

PARKS CANADA

2013 - 2014

# mountainGUIDE

YOUR OFFICIAL GUIDE TO DISCOVERING CANADA'S MOUNTAIN NATIONAL PARKS



P. Zizka



Parks Canada    Parcs Canada

Canada



Discovering the Cave and Basin NHS

Parks Canada

# welcome

to the mountain national parks and national historic sites

## Exceptional places. Endless opportunities.

On behalf of Canadians, 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.

 <p>United Nations Educational, Scientific and Cultural Organization</p> <p>Organisation des Nations Unies pour l'éducation, la science et la culture</p>	 <p>Canadian Rocky Mountain Parks World Heritage Site since 1984</p> <p>Parcs des montagnes Rocheuses canadiennes Site du patrimoine mondial depuis 1984</p>
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Four of the mountain national parks – Banff, Jasper, Yoho, and Kootenay – have been recognized by UNESCO as part of the Canadian Rocky Mountain Parks World Heritage Site, for the benefit and enjoyment of all nations. Among the attributes that warranted this designation were vast wilderness, floral and faunal diversity, outstanding natural beauty, and features such as Lake Louise, Maligne Lake, the Columbia Icefield and the Burgess Shale.

Waterton Lakes National Park is the Canadian portion of the internationally acclaimed Waterton-Glacier International Peace Park, a UNESCO World Heritage Site.

# Trip Planning Info

## Banff

Banff Visitor Centre:  
403-762-1550  
Lake Louise Visitor Centre:  
403-522-3833  
Banff Lake Louise Tourism:  
403-762-8421  
[www.banfflakelouise.com](http://www.banfflakelouise.com)

## Jasper

Jasper Information Centre:  
780-852-6176  
Tourism Jasper:  
780-852-6236  
[www.jasper.travel](http://www.jasper.travel)

## Kootenay

Kootenay Visitor Centre:  
250-347-9505  
Tourism Radium Hot Springs:  
1-888-347-9331  
[www.tourismradium.ca](http://www.tourismradium.ca)

## Yoho

Yoho Visitor Centre:  
250-343-6783  
Accommodations, restaurants and  
activities in the Field area:  
[www.field.ca](http://www.field.ca)

## Glacier

Tourism Golden:  
1-800-622-4653  
[www.tourismgolden.com](http://www.tourismgolden.com)

## Revelstoke

Chamber of Commerce:  
250-837-5345  
[www.seerevelstoke.com](http://www.seerevelstoke.com)

## Waterton Lakes

Waterton Lakes Visitor Centre:  
403-859-5133  
Waterton Chamber of Commerce:  
[www.mywaterton.ca](http://www.mywaterton.ca)

## Friends of the parks

Guidebooks and maps, unique Canadian gifts, family activities and much more:

**Friends of Jasper:** 780-852-4767

**Friends of Kootenay:** 250-347-6525

**Friends of Yoho:** 250-343-6393

**Friends of Banff:** 403-760-5331

**Waterton Natural History Association:** 403-859-2624

**The Confluence Heritage Society of Rocky Mountain House:** 403-845-6680

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### Services

-  Accommodation
-  Bus Station
-  Gas Station
-  Hospital
-  Hostel
-  Information/Visitor Centre
-  Parking
-  Police
-  RV Parking
-  Sani Dump
-  Train Station
-  Washroom

### Camping

-  Campground
-  Cooking Shelter
-  Disabled Access
-  Electrical
-  Firepit
-  Flush Toilets
-  Full Hook-up
-  Pit Toilets
-  Showers
-  Trailer Camping
-  Do Not Drink

### Things-to-Do

-  Attraction
-  Canoeing
-  Exhibit
-  Golf
-  Gondola
-  Hiking Trail
-  Horse Riding
-  Lookout
-  Picnic Area
-  Playground
-  Skating
-  Ski Hill
-  Theatre

## Shop and Reserve

Parks Canada now offers one convenient online location for all your needs! Visit

[www.parkscanada.gc.ca/sr](http://www.parkscanada.gc.ca/sr)

to reserve a campsite and to purchase park passes. Wanting to buy a souvenir of your recent visit, this web site also features Parks Canada official memorabilia.

Prefer to speak with a person?  
Call the toll-free line 7 days a week  
at 1-888-773-8888.



Parks Canada

Explore the land that became Canada's first national park

Re-opening May 2013

## The Cave and Basin National Historic Site

**The Birthplace of Canada's National Parks** As you take in the impressive rundle stone buildings and inhale the aroma of warm mineral waters, you are within steps of the place where the promise to protect Canada's natural and cultural heritage was born. All new interactive programs, exhibits and a giant four screen high definition visual experience lead you on a one of a kind journey through Canada's national parks, national historic sites and national marine conservation areas. The highlight for many is a visit to the fully accessible underground cave, a special place where bubbling thermal waters connect people to the essence of Banff National Park. Walking, biking, stroller and snowshoe trails offer outdoor fun for everyone. Explore the 1 km marsh land boardwalks favoured by local bird watchers and wildflower enthusiasts.

Leave your mark in Canadian history when you visit the Cave and Basin National Historic Site.

Victoria Day weekend to June 30 (Tuesday - Sunday) 10 a.m. - 5 p.m.

July 1 - September 2 (Daily) 10 a.m. - 5 p.m.

September 3 - October 13 (Tuesday - Sunday) 10 a.m. - 5 p.m.

October 16 - May 2014 (Wednesday - Sunday) 12 noon - 4 p.m.

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



Parks Canada

Comfort camping the heritage way at Rocky Mountain House



Call 403-845-2412 to reserve

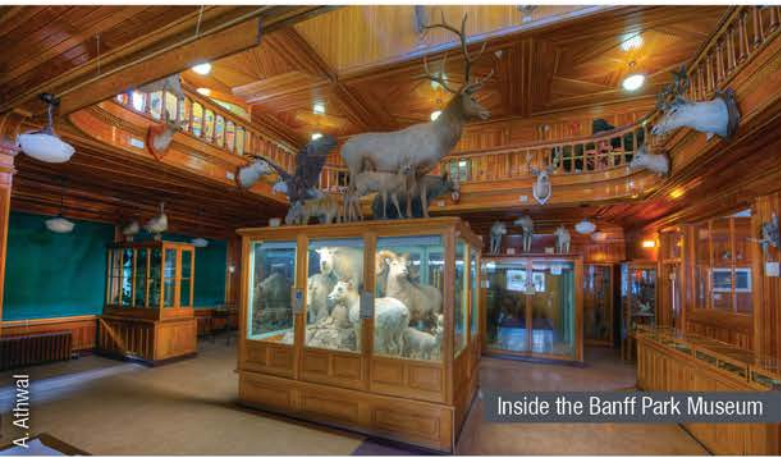


Parks Canada

Call 403-762-6281 to register

Monthly drawing sessions at the museum





Inside the Banff Park Museum



Rocky Mountain House finger weaving

## Banff Park Museum National Historic Site

**Visiting the museum has been a traditional experience for generations of park visitors!**

It is one of Western Canada's oldest natural history museums and the best surviving example of the rustic Banff style architectural design popular in the early national park buildings. Discover how natural history was interpreted in Canada during the Victorian era and see over 5 000 natural history specimens in one small, but very special, museum. The museum is conveniently located in downtown Banff.

May 15 – June 30 (Wednesday – Sunday) 10 a.m. – 5 p.m.  
 July 1 – September 2 (Daily) 10 a.m. – 5 p.m.  
 Sept. 4 – October 13 (Wednesday – Sunday) 10 a.m. – 5 p.m.  
[www.parkscanada.gc.ca/banffparkmuseum](http://www.parkscanada.gc.ca/banffparkmuseum)

## Rocky Mountain House National Historic Site

**Walk in the footsteps of Aboriginal Peoples, Fur Traders and David Thompson.**

Explore 7 km of nature trails, play in a miniature fort and marvel at a bison herd. Experience the archeological remains of four fur trade posts. Drop by the visitor centre for interactive displays and souvenirs. Stay overnight and experience heritage camping in a tipi or trapper tent. Located 167 km (2 hrs) east of Saskatchewan Crossing along the spectacular David Thompson Highway, #11.

May 13 - June 28 (Monday - Friday) 10 a.m. – 5 p.m.  
 May 13 - June 30 (Saturday and Sunday) 10 a.m. – 5 p.m.  
 opened by the Confluence Heritage Society  
 July 1 – September 2 (Daily) 10 a.m. – 5 p.m.  
 Sept. 5 – 29 (Thursday – Sunday) 10 a.m. – 5 p.m.  
[www.parkscanada.gc.ca/rockymountainhouse](http://www.parkscanada.gc.ca/rockymountainhouse)



Bar-U driving clinic

Parks Canada

## Bar U Ranch National Historic Site

**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. Site is located 13 km south of Longview, Alberta on Highway #22.

May 26 – September 30 (Open daily) 9 a.m. – 5 p.m.  
 403-395-3044 or 1-888-773-8888 [www.parkscanada.gc.ca/baru](http://www.parkscanada.gc.ca/baru)



Flag raising at Fort St. James NHS

Parks Canada

## Fort St. James National Historic Site

**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. Accommodation available, reservations recommended. Site is located 536 km (6 hrs) north-west of Jasper via #16 and Prince George.

June 1 to September 22 (Open daily\*) 9 a.m. – 5 p.m.  
 250-996-7191 ext. 21 [www.parkscanada.gc.ca/stjames](http://www.parkscanada.gc.ca/stjames)  
 \*Only in the summer, the rest of the year by appointment only

# BANFF

## National Park

**In 1883, like Aboriginal peoples long before them,** three railway workers stumbled across a series of hot springs on the lower shoulder of present-day Sulphur Mountain. No doubt they laid down their shovels and pick axes, stripped out of dusty clothes and gratefully slid into the waters to soothe their aching muscles. Two years later, even as Canada was completing its transcontinental railway, Prime Minister John A. Macdonald realized a new national dream: the creation of Canada's first national park, which set aside the Cave and Basin hot springs as a small protected reserve. More than a century later, the park draws millions of people each year to experience the staggering natural beauty of Banff and Lake Louise, no less than seven national historic sites and a bounty of wildlife large and small — from iconic grizzly bears to the Banff Springs Snail. With the park's long history of mixing innovative conservation with spirited adventure, Canada's oldest national park offers mountains of possibilities.





Hiking to Cory Pass

P. Zizka



Register at the visitor centre

S. Gignac

Resurrecting the Group of Seven ... An outdoor art class for visitors



## Bow Valley Parkway (1A)

**A scenic drive that highlights one of the most naturally and historically rich areas in the park.**

Whether in your car or on a bike, the 48 km low speed parkway offers wildlife viewing, learning opportunities and hiking trails. Rustic campgrounds, unique cottage accommodations, dining and natural attractions enhance this experience. A daily travel restriction, between 6 p.m. and 9 a.m., from March 1 to June 25, ensures this area is a high quality home for wildlife while they find food and raise their young.

## Vermilion Lakes Drive

**A unique wetland environment just minutes from the Town of Banff.**

On foot or by bike or car discover this year-round 4.3 km road offering wildlife viewing opportunities and breathtaking scenery. Sit back, relax on the docks and benches, and soak up the sun as you gaze at the impressive Mount Rundle. While you are here, take some time to learn about the natural wonders and cultural richness of the area.

Our Highlights



Heritage swimming at Upper Hot Springs

Parks Canada



Grey wolf on Bow Valley Parkway

A. Attnwal



Mountain biking Tunnel Bench

P. Zizka

## Banff Upper Hot Springs

**Soothing hot mineral water and spectacular mountain scenery**

have been providing visitors from around the world with a memorable experience for generations. Find out why soaking in the famous hot springs amidst the peaks is an unforgettable experience. Rent a heritage swimsuit for the ultimate photo opportunity. The heritage bathhouse, spa and pool are open daily.

## Banff Legacy Trail

**A three season trail for outdoor enthusiasts**

– from cyclists, strollers, rollerbladers to runners - it is a great way to experience the park. Twenty-six kilometres of paved paths and roadways span from Banff National Park's East Gate to the Bow Valley Parkway. The trail winds through breathtaking views, picnic areas, the Town of Banff, Vermilion Lakes, and connects to other popular trails.

# Banff Area



P. Zizka

Camping at Castle Mountain Campground



Painting at Vermilion Lakes

S. Gignac



P. Zizka

Family picnic at Two Jack Lake

## Summer Sizzlers

**Banff has terrain for all levels of enthusiasts.** Biking or hiking, if you are looking to exercise in the outdoors, choose from over 25 biking and 21 hiking trails rated easy, moderate and difficult. Top favourites for a short hike are Tunnel Mountain, Johnson Lake and Sundance Canyon. If it is a technical ride you are seeking try Upper Stoney Squaw. Trail terrain in the park offers scenic and river routes, flora and fauna viewing, and links to popular historic sites.

**Enjoy natural and cultural events year-round** like Parks Day, Canada Day and Performance in the Park. Participate in SnowDays where a plethora of winter events and activities await. Enjoy a summer day in the mountains at the Bike Fest. During spring and fall The Banff Mountain Film Festival and The Banff Summer Arts Festival are a local's delight.

**Banff is a place for families.** Try geocaching to discover exquisite scenery, little-known stories and intriguing characters as you sleuth around the park on a scavenger hunt. Join a Parks Canada theatre program or look out for Mountain WIT, a talented troupe of professional actors that share songs, stories and hilarious sketches about the nature and culture of the park. Pick up an Xplorers booklet for kids age 6 to 11, available at the Banff Visitor Centre or the Banff Park Museum NHS.

**Take a scenic mountain drive.** Lake Minnewanka Road is a snapshot of the park—a waterfall plunging off the lower slopes of Cascade Mountain, the remnants of a coal mining town at Bankhead, boat cruises at Lake Minnewanka, and camping at Two Jack Lakeside Campground. The area is a great place to relax by the water, picnic, dive, or to put road bikes, hiking boots, cross-country skis or snowshoes to work.



Winter walk in Johnston Canyon

Banff Lake Louise Tourism / P. Zizka

## Winter Wonders

**Winter in Banff is tons of fun!** Explore the frozen walls of Johnston Canyon on ice cleats with a guide or strap-on snowshoes for a traditional way to travel the trails. With over 17 trails to choose from, Banff offers cross-country ski options for easy and moderate skiers, and winter walking choices for everyone. Travel by foot to enjoy the scenery up close and personal. You may even spot some wildlife. Spend a day at one of three world-renowned downhill ski resorts. Winter in the mountains beckons one to explore the trails.



A peak performance - Canada's most scenic outdoor concert

Call 1-800-413-8368 for tickets  
Performance in the Park

Parks Canada



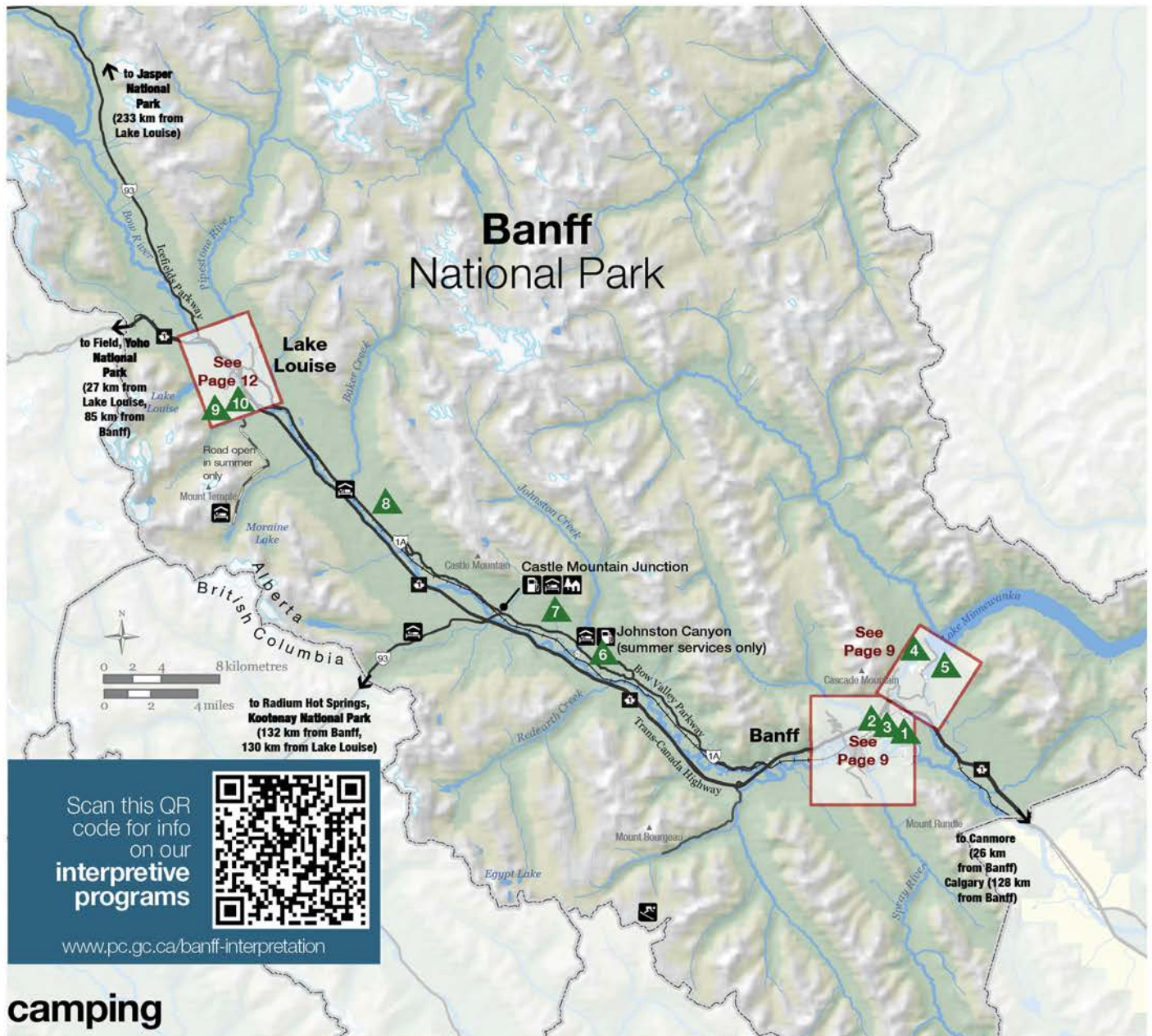
## Cultural Connections

**Banff is a year-round cultural destination.** If you are an avid photographer or just starting out, the myriad of viewpoints are the perfect models. Culture buffs can enjoy a treasure box of events at The Banff Centre or take in galleries, historic sites, and museums offering the stories of artists, First Nations peoples, and early explorers.





# Banff & Lake Louise Area



## camping

CAMPGROUND & SERVICES	OPEN DATES	SITES
1 Tunnel Mt. Village I*	May 13 - Oct. 1	618
2 Tunnel Mt. Village II*	Year Round	188
3 Tunnel Mt. Trailer*	May 13 - Oct. 1	321
4 Two Jack Main	June 24 - Sept. 10	380
5 Two Jack Lakeside*	June 3 - Sept. 17	74
6 Johnston Canyon*	June 3 - Sept. 17	132
7 Castle Mountain	June 3 - Oct. 1	43
8 Protection Mountain	June 28 - Sept. 2	89
9 Lake Louise Tent*	May 31 - Sept. 30	206
10 Lake Louise Trailer*	Year Round	189

Camping season dates are approximate. Please confirm at the visitor centre prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis. Daily fire permits cost extra. Camping permitted in designated campgrounds only.

\*Interpretive programs offered.

Highlighted campgrounds may be reserved: 1-877-RESERVE or reservation.pc.gc.ca  
**THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.**

## Wildlife Overpasses

Have you noticed arched shaped bridges covered with trees along the Trans-Canada Highway? They are for wildlife only, built to allow bears, cougars, wolves, elk, deer, moose and other wildlife to safely cross the highway. Are they working? Yes. Hidden cameras tell the story. Visit [www.parkscanada.gc.ca/transcanada](http://www.parkscanada.gc.ca/transcanada).





Moraine Lake

Travel Alberta



Ask at the visitor centre

K. Guttenberg

Yoga in the park – cultivate a deep connection between yourself and nature



## Hike the Spectacular

**Travel on foot amongst impressive glaciers,** famous lakes, ancient mountains, lush forests and the headwaters of great rivers. The Lake Louise area is famous for its hiking experiences. Feel small amidst glaciers on the Plain of Six Glaciers trail. Enjoy refreshments at a mountain teahouse. Climb into the alpine on the Saddleback trail. From short interpretive walks within the town site, to moderate hikes leading to spectacular vistas and a myriad of unique overnight backcountry experiences, Lake Louise is the place to hike.

## Bike the Terrain

**Start your adventure on two wheels.** Explore one of several mountain biking trails in the Lake Louise area or enjoy the roadways at a gentler pace. Soak in the views along the Bow River trail and learn about the local fauna or find solitude on the Pipestone trail. Challenge yourself up the Tramline trail to Lake Louise for a rewarding view at the end of the road. Take a longer journey along the Bow Valley Parkway for a chance to see some wildlife. Inquire at the visitor centre for the new biking brochure.

Our Highlights



Skiing Lake Louise

Banff Lake Louise Tourism/Paul Zizka

## Winter Activities

**Early snowfall makes Lake Louise the premier destination for cross-country skiing.** Visitors can easily access the network of groomed and track-set trails designed for beginner to advanced skiers. Want to try something new? Grab a pair of skates or snowshoes to explore the trails or twirl on natural ice.



Fall season in Larch Valley

P. Carboneau

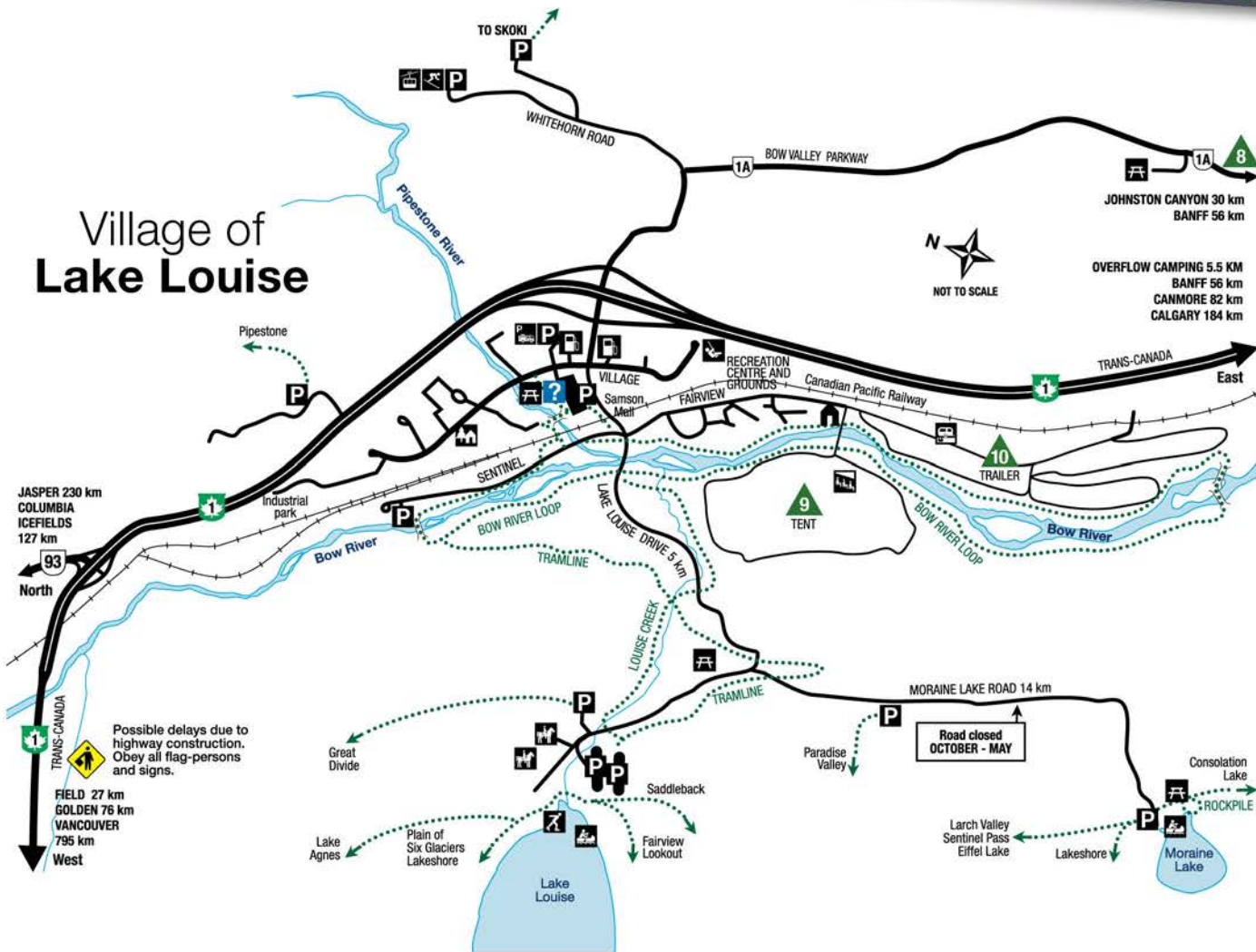
## Mountain Festivals

**Festivals in the mountains celebrate a change of seasons.** The rich colours of the golden larch trees against the dramatic turquoise-blue lakes are a feast for the eye during the Lake Louise Fall Festival. Winter comes alive during SnowDays with a myriad of outdoor activities at your fingertips. Lake Louise is the perfect backdrop to enjoy Canada's winter sports.

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 requirement for a “tight” group of four hikers on some trails reduces the likelihood of surprising a bear and being attacked. Come as a group or join up with other hikers at trailheads when this requirement is in place.



## Village of Lake Louise



## Camping

CAMPGROUND & SERVICES	OPEN DATES	SITES
8 Protection Mountain	June 28 - Sept. 2	89
9 Lake Louise Tent*	May 31 - Sept. 30	206
10 Lake Louise Trailer*	Year Round	189

Camping season dates are approximate. Please confirm at the visitor centre prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis. Daily fire permits cost extra. Camping permitted in designated campgrounds only. \*Interpretive programs offered.

Highlighted campgrounds may be reserved: 1-877-RESERVE or reservation.pc.gc.ca  
**THE LEGEND FOR ALL MAPS AND SYMBOLS IS LOCATED ON PAGE 3.**

Scan this QR code for info on our interpretive programs

www.pc.gc.ca/banff-interpretation

# ICEFIELDS

## Parkway

**At the end of the 19th century, J. Norman Collie,** a British chemist turned mountaineer, brought two friends for a return expedition to the Canadian Rockies. Collie and Herman Woolley—a one-time boxer—fought their way up a peak that had never been scaled, which Collie named Mount Athabasca. At the summit, the weary climbers had their breath taken away again, becoming the first non-native people to gape at a magnificent field of ice resting on a wide plateau. The Columbia Icefield, an echo from the last ice age, spans the Continental Divide and the boundary between Jasper and Banff national parks. Headwaters to three major river systems, the icefield feeds eight major glaciers and brushes against some of the highest mountains in the Rockies. Winding 232 glorious kilometres through the heart of the mountain parks, the Icefields Parkway has been called the most scenic drive in the world. Around every corner, the route offers fresh wonders— from pristine lakes and broad sweeping valleys brimming with flora and fauna to the venerable and ever-receding Athabasca Glacier.



reservations.pc.gc.ca



Travel Alberta

Savour the journey – rustic and full-service camping



Snowshoeing near Bow Lake

Travel Alberta

## Our Highlights

### Glacier-fed Lakes

**The parkway boasts some of the most famous lakes in the Canadian Rockies.** Here are our top picks. Be sure to stop at the still waters of Herbert Lake, a photographer's favourite. Bow Lake, known for its turquoise-blue water, is ideal for ski touring in the winter and fishing in the summer. Located at Bow Summit, Peyto Lake viewpoint is a short uphill walk to a spectacular view. The Valley of the Five Lakes are small, brilliant blue-green lakes, considered a local family favourite.

### Scenic Road

**Take a leisurely drive winding past twenty-five glaciers** on a spectacular mountain parkway between Lake Louise and Jasper. The centrepiece and largest icefield is the magnificent Columbia, covering close to 200 km<sup>2</sup>. Travel by car, truck, RV or bicycle, on a road with dramatic views, accessible pull-offs and plentiful picnic sites. Drive through in a day or spend a few days in a hostel, historic accommodation, or camping. To learn more, pick up a copy of the Icefields Parkway brochure.



Hiking Wilcox Pass

A. Zier-Vogel



Athabasca Falls

A. Zier-Vogel

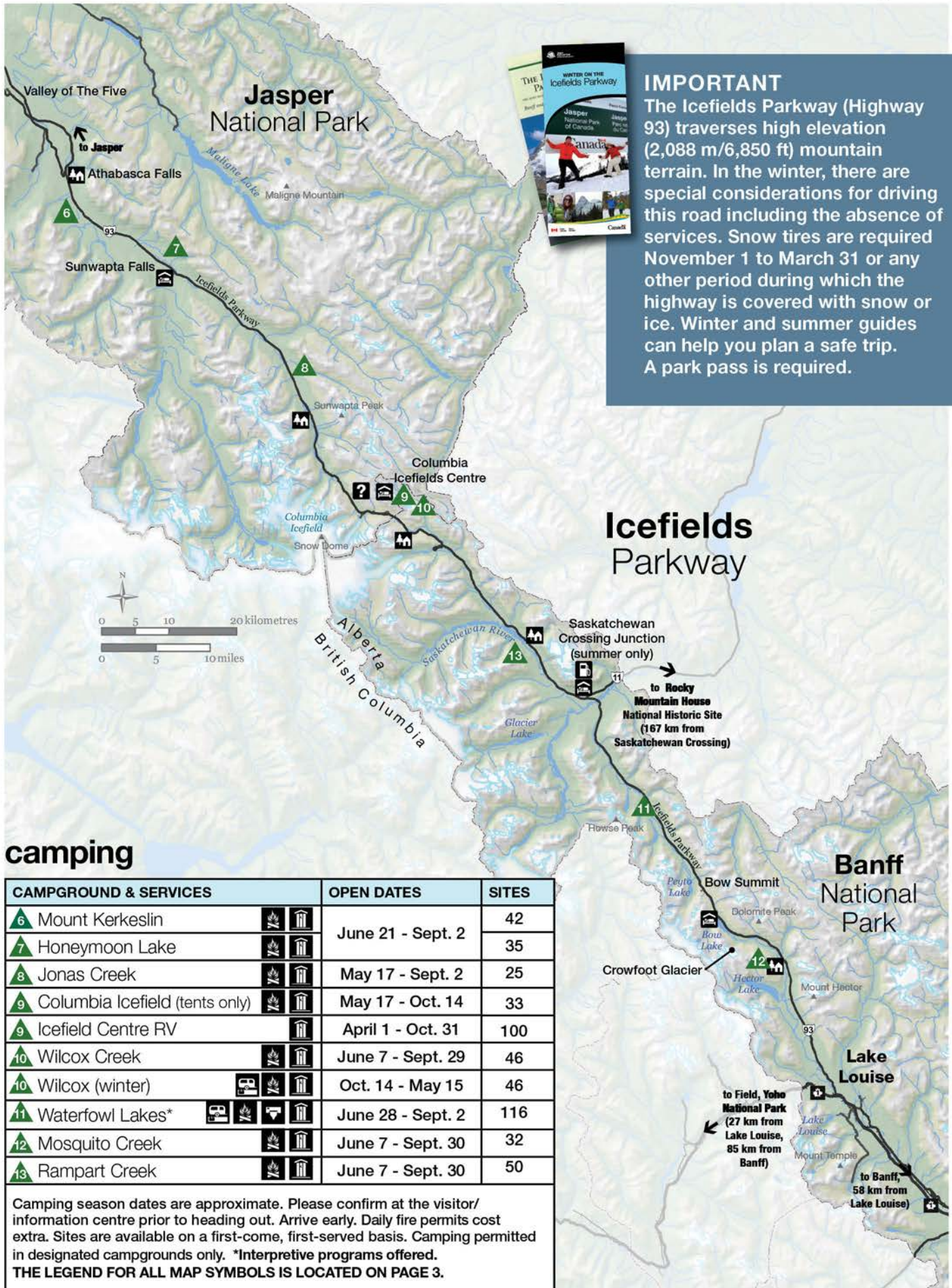
### Glacial Ice

#### Frozen water defines the Icefields Parkway.

To see the disappearing toe of ice, plan to stop at the Crowfoot Glacier. Scope out the icefall tumbling over a cliff at the Bow Glacier, the scenic backdrop to Bow Lake. And for an icy experience you won't forget, explore the world renowned Athabasca Glacier.

### Flowing Water

**Fresh water beckons you.** Spectacular Sunwapta and Athabasca falls are only short walks from your car. Don't forget your camera; both falls invite you to practice taking freeze frame pictures of the plunging, thundering water. Visit in another season to see them in a different light.



**IMPORTANT**  
 The Icefields Parkway (Highway 93) traverses high elevation (2,088 m/6,850 ft) mountain terrain. In the winter, there are special considerations for driving this road including the absence of services. Snow tires are required November 1 to March 31 or any other period during which the highway is covered with snow or ice. Winter and summer guides can help you plan a safe trip. A park pass is required.

**Icefields Parkway**

**camping**

CAMPGROUND & SERVICES	OPEN DATES	SITES
6 Mount Kerkeslin	June 21 - Sept. 2	42
7 Honeymoon Lake		35
8 Jonas Creek	May 17 - Sept. 2	25
9 Columbia Icefield (tents only)	May 17 - Oct. 14	33
9 Icefield Centre RV	April 1 - Oct. 31	100
10 Wilcox Creek	June 7 - Sept. 29	46
10 Wilcox (winter)	Oct. 14 - May 15	46
11 Waterfowl Lakes*	June 28 - Sept. 2	116
12 Mosquito Creek	June 7 - Sept. 30	32
13 Rampart Creek	June 7 - Sept. 30	50

Camping season dates are approximate. Please confirm at the visitor/information centre prior to heading out. Arrive early. Daily fire permits cost extra. Sites are available on a first-come, first-served basis. Camping permitted in designated campgrounds only. \*Interpretive programs offered. **THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.**

# JASPER

## National Park

### The warm and dry bottoms of the Athabasca and Miette Valleys

have traditionally offered a natural travel route for animals like grizzly bears, who descend from alpine areas in search of red and orange buffaloberries. Humans, too, have also passed this way — from First Nations and early fur traders in moose-hide moccasins to railway workers in heavy boots laying ties for two transcontinental routes. Since the creation of Jasper Park Forest Reserve in 1907, the valleys have also witnessed millions of modern-day visitors decked out in outdoor gear. Drawn to the largest, most comprehensive trail network of any Canadian national park, adventurers can journey through valleys flush with wildlife, lose themselves in the vastness of subalpine forest or seek out the stirring beauty of alpine zones. From elk, deer and four distinct herds of Woodland caribou to wolves, cougars and bighorn sheep, the “gentle giant of the Rockies” offers an eclectic mix of untamed wilderness adventure.





Maligne Lake

C. Whitty



reservation.pc.gc.ca

Parks Canada

Rough it without getting ruffled – oTENTik walled tents



## Maligne Canyon

This beautiful limestone canyon can be explored from above in the summer, and from below in the winter. The Tea House is open April to October. *Maligne Road, 11.5 km (15 min) from Jasper. See 1 page 20.*

## Maligne Lake

Purple-tinged mountains and turquoise water make Maligne Lake legendary. Enjoy the spectacular scenery while fishing, boating, hiking and picnicking. *Maligne Road, 48 km (1 hr) from Jasper. See 2 page 20.*

## Talbot Lake

Paddlers will enjoy exploring by canoe or kayak. Glide by a beaver lodge, or bring your fishing gear to catch one of the legendary northern pike that make their home in this clear, shallow water. *Hwy 16, 21 km (20 min) east of Jasper. See 3 page 20.*

Driving Tour

## Mount Edith Cavell

Enter a world of hanging glaciers and alpine meadows. For a quieter time come before 10 a.m. or after 3 p.m. Ask information staff about vehicle restrictions. *Hwy 93A, 29 km south of Jasper. Winding road; allow 45 min. See 4 page 20.*

## Miette Hot Springs

Soak your weary muscles while taking in the rugged beauty of Jasper National Park's eastern mountain ranges. Open mid-May to October. *61 km (1 hr) east from Jasper via Hwy 16, 1-800-767-1611. See 5 page 20.*

## Jasper House

A short interpretive walk through the forest leads to a viewing platform on the Athabasca River. Across the water is Jasper House National Historic Site, the remains of an early fur trading hub. *35 km from Jasper via Hwy 16. See 6 page 20.*

Our Attractions



Free interpretive programs!

L. Standing



Miette Hot Springs

Parks Canada



B. Covey

Biking Trail 7

## Wildlife Viewing

**Animal sightings are common in Jasper.** In the summer, chipmunks hang out near campgrounds, in the fall, you will likely hear elk bugling during their rut, and in the winter sheep are often spotted along roadways. See page 36 for more information.

## Picnic-Pit-Stops

**Need a pretty place to eat?** Jasper National Park has many conveniently located picnic sites equipped with restrooms and tables. Local favourites include Mount Christie Viewpoint (Hwy 93), Goats and Glaciers Viewpoint (Hwy 93) and Fifth and Sixth Bridges (via Hwy 16 and Maligne Lake Road).

Group interpretive packages:  
780-852-6150

Lose yourself in the darkest skies on the planet



Y. Takasaka

## Old Fort Point

Old Fort Point is a prominent bedrock hill standing 130 m above the Athabasca River. The loop trail over the top is steep in places, but provides an excellent view of Jasper and its surroundings. Bridge repairs; closed to vehicle traffic summer 2013. *Old Fort Point Road via Hwy 93A, 2 km (5 min) from Jasper. See 7 page 19.*

## Pyramid Lake Area

Pyramid Lake is a short drive from town. Known in the summer for angling, paddling and wildlife viewing, it is also a winter hub for skating, nordic skiing and stargazing. Check conditions at the information centre. *Pyramid Lake Road, 7 km (8 min) from Jasper. See 8 page 19.*

## Patricia Lake

Excellent location for canoeing, fishing and picnicking in the summer. Notable for its involvement during World War II with “Project Habbakuk”, a plan to build an unsinkable aircraft carrier from an ice-based composite. *Pyramid Lake Road, 5 km (5 min) from Jasper. See 9 page 19.*

## Hiking

**Jasper National Park has the most extensive trail network in the mountain national parks.** Whether you seek an easy stroll or a backcountry adventure, our information centre staff can help you pick the trail that is right for you.

## 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. Road riders will enjoy the Icefields Parkway (Hwy 93), Hwy 93A and Maligne Lake Road.

## Camping

**With fully serviced RV sites, secluded tent 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 will find more remote campgrounds scattered throughout the park; nestled in the woods, adjacent to rivers and lakes, or overlooking glacier-capped peaks.



Old Fort Point

## Lake Edith and Lake Annette

Perfect for sunbathing, swimming and paddling on hot summer days. A wheel-chair accessible trail encircles Lake Annette. Bring your BBQ supplies and set up for the day in one of the many day-use sites. *Head east on Hwy 16, turn right towards Jasper Park Lodge, and take next left (10 min). See 10 page 19.*

## The Discovery Trail

Enjoy an after-dinner stroll on a paved path, or hike the hills for a bird’s-eye view of town. This trail has something for everyone, including interpretive signs featuring stories about Jasper’s history. *Follow the bear symbol around town. See 11 page 19.*

## Pyramid Bench

A favorite local spot for daily recreation, the extensive trail network of the Pyramid Bench offers many options for long or short hikes for all abilities. *Stops of note: Marjorie Lake, Caledonia Lake, Cottonwood Slough and the Mina-Riley hiking loop. See 12 page 19.*



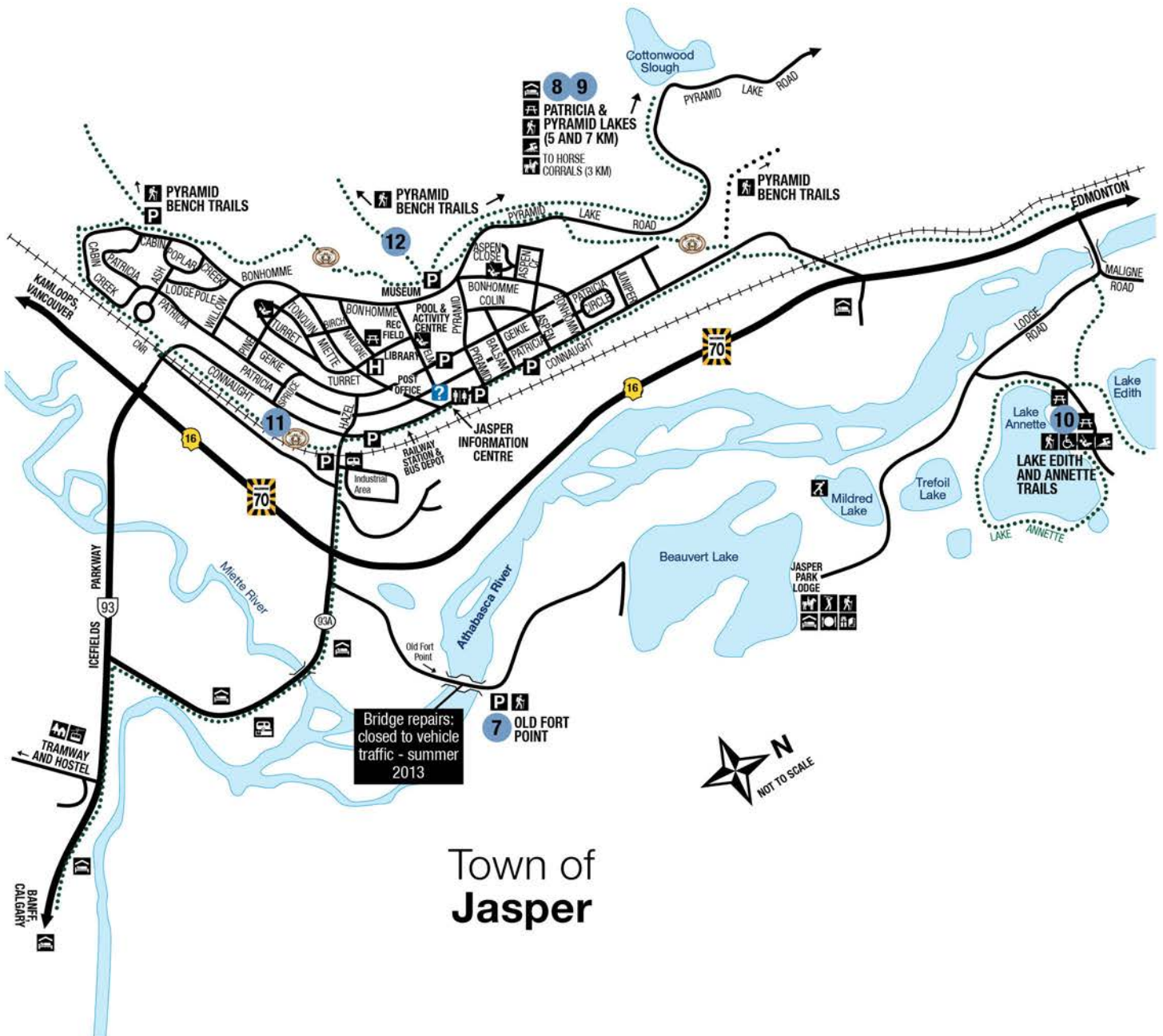
Hiking Sulphur Skyline



Camping at Honeymoon

The darkest sky on earth

**Are you a stargazer? A hobby astronomer? You've come to the right place!** Jasper National Park is the world's largest dark sky preserve, the majority of the park being free from artificial light. Learn more about viewing opportunities and our family-friendly dark sky festival: [jasperdarksky.org](http://jasperdarksky.org).



Town of Jasper

# Jasper Area

**Jasper National Park**

to Hinton (80 km) and Edmonton (370 km)

to Prince George (363 km) and Fort St. James National Historic Site (536 km)































to Kamloops (439 km) and Vancouver (791 km)

to Lake Louise (230 km from Jasper) and Town of Banff (288 km from Jasper) Banff National Park

**See Page 19**


**Alberta**  
**British Columbia**

**camping**

CAMPGROUND & SERVICES	OPEN DATES	SITES
1 Pocahontas   	May 17 - Sept. 8	140
2 Snaring River  	May 17 - Sept. 15	66
3 Whistlers*   	May 3 - Oct. 14	781
4 Wapiti (summer)   	May 17 - May 20 June 21 - Sept. 22	362
4 Wapiti (winter)   	Oct. 14 - May 2/2014	93
5 Wabasso   	June 21 - Sept. 2	228
6 Mount Kerkeslin  	June 21 - Sept. 2	42
7 Honeymoon Lake  	June 21 - Sept. 2	35
8 Jonas Creek  	May 17 - Sept. 2	25
9 Columbia Icefield (tents only)  	May 17 - Oct. 14	33
9 Icefield Centre RV 	April 1 - Oct. 31	100
10 Wilcox Creek   	June 7 - Sept. 29	46
10 Wilcox (winter) 	Oct. 14 - May 15	46

Camping season dates are approximate. Please confirm at the information centre prior to heading out. Arrive early. Daily fire permits cost extra. Non-reservable sites are available on a first-come, first-served basis. Camping permitted in designated campgrounds only.

\*Interpretive programs offered.

 Highlighted campgrounds may be reserved: 1-877-RESERVE or reservation.pc.gc.ca

**THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.**

Scan this QR code for info on our interpretive programs

[www.pc.gc.ca/jasper-interpretation](http://www.pc.gc.ca/jasper-interpretation)

# KOOTENAY

## National Park

**First Nations peoples were the first to discover** naturally-forming ochre in small streams flowing through the Vermilion Plain. Mixing red powder with fish oil or animal grease, they painted their bodies, clothes and tipis, and drew pictures on the rocks. Nineteenth century prospectors soon followed, mining the ochre by hand to create pigment for paint. The Paint Pots lie near the north end of the Banff-Windermere Highway, the road that runs through Kootenay National Park. The highway, completed in 1923, was conceived to draw tourists to the picturesque scenes on either side of the road, while opening commercial links east of the Rockies. Kootenay is the only national park to feature both glacier-clad peaks along the Continental Divide and semi-arid grasslands in the Columbia Valley. Apart from ochre deposits, Kootenay boasts a geological heritage to inspire any artist — from Burgess Shale fossils to dolomite and limestone near Marble Canyon to the Radium Hot Springs. In 2003, dramatic wildfires in the Vermilion Pass area left glaciers hanging above the flame-scorched forest, further enhancing the park's natural legacy.





Radium Hot Springs

B. Rossman



Parks Canada

Free interpretive programs!



Stanley Glacier Trail

S. Gignac

Banff-Windermere Highway (93S)

## Marble Canyon

Embrace the power and sound of rushing water cascading through a spectacular limestone gorge. Follow the bridges to a thundering waterfall. Want to see more? Enjoy an afternoon hike to the iron-red Paint Pots mineral springs. See **1** page 23.

## Numa Falls

Follow the course of the Vermilion River as it races through this narrow gorge over a powerful waterfall. Snap a photo from the bridge and enjoy a picnic by the rushing turquoise-blue water. See **2** page 23.

## Floe Lake Trail

Marvel at the remnants of the 2003 wildfires. Wander past young saplings, new plant life and the fast-moving Vermilion River along the first kilometre of this trail. The bridge is an excellent turnaround point. See **3** page 23.

## Kootenay Valley Viewpoint

Behold the stunning panorama of the Kootenay River Valley. Stretch your legs, take some photos and enjoy the interpretive displays. See **4** page 23.

## Olive Lake

Unwind by this clear shallow lake near the summit of Sinclair Pass. Look for brook trout and other signs of wildlife as you stroll along the gentle 0.5-km boardwalk trail. See **5** page 23.

## Radium Hot Springs

Conclude your journey with a relaxing soak surrounded by towering cliffs. Watch for pool-side interpretive programs in the summer. Information: 1-800-767-1611. Swimsuits, lockers and towels available for rent. Pleiades Day Spa reservations: 250-347-2100. See **6** page 23.



Contact visitor centre

A. Athwal

Discover a secret canyon, unseen wildlife and beautiful scenery on a guided hike



S. Gignac

Heart-leaved amica



Parks Canada

Common fireweed

## Wildflower Watch

**Many mountain park ecosystems depend on fire for renewal.** Charred trees from recent wildfires and prescribed fires are readily visible from the Banff-Windermere Highway (93S). Compare stages of forest re-growth within this mosaic of rich habitats that support many species of wildlife. Watch for stunning bursts of colour as wildflowers put on their summer displays.

Scan this QR code for info on our interpretive programs



www.pc.gc.ca/kootenay-interpretation



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

# Kootenay National Park



## Camping

CAMPGROUND & SERVICES	OPEN DATES	SITES
1 Redstreak*	May 3 - Oct. 14	242
2 Marble Canyon	June 28 - Sept. 2	61
3 McLeod Meadows		98
4 Crook's Meadows	Contact 1-403-522-1203 for information on non-profit group camping reservations and fees.	

To Golden (98 km from Radium)

**Radium Hot Springs**

To Fairmont Hot Springs, Windermere, Cranbrook, Fort Steele and USA

Camping season dates are approximate. Please confirm at the visitor centre prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis. Fire permits cost extra. Camping permitted in designated campgrounds only.

Highlighted campgrounds may be reserved: 1-877-RESERVE or reservation.pc.gc.ca \*Interpretive programs offered.

THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.

# YOHO

## National Park



**During a celebrated expedition to explore the west,** Dr. James Hector travelled ahead of the group, and became the first to discover a steep mountain pass in 1858. After the surgeon's trusty steed knocked him over with a blow to the chest, the spectacular route was dubbed Kicking Horse Pass. The Canadian Pacific Railway, whose transcontinental route travelled through the pass, set up restaurants at the base of Mount Stephen to avoid pushing heavy dining cars up the mountain. This laid the groundwork for creating Mount Stephen reserve, renamed in 1901 as Yoho National Park. Eight years later, a visiting scientist, Charles Dolittle Walcott, discovered Burgess Shale fossils. These exquisitely preserved marine organisms offer a glimpse back more than 505 million years, when the Rockies were covered in water. With the fossils designated a World Heritage Site, 28 peaks soaring to more than 3 000 m, the rambunctious Kicking Horse River and no fewer than seven breathtaking waterfalls, it is no surprise Yoho was named after a Cree expression meaning "awe and wonder".





**Admire the power of nature** as water thunders under the Natural Bridge. Take a stroll and feel the cool mist of Takakkaw or Wapta Falls on your face.

**Pull out your hiking boots for an adventurous trek** to Laughing or Twin Falls. Make a reservation and pack your tent to stay in one of the nearby backcountry campgrounds.

**Relax, grab a picnic lunch and enjoy an afternoon** with family and friends at Faeder Lake, Finn Creek or Emerald Lake. Have fun at the playground or relax next to the pond at the Yoho Visitor Centre. Wander into the community of Field and admire the Kicking Horse River Valley.

**Enjoy a quiet paddle** in a canoe or rowboat on Emerald Lake's pristine jewel coloured waters. Get your adrenaline pumping as you paddle the intense white water on the Kicking Horse River.

Discover **Roaring Water**

**Discover how a 505 million year old ocean ended up** on the top of a mountain on a guided hike to the Burgess Shale Fossil beds.

**Gaze at mountain tops and enjoy endless views** as you wander the Emerald Lake or Wapta Falls trails. Photograph sweeping panoramas and alpine wildflowers on the Iceline and Paget Lookout Trails.

**Imagine steam trains on the "Big Hill"** at Kicking Horse Pass National Historic Site. Spot trains snaking down the mountain side through the Spiral Tunnels. Watch for our new interpretive exhibits in the visitor centre and around the park.

**Interested in visiting Lake O'Hara?** A quota system protects the fragile alpine environment. Reservations for the shuttle and campground are limited and begin April 2. Reservations should be made exactly three months in advance. Call 1-250-343-6433 for reservations or visit [www.parksCanada.gc.ca/lakeohara](http://www.parksCanada.gc.ca/lakeohara) for information.

Explore **Soaring Peaks**



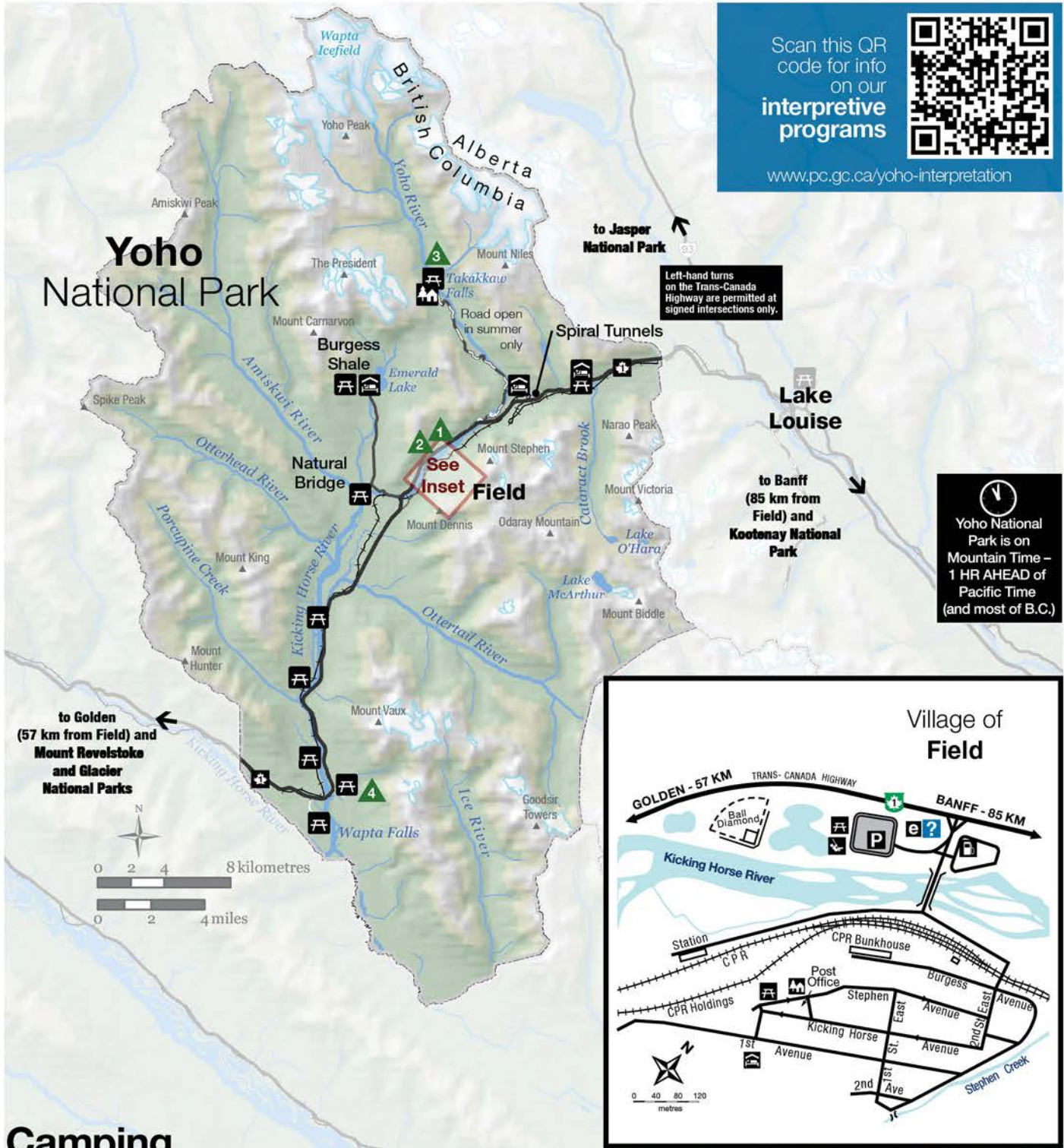
Meet your ancient ancestors on a guided hike to the Burgess Shale

[reservation.pc.gc.ca](http://reservation.pc.gc.ca)



## Interpretive Programs

**Participate in entertaining and informative interpretive theatre and geocaching programs** at Kicking Horse Campground. Watch for interpreter-led activities at Takakkaw Falls, Emerald Lake and other day-use areas. Pick up an interpretive events schedule in the visitor centre or from our website.



## Camping

CAMPGROUND & SERVICES	OPEN DATES	SITES
<b>1</b> Kicking Horse*	May 17 - Oct. 14	88
<b>2</b> Monarch	May 3 - May 17 June 28 - Sept. 2	44
<b>3</b> Takakkaw Falls (walk-in)	June 21 - Oct. 14	35
<b>4</b> Hoodoo Creek	June 28 - Sept. 2	30

Camping season dates are approximate. Please confirm at the visitor centre prior to heading out. Arrive early. Sites are available on a first-come, first-served basis. Daily fire permits cost extra. Camping permitted in designated campgrounds only.  
 \*Interpretive programs offered.  
**THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.**

# MOUNT REVELSTOKE AND GLACIER

## national parks



**Forming part of the 180 million year-old Columbia Mountains**, the Selkirk and Purcell ranges offer a dramatic contrast to the wide u-shaped valleys and distant peaks of the much younger Rockies. In 1882, Major Albert Bowman Rogers overcame the last “impenetrable” barrier to the transcontinental railway when he discovered the pass through the Selkirks that bears his name. Four years later, with the newly completed railway in place, the government established two small park reserves to protect the summit of Rogers Pass and fragile areas around the Great Glacier. Soon after, Glacier National Park was expanded to protect more than 400 glaciers and icefields within the Selkirks and Purcells. Three hours down the tracks from Rogers Pass, Revelstoke citizens lobbied for their own national park, achieving their dream in 1914. Mount Revelstoke, the only mountain in the national parks system accessible by vehicle, climbs through rainforest and snowforest to a summit of subalpine meadows. The park features the greatest diversity of tree species of any region in British Columbia, including old-growth cedars nearly 500 years old. Attracting mountaineers who scale the heights and spelunkers who explore the depths, Glacier and Mount Revelstoke provide an up-close and personal mountain experience.

# Glacier and Mount Revelstoke Area

Ask at the visitor centre

Bring a camera to our festival of blooms



Parks Canada



Hemlock Grove Trail

Parks Canada

## Our Highlights

### Meadows in the Sky Parkway

Drive 26 km from the valley to the subalpine meadows at the summit of Mount Revelstoke. Enjoy spectacular mountain views on a dozen hiking and walking trails. *Trans-Canada Hwy, 2 min east of the main Revelstoke exit. See 1 page 29.*

### Rogers Pass Discovery Centre

Start your park visit at the museum and visitor centre, where you'll discover more about the intrepid railroaders who carved the first path through this wilderness, and the avalanche scientists and soldiers who keep this wintery pass open today. *69 km (52 min) east of Revelstoke in Glacier. See 2 page 29.*

### Hemlock Grove Trail

Experience the world's only non-coastal cedar-hemlock rainforest as you wind your way through an ancient stand of trees on this barrier-free 0.4 km interpretive boardwalk. *54 km (40 min) east of Revelstoke in Glacier. See 3 page 29.*

## Our Attractions

### Skunk Cabbage Trail

Marvel at unique wetland plants and migratory birds as you stroll along this 1.2 km interpretive boardwalk. *28 km (25 min) east of Revelstoke in Mount Revelstoke. See 4 page 29.*

### Rockgarden Trail

Look down instead of up to discover the miniature landscapes on each rock alongside this 0.5 km interpretive trail. *56 km (42 min) east of Revelstoke in Glacier. See 5 page 29..*

### Glacier House Site

Imagine the mountain adventures that began at this pioneering Victorian-era hotel, as you wander among its stone ruins on this 1.1 km interpretive trail. *66 km (48 min) east of Revelstoke in Glacier. See 6 page 29.*



Skiing Rogers Pass

Parks Canada



Skunk cabbage blooms

Parks Canada



Rockgarden Trail

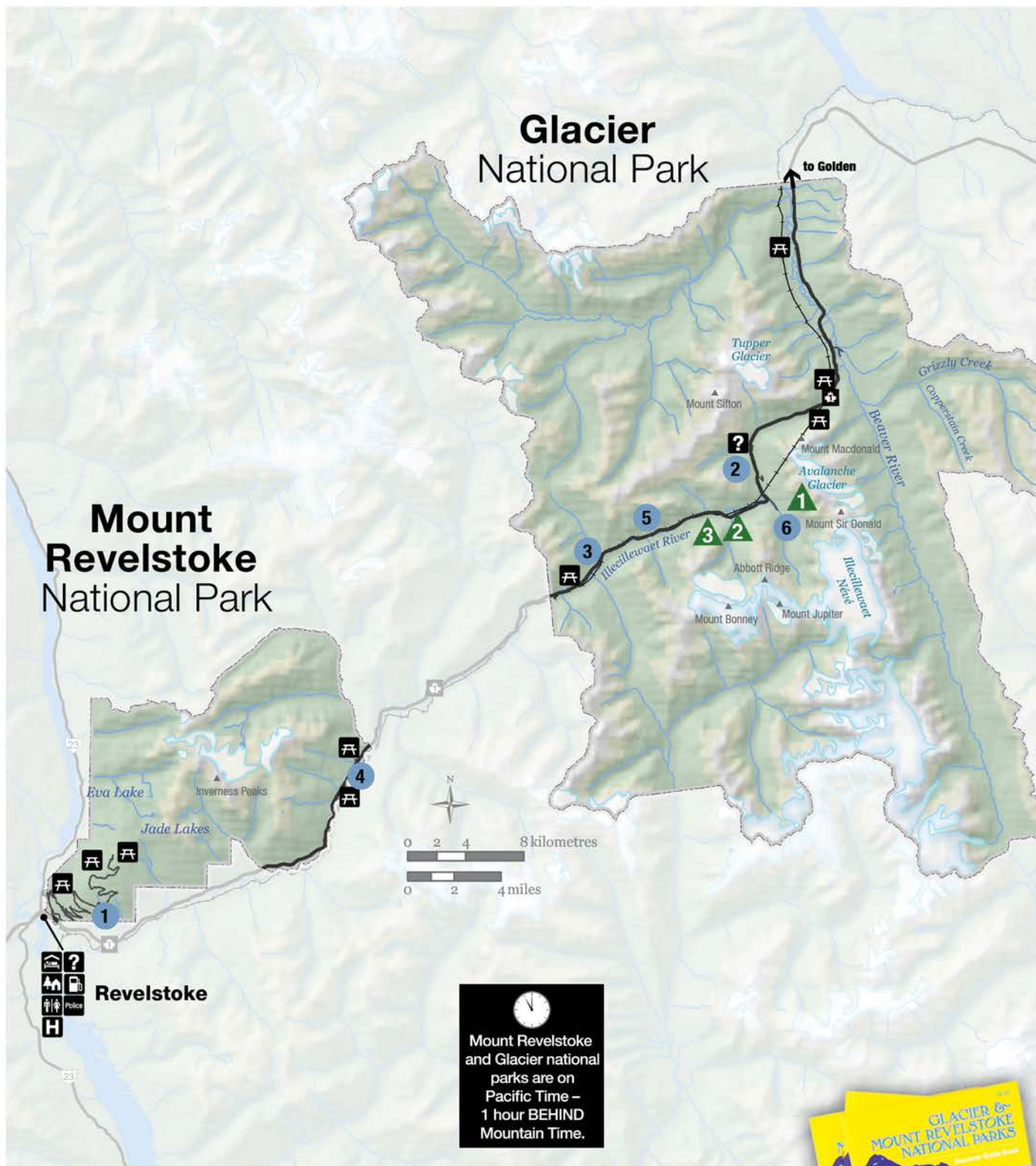
Parks Canada

## Backcountry Skiing




**Glacier National Park straddles the crest of the Selkirk Range**, with its legendary steep lines and deep powder snow. You can ski or board alpine bowls, glades and icefields—with some descents of more than 1 500 metres. For more information: [www.parksCanada.gc.ca/skirogerspass](http://www.parksCanada.gc.ca/skirogerspass)

## Camping

**Pound your stakes into the ground** and put your steaks on the grill at one of Glacier's campgrounds. Illecillewaet and Loop Brook hit the mid-century mark this year and offer great access to the twelve historic hiking trails of Rogers Pass.



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

CAMPGROUND & SERVICES	OPEN DATES	SITES
<b>1</b> Illecillewaet* 	June 22 - Sept. 30	60
<b>2</b> Loop Brook* 	June 30 - Sept. 4	20
<b>3</b> Mount Sir Donald 		15

Camping season dates are approximate. Please confirm at the visitor centre prior to heading out. Arrive early. Sites are available on a first-come, first-served basis. Daily fire permits cost extra. Camping permitted in designated campgrounds only. \*Interpretive programs offered.  
**THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.**

Check the visitor centre for our Souvenir Guides



# WATERTON LAKES

## National Park

**“The scenery here is grand and picturesque,”**

wrote Lt. Thomas Blakiston, the first European to gaze on three magnificent lakes where the southern mountains meet the prairie. He named the spot after Sir Charles Waterton, a celebrated British naturalist. Some 40 years later, at the urging of F.W. Godsal—a local rancher with a heart of gold—parliament created a forest park reserve around today’s Waterton Lakes in 1895. No protected area of its size in the Rocky Mountains has such vast diverse ecosystems—from rare foothills fescue grasslands and ancient sedimentary rock to lush forests and shimmering lakes to imposing mountains that shed their unique red and green rock on the plains below. Known for dazzling wildflowers and oh-so-close wildlife, Waterton Lakes National Park is the only place on the planet to find a UNESCO World Heritage Site, an International Peace Park and a Biosphere Reserve all rolled into one compact package. This special environment, which celebrates connection among peoples, landscapes and nations, continues to live up to its original billing.



Summer special events



reservation.pc.gc.ca

Wake up to Natosi (the rising sun) in Waterton's traditional Blackfoot-style tipis



## Waterton Townsite

Meander along the lakeshore, visit Cameron Falls and explore the Peace Park Pavilion. Emerald Bay is a popular picnic spot; the sheltered bay is also a favourite spot for swimmers, kayakers and paddle boarders. *8 km from the park gate.*

## The Bears Hump

One of the most popular trails in Waterton, this short but steep hike offers spectacular views of the Waterton valley. At 1.4 km (one way), it takes most visitors 30-45 minutes to reach the top. *1 km from town; trailhead access in the visitor centre parking lot.*

## The Prince of Wales Hotel

Built in 1927 by the Great Northern Railway, this elegant hotel is now recognized as a national historic site. Take in a traditional afternoon tea in the lobby, or simply sit and enjoy the view. *1 km from town, on the Entrance Parkway.*

Around Town

## Akamina Parkway

This narrow road winds past several trailheads, scenic pullouts and picnic sites before ending at the idyllic Cameron Lake. Take a stroll along the lakeshore and explore the forest, or rent a paddle boat or canoe and explore the lake instead. *16 km to Cameron Lake.*

## Red Rock Parkway

Experience the mingling of mountain and prairie landscapes as you drive up the Blakiston Valley to Red Rock Canyon. A popular place for family picnics, this brilliant red canyon shelters a sparkling mountain stream. Watch for wildlife on the slopes above the road along the way! *15 km to Red Rock Canyon (Open early May to Oct. 31).*

Out and About



Winter fun



Free interpretive programs!



M. Holland

Paddling Cameron Lake

## Kootenay Brown Trail

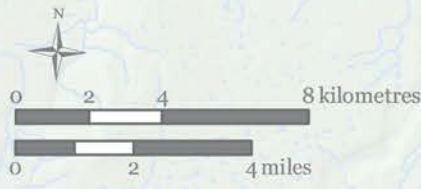
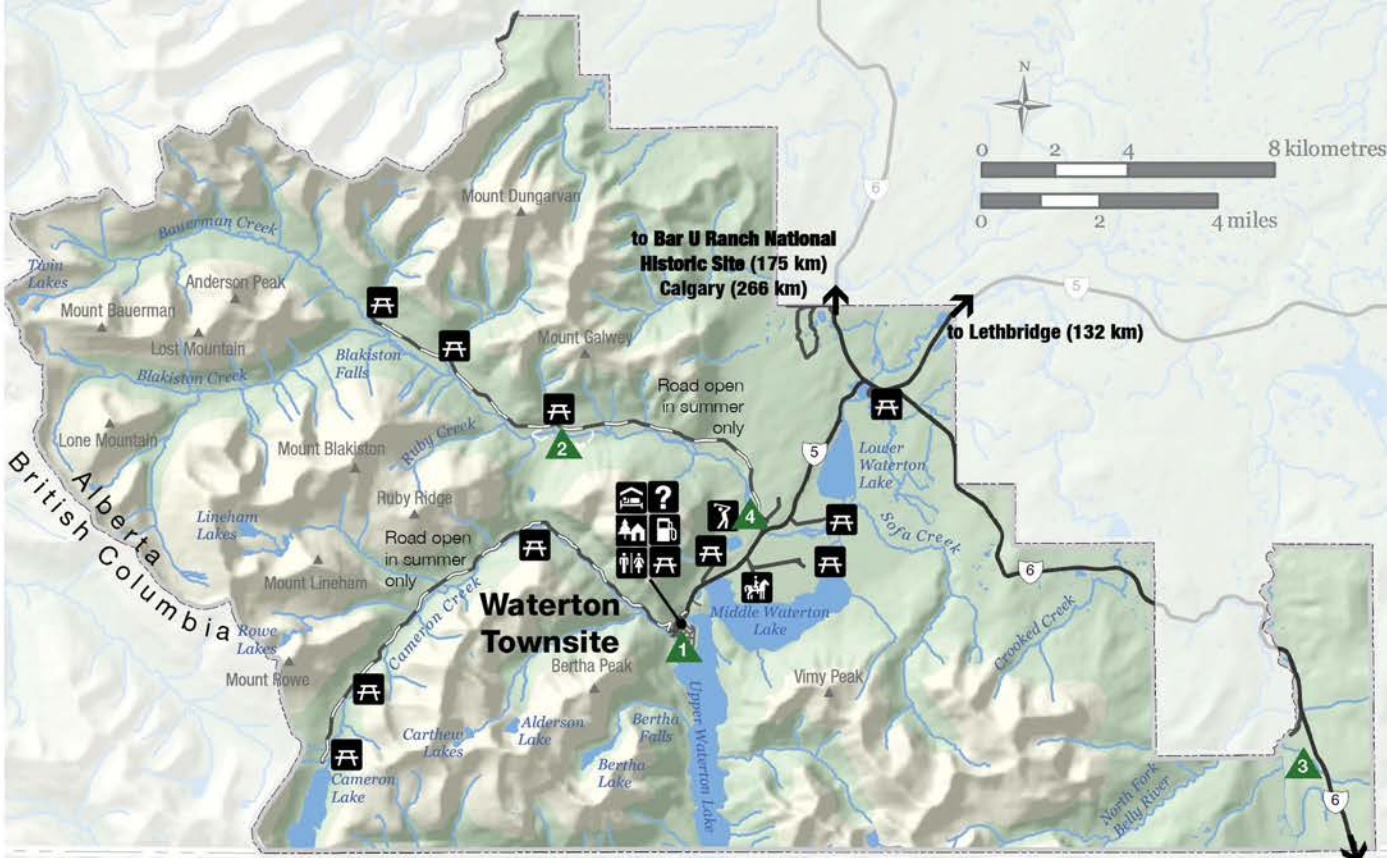
**This multi-use trail parallels the Entrance Parkway and is perfect for families** with bike trailers and young riders. Whether you are walking, running or cycling, the mountains, lakes and meadows full of wildflowers that surround you will provide the perfect backdrop. Be sure to stop and smell the flowers!

## Mountain Biking

**Explore the park from the saddle of your bike!** Pass under towering mountain peaks, along crystalline lakes and even into British Columbia. Akamina Pass, Crandell Loop, Snowshoe, and Wishbone trails offer a range of scenery and challenges for many skill levels.

# Waterton Lakes National Park

For more information pick up our visitor guide



## Camping

CAMPGROUND & SERVICES	OPEN DATES	SITES
1 Waterton Townsite*	May 1 – October 8 (weather dependant)	238
2 Crandell Mountain*	Mid-May - Labour Day	129
3 Belly River		24
3 Belly River Group		2
4 Pass Creek Winter	Late Oct. - Late April	8

Camping season dates are approximate. Please confirm at the visitor centre prior to heading out. Arrive early. Non-reservable sites are available on a first-come, first-served basis. Daily fire permits cost extra. Camping permitted in designated campgrounds only. \*Interpretive programs offered.

Highlighted campgrounds may be reserved: 1-877-RESERVE or reservation.pc.gc.ca

THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.

Scan this QR code for info on our interpretive programs

www.pc.gc.ca/waterton-interpretation



# Parks Canada oTENTiks

Introducing **oTENTiks** - a fun way to experience camping in Canada's national parks! The canvas-like A-frame cabin is equipped with a raised wooden floor ensuring campers enjoy a high level of comfort. Each tent is designed for groups or families up to six people. The large living area and a private sleeping area provide privacy and storage for all your camping needs. Cooking outdoors is easy and authentic with a barbecue and fire pits located on-site. If you're looking for an alternative way to experience the outdoors, try this camping experience.



**Coming soon** to Banff and Kootenay national parks! For more information visit or call a Parks Canada visitor centre.

# Mountain Learning

## Join us in discovering the wonders of the Rockies!

Look for our Parks Canada interpreters throughout the parks: at campground theatres, popular day-use areas, special events and out on the trails. During your visit, take the opportunity to learn with a park interpreter in a relaxed and fun setting.



## Evening Theatre Programs

Which animals have horns? Which have antlers? What is a prescribed fire? How did that mountain get its name? Join us for an evening of entertainment and education as we explore and make discoveries about the natural and cultural “coolness” of our parks.

Your park entry fee allows you to attend our programs for free, so come on out and join us! You do not have to be staying in the campground to attend. Everyone (that means you!) is welcome, the more the merrier!

Some of our parks offer guided walks, which may include a fee—check each park’s website for further details.



Hey Kids! Get your **Xplorers booklet!**

The booklet has tons of fun activities that you can do on your own or with your family. Have fun exploring your national parks and national historic sites, and be sure to share your smarts with your family—test their knowledge.

Complete some of the activities and you will receive a souvenir to take home and show your friends. Pick up your booklet at a Parks Canada visitor centre.



# Mountain Nature

The Mountain Parks are home to a remarkable diversity of wildlife. Each different ecoregion is home to many familiar (and maybe some unfamiliar) faces. How many do you know?

## Montane Ecoregion

Warm and dry valley bottoms, winding rivers and clusters of aspen forest; this area is home to an incredibly diverse array of plant and animal life. Many animals spend at least part of their year in this region. It also happens to be where human activity is centered.



*Elk spend much of the year living together in a herd, and can often be seen grazing along the edges of aspen forests or around townsites.*



*Wolves are the top dogs in the mountain parks. They live in family groups, called packs. Consider yourself lucky to see one; wolves are wary of people.*

## Subalpine Ecoregion

That vast sea of dark green trees swathing the mountain sides covers around 50% of the mountain parks, more than any other ecoregion. Although the growing season is relatively short, winter food is scarce and travel through deep snow is hard, this is where many of the mountain parks most recognizable wildlife can be found.



*Moose may look awkward, but they are exceptionally well adapted to life in the subalpine. Their long legs make travel in deep snow a breeze, and their tough stomachs handle a diet of twigs, buds and bark with ease.*

## Alpine Ecoregion

The tip-top peaks of the mountains are not an easy place to call home. The animals and plants that live here are well adapted to the harsh extreme elements in the land of ice, rock and snow.



*Mountain goats are first-class mountaineers, requiring nothing but their own feet to scale sheer cliffs and balance on tiny rock ledges. They are rarely seen at lower elevations, but they can be identified by their fluffy white coats and narrow black horns.*



*Pikas are the darlings of the alpine, with tawny bodies, short rounded ears and shiny black eyes. Their call, a loud "peeeek" is often the best clue to pika activity.*

Some animals, (like grizzly bears) move through different ecoregions throughout the year. Depending on the season, they can be seen munching dandelions in the valley bottoms or digging in subalpine meadows.

## Interior Rainforest

In Mount Revelstoke and Glacier national parks, the must, wetter interior rainforest ecoregion replaces the montane ecoregion. 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 Coeur d'Alene salamanders.



# Mountain Wildlife



Whitetail Deer

## Characteristics

Tan colour, tail has white underside and is held erect like a flag when alarmed.

## Where to find

Mostly valley bottoms.



Bighorn Sheep

## Characteristics

White rump and light brown fur and horns. Males: thick curved horns. Females: short narrow horns.

## Where to find

Near steep rocky terrain.



Mule Deer

## Characteristics

Black tip on tail, large ears, white rump, grey colour.

## Where to find

Mostly valley bottoms.



Mountain Goat

## Characteristics

Narrow black horns, beard, long white hair.

## Where to find

Near steep rocky terrain.



Elk

## Characteristics

Brown body, darker neck and large tan rump patch. Backwards slanting antlers.

## Where to find

Valley bottoms and open areas. Commonly seen around townsites.



Moose

## Characteristics

Long legs, shoulder hump. Built like a horse with a large head. Shovel-like antlers.

## Where to find

Wet and marshy areas.



Size Chart

Moose

Elk

Caribou

Deer

Sheep

Goat

Wolf

Coyote

## Wildlife Sightings

For wolf, bear and cougar sightings and wildlife related incidents call

Banff: 403-762-1470

Kootenay and Yoho: 403-762-1473

Jasper: 403-852-6155

Revelstoke / Glacier: 1-877-852-3100

## Wildlife Viewing Tips

**Stay three bus lengths away.** Getting too close can be stressful for animals and dangerous for people. Even a gentle-looking elk can seriously hurt a person. Your best chance of observing truly wild animals is by quietly giving them space to feed, rest and keep their young safe.

**NEVER feed wildlife.**



Wolf

**Characteristics**

Built like a large German Shepherd, with longer legs. Colour can vary from white to black.

**Where to find**

Mainly valley bottoms.



Red Squirrel

**Characteristics**

Red body, white underside and very large, bushy tail.

**Where to find**

Coniferous forests, scampering up trees.



Coyote

**Characteristics**

Medium-sized dog. Thick, bushy tail. Greyish-brown in colour.

**Where to find**

Valley bottoms, well adapted to humans.



Columbia Ground Squirrel

**Characteristics**

Tan-coloured. Longer body. Has a high-pitched "squeak".

**Where to find**

Meadows, roadsides and townsites in ground colonies.



Caribou

**Characteristics**

Darker body with light neck hair. C-shaped antlers with shovel-like tines at their base.

**Where to find**

Alpine and subalpine meadows. Threatened species. Only exist in Jasper and Mt. Revelstoke.



Marmot

**Characteristics**

Large and silver-brown in colour with longer hair.

**Where to find**

Alpine and subalpine meadows, rock piles and scree slopes.

**Grizzly or Black Bear?**

BLACK BEAR



NO SHOULDER HUMP

SMALL HEAD

TALL EARS

SHORT CLAWS

GRIZZLY BEAR



DISTINCTIVE SHOULDER HUMP

LARGE HEAD

SHORT ROUNDED EARS

LONG CLAWS

**You are in bear country!**

- **Be aware you are near a bear!** Watch for fresh scat or large diggings.
- **Make noise!** Sing, yell or talk loudly.
- **Keep your dog on a leash.**
- **Keep children nearby and in sight at all times.**
- **Never approach or feed a bear.** Stay ten bus lengths away
- **Carry bear spray and know how to use it.** Visit: [parkscanada.gc.ca/bears-and-people](http://parkscanada.gc.ca/bears-and-people)

# Mountain **Safety**

## **Snow in June?** Rain in February?



**Unpredictable mountain weather can change road and trail conditions from one minute to the next, and from place to place.** Wildlife can be anywhere, any time. You are in true wilderness, and some simple precautions will ensure a safe and enjoyable visit to the mountain national parks.

### **Driving:**

- Before heading out, check the road conditions. For Alberta, visit [www.511alberta.ca](http://www.511alberta.ca) or call 511 toll-free in Alberta. For British Columbia, call 1-800-550-4997 or visit [drivebc.ca](http://drivebc.ca).
- Take your time. Slower travel will improve your chances of seeing wildlife, and give you more reaction time when travelling in winter conditions.
- Please stay on the roads and other hardened surfaces. Driving on grass and other soft surfaces damages local flora, and increases the risk of invasive plants establishing themselves in our parks.

### **While out and about:**

- Whether enjoying a mid-day picnic or setting up your campsite, make sure all food and garbage is put away when you go. Use storage bins, garbage bins and your vehicle. Never leave food in your tent.
- Surprised wildlife can be aggressive wildlife. Make noise on the trails and let them know you are coming.

### **In the wilderness:**

- Research your trip and plan accordingly. Carry extra clothes and water, and be prepared to survive overnight. Wilderness passes are mandatory for overnight trips, and can be obtained at a visitor centre, along with trip planning advice.
- Cell phones often don't work in the wilderness. It is best to let someone know what your plans are. Visit [parksmountainsafety.ca](http://parksmountainsafety.ca) for more information.
- Be careful in old and burned over forests, especially in high winds that can blow dead trees down.
- Steep terrain can be a risk for rockslides and avalanches. Avalanche safety tips and condition updates can be found at: [avalanche.pc.gc.ca](http://avalanche.pc.gc.ca) and [twitter.com/ParksMtnSafety](https://twitter.com/ParksMtnSafety).
- Keep clear of cliffs, ledges and fast moving water.



Hiking the Tonquin Valley

# Park Regulations



## Park Wardens

Park Wardens are peace officers, responsible for enforcing the *Canada National Parks Act* and regulations. They are able to enforce other Canadian laws inside national parks. Help them keep national parks a special place. Report anything suspicious to a Parks Canada official or the RCMP. For a complete listing of the *Canada National Parks Act* and regulations visit: [www.pc.gc.ca](http://www.pc.gc.ca)

**Please follow these simple regulations** while enjoying your national parks:

### Keep pets on a leash

Unrestrained pets can harass wildlife, provoke wildlife attacks, and endanger or disturb other visitors. Please collect and properly discard feces left behind by your dog.

### Take only photographs

It is illegal to pick flowers, cut down trees and branches, or otherwise cause damage to natural objects or living things (like mushrooms or herbs). The same is true for cultural artifacts. Leave whatever you find, where you find it, for others to enjoy.

### Be considerate of your neighbours

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

### Respect area closures and restrictions

During certain times of the year, areas within our national parks may be subject to closures and/or restrictions. The closures and restrictions are enforced to ensure public safety and when wildlife require additional protection. These restrictions are enforced with the same authority as the regulations in *Canada's National Park Act* – they are the law. Violators will be charged, may be forced to appear in court, and pay fines of up to \$25 000.

### Be careful with fire

Fires are permitted only in designated areas. Keep fires well contained in fireboxes. Completely extinguish your fire. Do not collect deadwood, bark or branches for fuel. Obey seasonal restrictions or bans. Report any wildfires immediately to park staff.

### Buy fishing permits

Anglers require a national park fishing permit, available at most visitor centres. Provincial licenses are not valid within national parks.

### Going boating?

Check with visitor centre staff before you plan your trip. Motors are not allowed on most lakes.

### Be aware of approved park activities

Motorized off-road travel is not permitted within national parks.

Parks Canada Mountain Guide 2013 - 2014

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Catalogue#: R61-78/2013E

ISBN#: 1922-0928

Également offert en français

## EMERGENCIES

**RCMP Dial 911**

Banff, Jasper, Lake Louise, Kootenay & Yoho

**1-877-852-3100**

Mount Revelstoke and Glacier

**403-859-2636**

Waterton Lakes

Cell phone coverage is not available in all areas of the mountain parks.



### Distance chart

	Banff	Calgary	Columbia Icefield	Edmonton	Field (Yoho NP)	Jasper	Lake Louise	Radium Hot Springs	Golden	Revelstoke	Vancouver	Waterton
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.



### You are here, now what?

Visit the information/visitor centre in your park for maps and brochures, passes and permits, trip planning advice and backcountry reservations. Staff have current trail, road, weather and safety information, as well as program and event listings. Hours are generally 9 a.m.-4:30 p.m., but vary seasonally. Phone numbers are listed on page 3.



**Please slow down, for your safety and ours.**

