



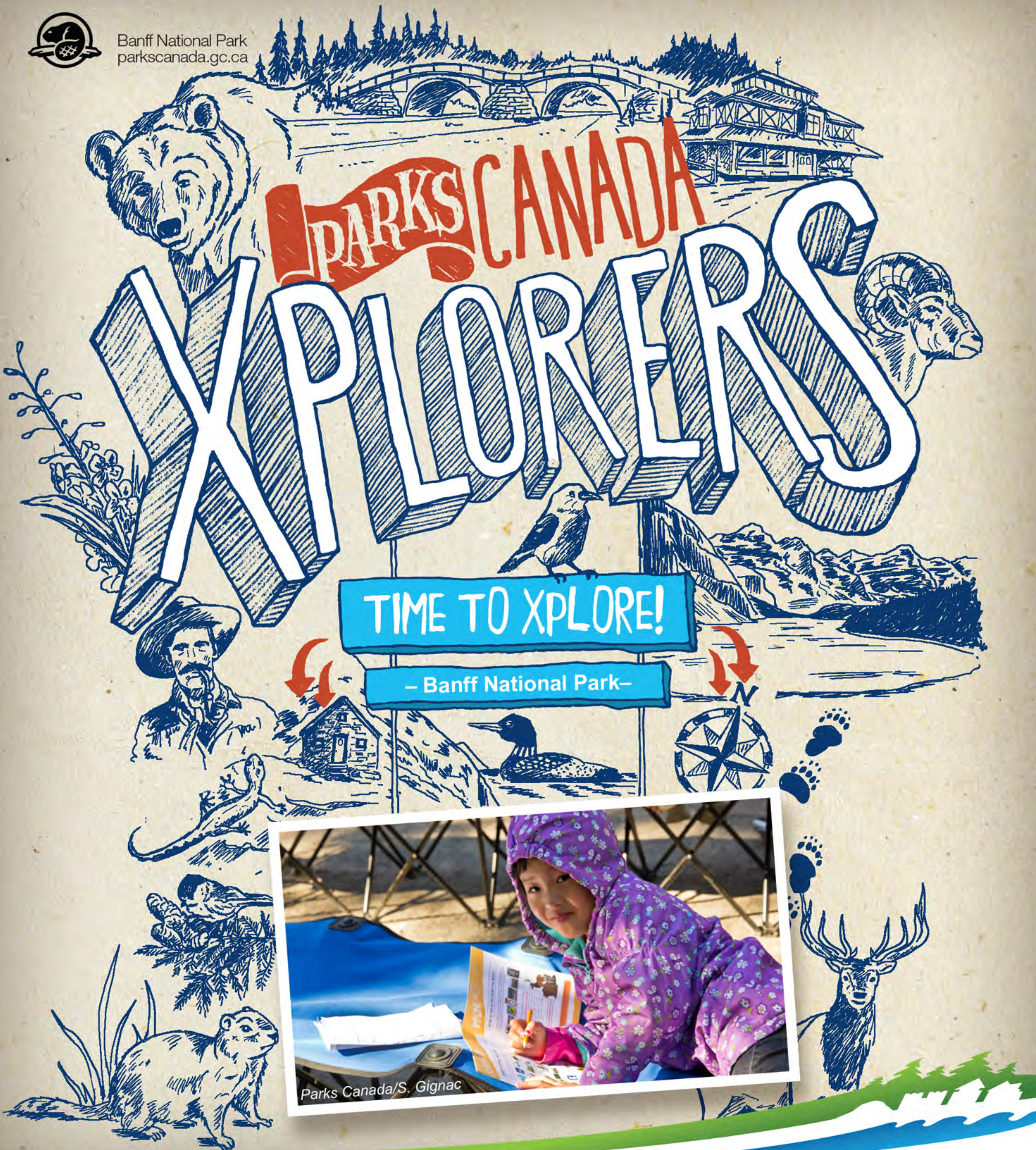
Banff National Park
parkscanada.gc.ca

PARKS CANADA

XPLORERS

TIME TO XPLORE!

- Banff National Park -



Parks Canada/S. Gignac



Parks Canada Parcs Canada

Canada



Become a member of Banff National Park's Xplorers club for kids! Ask your family or friends to help you discover the park. Complete at least 6 of the 27 activities in this booklet and head to one of the following Xplorers locations to receive your Xplorers certificate and Parks Canada souvenir.

XPLORERS LOCATIONS:

Banff and Lake Louise Visitor Centres
Banff Park Museum National Historic Site
Cave and Basin National Historic Site
Evening Campground Programs (Banff and Lake Louise)

To participate in an Xplorers ceremony and to receive your Xplorers souvenir, look for the Parks Canada staff at one of the locations mentioned above. Complete the Lake Louise activities on pages 19 to 23 and get a souvenir while you are there.

The activities marked with a  are for the summer months and those with a  are for the winter months.

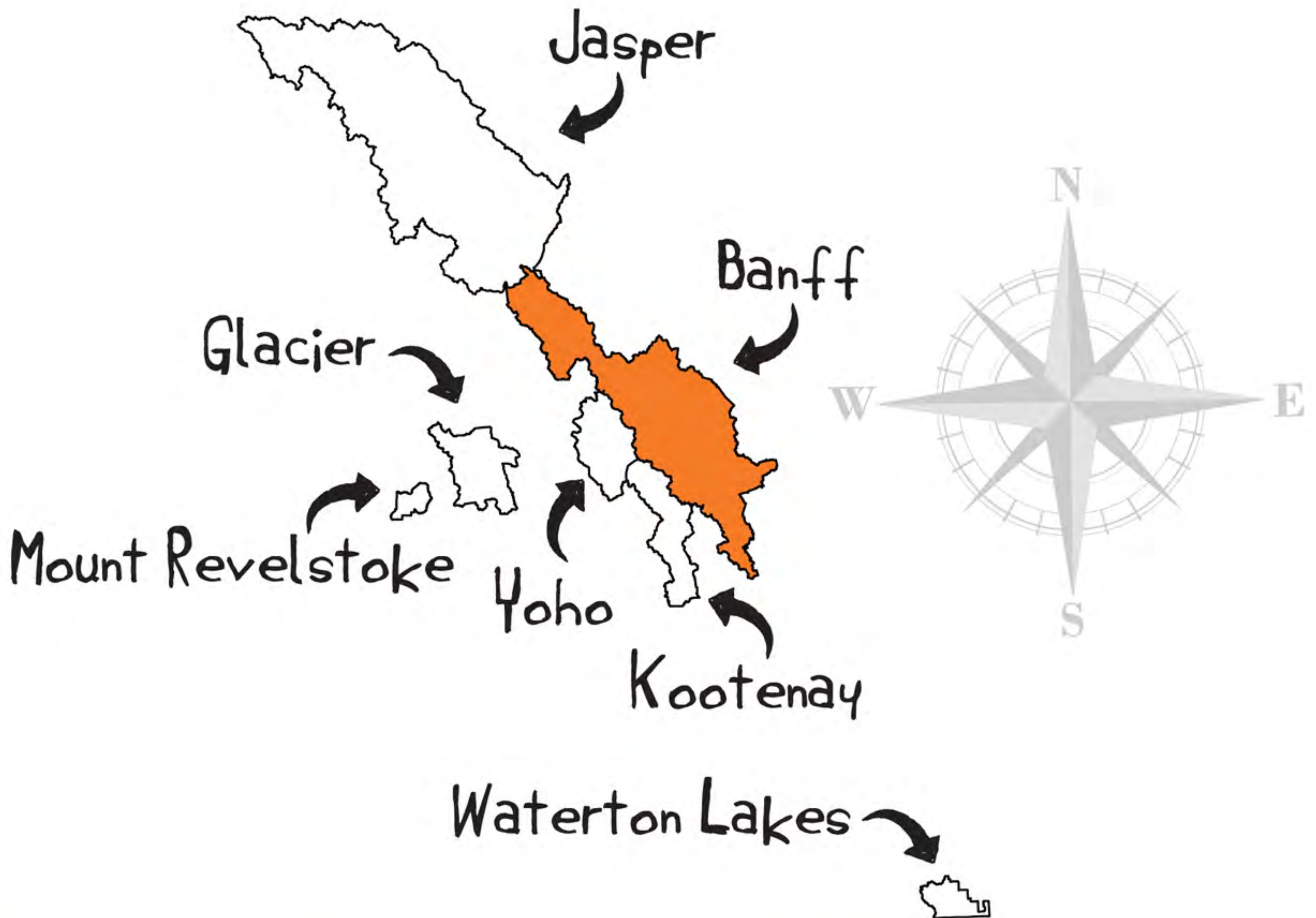
The activities are easier and more fun to do with an adult. Share your book and get started on your first challenge! **Have fun!**



THIS
BOOKLET
BELONGS TO



Banff National Park was created in 1885 as Canada's first national park—that was over 125 years ago! As you will see on the map below, there are other national parks in the Canadian Rockies. During your vacation, colour the mountain parks you visit on the map below.



GO MEET



ASK A PARKS CANADA STAFF ...

Say hello to our friendly Banff National Park staff. You can recognize them as they will be wearing a uniform. Ask them what kind of work they do in the park and what they like the most.



Parks Canada



M. Macullo

Name of Parks Canada staff:

What kind of work he/she does:

What does he/she like most about their job:



Parks Canada



Parks Canada



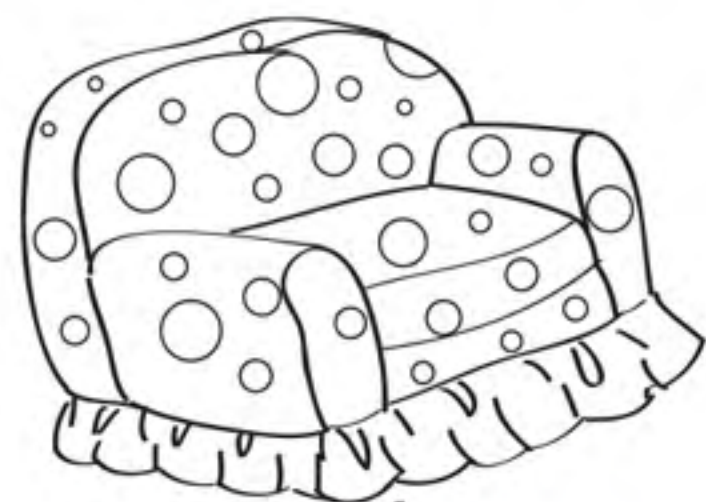
S. Gignac

GET MOVING



WHAT TO PACK???

You and your family need to be well prepared to enjoy a hike in the mountains. **Circle** or **colour** the items you think are important to pack in order to hike safely. Before you head out, remember to check the trail conditions report at the Visitor Centre!



couch



pan



hat



map



sunscreen



bear spray



food



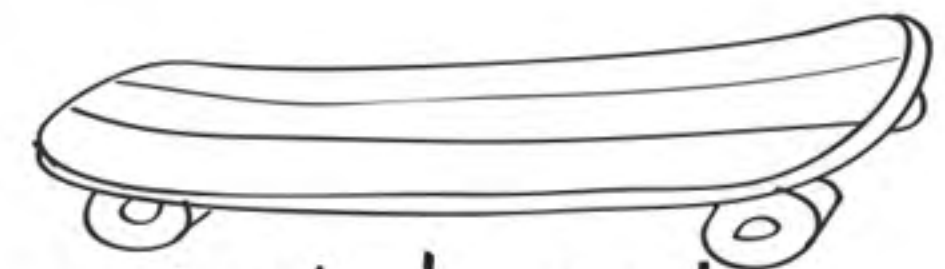
sunglasses



suitcase



water



skateboard



field guide



jacket



good footwear

TAKE A WALK



BOW RIVER SCAVENGER HIKE

Take a hike along the Bow River and try to find the items listed below. As you find them, put a checkmark in the circle. From downtown Banff (cross the bridge off Banff Avenue), the hike begins on the north side of the river. Take the walking trail on the left, along the river.

1. Find First Nations faces watching over the river

HINT: as you come down the trail to the water, sit on the bench and look towards the bridge.



2. Find a picture of an elk

HINT: look for the wooden kiosk.



3. Find Cascade Mountain

HINT: you will see two benches side by side—stand between them and look across the river.



4. Find a flower, a mushroom or a track from an animal

HINT: look on the ground.



5. Listen for the sound of the river, birds or squirrels

HINT: stop walking for a few minutes. How many different nature sounds can you hear? _____



6. Hug a tree with multiple burls

HINT: burls are big bumps that grow on trees.



BONUS : Find an interpretive panel about flowers of the spruce forest—*which of these flowers is a carnivorous plant?*

a) shooting star b) twinflower c) butterwort

If the trail is open, you and your family may want to continue your hike up the stairs to spectacular Bow Falls; it is only a few more minutes away and well worth the visit.

FUN FACT

The Bow River begins at Bow Lake, in Banff National Park and flows into the South Saskatchewan River, travelling all the way to Hudson's Bay!

SEARCH FOR



A 'BARE CAMPSITE'

Before leaving your campsite to go explore the park, it is important to put away anything that has a smell. We don't want wildlife visiting your site! **Colour** or **circle** all items that must be put away before you leave. Thank you for being a responsible camper! Hint: If you need some help, read about 'Bare' Campsite in our campground publication. Remember to never leave your dog alone!



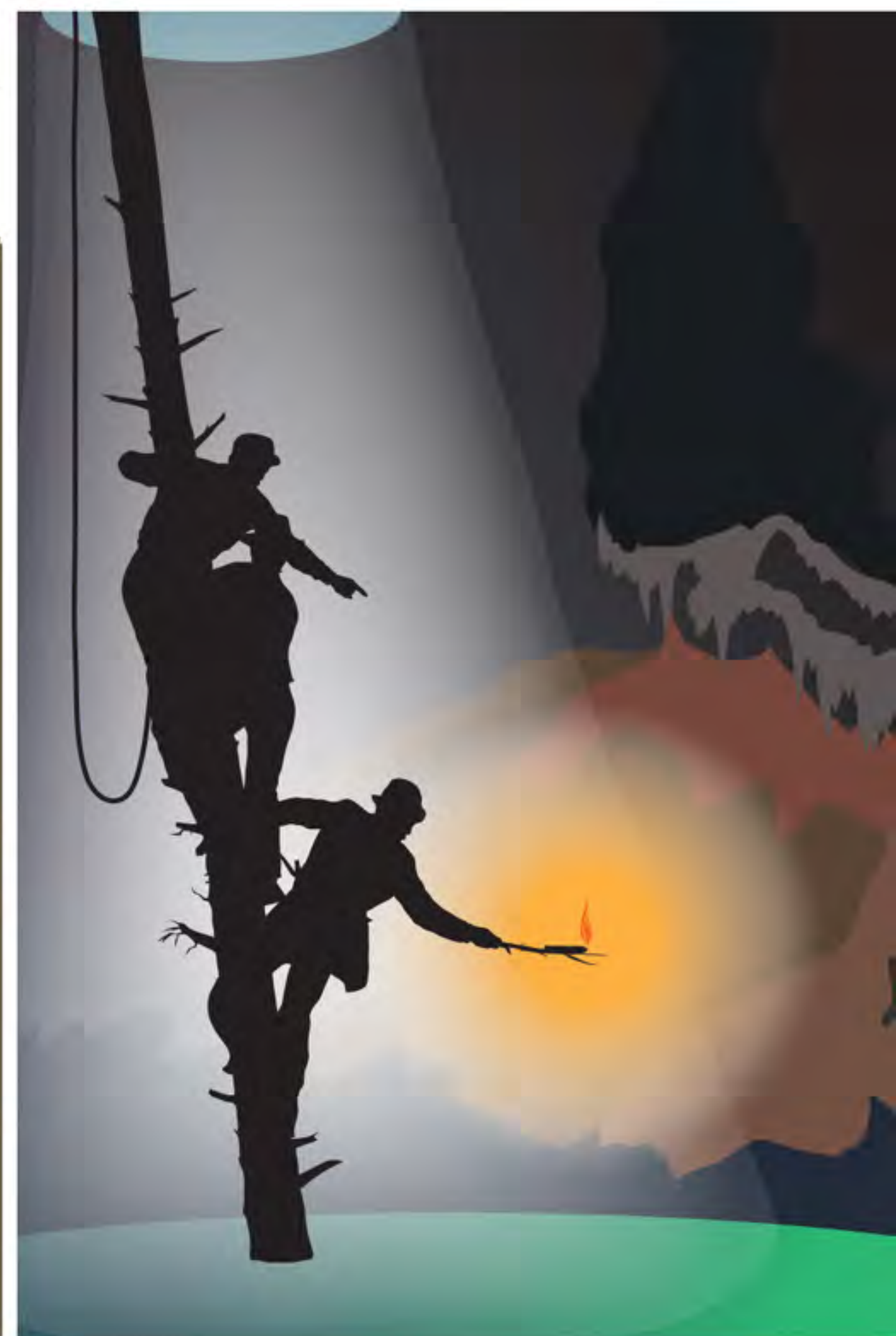
FIGURE IT OUT ???



A-MAZE-ING DISCOVERIES!

In 1883, three railway workers found the warm waters of the Cave and Basin. This discovery led to the creation of Canada's first national park. Can you name it? _____

Find a path through the marsh to the vent hole, where bubbling, thermal water awaits.



MORE TO Xplore!!!

Explore the Marsh Loop Trail (2.7 km) and count the number of birds, bugs and critters you see. _____
Ask Parks Canada staff what "biodiversity" means.

Cave and Basin National Historic Site hours: please call 403.762.1566 or visit www.parkscanada.gc.ca/cave.

GO INVESTIGATE



CAVE AND BASIN DISCOVERY CHALLENGE

Visit the Cave and Basin National Historic Site, and become part of Canada's history! This special (and stinky!) place is where the idea to protect Canada's natural and cultural treasures began.

Explore historic buildings, boardwalks and trails and as you find the answers to the questions below, check the boxes or fill in the blanks. See why bubbling, warm water is such a COOL part of your history.

1. Find the original entrance to the cave.

Hint: On a chilly day, look for a plume of smoke coming UP from the cave through a v_n_h_le

2. Find the footprint of Banff's first hotel.

Hint: The hotel was built in (188___) with logs and has long since rotted

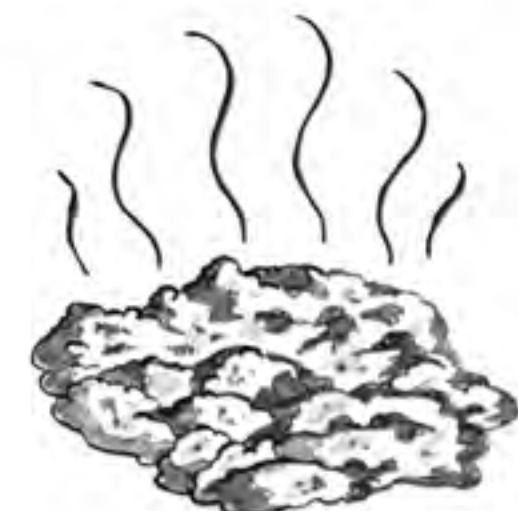


3. Count (5) Banff Springs Snails.

Hint: The snails look like apple seeds and can usually be found feeding on floating blobs of gunk in the warm water

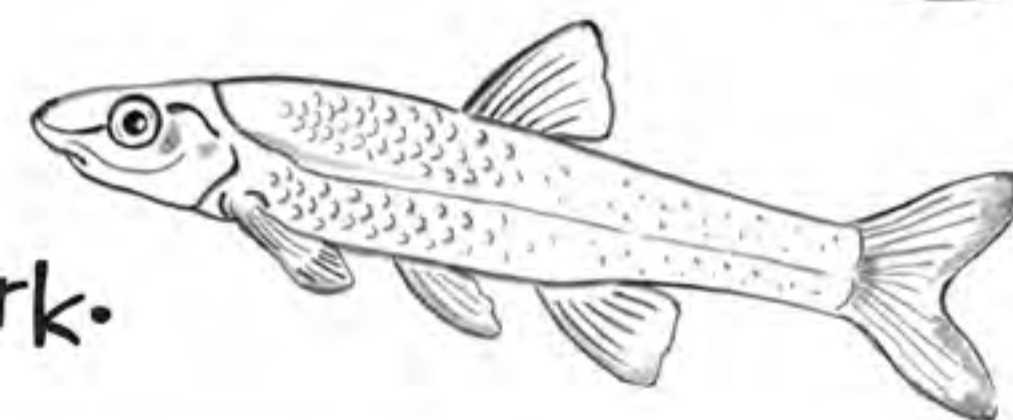
4. Touch the youngest rock found in the Canadian Rockies.

Hint: Don't be fooled by this rock's rough appearance at just 3 000 – 5 000 years of age.



5. Sniff some bacteria poop.

Hint: You already did if you noticed the smell of rotten-eggs!



6. Name a native fish now extinct in Banff National Park.

Hint: This water-dweller and Pinocchio had something in common _____

7. Find the one and only place where you can touch the warm, protected water of the Cave and Basin.

Hint: Ask Parks Canada staff or explore the exhibits to learn why the water cannot be touched anywhere else at the site.



8. Stand in the middle of Canada's largest swimming pool in 1914.

Hint: No need for a swimsuit these days.

BONUS: Find and write down (4) locations where the Banff Springs Snail lives.

CHECK IT OUT



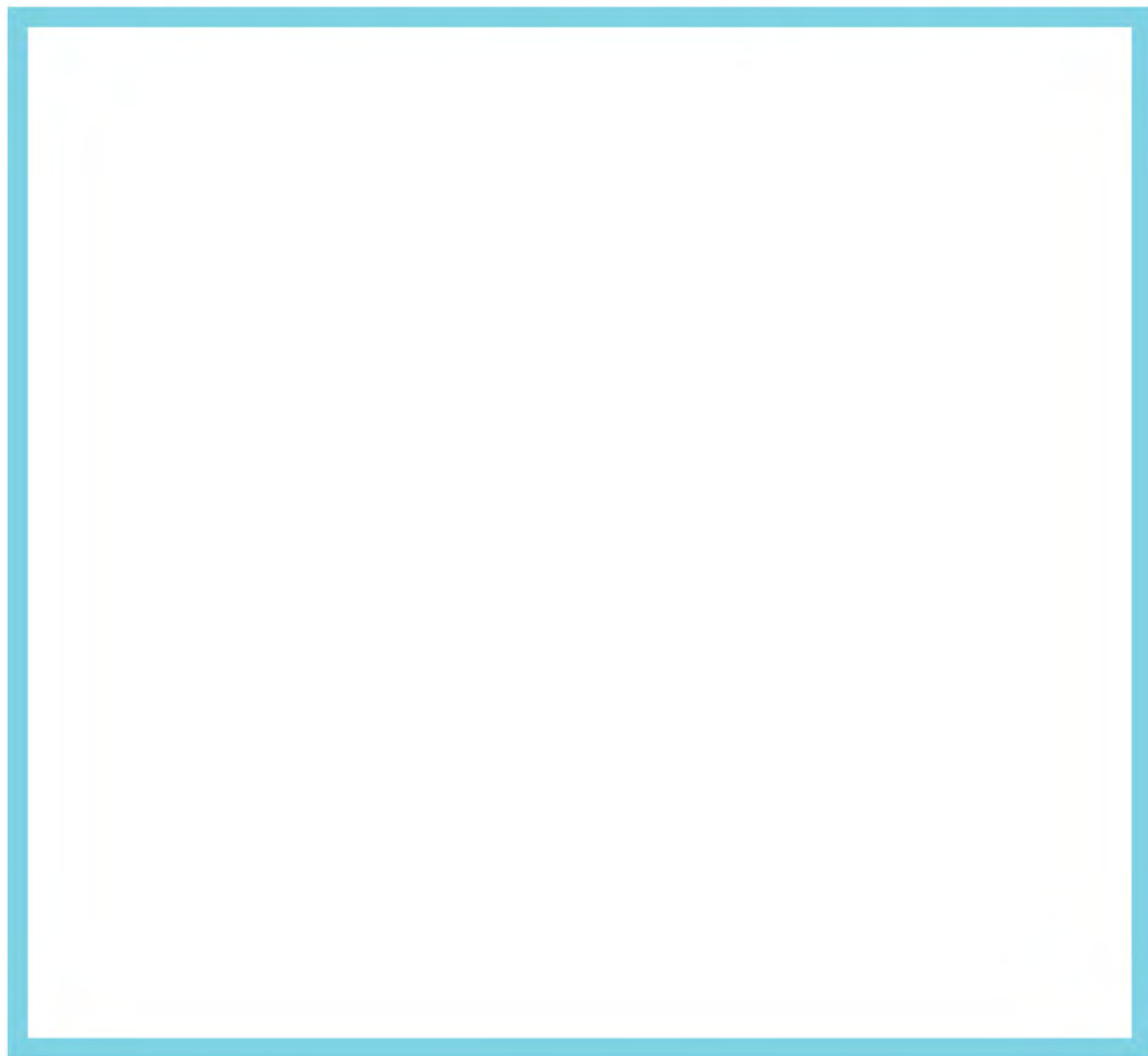
ATTEND PARKS CANADA'S PROGRAMS AT THE CAMPGROUNDS

Attend a theatre program at Tunnel Mountain, Two Jack Lakeside and Lake Louise campgrounds (you don't need to be staying in the campground to attend). Everyone is welcome and the programs are FREE! Ask the person delivering the program to autograph your booklet.

Which program did you see?

Presenter's Autograph

Draw a picture or write about one fun thing you learned!



© Parks Canada

FIND IT



MYSTERY LOCATIONS

Are you into geocaching? If so, there are 5 caches located close to the Town of Banff.

1. Find 3 of the 5 caches.
2. Sign the logbook inside the cache.
3. Read the "Fun Fact".
4. Answer the corresponding question on this booklet page.
5. Put the "Fun fact" back in the box for others to read.
6. Return to the Banff Visitor Centre and show them this page to claim your official Banff National Park Geocoin! Cool eh?



A Rare Find: N51°10'36.012" W115°37'51.708"

What is the name of the wetlands found close to the Town of Banff?

A Long Journey: N51°11'01.608" W115°35'18.708"

What is the source of the Bow River?

Where is the Tunnel?: N51°10'33.708" W115°33'39.600"

True or False: There is a tunnel through Tunnel Mountain.

Cosmic Ray Station: N51°08'56.5" W115°33'38.5"

At what altitude was the Sulphur Mountain Cosmic Ray Station?

A Giant in the Forest: N51°11'17.5" W115°31'05.8"

What is the approximate age of the oldest Douglas-fir tree in Banff National Park?

SEARCH FOR



BANFF NATIONAL PARK BINGO

Try to find some of the items featured below as you travel through the park on foot or in a vehicle! When you spot one of them, cross out the matching symbol on the grid. Complete a straight line either horizontally, vertically or diagonally, or better yet, try to find them all!

 Mountains	 Picnic table	 Parks Canada vehicle	 Animal	 Forest
 Information panel	 Dog on a leash	 Highway fence for wildlife	 Campground	 Speed limit 60 km/hr
 Someone with a camera	 Slow down for wildlife sign	<i>DRAW YOUR OWN</i>	 Parks Canada gate or kiosk	 River
 Lake	 Bear proof garbage bin	 Parks Canada green road sign	 Wildlife overpass	 Bird
 Washrooms	 Bear Guardians	 Viewpoint	 Speed limit 90 km/hr	 R. V.

GO INVESTIGATE



ALONG THE BOW VALLEY PARKWAY (1A)

As you are driving along the Bow Valley Parkway, ask your parents to stop at the Castle Cliffs pull-off and the Hillsdale Meadow pull-off so you can complete the crossword puzzle.

The crossword puzzle grid consists of 10 numbered clues. Clues 1, 3, 7, and 9 are across clues. Clues 2, 4, 5, 6, 8, and 10 are down clues. The grid is set against a background of a mountain range and a green field.

The answers to these clues can be found on the information panels located at the Castle Cliffs pull-off and the Hillsdale Meadow pull-off. Have fun reading the panels and finding the missing words!

Down (Hillsdale Meadow panel)

- _____ became the way to enjoy the park.
- Private sleeping cabins in a rustic setting.
- The original road up the Bow _____ was built during the early 1900s.
- One of the Boom Towns of the Bow Valley.
- The tracks of the first continental _____.
- Small family groups travelled and _____ in this valley.

Across (Castle Cliffs panel)

- Castle is one of these.
- Banff artists Peter and Catharine _____.
- Earliest map maker James _____.
- Mountains are an inspiration for _____.
- Arthur P. Coleman made the _____ of Castle Mountain.

GO FOR A DRIVE

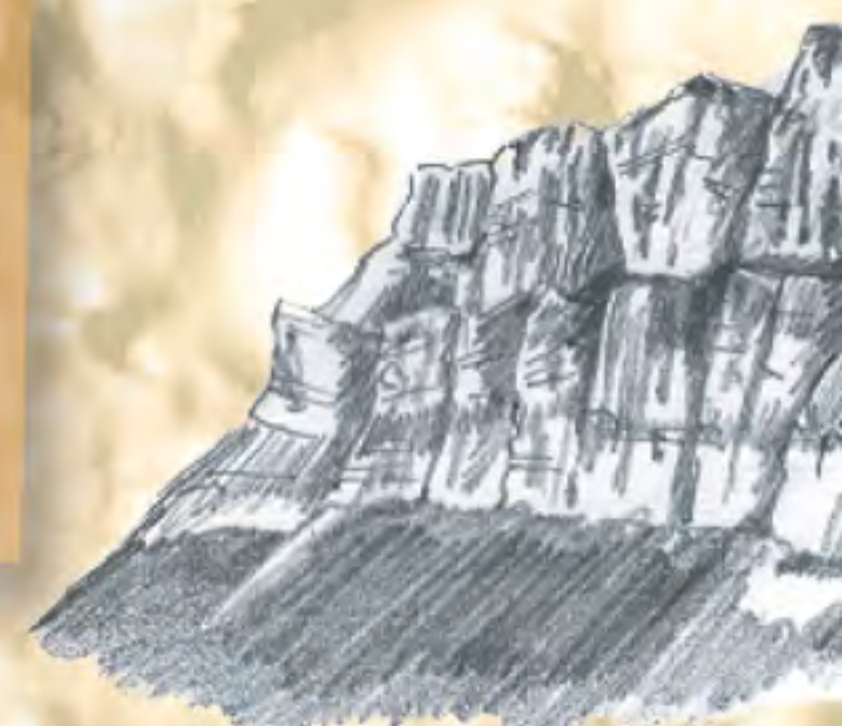


BOW VALLEY PARKWAY



Keep your eyes open for wildlife along the Bow Valley Parkway. Circle the ones you see!

Did you know ... James Hector led the Palliser Expedition through the Bow Valley in 1858 to see what the West had to offer?



Lake Louise

Morant's Curve at Outlet Creek



Did you know ... this was one of the favourite spots of photographer Nicholas Morant, hired by the Canadian Pacific Railway (CPR) to capture scenic images for promotions?



A mountain named by the Palliser Expedition
An old gas pump at Castle Mountain Chalets

An elk statue at Baker Creek Chalets

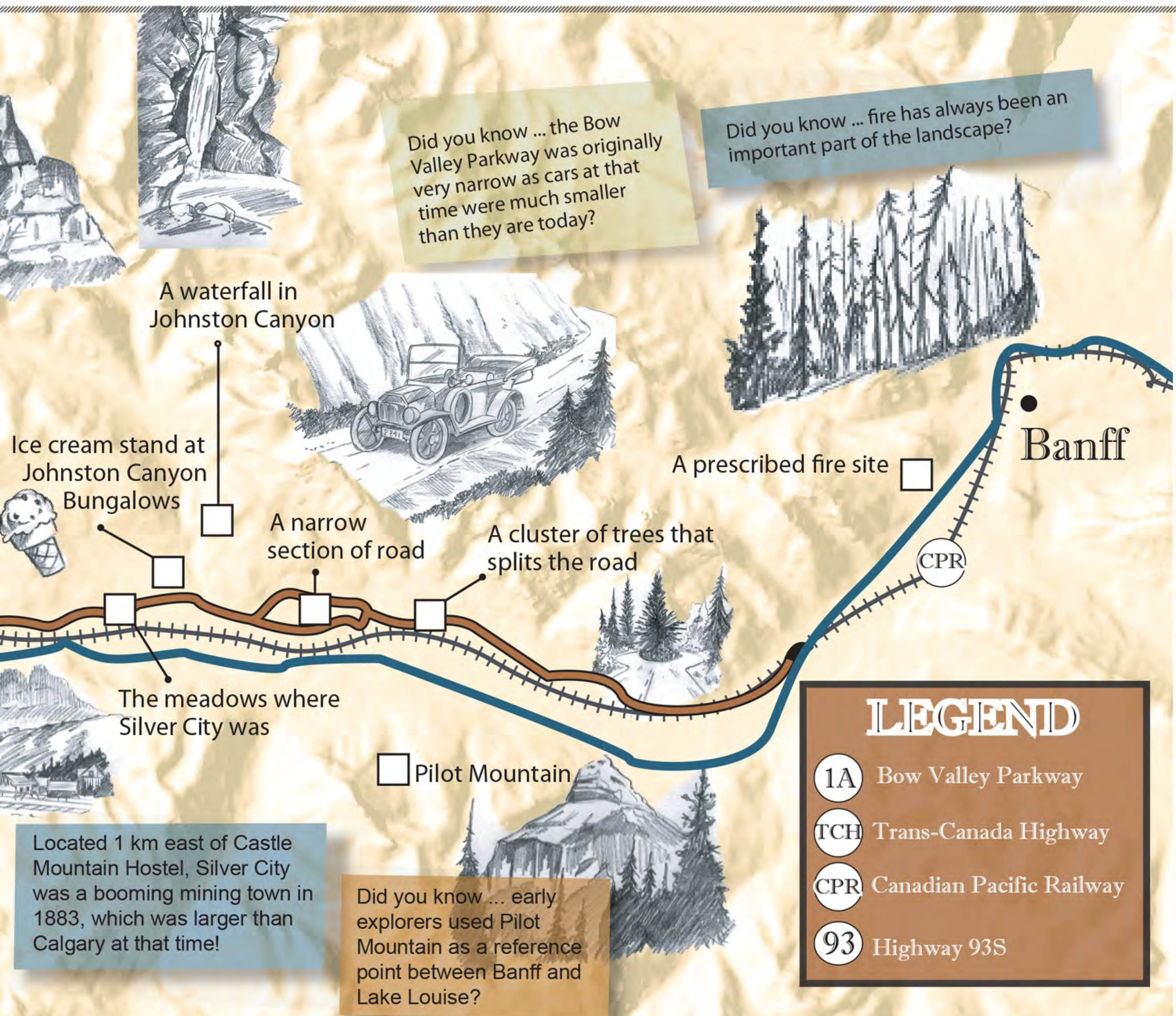


An osprey nest on top of a bridge





The Bow Valley Parkway (Hwy 1A) is the original road connecting Banff to Lake Louise and was built in the early 1900s. As you drive along this historic route, watch for these sights and check the boxes of the ones you spot, or stop to visit.



Did you know ... the Bow Valley Parkway was originally very narrow as cars at that time were much smaller than they are today?

Did you know ... fire has always been an important part of the landscape?

A waterfall in Johnston Canyon

Banff

A prescribed fire site

Ice cream stand at Johnston Canyon Bungalows

A narrow section of road

A cluster of trees that splits the road

CPR

The meadows where Silver City was

Pilot Mountain

LEGEND

1A Bow Valley Parkway

TCH Trans-Canada Highway

CPR Canadian Pacific Railway

93 Highway 93S

Located 1 km east of Castle Mountain Hostel, Silver City was a booming mining town in 1883, which was larger than Calgary at that time!

Did you know ... early explorers used Pilot Mountain as a reference point between Banff and Lake Louise?

FIGURE IT OUT ???



A MAZE-ING FOREST ALONG THE ROAD

Help the wolf find her way to the den where her pups are waiting for her.



TAKE A LOOK



WHO'S WHO IN THE PARK?

Can you guess which tracks belong to who? Connect the track to the animal. Hint: who's got hooves, claws, how many toes? (answers on page 26). Check the box if you have spotted either the animal or its tracks while visiting Banff National Park.



Black bear

Bighorn sheep

Elk

Grizzly bear

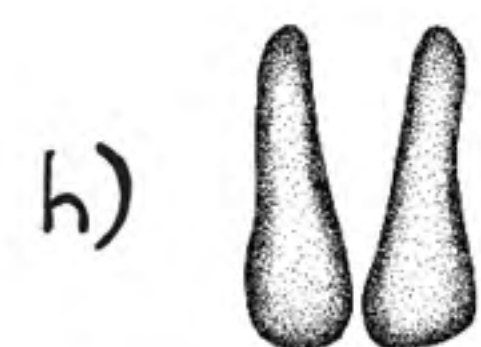
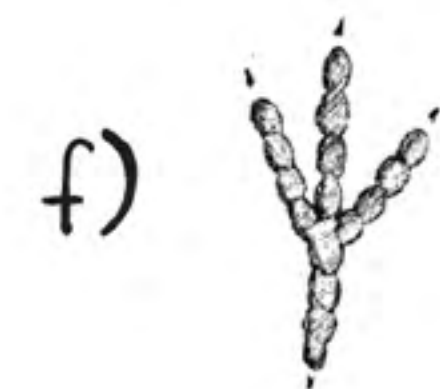
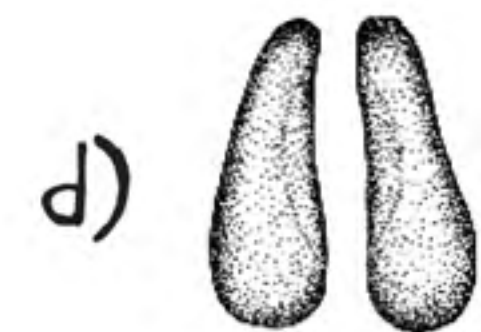
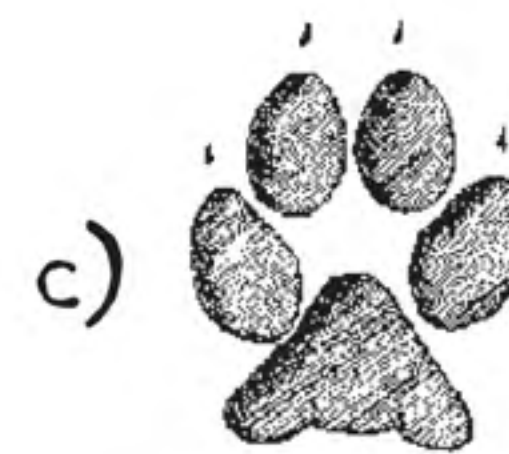
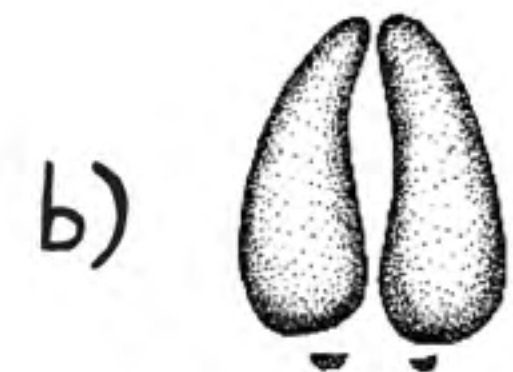
Mountain goat

Mule deer

Raven

Red squirrel

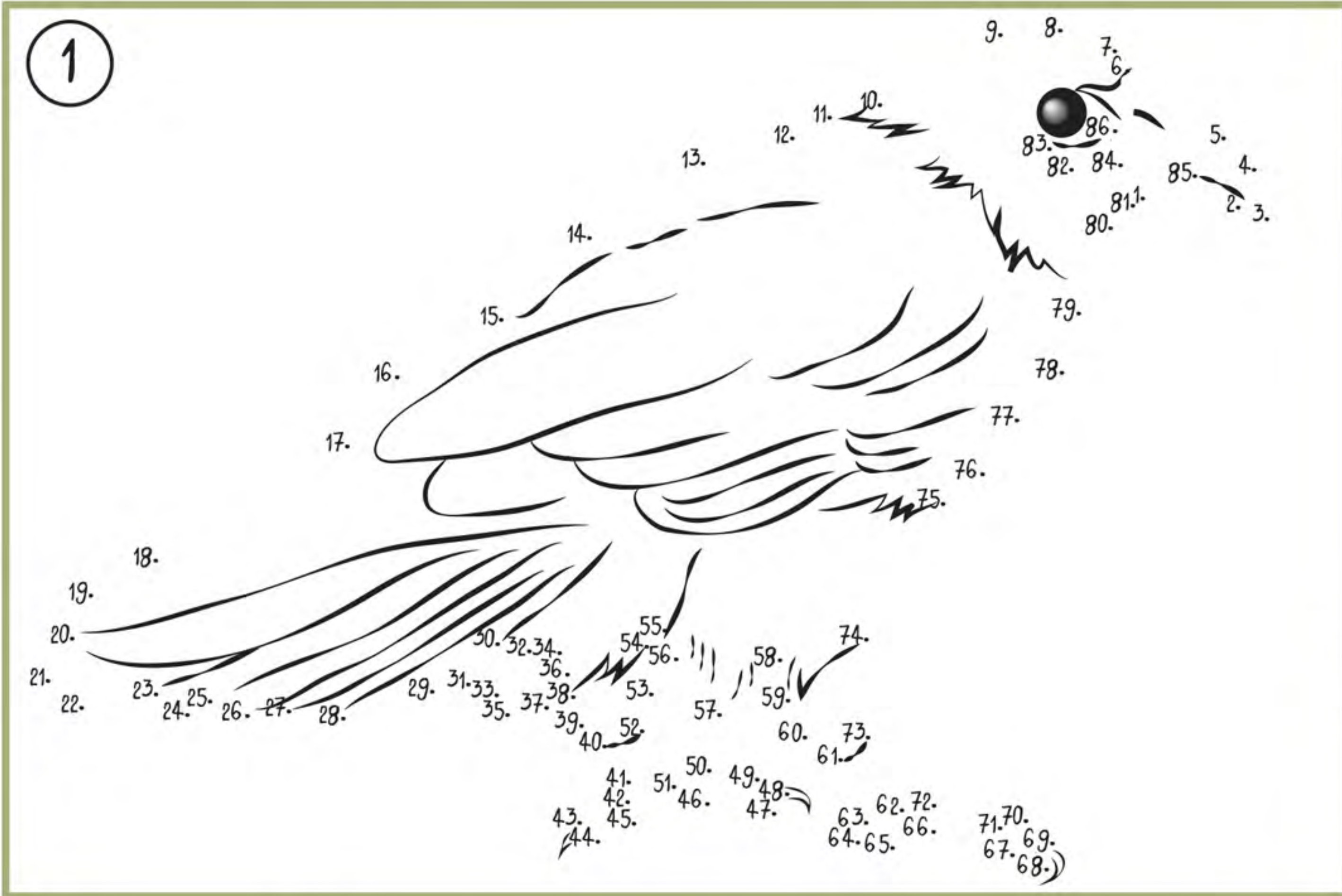
Wolf



CREATE YOUR OWN

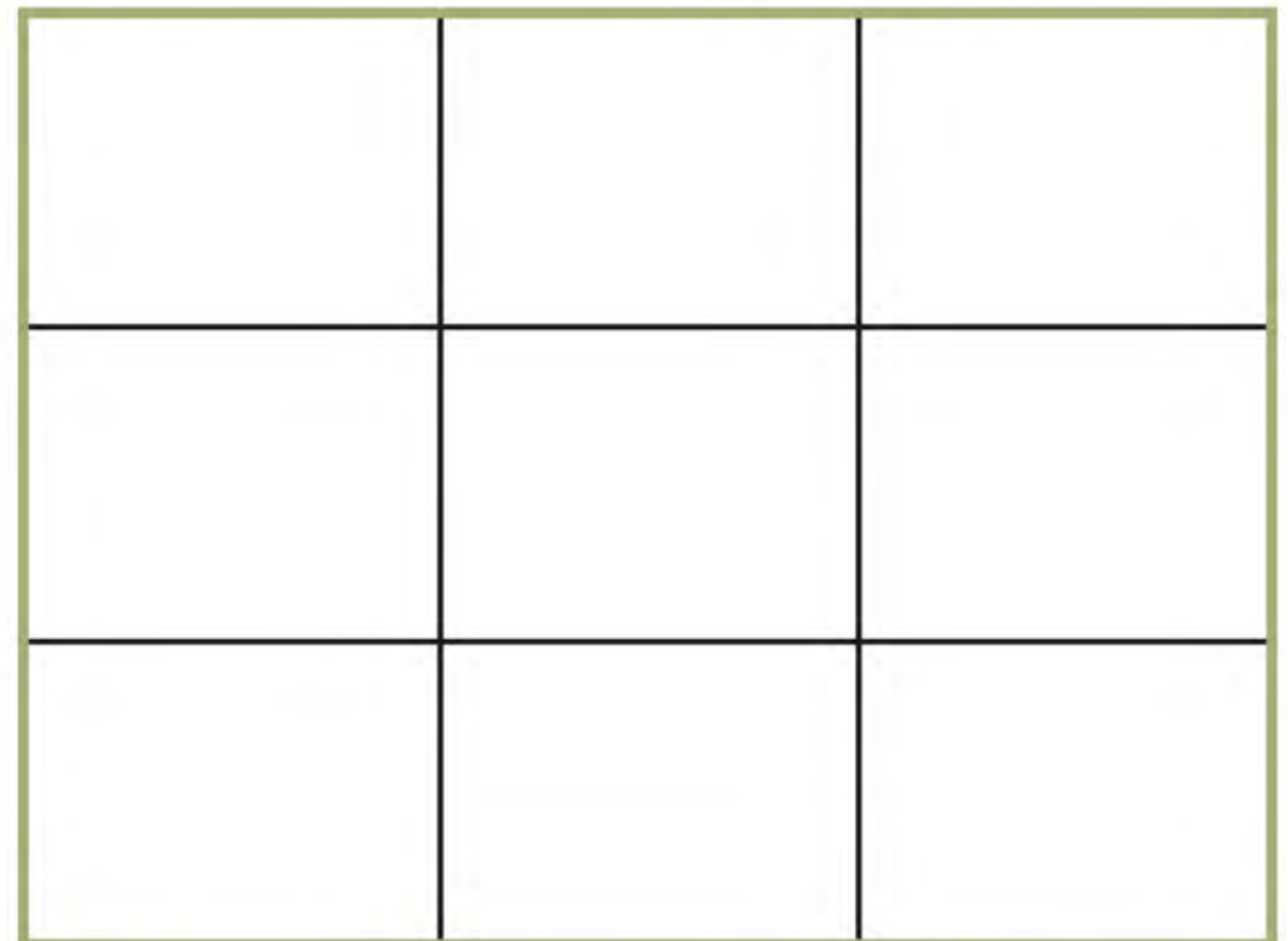
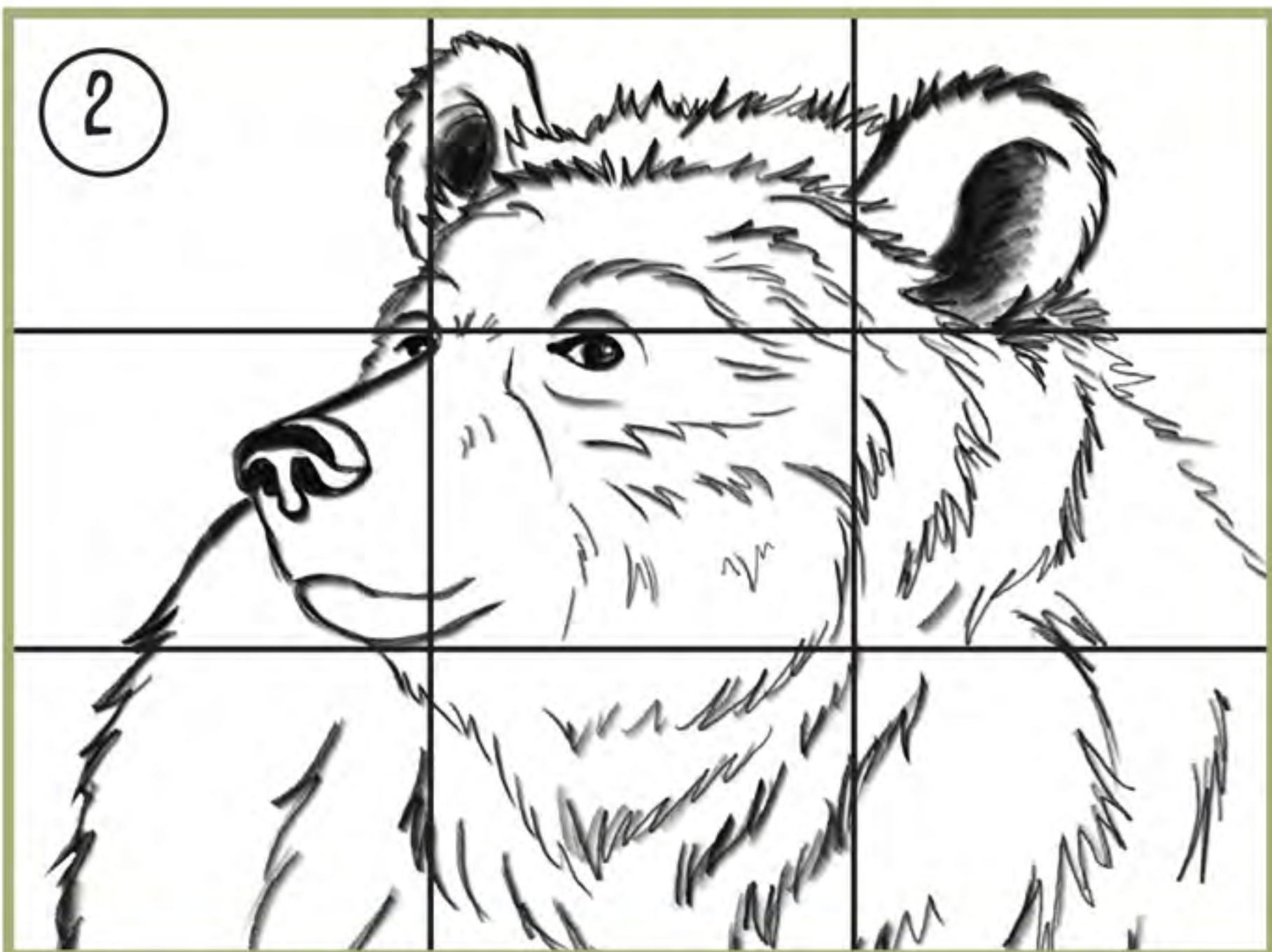


DRAW WILDLIFE



1 Connect the dots (1 to 85) to discover which bird spends the entire year in Banff National Park.

2 Use the grid below to draw your own grizzly bear. There are only 60 of them in the area, so help keep them wild!



FIND IT



VISIT THE LAKE LOUISE VISITOR CENTRE

Can you find these nifty things? Check them off and color the illustrations below as you find them.

- Grizzly bear
- Wolf
- Caribou
- Billy or nanny mountain goat
- Mountain goat kid
- Bill Peyto's coat
- A fossil
- The weather report



What's the weather like today? Draw a symbol.



USE YOUR SENSES



GLACIER LAKES ... BRRRRRRRR!!!!

When you visit a glacial lake, find a safe place to dip your hand in the water.
Write down or draw what you notice.

DID YOU KNOW?

Lake Louise was called Lake of the Small Fishes by the Stoney First Nations.

The water feels like ...

The water looks like ...

FIGURE IT OUT ???



MOUNTAIN LAKES AND GLACIERS

Take a walk along the Lake Louise shoreline or up the Rockpile at Moraine Lake. Find a place to sit and look around. Search for the words listed below and circle them in the grid. How many of these things can you see?

BEAR
GLACIER
LAKE
LODGE
MARMOT

S	B	S	U	P	E	G	Y	S	L
K	K	E	I	T	L	G	K	F	A
A	H	K	A	A	M	C	D	Y	K
E	A	O	C	R	O	S	J	O	E
P	K	I	T	R	U	X	Q	G	L
O	E	T	Q	X	N	N	D	X	B
R	N	A	Y	D	T	R	A	I	L
A	T	O	M	R	A	M	N	S	F
Q	I	K	B	X	I	O	A	M	E
P	U	W	A	G	N	M	C	R	I

MOUNTAIN
PEAKS
PIKA
ROCKS
TRAIL

Which popular mountain lakes did you visit while in Banff National Park? (check the boxes)



IMAGINE



A CABIN WAY UP HIGH!

While you're at Lake Louise (the lake!) find the picture of the Abbot Pass Refuge Cabin. (Hint: look for the "Refuge for Mountaineers" sign.)

Draw your own picture of the cabin here!

FUN FACT

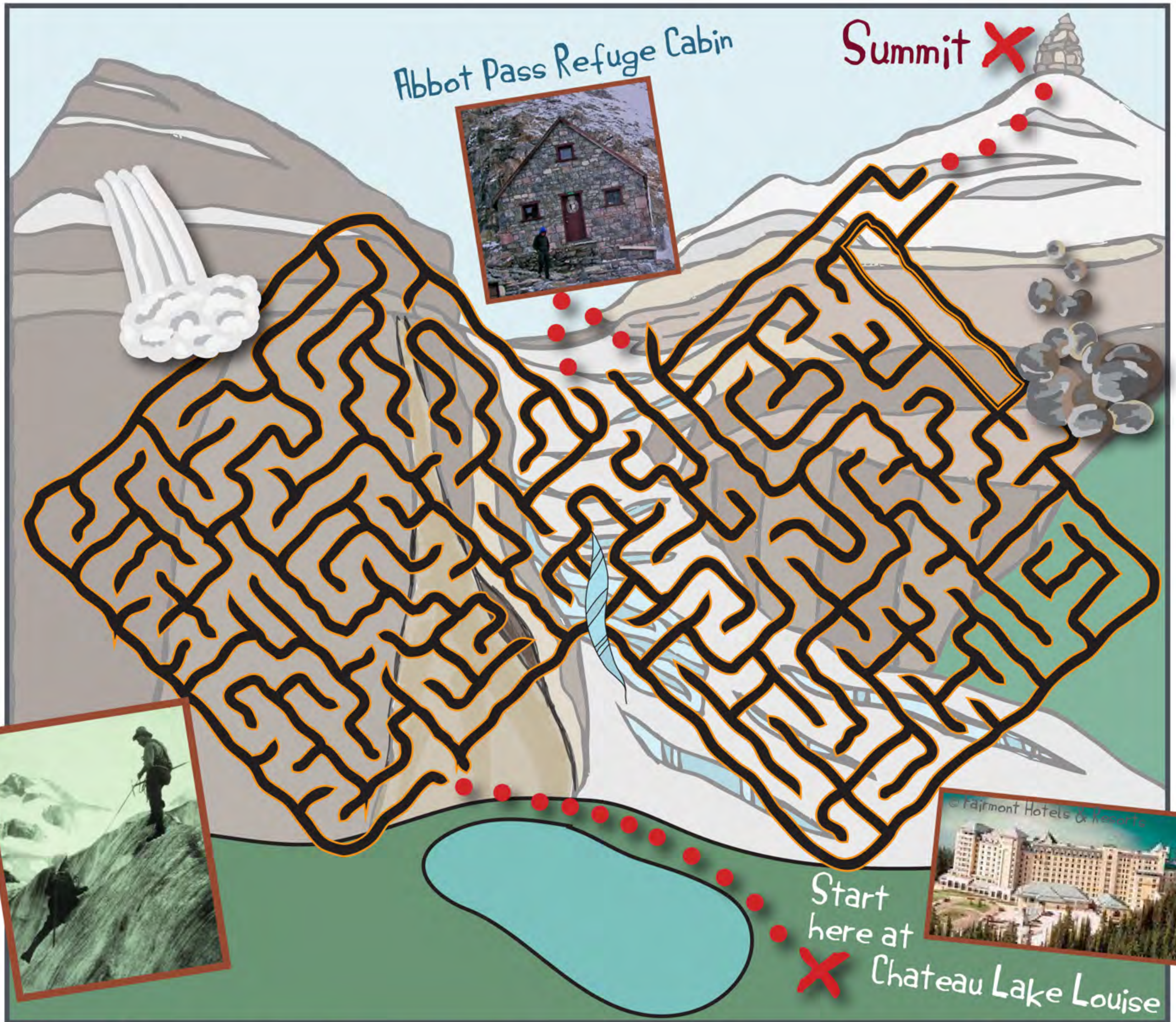
In 1922, Swiss Guides carried in all of the materials to build the Abbot Pass Refuge Cabin by hand! It is now a national historic site.

FIGURE IT OUT ???



BE A SWISS GUIDE!

Can you lead your guest from the Fairmont Chateau Lake Louise to the summit of Mount Victoria? You can stop at the Abbot Pass Refuge Cabin for a rest but watch out for mountain hazards!



GO PLAY



OTHER FUN THINGS TO DO

Take part in one or more of these fun Banff National Park outings! Each one counts as an activity towards completing your booklet.

- Hike the Fenland Trail in the Town of Banff and find the woodpecker hole (refer to the free self-guided hike brochure available at the trailhead).
- Bike a section of the Banff Legacy Trail. Stop at a scenic vista and take 5 minutes to enjoy the scenery.
- Find the tunnel and feel the mist from the Lower Falls at Johnston Canyon.
- Explore the Vermilion Lakes area and count the number of birds you see - they love hanging out here!
- Hike up to the historic Lake Agnes Teahouse. It's a half day hike so be prepared (see page 5 for a gear list). Find out how food gets moved from the first to the second floor.
- Take a drive with your family along the Icefields Parkway and count at least 5 glaciers and 3 lakes.

CAN YOU HELP US OUT???

COMPLETE THE FOLLOWING COMMENT CARD QUESTIONS

PLEASE COMPLETE AND RETURN THIS PAGE TO THE VISITOR CENTER. THANKS FOR YOUR HELP!



1. While completing your Xplorers booklet, was it (Circle your answer.)

Crazy Fun

Fun

Kinda Fun

Not so much fun

Booorinnng



2. Were the activities (Circle your answer.)

Too Easy

Easy

Just Right

Hard

Too Hard



3. Which 3 activities did you like best? (Circle your answers.)

Which 3 activities did you like least? (Put a big X through them.)

Ask a Parks Canada Staff

What To Pack

Bow River Scavenger Hike

A 'Bare' Campsite

A-maze-ing Discoveries

Cave and Basin Discovery Challenge

Attend a Program

Mystery Locations

Banff National Park Bingo

Highway Crossword Puzzle

Activity Map

Wolf Maze

Who's Who in the Park?

Draw Wildlife

Visit Lake Louise Visitor Centre

Glacier Lakes ... Brrrrr!

Lakes & Glaciers

A Cabin Way Up High

Be a Swiss Guide

Other Fun Things To Do

4. How old are you? (Circle your answer.)

Under 6

Between 6 and 8

Between 9 and 11

12 and older

5. Did you learn something about the park? Yes No

DON'T FORGET
TO CHECK THE
OTHER SIDE!

Stuff your adult needs to know...the fine print

Participation is voluntary. All information provided will remain anonymous and confidential, and the results will be used in aggregate form only. If you have any questions about the collection and use of the information in this survey, please email us at information@pc.gc.ca or call 1-888-773-8888.



CAN YOU HELP US OUT ???

HERE'S YOUR CHANCE TO TELL US WHAT YOU THINK ABOUT THE ACTIVITIES IN YOUR XPLORED BOOKLET.

Extra Comments

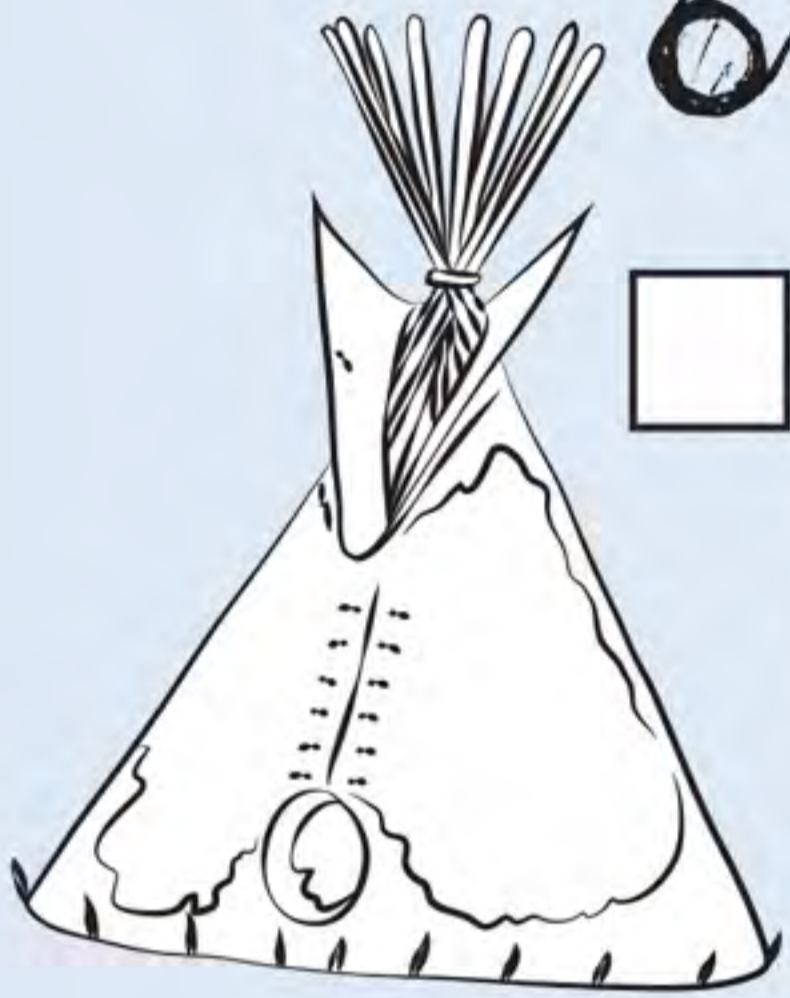
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Answer for page 17: black bear e); bighorn sheep d); elk g); grizzly bear i); mountain goat h); mule deer b); raven f); red squirrel a); wolf c)



YOUR MISSION:

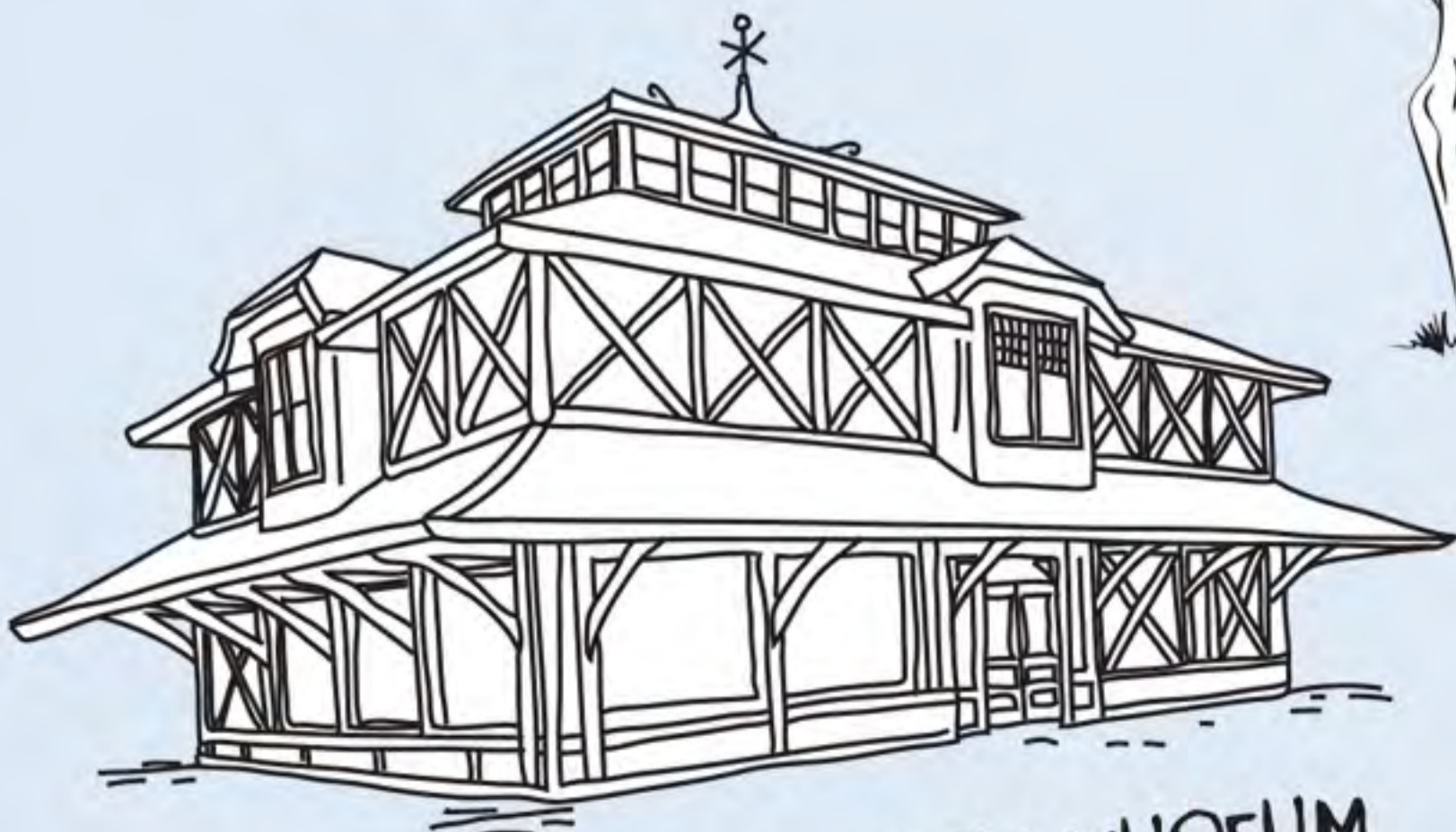


ROCKY MOUNTAIN
HOUSE NATIONAL
HISTORIC SITE

KOOTENAY
NATIONAL PARK



JASPER
NATIONAL PARK



BANFF PARK MUSEUM
NATIONAL HISTORIC SITE



YOHO
NATIONAL PARK

LIKE TO XPLORERE??



YOU CAN HAVE FUN IN LOTS OF
OTHER PARKS CANADA PLACES!

GO TO

PARKSCANADA.GC.CA/XPLORERS

TO SEE WHERE THEY ARE