

2011 • 2012

PARKS CANADA

mountain GUIDE

YOUR OFFICIAL GUIDE TO DISCOVERING CANADA'S MOUNTAIN NATIONAL PARKS

100 1911-2011
YEARS

A Centennial Celebration!

Également offert en français



Parks
Canada

Parcs
Canada

Canada



WELCOME to the Mountain National Parks

Exceptional places.
Endless opportunities.

On your behalf, Parks Canada protects a network of remarkable places from coast to coast to coast. The mountain national parks are more than just unique places to visit – they are experiences awaiting your discovery.



Across the country and throughout 2011, Canada's treasured natural and historic places will host special events to celebrate the 100th birthday of Parks Canada.

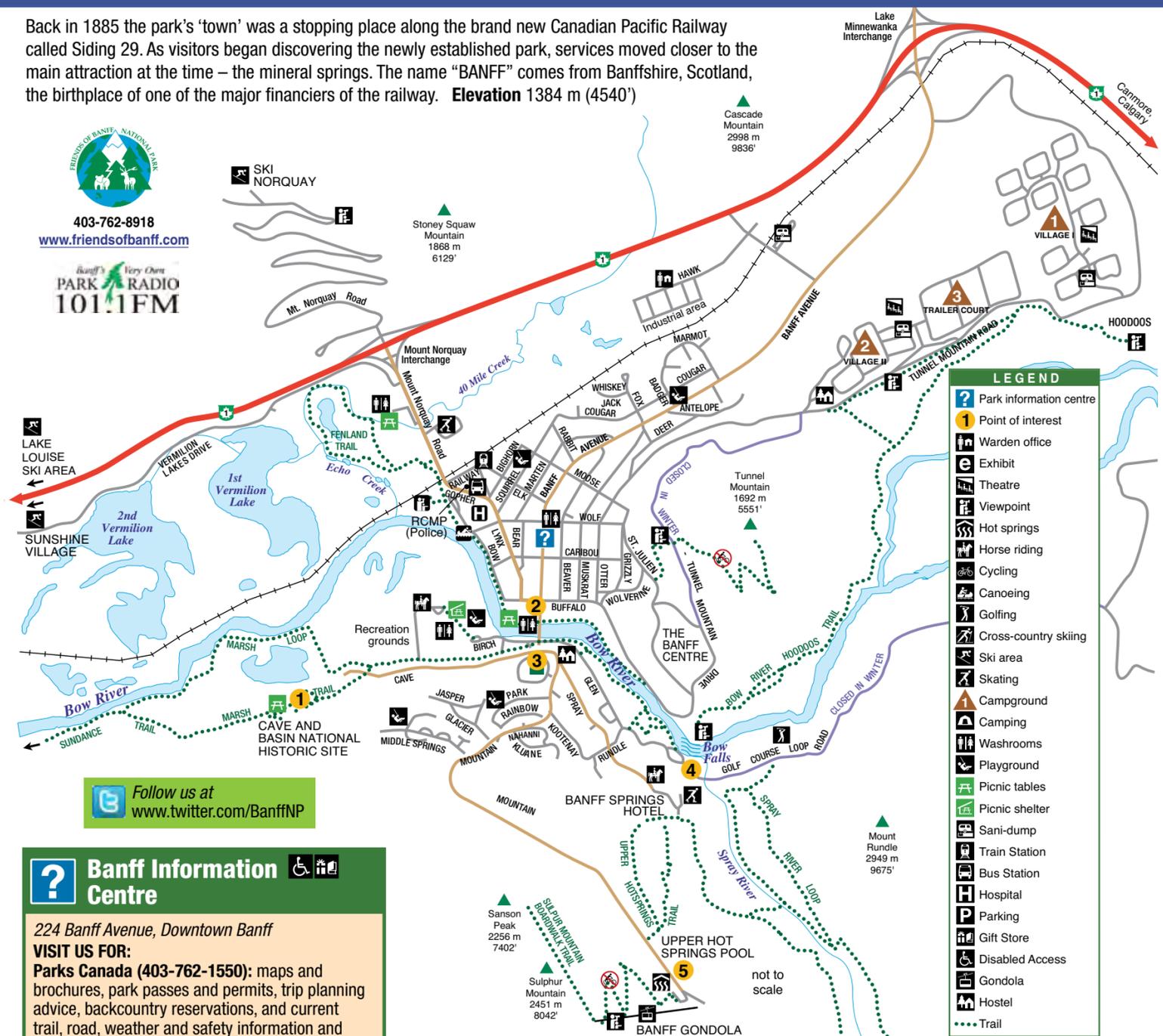
Look for each park's and site's top ways to celebrate the centennial.



Four of the mountain national parks – Banff, Jasper, Yoho, and Kootenay – have been recognized by UNESCO as the **Canadian Rocky Mountain Parks World Heritage Site**, for the benefit and enjoyment of all nations. Among the attributes that warranted this designation were our vast wilderness, our floral and faunal diversity, our outstanding natural beauty, and features such as Lake Louise, Maligne Lake, the Columbia Icefield and the Burgess Shale.

Town of Banff	4, 5
Banff to Lake Louise	6, 7
Lake Louise Area	8, 9
Lake Louise to Columbia Icefield	10, 11
Jasper National Park	12, 13
Town of Jasper and Area	14, 15
Kootenay National Park	16, 17
Yoho National Park	18, 19
Mount Revelstoke and Glacier National Parks	20, 21
Waterton Lakes National Park	22, 23
Mountain History	24
Mountain Nature	25
Wildlife	26, 27
Safety Tips, Park Regulations	28, 29
Fees, Interpretive Programs, Camping, Accommodations	30, 31
Regional Parks map	32

Back in 1885 the park's 'town' was a stopping place along the brand new Canadian Pacific Railway called Siding 29. As visitors began discovering the newly established park, services moved closer to the main attraction at the time – the mineral springs. The name "BANFF" comes from Banffshire, Scotland, the birthplace of one of the major financiers of the railway. **Elevation 1384 m (4540')**



Attractions

1 Cave and Basin National Historic Site

End of Cave Avenue; 403-762-1566
The Cave and Basin buildings are closed for renovations, but the interpretive trails and wetland boardwalks are open for family adventure - just pardon the mess! When we re-open in 2012 you can look forward to family fun programs, special events and interactive exhibits that tell the story of the Birthplace of Canada's National Parks. Limited parking is available - Please consider calling ahead.

2 Banff Park Museum National Historic Site

Banff Avenue by the Bow River Bridge; 403-762-1558
Recently restored to its original 1903 splendour, this is western Canada's oldest natural history museum, with original historic wildlife specimens, a reading room, and a family-oriented discovery room. Guided tours are offered at 3pm in summer. Open daily 10am – 6pm (May 15 to September 30) and 1 – 5pm the rest of the year.

3 Cascades of Time Gardens

Across the bridge, by the Parks Canada Administration Building
Historic stone pathways take you past colourful beds of blooms (June to September) and rustic gazebos, bridges, and ponds. A perfect place for a family picnic.

4 Bow Falls

Just below the Banff Springs Hotel National Historic Site
Walk or drive to magnificent viewpoints on either side of the river.

5 Upper Hot Springs Pool

Mountain Avenue, 4 km from town; 1-800-767-1611
Soothe your muscles and your soul. Open 9am-11pm in summer (May 20 - October 9), and for the rest of the year: 10am-11pm on Fridays and Saturdays; 10am-10pm Sundays to Thursdays. Rental bathing suits, towels, and lockers are available. Spa appointments: **403-760-2500**.

Top Ways to Celebrate

Celebration Launch - May 19

May 19, 2011, marks the 100th anniversary of the world's first national park system -- now called Parks Canada. Celebrate with us at the **Banff Park Museum National Historic Site**, and get to know the wild and wonderful flora and fauna of the Rocky Mountains.

Canada Day – July 1

The Town of Banff in the middle of the majestic Canadian Rockies is the perfect place to celebrate Canada's birthday. Take in a pancake breakfast, an outdoor performance, a community parade, or just enjoy the outdoors.

Parks Day – July 16

First celebrated in 1990, Canada's Parks Day is an opportunity for Canadians to participate in unique and fun events taking place in Canada's first national park.

Banff Culture Weekend – August 6 - 7

Go behind the scenes with Doors Open Banff. Explore the cultural side of Banff as art galleries, museums and historic sites come alive with special events.

Alberta Art Days – September 30 – Oct 2

Parks Canada and local art galleries and organizations working with the Banff Centre invite you to get involved in three exciting days of hands-on workshops, performances, film screenings, music, dance and art.

For more information visit the Parks Canada Information Centre.

Follow us at www.twitter.com/BanffNP

Banff Information Centre

224 Banff Avenue, Downtown Banff
VISIT US FOR:
Parks Canada (403-762-1550): maps and brochures, park passes and permits, trip planning advice, backcountry reservations, and current trail, road, weather and safety information and information on programs and events
Banff Lake Louise Tourism (403-762-8421 www.banfflakelouise.com) for commercial accommodation, activities and attractions
Friends of Banff National Park Gift Shop, guide books, topographical maps
OPEN DAILY, except Dec 25:
Spring May 19 to June 15 9am - 7pm
Summer June 16 to Sept. 7 8am - 8pm
Fall Sept. 8 to Sept. 21 9am - 7pm
Winter Sept. 22 to May 16 9am - 5pm

BANFF NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL HOOK-UP	ELECTRI-CAL ONLY	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES
Tunnel Mt. Village I	May 3 - Sept. 25	618			✓	✓	✓	✓	✓	✓	✓	\$27.40
Tunnel Mt. Village II	Year Round	188		all	✓	✓	✓	✓	✓	✓	✓	\$32.30
Tunnel Mt. Trailer	May 3 - Oct. 4	321	all		✓	✓	✓	✓	✓	✓	✓	\$38.20

*Soft-sided camping in winter only (mid-November to mid-April)
Camping season dates are approximate. Please confirm at Information Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

CAMPERSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at 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.



Upper Hot Springs Pool



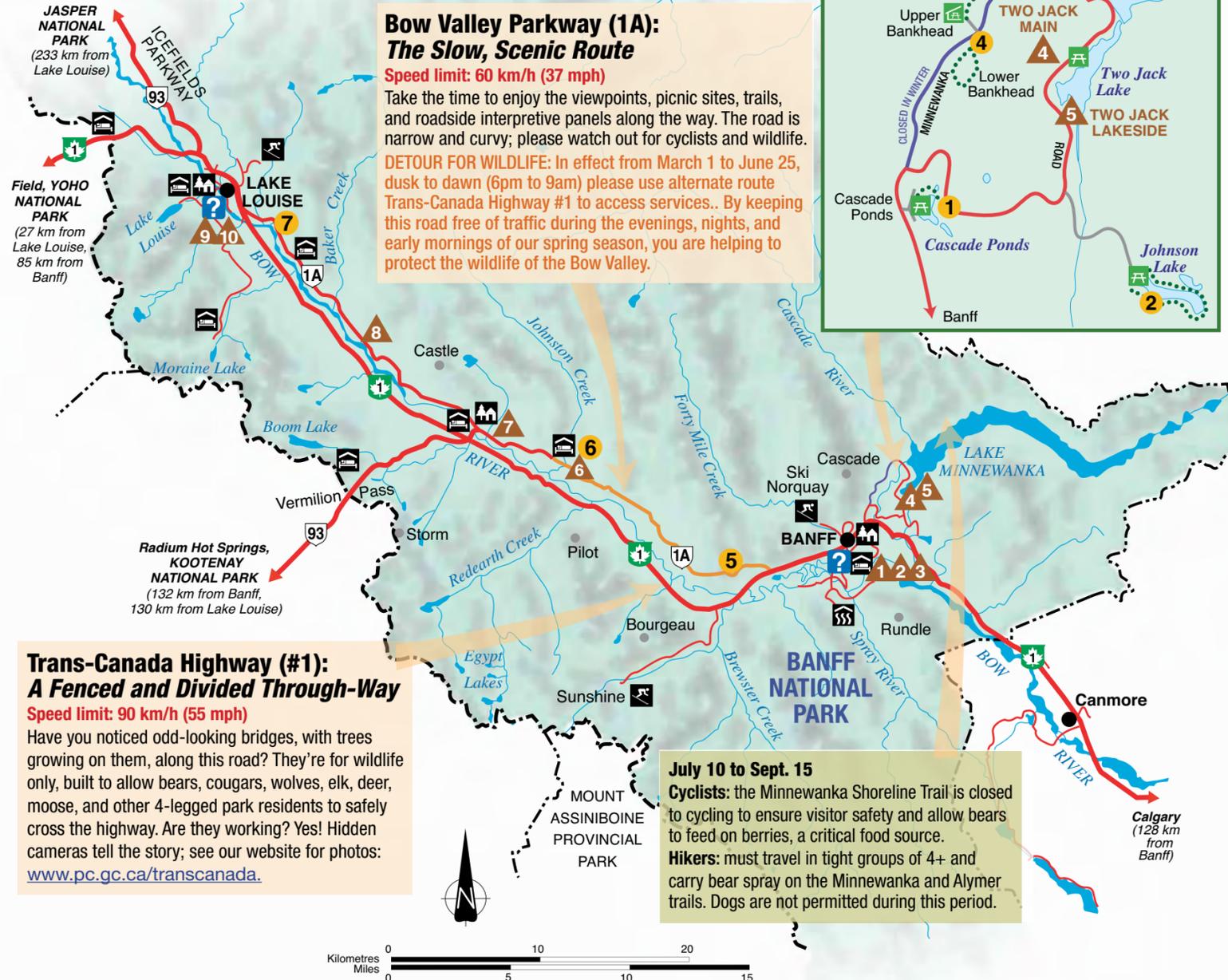
Parks Day hike

BANFF NATIONAL PARK is the birthplace of Canada's national park system, created in 1885 around the warm mineral springs at the Cave and Basin National Historic Site. **Size:** 6 858 km²

BANFF NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL HOOK-UP	ELECTRICAL ONLY	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES
1	Tunnel Mt. Village I	May 3 - Sept. 25	618			✓	✓	✓	✓	✓	✓	\$27.40
2	Tunnel Mt. Village II	Year Round	188		all	✓	✓	✓	✓	✓	✓	\$32.30
3	Tunnel Mt. Trailer	May 3 - Oct. 4	321	all		✓	✓	✓	✓	✓	✓	\$38.20
4	Two Jack Main	June 3 - Sept. 6	380			✓		✓	✓	✓		\$21.50
5	Two Jack Lakeside	May 17 - Sept. 11	74			✓		✓	✓	✓		\$27.40
6	Johnston Canyon	June 3 - Sept. 11	132			✓		✓	✓	✓		\$27.40
7	Castle Mountain	June 3 - Sept. 6	43			✓		✓	✓	✓		\$21.50

*Soft-sided camping in winter only (mid-November to mid-April)

Camping season dates are approximate. Please confirm at Information Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

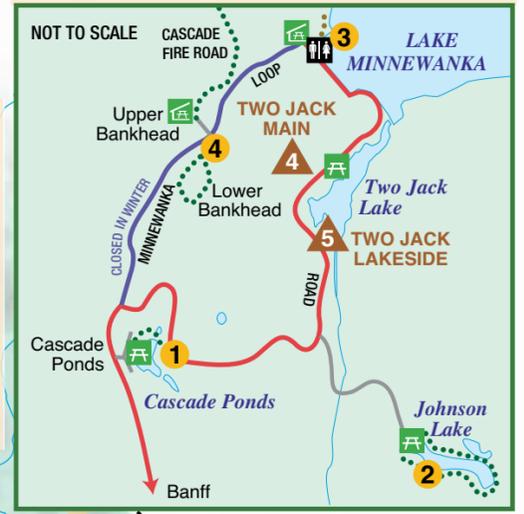


Bow Valley Parkway (1A): The Slow, Scenic Route
Speed limit: 60 km/h (37 mph)
 Take the time to enjoy the viewpoints, picnic sites, trails, and roadside interpretive panels along the way. The road is narrow and curvy; please watch out for cyclists and wildlife.
DETOUR FOR WILDLIFE: In effect from March 1 to June 25, dusk to dawn (6pm to 9am) please use alternate route Trans-Canada Highway #1 to access services. By keeping this road free of traffic during the evenings, nights, and early mornings of our spring season, you are helping to protect the wildlife of the Bow Valley.

Trans-Canada Highway (#1): A Fenced and Divided Through-Way
Speed limit: 90 km/h (55 mph)
 Have you noticed odd-looking bridges, with trees growing on them, along this road? They're for wildlife only, built to allow bears, cougars, wolves, elk, deer, moose, and other 4-legged park residents to safely cross the highway. Are they working? Yes! Hidden cameras tell the story; see our website for photos: www.pc.gc.ca/transcanada.

July 10 to Sept. 15
Cyclists: the Minnewanka Shoreline Trail is closed to cycling to ensure visitor safety and allow bears to feed on berries, a critical food source.
Hikers: must travel in tight groups of 4+ and carry bear spray on the Minnewanka and Alymer trails. Dogs are not permitted during this period.

Minnewanka Loop: To Banff's Closest Lakes
Speed limit: 60 km/h (37 mph)
 It's a great place to relax by the water, picnic, paddle, or put mountain bikes, hiking boots, cross-country skis or snowshoes to work.
WINTER DRIVERS: From November 15 to April 15 the western section of this loop is closed to vehicles, to protect wildlife.

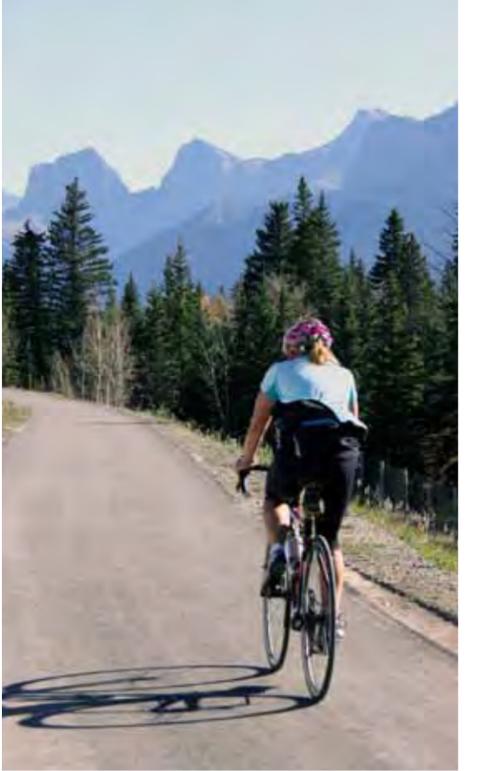


- 1 Cascade Ponds**
On the Minnewanka Loop, 5 km (10 min) from Banff
 A popular picnic spot for families and social gatherings.
- 2 Johnson Lake**
On the Minnewanka Loop, 10 km (15 min) from Banff
 Take the 3 km (1 hr) trail around the lake for a lovely stroll, year-round.
- 3 Lake Minnewanka**
On the Minnewanka Loop, 10 km (15 min) from Banff
 The place that Nakoda Stoney First Nations knew as "the Lake of the Water Spirits" has been a popular tourist attraction since the park's creation. To book a boat tour to the end of the lake (mid-May to October), call 403-762-3473.
- 4 Bankhead**
On the Minnewanka Loop, 8 km (12 min) from Banff
 Lower Bankhead was a thriving coal mining centre in the early 1900s; a 1.1 km (30 min) interpretive trail winds through its ruins. Upper Bankhead, once home to a hundred mining families, is now a peaceful picnic site.
- 5 Muleshoe**
On the Bow Valley Parkway, 6 km (10 min) from Banff
 This is just one of the ten pullouts along the Parkway where you can gain insights into Bow Valley life, past and present; the other stops with picnic facilities are Sawback and Storm Mountain (11 km and 28 km from Banff).
- 6 Johnston Canyon**
On the Bow Valley Parkway, 25 km (30 min) from Banff or Lake Louise
 Feel the spray of the waterfalls from catwalks that cling to the canyon walls: 1.1 km (20 min) to the Lower Falls; 2.7 km (1 hr) to the Upper Falls.
- 7 Morant's Curve & Outlet Creek**
On the Bow Valley Parkway, 48 km (50 min) from Banff
 Nick Morant, official photographer for the Canadian Pacific Railway, made this view famous.



Top Ways to Celebrate

Biking in Banff
 From gentle treks through the woods to intense climbs, the 190 km of trails in Canada's first national park offer an experience for every mountain biker, while more than 100 km of asphalt provide both recreational and adventuresome outings for road riders.

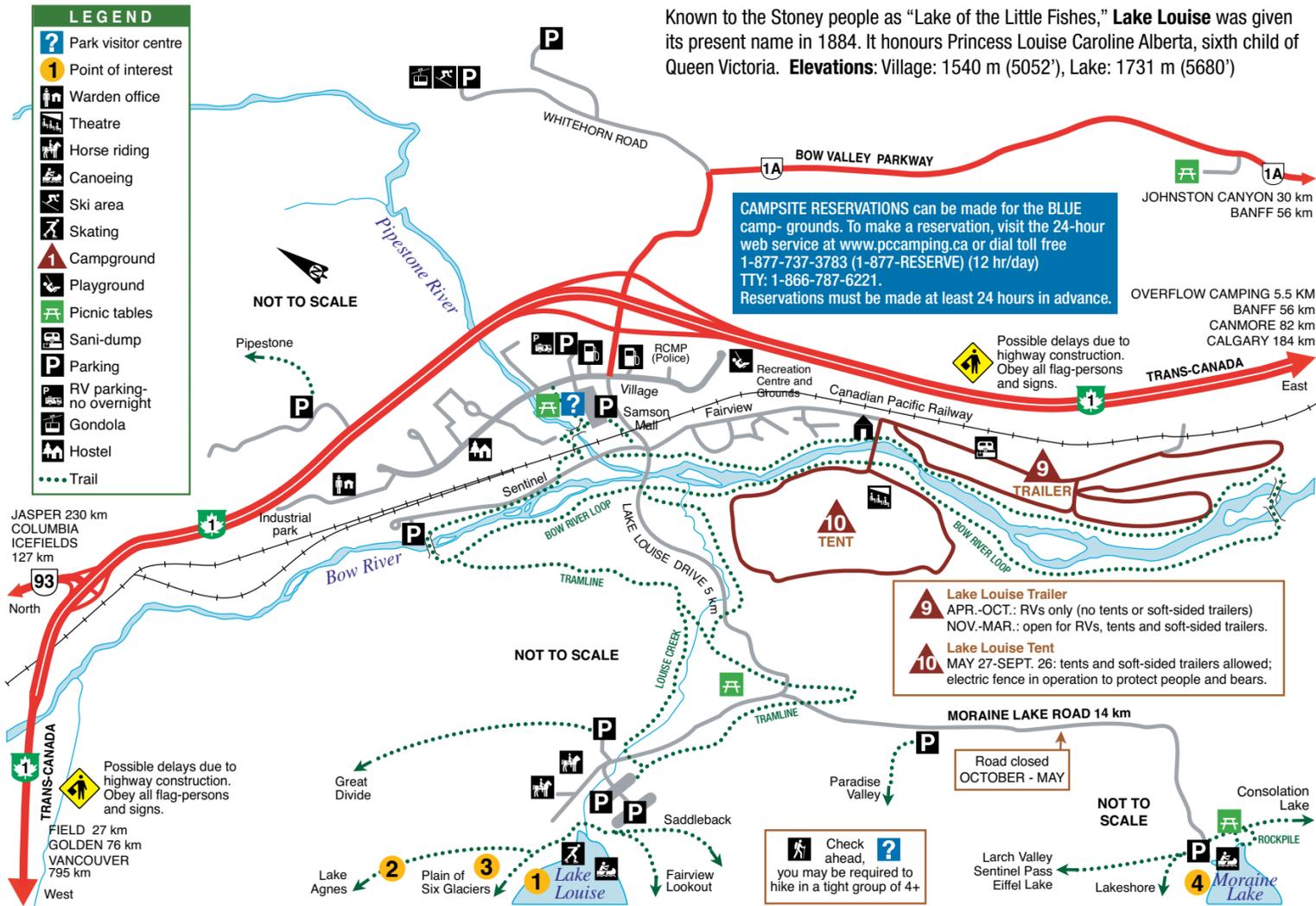


Near the Town of Banff, meander with your tot-trailer along **Vermilion Lakes Drive** towards three shallow lakes surrounded by marshes, keeping an eye out for eagles and beavers.
 Rent a bike and travel the **Banff Legacy Trail** which provides 26 km of combined paved trails, some on the Bow Valley Parkway, through some of the best landscape views.
 Test your skill on the wizened roots leading up to **Stoney Squaw** where the summit is only the beginning. New trails on **Tunnel Mountain** connect campers for the first time to magnificent views overlooking Mount Rundle, Spray Valley and the renowned Hoodoos—those spire-like rocks that jut majestically out of the landscape.

Spectacular Camping
 In Banff, secluded wooded areas, lakeside havens or stunning views of the Bow Valley, offer a variety of options for those who truly want to experience the outdoors. Whether you are camping by tent, trailer or motorhome, choose from over 2,400 sites and 13 campgrounds in Banff National Park.

For the truly adventurous camper, get a back-country permit, a topo map and head into the backcountry on one of many multi-day hiking journeys.
 To enhance your camping experience, day activities are literally on your doorstep. Hike the diverse trails around the park. Explore the ruins of **Bankhead**. Take in a national historic site, an evening outdoor theatre performance, or an afternoon swim in the hot springs. At night, nothing compares to the star studded skies as you take in a fireside chat with a park interpreter.

For more information visit the **Parks Canada Information Centre**.



Lake Louise Visitor Centre

Parks Canada (403-522-3833)
Brochures and topographical maps, park passes and permits, trip planning advice, backcountry reservations, camping, and current trail, road, weather and safety information

Banff Lake Louise Tourism (403-522-2744, www.banfflakelouise.com) information on commercial accommodations, activities, attractions

OPEN DAILY, except Dec 25:

Spring	May 1 to June 16	9am – 5pm
Summer	June 17 to Sept. 10	8am – 8pm
Fall	Sept. 11 to 24	9am – 5pm
Winter	Sept. 25 to April 30	9am – 4:30pm

LAKE LOUISE AREA CAMPGROUNDS													
	OPEN DATES	# SITES	FULL HOOK-UP	ELECTRI-CAL ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES	WINTER
8 Protection Mt.	June 24 - Sept. 6	89			✓				✓	✓		\$21.50	
9 Lake Louise Trailer*	Year Round	189		all	✓		✓	✓	✓	✓	✓	\$32.30	
10 Lake Louise Tent	May 27 - Sept. 26	206			✓		✓	✓	✓	✓	✓	\$27.40	
11 Mosquito Creek	Year Round	32				✓				✓		\$17.60	\$15.70
12 Waterfowl Lakes	June 17 - Sept. 6	116			✓	✓		✓		✓		\$21.50	
13 Rampart Creek	June 3 - Sept. 30	50				✓				✓		\$17.60	

*Soft-sided camping in winter only (mid-November to mid-April)

Camping season dates are approximate. Please confirm at Visitor Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.



Lower Waterfowl Lake



Lake Agnes

1 Lake Louise - the Lake **4 km (5 min) from the Village**
Lakeshore Trail: 2 km one way
The emerald hues and glacial backdrop of Lake Louise have wowed visitors since the 1890s. To avoid the crowds in summer, visit before 11am or after 5pm.

2 Lake Agnes Trail
Mid-June to mid-October: 3.4 km one way, 385 m elevation gain, 2.5-3 hr round trip
This popular trail takes you past Mirror Lake and the Little Beehive. At the top there's chance to enjoy tea with a view.

3 Plain of Six Glaciers Trail
Mid-June to mid-October: 5.3 km one way, 365 m elevation gain, 4 hr round trip
Watch for mountain goats early and late in the summer. This trail begins at the end of the Lakeshore Trail, and offers vast mountain vistas and a summer season teahouse.

4 Moraine Lake
14 km (20 min) from the Village; road is open June to September
Lakeshore Trail: 1.5 km one way
A scenic wonder nestled in the Valley of the Ten Peaks, it's just one of the reasons we're a UNESCO World Heritage Site. Come early or late in the day to find a parking spot in summer. The road to Moraine Lake becomes a cross-country ski trail when snow-covered.

Group of Four Hiking:

What does it mean and why is it required?

The Lake Louise area provides essential habitat for female grizzly bears, who must raise their young successfully to ensure the future of this threatened species. The group of four hiking rule is one way we can increase public safety and decrease disturbance to grizzlies during the important summer feeding season. A "tight" group of four is less likely to surprise a bear, or be attacked by a bear, than an individual hiker. For this to work, stay within easy speaking range of each other throughout the hike. Ecologically speaking, it is less disruptive for a bear to encounter one tight group versus individual hikers strung out along the trail. Come as a group or join up with other hikers at trailheads where this requirement is in place. Ask at or see trailhead kiosks for information on trail requirements, warnings or closures.

Top Ways to Celebrate

Canada Day – July 1

Take your place in the parade or just watch from the sidelines as locals show off their creativity by cruising through the hamlet in costumes and on floats. Afterwards, continue on with Canada Day celebrations or explore a corner of one of Canada's most beautiful locations during the centennial year of the founding of Parks Canada.



Parks Day – July 16

Want to know what goes on behind the scenery in a park? Meet Parks Canada staff who will share stories about their exciting jobs and what they do behind the scenes to preserve this beautiful park! Get to know the amazing flora and fauna on interpretive excursions.

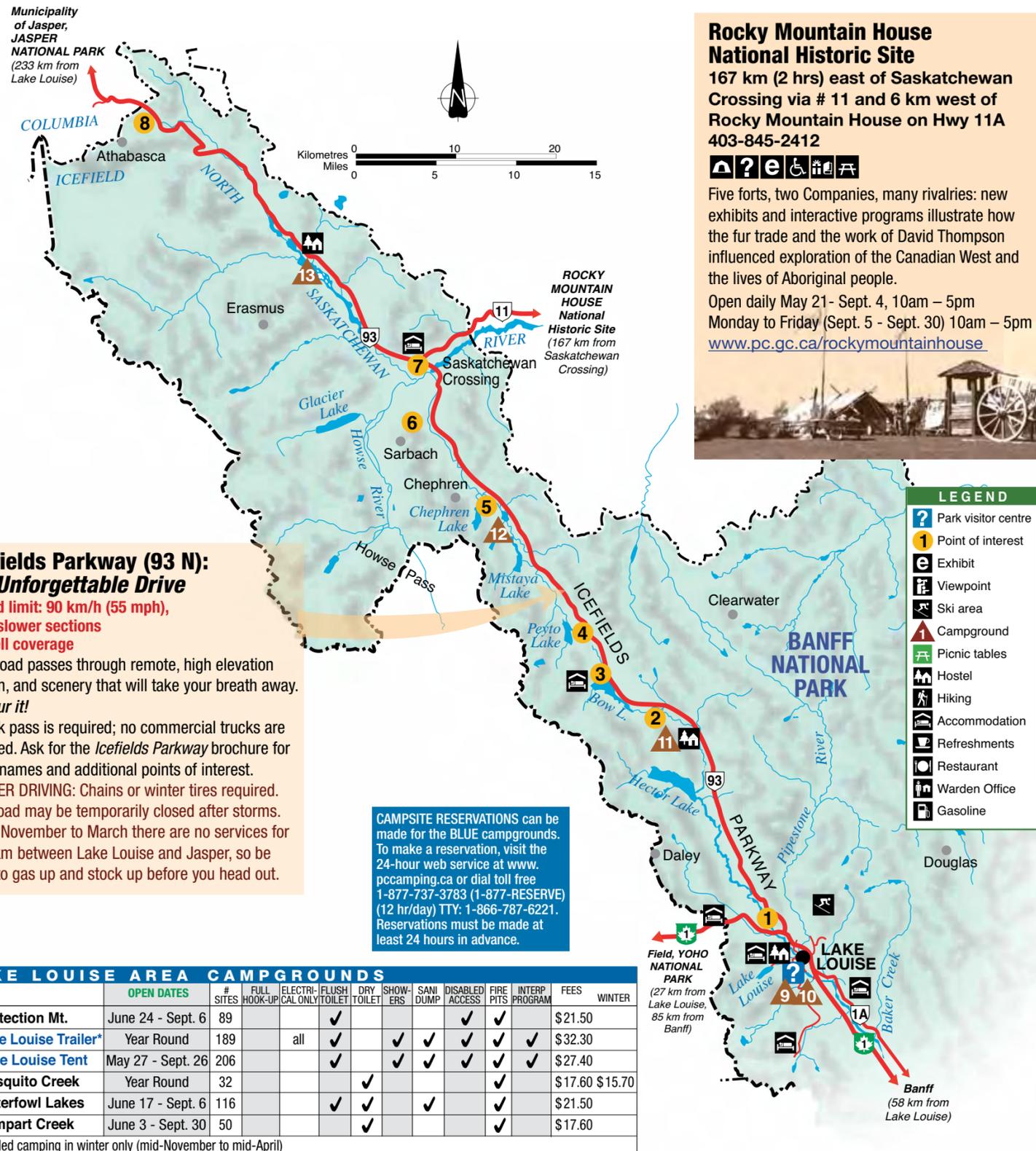
Fall Festival – September 5 to October 10

Autumn is a unique time of year in Lake Louise when the larch trees change colours and their yellow needles contrast against the dark blue sky and high glaciated peaks. Parks Canada and local businesses showcase activities to help you experience the beauty of this artist's paradise every weekend through the Lake Louise Fall Festival.

For more information visit the Parks Canada Visitor Centre.



Hiking the Plain of Six Glaciers



Rocky Mountain House National Historic Site
 167 km (2 hrs) east of Saskatchewan Crossing via # 11 and 6 km west of Rocky Mountain House on Hwy 11A 403-845-2412

Five forts, two Companies, many rivalries: new exhibits and interactive programs illustrate how the fur trade and the work of David Thompson influenced exploration of the Canadian West and the lives of Aboriginal people.

Open daily May 21 - Sept. 4, 10am - 5pm
 Monday to Friday (Sept. 5 - Sept. 30) 10am - 5pm
www.pc.gc.ca/rockymountainhouse

LEGEND

- Park visitor centre
- Point of interest
- Exhibit
- Viewpoint
- Ski area
- Campground
- Picnic tables
- Hostel
- Hiking
- Accommodation
- Refreshments
- Restaurant
- Warden Office
- Gasoline

Icefields Parkway (93 N): An Unforgettable Drive
 Speed limit: 90 km/h (55 mph), with slower sections
 No cell coverage

This road passes through remote, high elevation terrain, and scenery that will take your breath away. *Savour it!*

A park pass is required; no commercial trucks are allowed. Ask for the *Icefields Parkway* brochure for peak names and additional points of interest.

WINTER DRIVING: Chains or winter tires required. The road may be temporarily closed after storms. From November to March there are no services for 230 km between Lake Louise and Jasper, so be sure to gas up and stock up before you head out.

CAMPSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at 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.

LAKE LOUISE AREA CAMPGROUNDS													
	OPEN DATES	# SITES	FULL HOOK-UP	ELECTRICAL ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES	WINTER
8 Protection Mt.	June 24 - Sept. 6	89			✓				✓	✓		\$21.50	
9 Lake Louise Trailer*	Year Round	189		all	✓		✓	✓	✓	✓		\$32.30	
10 Lake Louise Tent	May 27 - Sept. 26	206			✓		✓	✓	✓	✓		\$27.40	
11 Mosquito Creek	Year Round	32			✓					✓		\$17.60 \$15.70	
12 Waterfowl Lakes	June 17 - Sept. 6	116			✓			✓		✓		\$21.50	
13 Rampart Creek	June 3 - Sept. 30	50			✓					✓		\$17.60	

*Soft-sided camping in winter only (mid-November to mid-April)
 Camping season dates are approximate. Please confirm at Visitor Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

Attractions

- 1 Herbert Lake**
 5 km (3 min) from Lake Louise
 Panoramas of stunning Main Range peaks, including Mount Temple, attract photographers.
- 2 Crowfoot Glacier**
 35 km (25 min) from Lake Louise
 A century ago, when this was named, three "toes" of ice clung to the mountainside. Since then the lower toe has melted and the middle toe is also disappearing.
- 3 Bow Lake & Bow Glacier**
 39 km (27 min) from Lake Louise
 It's an attractive place for summer views and reflections, and winter ski touring.
- 4 Bow Summit & Peyto Lake**
 42 km (30 min) from Lake Louise
 Bow Summit is the height of land between the Bow River system, flowing south-east to Banff, and the Mistaya River flowing north-west. A short uphill walk from the parking lot area leads past meadows of alpine flowers to a view of glacial-fed and brilliantly turquoise Peyto Lake.
- 5 Waterfowl Lakes**
 59 km (40 min) from Lake Louise
 Trails lead from these lovely lakes to two other smaller ones, Cirque Lake and Chephren Lake; each is 3 hrs round trip.
- 6 Mistaya Canyon**
 73 km (50 min) from Lake Louise
 It's only 10 minutes by trail to great canyon views; watch your step and stay away from the edge as you admire the rushing waters and eroded potholes and arches in the rock walls.
- 7 Saskatchewan River Crossing**
 79 km (55 min) from Lake Louise;
Services mid-March to mid-November only
 The North Saskatchewan River provided a major east-west canoe "highway" for fur traders like David Thompson, who used the route through the Howse Pass National Historic Site to cross the Great Divide in 1807.
- 8 Parker's Ridge**
 120 km (1.4 hr) from Lake Louise
 A short (2.4 km/1.5 mi) but steep (250m/820' elevation gain) trail through alpine meadows rewards hardy hikers with stunning views of the Saskatchewan Glacier.



Hiking Parker's Ridge

Top Ways to Celebrate

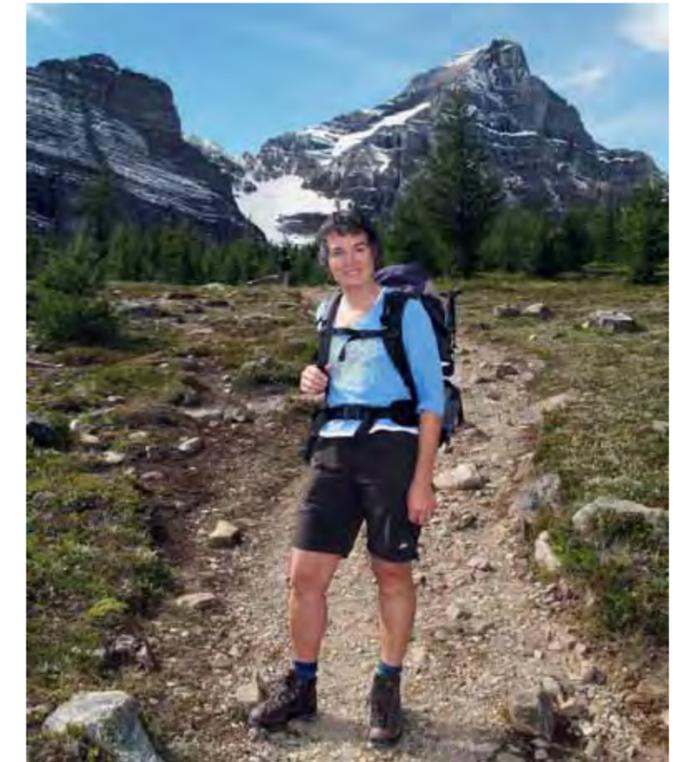
Biking in Lake Louise
 In Lake Louise, mountain bikers can choose from seven routes ranging from the tranquil **Bow River Loop** to the popular gravel and dirt trail along the **Pipestone River** or the exposed roots and rocks on the area's most technically demanding trail—the single track **Moraine Lake Highline**. The **Tramline** and **Bow River Loop** start right at the Lake Louise campground.

Road riders can opt for a biking-hostel-camping experience along the **Icefields Parkway**, a spectacular 230 km route connecting Lake Louise and Jasper that crests two mountain passes. Apart from the bear, moose and other wildlife you might see along the way, the towering peaks, pristine lakes and ancient glaciers and icefields make for an unforgettable ride.

Camping at its Best
 Sleep under a star-filled sky, unhampered by city lights, and wake up to stunning vistas of giant glaciated peaks in one of the area's spectacular campgrounds. Situated close to the hamlet of Lake Louise, or further afield up the spectacular Icefields Parkway, this part of Banff National Park offers five campgrounds to choose from with 682 sites including spots for RV's.

With numerous hiking and biking trails nearby, campgrounds in this area make great staging grounds for outdoor adventure.

For more information visit the Parks Canada Information Centre.



Hiking Saddleback Trail

Fort St. James National Historic Site

536 km (6 hrs) north-west of Jasper via #16 and Prince George
250-996-7191 ext. 21

Visit the largest group of original wooden buildings depicting the fur trade in Canada: chat with costumed interpreters, help tan a moose hide or make bannock, and enjoy a fur traders' lunch in the Old Fort Cafe.

Open daily in Summer (May 21 to Sept. 30) 9am – 5pm
The rest of the year by appointment only
Accommodation available on-site—reservations recommended
www.pc.gc.ca/stjames



At 11,228 km² (4335 sq. mi.), **JASPER NATIONAL PARK** is known as the gentle giant of the Rockies. It was established in 1907 in anticipation of the building of the Grand Trunk Railway. Today visitors come to Jasper to enjoy wildlife, adventure and wild open spaces. Enjoy.

Icefield Centre & The Columbia Icefield



On the Icefields Parkway #93N, 103 km (75 min) from town of Jasper
OPEN APRIL 16 TO OCTOBER 23

Parks Canada information services:
MAY 1 TO OCTOBER 15; drop by or call
780-852-6288

Spring May 1 to June 16 9am – 5pm
Summer June 17 to Sept. 4 9am – 6pm
Fall Sept. 5 to Oct. 15 9am – 5pm

Glacier Gallery Displays tell the stories of the Columbia Icefield

Ice Explorer Tours: April 16 to October 23
1-877-423-7433, www.brewster.ca

Guided Icewalks: June 1 to September 30
1-800-423-7433, www.icewalks.com

CAMPERSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at 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.

JASPER NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL HOOK-UP	ELECTRICAL ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES
1	Pocahontas	May 20 - Oct. 10	140			✓			✓	✓		\$21.50
2	Snaring River	May 20 - Sept. 12	66			✓			✓	✓		\$15.70
3	Whistlers	May 6 - Oct. 10	781	120	162	✓	✓	✓	✓	✓	✓	\$27.40-\$38.20
4	Wapiti (summer)	May 20 - May 23 June 17 - Sept. 5	362		86	✓	✓	✓	✓	✓		\$27.40-\$32.30
4	Wapiti (winter)	Oct. 10 - May 6/12	93		40	✓			✓	✓		\$27.40-\$32.30
5	Wabasso	June 23 - Sept. 5	228		51	✓			✓	✓		\$21.50
6	Mt. Kerkeslin	June 23 - Sept. 5	42			✓			✓	✓		\$15.70
7	Honeymoon Lake	June 23 - Sept. 5	35			✓			✓	✓		\$15.70
8	Jonas Creek	May 20 - Sept. 5	25			✓			✓	✓		\$15.70
9	Columbia Icefield	May 20 - Oct. 10	*33			✓			✓	✓		\$15.70
10	Wilcox Creek	June 3 - Oct. 10	46			✓			✓	✓		\$15.70
10	Wilcox (winter)	Oct. 10 - May 20				✓			✓	✓		\$15.70
9	Icefield Centre RV	April 1 - Oct. 31										\$15.70

*Tents only
Camping season dates are approximate. Please confirm at Information Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

Attractions

1 Miette Hot Springs

61 km (1 hr) from Jasper; 780-866-3939. www.hot springs.ca
Soak in the hottest springs in the Canadian Rockies. This spacious facility offers two relaxing hot pools and two refreshing cold pools. Towels, bathing suits, and lockers are available for rent. Open 8:30am-10:30pm in summer (June 24 to September 5), and 10:30am-9pm in spring and fall (May 6 to June 23 & September 6 to October 10).

2 Maligne Canyon

On the Maligne Road, 11.5 km (15 min) from Jasper
This staggeringly deep canyon can be explored from above in the summer, and from below in the winter. The Tea House is open April to October.

3 Maligne Lake

On the Maligne Road, 43 km (1 hr) from Jasper
The beauty of this lake is legendary, as are the fishing, canoeing, picnicking and easy hiking opportunities in the area.

4 Mount Edith Cavell

29 km (45 min) from Jasper, via 93A & the Cavell Road
Enter a world of hanging glaciers and alpine meadows. For a quieter time come before 10 am or after 3 pm. Trailers are not permitted and can be left in a designated parking area at the bottom. Vehicles longer than 7 m are not recommended.

5 Athabasca Falls

On the Icefields Parkway or via 93A, 30 km (30 min) from Jasper
The most powerful flow in the mountain parks is a force that demands respect: stay on designated trails and behind railings.

6 Athabasca Glacier

On the Icefields Parkway, 103 km (75 min) from Jasper
In the summer, follow a short access road and an interpretive trail to the toe of the glacier. ⚠ Walking on the toe is not recommended, as glaciers have hidden dangers. Commercial guided tours are safe ways to explore this magical area.

Top Ways to Celebrate

Camping

Jasper National Park has a variety of campgrounds ranging from full-service and accessible to serene and off the beaten path.

With secluded tent sites, fully serviced RV sites, and everything in-between, **Whistlers**, **Wapiti** and **Wabasso** campgrounds are the closest to town, and make ideal base camps for exploring the park.

You'll find more remote campgrounds scattered throughout the park; nestled in the woods, adjacent to lakes or rivers, or overlooking glacier-capped peaks. These campgrounds are perfect for those seeking a quiet refuge or for staging adventures into secluded corners of the park.

If you are looking for a more civilised stay, **Whistlers** campground offers canvas-walled cottage tents, where you can 'rough it' without getting your clothes ruffled. Each cottage tent has all the basic comforts of home - wooden floors, beds, heat, lights and cooking gear.



Cycling the Pyramid Bench

Biking

With over 300 km of bike-friendly, multi-use trails, Jasper National Park is a mountain biker's paradise. If you are new to trail cycling, try out **Jasper's easy trails system**. These trails will get you to nearby lakes, campgrounds and viewpoints with little technical difficulty. Home to the scenic **Icefields Parkway** and **Maligne Lake Road**, Jasper is also ideal for road riders.

For serious mountain bikers, the **Saturday Night Lake Loop** awaits. This loop is technical and labour-intensive but extremely rewarding.

For a quiet, easy spin, ride **Highway 93A** from town to Athabasca Falls. Or bust your lungs on the steep, switchbacks of the **Cavell Road**. Helmets are a must for the swift, narrow descent.

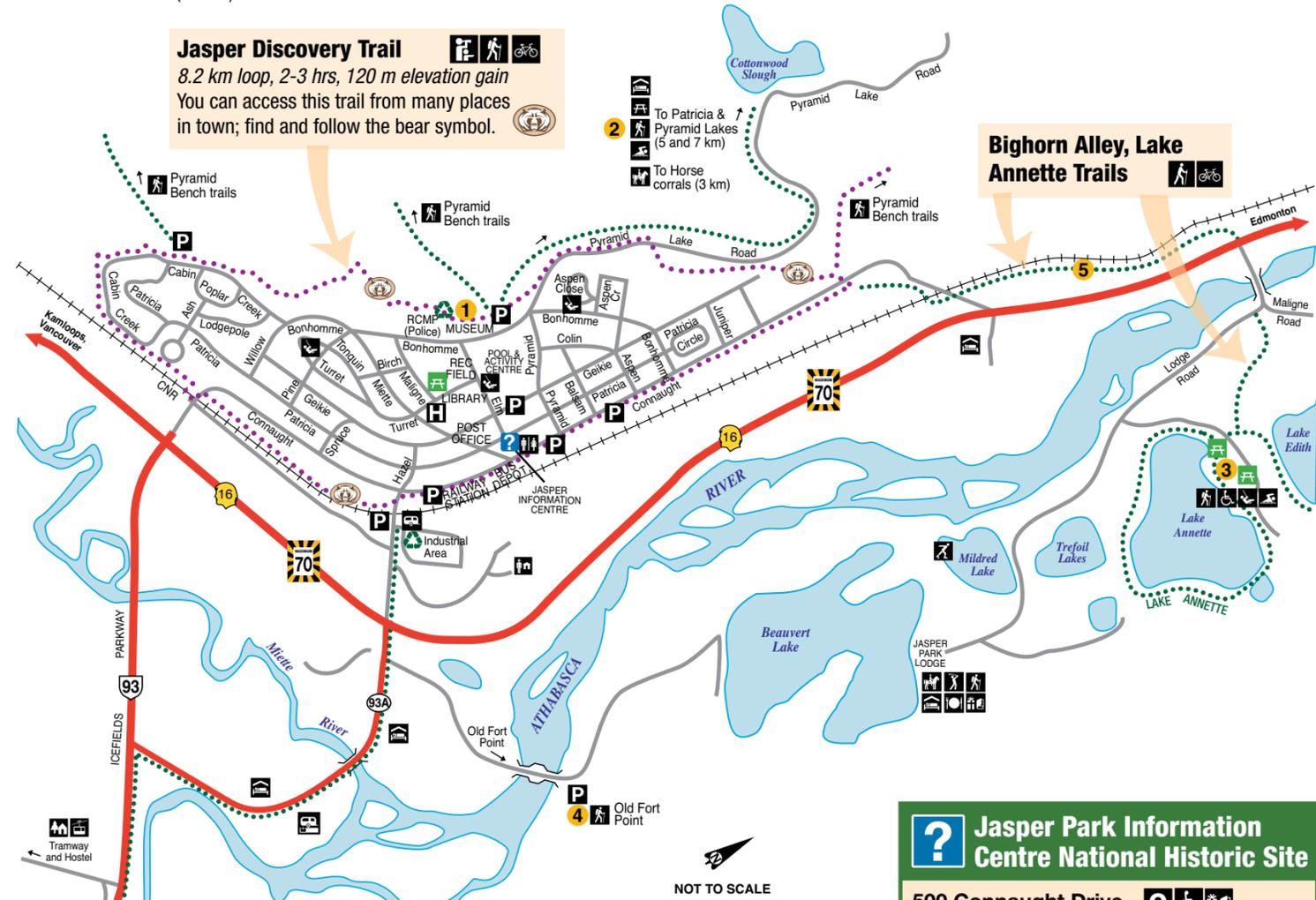
For more information visit the **Parks Canada Information Centre**.



Stargazing at Big Bend campground

Y. Takasaka

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.
Elevation: 1059 m (3472').



Jasper Discovery Trail
 8.2 km loop, 2-3 hrs, 120 m elevation gain
 You can access this trail from many places in town; find and follow the bear symbol.

Bighorn Alley, Lake Annette Trails

2 To Patricia & Pyramid Lakes (5 and 7 km)
 To Horse corrals (3 km)

Wapiti Trail



Turn the key – Jasper is **IDLE FREE!**



Cyclists please follow rules of the road: avoid cycling on sidewalks and ensure children under 18 are wearing helmets.



Watch where you park: Posted parking periods are enforced. Parking left of centre (on the wrong side of the road) is prohibited in Canada.



Recycle your reusable and compostable wastes at 2 depots in Town and at our main campgrounds: look for the symbol.

Friends of Jasper National Park
 780-852-4767
www.friendsofjasper.com

Jasper Park Information Centre National Historic Site

500 Connaught Drive, Downtown Jasper Parks Canada (780-852-6176) maps and brochures, park passes and permits, trip planning advice, backcountry reservations, and current trail, road, weather and safety information
Tourism Jasper (780-852-3858): for commercial accommodation, activities and attractions in the park; see also www.jasper.travel
Friends of Jasper Gift Shop, books, topo maps
OPEN DAILY, except Dec. 25, 26 and Jan. 1:
Early Spring April 1 to May 19 9am – 5pm
Spring May 20 to June 23 9am – 7pm
Summer June 24 to Sept. 4 8:30am – 8pm
Fall Sept. 5 to Sept. 24 9am – 7pm
Winter Sept. 25 to March 31 9am – 5pm

Top Ways to Celebrate

- National Aboriginal Day – June 18**
 Celebrate the unique heritage, cultures and contributions that First Nations and Métis people have made to Jasper National Park.
- Canada Day – July 1**
 A fun-filled, family focused day complete with a pancake breakfast, a parade and fireworks.
- Parks Day – July 16**
 Parks Day celebrates parks and historic sites across Canada. In Jasper, enjoy guided walks, activities, exhibits, demonstrations and a totem pole raising ceremony. **Entry to Jasper National Park is free on Parks Day!**
- Voyageur Brigade Picnic – August 18**
 Jasper commemorates legendary explorer, surveyor, fur trader and mapmaker David Thompson with fur trade activities, food, demonstrations and 200 year old fun.
- Jasper in January – January 2012**
 Join us for a winter event that will knock your thermal socks off. Schedule of events: www.jasper.travel
- For more information on events, visit a park information centre.**

- 1 Jasper Yellowhead Museum and Archives**
400 Pyramid Lake Rd; 780-852-3013 www.jaspermuseum.org
 The permanent historical gallery tells the history of the national park area and the Yellowhead Corridor. Open from 10am-5pm daily May to September, and Thursdays to Sundays the rest of the year.
- 2 Patricia Lake and Pyramid Lake**
5 & 7 km (10 & 15 min) from Jasper, on the Pyramid Bench
 Beaches, fishing, boating, hiking, skating and biking are all popular activities in this easy-to-access wilderness. Wheelchair-accessible Pyramid Island offers some of the best stargazing in Jasper, which was recently named the largest Dark Sky Preserve on the planet.
- 3 Lakes Annette and Edith**
5 km (10 min) from Jasper, on the other side of the Athabasca River
 Come and enjoy these "kettle lakes", formed at the end of the Ice Ages. They have sandy beaches, popular in July and August. There is a wheelchair accessible 2.4 km (1 hr) trail around Lake Annette.
- 4 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 has great views of the town and the Athabasca River.
- 5 Jasper's Easy Trail System**
 These easy multi-use trails provide opportunities to explore and access areas close to the town of Jasper. Best bets include:

Wapiti Trail
 4.3 km one way; flat; 1-2 hours
 The only thing standing between you and 'smores is a short jaunt to town from your campsite at Whistlers or Wapiti.

Bighorn Alley
 4.3 km one way; 33 m elevation gain; 1 hour
 Trailhead: The north-east end of the Jasper Discovery Trail
 These trails provide access to the shores of Lake Annette and Lake Edith via the Moberly Bridge on Highway 16. Use caution when crossing the highway.
 Visit the park information centre and pick up a copy of Jasper's *Summer trails map* and *Mountain biking guide* for more trip recommendations.



Jasper in January Street Party



Hiking Jasper's easy trail system

KOOTENAY NATIONAL PARK is rich in diversity, from glacier-clad peaks along the Continental Divide to the semi-arid grasslands of the Columbia Valley. It was established in 1920 around plans for a motor road, part of a Grand Circle Tour that would link the Canadian Rocky Mountains with the national parks of the American West. **Size:** 1406 km² (538 sq. mi.)

Visitor Centre

7556 Main Street East, Radium Hot Springs, B.C.
Exhibits feature Ktunaxa history and culture.
Parks Canada Information (250-347-9505): Maps and brochures, park passes and permits, trip planning advice, backcountry reservations, and current camping, trail, road, weather and safety information
Tourism BC & Chamber of Commerce (250-347-9331 www.radiumhotsprings.com): for commercial accommodation, activities and attractions in the region
OPEN DAILY, except Dec. 25 & 26, Jan. 1:

Spring	May 20 to June 16	9am – 5pm
Summer	June 17 to Sept. 4	9am – 7pm
Fall	Sept. 5 to Oct. 10	9am – 5pm
Winter	Tourism and Chamber only	9am – 5pm

Friends of Kootenay Gift Shop is open year-round.

VILLAGE OF RADIUM HOT SPRINGS

Visitor Centre hours of operation may be subject to change without notice.

NOT TO SCALE

KOOTENAY NATIONAL PARK CAMPGROUNDS	OPEN DATES	# SITES	FULL HOOK-UP	ELECTRICAL ONLY	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DISABLED ACCESS	INTERP PROGRAM	FEES
1 Redstreak	June 1 - Oct. 10	242	50	38	✓	✓	✓	✓	✓	✓	\$27.40-\$38.20
2 McLeod Meadows	May 19 - Sep. 5	98			✓			✓	✓	✓	\$21.50
3 Dolly Varden	winter	7			✓						
4 Marble Canyon	June 24 - Sept. 5	61			✓			✓	✓		\$21.50

Camping season dates are approximate. Please confirm at Visitor Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

Banff-Windermere Highway (93S)
Speed limit: 90 km/h (55 mph)
Completed in 1922, this scenic 94 km drive was the first motor road to cross the Canadian Rockies. It provides exceptional scenic and wildlife viewing opportunities. Sadly, many large animals have been hit by vehicles on this highway – please obey reduced speed limits posted where most road-kills occur.

Due to extended campground improvement projects, Kootenay National Park will not be accepting camping reservations for Redstreak Campground for the entire 2011 season. There will be a limited number of unserviced campsites at Redstreak as well as two other campgrounds within the park, all offered on a first come, first served basis only. Please check back with us in 2012 when Redstreak will be accepting reservations once again.

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

Golden (98 km from Radium)

Village of Radium Hot Springs

Fairmont Hot Springs, Windermere, Cranbrook, Fort Steele and U.S.A.

1 Continental Divide at Vermilion Pass

95 km (1.2 hr) from Radium, 34 km (30 min) from Banff
Stand on the dividing line between Pacific and Atlantic watersheds. Then take the 15-minute Fireweed Trail to see what a forest looks like 40 years after a major fire.

2 Marble Canyon

88 km (1 hr) from Radium
Don't miss the dramatic colours, sights and sounds of this short trail, which criss-crosses the narrow gorge and takes you into the heart of a recent wildfire.

3 Paint Pots

85 km (1 hr) from Radium
Only a 20-minute walk from the road, cold iron-rich mineral springs bubble up into small pools, staining the earth with reddish pigments that were highly valued by Aboriginal people.

4 Numa Falls

80 km (50 min) from Radium
The brilliantly turquoise Vermilion River has carved a picturesque limestone canyon.

5 Kootenay Valley Viewpoint

16 km (20 min) from Radium
Interpretive exhibits show how this stunning view has changed over time.

6 Olive Lake

13 km (15 min) from Radium
An interpretive trail around this clear, shallow lake explains why this has always been a natural stopping place.

7 Radium Hot Springs Pools

3 km (3 min) from Radium
The Olympic Torch was here – just one more reason to revel in the glow of these warm waters! Towels, bathing suits, and lockers for rent. May 20 – Oct 10 open 9 am -11 pm; off-season, open 12-10 pm on Fridays and Saturdays, 12-9 pm Sundays to Thursdays. Day spa reservations: 250-347-2100.

8 Sinclair Canyon and the Redwall Fault

1.5 km from Radium
The vertical walls of Sinclair Canyon make a dramatic natural gateway to the park. Further into the canyon, the grey cliffs change to red, marking the iron-rich rock of the Redwall Fault.

9 Redstreak Restoration Trail

Learn why grasslands and open forests are so important for wildlife and see how this habitat is being restored. An interpretive brochure is available at park facilities. Learn why grasslands and open forests are so important for wildlife and see how this habitat is being restored on this 1 km trail.

Top Ways to Celebrate

Wings over the Rockies Festival – May 2 - 8

This annual weeklong festival is a birdwatcher's dream, offering a long list of hikes, field trips, interpretive walks and river trips, all led by experts. Join in on the events that celebrate the 250 bird species and their habitats in the Columbia Valley.

Parks Day – July 16

Parks Day celebrates the work Parks Canada does to preserve protected places in Canada. This year is even more special as we celebrate the 100th anniversary of Parks Canada. Cap off a hike up Sinclair Canyon with a dip in the Hot Springs at the end of the day.



Camping Kootenay

Kootenay's campgrounds are strategically located to provide visitors with an opportunity to experience the three main scenic areas of the park.

Marble Canyon places you at the top of the world - enjoying trails that wander below glacier-clad peaks and beside a deep, narrow limestone gorge.

McLeod Meadows puts you in the heart of the Kootenay Valley, in a peaceful setting next to the Kootenay River.

Redstreak campground is the largest and most serviced campground in Kootenay. Set at low elevation in the Columbia Valley, it sits on a plateau just a few minutes drive from the village of Radium Hot Springs and not far from the hot springs pools.

Biking Kootenay

Running the entire length of Kootenay National Park, **Highway #93 South** is part of the famous "Golden Triangle" – a classic cycling tour. It includes two beautiful mountain passes, a dramatic canyon and a landscape that takes you from glaciers to warm valley bottoms!

Experienced mountain bikers will appreciate the old fire roads that now serve as mountain biking trails. Kootenay Crossing is your starting point. The **West Kootenay** trail is a smooth dirt track running through lush forest for 12.8 kms. Invigorating forest smells of pine, fir and juniper will fuel you to cross the park boundary into the Beaverfoot Valley.

For more information visit the Parks Canada Visitor Centre.

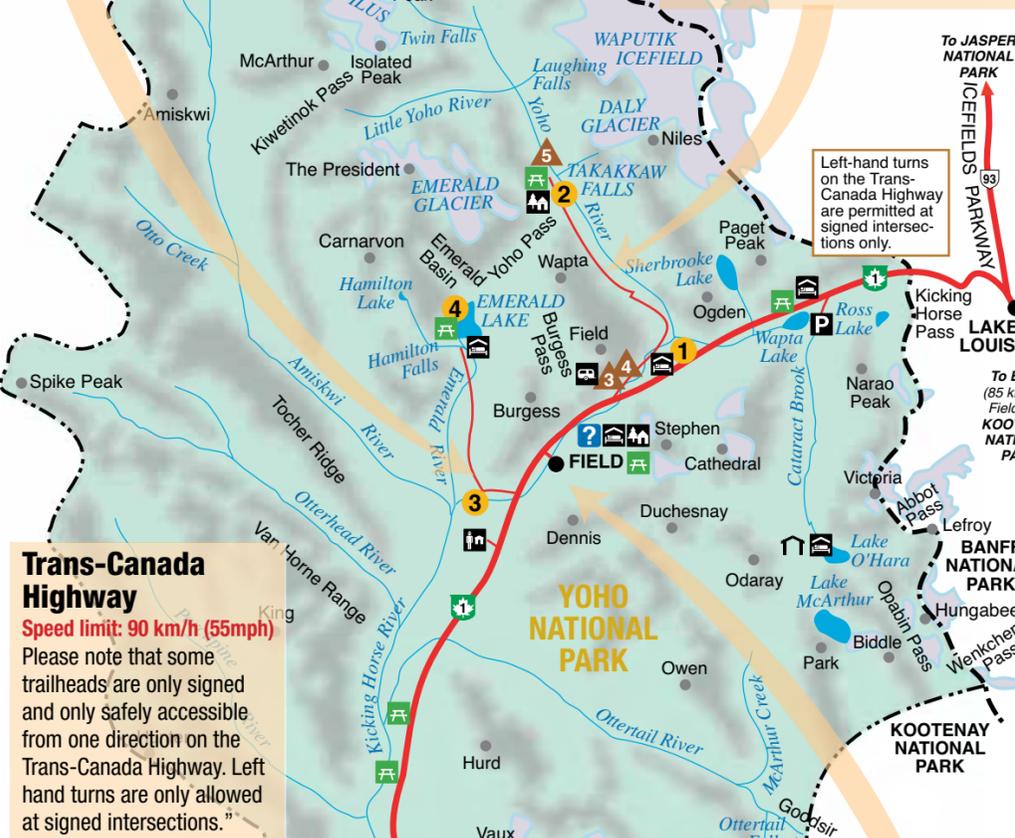


Interpretive program at Redstreak campground.

Emerald Lake Road: Open All Year
 Speed limit: 50 km/h (30 mph)
 Look for the turnoff 2 km west of Field.

Yoho Valley Road: Open When Snow-Free
 Speed limit: 20-60 km/h (12-37 mph)
 There are tight switchbacks on this steep 13-km road: leave trailers in the parking lot across from Monarch campground. The road is usually open from late June to early October.

YOHO NATIONAL PARK boasts towering rock walls, spectacular waterfalls, and 28 peaks over 3000 metres in height – it's no wonder that the word "Yoho" is a Cree expression of awe! The park was established in 1886 as another national gem along the Canadian Pacific Railway.
Size: 1310 km² (507 sq. mi.)



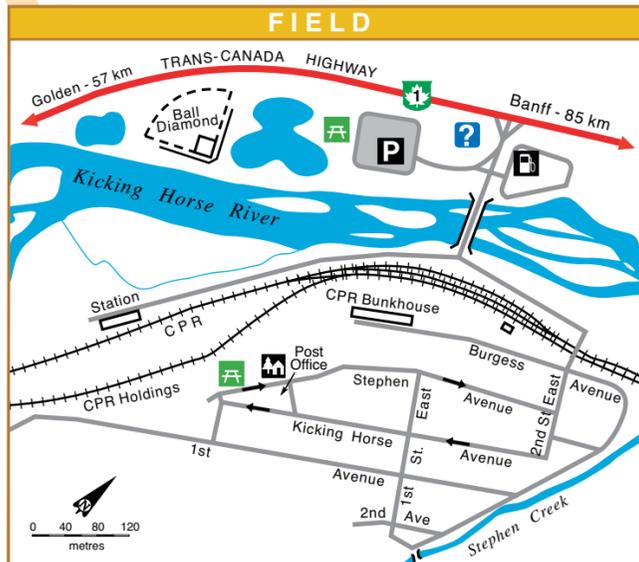
Trans-Canada Highway
 Speed limit: 90 km/h (55mph)
 Please note that some trailheads are only signed and only safely accessible from one direction on the Trans-Canada Highway. Left hand turns are only allowed at signed intersections."

Yoho Visitor Centre

Just off the Trans-Canada Hwy at Field
 Come in and be awed by the odd Burgess Shale fossils on display!
Parks Canada Information (250-343-6783): maps and brochures, park passes and permits, trip planning advice, backcountry reservations, and current camping, trail, road, weather and safety information
 See www.field and travelalberta.com for commercial accommodation, activities and attractions in the region
OPEN DAILY, except Dec 25:
Spring May 1 to June 16 9am – 5pm
Summer June 17 to Sept. 4 8:30am – 7pm
Fall Sept. 5 to Sept. 25 9am – 5pm
Winter Sept. 26 to April 30 9am – 4pm
Friends of Yoho Gift Shop is open year-round

Visitor Centre hours of operation may be subject to change without notice

Yoho National Park is on Mountain Time – 1 HR AHEAD of Pacific Time (and most of B.C.)
 250-343-6393
www.friendsofyoho.ca



YOHO NATIONAL PARK CAMPGROUNDS										
	OPEN DATES	# SITES	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES
1 Chancellor Peak	June 3 - Sept. 5	62		✓			✓	✓		\$ 17.60
2 Hoodoo Creek	June 24 - Sept. 5	30		✓			✓	✓		\$15.70
3 Monarch	May 2 - May 12 June 10 - Sept. 5	44		✓			✓	✓		\$17.60
4 Kicking Horse	May 13 - Oct. 10	88	✓		✓	✓	✓	✓	✓	\$27.40
5 Takakkaw Falls (walk-in)	June 17 - Oct. 2 road closed Oct. 3	35		✓				✓		\$17.60

Camping season dates are approximate. Please confirm at Visitor Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

1 Spiral Tunnels Viewpoint and Kicking Horse Pass National Historic Site

8 km (5 min) east of Field
 View the entry and exit portals of a railway engineering marvel. The Spiral Tunnels, completed in 1909, reduced the original railway grade of 4.5% (the steepest of any in North America) to a much safer 2.2%. Exhibits show how the tunnels work.

2 Takakkaw Falls

17 km (25 min) from Field, on the Yoho Valley Rd; closed in winter
 Takakkaw means "magnificent" in Cree, and you'll say the same when you stand at the base of these falls: they're among the highest in Canada. Several magnificent day-hikes and backpacking trips begin here, too.

3 Natural Bridge

4 km (5 min) west of Field, on the Emerald Lake Rd; closed in winter
 Yoho is a place to wonder at the force of water over time – here it has created an eroded rock archway over the Kicking Horse River.

4 Emerald Lake

11 km (15 min) from Field, on the Emerald Lake Rd
 It's a jewel of the Canadian Rockies. In summer, enjoy a walk around the lake (5.2 km, 2 hr). In the winter, experience this wonderland on snowshoe or cross-country skiing trails.

5 Wapta Falls

22 km (30 min) west of Field, off #1 Hwy; closed in winter
 "Wapta" means river in the language of the Stoney Nakoda First Nations. In summer, a short drive takes you to the start of an easy 2.4 km (45 min) trail to these impressive falls.

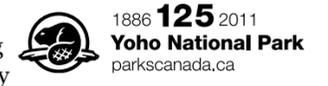
Extra-Special Treasures Need Extra-Special Care

The Lake O'Hara Region
 Reservations of up to three months in advance are required to take the shuttle bus to this beautiful yet fragile area (mid-June to early Oct), call **250-343-6433**. No quota on hiking and skiing. Bicycles are not permitted.

The Burgess Shale Fossil Beds
 500 million years ago the detailed remains of long-extinct marine creatures were captured forever in these layers of sedimentary rock. Access is by guided hike only (late June to mid-Sept); ask at **?** or call **1-800-759-2429**. Entering without a licensed guide, or collecting fossils is against the law.

Top Ways to Celebrate

Celebration Launch – Early June
 Join us in Field, B.C. where we are celebrating two exciting milestones - the 100th anniversary of the world's first national park system and the 125th anniversary of Yoho National Park. Parks Canada's award-winning theatre troupe Mountain WIT will be on hand to kick off a summer of celebrations!



Canada Day – July 1

Explore some of Canada's natural and cultural treasures in Yoho National Park on Canada's birthday. Events will include a barbeque beside the Kicking Horse River, roving interpreters, scavenger hunts and the launch of our new geocaching program (a treasure hunt with GPS units). Best of all, join in the annual parade and water fight – a Canada Day tradition in Field, B.C.!

Parks Day - Parks 100th & Yoho 125th – July 16

The summer of 2011 is an exciting one for Parks Canada with two birthdays to celebrate: the 125th anniversary of Yoho National Park and the 100th anniversary of Parks Canada. Join the celebrations in the town of Field and see firsthand just what makes Yoho National Park such a spectacular place.

Thanksgiving Weekend – October

You won't want to miss this event on Thanksgiving weekend when the quaint mountain town of Field transforms into a hub of activity. Parks Canada's award-winning theatre troupe Mountain WIT will be there with characters, music and laughs.

Celebrate Yoho's 125th on a Cycle Tour through History



Cycling in Yoho National Park showcases the park's water-sculpted landscape and gives riders the chance to travel historic transportation routes, like the Amiskwi and Kicking Horse trails, which were used from ancient to modern times.

Towering Peaks, river confluences and fascinating geological features are all part of the ride in Yoho.

As many current cycle trails are former fire patrol roads, they have reasonable grades. Pack a picnic lunch and experience vistas shared by people for millennia.

Camping in Yoho

Do you want a real getaway, a break from the trappings of modern life? If your answer is "Yes!", then come to Yoho, Canada's second national park, for an experience to soothe and revitalize the harried soul.

In Yoho, campers can enjoy a home-away-from-home on the banks of the Kicking Horse River, at **Chancellor Peak** and **Kicking Horse** campgrounds, or at **Takakkaw Falls** campground, which is within earshot of its thundering namesake. Train enthusiasts can track Canadian Pacific Railway's movements from **Monarch** campground at the base of the famous "Big Hill".

To help discover which campground in Yoho will help you attain inner peace, please call the Field Visitor Centre (250-343-6783) for a personal consultation.

For more information visit the Parks Canada Visitor Centre.

Linked by the Trans-Canada Highway, these two parks protect landscapes characteristic of the steep terrain, moist climate and lush vegetation 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. The park was established in 1914, in recognition of local citizens' efforts to preserve the alpine splendor of the area. **Size:** 260 km² (100 sq. mi.) **GLACIER NATIONAL PARK**, with over 400 glaciers covering one tenth of its area, is a stunning setting for some fascinating transportation and mountaineering history. Like Yoho, Glacier National Park was created in 1886, to add important new park reserves along the Canadian Pacific Railway line. **Size:** 1350 km² (521 sq. mi.)



250-837-2010
www.friendsrevglacier.com

Meadows In the Sky Parkway

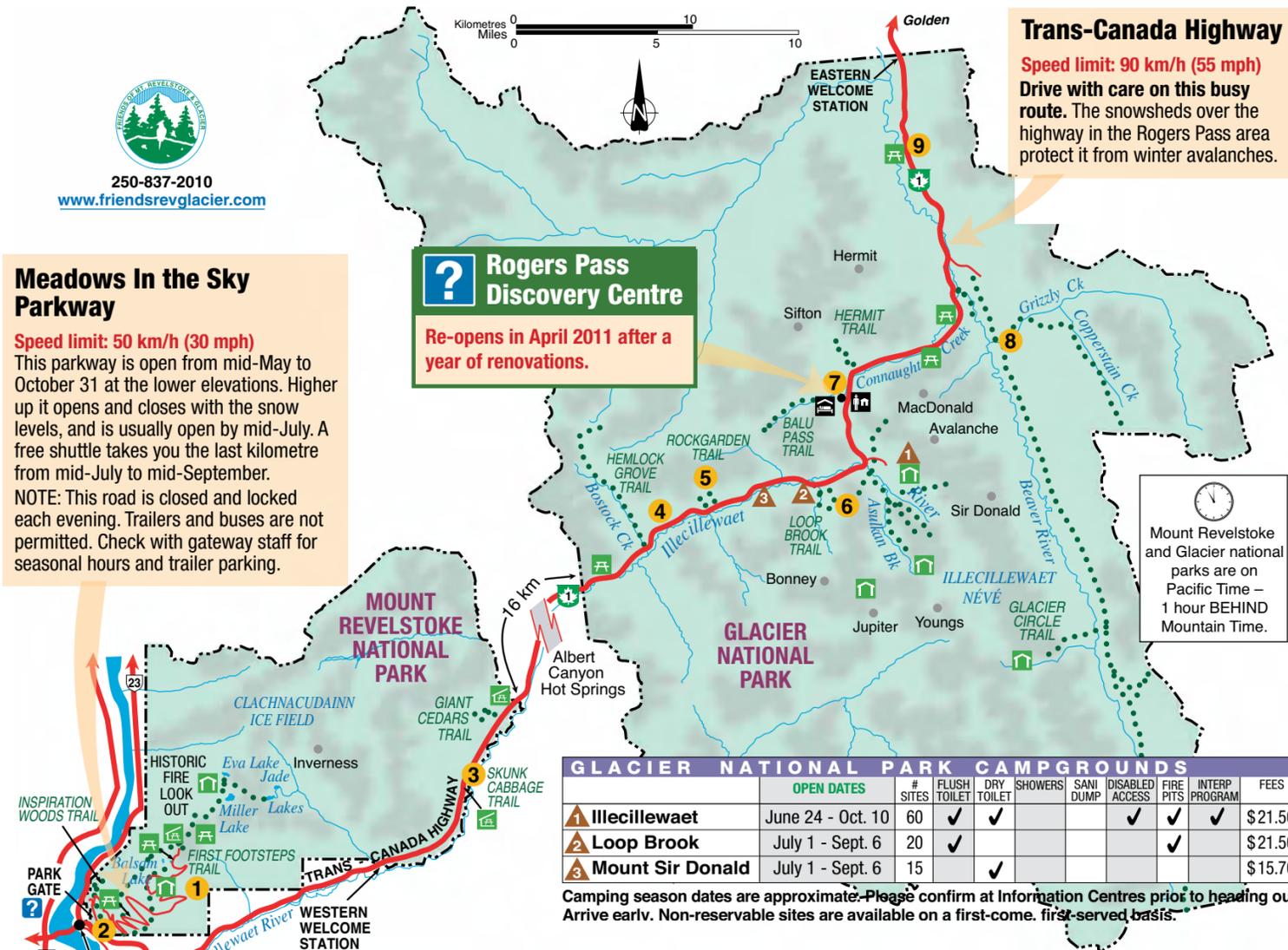
Speed limit: 50 km/h (30 mph)
This parkway is open from mid-May to October 31 at the lower elevations. Higher up it opens and closes with the snow levels, and is usually open by mid-July. A free shuttle takes you the last kilometre from mid-July to mid-September.
NOTE: This road is closed and locked each evening. Trailers and buses are not permitted. Check with gateway staff for seasonal hours and trailer parking.

Rogers Pass Discovery Centre

Re-opens in April 2011 after a year of renovations.

Trans-Canada Highway

Speed limit: 90 km/h (55 mph)
Drive with care on this busy route. The snowsheds over the highway in the Rogers Pass area protect it from winter avalanches.



GLACIER NATIONAL PARK CAMPGROUNDS										
	OPEN DATES	# SITES	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES
1 Illecillewaet	June 24 - Oct. 10	60	✓	✓			✓	✓	✓	\$21.50
2 Loop Brook	July 1 - Sept. 6	20	✓					✓		\$21.50
3 Mount Sir Donald	July 1 - Sept. 6	15		✓						\$15.70

Camping season dates are approximate. Please confirm at Information Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

www.pc.gc.ca/revelstoke
www.pc.gc.ca/glacier

IMPORTANT INFORMATION FOR BACKCOUNTRY SKIERS

- All winter backcountry destinations in Glacier National Park require travel in avalanche terrain.
- All avalanche paths facing the Trans-Canada Highway and railway line have **prohibitions or restrictions** because the park stabilizes these areas using explosives. Some **restricted** areas can be entered by special permit on days when the park's avalanche forecaster has determined that the area will not be subject to avalanche control. Daily winter permits are available at Rogers Pass, and annual winter permits are also available. Go to www.pc.gc.ca/glacier for more information and click on **Winter Permit Information** on the right hand tool bar. Avalanche bulletins are available at park headquarters in Revelstoke, on our website, or at 1-800-667-1105 or 250-837-MTNS.
- Explosive artillery projectiles may be fired at the slopes near the Trans-Canada Highway at any time. Unexploded projectiles might exist. If you happen to see one, DO NOT TOUCH OR MOVE IT! Note its location and call the park emergency number: 1-877-852-3100 or 911.

Attractions

- 1 Meadows In The Sky Parkway** **On the Trans-Canada Highway, 2 minutes east of the main Revelstoke exit.**
This Parkway climbs 26 km from the valley bottom to the flower-filled meadows at the summit of Mount Revelstoke. Nine hiking and strolling trails begin here. Koo Koo Sint Trail commemorates explorer David Thompson's journeys in this area 200 years ago. First Footsteps Trail tells the stories of First Nations people.
- 2 Nels Nelsen Historic Ski Jump** **Near the start of the Meadows in the Sky Parkway**
We celebrate our tradition of ski-jumping here; it's the only place in Canada where world-record jumps were ever recorded.
- 3 Skunk Cabbage Trail** **28 km (25 min) east of Revelstoke**
This 1.2 km interpretive boardwalk trail loops through a classic Columbia Mountains wetland. Great bird-watching!
- 4 Hemlock Grove Trail** **54 km (40 min) east of Revelstoke**
Explore the rain forest. This 0.4 km interpretive boardwalk winds through an ancient stand of western hemlock trees. It's completely accessible to persons with mobility and visual impairments.
- 5 Rockgarden Trail** **56 km (42 min) east of Revelstoke**
Look down, instead of up! Every one of the rocks on this 0.5 km trail contains a miniature landscape of its own.
- 6 Loop Brook Trail** **63 km (45 min) east of Revelstoke**
A century of railway history comes alive on this 1.6-km walking trail.
- 7 Rogers Pass National Historic Site** **Rogers Pass NHS is a 20 km long corridor that follows the route of the original trans-continental railway line across the Selkirk Mountains.**
Rogers Pass Summit is 69 km (52 min) east of Revelstoke
Rogers Pass commemorates a turning point in Canadian history: the completion of the railway, which brought British Columbia into the Canadian confederation in 1871. Here you can walk among historic engineering marvels, within view of the modern Trans-Canada Highway.
- 8 Beaver/Copperstain Valleys** **79 km (1 hr) east of Revelstoke**
These backpacking trails lead deep into the wilderness heart of Glacier National Park, and the vast alpine meadows of Bald Mountain.
- 9 Beaver Valley Day-Use Area** **85 km (65 min) east of Revelstoke**
The Beaver Valley is a place of fragile beauty and dynamic mountainsides, shaped by mudflows and landslides. It's home to carnivores and carnivorous plants, damselflies and dragonflies. In the warmest and driest part of Glacier, this day-use area is one of the park's first and last snow-free facilities every season.

Top Ways to Celebrate

125 years of Glacier National Park
Special anniversary events include **Canada's Parks Day** in July, **Music in the Meadows** in August, **Art in the Park** in November and the **Dog Sled Mail Run** in December.

Celebrate the Summit on Mount Revelstoke
Paint the wildflowers or get your face painted at this mountain-top festival in August. Listen to mountain music during the day or stay up until midnight to watch the Perseids meteor shower.

100 Years of 4 Wheels!
Fill your car with friends, and drive up to the new **Panorama Point** near the top of Mount Revelstoke. 2011 marks a century since cars first climbed the Meadows in the Sky Parkway, when Model T's ruled the road. Watch for a mountain-top **Show and Shine** in August.

Camping in Glacier National Park
Camp at one of the three campgrounds in **Rogers Pass National Historic Site**. Listen to tales of the early Swiss guides around the campfire. Explore the ruins of **Glacier House**, one of the original great mountain hotels.

Pound your stakes into the ground and put your steaks on the grill at the **Great Glacier Camp-out**, an opportunity to get together with campers who have been in love with **Illecillewaet** campground for half a century. (September).

Cycling in Mount Revelstoke National Park
Battle the elements and gravity on the 27 km long **Meadows in the Sky Parkway**. If you enjoy cycling on pavement and want to propel yourself up 1600 m into the alpine, this ride is for you! Later, reward yourself with magnificent views while coasting down the parkway road.

Discover the interior rainforest by cycling the **Soren Sorenson 2 and 5 km loop trails** at the foot of Mount Revelstoke. Two connector paths link these trails with Revelstoke and **Highway 23 North**.

For more information visit the Parks Canada Information Centre.



Michel Beauchemin



Danyelle Magnum

Mountains meet the prairie in **WATERTON LAKES NATIONAL PARK**, creating a rich diversity of habitats and species: 1000+ plants, 250 birds, 60 mammals, 24 fish, and 8 reptiles and amphibians. In 1893 a local rancher sent a proposal to Ottawa recommending that these beautiful lands be protected for future generations; in 1895 Waterton Lakes became the fourth national park in Canada. **Size:** 505 km² (195 sq. mi.)

Red Rock Parkway: To Red Rock Canyon (15 km)

Speed limit: 50 km/h (30 mph)

Open early May to October 31.

The construction and improvements to the Red Rock Canyon Parking lot, picnic area and washrooms are complete.

Take a scenic drive across the grasslands and up Blakiston Valley, stopping along the way at viewpoints and exhibits. Keep your eyes peeled for frequent wildlife.

#5, Entrance Parkway: To Waterton Townsite (8 km)

Speed limit: 80 km/h (50 mph)

The Townsite is 8 km ahead.

Along the way, enjoy views of the Waterton Lakes chain, Valley, and wildlife.

Waterton Lakes Visitor Centre

Open mid-May to mid-October

On the Entrance Parkway, 1 km before the Village; **403-859-5133**

Displays and park staff will help you get the most out of your visit.

Spring May 8 to June 20 9am – 4:30pm

Summer June 1 to Sept. 6 8am – 7pm

Fall Sept. 7 to Oct. 11 9am – 4:30pm

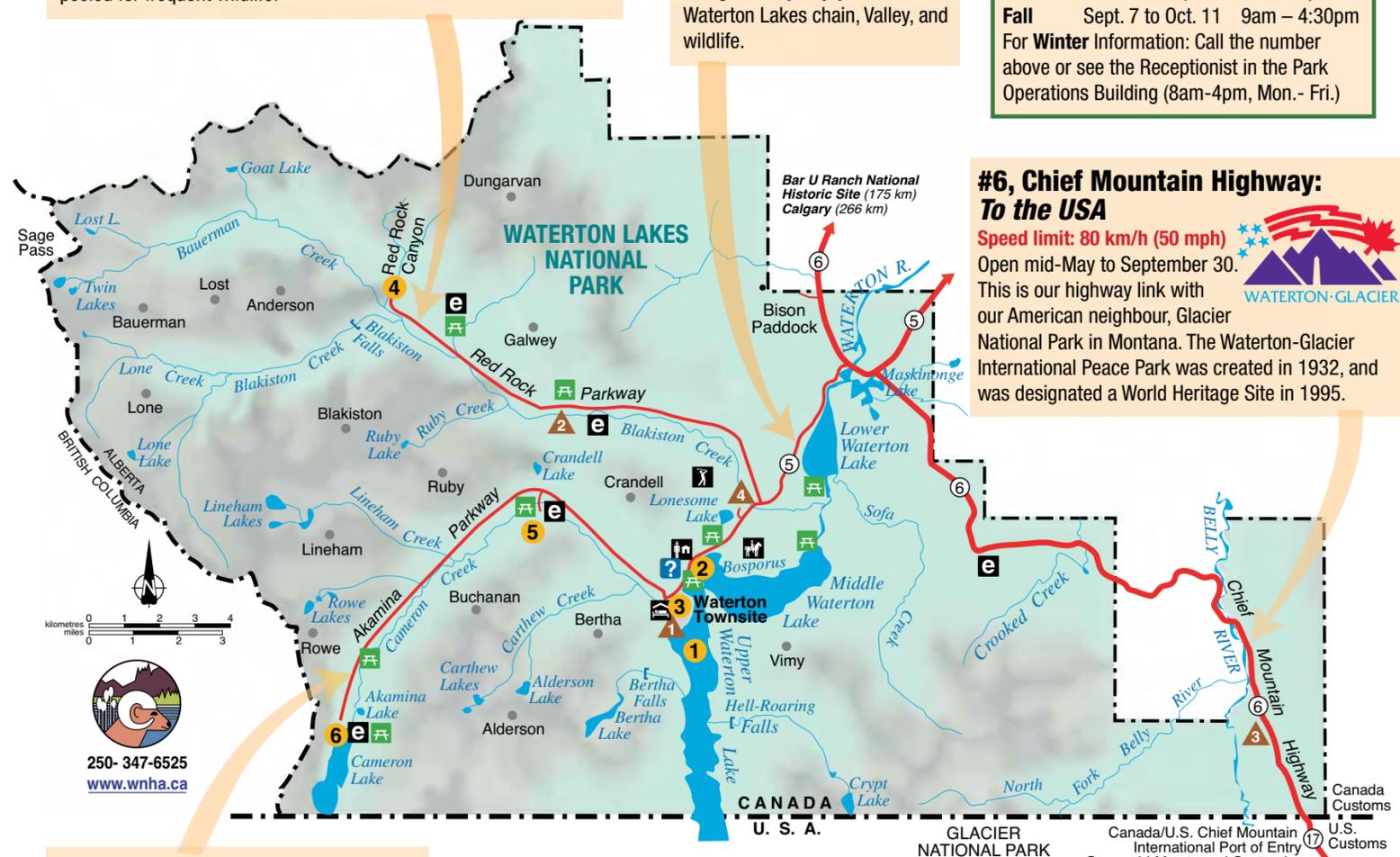
For **Winter** Information: Call the number above or see the Receptionist in the Park Operations Building (8am-4pm, Mon.- Fri.)

#6, Chief Mountain Highway: To the USA

Speed limit: 80 km/h (50 mph)

Open mid-May to September 30.

This is our highway link with our American neighbour, Glacier National Park in Montana. The Waterton-Glacier International Peace Park was created in 1932, and was designated a World Heritage Site in 1995.



Akamina Parkway: To Cameron Lake (16 km)

Speed limit: 50 km/h (30 mph)

The road is narrow, scenic, and winds past several trailheads and picnic sites. It is the best place to spot beargrass, the unofficial emblem of the Waterton-Glacier International Peace Park.

Closed in winter beyond Little Prairie picnic site, 2.5 km from Cameron Lake, when this section becomes a cross-country ski trail.

WATERTON LAKES NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL HOOK-UP	ELECTRICAL ONLY	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DISABLED ACCESS	FIRE PITS	INTERP PROGRAM	FEES
1 Waterton Townsite	May 1 - Sept. 26	238	95	46	✓	✓	✓	✓	✓	✓	✓	\$22.50-\$38.20
2 Crandell Mountain	mid-May-Labour Day	129			✓			✓		✓	✓	\$21.50
3 Belly River Belly River Group	mid-May - mid-Sept. mid-May - mid-Sept.	24			✓					✓	✓	\$15.70 \$4.90/person
4 Pass Creek Winter	late Oct. - late April	8				✓				✓		no charge

Camping season dates are approximate. Please confirm at Information Centres prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis.

CAMPSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at 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.

Attractions

1 Waterton Lakes

This chain of lakes was named by Lieutenant Blakiston to honour Squire Charles Waterton, a British naturalist. Blakiston (for whom the park's tallest mountain is named) was a member of the Palliser Expedition, sent by the Queen of England in 1857 to explore the economic potential of the lands that later became western Canada.

2 The Prince of Wales Hotel

1 km from the Townsite, on #5 Entrance Parkway
Built in 1927 by the Great Northern Railway, this elegant hotel is now recognized as a National Historic Site. It offers classic views of Upper Waterton Lake – the deepest lake in the Canadian Rockies. Closed in the winter.

3 Waterton Townsite

8 km (10 min) from the park entrance: most services, no gas or groceries in winter
Visit the open-air Peace Park Pavilion, near the marina, to see how a gesture of goodwill has evolved into a cooperative venture that benefits a whole ecosystem and the people who visit and live in it.

4 Red Rock Canyon

15 km from the Townsite, on Red Rock Parkway
Enjoy the canyon's colourful rock layers and a clear sparkling stream, and take the 1.2 km trail to Blakiston Falls.

5 First Oil Well in Western Canada

8 km from the Townsite, on Akamina Parkway
While the promise of this site soon dried up, its initial success in 1902 encouraged further explorations that led to the discovery of the Turner Valley Field in 1914.

6 Cameron Lake

16 km from the Townsite, on Akamina Parkway
Chat with a roving park interpreter or discover the life of the 'snow forest' at lakeside exhibits and trails. Canoes, rowboats and paddleboats can be rented at the lake.

Bar U Ranch National Historic Site
13 km south of Longview, Alberta on Hwy #22
403-395-3044 or 1-888-773-8888

Ranching history comes alive here! Experience warm western hospitality at its best: take our horse-drawn wagon tour, immerse yourself in stories of ranching pioneers, and take part in ranch life activities.

Open daily May 22 to Sept. 30
9am – 5pm www.pc.gc.ca/baru



Top Ways to Celebrate

Wildflower Festival – June 18-25

This event features wildflower guided walks, hikes and educational programs, garden fair, art exhibits, and workshops on photography, water colour painting and drawing.

Pow-wow – August 3

An Aboriginal festival organized by Blackfoot Cultural Centre, including visual arts show, demonstration Pow-wow and contemporary theatre/music performances to celebrate 100 years of national park service in Canada.

2nd Annual Super's Cycle Ride – October 1

Ride the **Red Rock Parkway** without vehicles! The road will be closed to all vehicle traffic and you can ride as far as your interest takes you, whether it's the first few kilometers or all the way to Red Rock Canyon day use area and back (30 km roundtrip). Snack stations, a support vehicle, and lots of encouragement are provided along the way.

Canada Day – July 1

Join the Canada Day activities and games in Waterton Lakes National Park. **Admission to National Parks is free on July 1!**

Parks Day – July 16

Canada's Parks Day is a national day dedicated to showcasing the parks and historic sites across the country. Come celebrate with a special performance of *It's a Warden's Life in Song and Poetry*.

Waterton Wildlife Weekend – September 24-25

Waterton's wildlife is at its best in the fall. This weekend features guided hikes and wildlife viewing, photography, sketching and writing workshops, as well as lectures and slide presentations from noted speakers.

Biking in Waterton

In Waterton, adventure is waiting for you whether you prefer recreational cycling or cross-country challenges. The new **Kootenai Brown** multi-use pathway is perfect for families with tot-trailers and young riders in training. This 6.9 km paved pathway is easily manoeuvred and can be accessed from any point along the entrance road or combined with the **townsite loop**.



Stunning mountain vistas rise abruptly out of gentle prairie grassland where wildlife is free to roam. As you pass through aspen forests and meadows rich with colourful wildflowers, stop for a moment to listen to the birds sing and gaze across the wetlands, home to migrating waterfowl.

Camping in Waterton

Parks Canada operates four campgrounds, with a range of services. Whether you want to be in the heart of town near services, lakes and waterfalls, rejuvenating in the woods around a campfire with friends or even stargazing from one of five new tipis at **Crandell** campground, Waterton has something for you.

For more information visit the Parks Canada Information Centre.

Our historic places, people, and events tell stories of early travel and trade routes, exploration and adventure, nation-building, rustic architecture, ranching and tourism. The **National Historic Sites (NHS)** noted in bold, below, are described on the maps and attractions pages of this guide.

These Mountains are Sacred Places to First Nations People

Aboriginal people have passed through and camped in these valleys for more than 10,000 years. What remains are countless archaeological sites and cultural artefacts, the narratives of early travellers, and the oral traditions of contemporary Aboriginal communities.

Early Explorers Came in Search of Beaver Pelts and Trade Routes

Beginning in the late 1700s, fur traders David Thompson and Simon Fraser explored and mapped more than four million square kilometers of western Canada. Thompson explored **Howse Pass NHS** and **Athabasca Pass NHS**, established **Kootenae House NHS** and frequented the vicinity of the **Rocky Mountain House NHS**, now a vibrant place to experience live programs, including a summer Métis Camp. Fraser established many fur trading posts including **Fort St James NHS**, brought to life through special events and interactive programs. **Jasper House NHS**, strategically located on the Athabasca River, was a staging area for travellers and traders using **Athabasca Pass** and **Yellowhead Pass NHS**.

The Arrival of the Iron Horse Put Canada on the Map

In 1885, the Canadian Pacific Railway delivered on its promise to link British Columbia by rail to Eastern Canada. **Kicking Horse Pass NHS** is located between Lake Louise and Field. Stop at Yoho National Park's Spiral Tunnels to wonder at the challenges of blasting a railway through these mountains. **Rogers Pass NHS** in Glacier National Park honours the legacy of CPR's engineering skills and mountain railroading achievements.

Canada's First National Park was Born Here

When three railway workers stumbled upon hot springs near Banff, they set in motion a chain of events that led to the establishing of Canada's first national park in 1885. This story is told at the **Cave and Basin NHS** under construction until July 2012. The railways brought tourists to the Canadian Rockies. The **Banff Park Museum NHS** and the **Jasper Park Information Centre NHS** are two examples of the beautiful facilities built for them.

Tourists Heed the Call of the Wild

In 1899, the CPR began employing Swiss Guides to safely guide visitors to mountain summits. The **Abbott Pass Refuge Cabin NHS** was completed by the guides in 1922. Backcountry lodges like the **Twin Falls Tea House NHS** and the **Skoki Ski Lodge NHS** were built throughout the Rockies to cater to the needs of hikers, trail riders, mountaineers, and skiers. These three wilderness jewels still serve today's visitors.

Settlement and Industry also Followed the Rails Here

The **Bar U Ranch NHS**, located in foothills near Longview, Alberta, commemorates the history and culture of ranching in Alberta. Enjoy bannock and cowboy coffee at Roundup Camp or take a horse drawn wagon ride through the historic site. Located in Waterton Lakes National Park, the **First Oil Well in Western Canada NHS** marks the beginning of Alberta's oil production story.

... And a Growing Understanding of Ecosystems

The 1930 *National Parks Act* was a milestone in the evolution of our national parks from recreational pleasure grounds to national treasures that are managed for ecological health – and healthy, meaningful and sustainable experiences within those healthy landscapes – for all time.

Mountain landscapes are not only stunningly beautiful, they're ecologically fascinating too. Our mountains are big enough to influence weather and living conditions on both large and small scales. They are also bumpy enough to create a variety of habitats depending on each location's particular blend of aspect (what direction it faces), slope (how steep it is) and elevation (how high it is).

For more about how park wildlife live in these life zones, and what you can do to help keep park habitats healthy, see *Wildlife and Park Regulations*, pages 26, 27 & 29.

Life's Toughest at the Top, in the ALPINE Zone (above ~ 2200 m)

This is the land above the trees, a landscape of bare rock, snow and ice, and alpine meadows dotted with lovely turquoise lakes. Growing seasons are short, temperatures are low, winds and UV radiation are high. Mountain goats, pikas, ptarmigan, and a surprising variety of ground-hugging wildflowers are adapted to life here. Just over 40% of the mountain national park lands are in the alpine zone.

The Forested Rocky Mountain Slopes are in the SUBALPINE Zone (~1500-2200 m elevation)

The middle elevation slopes are clothed in a dark, dense forest of tall subalpine fir and Engelmann spruce, interrupted only by the swaths of lighter-coloured avalanche paths. Also known as the "snow forest", the subalpine is a cool and relatively moist place – though overall the Canadian Rockies are almost as dry as the prairies to the east, and much drier than mountains to the west. Clark's nutcrackers, porcupines and pine marten are typical residents of the subalpine zone.

Lots of Life Flows Through & Stays in the MONTANE Zone (~1000-1500 m elevation)

The montane zone is the land of valley bottoms, up to the maximum elevation at which trembling aspen will grow. Other common trees include lodgepole pine, white spruce, and Douglas fir. The montane zone is rich in food sources and has a relatively thin snow-cover in winter, making it essential winter habitat for elk, deer, bighorn sheep, wolves, coyotes and cougars. It is also the place most park visitors travel through and stay in. Only about 5% of mountain park lands are in the montane zone.

In the Columbia Mountains You'll Find the INTERIOR RAINFOREST (~1000-1500 m elevation)

West of the Rockies, in the Columbia Mountains and Mount Revelstoke and Glacier National Parks, the much wetter interior rainforest life zone replaces the montane life zone. This region is home to the world's only temperate inland rainforest and includes the giant western red cedar and western hemlock. Unusual plants such as devil's club and skunk cabbage share the rainforest with endangered mountain caribou, migratory birds and Cœur d'Alene salamanders.

FIRE Is an Essential Part of Life Here

When the first new national parks were established more than a century ago, Fire and Game Guardians were hired to protect the parks from fire. By the 1950s Parks Canada had all but eliminated the menace of fire from these mountains. While the immediate risks to people and infrastructure were minimized, this success would have ironic longer-term consequences.

By the 1970s fire researchers were beginning to document how fire suppression was affecting a landscape that had been shaped by flames for the past 10,000 years. The results were startling: decreases in suitable wildlife habitat, ever more uniform forests, and large fuel accumulations with the potential to stoke catastrophic wildfires.

Fortunately, Parks Canada had a few pioneering spirits at the helm who began safely bringing fire back to the landscape. Through carefully planned and implemented "prescribed fires" we are gradually restoring fire's traditional role in the mountain parks, thereby creating vital habitat for wildlife, a healthier mix of old and young forests, and a reduced risk of unplanned and uncontrolled wildfires. Look for evidence of fire during your travels, and celebrate the regrowth!





Grizzly Bear



Black Bear



Coyote



Grey Wolf



Species at risk

Wolverine



Cougar



Pine Marten



Beaver



Pika



Hoary Marmot



Columbian Ground Squirrel



Golden-mantled Ground Squirrel

This overpass was built JUST for wildlife (no humans allowed!). It's on the Trans-Canada Highway in Banff National Park, which serves more than 30 000 vehicles a day in summer. As you can imagine, fencing this wide and very busy roadway has greatly reduced road kills. Wild animals need to move freely throughout their habitat to stay healthy. Without crossing structures, park wildlife would be unable to move from one side of the valley to the other.



Q: How DO they cross the road, anyway?

A: With the help of wildlife underpasses and overpasses – in a few special places.

Who uses these crossing structures?

The photo of the grizzly bear on this page was taken by a motion-sensing camera on one of our wildlife overpasses. So was the photo of the cougar. In fact, eleven species of large mammals have used the crossing structures along the Trans-Canada Highway through Banff National Park over 220 000 times since monitoring began in 1996.

Elk and deer started to use them as soon as they were built. It took their more wary predators – wolves, cougars, and bears – a bit longer to adapt, but they too now regularly use both kinds of structures. Grizzly bears, wolves, elk, deer and moose tend to prefer the wider and quieter overpasses, where they are better able to see what lies ahead. Cougars and black bears seem more comfortable using the underpasses.

We are still discovering more answers to this question by collecting wildlife prints in special sand beds in some crossings, and by capturing photos and fur samples in others.



Where are the crossing structures?

Banff National Park is a pioneer and a world leader in using wildlife crossing structures to help animals safely navigate roadways. There are now six overpasses and, although you can't see them from the road, 32 underpasses along this highway. When construction is complete, there will be a total of 44 crossing structures. The idea is catching on in other places, too: this photo shows a tiny underpass in Waterton Lakes National Park—designed especially for long-toed salamanders!



Respect the Wild

Wildlife attacks are rare, but have occurred here. Prevention is your best defence.

One of the amazing attractions of the mountain national parks is the chance of seeing wild animals living free in their natural world. With millions of visitors a year, it takes a conscious effort from each one of us to make sure we don't harm the very thing that makes these parks special: their wild nature.

Observe from a Safe Distance

To keep wildlife (and people) healthy and safe, respect these viewing distances:



Nature at Work, Do Not Disturb

Life is hard here in the mountains; wild animals need to focus their time and energies on meeting their basic needs. If you disrupt their natural feeding, travelling, or mating behaviours, you threaten their survival.

Don't be Fooled by Our Elk (or Deer, Moose or Sheep)

When they become used to living near people, these placid-looking plant-eaters may look 'tame'. But beware: they have attacked people who get too close, and can do a lot of damage with their hefty hooves, antlers or horns. Elk are particularly aggressive during spring calving season (May, June) and the fall rut (September, October). Stay at least 30 m away!

Never Feed Them – Accidentally or on Purpose

Allowing wildlife access to human food or garbage can have deadly consequences for animals and people.

Prevent Surprise Encounters with Predators

Most wild animals will try to avoid you if they can hear or see you coming: that's the "flight" response we want to encourage (see next 2 pages). They are likely to see a surprise encounter as a threat, and react defensively with a "fight" response.

If an Animal Approaches You Aggressively



Resist the urge to run: running usually provokes a chase. If an attack appears imminent, use your bear spray according to manufacturer's directions. Bunch up with other people, pick up small children. Back up slowly, facing the animal. Make sure it has an escape route. Leave the area when you can do so safely, and report the incident to park staff.

For more information about how to prevent and respond to wildlife attacks when on the trail or camping, ask for our brochures: *Keep the Wild in Wildlife*, and *Bears and People*.



Moose



Species at risk

Western Toad



Elk (Wapiti)



Species at risk

Woodland Caribou



Mule Deer



White-tailed Deer



Bighorn Sheep



Mountain Goat



Gray Jay



Rubber Boa



Steller's Jay

SPECIES AT RISK

A species is at risk when it may disappear entirely if nothing is done to help it along. The Woodland Caribou, Banff Springs Snail, Northern Leopard Frog, Rubber Boa and Wolverine are a few Species at Risk being monitored in the Mountain National Parks.



If you see an animal by the road...

Slow down: it could run into traffic, and others may be nearby. Use your hazard lights to alert other drivers. If you wish to stop, pull safely out of traffic and remain in your vehicle.

If it's a bear, consider not stopping

Bears that repeatedly see people at close range, even people in vehicles, lose their natural fear of humans. These "habituated" bears are more likely to die in traffic accidents and need to be able to forage undisturbed in order to gain enough fat to survive the winter. Your thoughtful decision to drive on by might just save a bear's life.

Check road reports

Road and weather conditions can change rapidly in the mountains. Closures due to mudslides, avalanches or accidents can occur any time. Winter driving conditions can occur even in summer at higher elevations.

Waterton Lakes: **1-800-642-3810**, www.ama.ab.ca
Banff, Jasper, Kootenay, Yoho, Mount Revelstoke & Glacier: **403-762-1450**, www.pc.gc.ca/banff

When driving in winter

Expect snow and ice on park roadways. Your vehicle must have good snow-rated tires. Keep a shovel, flashlight, blanket, food and warm clothing in your car. Drive defensively; leave plenty of room to react. Cruise control is not safe in winter driving conditions. Watch for black ice, especially on bridge decks. Heed signs that say "Avalanche Area – No Stopping".

You are in Avalanche Country

Backcountry skiers, boarders and snowshoers must be properly equipped and know how to recognize and travel in avalanche terrain, or go with a guide. Ski resorts provide avalanche control within their boundaries; if you leave those boundaries you're on your own. For avalanche hazard information ask at Park Information Centres or go to www.pc.gc.ca/avalanche.

Voluntary safety registration

Parks Canada offers this service for recreationists engaging in hazardous activities. Ask at [?](#). Heading out on the trail? See our website for safety and backcountry travel information: www.parksmountainsafety.ca

We're also on Twitter:
[www.twitter.com/ParksMtnSafety](https://twitter.com/ParksMtnSafety)

Always drive with care

Obey park speed limits, and reduced limits posted in high wildlife collision areas. Scan ahead for animals, even on fenced roads; at night watch for their shining eyes. Don't drive on the shoulder – a cyclist could be using it. Slow down when visibility is reduced or roads are slippery. Check weather forecasts and road conditions before heading out.

Be aware of natural hazards

Mountainous terrain, mountain climate, mountain wilderness, and mountain wildlife are the very things that draw people to this part of the world. These attractions, however, come at a price – we need to understand the limits that nature imposes here, and learn to live within them. Read on...

Commit to following the good advice on these pages!

In Wildlife Country

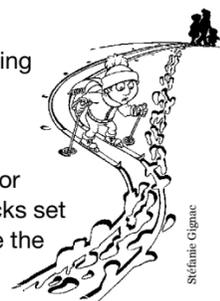
- ✱ Know that wild animals live here; they could be anywhere (even in townsites).
- ✱ Store your food and garbage where wildlife, especially bears, can't get at it.
- ✱ Use our bear-proof garbage bins and make sure they are fully closed afterwards.
- ✱ Keep your pet on the leash, and don't leave pets or pet food out unattended.
- ✱ Always be aware of your surroundings and on the lookout for signs of wildlife.
- ✱ Make noise when on the trail to avoid a surprise encounter with a bear.
- ✱ Carry bear spray close at hand when you're on the trail, and know how to use it.
- ✱ If you see a bear, cougar, wolf or coyote: give them respect – do not approach, and slowly work your way out of that area.

In Mountainous Terrain

- ▲ Know your limits, build up your experience and endurance over time.
- ▲ Research your trip: trail conditions, distance, difficulty, safety precautions needed.
- ▲ Be prepared for a variety of weather; conditions change rapidly in the mountains.
- ▲ Take along water, food, and clothing that will keep you warm and dry.
- ▲ Wear sunglasses and sunscreen – UV rays are strong in our thin mountain air.
- ▲ Use a good map, stay on the trail, and keep your group together.
- ▲ If you become unsure of your route, retrace your steps until you find it.
- ▲ Stay away from steep or slippery surfaces, cliff or canyon edges, and fast-moving water.
- ▲ Know that hypothermia can set in quickly if you fall into cold mountain waters.
- ▲ Avoid walking in burned or old forests when winds are high, as trees may fall over.
- ▲ Be alert for the possibility of rock falls or avalanches on sloping terrain.
- ▲ Mountains can become more difficult as you go higher; when in doubt, turn back.
- ▲ Take your cell-phone with you, but don't rely on it; service is spotty in the mountains.
- ▲ Let someone know where you're going and when you expect to return.
- ▲ Be prepared to stay out overnight, just in case; a search takes time.

Please Share the Trail

Mountain bikers, please respect hikers by slowing down and letting them know you're near, and dismount near horses to avoid spooking them. Hikers, please move to the side of the trail to allow bikes and horses to pass. When walking or snowshoeing in winter, avoid trampling the tracks set for cross-country skiing. Because they damage the tracks, dogs are prohibited on most ski trails.



Park Wardens are peace officers, responsible for enforcing the Canada National Parks Act & Regulations. They are also able to enforce other Canadian laws inside national parks.

In Banff, Yoho, Kootenay, or Waterton Lakes, call **1-888-WARDENS** (24 hrs)
In Jasper, Mount Revelstoke and Glacier, call **1-877-852-3100** (24 hrs)

Give Wildlife Space

It is against the law to entice, touch, harass, or approach any park animals. Enjoy them without disrupting their natural behaviours.

Keep Food and Garbage Away from Wildlife

This is the most important thing you can do to keep wildlife and people healthy and safe in our national parks. Never feed any park wildlife. Pick up litter and dispose of garbage in bear proof bins. Always keep coolers, even when empty, stored where bears and other animals cannot access them. Follow the "Bare Campsite" rules when camping.

Keep Pets on a Leash

Unrestrained pets can harass wildlife, provoke wildlife attacks, and endanger or disturb other visitors. Stoop and scoop anything left behind by your dog.

Take only Photographs...

It's illegal to pick flowers, cut down trees, limb branches, or to damage, harvest or remove natural objects or living things (like antlers or mushrooms). The same is true for cultural artefacts. Leave whatever you find, where you find it, for others to enjoy.

Obey Closures and Use Restrictions

Areas may be closed by order of the Park Superintendent for public safety or environmental protection reasons. Closures are marked with signs and/or flagging tape. Some areas are closed to mountain bikes, some are closed to horses, and some have special requirements at sensitive times of the year – check before you go.

Secure all Firearms – No Hunting Allowed

Firearms must remain in your vehicle at all times, unloaded and in a case or wrapped and tied securely so that no part of the firearm is exposed. Crossbows, bows, pellet guns and sling shots are considered to be firearms.

Be Considerate of Your Neighbours

Liquor consumption is prohibited in public places, picnic and day use areas, and some campgrounds. Respect quiet hours in campgrounds, and the rights of others to enjoy the park in peace and quiet.

Camp in Designated Campgrounds Only

Setting up camp in day use areas or parking your camper overnight along roads or in roadside pullouts is not permitted. You must purchase a camping permit for frontcountry camping and a wilderness pass for backcountry camping (see p. 30 & 31).

Be Careful with Fire

Random fires are not allowed. Where fireboxes are provided, keep fires contained within them. Please completely extinguish your fire before leaving it or going to bed. Do not collect deadwood, bark, or branches. Obey seasonal fire restrictions or bans. Report any wildfires immediately to park staff.

Follow Fishing & Boating Rules

Anglers require a national park fishing permit; provincial licenses are not valid. Motor boats are allowed only on Lake Minnewanka (Banff) and Upper and Middle Waterton Lakes (Waterton); electric motors only are allowed on most road accessible lakes in Jasper. Motorized personal water craft are not permitted.

No Off-Roading Allowed

Drive on roads and hard-surfaced areas only. Use of off-road vehicles, including snowmobiles and ATV's, is not permitted in the mountain national parks.

Infractions committed in a national park have significant consequences. Serious offences may result in arrest, court appearance and fines up to \$5,000; fines for poaching can be \$250,000 or more.



NEW for KIDS!

Pick up your **Parks Canada Xplorers Booklet** at park Information Centres or from a park interpreter. Each Park has its own booklet full of fun activities to help kids and families enjoy and discover these mountains' natural and cultural treasures. There are certificates and souvenirs too! Start collecting now - with over 45 participating national parks and national historic sites across Canada, that's a lifetime of Xploring!



COME WORK WITH US!



www.parks.gc.ca www.mpcareers.gc.ca

www.pc.gc.ca/mpcareers

For careers in the Mountain National Parks and Historic Sites

Park entry fees are used to maintain and improve our visitor facilities and services: the viewpoints and day use areas, picnic facilities, visitor centres, roads and trails throughout the mountain parks, and information, interpretation, and public safety and search and rescue services that we offer.



Choose the Discovery Pass that suits you best.

You can purchase entry passes at park gates, information centres, and campground kiosks.

National Parks	National Historic Sites
Annual pass	Annual pass/All Sites
All national parks	Federally operated historic sites
Family or group \$136.40	Family/group \$106.90
Adult \$67.70	Adult \$53.00
Senior \$57.90	Senior \$45.10
Youth \$33.30	Youth \$26.50
Daily entry	Daily entry
Jasper, Banff, Kootenay and Yoho NP	Bar U Ranch and Fort St. James
Family or group \$19.60	Family/group \$19.60
Adult \$9.80	Adult \$7.80
Senior \$8.30	Senior \$6.55
Youth \$4.90	Youth \$3.90
Daily entry	Daily entry
Glacier, Mount Revelstoke and Waterton Lakes NP	Banff Park Museum, Cave and Basin and Rocky Mountain House
Family or group \$19.60	Family/group \$9.80
Adult \$7.80	Adult \$3.90
Senior \$6.80	Senior \$3.40
Youth \$3.90	Youth \$1.90

* Fees listed include applicable taxes and are subject to change.

Discovery Pass

- Valid at 78 participating national historic sites and 27 participating national parks.
- Sold at most national historic sites and park information centres.

Thank you for supporting your national parks and national historic sites.



A new highway overpass for wildlife takes shape in Banff



Highway twinning work wraps up near Lake Louise



Putting the finishing touches on Jasper's newly-paved Cavell Road



Extensive renovations are happening at the Cave and Basin National Historic Site

FREE INTERPRETIVE PROGRAMS

in all your Mountain National Parks.

Join park interpreters for entertaining, informative programs about the parks' wildlife, plants, geology, and history. For detailed program information and a listing of special programs, pick up a schedule of interpretive events at park information centres and campgrounds or visit our websites. Most programs are offered from late May to September. Please note that not all parks offer all programs.

Campground Theatre Shows are offered in the larger campgrounds. Programs topics range from mountain goats to mountain guides with drama, stories and stunning images to keep the whole family entertained – even the adults!

Campfire Talks Enjoy stories, activities and a casual atmosphere at campfire programs held in some of the parks' smaller campgrounds.

Roving Interpreters Watch for park interpreters doing short programs and hands-on activities at some of our major points of interest.

Guided Walks Explore the parks with interpreters in some parks or with private guides and our Friends organizations in other parks. Levels of difficulty vary from very gentle short walks to more strenuous such as the Burgess Shale Hike. Most walks are free, a few charge a fee.

Interpretive events are not cancelled on account of the weather; we are on the go rain or shine! You don't have to be staying at the campground to enjoy the programs offered there. Your park entry fee is your ticket to all but a few special programs.

For detailed program information and a listing of special programs, pick up a schedule of interpretive events at park information centres and campgrounds or visit our websites.

Visit one of our Friends' sites to learn about the programs and special events they offer.



Heather Dempsey

Michelle Macaluso



CAMP OUT: It's an Authentic Canadian Experience!



Parks Canada offers a wide selection of campgrounds throughout the mountain national parks. See the charts for each park, for a description of facilities provided in each location. Ask about Jasper's yurts or Waterton's tipis, for an extra special night out. Whatever you're sleeping in, be sure to follow the SAFETY advice on pages 28 & 29 when staying in any of our mountain national parks.

While many campgrounds now accept reservations, non-reservable sites are available on a first-come, first-served basis, so it pays to arrive early. If you get here late and find the popular places full, try one of our smaller, more remote campgrounds or ask for advice at Park Information Centres. NOTE: Camping is allowed in designated campgrounds only.

For An Even More Natural Night Out – Backpack



There are hundreds of backcountry campgrounds in the mountain parks, accessed by thousands of kilometres of trails. Visit or call a Park Information Centre for trail information and maps, to reserve your backcountry campsite, and to purchase a Wilderness Pass.

OR STAY (at an) INN: We Have All Kinds



Whether it's a luxury hotel, a motel, a hostel, a bed & breakfast or a backcountry lodge, we can help you find the service you're looking for. Call, surf, or ask at Information Centres:

Banff

Banff Lake Louise Tourism: 403-762-8421
banfflakelouise.com

Jasper

Jasper Tourism: 780-852-3858
www.jasper.travel

Kootenay

Tourism BC, Chamber of Commerce: 250-347-9331
www.radiumhotsprings.com

Yoho

Guesthouses and lodges in Field and area
www.field.ca

Revelstoke

Chamber of Commerce: 250-837-5345
www.revelstokechamber.com

Waterton Lakes

Waterton Chamber of Commerce & Visitors Association
www.mywaterton.ca

Alpine Club of Canada

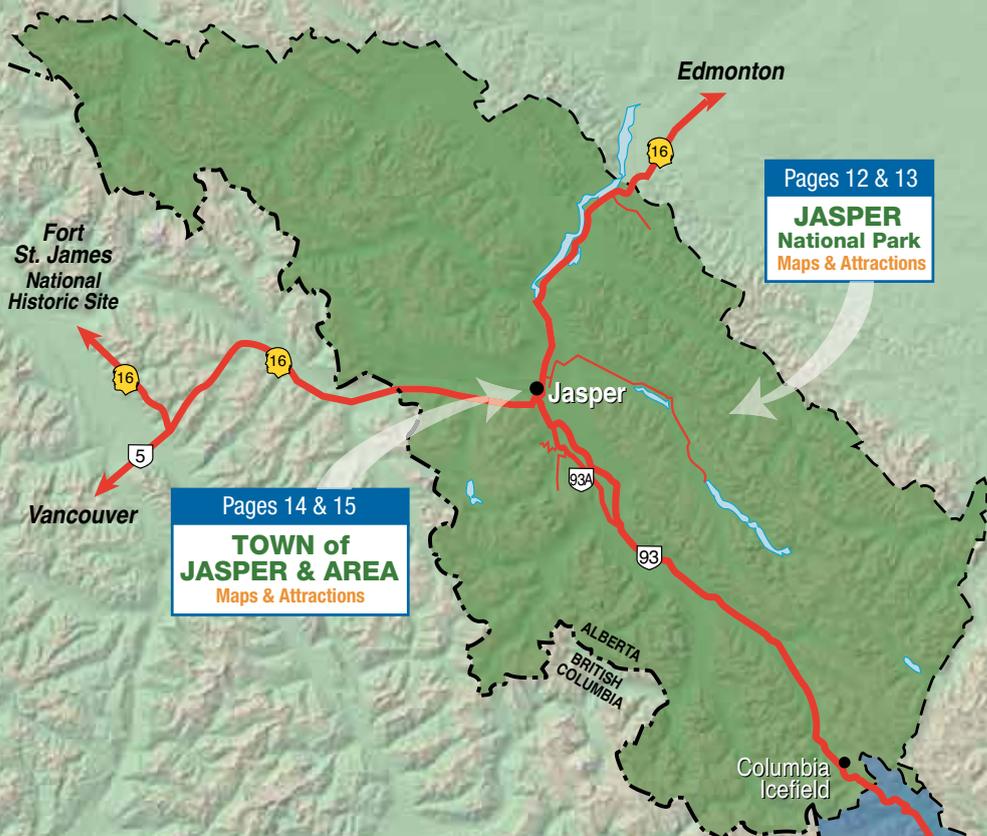
403-678-3200
www.alpineclubofcanada.ca

Hostelling International - AB:

780-988-6836, BC: 604-684-7101
www.hihostels.ca



Driving in the mountain national parks



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	103	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.

Please slow down, for your safety and ours.

70
90

Pages 18 & 19
YOHO National Park
Maps & Attractions

Pages 6 to 11
BANFF National Park
Maps & Attractions

Pages 4 & 5
TOWN of BANFF
Maps & Attractions

Pages 20 & 21
MOUNT REVELSTOKE AND GLACIER National Parks
Maps & Attractions

Pages 16 & 17
KOOTENAY National Park
Maps & Attractions

Pages 22 & 23
WATERTON LAKES National Park
Maps & Attractions

Emergencies
Banff, Jasper, Lake Louise, Kootenay & Yoho: 911
Mt. Revelstoke & Glacier: 1-877-852-3100
Waterton: 403-859-2636
Cell phone coverage is not reliable in the mountain parks.