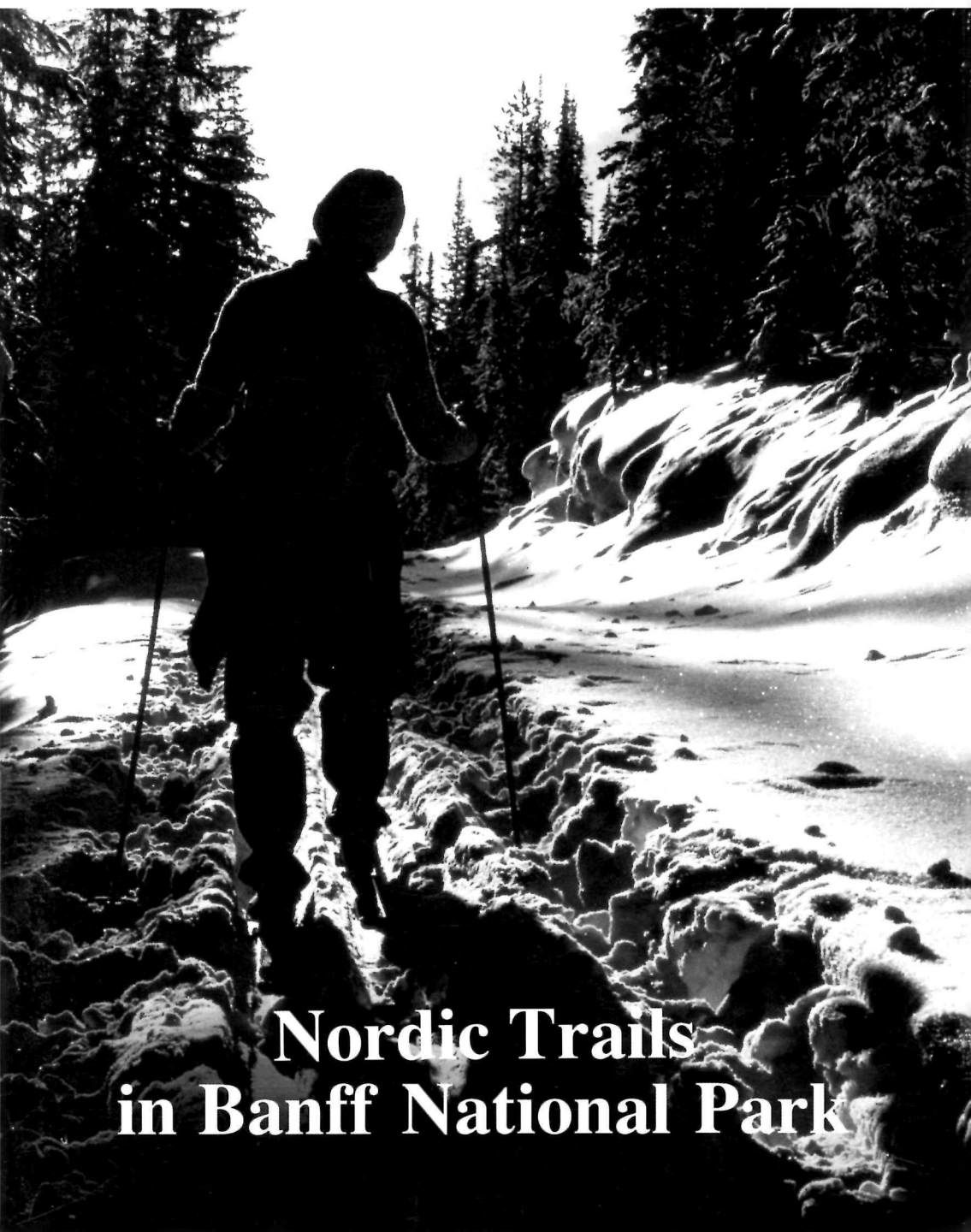




Parks Canada Parcs Canada

1885—1985: 100 Years of Heritage Conservation

Cross-Country Skiing



**Nordic Trails
in Banff National Park**

Cross-Country Skiing

Nordic Trails in Banff National Park

Cross-country skiing is an excellent way to enjoy Banff National Park in winter. This brochure describes a number of easily-accessible, well-marked nordic trails in the park. Each trail is classified according to its degree of difficulty and the level of skill required to ski it. You will find that some of the trails identified here are groomed. At present, grooming and track-setting are done by volunteers under an agreement with Parks Canada.

Parks Canada cannot guarantee your safety on these trails. There are always hazards involved in back-country travel, especially in winter, and you venture out at your own risk.

The maps in this publication show general trail layout. For more detail and accuracy it is suggested that you purchase the appropriate topographical maps.

A number of known avalanche zones along nordic trails have been indicated on the maps in this brochure. They should be treated with particular caution. There are no guarantees either that avalanches won't occur elsewhere on the same trails. Anywhere in the park a snowy slope devoid of trees or any slope above timberline should be regarded with suspicion. Don't stop to picnic or admire the view! Cross these areas quickly and, to increase the margin of safety, one person at a time.

Park wardens trained in avalanche forecasting monitor conditions continuously and issue a daily hazard bulletin. Check this at the information centre or a warden office or by calling 762-3600 before you set out.

Trails & classifications

Banff area:

Page

Carrot Creek	7	Easy
Johnson Lake	8	Easy & moderate
Cascade	9	Easy
Golf Course	10	Easy
Spray River	11	Easy & moderate
Cave & Basin	12	Easy & difficult
Sundance	14	Easy & moderate & difficult
Forty Mile Creek	18	Moderate
Redearth Creek	19	Moderate
Johnston Creek / Ink pots	20	Moderate & difficult

Lake Louise area:

Boom Lake	21	Moderate
Baker Creek	22	Moderate
Lake Louise Shoreline / Telemark / 1A Highway	23	Easy & moderate
Fairview / Moraine Lake Road	25	Easy
Tramline	26	Easy
Pipestone	28	Easy & moderate
Whitehorn	30	Easy & moderate
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What is nordic skiing?

In an area the size of Banff National Park there's an enormous variety of terrain, much of it accessible to skiers. Three distinct types of cross-country skiing are done in the park:

- **nordic skiing** is usually done close to road access along valley bottoms and adjacent bench lands. The terrain is often flat or gently rolling but can also include fairly steep hills.
- **ski touring** often follows summer hiking trails which may cross high passes. It exposes skiers to many of the hazards characteristic of mountain travel in winter.
- **ski mountaineering** takes you into high alpine areas and sometimes includes glacier travel. Skiers must find their own routes and should be well prepared for extreme cold, storms, white-outs, avalanches and crevasse rescues.

This brochure deals with nordic ski trails only. If you are interested in ski touring or ski mountaineering, contact the Banff Information Centre or a park warden office.

Trail classification and skier ability

Be warned, if you're new to cross-country skiing, that **easy, moderate and difficult** are relative terms! The classifications are based mainly on the nature of the terrain and the width of the trail. Actual conditions from day to day can make a big difference: an easy trail may be hard work if you're breaking trail after a heavy snowfall, and even a gentle slope can be tricky if it's icy and badly rutted from heavy use; on the other hand, a more difficult slope may be easier if there's just enough new snow to slow you down and give you more control. Before setting out, you can check trail conditions at the information centre or a park warden office, or by phoning 762-4256.

If you're a novice, or out-of-condition, you may find even a short easy trail more strenuous than you bargained for. The need for conditioning increases as you go on to tackle longer and more difficult trips.



A green circle indicates **EASY**. The terrain will be generally flat or rolling with some short, gentle hills. Trails should present no problem to those who have learned basic strides and turns. Some knowledge of waxing is helpful.



A blue diamond indicates **MODERATE**. The terrain will be similar to that found on easy trails. Curves may be sharper, hills steeper and more frequent, and trails generally narrower. You'll find it easier to stay in control if, in addition to having mastered basic strides and turns, you are able to telemark and traverse across slopes. Good physical conditioning and knowledge of equipment and waxing become more important.



A red triangle indicates **DIFFICULT**. The terrain includes steep hills, narrow trails, sharp curves and long uphill climbs. These sections call for excellent physical conditioning and thorough understanding of equipment, waxing and cross-country techniques.

For safety, plan ahead

There's safety in numbers. Skiing alone is not advised. When you're deciding where to go, consider your own ability and the ability of the other members of your group. Be sure the trail you select is going to be suitable for the weakest skier in your party.

Tell someone where you're going and when you expect to be back. Make sure it's someone who will raise the alarm if you don't return within a reasonable time. Estimate the time required for your trip based on the speed of the group's slowest member. If you prefer, register your trip with the Banff Information Centre or a park warden office. If you do this, *remember to check in again on your return, to avoid an expensive search.*

Be prepared for emergencies on the trail. If you've chosen and maintained your equipment carefully, you're ahead of the game. However, it's a good idea to carry the means to make running repairs - to yourself or your gear. Day packs come in sensible sizes. After you've packed your lunch and your extra clothing, fill up with the items on this checklist. They could mean the difference between a minor mishap and a major one.

- first aid kit
- cord, wire and/or tape
- pliers, screwdriver, knife
- extra wax, cork and scraper
- spare ski pole basket and emergency ski tip
- lightweight insulated blankets
- emergency supply of high energy food (nuts, chocolate, dried fruit)
- waterproof matches, toilet paper, compass, flashlight

Know the enemy! Hypothermia . . . frostbite . . . avalanches. Many excellent publications are available on each of these subjects. Do some reading before you venture out. See list of recommended reading on page 6.

Dress to stay warm and dry

- Several **layers** of warm, light, loose-fitting clothes will insulate and can be removed or added as they are needed. Wool or polypropylene are good for insulation, even when damp. The outermost layer should be windproof.
- Wear, or at least carry, a **warm hat or toque**. A great deal of body heat is lost by way of an uncovered head.
- **Gaiters** will help keep your legs warm and dry.
- Carry **extra clothing** in case of bad weather. Include extra wool socks. A pair large enough to pull over your boots will help keep your feet warm during stops.

Signs to watch for



Don't stop in avalanche zones. Cross them with extreme caution.



This indicates a short section that is more difficult than the overall rating of the trail.



This indicates the end or perimeter of a signed nordic trail.

The cross-country skiers' code of responsibility

This section offers more than a lesson in courtesy. These standards of behaviour on cross-country trails are internationally recognised. Your safety and that of all other skiers depend on their being observed.

- **Respect trail marking signs.** They are there for direction and information. On loop trails, travel in the recommended direction.
- **Always ski in control** and respect the skier-ability ratings for each trail. Be more alert when visibility is poor and on narrow and steeper trails. Keep a safe distance from skiers ahead of you.
- **Choice of tracks.** Always pass to the right of an on-coming skier. Skiers in groups should ski behind each other.
- **Overtaking.** When you hear the word "Track!" called out, move off the trail, to the right if possible, and allow the other person to pass.
- **Encounter.** To prevent accidents, climbing skiers should yield to those coming downhill.
- **Keep the trail clear.** Move well off it during rest breaks. If you fall, move off the trail quickly. After a fall, fill in all holes with snow to leave a smooth trail for those following you.
- Always be prepared to **help a fellow skier.**
- **Walk or snowshoe** beside the ski tracks, not on them.
- **Don't take your dog with you.** Pets are an additional hazard for other skiers and no-one appreciates what they leave behind!
- **Don't litter.** Pack your garbage out with you, and if you see others being careless, do something about it.

Finally, trail maintenance crews are few and have a lot of ground to cover. You can help by informing the warden office or information centre of any windfalls or obstructions you encounter on the trails.

Information

If you have additional questions or would like advice on trail conditions and weather forecasts, contact:

Banff Information Centre (762-4256)
224 Banff Avenue, Banff

Banff warden office (762-4506)
Between the highway interchange and the townsite
Open 24 hours.

Lake Louise warden office (522-3866)
Visitor Centre, Lake Louise
Open 8 a.m. – 4:30 p.m. Closed Wed. and Thurs.

The park warden service issues a daily avalanche hazard bulletin. It is available at all of the above locations, by phoning 762-3600, and on cable television.

Report any emergency to the nearest warden office.

Recommended reading

Nordic ski technique & fitness

- Bob Anderson. *Stretching*, Shelter Publications. Bolinas, Calif., 1980.
- V. Bein. *Mountain Skiing*, The Mountaineers. Seattle, Wash., 1982.
- M. Brady & L. Skjemstad. *Waxing for Cross-Country Skiing*, Wilderness Press. Berkeley, Calif., 1979.
- N. Gillette. *Cross-Country Skiing*, The Mountaineers. Seattle, Wash., 1979.
- L. Tejada-Flores. *Backcountry Skiing*, Sierra Club Books. San Francisco, Calif., 1981.

Emergencies & survival

- Alberta Recreation & Parks. *Enjoy Winter Safely* series. Edmonton, Alberta, 1982
- * W. D. Bowman, G. Hart & A. Thygerson (eds.). *Emergency Medical Procedures for the Skier*, Taylor Publishing Co. Dallas, Texas, 1981.
 - * G. Sabel. *First Aid – Quick Information for Mountaineering and Backcountry Use*, The Mountaineers. Seattle, Wash., 1982.
 - J. Wilkerson. *Medicine for Mountaineering*, The Mountaineers. Seattle, Wash., 1975.

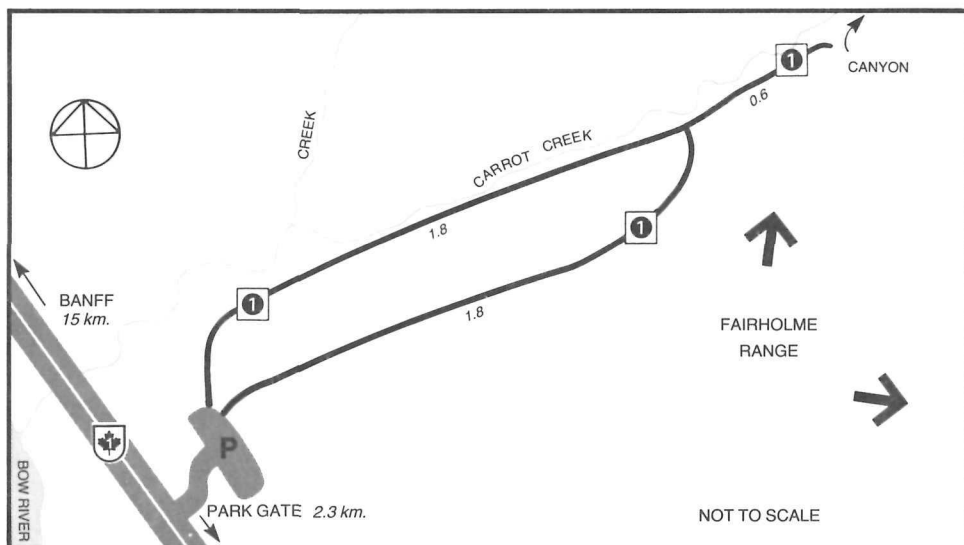
Guide books

- Canadian Ski Association. *A Guide to Alberta Cross-Country Ski Trails*, C.S.A. Edmonton, Alberta, 1979.
- R. Kunelius. *Ski Trails in the Canadian Rockies*, Summerthought. Banff, Alberta, 1977.

Avalanches

- T. Daffern. *Avalanche Safety for Skiers & Climbers*, Rocky Mountain Books. Calgary, Alberta, 1983.
- * E. R. La Chapelle. *The ABCs of Avalanche Safety*, The Mountaineers. Seattle Wash., 1978.
 - * Suitable for carrying in your pack.

1. Carrot Creek



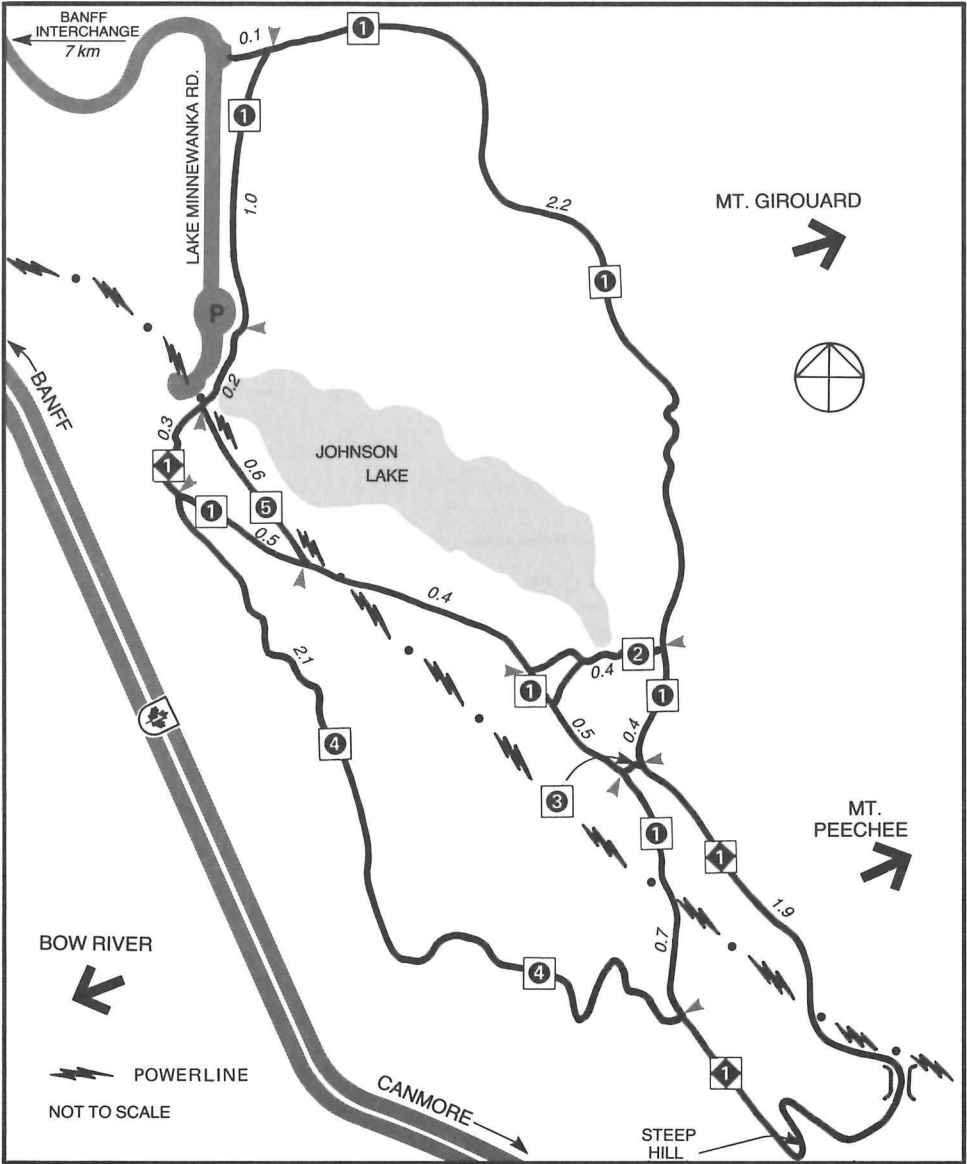
Access and parking: Park at the end of the road that turns off the westbound lane of the Trans-Canada Highway 2.3 km west of the park gates. To reach this trailhead from the eastbound lane of the Trans-Canada, proceed to the east gate and turn around.

Length and classification: 2.4 km (one-way), Easy.

Description: From the parking lot, the trail heads through the trees towards the creek. In 0.5 km it joins a roadway, changes direction and climbs gently to the canyon mouth. The steep hillsides on either side of the trail are formed of glacial debris and were once the banks of the creek. Like the canyon itself, they are evidence of the erosive force of running water. The roadway eventually narrows to a trail and shortly afterwards comes out beside Carrot Creek. The trail ends half a kilometre from here at the canyon. To return to the highway and the parking lots, ski downstream along the bank of the creek.

Hazards: Skiing on the creek is not recommended.

2. Johnson Lake



Access and parking: From the highway interchange north-east of Banff follow the Lake Minnewanka and Two Jack Lake road for approximately 6 km to the first trailhead. The main trailhead is 1 km farther on at the west end of Johnson Lake.

Length and classification: Trail 1 (loop) - 8.2 km, Easy and Moderate; Trail 2 (by-pass) - 0.4 km, Easy; Trail 3 (by-pass) - 80 m, Easy; Trail 4 (one-way) - 2.1 km, Easy; Trail 5 (one-way) - 0.6 km, Easy.

Description: Johnson Lake trails offer skiers plenty of diversity - exciting downhill runs, flat stretches, straight or winding sections and long climbs, on loops as short or long as you want to make them. Loop 1-2-1-5 provides the gentlest skiing, while the hills at the south end of loop 1-4-1 present the greatest challenge.

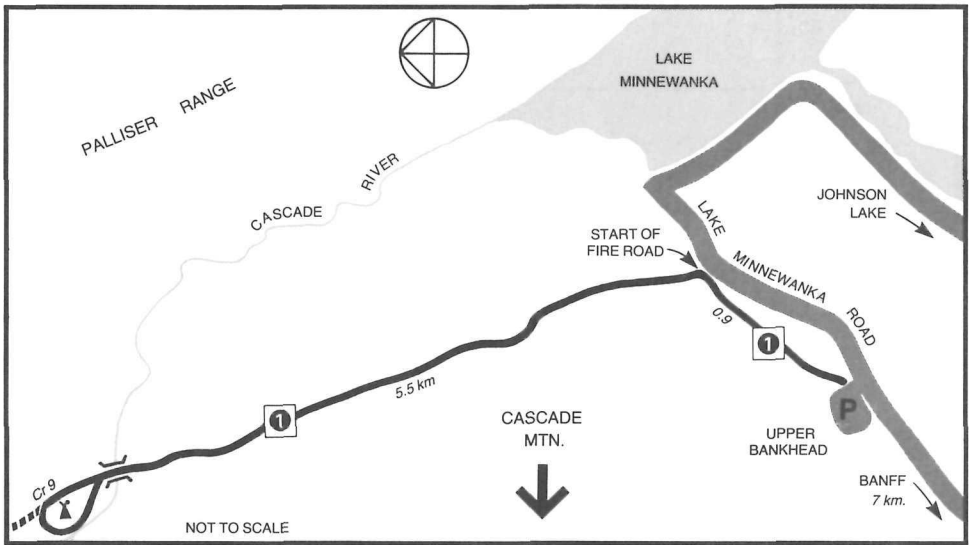
Trail 1 makes a large loop around Johnson Lake. On the north side, it crosses gently-rolling terrain with evidence of beaver activity in the aspen poplar stands along the way. The hills are steeper and the skiing more demanding on Trail 1 between its junction with Trails 3 and 4. To by-pass this part of the trail, follow Trail 2 or 3. Watch closely for the junction of these trails; they are located in heavy spruce forest and are easy to miss.

On the south side of the lake, Trail 1 is more or less flat until it drops down a rather steep hill just before it ends at the main parking lot. Trail 5 follows a power line and offers an alternate finish to Trail 1 on a less steep hill. Where Trail 4 leaves Trail 1 (at the point farthest from the parking lot) it drops down a long hill with some fast stretches: at the bottom of this run the trail turns and climbs gradually through lodgepole pine forest to break out on the brow of a hill overlooking the Trans-Canada Highway (Highway 1). The large evergreen trees here are sun-loving Douglas fir.

Wire mesh fences in this area enclose pits formed by the collapse of the old Anthracite mine shafts. These shafts date from the late 19th century when coal seams in this hillside were mined for use in CPR locomotives. At the junction of Trails 4 and 1, turn left and follow Trail 1 to the main parking lot, or turn right and double back a short way to reach the parking lot by the easier Trail 5.

Hazards: Stay well back from fenced or unfenced pits. Please report the location of any unfenced pits to the park wardens.

3. Cascade

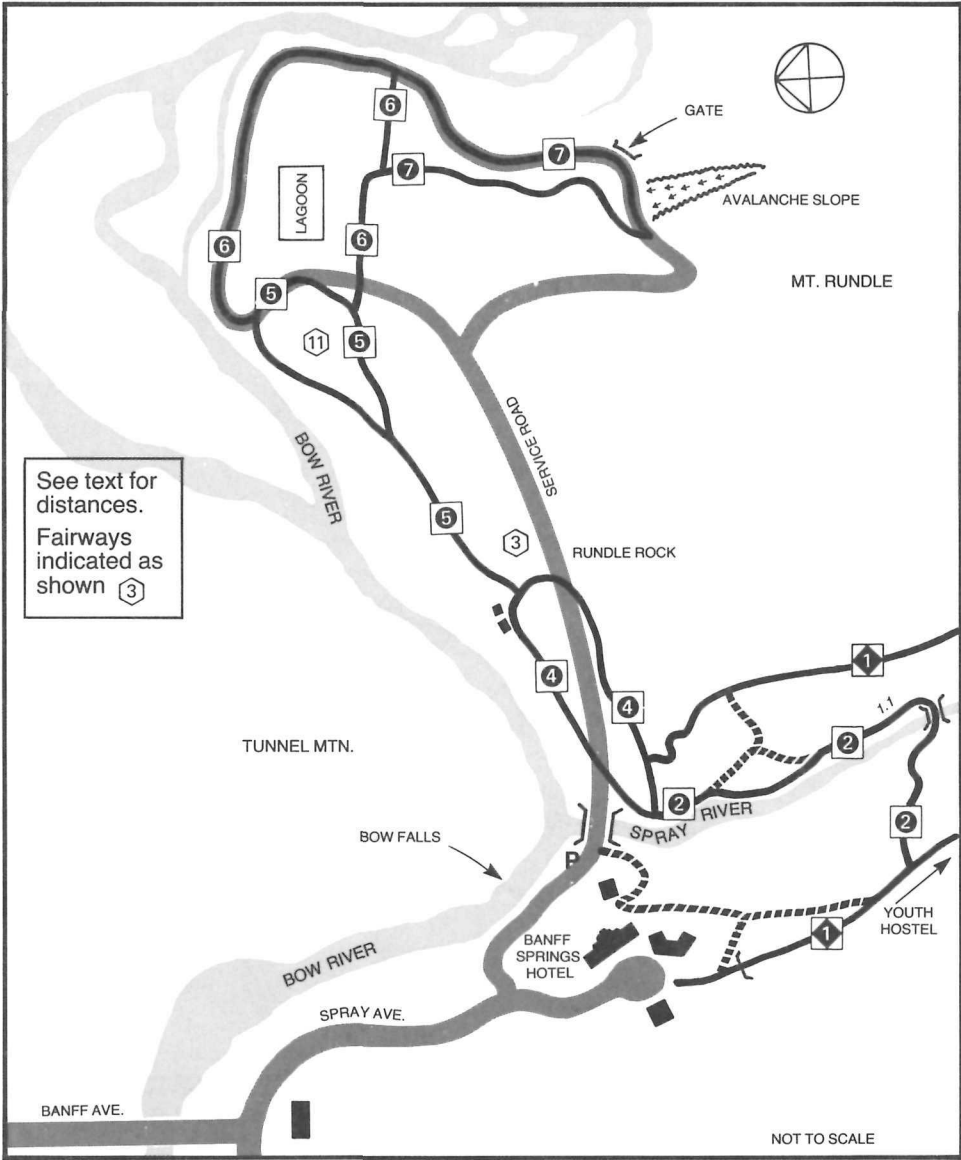


Access and parking: Upper Bankhead picnic area on the Lake Minnewanka road, 3.5 km from the interchange outside Banff.

Length and classification: 6.4 km (one-way), Easy.

Description: From the parking lot, ski north to the far corner of the meadow and follow a roadway through the spruce forest. About half a kilometre down the road, the ski trail branches. Either branch takes you to the Cascade fire road, a short distance away. The left branch climbs over the ridge in front of you while the right branch circles round the end of it on level ground. Once on the fire road, the ski trail stays on it and soon begins a long uphill climb. At the top of the climb, there are several kilometres of skiing over flat terrain, past swamps and meadows, before the road winds downhill to the Cascade River. From here you can see the river flowing into the upper reaches of Stewart Canyon. The canyon was formed eons ago when glaciers filled the Cascade River valley.

4. Golf Course



Access and parking: Turn off Spray Avenue on to the road to the golf course and park at the Bow Falls viewpoint.

Note: when the golf course road is open for public use it provides access to the trails at the far end of the golf course.

Length and classification: Trails 1, 2 and 3 - see Spray River area trails (next page); Trail 4 (loop) - 1.7 km, Easy; Trail 5 (loop) - 3.5 km, Easy; Trail 6 (partial loop) - 2.4 km, Easy; Trail 7 (partial loop) - 2.7 km, Easy.

Description: The golf course is popular with cross-country skiers; it's accessible, flat and open; the slope in front of the clubhouse is a perfect place to work on improving your technique, and there's a good chance of seeing elk.

Signed trails on the golf course consist of a short loop at the near end (Trail 4), two larger interconnected loops at the far end (Trails 6 and 7), and a connecting trail joining these loops (Trail 5). In addition to the signed trails, there are many others but as you go farther down the golf course, these become fewer.

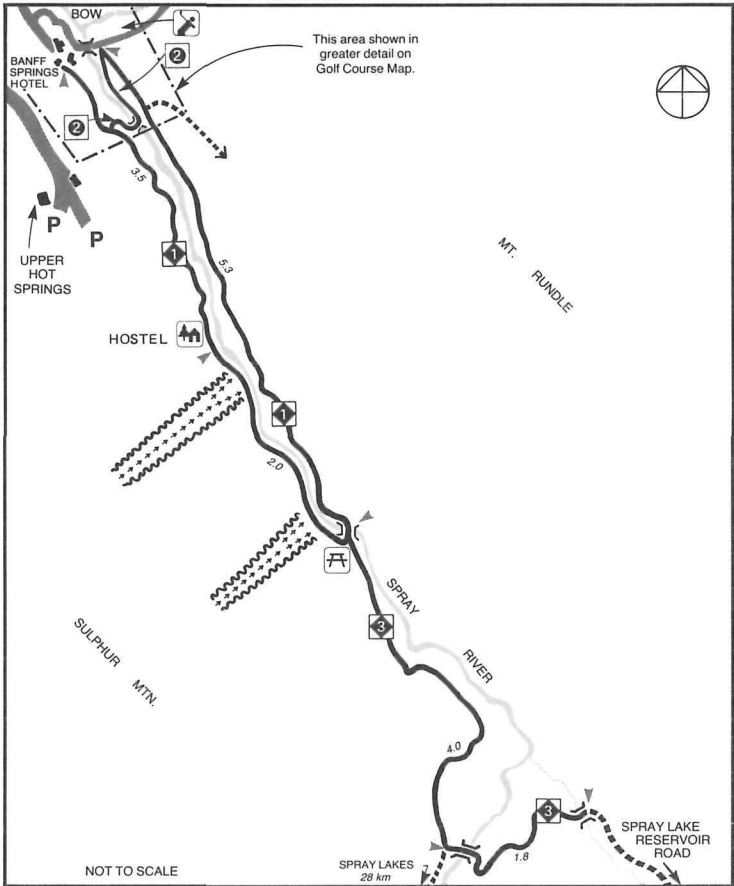
Trail 4 starts at the bridge on the Spray River and follows a trail down the right hand side of the service road until its route is blocked by an enormous boulder. Climbers use this boulder, Rundle Rock, for practice. Cross the road here, swing round the tee on fairway 3 and wind back through the fairways to the bridge.

The start of Trail 5, near the tee on fairway 3, can be reached by following Trail 4 from the parking lot. Trail 5 leads down the centre of the golf course to the start of Trail 6, 2.3 km away. From here you can ski Trails 6 and 7, continue to follow Trail 5 which goes on to circle round the 11th fairway, or simply turn round and follow Trails 5 and 4 back to the parking lot.

Trails 6 and 7 more or less divide between them the loop road at the far end of the golf course. Most of this road is unplowed during the winter and provides pleasant, secluded skiing. Trail 6 continues in a straight line from Trail 5 until it meets the loop road. Trail 7 by-passes the plowed section of the loop road by following a road set farther back in the trees. It branches off Trail 6 just before a sharp dip in that trail and winds through the trees to join the loop road. Sheltered by trees, Trails 6 and 7 are always in better condition than the others. Sun and wind tend to make the snow cover thin and the track icy on the more exposed golf course trails.

Hazards: Occasionally people get lost on the golf course. The south end of Trail 7 crosses the bottom of an avalanche zone.

5. Spray River



Access and parking: Golf course trailhead - turn off Spray Avenue on to the golf course road and park at the Bow Falls viewpoint; Banff Springs Hotel trailhead - park on Spray Avenue and walk past the hotel to the wooden gate across the Spray River fire road.

Note: The main trail, Trail 1, is not a complete loop. Finding your way back on foot from one trailhead to the other is difficult - Trail 2 lets you do it the easier way, on skis.

Length and classification: Trail 1 (loop) - 10.8 km, Moderate; Trail 2 (one-way) - 1.9 km, Easy; Trail 3 (one-way) - 5.8 km, Moderate.

Description: Trail 1 runs up one side of the Spray River and down the other, forming a 10.8 km hairpin-shaped trail with one end at the Banff Springs Hotel and the other on the golf course. Beginning at the golf course, the trail starts halfway down the first fairway. It crosses the fairway and immediately climbs to the top of a short steep hillside. Not far from here is a view of Sulphur Mountain and the gondola on the opposite side of the river. The now virtually flat trail continues to an arched wooden footbridge, 5.3 km from the golf course.

On the other side of this bridge, the trail turns right and follows the Spray River fire road downstream. On this side of the river, the trail climbs and drops several times and also crosses two avalanche zones. Skiers can return to the golf course by turning off on to Trail 2 (see description below). Trail 1 ends, 5.5 km from the bridge, at the Banff Springs Hotel trailhead.

Trail 2, in combination with part of Trail 1, forms a smaller hairpin-shaped trail up one side of the Spray River and down the other. To get on to Trail 2 from the golf course, ski across the first fairway keeping close to the river. Trail 2 travels alongside the river for 0.8 km to another arched wooden bridge. Rocks from the abandoned quarry here were used in the construction of the Banff Springs Hotel, the park administration building, the Banff post office and other local buildings. After crossing the bridge, you climb uphill for a short distance to join Trail 1, less than 1 km from the Banff Springs trailhead.

Trail 3 follows the route of the Banff-Canmore ski touring trail as far as Goat Creek. The touring trail ends on the Spray Reservoir road still a long way from the town of Canmore, so if you intend to ski the entire trail, arrange return transportation beforehand. Trail 3 starts at the bridge at the far end of Trail 1 and follows the Spray River fire road upstream for 4 km. The road branches at a sign here. Take the road to the left, not the Spray River road which continues ahead. If you cross a footbridge immediately after this junction you are on the right trail! Two kilometres farther on you arrive at the Goat Creek bridge where the trail ends. Return to Banff by the same route. Trail 3 is relatively level except for the hills at the two bridges.

All the Spray River trails are located on roads and are easy to follow. Just the same, it is a good idea to double check your direction now and then; a wrong turn at any of the junctions could lead you astray.

Hazards: Skiing on the Spray River is not recommended. Trail 1 crosses two avalanche zones on the west side of the Spray River.

6. Cave and Basin

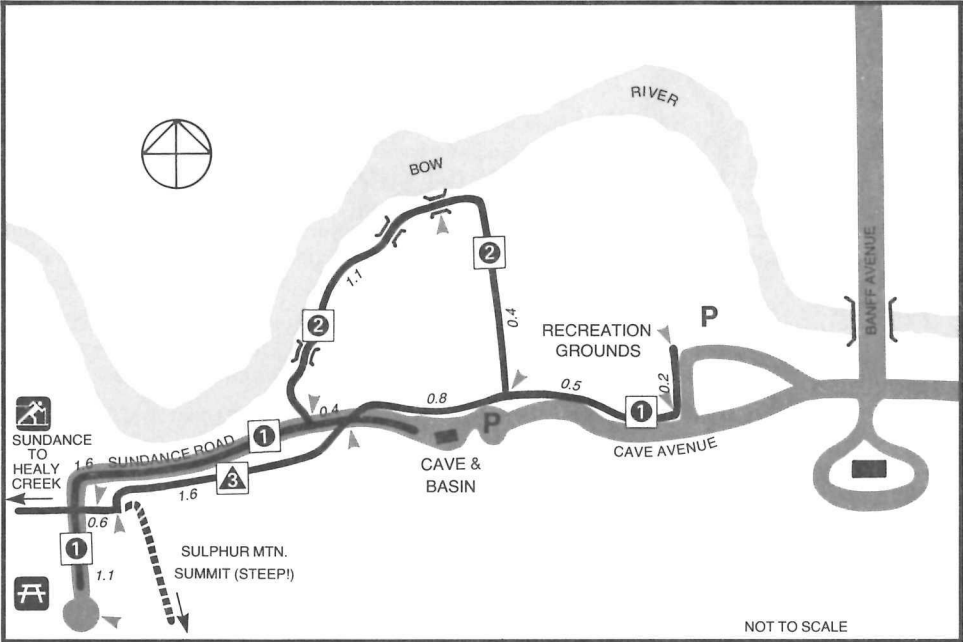
Access and parking: Cave and Basin parking lot at the end of Cave Avenue, or at the recreation grounds parking lot half-way down Cave Avenue

Length and classification: Trail 1 - 4.6 km, Easy; Trail 2 - 1.5 km, Easy; Trail 3 - 2.2 km, Difficult.

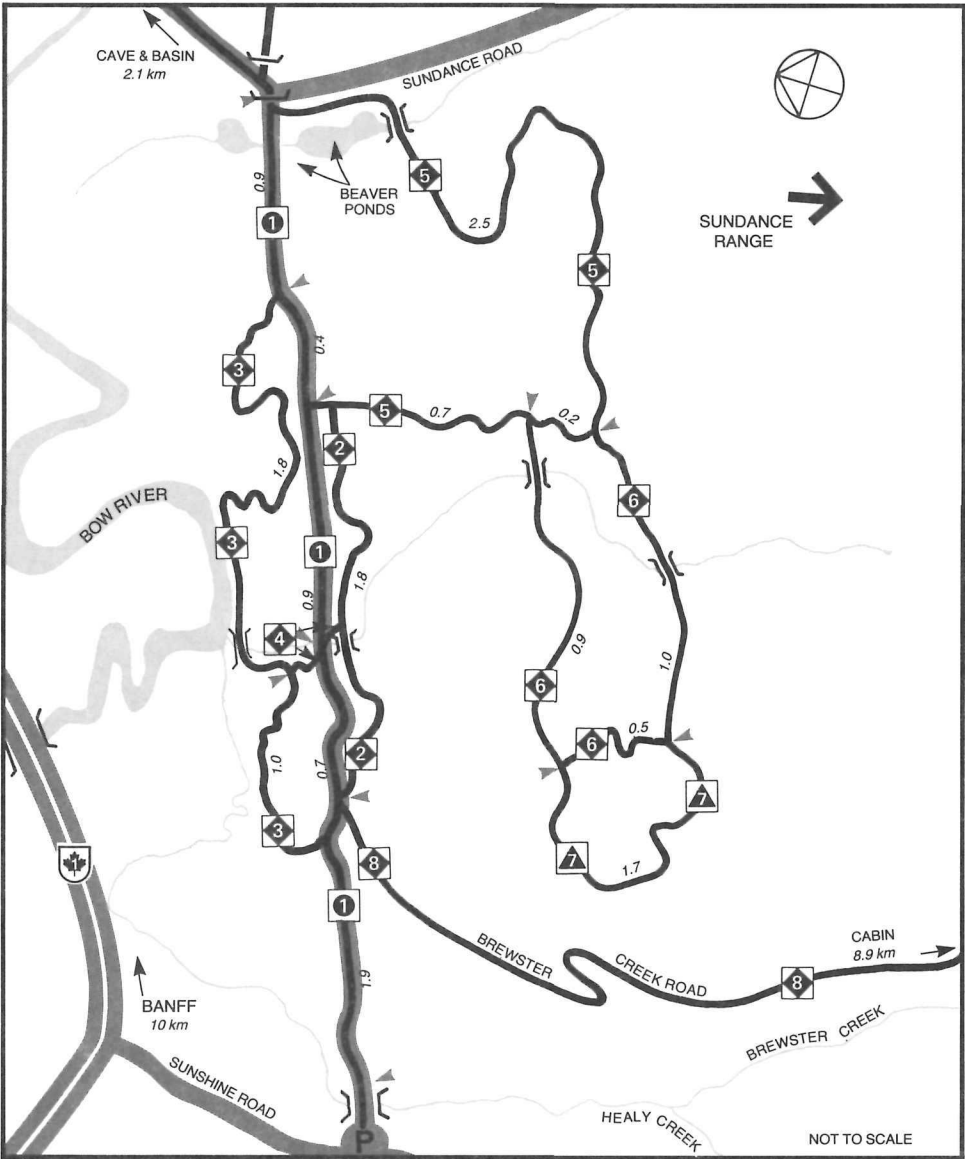
Description: Trail 1 follows a hiking and horse trail from the recreation grounds past the Cave and Basin parking lot to the Sundance road and eventually to Sundance Canyon. From the Sundance road junction it is a little less than 2 km to the start of the Healy Creek fire road, part of the way on a windblown and, at times, icy stretch of road. The wetlands on either side of the road here are home to a great variety of birds and animals. Watch for beaver dams and lodges. From the junction with the fire road it is just over 1 km to Sundance Canyon where the trail ends. Here, weary skiers can have lunch and warm themselves before a fire in the picnic shelter. Take the same route or the more difficult Trail 3 back to your parking area.

Trail 2, in combination with part of Trail 1, forms a loop. From the Cave and Basin parking lot the loop is 2.7 km long; from the recreation grounds the total round-trip distance is a little over 4 km. On the flat side of the loop the trail runs along the top of a dike built to reclaim swamp land beside the river for use as a recreation ground. As you ski past the Cave and Basin, you may wish to doff your hat (or toque) to the birthplace of Canada's national parks system, 100 years old in 1985.

Trail 3 runs parallel to a section of the Sundance road. It begins where Trail 1 joins the Sundance road. From here it follows the horse trail which crosses the road and climbs up the hillside beyond. It meets the Sulphur Mountain road and drops downhill again to rejoin the Sundance road directly opposite the start of the Healy Creek fire road. There are steep, fast sections on this trail.



7. Sundance



Access and parking: Cave and Basin trailhead - from the parking lot, follow Trail 1 of the Cave and Basin trails (see description 6) for about 2 km to the junction of the Sundance and Healy Creek roads; Healy Creek trailhead - gravel parking lot beside the Sunshine road 0.8 km past its junction with the Trans-Canada Highway.

Length and classification:

Easy	Moderate	Difficult
Trail 1 (one-way) 4.8 km	Trail 2 (one-way), 1.8 km	Trail 7 (partial loop), 1.7 km
	Trail 3 (one-way), 2.8 km	
	Trail 4 (by-pass), 0.2 km	
	Trail 5 (partial loop), 3.4 km	
	Trail 6 (partial loop), 2.4 km	
	Trail 8 (one-way), 8.9 km	

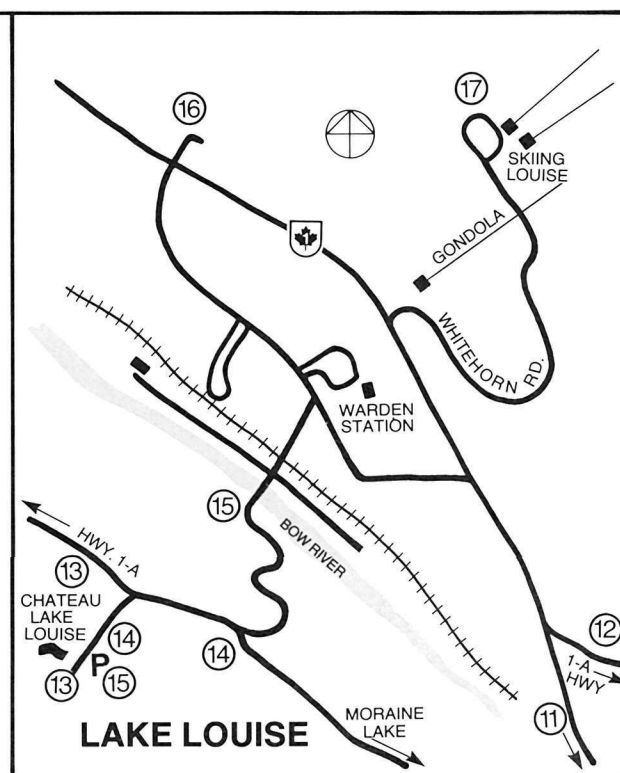
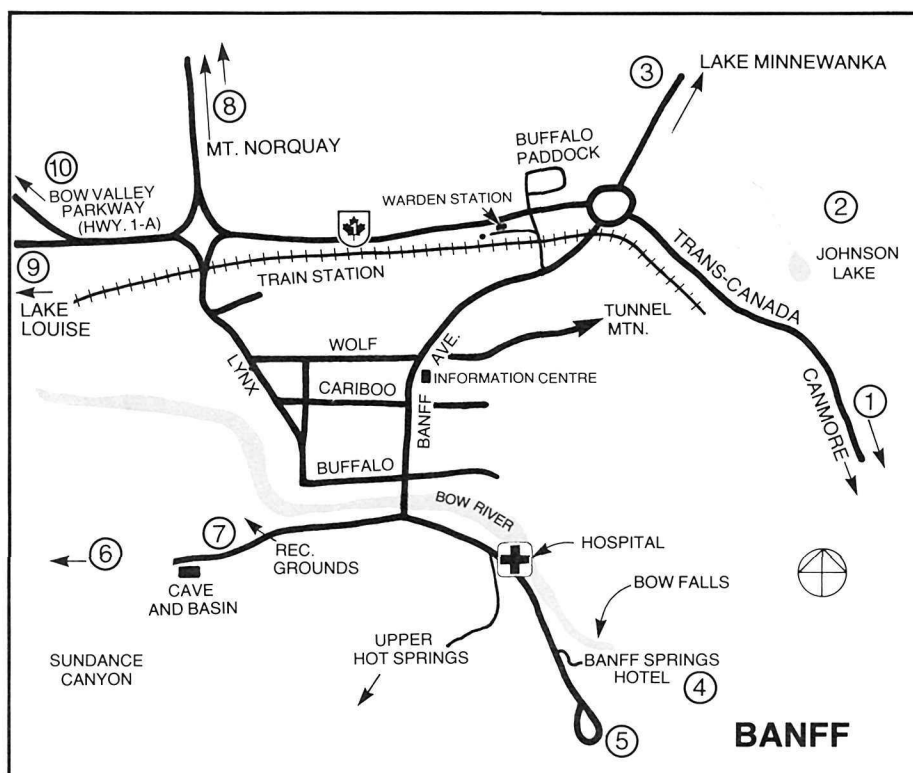
Description: This trail network was used after the Second World War for the Intercollegiate Sports Competitions sponsored by the University of Alberta. Today, the Sundance trails serve the leisure skier as well as the racer. Trail 1 follows the Healy Creek road for 4.8 km from its junction with the Sundance road at one end to the Healy Creek parking lot at the other. As well as being a wide and pleasant trail itself, it serves as the main access route for Trails 2, 3, 4, 5 and 8. These trails are all clearly signed where they meet or cross Trail 1. If you are out for a day's skiing on any of these, the Healy Creek bridge site, the beaver ponds near the junction of the Sundance and Healy Creek roads, or the picnic shelter at the end of the Sundance road make good lunch spots.

Trails 2 and 3 parallel the Healy Creek road. Trail 2 travels on the uphill side of the road, often within sight of it, for 1.8 km. Trail 3, which is 2.8 km long, parallels the road on its downhill side, often out of sight of it. It has more bends and somewhat steeper hills and is slightly more difficult to ski than Trail 2. There is a viewpoint on Trail 3 where Healy Creek and an unnamed creek from the Sundance Range flow into the Bow River. Trail 4 links Trails 2 and 3 and can be used to get on to or off either of them from the Healy Creek road.

Trail 5 begins just past the metal barrier across the end of Healy Creek road. Where it meets Trail 6, it turns abruptly and drops downhill, sometimes gently, sometimes steeply. It rejoins the Healy Creek road at the same point as the east end of Trail 2. Trail 5 provides access to Trail 6 which in turn provides access to Trail 7. These three trails are located on a heavily-wooded mountainside. The terrain is rolling and, for Trail 7 in particular, steep. Views are almost non-existent but these trails do offer skiers a choice of loops of different lengths and degrees of difficulty. These loops formed the original racing circuits for the Intercollegiate Competitions.

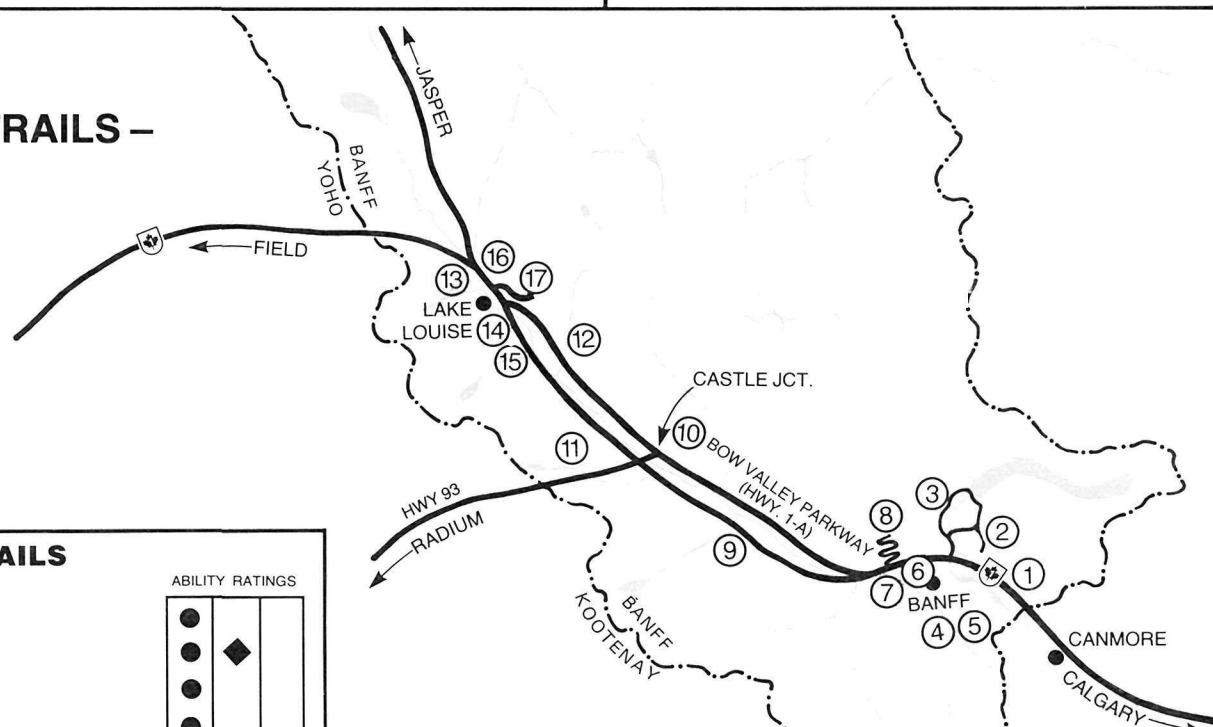
Trail 8 also starts on the Healy Creek road. It follows an old road for about 9 km to its end at a private cabin and corral. The first part of the trail is an uphill climb for approximately 2.5 km with several switchbacks. From the end of the trail, take the same route back.

Hazards: Thick forest makes it easy to get lost if you wander off the signed ski trails.



NORDIC SKI TRAILS –

**BANFF
NATIONAL
PARK**

**BANFF**

TRAILS

ABILITY RATINGS

- 1 - CARROT CREEK
- 2 - JOHNSON LAKE
- 3 - CASCADE
- 4 - GOLF COURSE
- 5 - SPRAY RIVER
- 6 - CAVE & BASIN
- 7 - SUNDANCE
- 8 - FORTY MILE CREEK
- 9 - REDEARTH CREEK
- 10 - JOHNSTON CREEK INK POTS

LAKE LOUISE

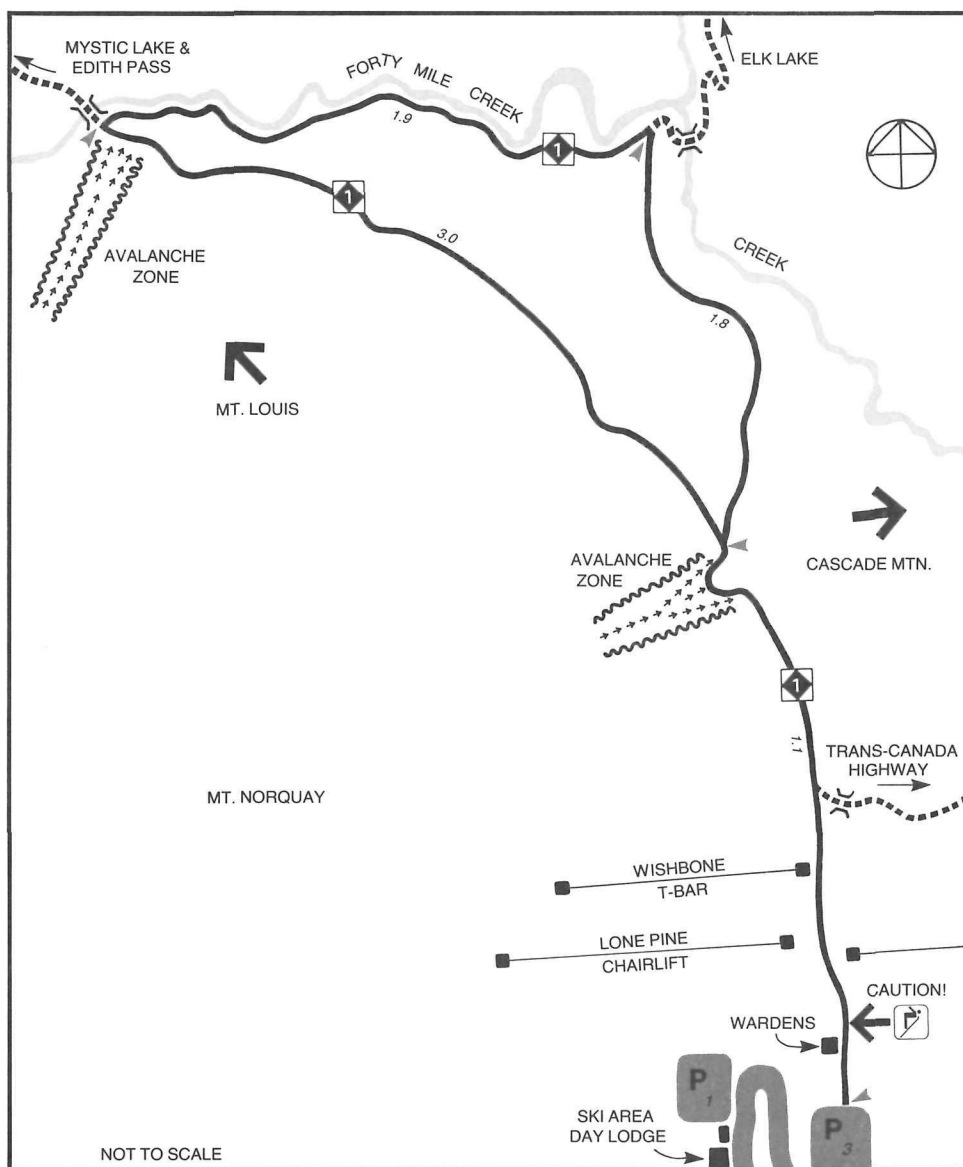
- 11 - BOOM LAKE
- 12 - BAKER CREEK
- 13 - LAKE LOUISE SHORELINE/
TELEMARK/1-A HIGHWAY
- 14 - FAIRVIEW / MORAINE LAKE ROAD
- 15 - TRAMLINE
- 16 - PIPESTONE
- 17 - WHITEHORN

LEGEND

- Ski Trailheads
Highway
Town
Park Boundary
River, Creek
Lake



8. Forty Mile Creek



Access and parking: Parking lot 3 at the Norquay ski area.

Length and classification: 8.9 km (round-trip), Moderate.

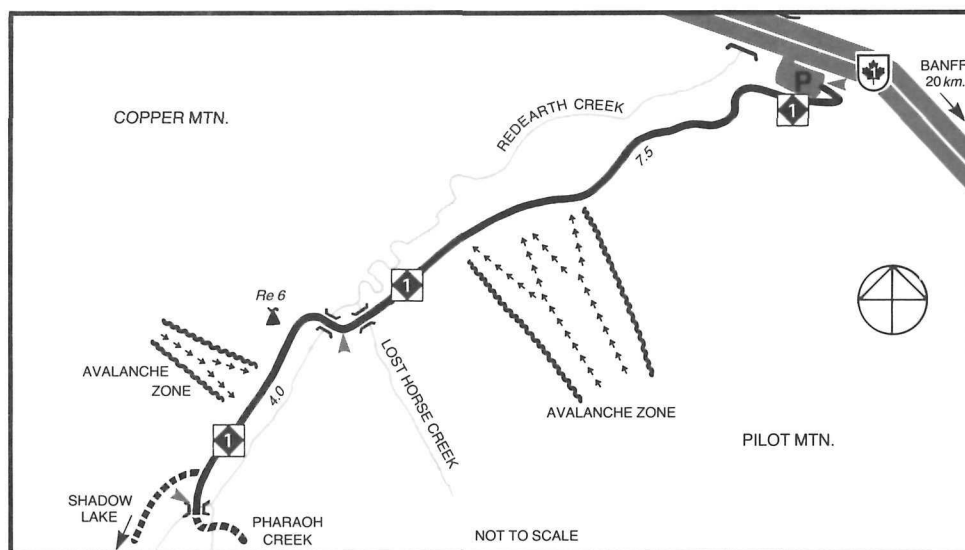
Description: Start at the far end of the parking lot and ski directly across the ski area to where the trail enters the forest. Continue straight ahead. After crossing a large and rather open gully (an avalanche chute), the trail forks; one branch leads to Mystic Lake, the other to Elk Lake. From this fork, the ski trail makes a 6.7 km loop. Skiing the loop in a clockwise direction (the easier way) you start with a fairly steep uphill climb on the Mystic Lake trail. The trail then drops for almost a kilometre to the banks of Forty Mile Creek. At the bridge over the creek there is a magnificent view of Mount Louis rising high on the western horizon. Don't have lunch here - it's another avalanche chute. Equally good views and safer spots can be found farther along the creek.

From the bridge, the ski trail travels downstream along the south bank of the creek to the Elk Lake trail. This section is flat and narrower than the rest of the trail. It twists and turns pleasantly as it makes its way along the creek. The sulphur you can smell at one point along the way comes from a spring on the opposite side of the creek.

From the junction with the Elk Lake trail, the going is uphill all the way back to the parking lot, though this trail is less steep than the Mystic Lake trail. Not all cross-country skiers will be going in the same direction, so watch out for others coming downhill.

Hazards: The trail crosses several avalanche zones.

9. Redearth Creek



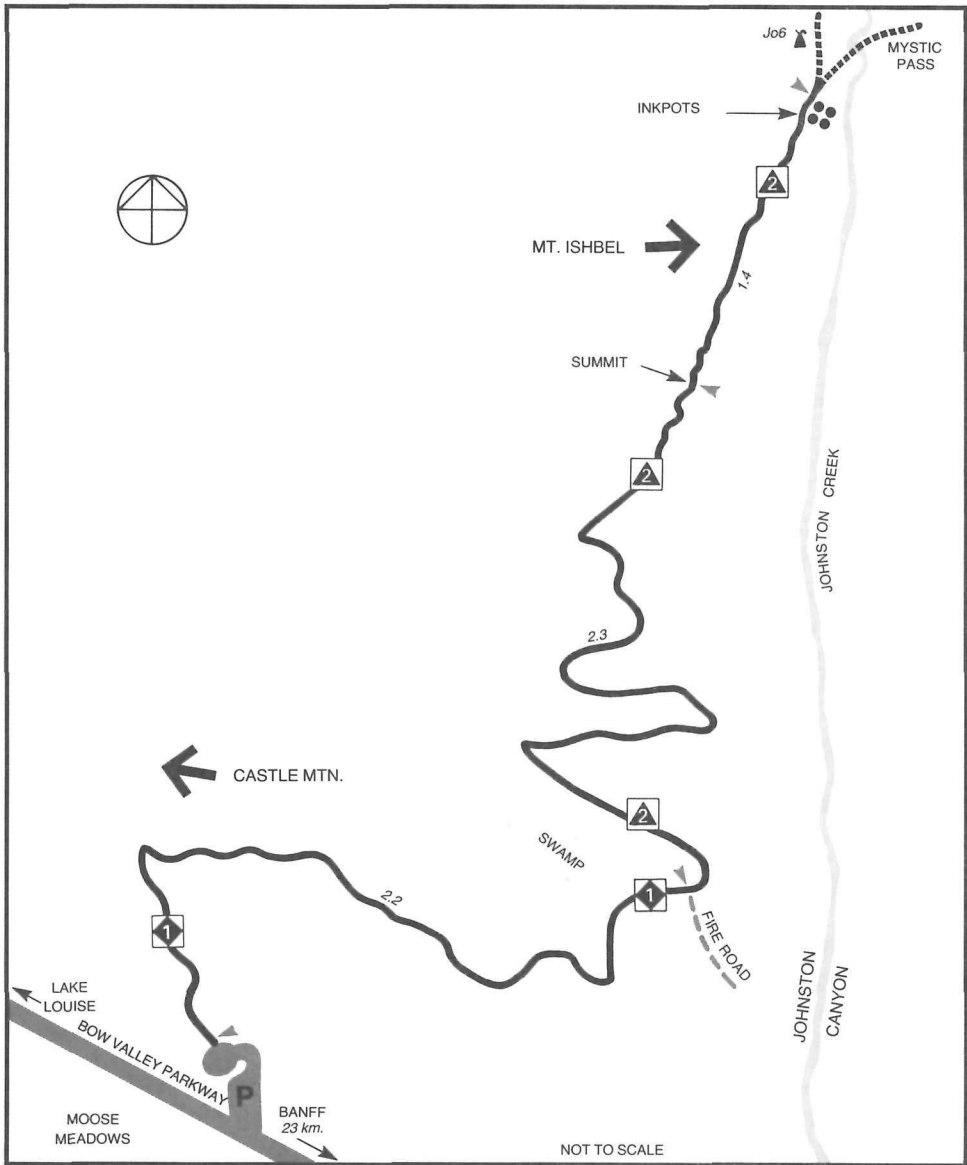
Access and parking: The parking lot on the south side of the Trans-Canada Highway 20 km west of Banff.

Length and classification: 11.5 km (one-way), Moderate.

Description: The trail follows the Redearth fire road. From the kiosk in the parking lot, it runs diagonally uphill to join the fire road in 0.3 km. An easier start (and finish) is made by skiing about 0.4 km east alongside the highway to the actual start of the fire road. Throughout its first 5 km the trail rises in a series of steps; thereafter it is fairly level. The first steps are quite steep, but the road is wide enough to permit all kinds of manoeuvres. At 7.5 km from the trailhead, the trail crosses the first of two bridges. The second of these, 200 metres farther on, is over Redearth Creek. There is almost no sign left now of the industry once associated with this area when trucks rumbled down the road from a mine at Natalco Lake and timber was milled at a sawmill not far from this bridge. It is 4 km from the Redearth Creek bridge to trail's end where Pharaoh and Redearth Creeks meet. Return to the parking lot by following the fire road.

Hazards: The trail crosses several avalanche slopes on both sides of the valley.

10. Johnston Creek - Ink Pots



Access and parking: Moose Meadows parking lot on the Bow Valley Parkway 1.4 km west of Johnston Creek or 5 km east of Castle Junction.

Length and classification: Trail 1 (one-way) - 2.2 km, Moderate; Trail 2 (one-way) - 3.7 km, Difficult.

Description: The trail climbs from the parking lot to a meadow on Johnston Creek some 200 m higher in elevation. It follows old roads for most of the way to the summit then narrows for the descent to the meadow.

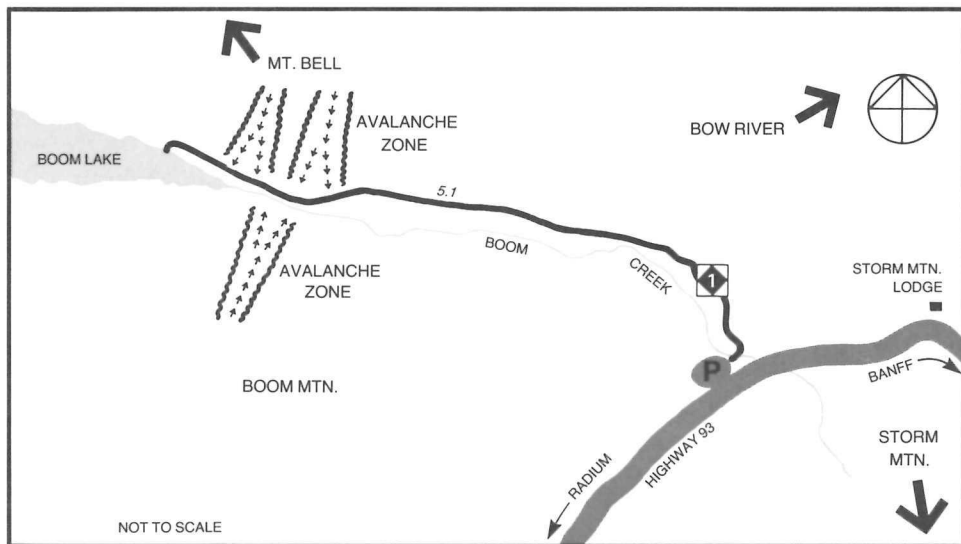
Trail 1 is generally uphill with a few flat and downhill sections. It ends where the fire road joins it. Return to the parking lot by the same route.

Trail 2 starts where Trail 1 ends, and continues more steeply and relentlessly than Trail 1. Once over the hump, where the trail narrows, you still have some bad corners to negotiate before you reach

the Ink Pots. Coming into the meadows after the long uphill climb through dense forest is like breaking into another world. The Ink Pots, just ahead where the trail ends, are clear greenish pools formed by artesian springs whose water temperature remains at a constant 1°C. They make a lovely spot to have lunch before you head back down the trail to the parking lot. The mountains to your right are all part of the Sawback Range; the smooth-faced triangular peak is Mount Ishbel.

Johnston Canyon is by-passed completely by this trail although there is a view into it from one point high above it on Trail 2. Despite its difficulty, the trail is well used. Skiers heading uphill should watch out for those coming down. Skiers on their way out should make the descent carefully and under control.

11. Boom Lake



Access and parking: Boom Creek picnic area on the Banff-Windermere Highway (Highway 93 south), 7 km southwest from Castle Junction on the Trans-Canada Highway.

Length and classification: 5.1 km (one-way), Moderate.

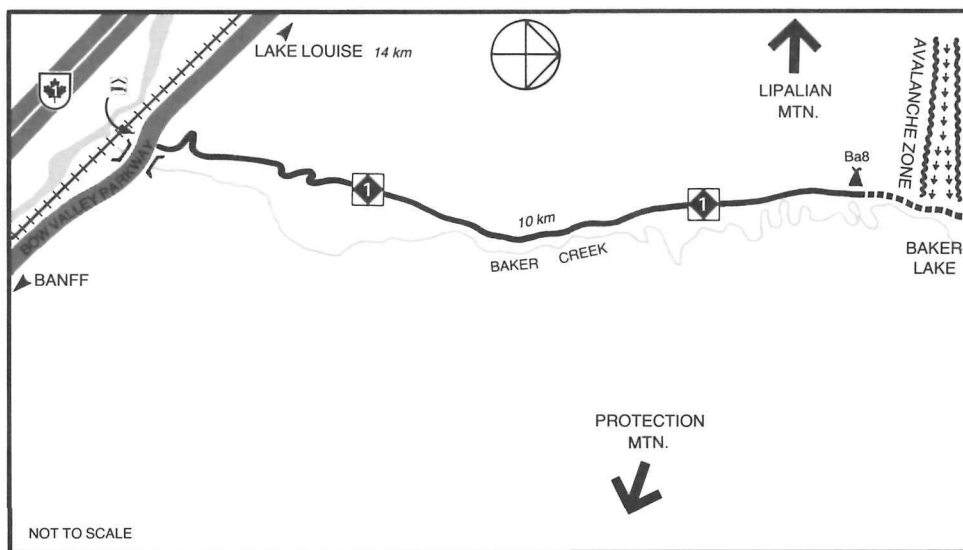
Description: The Boom Lake ski trail follows the route of the hiking trail from the parking lot to the east end of the lake. Located at elevations higher than 1700 m, the trail is almost guaranteed plenty of snow from late November to mid-April, and to be skiable both earlier and later than most other trails in the park.

The trail crosses a footbridge at the picnic area and makes a series of switchbacks. It then climbs much more gradually for the rest of the way to the lake. For most of the way the trail is quite wide, but just before the lake it narrows considerably. As you ski along, note how large the subalpine fir are in this area. Later, at the avalanche zones just before the lake, note how they are torn up, tossed around and broken. This scene of destruction is testimony to the enormous power of avalanches.

Boom Mountain is on the south side of the lake. The two mountains forming the backdrop to the lake are Quadra and Bident. To return to the parking lot, follow the same route.

Hazards: The trail crosses several avalanche zones at its far end.

12. Baker Creek



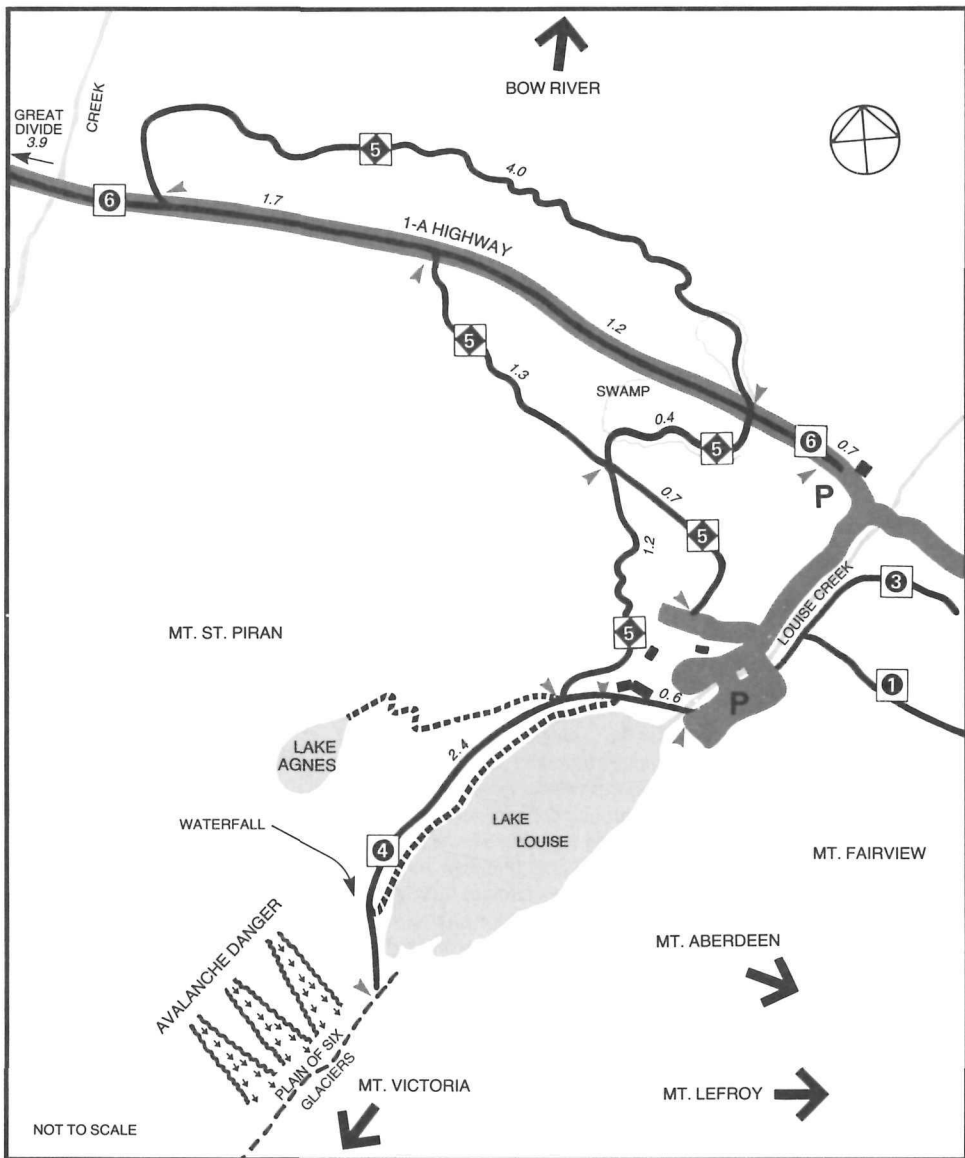
Access and parking: Baker Creek picnic area on the Bow Valley Parkway (Highway 1-A) 10.1 km east of the junction of the Parkway and the Trans-Canada Highway at Lake Louise, or 14.4 km west of Castle Junction.

Length and classification: 10 km (one-way), Moderate.

Description: The trail follows the summer hiking trail up the west bank of Baker Creek to backcountry campground Ba8. Skiing up Baker Creek instead of following the trail can be dangerous and leads you into more difficult terrain. Start in a gully on the steep hillside close to the picnic area. The trail ascends the gully for a short distance then makes a large sweeping curve. At the top of the hill, it crosses under the power line and heads into the trees. The trail climbs gradually through this dense lodgepole pine forest for 5 km to a meadow on Baker Creek, crossing two shallow but steep-sided gullies and making an occasional downhill run. Many people make the meadow with its panoramic view of the surrounding mountains their lunch spot and destination point. From the meadow, however, the trail continues to the campground another 5 km ahead. It crosses the meadow by gradually climbing uphill, still keeping away from the creek. The trail ends at the campground. Follow the same route back to the trailhead. It's downhill most of the way with a few curves and dips to add excitement.

Hazards: Skiing on Baker Creek is not recommended. Avalanche slopes cross the trail beyond campground Ba8.

13. Lake Louise Shoreline / Telemark / 1A Highway



Access and parking: Upper trailhead - public parking lots near Chateau Lake Louise; lower trailhead - parking area west of the service station at the junction of the Lake Louise access road and the Bow Valley Parkway.

Length and classification: Trails 1, 2 and 3 - see descriptions Fairview / Moraine Lake Road and Tramline; Lake Louise Shoreline (Trail 4) - 3 km, one-way, Easy; Telemark (Trail 5) - 9.3 km loop, Moderate; Bow Valley Parkway (Trail 6) - 7.5 km, one-way, Easy.

Description: Lake Louise Shoreline (Trail 4) - This trail follows the pony trail round the west shore of Lake Louise. Set farther back from the lake than the footpath, it is not scenic, but the skiing is better than on the packed and trampled footpath. Start by skiing to the lakeshore. Just past the Chateau, the lakeshore trail branches. Ski up the long incline here then turn left on to the pony trail at the start of the Lake Agnes trail. The ski trail rejoins the footpath 1.8 km farther on where a beautiful frozen waterfall hangs on the cliff above. The colorful rock cliffs here are of Lower Cambrian

quartzite. A sunny open area at trail's end just round the corner makes an excellent lunch spot. Return by the same route.

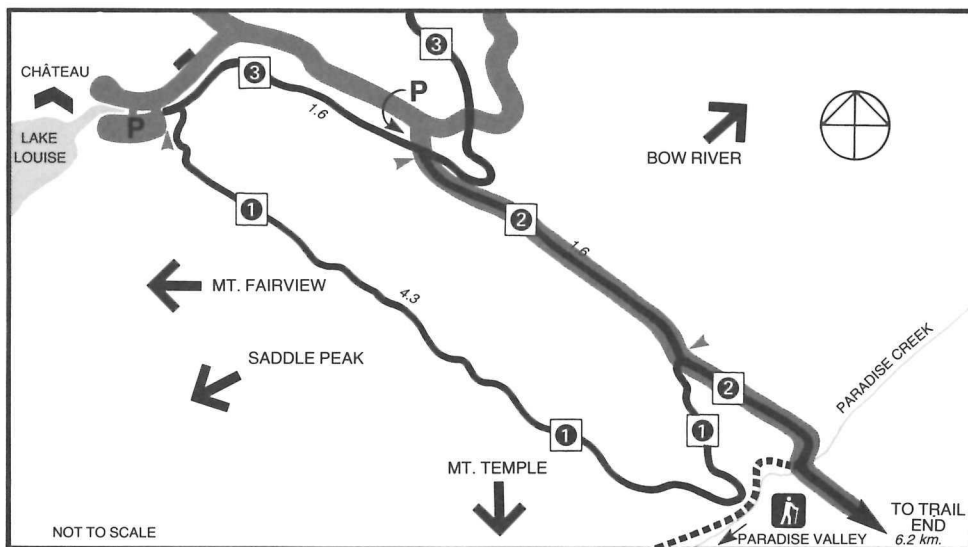
Hazards: Avalanche zones start immediately beyond the end of the Shoreline Trail. Skiing on Lake Louise is not safe, especially during the beginning and end of the season.

Telemark (Trail 5) - The Telemark Trail forms a figure-eight, its small loop touching Lake Louise and its big loop encircling part of the Parkway. Since 1973 it has been the site, every March, of a citizens' cross-country race. Despite its name, you do not have to be able to telemark to ski it. Start at the Lake Agnes trailhead sign (see trail description above), turn right and circle back behind the Chateau. Just past some large propane tanks, the Telemark drops over the edge of a hill and the Chateau disappears from sight. From here the trail continues downhill to the Parkway, crossing over itself once. The part of the trail situated below the Bow Valley Parkway challenges a skier's ability on winding, rolling terrain, just as the straight stretch back along the Parkway brings out the racer in you. Keep an eye open for the point where the Telemark leaves the highway over a rail-less wooden bridge and disappears into the forest. After circling around one side of a clearing, the trail ends near the Chateau's staff quarters (four large buildings).

Bow Valley Parkway (Trail 6) - For an easy day out, start at the lower parking area and ski the Parkway. It's wide, easy to follow and almost flat. You have to share it with snowmobilers and Telemark trail users but if you make it to the Great Divide and back you have skied 15 km. Well done!

For just a taste of the racy Telemark, you can ski the below-the-highway part of this trail (see Telemark Trail description above). Turn off the Parkway where the Telemark first crosses it, 0.7 km from the lower parking area. Access is a bit more direct, however, from a side road (ski round the gate) that joins the Parkway just before this intersection; by taking this road you will shortly link up with the Telemark.

14. Fairview / Moraine Lake Road



Access and parking: Upper trailhead - public parking lots near the Chateau Lake Louise; lower trailhead - park at the Fairview picnic area.

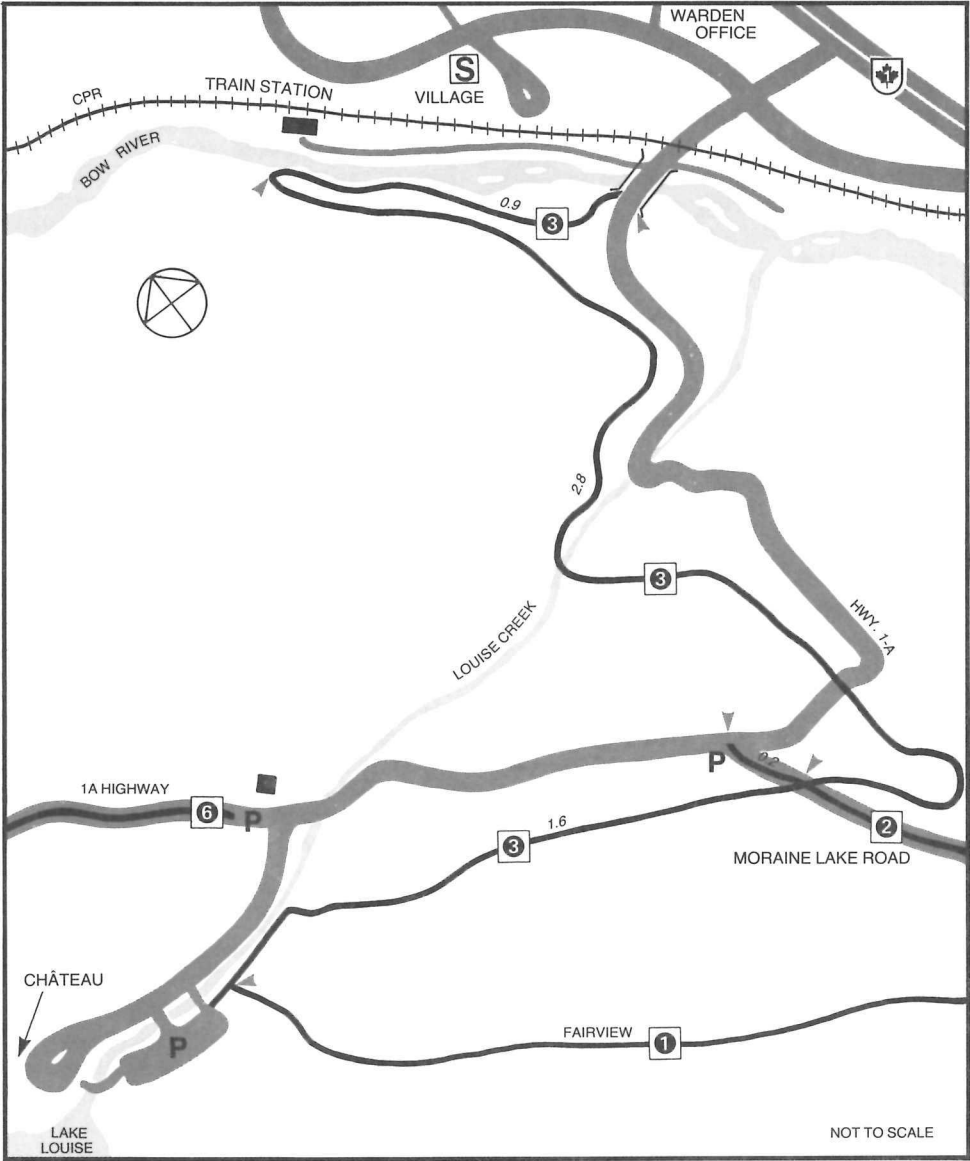
Length and classification: Fairview (Trail 1) - 4.3 km, one-way, Easy. Moraine Lake Road (Trail 2) - 8 km, one-way, Easy.

Description: Fairview (Trail 1) - This recently developed trail starts on the Tramline Trail (see description 15) at the edge of the parking lot farthest from the Chateau. A very short distance down the Tramline, it branches off to the right, scoots under a power line, and disappears among the trees. From here it travels across the lower slopes of Fairview and Saddle mountains, parallel to the summer hiking trail but at a much lower elevation to avoid avalanche chutes. Forest alternates with clearings that offer excellent views. Moose, snowshoe hare and lynx tracks may be seen. More than half way along there is an exhilarating, winding downhill run that even beginners will want to do again; it ends in a large clearing. Not far from this clearing, and not far from an intersection with the Paradise Creek touring trail, the trail turns on itself and runs downhill to end at the Moraine Lake Road. To get back to the parking lot at the upper trailhead from here, turn left and ski down the road. At a metal gate across the road not far from the lower trailhead, turn left on to the Tramline and follow it uphill to the parking lot.

Moraine Lake Road (Trail 2) - from the lower parking lot, the ski trail follows the road for almost 8 km. Just over 1.5 km from the parking lot the Fairview Trail joins the road. Another 1 km farther on the road crosses Paradise Creek and shortly afterwards becomes noticeably steeper for a short section. Otherwise the trail climbs gradually uphill with some flat and some gently rolling stretches. It ends at a viewpoint where the road curves and begins to make its way up to the Valley of the Ten Peaks. What this trail lacks in excitement it makes up for in dependability. It is easy to ski; it is difficult to get lost on; it can be skied early or late in the season - and it is downhill most of the way back.

Hazards: Beyond the end of the ski trail avalanche slopes cross the Moraine Lake road.

15. Tramline



Access and parking: Upper trailhead - public parking lots near the Chateau Lake Louise; middle trailhead - parking area at the start of the Moraine Lake Road; lower trailhead - south side of the Bow River bridge (no parking area at this location but it is only a short walk from Lake Louise village).

Length and classification: 5.3 km, one-way, Easy.

Description: The Tramline provides cross-country skiers with a trail between the valley floor and Lake Louise. It is a broad, well-defined trail with a constant grade that makes it well suited to cross-country skiing. It follows the route of the CPR tramline that, between 1912 and 1930, was the main means of transportation between the train station on the valley floor and Chateau Lake Louise.

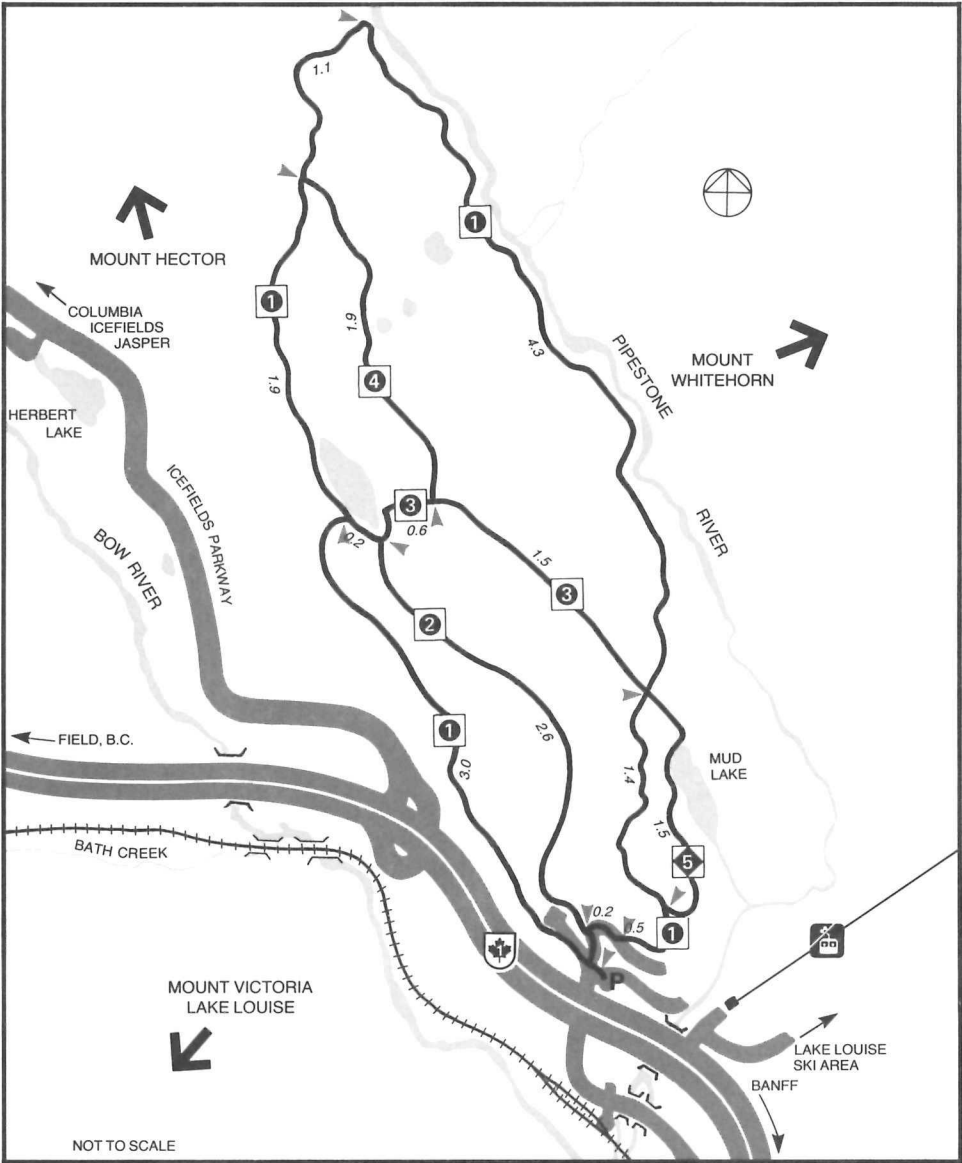
The Tramline leaves the upper parking lot at the point farthest from the Chateau. It runs parallel to the Lake Louise access road then turns into the trees. In its downhill course it crosses the Moraine Lake Road (closed to vehicular traffic during the winter), Highway 1A, and Louise Creek. A short

distance below Louise Creek a sudden break in the forest offers a spectacular view of the Bow Valley. The Tramline continues downhill from the creek and emerges on the south bank of the Bow River directly opposite the train station. The CPR tramline actually crossed the river a short distance upstream from this point. The trail now travels downstream to the Bow River bridge where it ends.

For the most part, the Tramline Trail is easy to follow. However, the bottom section, between the train station on the north bank of the river and the Bow River bridge can be confusing to both outbound and inbound skiers. On this part of the trail in particular, follow the trail signs carefully.

Hazards: Crossing the river on the ice is extremely dangerous. At the intersection of the Tramline and Highway 1A cross with caution.

16. Pipestone



Access and parking: The parking lot on the north side of the Trans-Canada Highway 0.7 km west of the access road to the Lake Louise ski area and directly opposite the west entrance to Lake Louise.

Length and classification: Trail 1 (loop) - 12.6 km, Easy; Trail 2 (one-way) - 2.8 km, Easy; Trail 3 (one-way) - 2.1 km, Easy; Trail 4 (one-way) - 1.9 km, Easy; Trail 5 (one-way) - 1.5 km, Moderate.

Description: Trail 1, the main trail and the longest one in the Pipestone network, is a 12.6 km loop. It starts at the bottom of the hill behind the parking lot. There are not many hills on the Pipestone trails and no others as high and steep as this one. At the top, Trail 1 joins a road which runs along the brow of the hill. Going to the right, or east, you come first to the start of Trail 2 and, a little farther on, to the hiking trail. At this point, Trail 1 turns off the road and follows the hiking trail up the Pipestone Valley for over 6 km. Except for a few short steep climbs on this part of the trail, most of it is on either rolling or flat ground. The Pipestone River is named after a rock, argillaceous shale, found along its banks; Indians carved pipe bowls and other objects from this rock.

At a point marked by an “End of Trail” sign, Trail 1 swings left off the hiking trail and circles back to the trailhead. From here back to the parking lot, the trail is fairly level though there are a few short steep sections. After passing one end of Trail 4 and an un-named lake where Trail 2 branches off, Trail 1 eventually comes out on the road to the government corral. It follows this road a short way back to the brow of the hill overlooking the trailhead sign, the parking lot and an area of historical significance. It was while he was camped near here in 1882 that Tom Wilson, guided by a native Indian, discovered Lake Louise. The Indians knew it as the “lake of the little fishes”; Wilson originally named it “Emerald Lake.”

Trails 2, 3 and 4 all lie within the loop of Trail 1. They are all rather similar, each of them generally level with an occasional small hill. They can be used to shorten, lengthen, or just add variety to loop 1. Trail 2 is located mostly in trees, while Trail 3 travels mostly through clearings. The junction of Trails 1 and 4 is not as obvious as the other junctions. Watch carefully for signs. Along Trail 4 some derelict cabins, remnants of an old logging camp, can be seen.

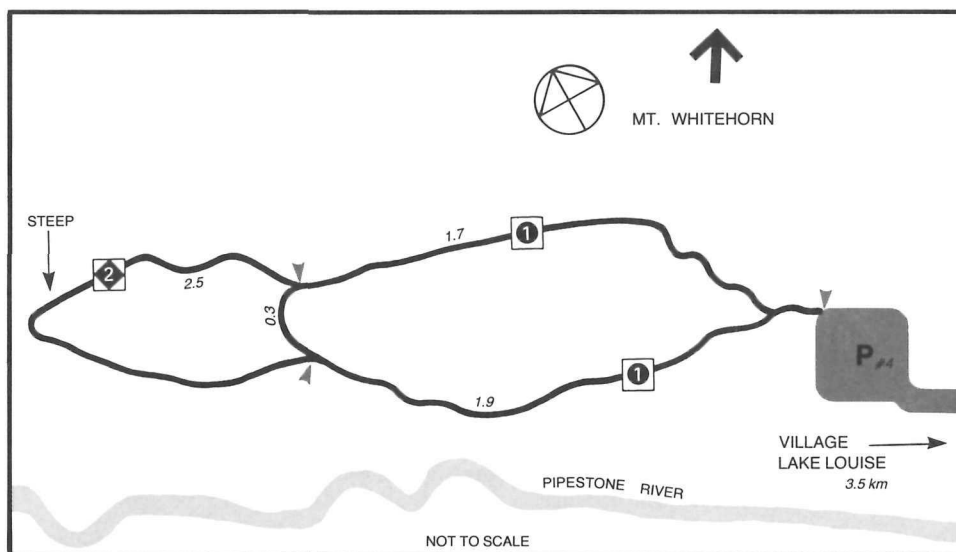
Trail 5 follows the hiking trail to Mud Lake and then continues around the shore of the lake to its far end. From here, it follows clearings back to Trail 1, meeting it at the same point as Trail 3. There are some steep hills on the trail in to Mud Lake that put it into the moderate category. The preferred direction to ski this trail is counter-clockwise.

The benchland on which these trails lie makes one of the best cross-country ski areas in the park. It holds the snow well yet is a bright, sunny area; the terrain is gently rolling for the most part and the forest is mostly open with frequent clearings.

Hazards: Off the trail the terrain is generally featureless and therefore easy to get lost in. Skiing on Mud Lake or any of the un-named lakes in the area or on the Pipestone River is dangerous.

It is a good idea to double check your direction every now and then; a wrong turn at a junction will lengthen your trip considerably.

17. Whitehorn



Access and parking: Far end of parking lot #4 at the end of the Lake Louise ski area road.

Length and classification: Trail 1 (loop) - 3.9 km, Easy; Trail 2 (partial loop) - 2.5 km, Moderate.

Description: From the corner of the parking lot Trail 1 makes a short downhill run. At the bottom of this run, turn left and follow the trail up the Pipestone Valley. Where this trail takes you close to the steep bank of the river, you get your only view of the Pipestone. A little farther on, a long uphill climb takes you to the first junction of Trails 1 and 2. Trail 1 crosses the clearing here and shortly after reaches the other end of Trail 2. Between this second junction and the parking lot are a number of short quick downhill stretches and long gentle downhill runs that make the return trip go quickly. To add to the variety, Trail 1 takes you through still more clearings with some splendid views before bringing you back to the bottom of the initial downhill run.

Trail 2, starting at the first junction on Trail 1, continues heading up the Pipestone valley, taking you through more clearings, one of which - a very large one - you enter at the end of a fast straight downhill run. Just beyond the far end of this clearing is another smaller one where the trail changes direction and you start a long, winding climb. Once up this hill, you are heading back towards Trail 1 which you meet in a long, narrow clearing. From here, follow Trail 1 back to the parking lot.

After skiing the Whitehorn loops several times you may discover the variety the area has to offer in both the nature of the skiing and the character of the landscape surrounding you. A word of caution, however. The route of the trails through the clearings is not always obvious or straightforward and at several places in the forest other trails meet or cross the ski trail making the way confusing. Until you become familiar with the area you are advised to follow the trail signs carefully.

LEGEND FOR ALL TRAIL MAPS

Nordic ski trails

Access roads

Trans-Canada Highway

Other trails

Distances (km)

Skier ability rating

Parking

Gate

Lakes, creeks & rivers

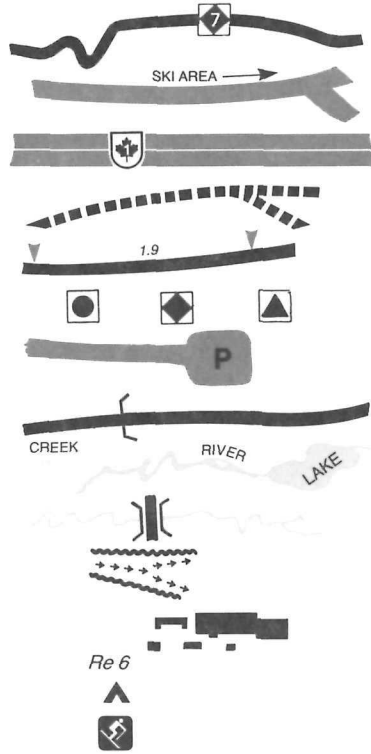
Bridge

Avalanche zone

Building

Backcountry campground

Downhill ski area



National Parks
Centennial



Centenaire des
parcs nationaux

1885–1985:

100 years of Heritage Conservation

Canada's first national park was established in 1885 at Banff, Alberta. Today there are national parks and national historic parks in every province and territory. The National Parks Centennial is an occasion to renew our commitment to preserve examples of our heritage unimpaired for the benefit of all Canadians.

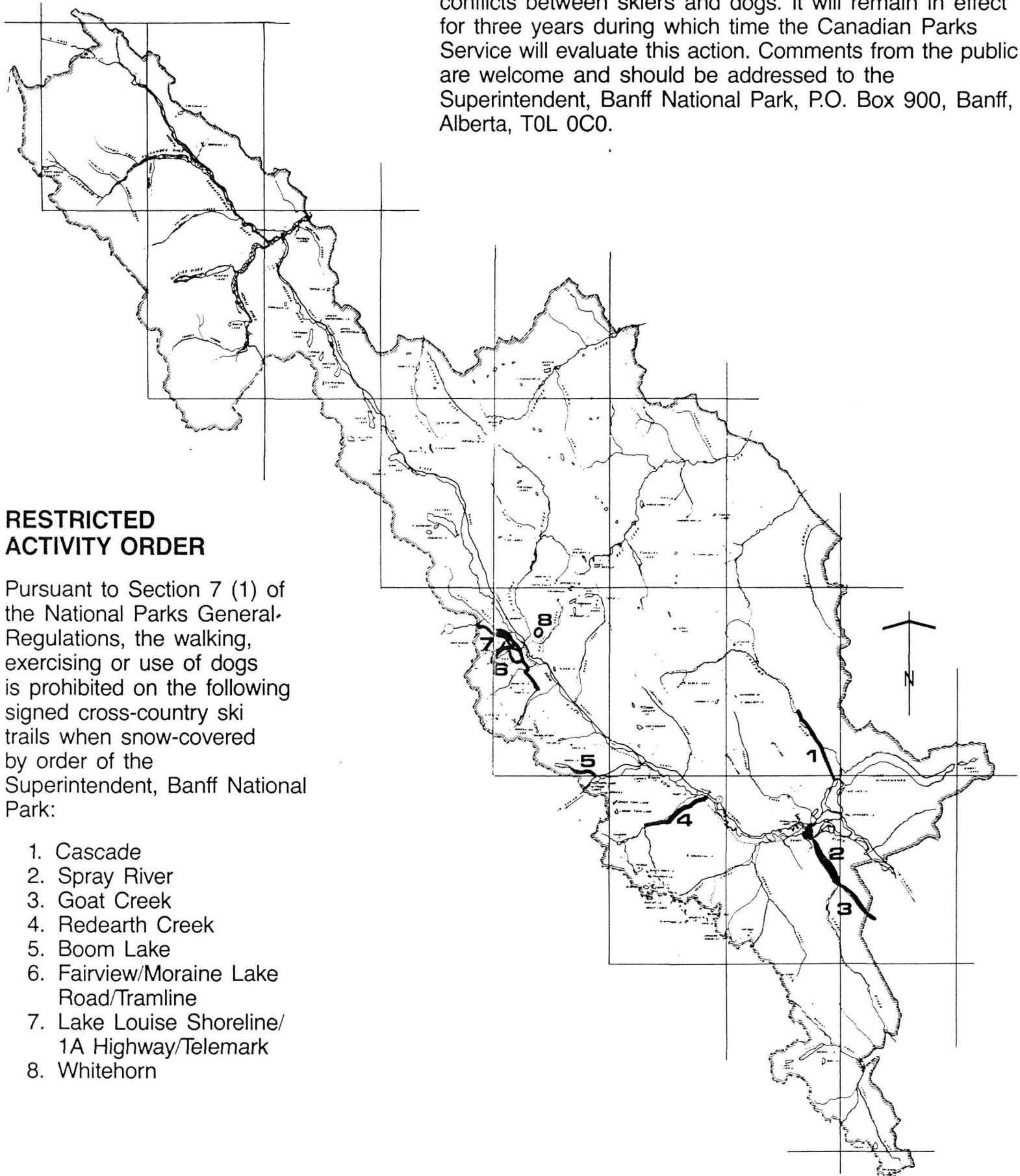
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QS-W170-000-EE-A1

Canada

DOG PROHIBITION: BANFF NATIONAL PARK

DOGS ARE NOT ALLOWED ON THE SKI TRAILS MARKED IN RED WHEN THESE TRAILS ARE SNOW-COVERED.

In order for those visitors who wish to ski without interference from dogs, the cross-country ski trails listed below and shown on the map have been closed to dogs. This prohibition was prompted by the park's concern over conflicts between skiers and dogs. It will remain in effect for three years during which time the Canadian Parks Service will evaluate this action. Comments from the public are welcome and should be addressed to the Superintendent, Banff National Park, P.O. Box 900, Banff, Alberta, T0L 0C0.



RESTRICTED ACTIVITY ORDER

Pursuant to Section 7 (1) of the National Parks General Regulations, the walking, exercising or use of dogs is prohibited on the following signed cross-country ski trails when snow-covered by order of the Superintendent, Banff National Park:

1. Cascade
2. Spray River
3. Goat Creek
4. Redearth Creek
5. Boom Lake
6. Fairview/Moraine Lake Road/Tramline
7. Lake Louise Shoreline/1A Highway/Telemark
8. Whitehorn

Date: February 1, 1990.

Dave Day, Superintendent
Banff National Park

Dave Day.

ADDENDUM: 1989-90 to "CROSS-COUNTRY SKIING - NORDIC TRAILS
IN BANFF NATIONAL PARK"

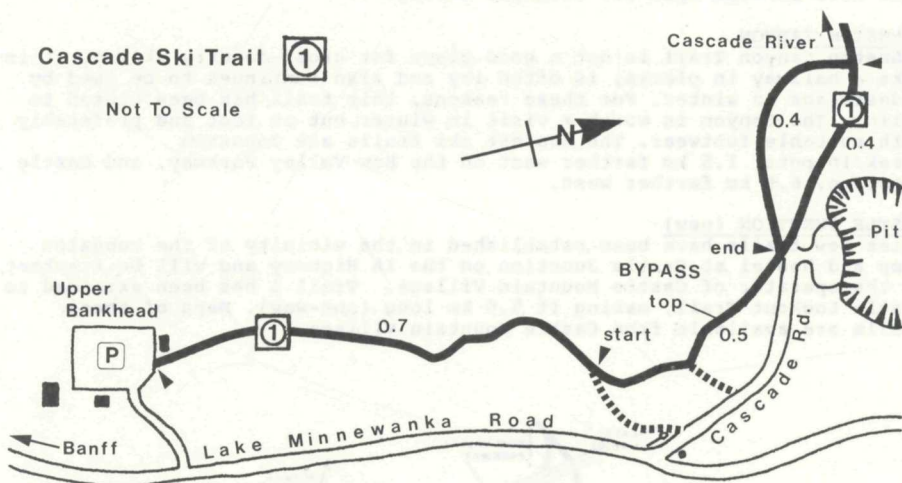
BANFF SKI TRAILS

TRACKSETTING

Tracksetting is done by Banff National Park staff with assistance from volunteers. All of the trails described in this booklet are approved for tracksetting except Carrot Creek, Forty Mile Creek and Johnston Creek/Inkpots.

CASCADE (page 9)

Trail #1: The first half kilometre of the Cascade Trail is now being used for truck access to a landfill pit. A new section of trail bypassing this part of the old fire road has been constructed for skiers. This bypass is shown on the map below and is signed with route markers. It climbs uphill in a series of bends and then drops downhill. The bypass is wide enough for snowplowing. A new 0.4 km trail begins where the bypass joins the road. It is shown on the map, too.



Trail #2: A second trail has been added which consists of an extension from the Cascade River Bridge to Stony Creek.

Length and Classification: Trail 2 (one way) 8.5 km, easy.

Description: Trail 2 starts at the bridge over the Cascade where Trail 1 ends. From the bridge the trail continues up the Cascade Valley through much the same terrain as that of Trail 1. Near its end, the trail drops downhill and then crosses open, flat ground to the Stony Creek bridge where it ends. At this point you have just skied the length of Cascade Mountain!

From the Upper Bankhead parking lot to Stony Creek and back is 30.0 km. Skiers planning on making this trip should get an early start.

GOLF COURSE (pages 10 - 11)

Route markers are not provided for trails on the golf course.

Trails 5, 6 & 7 are not being trackset. Trails 6 and 7 are located on roads which are now being used by vehicles and horse-drawn wagons. Trail 4 will be trackset when conditions permit.

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SPRAY RIVER (pages 11 - 12)

Trail #3 (Goat Creek Trail): Instead of ending at Goat Creek this trail is now signed and will be trackset all the way to Goat Creek trailhead. The trailhead is located in a signed parking lot in "the Gap" above Canmore on the Spray Lakes Road. The trail follows an old logging road to its junction with the Spray Trail running gently downhill most of the way and becoming steep as it approaches the bridge over Goat Creek. The overall distance from the Goat Creek trailhead to the Banff Springs Hotel is 18.5 km. The rating of the trail remains moderate.

FORTY MILE CREEK (page 18)

Several new ski runs have been cleared for a distance of about one kilometre beyond the Wishbone T-Bar. As a result of this clearing, the upper or Mystic Lake leg of this trail now cuts across the lower part of these steep slopes. Skiers crossing these slopes should double check: downhill skiers may be trying them out even though lifts have not yet been installed. If these runs are packed and groomed, skiers should avoid them entirely. The ski trail has been signed as if the Mystic Lake leg is no longer part of it, as will be the case next winter when these runs will be wide open for downhill skiing.

JOHNSTON CANYON

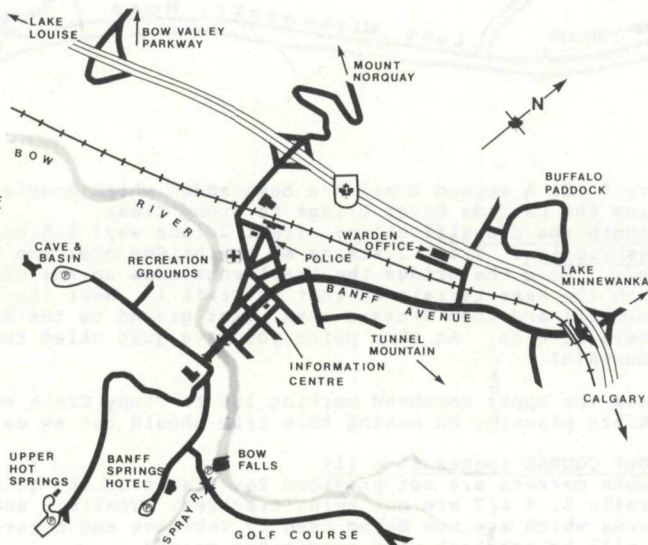
Johnston Canyon Trail is not a good place for cross-country skiing. It is like a hallway in places, is often icy and also continues to be used by pedestrians in winter. For these reasons, this trail has been closed to skiing. The Canyon is worth a visit in winter but on foot and preferably with suitable footwear. The nearest ski trails are Johnston Creek/Inkpots, 1.5 km farther west on the Bow Valley Parkway, and Castle Junction, 6.5 km farther west.

CASTLE JUNCTION (new)

Three new trails have been established in the vicinity of the bungalow camp and hostel at Castle Junction on the 1A Highway and will be trackset by the operator of Castle Mountain Village. Trail 1 has been extended to Castle Lookout Trail, making it 5.0 km long (one-way). Maps of these trails are available from Castle Mountain Village.

CENTREFOLD MAP (pages 16 & 17)

The two street maps on the upper third of the centrefold are outdated. A more accurate street map of Banff is shown opposite and a more accurate one of Lake Louise on page 4 of this addendum.



LAKE LOUISE SKI TRAILS

NOTE: Lake Louise Village Traffic - An underpass has been constructed where Lake Louise Drive crosses the railway.

BAKER CREEK (page 22)

This trail now ends in a large meadow 7.0 km from the trailhead and not at the campground 10.0 km from the trailhead. Campground Ba8 has been relocated from where it is shown on the map to the east side of Baker Creek and re-designated Ba9. A second trail has been added. From the parking lot, it follows the power line to the east for several kilometres. It is rated easy and is especially suitable for beginners or families with young children. Tracksetting of both these trails will be done by the operator of Baker Creek Chalets.

TELEMARK/1A HIGHWAY (pages 23 - 24)

The first 0.6 km of the 1A Hwy are now plowed including the side road mentioned in the text. The new starting point is marked by a large trailhead sign at the end of the plowed section of road. It is also shown on the map on p. 4. As there is not much space here please be careful when parking and turning around. Snowmobiling is no longer permitted on the 1A Hwy.

The 1A Hwy will be trackset all the way to the Lake O'Hara Road when conditions permit. The plowed parking lot at the start of the Lake O'Hara Road provides an alternative trailhead, and the picnic area at the Great Divide, a sheltered resting place.

Taking both of these changes into account, the distance of the 1A Hwy Trail comes out at 10.0 km (one-way).

The side road mentioned on p. 24 is now used for truck access to a snow dump. If you are interested in skiing the below-the-highway section of the Telemark trails, ski down the highway to the first intersection with the Telemark (about 20 metres from the trailhead sign) and follow the signed trail from this point.

FAIRVIEW/MORAINES LAKE ROAD (page 25)

Lower trailhead: park in the plowed area at the start of Moraine Lake Road, not in the Fairview Picnic Area.

TRAMLINE (page 26)

The lower trailhead has been relocated to the train station at the end of Sentinel Drive and a footbridge constructed over the Bow River at this point. With this new starting (or finishing) point the ski trail now follows the original route of the tramline. The length of this trail has been reduced from 5.3 km to 4.4 km. The 0.9 km section of trail between the train station and the highway bridge has been incorporated into the Riverside Trail (see description and map on p. 4).

The lower trailhead is now connected by a new section of trail to the Samson Mall in Lake Louise Village. To get to it from the mall, cross the two bridges behind the mall and immediately take the trail to the left which passes under the railway tracks. The trail then angles to the west, crossing Sentinel Drive and running upstream beside the Bow River to the trailhead - a parking lot with a large cross-country ski sign.

PIPESTONE (pages 28 - 29)

A new trailhead has been constructed for this trail. To get to it, turn north off the TCH 0.7 km west of the Lake Louise Overpass and follow the signs. The high, steep hill mentioned in the description for trail #1 has been eliminated by relocating this trailhead.

RIVERSIDE (new)

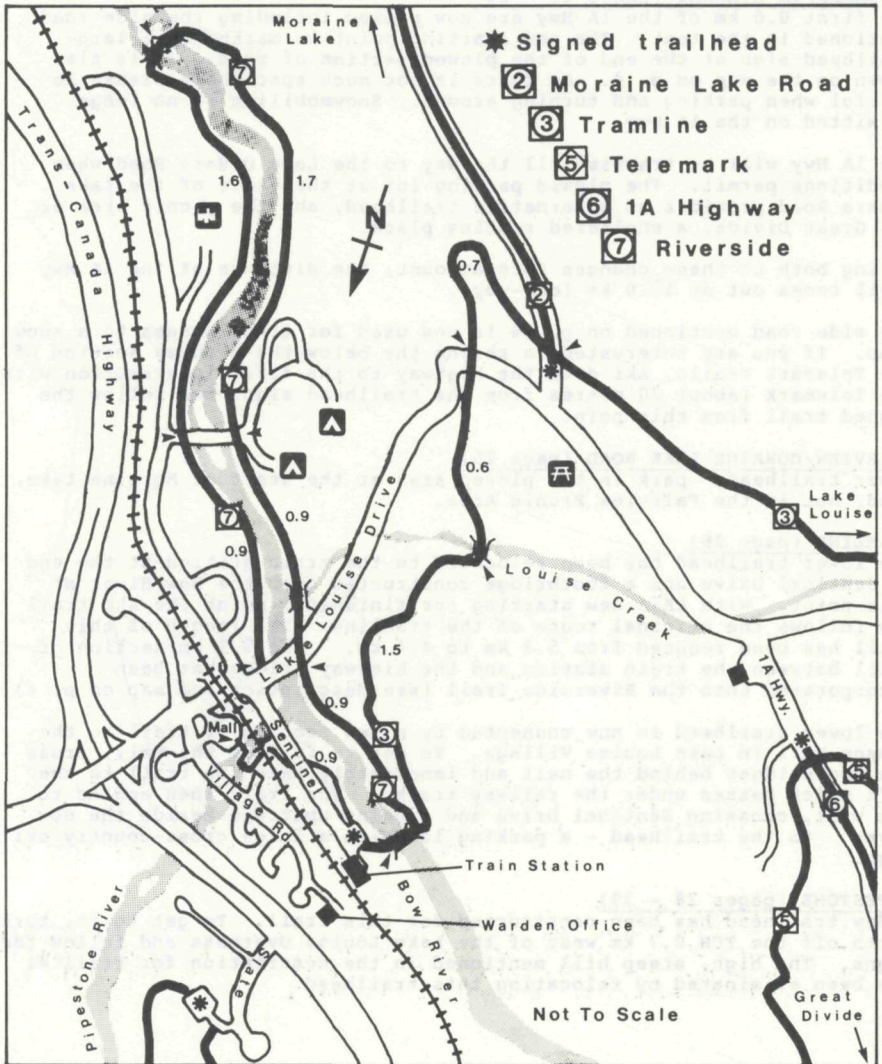
Access & Parking: The Riverside Trail is accessible from the Samson Mall, Post Hotel, Via Rail Station, and the tent & trailer campgrounds (see map below).

Length & Classification: 6.9 km (round trip), easy.

Description: The Riverside Ski Trail is a 6.9 km loop starting and ending at any of the places mentioned above. It is shown on the map below as Trail #7.

Hazards

Skiing on the river is not recommended. Cross all road intersections with caution, particularly Lake Louise Drive. Remove your skis if necessary.



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