**Mountain Biking Trails in the Banff Area**

**Welcome to Banff National Park**, Canada’s first and most famous national park. With more than 300 km of cycling trails, it’s an easy way to explore the spectacular area. Trails range from easy to difficult and the biking season typically runs from mid-September to October. The trails are groomed and maintained by Parks Canada, keeping the park natural and enjoyable for all users.

**Wildlife and People**

Be aware of possible encounters with wildlife, even on day trips. Always remember to pack out what you bring in.

**Be prepared**: Always tell someone where you are going and when you plan to return. Carrying a fully charged cell phone is recommended. Be prepared for any weather. Surface water may contain dangerous insects, particularly in late summer.

**Ride, don’t slide—**Help preserve the quality of trails.

**Rules of the Trail**

Be a mountain-park steward, ride well:

- **E-bikes**: E-bikes, with the exception of pedal assist e-bikes, are not permitted on trails in Banff National Park. Pedal assist e-bikes are only permitted on paved roads and certain trails in the Bow Valley. Ask a Parks Canada staff member for more information.

- **Leash laws**: Leash laws require dogs to be on a leash at all times, except for those designated dog-friendly areas.

- **Share the Trail**: The bike trails in Banff National Park are all share-used trails—except to explore hiking opportunities, walkers and horseback riders also use these trails. Ask a Parks Canada staff member for more information.

**More Information**

Banff Visitor Centres:

- **224 Banff Ave and 327 railway Ave**

Banff & Lake Louise Tourism / P. Zizka Photography

**Ensemble offert en français**
LEGEND

Family Friendly Rides
Easy Rides
Moderate Rides
Difficult Rides

Water Centre
Police
Hospital
Parking
Campground
Day-use Area
Viewpoint
Bike Repair Station
Public Transit Stop

Toilet
Visitor Centre
Bridge
Spray West Trailhead
Spray East Trailhead
Canyon Bridge
To Goat Creek
To Lake Louise
To Banff Springs Golf Course
Streetside Stay
Fairmont Banff Springs Hotel
Banff Avenue
Don's Bypass
Bankhead
St Julien
Mount Norquay Road
Sunshine Village Access Road
Cave Avenue
Hoodoo to Surprise Corner
Sawback Bridge
Tunnels Mountain Drive
Tunnnel Mountain Road

1 Sundance Family Friendly Trail
2 Tunnel Campground Loop
3 Banff Legacy Trail (Belt to Canmore)
4 Town of Banff

Easy Rides

Healy Creek
Spray River East and West
Cascades Ponds – Bankhead
Cascade Valley
Water Tower

Moderate Rides

Brewster Creek
Redearth Creek
Lake Minnewanka
Banff Avenue Trail
Hoodoos to Surprise Corner
Tunnel Bench Loop
Tunnel Technical Trails
Middle Springs
Sulphur Mountain Westside

Difficult Rides

Topp Notch
Rundle Riverside (Belt to Canmore)
Lower Stoney
Upper Stoney
The Toe

Looking for a paved cruise or spin right? Pick up the Road Riding Guide at a Parks Canada visitor centre or online at pc.gc.ca/banff-brochures

Your speed and quietness puts you at rest for sudden wildlife encounters. Always carry bear spray and know how to use it. Visit roamtransit.com for more information.

Elevation gain 82 m, elevation loss 82 m
The Toe
Rundle Riverside
Elevation gain 299 m, elevation loss 357 m
3.9 km one way
Topp Notch
7 km of trails
Middle Springs
Elevation gain 80 m
2.7 km loop
Tunnel Technical Trails
9.7 km loop
Tunnel Bench Loop
Elevation gain 115 m, elevation loss 90 m
Elevation gain 65 m, elevation loss 50 m
Barn Avenue Trail
Elevation gain 30 m, elevation loss 50 m
Hoodoos to Surprise Corner
Elevation gain 65 m, elevation loss 50 m
Tunnel Bench Loop
Elevation gain 50 m
Tunnel Technical Trails
3 km loop
Elevation gain 80 m
Middle Springs
from of trail
Elevation gain 124 m, elevation loss 124 m
Sulphur Mountain Westside
Elevation gain 385 m

Elevation gain 82 m, elevation loss 82 m

Elevation gain 11 m, elevation loss 328 m
Upper Stoney
Elevation gain 1 km loop
Elevation gain 238 m, elevation loss 243 m

The Toe
Elevation gain 1.5 km loop
Elevation gain 82 m, elevation loss 82 m

All elevations are an approximations to give riders an idea of what to expect on each route. Elevations are calculated as the total amount of elevation gain and the total amount of elevation loss (all the ups and downs) over the entire distance of an out-and-back trail or loop.

July 10 to Sept 15
This also information trail is closed, shortly after Stewart Canyon bridge, to cycling to ensure visitor safety and allow beam to restor native, a critical food source. Dogs are not permitted on the trail during this period.