



# Mountain Guide

Your official guide to discovering Canada's  
mountain national parks

2014 - 2015



Également offert en français



Parks  
Canada

Parcs  
Canada

Canada





Cave and Basin  
National Historic Site

**YOU'VE GOT TO  
SEE THIS!**



P. Zizka

# 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.**



United Nations  
Educational, Scientific and  
Cultural Organization

Organisation  
des Nations Unies  
pour l'éducation,  
la science et la culture



Canadian Rocky  
Mountain Parks  
World Heritage Site  
since 1984

Parcs des montagnes  
Rocheuses canadiennes  
Site du patrimoine mondial  
depuis 1984

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.

# For Destination **Information**

## Banff

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

## Jasper

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

## Kootenay

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

## Yoho

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

## Glacier and Yoho

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

## Revelstoke

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

## Waterton Lakes

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

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













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

# What's **Inside...**














<b>National Historic Sites</b>	<b>4</b>
<b>Banff</b>	<b>6</b>
<b>Icefields Parkway</b>	<b>13</b>
<b>Jasper</b>	<b>16</b>
<b>Kootenay</b>	<b>21</b>
<b>Yoho</b>	<b>24</b>
<b>Mount Revelstoke &amp; Glacier</b>	<b>27</b>
<b>Waterton Lakes</b>	<b>30</b>
<b>oTENTiks</b>	<b>33</b>
<b>Mountain Learning</b>	<b>34</b>
<b>Mountain Nature</b>	<b>35</b>
<b>Mountain Wildlife</b>	<b>36</b>
<b>Mountain Safety</b>	<b>38</b>
<b>Park Regulations</b>	<b>39</b>

## Map **Legend**














### 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
-  oTENTik
-  Pit Toilets
-  Showers
-  Tent Camping
-  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

## Remembering Canada's History... On the Road to 2017

Canada turns 150 in 2017! On the road to this momentous celebration, Parks Canada's treasured natural and historic places will host special programs and events to commemorate the milestones that contributed to the Canada of today, strong and free. Experience what inspired Canada!

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







Banff Photography

## The Cave and Basin **National Historic Site**

**The Birthplace of Canada's National Parks.** You've got to see this! The impressive rundlestone architecture, the bubbling mineral waters, and the small cave that gave rise to a huge idea, the birthplace of Canada's national parks. All new interactive programs, exhibits and a giant four-screen high definition visual experience lead you on a journey across the country, including to your favourite national park, historic site or marine conservation area. Start your visit with a Discovery Tour, honoured as one of the *Canadian Signature Experiences* from the Canadian Tourism Commission. Kids, pick up an Xplorers booklet full of fun activities that will get you hunting for treasure boxes and solving puzzles. Join us after hours for Cave Lantern Tours or Cinema Under the Stars. Or explore the scenic marsh boardwalk, a favourite destination for local bird watchers and wildflower enthusiasts. Hot water, cool stories! Leave your mark in Canadian history when you visit the Cave and Basin National Historic Site.

April 2014 - May 13 (Wednesday – Sunday) 12 noon – 4 p.m.  
 May 14 - June 30 (Tuesday - Sunday) 10 a.m. – 5 p.m.  
 July 1 – September 7 (Daily) 10 a.m. – 5 p.m.  
 September 8 – October 12 (Tuesday – Sunday) 10 a.m. – 5 p.m.  
 October 13, 2014 – May 2015 (Wednesday – Sunday) Noon – 4 p.m.  
 December 1, 2014 - April 31, 2015 (Saturdays) Noon - 10 p.m.



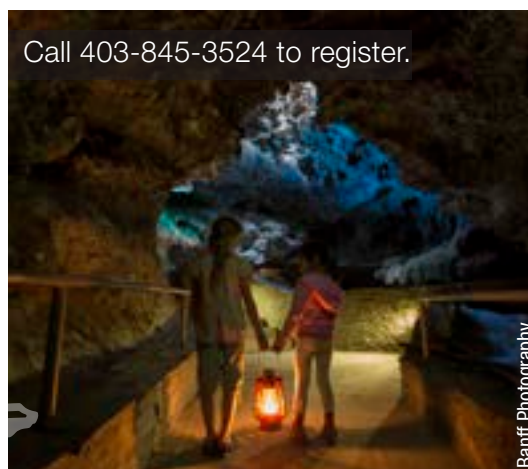
P. Zizka

**Discovery  
Tour**  
 Guided tours  
 at 11 a.m. and  
 2:30 p.m.



Daily July 1 to September 7, 2014  
 Free with site entry fee.

Call 403-845-3524 to register.



Banff Photography

**Cave  
Lantern  
Tours**

Saturday nights  
 from May 17 to  
 September 6  
 (except July 26)







Inside the Banff Park Museum

A. Athwal

## Banff Park Museum National Historic Site

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

Come see the “University of the Hills” with over 5 000 natural history specimens, from bees to bears. Discover how natural history was interpreted in Canada during the Victorian era in one small, but very special, museum. Conveniently located in downtown Banff.

May 14 – June 30 (Wednesday – Sunday) 10 a.m. – 5 p.m.

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

September 2 – October 12 (Wednesday – Sunday) 10 a.m. – 5 p.m.  
[parkscanada.gc.ca/banffparkmuseum](http://parkscanada.gc.ca/banffparkmuseum)



Call 403-845-2412  
to reserve.

Parks Canada

Comfort  
camping  
the heritage  
way at  
Rocky  
Mountain  
House



## 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 12 – September 1 (Daily) 10 a.m. – 5 p.m.

September 2 – 28 (Thursday – Sunday) 10 a.m. – 5 p.m.  
[parkscanada.gc.ca/rockymountainhouse](http://parkscanada.gc.ca/rockymountainhouse)

For site locations, see map on back cover.



Ranch life at Bar-U

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 18 – September 30 (Open daily) 9 a.m. – 5 p.m.

403-395-3044 or 1-888-773-8888 [parkscanada.gc.ca/baru](http://parkscanada.gc.ca/baru)

## 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) northwest of Jasper via Highway #16 and Prince George.

June 1 to September 21 (Open daily\*) 9 a.m. – 5 p.m.

250-996-7191 ext. 21 [parkscanada.gc.ca/stjames](http://parkscanada.gc.ca/stjames)

\* The rest of the year by appointment only



Flag raising at Fort St. James NHS

Parks Canada

# 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, Sir John A. Macdonald, Canada's first Prime Minister, 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.





Biking the Bow Valley

P. Zizka

## Bow Valley **Parkway (1A)**

**A 48 km scenic drive highlighting one of the most naturally and historically rich areas in the park.**

The parkway offers wildlife viewing, learning opportunities and hiking trails. Rustic campgrounds, unique cottage accommodations, dining and natural attractions enhance this experience. From March 1 to June 25, travel is not permitted between 8 p.m. and 8 a.m. on the section of the parkway between the Trans-Canada Highway/ Bow Valley Parkway Interchange and Johnston Canyon Campground. This ensures the area remains a high quality home for wildlife.



Vermilion Lakes Drive

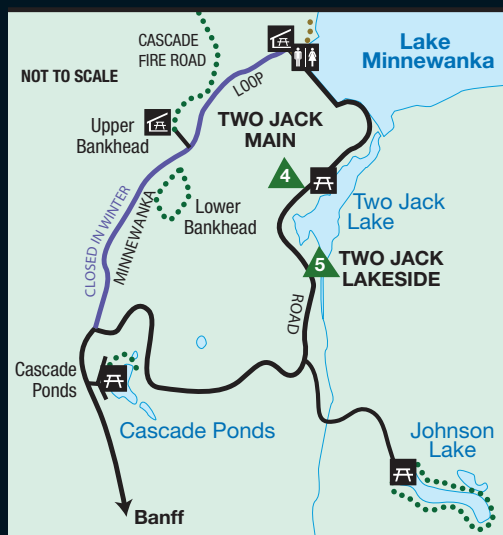
S. Gignac

## 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.

Scenic **Drives**



Two Jack Lake along Lake Minnewanka Road

P. Zizka

## Lake Minnewanka **Road**

**This area is a snapshot of Banff National Park** – majestic mountains, waterfalls, meadows, old town remnants and the largest lake in the park - a great place to camp, picnic by the water, dive, or to put road bikes, hiking boots and cross-country skis or snowshoes to work. It is also important habitat for bears. To ensure visitor safety and to protect wildlife, the Lake Minnewanka shoreline trail just past Stewart Canyon and Alymer trails is closed to cyclists and dogs from July 10 to September 15. Hikers are permitted in tight groups of four or more and must carry bear spray. In the winter, the western section of the road is closed to vehicles and human use. **Speed limit is 50 km/h.**



**Hiking and Biking.** Want to get outdoors for exercise? The Banff area has a variety of terrain for all hikers and bikers. Choose from 21 hiking and 25 biking trails rated easy, moderate and difficult. Top favourite local hikes are Tunnel Mountain Summit, Sundance Canyon, Sunshine Meadows and Cory Pass. If a mountain bike ride is on your list, try Tunnel Bench Loop, Tunnel Technical Trails or Lower Stoney Squaw. Trails wind through scenic mountains and river routes with perhaps a view of wildlife along the way.

**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 past breathtaking views, picnic areas, the Town of Banff, Vermilion Lakes, and connects to other popular trails.

**The oTENTik Experience.** Are you interested in a lakeside cottage getaway in one of the most picturesque campgrounds in the park? oTENTiks, located along the shores of Two Jack Lakeside Campground, are a cross between a prospector's tent and an A-frame cabin. Tents are equipped with a spacious living room with a table and chairs, and high density foam mattresses for up to six people. For added convenience, lighting, electrical and heat features provide a restful night's stay. Ten tents are available for booking by calling 1-800-RESERVE or visiting [reservation.pc.gc.ca](http://reservation.pc.gc.ca).

**RV Camping.** Options are as diverse as the landscape. From rustic, well treed and natural settings for smaller RVs to open area, full service camping for a 50 feet unit; Banff has options. Families looking to spend an active weekend can choose from sites that offer accessible activities. Couples seeking all the comforts away from home, can choose sites that are close to amenities. All campgrounds are set within the most picturesque mountain vistas.



## Winter in the Park

**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 15 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.

## Events and Festivals

**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 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.

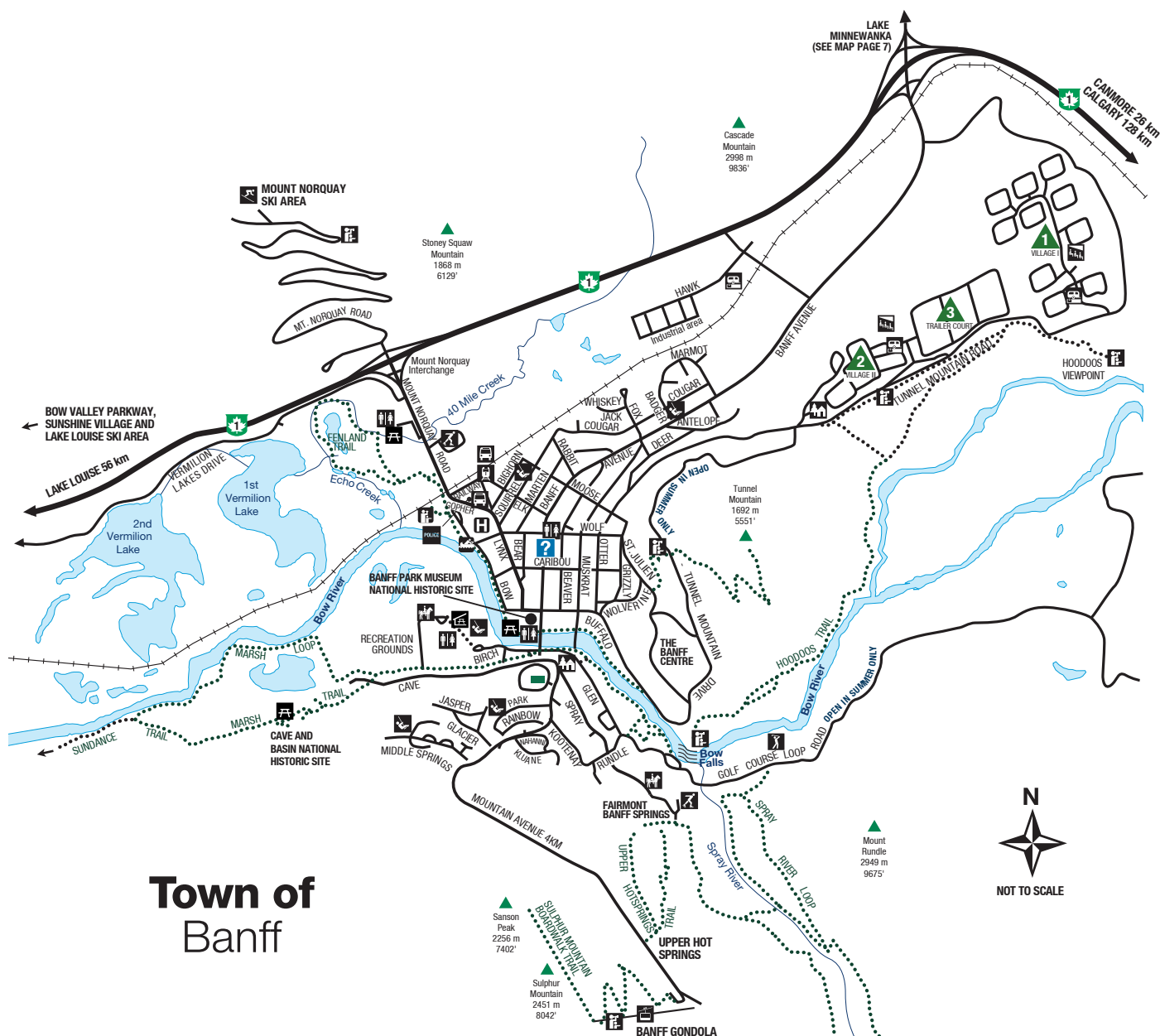


Heritage swimming at Upper Hot Springs

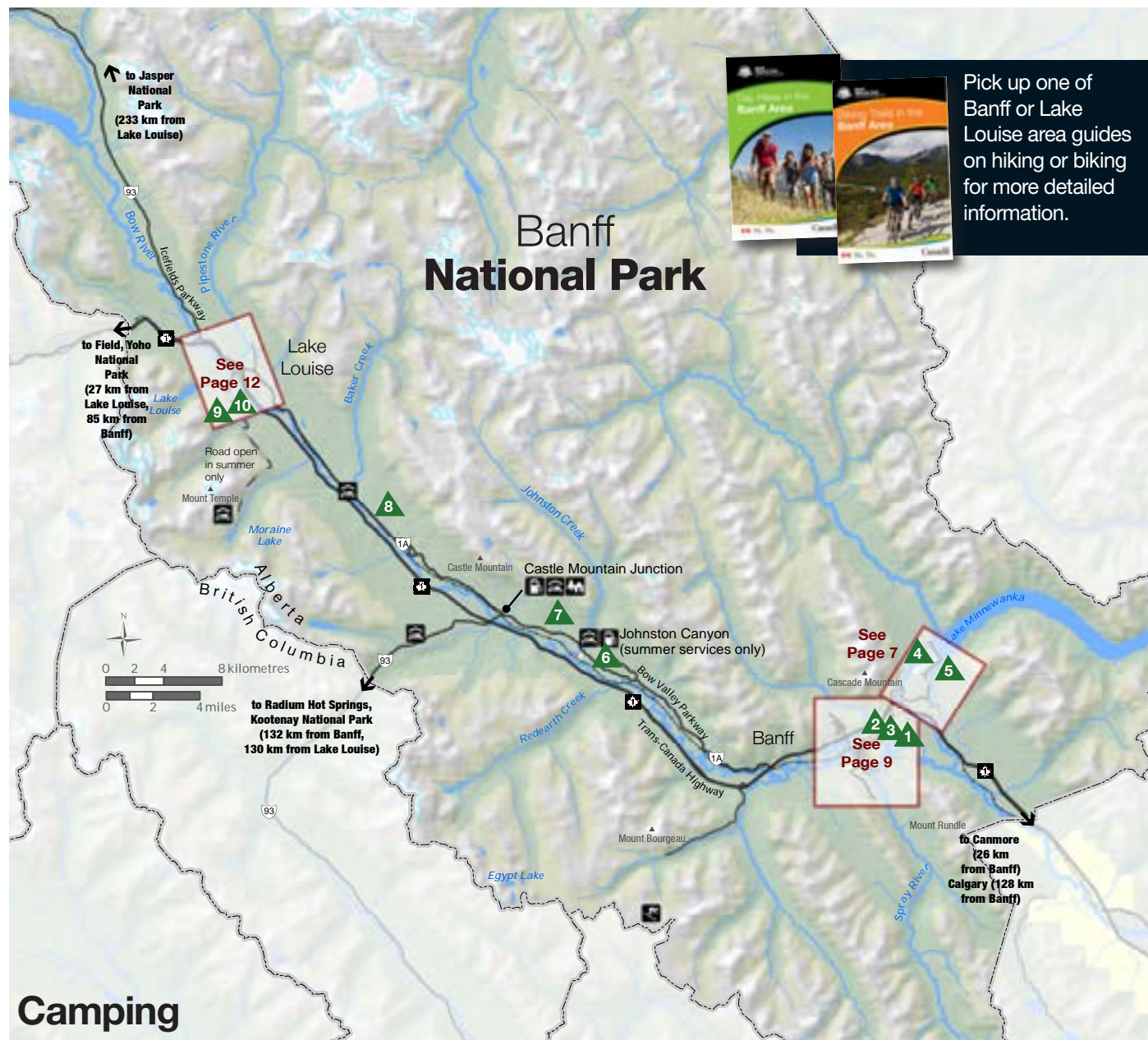
Participate in our summer interpretive programs. For more information, visit [parksCanada.gc.ca/banff](http://parksCanada.gc.ca/banff)



Parks Canada



**Town of**  
Banff



## Camping

CAMPGROUNDS AND SERVICES				OPEN DATES	SITES
1	Tunnel Mt. Village I*			May 15 - Oct. 5	618
2	Tunnel Mt. Village II*			Open Year Round	188
3	Tunnel Mt. Trailer*			May 15 - Oct. 5	321
4	Two Jack Main			June 26 - Sept. 2	380
5	Two Jack Lakeside*			May 15 - Oct. 5	74
6	Johnston Canyon*			May 29 - Sept. 15	132
7	Castle Mountain			May 29 - Sept. 28	43
8	Protection Mountain			June 27 - Sept. 1	89
9	Lake Louise Tent*			May 30 - Sept. 29	206
10	Lake Louise Trailer*			Open 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. Visit [parkscanada.gc.ca/banff-interpretation](http://parkscanada.gc.ca/banff-interpretation).

Highlighted campgrounds may be reserved: 1-877-RESERVE or [reservation.pc.gc.ca](http://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. Remote cameras tell the story. Visit [parkscanada.gc.ca/transcanada](http://parkscanada.gc.ca/transcanada).







Moraine Lake

Travel Alberta



Bike Pirate

Tramline Trail

## 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 village, 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.

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. Up for downhill skiing? The Lake Louise area has one of the largest ski areas in North America set amongst the most scenic mountain vistas.



RVing Comfort

D. Bognar

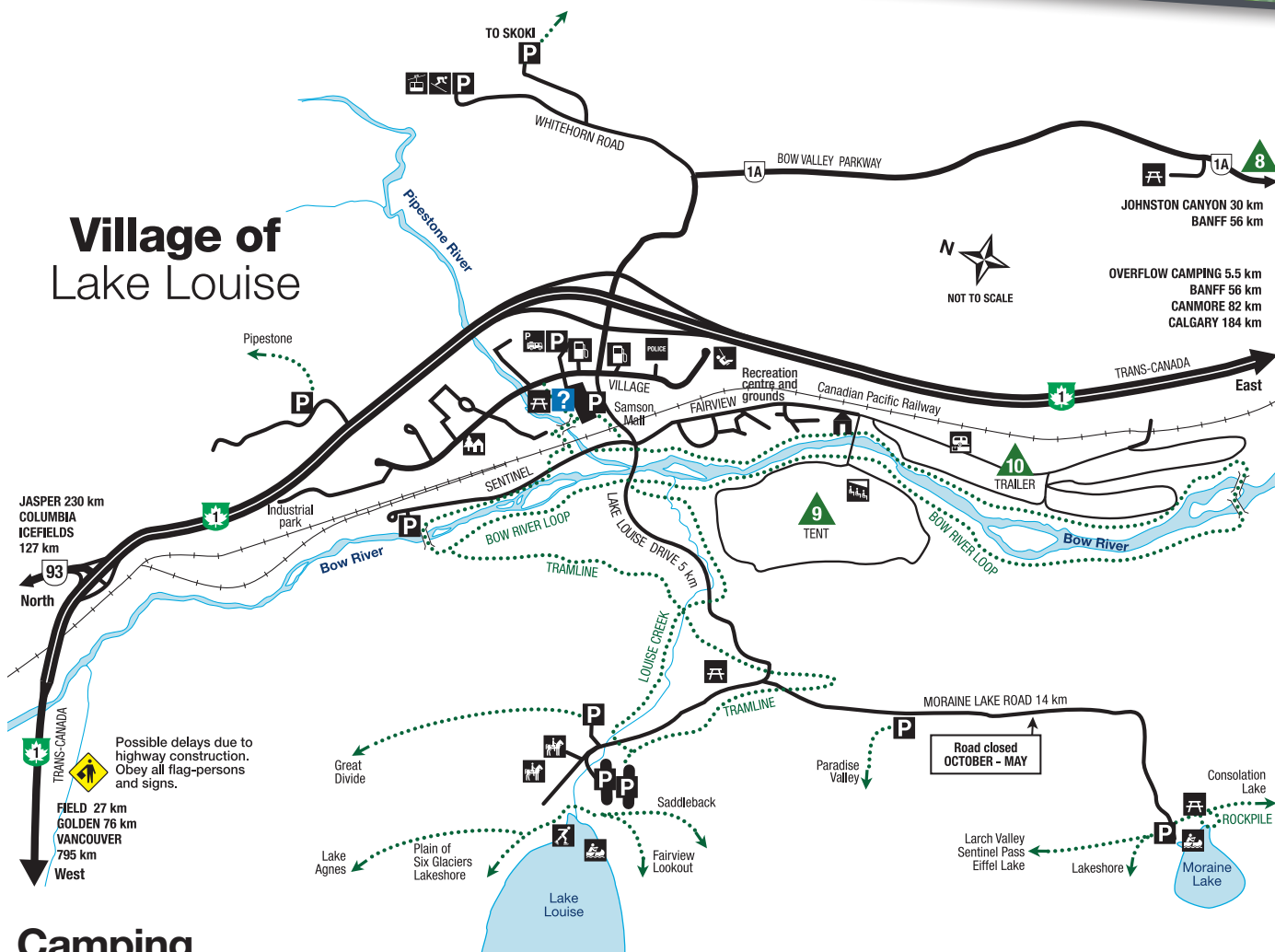
## RVing in the Mountains

### From serviced sites to rustic "roughing it",

the most scenic camping experiences await you in the Lake Louise area. While Lake Louise offers electric hook-ups, sani-dump and water service, self-contained campers may enjoy the big views along the spectacular Icefields Parkway. Units less than 30 feet are easily accommodated at most campgrounds. If you are over 35 feet aim for Lake Louise or Silverhorn Campground for that extra elbow room.

## Group of Four **Hiking**

**The Lake Louise area is one of three key nurseries for Banff's grizzly bears.** The requirement for a "tight" group of four hikers on some trails gives the bears the space they need to make a living and reduces the likelihood of a surprise encounter. Come as a group or join up with other hikers at the trailheads when this requirement is in place.



## Camping

CAMPGROUNDS AND SERVICES	OPEN DATES	SITES
8 Protection Mountain	June 27 - Sept. 1	89
9 Lake Louise Tent*	May 30 - Sept. 29	206
10 Lake Louise Trailer*	Open 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. Visit [parkscanada.gc.ca/banff-interpretation](http://parkscanada.gc.ca/banff-interpretation) for information.

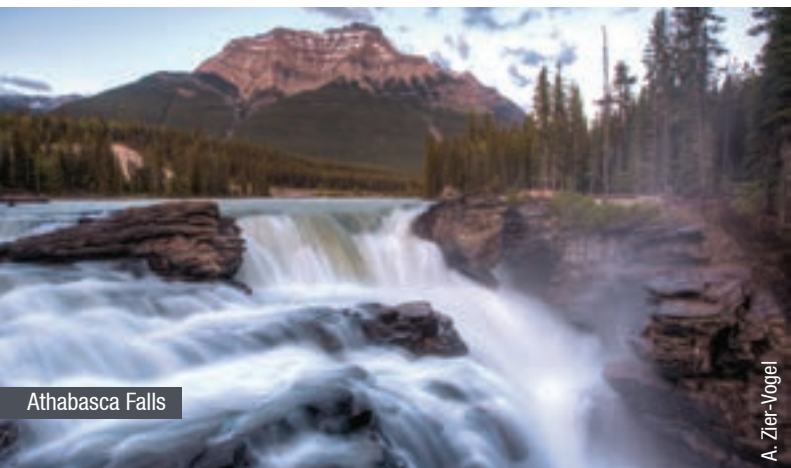
Highlighted campgrounds may be reserved: 1-877-RESERVE or [reservation.pc.gc.ca](http://reservation.pc.gc.ca)  
THE LEGEND FOR ALL MAPS AND SYMBOLS IS LOCATED ON PAGE 3.



# 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.





Athabasca Falls

A. Zier-Vogel



Snowshoeing near Bow Lake

Travel Alberta

## Herbert Lake

A photographer's favourite. The still waters of Herbert Lake provide a perfect panoramic reflection of the stunning Main Range peaks, including Mount Temple. The area provides an ideal place for a picnic stop. See **1** page 15.

## Crowfoot Glacier

A century ago when this was named, three "toes" of the ice clung to the mountainside. The lower toe has since melted and the middle toe is slowly disappearing. See **2** page 15.

## Bow Lake and Bow Glacier

Bow Lake is one of the more scenic and accessible lakes for fishing. The turquoise blue water is the source of the Bow River. In winter it is ideal for ski touring. From here you can view the majestic Bow Glacier. See **3** page 15.

## Beauty Flats

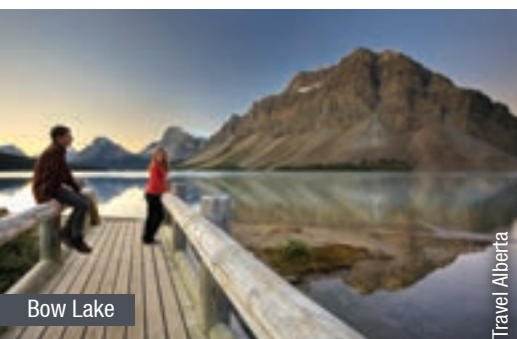
Be amazed at several spectacular pull-offs that provide big views and plenty of peaks from gravel flats left behind by glaciers past. Reduce speed in this area for caribou in winter. See **4** page 15.

## Sunwapta Falls and Lower Sunwapta Falls

A torrent of plunging water not far from the highway. The main falls are just steps from the parking lot while a short hike (2 km one way) to Lower Sunwapta Falls offers additional chances to admire this rugged gorge. See **5** page 15.

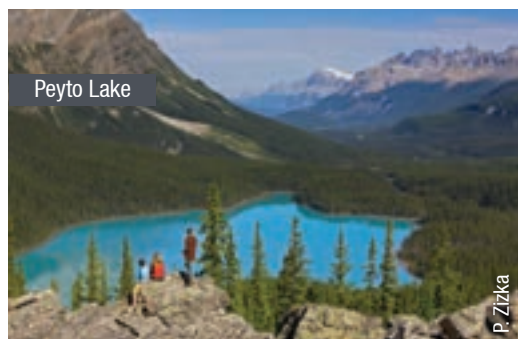
## Athabasca Falls

Feel the spray of the Athabasca River as it thunders into the canyon below. Stay on designated trails and behind railings. The rock beyond is slippery and dangerous. See **6** page 15.



Bow Lake

Travel Alberta



Peyto Lake

P. Zizka



Hiking Wilcox Pass

A. Zier-Vogel

## Bow Summit and **Peyto Lake**

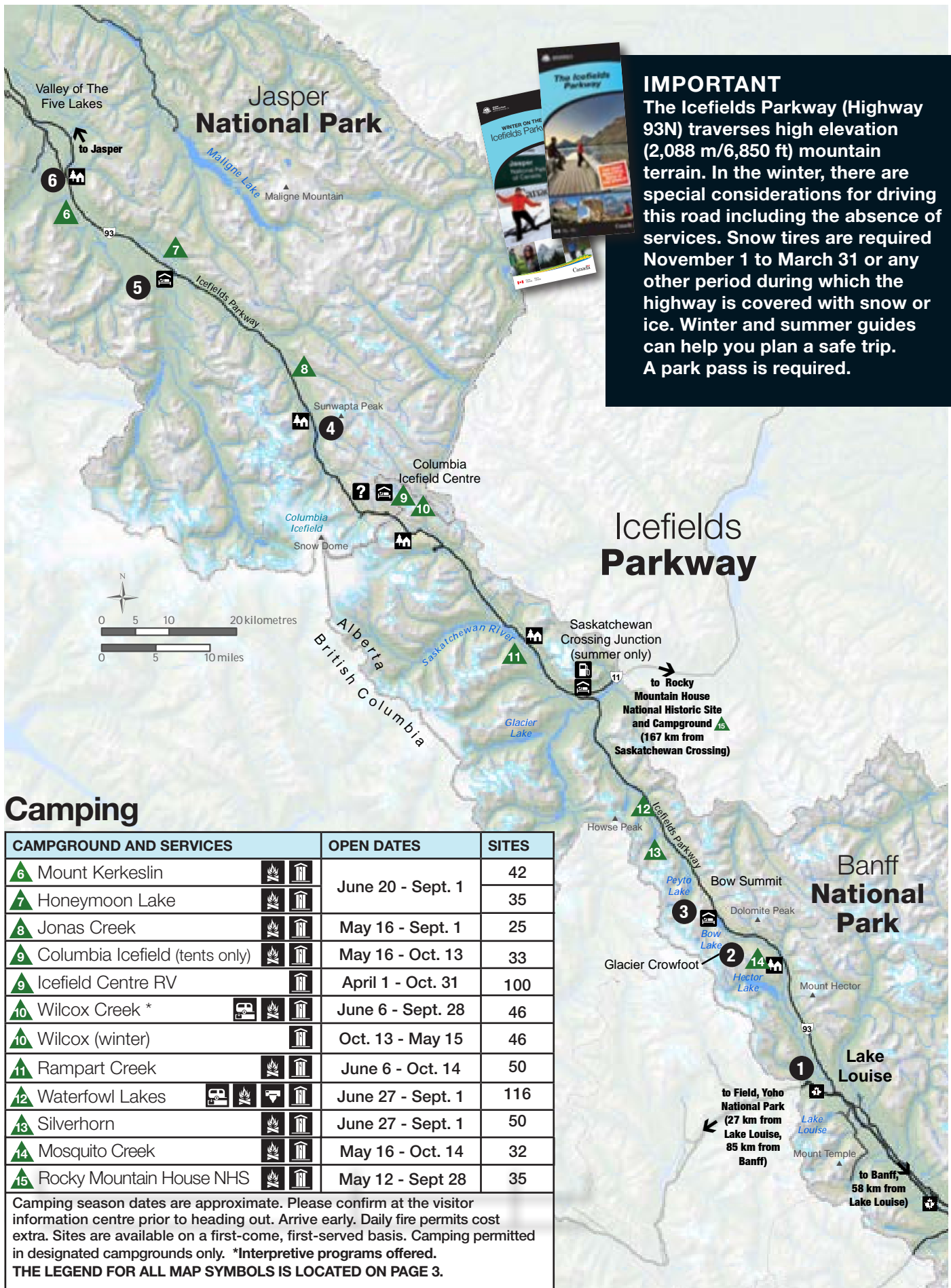
### **Bow Summit is the height of land**

between the Bow River system, flowing south-east to Banff, and the Mistaya River flowing north-west. A short uphill walk from the parking area leads to a view of the glacial-fed, brilliantly turquoise Peyto Lake. 42 km (30 min) from Lake Louise.

## Columbia **Icefield Area**

**A magical area** that includes the Athabasca Glacier and numerous easy to moderate alpine day hiking opportunities. Explorations with a commercial guide, bus tour or glass-bottomed viewpoint are also available. Walking on any glacier is not recommended: crevasses and other hazards can be deadly.





# 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 moosehide 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 wildlife.





Maligne Lake

R. Bray

## Miette Hotsprings

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 **1** 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 **2** page 20.

## Jasper House Viewpoint

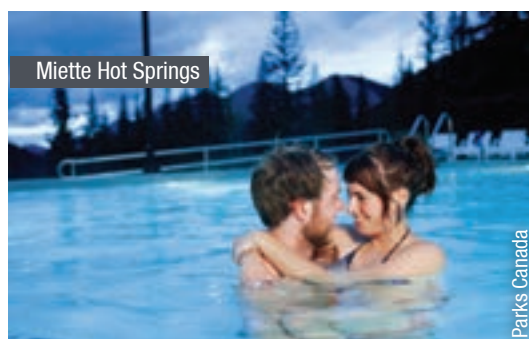
A short interpretive walk through the forest leads to a viewing platform on the Athabasca River. Across the water is Jasper House National Historic Site, the remains of an early fur trading hub. 35 km from Jasper via Hwy 16. See **3** page 20.

## Driving Tour



Camping the Tonquin

L. Neufeld



Miette Hot Springs

Parks Canada



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 **4** 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 **5** page 20.

## 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 **6** page 20.

## Our Attractions

## 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).

Day Hiking Jasper

R. Bray



R. Bray



Jasper Celebrates  
2014 - join in  
the fun!

[jaspercelebrates.ca](http://jaspercelebrates.ca)

#myjasper



## Our Attractions

### Old Fort Point

Old Fort Point is a prominent bedrock hill standing 130 m above the Athabasca River. The steep loop trail provides an excellent view of Jasper and its surroundings. *Old Fort Point Road via Hwy 93A, 2 km (5 min) from Jasper.* See **7** page 19.

### Pyramid Lake and Island

Pyramid Lake is a short drive from town and a hub for all kinds of great year-round activities. Check out the namesake island and its charming footbridge-accessible to everyone. *Pyramid Lake Road, 7 km (8 min) from Jasper.* See **8** page 19.

### Lake Edith and Lake Annette

These lakes offer what might be the best sandy beach for swimming or sun-tanning in the mountain parks! A fully accessible trail encircles Lake Annette. Bring your BBQ supplies and set up for the day. *Head east on Hwy 16, turn right towards Jasper Park Lodge, and take next left, 10 min.* See **9** page 19.

### Valley of the Five Lakes

Five small, brilliantly blue green lakes are the highlights of this outing, considered a local family favourite. Watch for beavers as you cross the boardwalk over Wabasso Creek. See **10** page 19.

### Jasper's Easy Trails System

Completed in 2013, these easy walking and biking trails link up the best of Jasper's scenery and special locations. Gently rolling and widely graded. *Easy Trails begin from Wapiti and Whistlers Campgrounds, Old Fort Point, Lake Annette, Pyramid Lake or the Jasper Discovery Trail.* See ..... page 19.

### Pyramid Bench Trails Network

A favourite 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 **11** 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.

### Paddling

**Jasper is well suited to all levels of paddling ability.** Rentals are available in the town and at several locations throughout the park. Prime locations include a wide variety of lakes and ponds while the mighty Athabasca River offers good opportunity for experienced paddlers.



C. Roy

Hiking Sulphur Skyline



Parks Canada

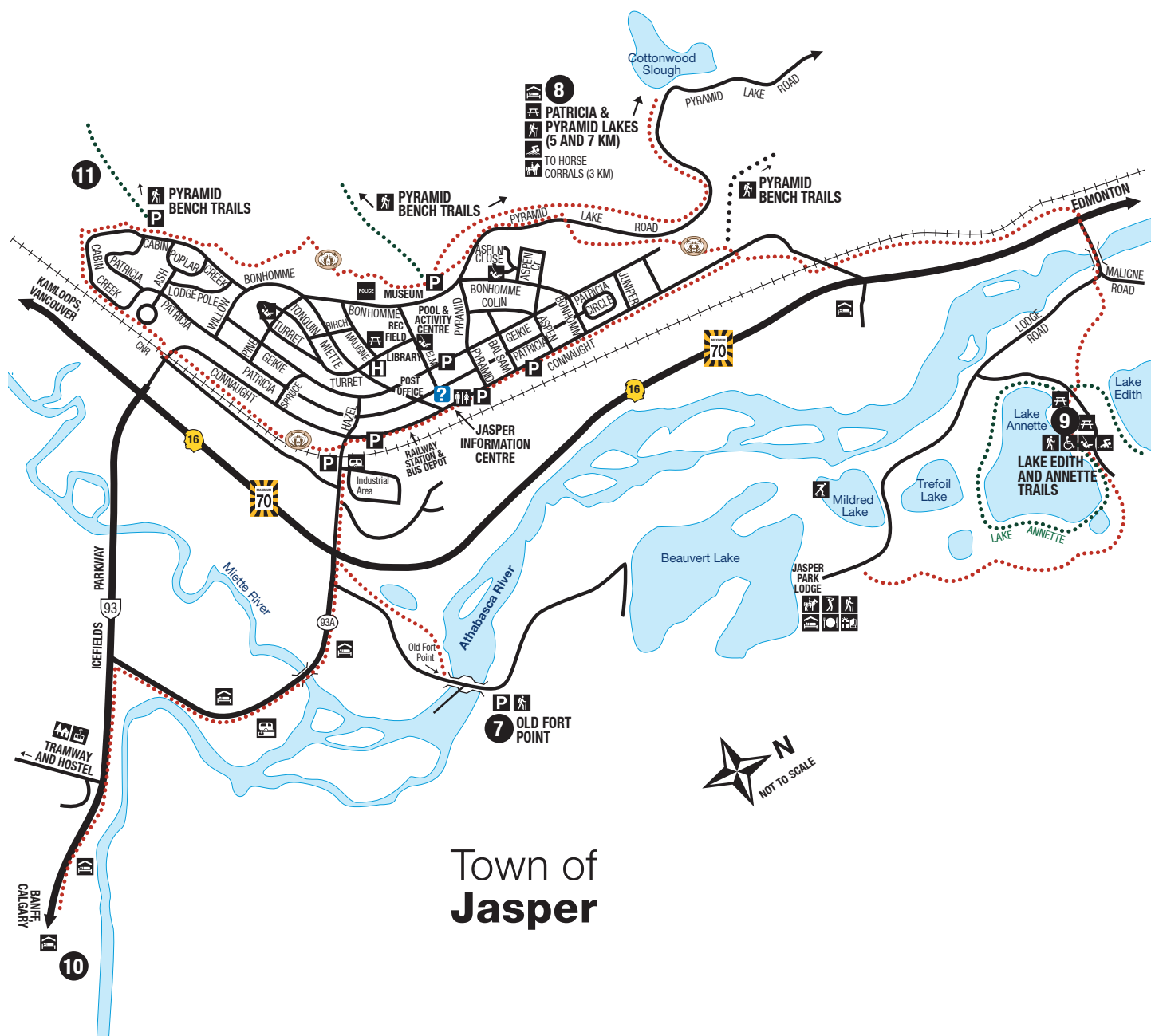
Biking Jasper's Easy Trails



The darkest sky **on earth**

**Are you a stargazer? A hobby astronomer? You've come to the right place!** Jasper National Park is one of the world's largest dark sky preserves, the majority of the park being free from artificial light. Almost any place in the park is good for stargazing, but for an amazing first experience try a night time visit to Pyramid Island or Maligne Lake. Learn more about viewing opportunities and our family-friendly dark sky festival: [jasperdarksky.org](http://jasperdarksky.org).

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Town of  
**Jasper**

**Jasper National Park**

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

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

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

See Page 19

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

Alberta British Columbia

**Camping**

CAMPGROUNDS AND SERVICES	OPEN DATES	SITES
1 Pocahontas	May 16 - Sept. 7	140
2 Snaring River	May 16 - Sept. 14	66
3 Whistlers*	May 2 - Oct. 13	781
4 Wapiti (summer)	May 16 - May 19 June 20 - Sept. 21	362
4 Wapiti (winter)	Oct. 13 - May 1/2015	93
5 Wabasso	June 20 - Sept. 1	228
6 Mount Kerkeslin	June 20 - Sept. 1	42
7 Honeymoon Lake	June 20 - Sept. 1	35
8 Jonas Creek	May 16 - Sept. 1	25
9 Columbia Icefield (tents only)	May 16 - Oct. 13	33
9 Icefield Centre RV	April 1 - Oct. 31	100
10 Wilcox Creek	June 6 - Sept. 28	46
10 Wilcox (winter)	Oct. 13 - 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.

**Large RV or Trailer?**

Best bets are Whistlers and Wapiti. Not all campgrounds are suitable for larger units.

Details: [pc.gc.ca/jasper](http://pc.gc.ca/jasper)



# Kootenay National Park

**First Nations peoples were the first to discover** naturally-forming ochre in small streams flowing through the Vermilion Plain. Mixing the red clay 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 the dolomite walls of Marble Canyon and the rust covered cliffs above Radium Hot Springs. In 2003, dramatic wildfires in the Vermilion Valley revealed glaciers hanging above the flame-scorched forest, further enhancing the park's natural legacy.





Radium Hot Springs



B. Rossman

Parks Canada



Free interpretive programs!



oTENTiks

R. MacDonald

## Our Attractions

### 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

Make sure your journey includes a peaceful soak in the odourless Radium Hot Springs. Surrounded by dramatic cliffs, the hot and cool pools offer opportunities to relax or play with the kids. Open daily, year-round with towels and swim suits to rent. For hours of operation and information, call 1-800-767-1611. See **6** page 23.

Reservations.pc.gc.ca



S. Gignac

Weird and wonderful fossils await – Join a Stanley Glacier guided hike



S. Gignac

Heart-leaved arnica



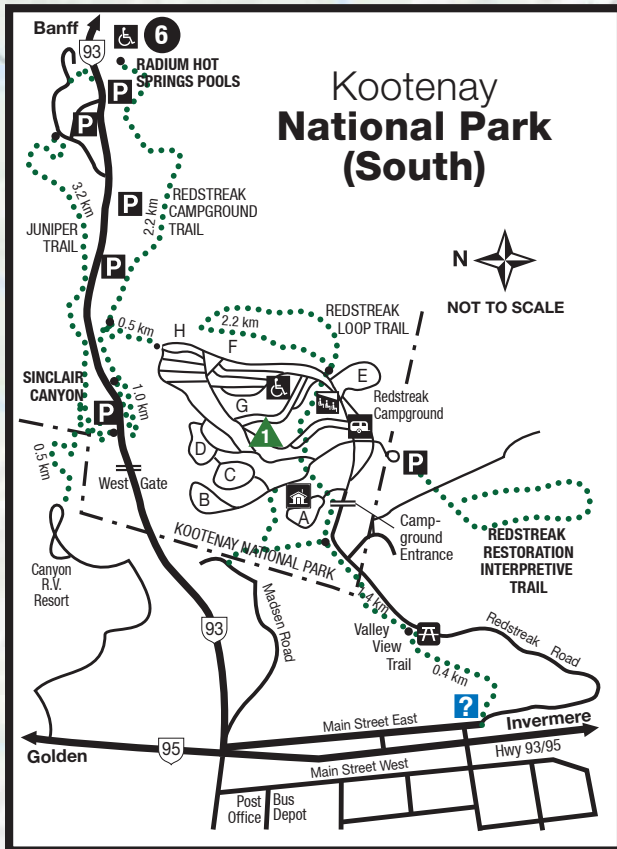
Parks Canada

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 regrowth 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.





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

## Camping

CAMPGROUNDS AND SERVICES		OPEN DATES	SITES
1	Redstreak* 	May 2 - Oct. 13	242
2	McLeod Meadows 	June 27 - Sept. 1	98
3	Marble Canyon 		61
4	Crook's Meadows 	Contact 1-403-522-1203 for information on non-profit group camping reservations and fees.	
<p>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.</p> <p><b>*Interpretive programs offered. Visit <a href="http://parkscanada.gc.ca/kootenay-interpretation">parkscanada.gc.ca/kootenay-interpretation</a> for information.</b></p> <p> Highlighted campgrounds may be reserved: 1-877-RESERVE or <a href="http://reservation.pc.gc.ca">reservation.pc.gc.ca</a></p> <p><b>THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.</b></p>			





# Yoho National Park



Parks Canada

## **During a celebrated expedition to explore the west,**

Dr. James Hector travelled ahead of the group, and became the first European 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, Dr. Charles Dolittle Walcott, discovered the Burgess Shale fossils. These exquisitely preserved marine organisms offer a glimpse back to more than 505 million years. With fossils designated as part of a World Heritage Site, 28 peaks soaring above 3 000 m, the rambunctious Kicking Horse River and numerous breathtaking waterfalls, it is no surprise Yoho was named after a Cree expression meaning "awe and wonder".





Takakkaw Falls

K. Smith

## The Spiral Tunnels

Imagine steam trains on the “Big Hill” at Kicking Horse Pass National Historic Site. Spot trains snaking down the mountainside through the Spiral Tunnels. Watch for new interpretive exhibits in the visitor centre and around the park. See **1** on page 26.

## Yoho Valley Area

From late June until early October, drive or bike this steep scenic road with tight switchbacks to Takakkaw Falls. Admire the power of nature as you stand at the base of the thundering waters of one of the highest waterfalls in Canada. NOTE: Trailers must be left in the parking lot across from Monarch Campground. See **2** on page 26.

## Emerald Lake Area

Discover a jewel of the Canadian Rockies as you paddle, walk or ski around magnificent Emerald Lake. Pack a picnic lunch and relax with family and friends at the Emerald Lake or Natural Bridge day-use areas. See **3** on page 26.

## Our Attractions



Camping in Yoho

Parks Canada

## Burgess Shale

Learn how a 505 million year old ocean ended up on top of a mountain. Choose from three exciting guided hikes, and explore the interactive Burgess Shale exhibits at the Yoho Visitor Centre and Emerald Lake. Hikes are available from late June until mid-September. Visit [parks.canada.gc.ca/burgessshale](http://parks.canada.gc.ca/burgessshale) for information and reservations.

## Hiking and Biking

Gaze at mountaintops and enjoy endless views on Yoho's numerous hiking and biking trails. Take a gentle 2.4 km hike to the impressive Wapta Falls, cycle along the Great Divide trail or pack your tent for a multi-day backpacking adventure in the Yoho Valley. Don't forget your camera. Wildflowers and sweeping panoramas can be seen throughout the park.

## Lake O'Hara

A quota system protects Lake O'Hara's fragile alpine environment. Reservations for the shuttle and campground are limited and begin April 1, 2014. Reservations must be made exactly three months in advance. Call 1-250-343-6433 for reservations or visit [parks.canada.gc.ca/lakeohara](http://parks.canada.gc.ca/lakeohara) for information.

## Our Adventures



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

Parks Canada

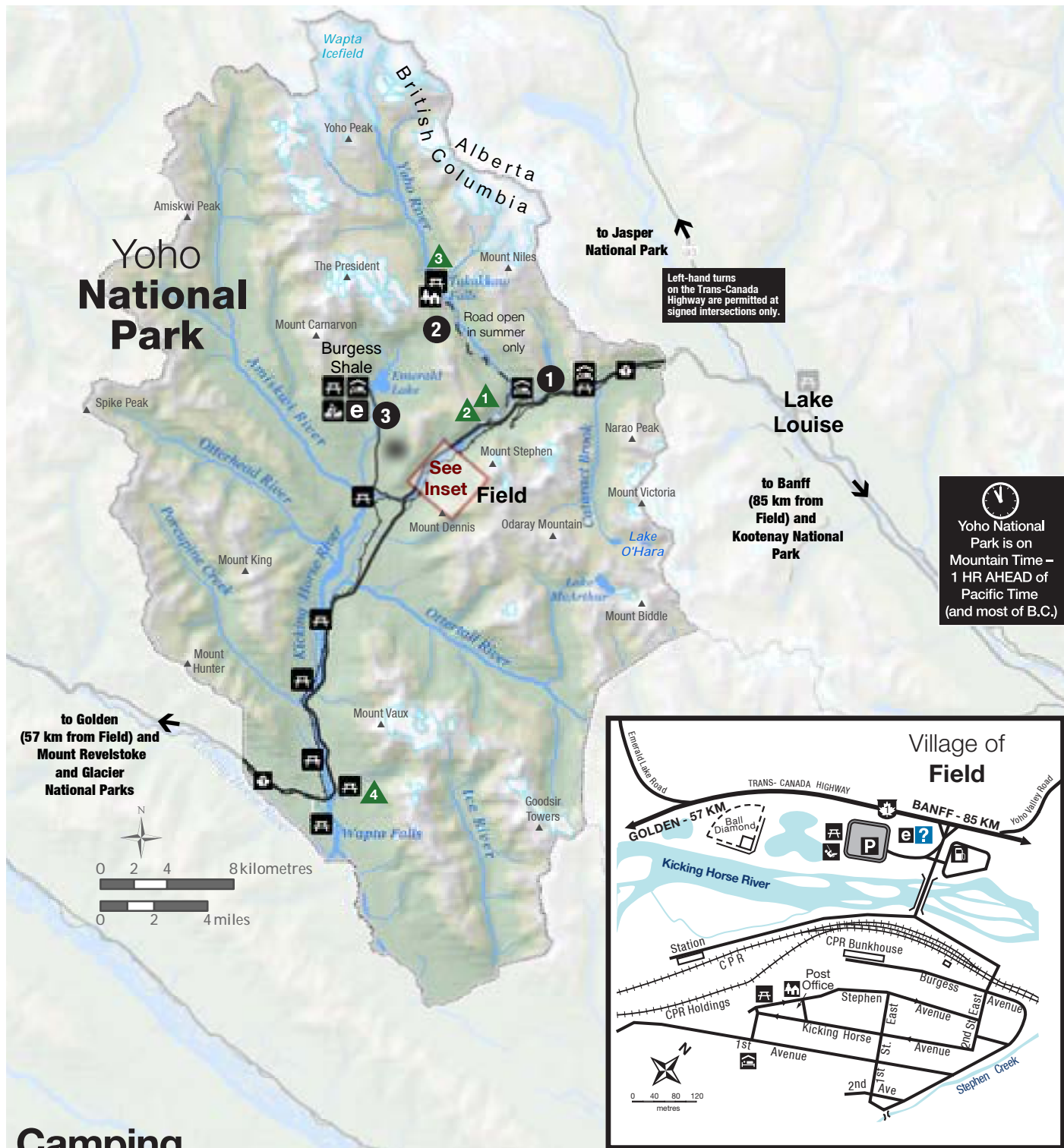
[reservation.pc.gc.ca](http://reservation.pc.gc.ca)


Roving interpreters

Parks Canada

## 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

CAMPGROUNDS AND SERVICES	OPEN DATES	SITES
1 Kicking Horse*	May 16 - Oct. 13	88
2 Monarch	May 2 - May 16 June 28 - Sept. 1	44
3 Takakkaw Falls (walk-in)	Please check online	35
4 Hoodoo Creek	June 27 - Sept. 1	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 visit <a href="http://parkscanada.gc.ca/yoho-interpretation">parkscanada.gc.ca/yoho-interpretation</a> for information. THE LEGEND FOR ALL MAP SYMBOLS IS LOCATED ON PAGE 3.		



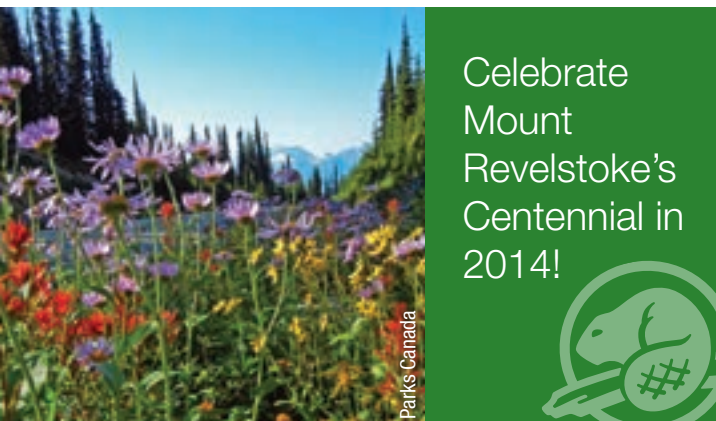
# Mount Revelstoke National Park

# Glacier National Park



**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 is the only mountain in the national parks system accessible by vehicle, with a wildflower-lined parkway that climbs through rainforest and snowforest to a summit of sub-alpine 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.

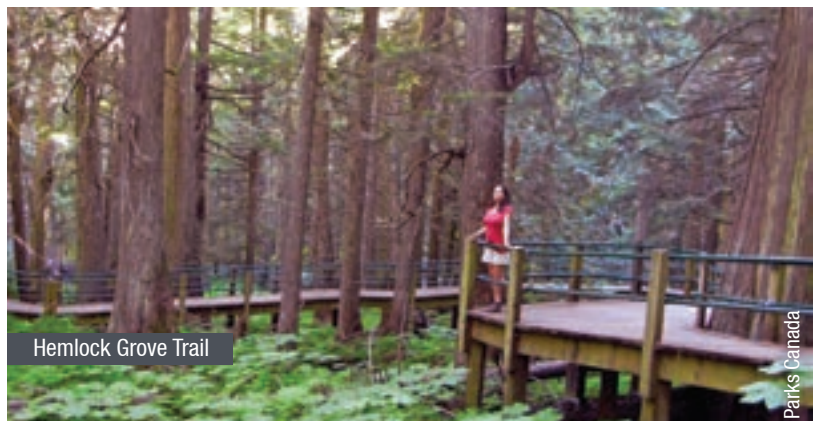




Celebrate  
Mount  
Revelstoke's  
Centennial in  
2014!



Parks Canada



Hemlock Grove Trail

Parks Canada

## Our Highlights

### Meadows in the Sky Parkway

Get your day off to a great start with a mountain bike ride or trail run at the Nels Nelsen Historic Area. In the afternoon, take a drive up the parkway for 360° panoramic views of the Selkirs and Monashees. *Trans-Canada Hwy, 2 min east of the main Revelstoke exit. See 1 page 29.*

### 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 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

### 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 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.*

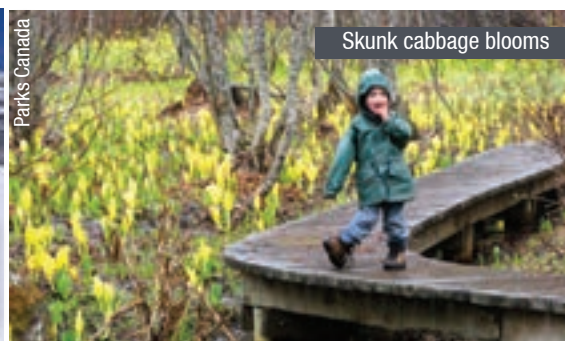
### Glacier House Site

Imagine the mountain adventures that began at this pioneering Victorian-era hotel, as you wander among its stone ruins on a 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

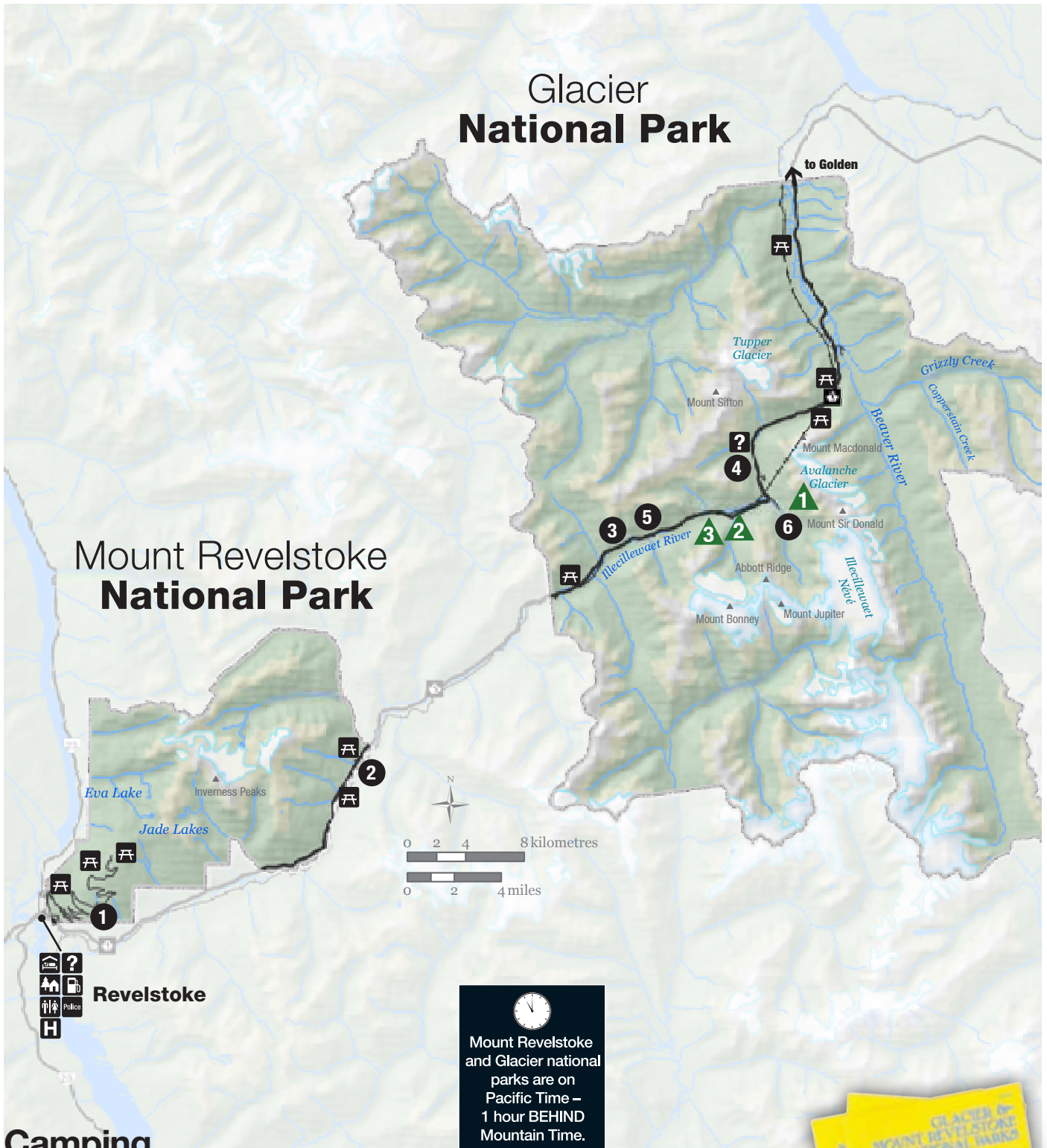
## Backcountry Skiing

**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: [parksCanada.gc.ca/skirogerspass](http://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 offer great access to the twelve historic hiking trails of Rogers Pass.





## Camping

CAMPGROUNDS AND SERVICES	OPEN DATES	SITES
1 Illecillewaet*	June 21 - Sept. 30	60
2 Loop Brook*	July 1 - Sept. 2	20
3 Mount Sir Donald		15

Camping season dates are approximate because snow lingers at the campgrounds until mid-June. 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 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 you can find a UNESCO World Heritage Site, an International Peace Park and a Biosphere Reserve all rolled into one compact package. This special place, which celebrates connection among peoples, landscapes and nations, continues to live up to its original billing.





Summer special events


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

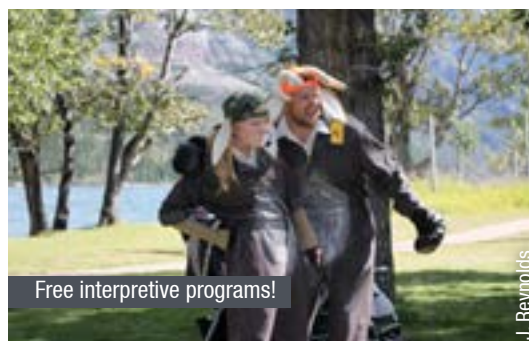
## Red Rock Parkway

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!



Paddling Waterton Lake

## Kootenay Brown Trail

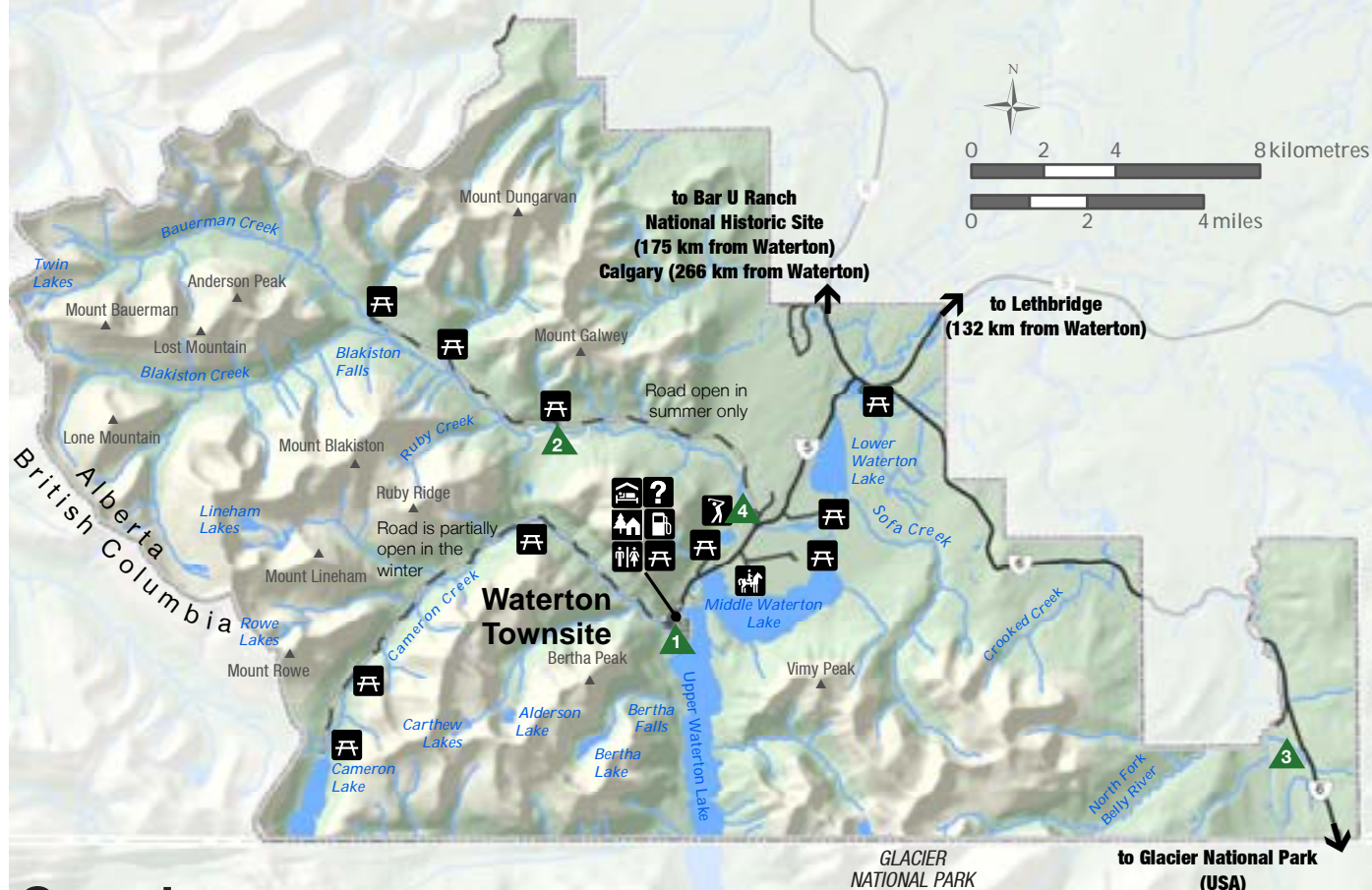
**This multi-use trail parallels the Entrance Parkway and is perfect for families** with bike trailers and young riders. Whether you are walking, running or cycling, the mountains, lakes and meadows full of wildflowers that surround you will provide the perfect backdrop. Be sure to stop and smell the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

CAMPGROUNDS AND SERVICES	OPEN DATES	SITES
1 Waterton Townsite*	May 2 – October 13	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

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# DISCOVER CAMPING LIKE NEVER BEFORE!



Call 1-877-RESERVE or visit [reservation.pc.gc.ca](http://reservation.pc.gc.ca) to book your oTENTik now!

**Banff**  
National Park

**Jasper**  
National Park

**Kootenay**  
National Park



Parks  
Canada

Parcs  
Canada

Canada



# Mountain **Learning**

## Join us in discovering the **wonders of the mountains!**

Look for our Parks Canada interpreters throughout the parks: at campground theatres, popular day-use areas, special events and out on the trails. Discover the park first hand and take the opportunity to ask your questions during our programs and activities.



## 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.



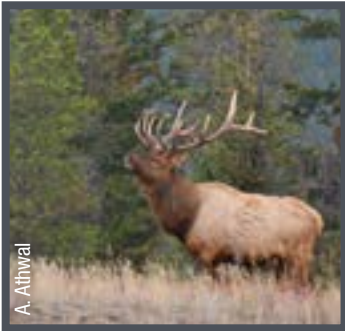


# Mountain Nature

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 with specially adapted hooves designed 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 moist and snowier 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.**





M. Bradley

## Wolf

### Characteristics

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

### Where to find

Mainly valley bottoms.



R. Gruys

## Coyote

### Characteristics

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

### Where to find

Valley bottoms, well adapted to humans.



M. Bradley

## 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.



M. Bradley

## Red Squirrel

### Characteristics

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

### Where to find

Coniferous forests, scampering up trees.



M. Bradley

## Columbia Ground Squirrel

### Characteristics

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

### Where to find

Meadows, roadsides and townsites in underground colonies.



R. Gruys

## 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 also enforce other Canadian laws inside national parks. Help them keep national parks a special place. To report national park violations, call:

**24 hours, 7 days per week**

**1-888-927-3367**

**(Banff, Yoho, Kootenay and Waterton Lakes)**

**1-877-852-3100**

**(Jasper and Mountain Revelstoke & Glacier)**

**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 the *Canada National Parks 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

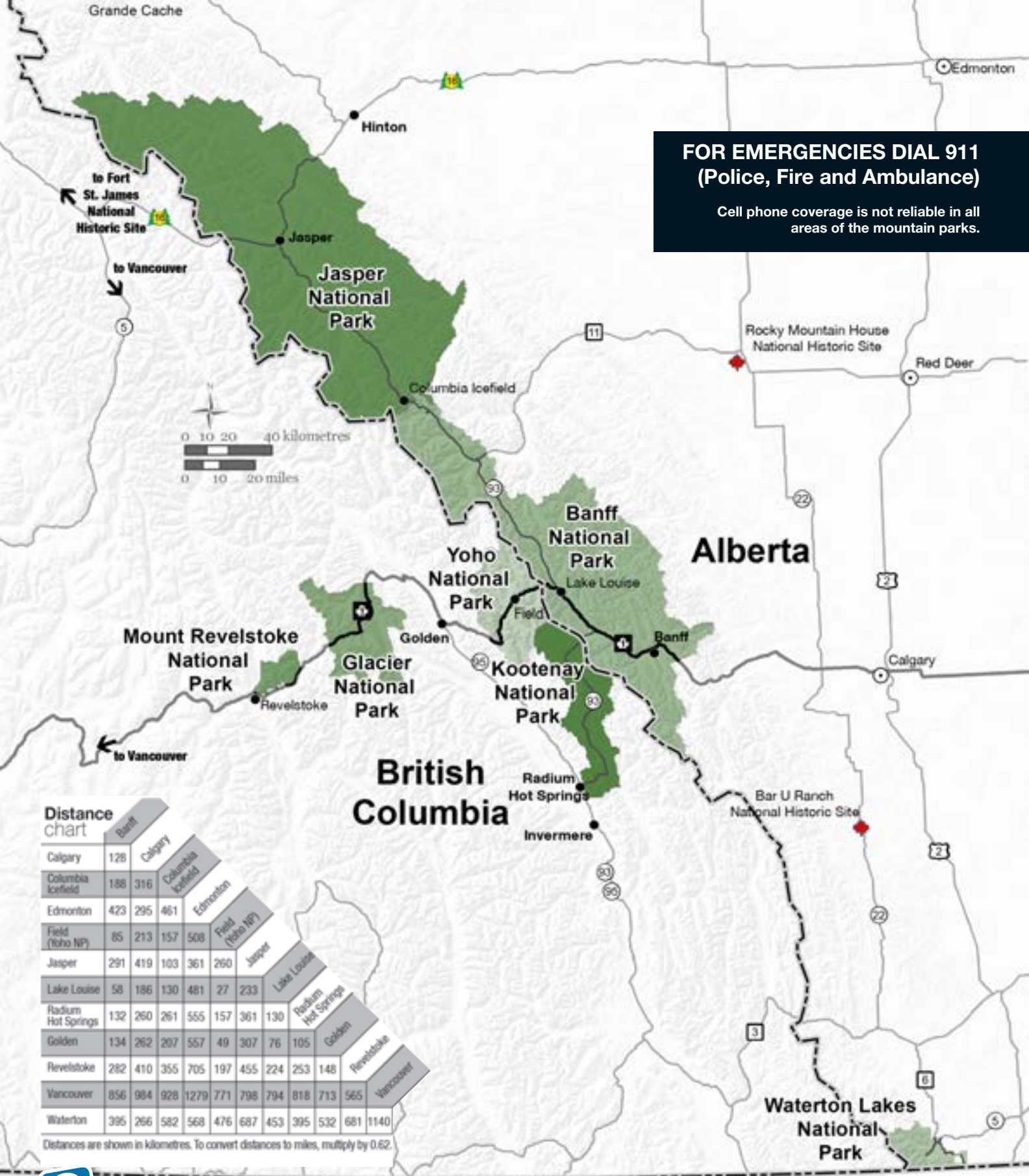
Motorized off-road travel is not permitted within national parks.

**For the *Canada National Parks Act* visit:**

**[pc.gc.ca/pn-np/ab/banff/plan/reglements-regulations.aspx](http://pc.gc.ca/pn-np/ab/banff/plan/reglements-regulations.aspx)**



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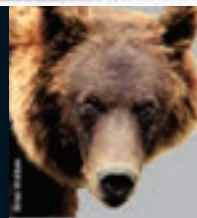
**FOR EMERGENCIES DIAL 911  
(Police, Fire and Ambulance)**

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



**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.**

