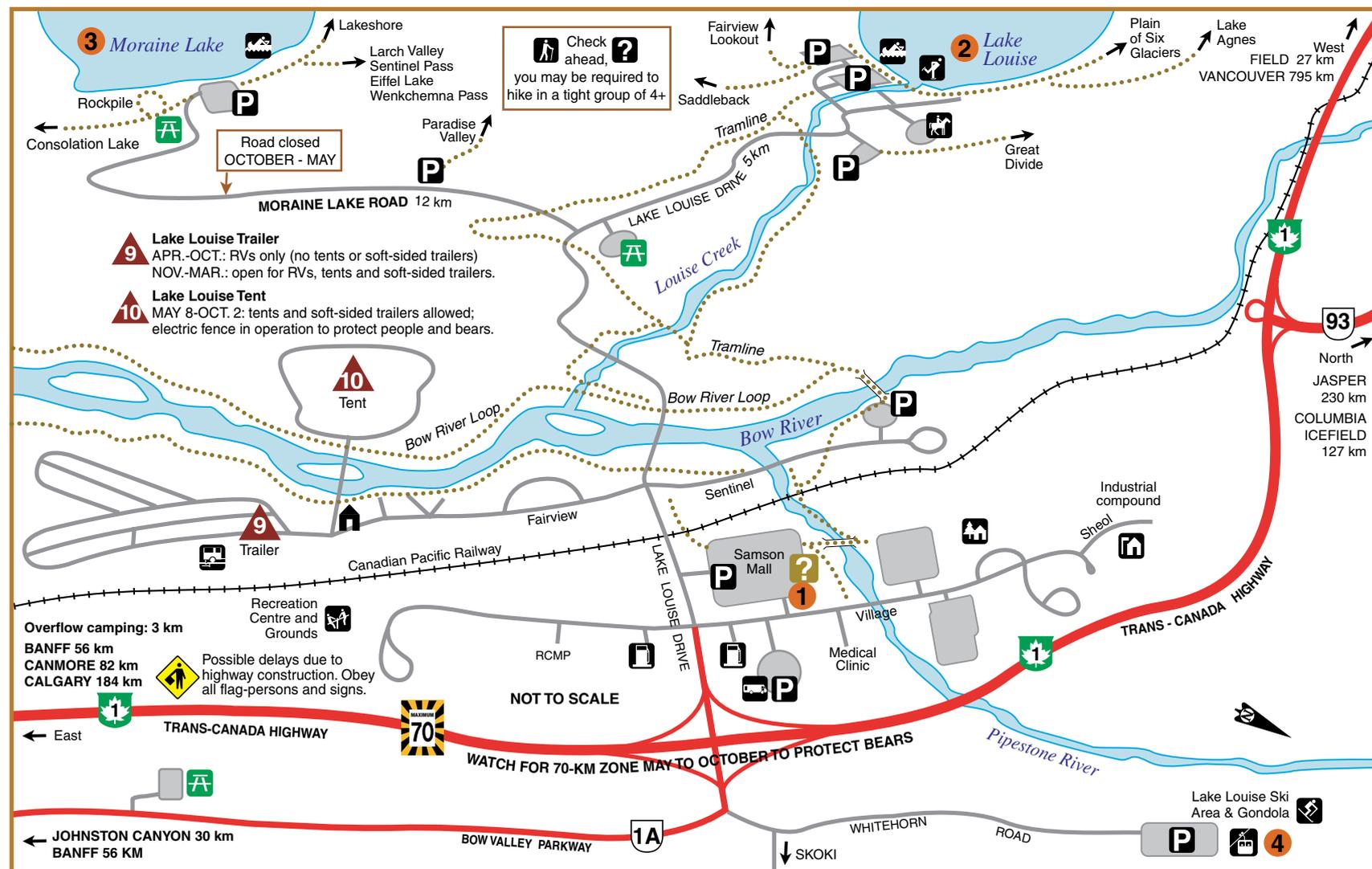


4.5 km from the village  
403-522-3555. Gondola runs June to September.



### If there's no parking...

During July and August, the lots at Lake Louise and Moraine Lake can be full from 11 am - 4 pm any day of the week. There is congestion as drivers search for vacant spaces. Our advice? Go before ten or after five.



# Kootenay National Park of Canada

**Kootenay National Park** is a place rich in variety, from glacier-clad peaks along the Continental Divide to the dry grassy slopes of the Columbia Valley where cactus grows. Established in 1920. Size: 1 406 km<sup>2</sup> (543 sq. mi.)

## VILLAGE OF RADIIUM HOT SPRINGS



### 1 Kootenay National Park Visitor Centre



- Parks Canada Visitor Centre 250-347-9505, Tourism BC and Chamber of Commerce information services. 250-347-9331
- Friends of Kootenay gift shop
- Exhibits feature Ktunaxa history and culture.

May 18 to June 21, 9 am - 5 pm  
June 22 to Sept. 2, 9 am - 7 pm  
Sept. 3 to Sept. 15, 9 am - 5 pm  
Sept. 16 to Oct. 8, 9 am - 4 pm

### 2 Sinclair Canyon

*1.5 km from Radium*

A dramatic park entrance, just inside the west gate

- Ahead are the iron-rich cliffs of the Redwall Fault.
- Watch for bighorn sheep.



### 3 Radium Hot Springs Pools



*3 km from Radium*

Enjoy the canyon setting and hot and cool pools of this spacious facility.

- Towels, bathing suits, lockers for rent
- Day spa reservations: 250-347-2100
- Cool 25-meter pool (call for schedule: 1-800-767-1611)

SUMMER

May 17 - October 8,  
9:00 am - 11 pm

WINTER

October 9, 2007 - May 14, 2008  
Sun - Thurs, 12 pm - 9 pm  
Friday - Saturday, 12 pm - 10 pm

## BANFF-WINDERMERE HIGHWAY

**Speed limit: 90 km/hr (55 mph)**

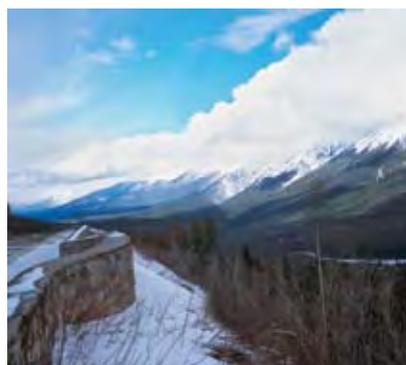
Completed in 1922, this scenic 94-km drive through the park was the first motor road to cross the Canadian Rockies.

### 4 Olive Lake



*13 km (15 min) from Radium*

This has always been a natural stopping place. Interpretive trail bordering the clear, shallow lake explains why.



### 5 Kootenay Valley Viewpoint



*16 km (20 min) from Radium*  
Stop here for a dramatic view.

- Interpretive exhibits explain how the view has changed over time.

### 6 Kootenay Park Lodge Visitor Centre



*63 km (45 min) from Radium*

Located at Vermilion Crossing

- Offers most Parks Canada info services; no telephone
- May 18 - June 30, 10 am - 5 pm  
July 1 - September 3, 9 am - 6 pm  
September 4 - September 30  
& October 5 - 8, 10 am - 5 pm



### 7 Paint Pots



*85 km (1 hr) from Radium*

20-minute walk from the road

- Cold, iron-rich mineral springs bubble up through small pools, staining the earth a deep ochre.
- Panels describe the Aboriginal and mining history.

### 8 Marble Canyon

*88 km (1 hr) from Radium*

CLOSED for reconstruction following a 2003 wildfire

### 9 Continental Divide



*Vermilion Pass, Fireweed Trail*

*95 km (1.2 hour) from Radium*

The dividing line between Pacific and Atlantic watersheds

- A 15-minute interpretive trail loops through the regenerating forest, the site of a large wildfire in 1968



## Special Programs and Events

### Evening Programs

Listen, laugh and learn as Parks Canada Interpreters share their intimate knowledge of the area.

**Redstreak Campground Theatre.** Interpretive programs. July and August



### Children's Programs

Are your kids looking for something fun to do? Friends of Kootenay National Park **Junior Naturalist Programs** for kids aged 6-10 are offered during July and August. Check Information Centre for dates and times.

### Events

**Wings Over the Rockies Bird Festival**, May 7 - 13, 2007.

Discover the world of birds through a variety of exciting and educational events. [www.WingsOverTheRockies.org](http://www.WingsOverTheRockies.org)

### The Brilliance of Birds

6th Annual Radium Hot Springs Glass Art Show. Come enjoy the artwork depicting the amazing bird species found in Kootenay National Park. Lobby of the Radium Hot Springs pools.

Celebrate **Parks Day** July 21! Check at information centres for details.

### Roving Interpreters

Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park.

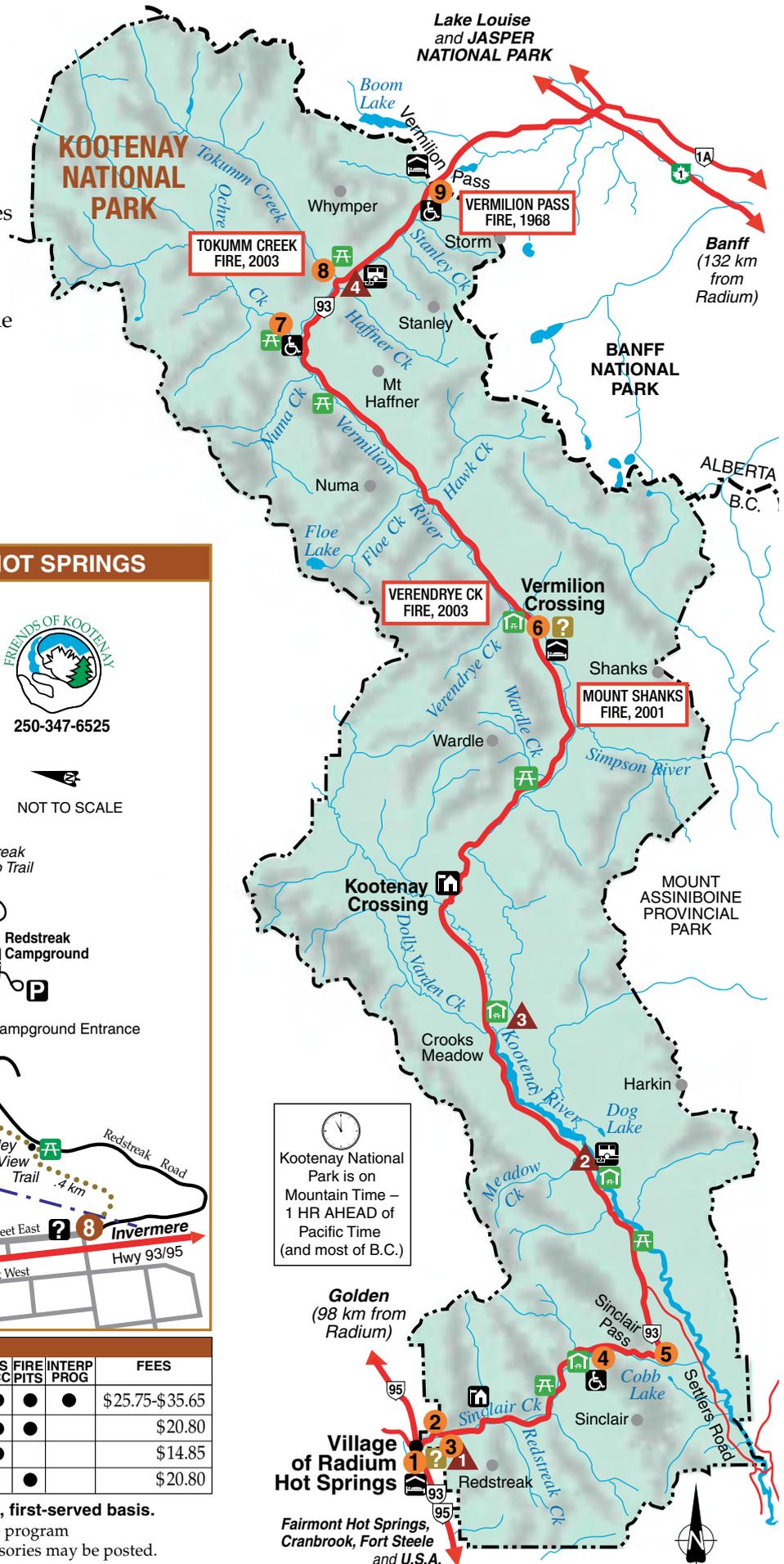
## Fires bring new life

The hot, dry summer of 2003 was Kootenay National Park's most active fire season in living memory. Two large, lightning-caused fires eventually merged and burned 12.6% of the park. Fire plays an important role in the life of a forest. It opens up dense old growth and turns branches, leaves and dead wood into instant fertilizer. Sun-warmed, nutrient-rich soil allows rapid re-growth of plants, providing abundant food for songbirds and wildlife.



Burned but standing trees are havens for insects, which in turn feed woodpeckers and many other small creatures. These snags also provide shelter, nesting sites and perches for a wide variety of wildlife species. Already, a new forest has been born within the blackened timber of the fires of 2003.

**NOTE:** The hazard of falling trees persists on trails within the burned forest. Notices posted at affected trailheads advise of precautions to take.



**LEGEND**

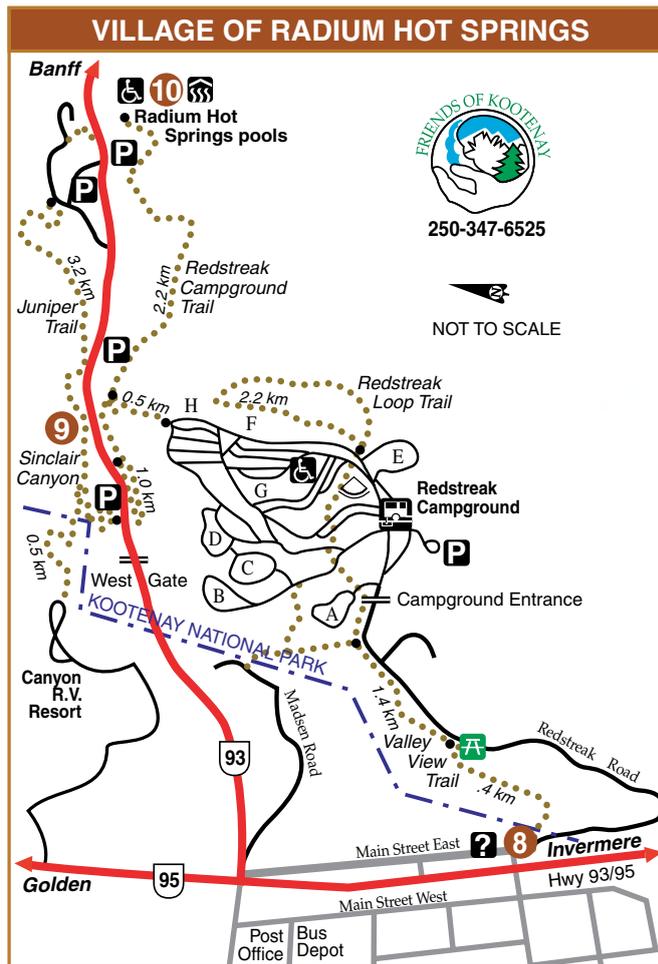
- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hot springs
- Hiking
- Cross-country skiing
- Canoeing
- Campground
- Picnic tables
- Picnic shelter
- Hostel
- Accommodation
- Sani-dump

**EMERGENCY - 24 hr**

Ambulance, fire **911**  
 R.C.M. Police  
 WARDENS 403-762-4506

**AREA CODE 250**

Warden offices:  
 250-347-9361



KOOTENAY NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PERMIT	INTERP PROG	FEES
<b>Redstream</b>	May 11 - Oct. 8	242	50	38	●		●	●	●	●	●	\$25.75-\$35.65
<b>McLeod Meadows</b>	May 18 - Sep. 3	98			●			●	●	●		\$20.80
<b>Dolly Varden (winter)</b>	Sept. 3 - May 18	7				●			●			\$14.85
<b>Marble Canyon</b>	June 22 - Sept. 3	61			●			●	●	●		\$20.80

Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis.  
 FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program  
**FIRE PERMIT REQUIRED** where fireboxes and firewood are provided. Boil water advisories may be posted.

**CAMPSITE RESERVATIONS** can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at [www.pccamping.ca](http://www.pccamping.ca) or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.

# Yoho National Park of Canada

**Yoho National Park** boasts towering rock walls, spectacular waterfalls and 28 peaks over 3 000 metres in height. The word “Yoho” is a Cree expression of awe and wonder. Established in 1886 Size: 1 310 km<sup>2</sup> (507 sq. mi.)

## TRANS-CANADA HIGHWAY

**Speed limit: 90 km/hr (55 mph)**

Drive with care on this busy highway.

### 1 Yoho Visitor Centre



*At the turn-off to Field*

- Parks Canada 250-343-6783 and Travel Alberta information services
  - Burgess Shale fossil displays
  - Friends of Yoho gift shop
- April 1 to April 29, 9 am - 4 pm  
April 30 to June 21, 9 am - 5 pm  
June 22 to Sept. 2, 9 am - 7 pm  
Sept. 3 to Sept. 15, 9 am - 5 pm  
Sept. 16, 2007 to March 31, 2008, 9 am - 4 pm

### 2 Town of Field

#### MOST SERVICES

*27 kms west of Lake Louise, AB*  
Population: 250

Explore this quaint mountain town and its brilliant flower gardens.

### 3 Spiral Tunnels Viewpoint and Kicking Horse Pass National Historic Site



*8 km (15 min) east of Field*

View the entry and exit portals of an engineering marvel.

- The Spiral Tunnels, completed in 1909, reduced the original railway grade of 4.5%—the steepest of any railway in North America—to a much safer 2.2%.
- Exhibits show how the tunnels work.

**Closed October to April due to snow.**



### 4 Wapta Falls



*22 km (30 min) west of Field*  
“Wapta” means “river” in the Sioux language of the Stoney people.

- In summer, a short drive from Highway #1 takes you to the start of an easy 2.4 km trail to these impressive falls (45 min, one-way).
- The turn-off is accessible to eastbound traffic only.

## YOHU VALLEY ROAD

**Speed limit: 20-60 km/hr (12-37 mph)**

This 13-km road is steep, with tight switchbacks. Leave trailers in the parking lot across from Monarch Campground. Road is open late June to early October, as snow conditions permit.

### 5 Takakkaw Falls



*17 km (25 min) from Field*  
One of the highest waterfalls in Canada. Visitors can walk to base of the falls. Closed Oct to June to motor vehicles.

- Takakkaw means “magnificent!” in Cree.
- Several popular hikes start here.

## EMERALD LAKE ROAD

**Speed limit: 50 km/hr (30 mph)**

Open year-round

### 6 Natural Bridge



*3 km (5 min) west of Field*  
A place to wonder at the force of water over time

- A natural rock bridge arches over the Kicking Horse River.

### 7 Emerald Lake



*11 km (15 min) from Field*

A jewel of the Canadian Rockies

- A 5.2 km (2 hr) trail circles the lake.
- See the Burgess Shale display at the picnic area.

## Special Programs and Events

### Evening Programs

Discover insights into the park’s natural wonders with a Parks Canada Interpreter.

**Kicking Horse Campground Theatre** Interpretive programs July and August.

### Roving Interpreters



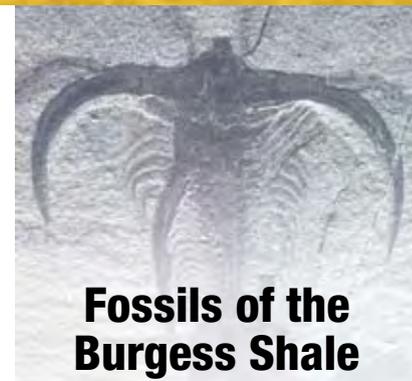
Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park.

### Events

Celebrate **Parks Day** July 21! Check at information centres for details.



Natural Rock Bridge



## Fossils of the Burgess Shale

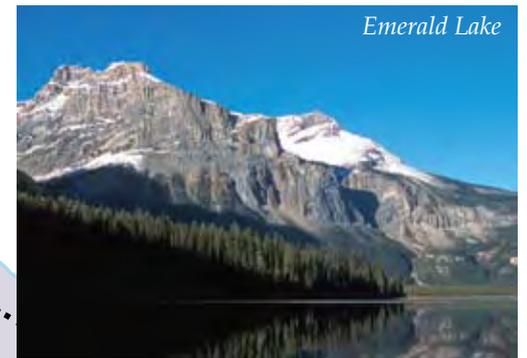
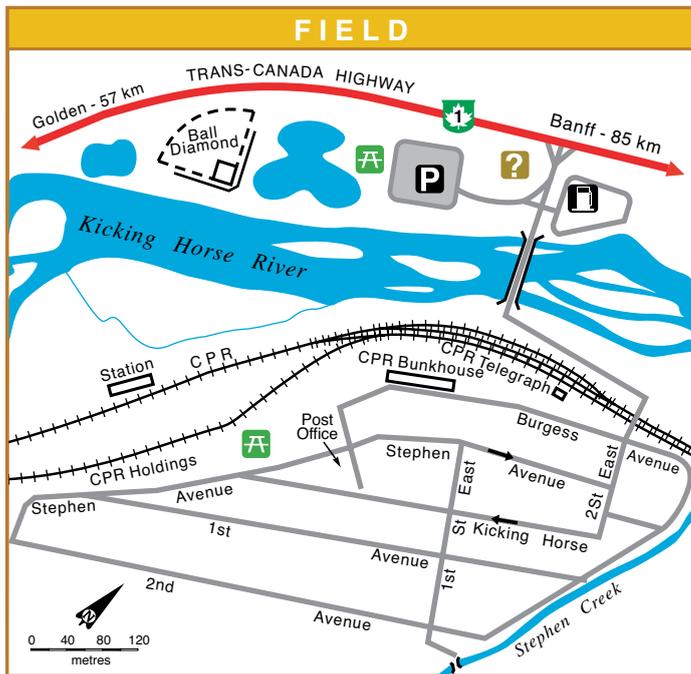
The Burgess Shale preserves the 510-million-year-old remains of more than 120 species of marine animals, many of them new to science when Charles Walcott studied them. The fossils are so exquisitely preserved that scientists have been able to see what these ancient creatures ate just before they died!

To protect such a globally important scientific resource, access to Walcott’s Quarry and the Trilobite Beds is by guided hike only. Both hikes are long and strenuous. They are offered from early-July through mid-September, 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.

Fossils of the Burgess Shale are on display in the Yoho Visitor Centre. You will also find interpretive displays on the Burgess Shale outside the Yoho Visitor Centre and at Emerald Lake picnic area.

### PLEASE NOTE

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

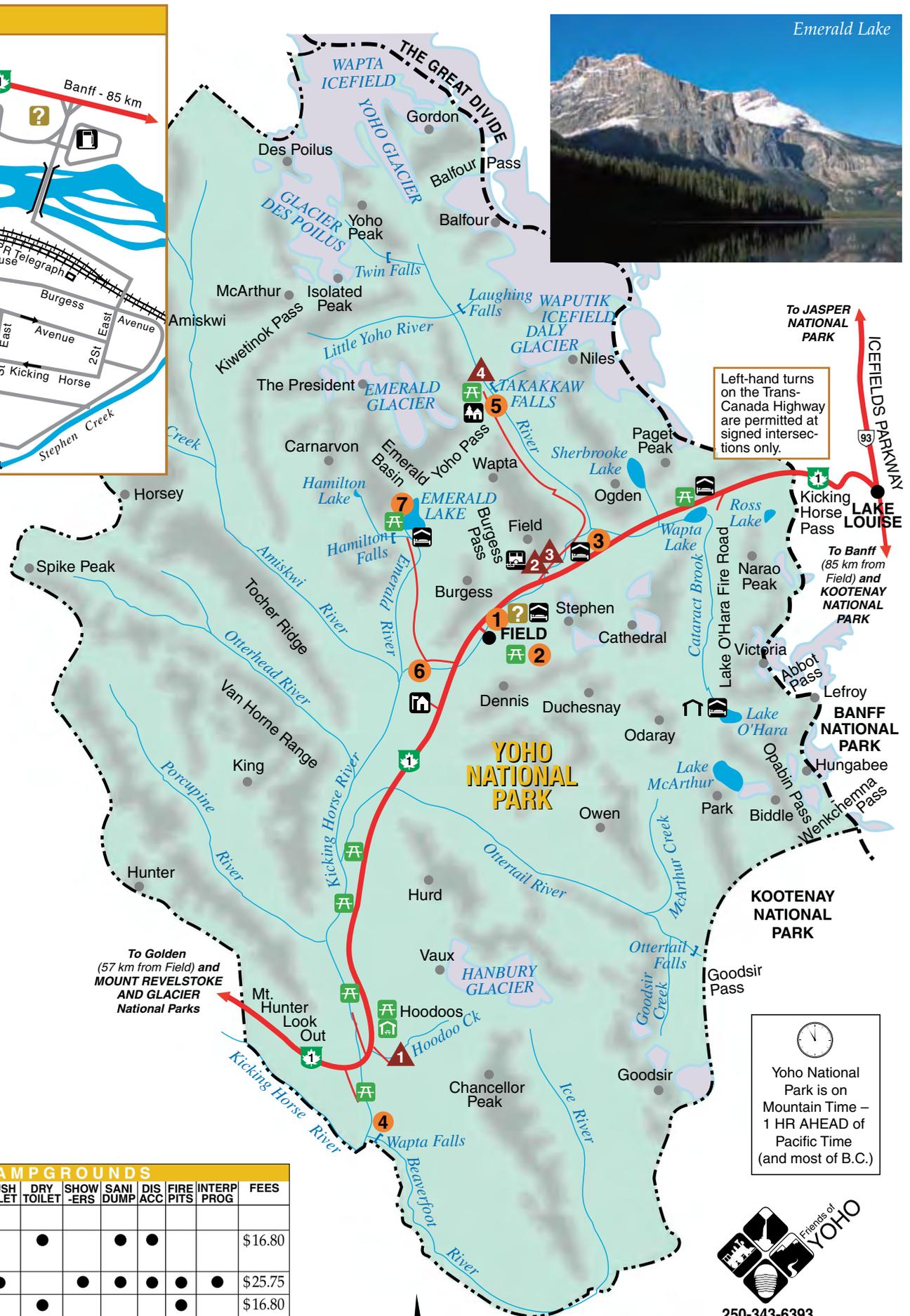


## Lake O'Hara

The Lake O'Hara area is as fragile as it is beautiful. To protect this sensitive area and to ensure 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. However, there is no limit on the number of people who may hike the 11-km (7 mi.) trail to the lake.

Reservations are required for the bus service (June 16 to Oct. 8) and for the backcountry campground. They can be made up to three months in advance by calling 250-343-6433.

A small number of day-use and one-night camping spots are set aside for assignment 24 hours in advance; these are available by phone only: 250-343-6433.



Left-hand turns on the Trans-Canada Highway are permitted at signed intersections only.

Yoho National Park is on Mountain Time – 1 HR AHEAD of Pacific Time (and most of B.C.)

YOHO NATIONAL PARK CAMPGROUNDS										
	OPEN DATES	# SITES	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
▲ Hoodoo Creek	CLOSED									
▲ Monarch	April 30 - May 11 June 1 - Sept. 3	44		●			●	●		\$16.80
▲ Kicking Horse	May 11 - Oct. 4	88	●		●	●	●	●	●	\$25.75
▲ Takakkaw Falls (walk-in)	June 22 - Sept. 28 road closed Oct. 1	35		●				●		\$16.80

Open dates are weather dependent. Arrive early-sites assigned on a first-come, first-served basis. FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.



250-343-6393



# Mount Revelstoke and Glacier National Parks of Canada

These two parks, close to one another and linked by the Trans-Canada Highway, protect landscapes characteristic of the steep terrain, moist climate and lush vegetation in the heart of the Columbia Mountains.

**Mount Revelstoke National Park** features road access to the very top of a gentle mountain crowned by the flowery meadows so typical of this mountain range. Established in 1914. Size: 260 km<sup>2</sup>

**Glacier National Park**, with over 400 glaciers covering one tenth of its area, is a stunning setting for some fascinating transportation and mountaineering history. Established in 1886. Size: 1 350 km<sup>2</sup>



## Winter recreation and avalanche hazard

Glacier National Park is the site of the world's largest mobile avalanche control program. All avalanche paths facing the Trans-Canada Highway and the Canadian Pacific Railway line are closed to skiing, because the park clears these chutes using explosives. However, some of the closed areas can be entered by special permit only on days when the park's avalanche forecaster has determined that the area will not be subject to avalanche control. Permits are available only at the Rogers Pass Discovery Centre in Glacier National Park.

Avalanche bulletins are available at the Rogers Pass Discovery Centre, at park headquarters in downtown Revelstoke, or by calling: 250-837-MTNS or 1-800-667-1105.

- All winter backcountry destinations in Glacier require travel in avalanche terrain.
- Conditions at higher elevations may be very different from those at the trailhead.
- Explosive shells may be fired at the slopes near the Trans-Canada Highway any time.



### 5 Hemlock Grove Trail



54 km (40 min) east of Revelstoke

Explore the rain forest. This 0.4-km (10 min) interpretive boardwalk winds through an ancient stand of western hemlock trees. It is fully accessible to persons with mobility and visual impairments.

### 6 Loop Brook Trail



63 km (45 min) east of Revelstoke

Railway history is featured here. Allow one hour for a 1.6-km loop through this National Historic Site.

### 7 Illecillewaet/Asulkan Valleys



66 km (50 min) east of Revelstoke

Several hikes begin here. Explore the area and view mountaineering routes opened more than a century ago.

### 8 Beaver/Copperstain Valleys



79 km (1 hr) east of Revelstoke

This is the jumping-off point for access (on foot!) to the wild interior of Glacier National Park. The vast alpine meadows of Bald Mountain attract hardy adventurers willing to walk 16-km or more via Grizzly Creek and Copperstain Creek.

### 1 MEADOWS IN THE SKY PARKWAY

Speed limit: 50 km/hr (30 mph)



Drive from dense rainforest to flower-filled subalpine meadows. This narrow paved road switchbacks 26 km up Mount Revelstoke to the summit, elevation 1938 m. Trailers and buses are not permitted. Trailer parking is available near the park entrance. Mountain top shuttle service is available from 10 am to 4 pm daily – from mid-July to late September.

Road open: May to October (at lower elevations), July to September (to the summit). PLEASE NOTE: The road gate is locked each evening.

The parkway is left unplowed in winter. The first 8 km are trackset for cross-country skiers. Ski-touring terrain lies beyond.

### 2 Nels Nelsen Historic Ski Jump



An exhibit pavilion celebrates international ski jumping (1915 – 1971). Hike from the Railway Museum in Revelstoke or the Nels Nelsen Historic Area on Meadows In the Sky Parkway.

### TRANS-CANADA HIGHWAY



Speed limit: 90 km/hr (55 mph)

Drive with care on this busy highway.

### 3 Rogers Pass Discovery Centre



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

The architecture replicates the structure of an 1880s railway snowshed. Theatre, exhibits about railway history, avalanches and wildlife. Parks Canada information, Friends of Mount Revelstoke and Glacier bookstore. December - April, 7 am - 5 pm  
May - June 13, 8:30 am - 4:30 pm  
June 14 - Sept. 3, 7:30 am - 8 pm  
Sept. 4 - Oct., CLOSED for construction  
Nov., 8:30 am - 4:30 pm, Closed Tuesday & Wednesday

### 4 Skunk Cabbage Trail



28 km (25 min) east of Revelstoke

This 1.2-km (30 min) interpretive boardwalk trail loops through classic Columbia Mountains wetland. Great bird-watching!



## Special Programs and Events

### Events

Mount Revelstoke NP  
**Chickadee Nature Festival**  
 In late May

**Celebrate the Summit**  
 Monday of the August long weekend. Check at information centres for details.

### Museums

Near Mount Revelstoke NP  
**Revelstoke Museum and Archives** 250-837-3067  
 Open year-round  
**Revelstoke Railway Museum**  
 250-837-6060  
 Open year-round

### Interpretive Programs

Regularly scheduled short strolls and evening programs from Illecillewaet Campground July and August

### Exhibits

Watch for self-guided opportunities as you travel through Mount Revelstoke and Glacier National Parks. You will find a variety of self-guided trails and exhibits to explore at your own pace. Look for the **e** symbol.

## Rogers Pass National Historic Site

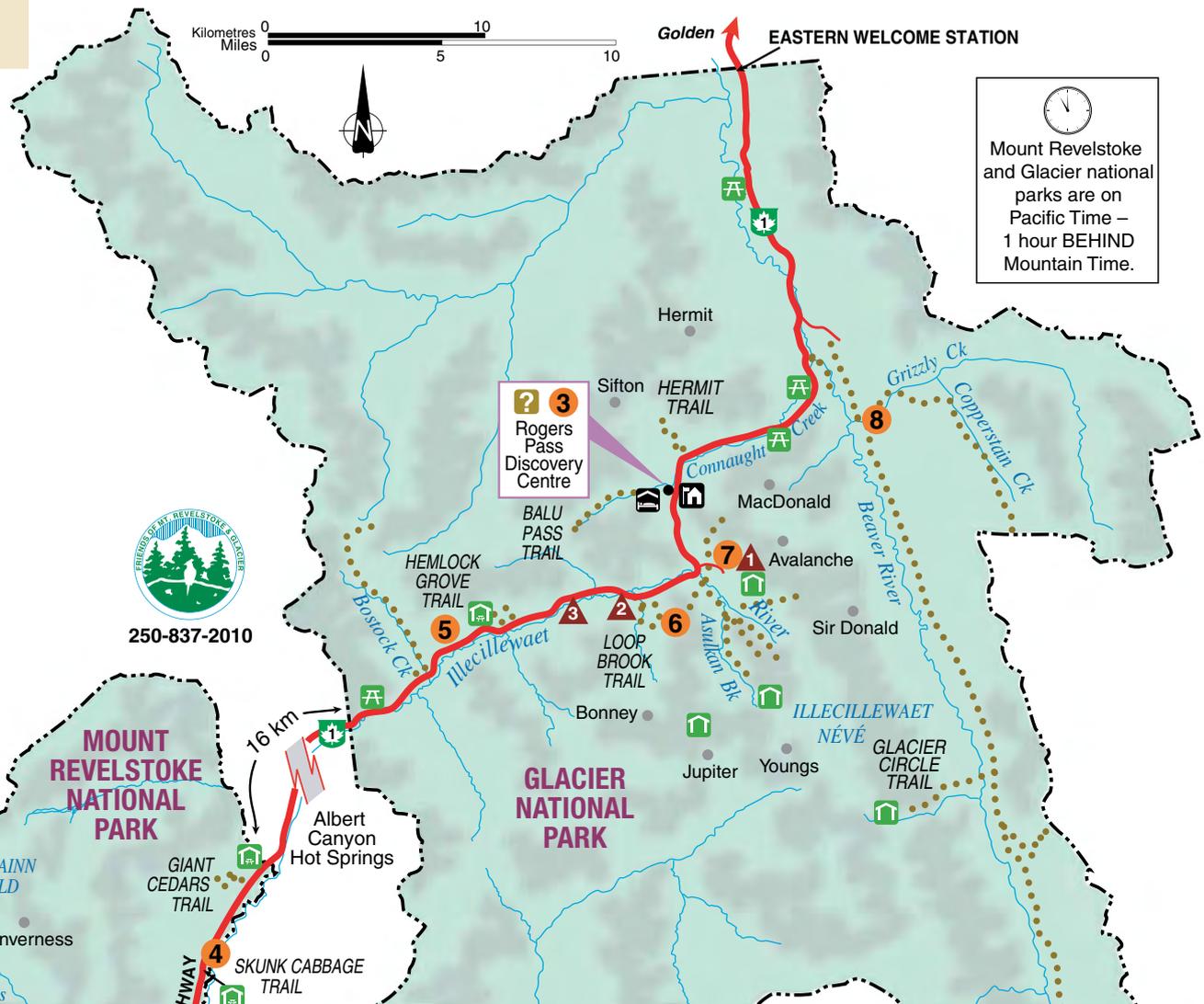
The difficult and little-known terrain in the Selkirk Mountains made finding a route for the Canadian Pacific Railway a demanding task. In 1882, surveyor A.B. Rogers traversed the 1323-metre pass that now bears his name. He found it suitable. The last great obstacle facing the trans-continental railway had now been overcome. Still, Rogers Pass was so steep and so vulnerable to avalanches that the CPR was eventually forced to burrow underneath it. The Connaught Tunnel opened in 1916. With the completion of the Trans-Canada Highway over Rogers Pass in 1962, the pass also formed part of a national highway route. Guided historic site strolls are offered in July and August.



**LEGEND**

- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hiking
- Campground
- Picnic tables
- Picnic shelter
- Backcountry hut
- Accommodation

**EMERGENCY**  
 1-877-852-3100  
**AREA CODE 250**  
 Administration 837-7500



Mount Revelstoke and Glacier national parks are on Pacific Time – 1 hour BEHIND Mountain Time.



GLACIER NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW -ERS	SANI DUMP	DIS ACC	FIRE PIT	INTERP PROG	FEES
Illecillewaet	June 28 - Oct. 8	60			●	●			●	●	●	\$20.80
Loop Brook	July 1 - Sept. 3	20			●					●		\$20.80
Mount Sir Donald	July 1 - Sept. 3	15				●						\$14.85

Open dates are weather dependent. Arrive early - sites on a first-come, first-served basis.  
 FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program  
 FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.

# Waterton Lakes National Park of Canada

Box 200, Waterton Park, AB  
TOK 2M0 403-859-5133  
TTY: 1-866-787-6221

**W**aterton Lakes National Park, created in 1895, is “where the mountains meet the prairie”, and is the Canadian part of the world’s first International Peace Park. Its prairie, mountains and lakes support a rich variety of life, with over 1000 plants, 250 species of birds, more than 60 mammals, 24 species of fish and 8 species of reptiles and amphibians. Established in 1895. Size: 505 km<sup>2</sup> (195 sq. mi.)

## 2 Waterton Townsite MOST SERVICES

**No gas or groceries available in winter**  
Visit the International Peace Park Pavilion, near the marina, and photograph Cameron Falls, with some of the oldest exposed rock in the Canadian Rockies.

## 3 Red Rock Canyon



A short trail circles the canyon’s colourful rock layers and clear sparkling stream. The trail continues 1.2 km to a view of Blakiston Falls.

## RED ROCK PARKWAY

**Speed limit 50 km/hr (30 mph)**  
Travel from undulating prairie into colourful mountains and sample some of our best wildlife viewing. Open to motor vehicles from May 1 to Oct. 31, this 15-km parkway is very narrow and may not be suitable for larger buses or recreational vehicles.

## AKAMINA PARKWAY

**Speed limit 50 km/hr (30 mph)**  
This narrow 16-km road winds through a scenic mountain valley. Vehicle access from Little Prairie Picnic Site to Cameron Lake is closed in winter months.

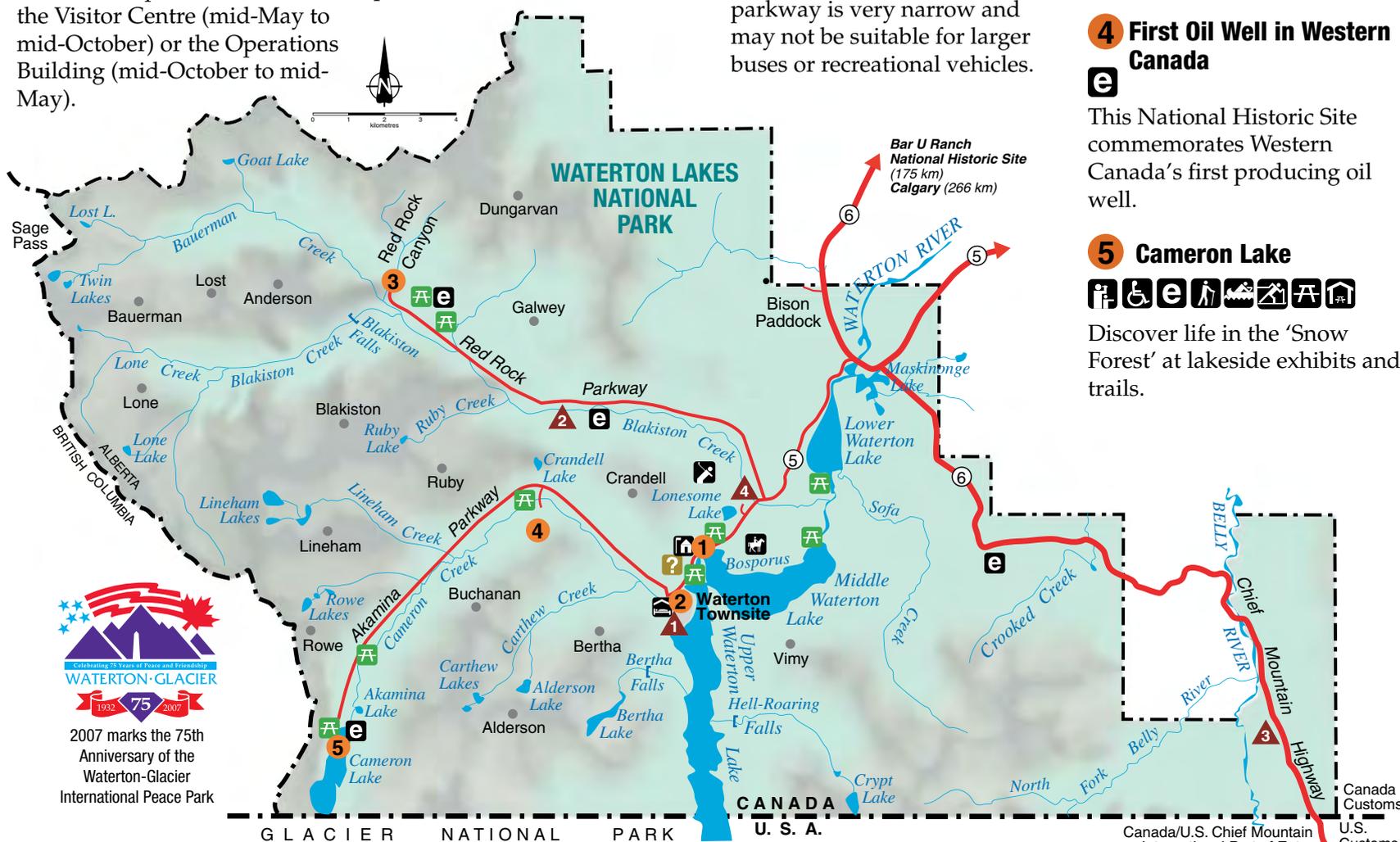
## ENTRANCE PARKWAY 5

**Speed limit: 80 km/hr (50 mph)  
30 km/hr (20 mph) in the Townsite**  
Follow the parkway 8 km to Waterton townsite. Enjoy scenic views of the Waterton Lakes chain, the valley and its wildlife. Stop for information at the Visitor Centre (mid-May to mid-October) or the Operations Building (mid-October to mid-May).

## 1 The Prince of Wales Hotel



This National Historic Site was built in 1927 by the Great Northern Railway. Enjoy a spectacular view of Upper Waterton Lake and surrounding peaks. Closed in winter.



## 4 First Oil Well in Western Canada

This National Historic Site commemorates Western Canada’s first producing oil well.

## 5 Cameron Lake



Discover life in the ‘Snow Forest’ at lakeside exhibits and trails.

WATERTON LAKES NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	UNS	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1 Waterton Townsite	May - Oct.	238	95	143	●		●	●	●	●	●	\$25.75-\$35.65
2 Crandell Mountain	mid-May - Labour Day	129		129	●			●		●	●	\$20.80
3 Belly River Belly River Group	mid-May - mid-Sept. mid-May - mid-Sept.	24		24	●	●				●	●	\$14.85 \$4.95/person
4 Pass Creek Winter	late Oct. - early May	8		8		●				●		no charge

**Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis.**

**FULL H-U** = full hook-up • **UNS** = unserviced • **INTERP PROG** = Interpretive program

**FIRE PERMIT REQUIRED** where fireboxes and firewood are provided. Boil water advisories may be posted.

**CAMP SITE RESERVATIONS** can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at [www.pccamping.ca](http://www.pccamping.ca) or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.





**CHIEF MOUNTAIN HIGHWAY 6**

**Speed limit 80 km/hr (50 mph)**  
 This highway links Waterton with our U.S. neighbour, Glacier National Park, in Montana. The Waterton-Glacier (U.S.) International Peace Park was created in 1932, and designated a World Heritage Site in 1995.

**Special Programs and Events**

**Events**  
 Catch the **street theatre programs** beside the Heritage Centre in the townsite, Thursday & Sunday afternoons.

**Interpretive Programs**  
 Laugh and learn at one of our interpretive programs, nightly at the Falls Theatre in the townsite, five nights a week at Crandell Campground.



Join a Canadian Park Interpreter and an American Park Ranger on a day-long International Peace Park Hike, Wednesday and Saturday. Reserve in advance at the Visitor Centre.

Interpreters are often on hand at Red Rock Canyon and Cameron Lake to answer your questions and share interesting stories.

**Friends organizations**



**Friends of Banff National Park**  
 Banff Park Information Centre  
 & The Bear and the Butterfly  
 403-762-8918  
[www.friendsofbanff.com](http://www.friendsofbanff.com)



**Friends of Jasper National Park**  
 Jasper Park Information Centre  
 780-852-4767  
[www.friendsofjasper.com](http://www.friendsofjasper.com)



**Friends of Kootenay National Park**  
 Radium Visitor Centre  
 250-347-6525  
[www.friendsofkootenay.ca](http://www.friendsofkootenay.ca)



**Friends in High Places**  
 Banff • Jasper • Kootenay • Mt. Revelstoke/Glacier • Yoho



**Friends of Yoho National Park**  
 Yoho Visitor Centre, Field  
 250-343-6393  
[www.friendsofyoho.ca](http://www.friendsofyoho.ca)



**Friends of Mount Revelstoke and Glacier**  
 Rogers Pass Discovery Centre  
 250-837-2010  
[www.friendsrevglacier.com](http://www.friendsrevglacier.com)



**Waterton Natural History Assoc.**  
 Heritage Centre  
 117 Waterton Ave., Waterton  
 403-859-2624  
[www.wnha.ca](http://www.wnha.ca)

**MPHIA**



Experience the Rockies with an MPHIA accredited guide and learn the stories behind the scenery. All MPHIA guides have met standards set by Parks Canada to ensure park visitors have an outstanding experience in the mountains. Look for the logo and ask if your guide is accredited.



*Behind every beautiful scene...*

*...is a story waiting to be told.*

[www.mphia.org](http://www.mphia.org)

# Enjoy your visit to the mountain national parks and national historic sites



Banff, Jasper, Kootenay and Yoho national parks along with the provincial parks of Humber, Mount Robson and Mount Assiniboine are a UNESCO World Heritage Site - one of the largest protected areas in the world. Waterton-Glacier International Peace Park, spanning the Canada-U.S.A. boundary between Montana and Alberta, is also designated as a World Heritage Site.



**Fort St. James National Historic Site**

**JASPER National Park**  
MAPS p. 13, 14

**MIETTE ROAD**

**MALIGNE VALLEY ROAD**

**ICEFIELDS PARKWAY 93 NORTH**  
Speed limit: 90 km/hr (56 mph)  
A spectacular 230-km drive along the backbone of the continent. This road passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or all-season radials required in winter. No services November – March. Park pass required. No commercial trucks allowed.

**YELLOWHEAD HIGHWAY 16**  
Speed limit: 90 km/hr (56 mph)  
Follow the centuries-old route of the fur traders.

**DISTANCE CHART**

	Banff	Calgary	Columbia Icefield	Edmonton	Field (Yoho NP)	Jasper	Lake Louise	Radium Hot Springs	Golden	Revelstoke	Vancouver
Calgary	128										
Columbia Icefield	188	316									
Edmonton	423	295	461								
Field (Yoho NP)	85	213	157	508							
Jasper	291	419	100	361	260						
Lake Louise	58	186	130	481	27	233					
Radium Hot Springs	132	260	261	555	157	361	130				
Golden	134	262	207	557	49	307	76	105			
Revelstoke	282	410	355	705	197	455	224	253	148		
Vancouver	856	984	928	1279	771	798	794	818	713	565	
Waterton	395	266	582	568	476	687	453	395	532	681	1140

Distances are shown in kilometres.  
To convert distances to miles, multiply by 0.62.

**TRANS-CANADA HIGHWAY 1**  
Speed limit: 90 km/hr (56 mph)  
Drive with care on this busy highway.  
Construction underway east of Lake Louise. Obey construction speed zone signs and flag people. Anticipate some delays.

**BOW VALLEY PARKWAY 1A**  
voluntary travel restriction March 1 to June 25, evenings 6 pm - 9 am

**BANFF National Park**  
MAPS p. 19, 21, 23

**YOHO National Park**  
MAP p. 27

**EMERALD LAKE ROAD**

**MEADOWS IN THE SKY PARKWAY**

**MOUNT REVELSTOKE National Park**  
MAP p. 29

**GLACIER National Park**  
MAP p. 29

**KOOTENAY National Park**  
MAP p. 25

**BANFF-WINDERMERE HIGHWAY 93 SOUTH**  
Speed limit: 90 km/hr (56 mph)  
A scenic 94-km drive through Kootenay National Park. The first motor road across the Canadian Rockies.

**WATERTON LAKES National Park**  
MAP p. 30

**Emergencies**  
Banff, Jasper, Lake Louise, Kootenay & Yoho: 911  
Mt. Revelstoke & Glacier: 1-877-852-3100  
Waterton: 403-859-2636  
Cell phone coverage is unreliable in the mountain parks.

