

# Along the spine of the North American continent, the Rocky Mountains poke high into the clouds and blue glaciers cling to their slopes.

Green forested valleys provide a vital food source for grizzly bears and other species. This is the Lake Louise and Icefields area of Banff National Park, a landscape of wonder which has been dubbed the "hiking capital of Canada." Use the trail descriptions to choose a hike suitable for everyone in your party.

# **ICEFIELDS PARKWAY AREA**

# 7 Bow Summit Lookout

2.9 km one-way; 245 m elevation gain; 2.5-hour round trip **Trailhead:** Highway 93 North, 40 km north of the Lake Louise junction, at the Peyto Lake parking lot.

From the highest point on the Icefields Parkway (2070 m), hike beyond the Peyto Lake Viewpoint, then follow an old fire road to the lookout. Watch for pikas, marmots and ptarmigan.

#### 8 Parker Ridge

2.7 km one-way; 250 m elevation gain; 2.5-hour round trip **Trailhead:** Highway 93 North, 41 km north of Saskatchewan Crossing. After a series of switchbacks you'll be rewarded with dramatic views of the Saskatchewan Glacier – headwaters of the Saskatchewan River. Help maintain this fragile alpine ecosystem by staying on the trail.

#### 9 Bow Glacier Falls

4.6 km one-way; 155 m elevation gain; 3-hour round trip Trailhead: Highway 93 North, 36 km north of the Lake Louise junction, at the Lodge at Bow Lake.

Amid the spray and roar at the base of Bow Glacier Falls, you can view the source of the Bow River. Meltwater tumbling down from the Wapta Icefield forms a part of Western Canada's largest watershed.



6 km one-way; 455 m elevation gain; 4 to 5-hour round trip **Trailhead:** Highway 93 North, 33 km north of the Lake Louise junction. Tucked well into the Main Ranges of the Canadian Rockies is a breathtaking lake in a valley abounding with alpine wildlife and grand

#### 1 Boom Lake

5.1 km one-way; 175 m elevation gain; 3 to 4-hour round trip Trailhead: 7 km southwest of Castle Junction on Highway 93 South. This gradual and easy ascent leads hikers through a picturesque forest to a large alpine lake surrounded by mountains.

**CASTLE JUNCTION AREA** 

#### 2 Castle Lookout

3.7 km one-way; 520 m elevation gain; 3 to 4-hour round trip **Trailhead:** 5 km west of Castle Junction on the Bow Valley Parkway (Highway 1A).

In the mid-20th century, Banff erected numerous fire towers where spotters could detect flames from afar. The Castle Lookout tower has long since been removed, but the expansive views of the middle Bow Valley

#### 3 Stanley Glacier

4.2 km one-way: 395 m elevation gain: 3-hour round trip Trailhead: in Kootenay National Park, 13 km southwest of Castle Junction on Highway 93 South.

Follow switchbacks through a new growth forest of lodgepole pines, willows and colourful wildflowers. Be careful of brittle branches as the charred remnants of wildfires characterize the beginning of this popular trail. Along the upper trail, you'll get clear views of Stanley Glacier and its numerous meltwater falls.

#### 4 Arnica Lake

5.1 km one-way; 120 m elevation loss; 580 m elevation gain; 5-hour round trip

Trailhead: Vista Lake Viewpoint on Highway 93 South, 8 km southwest of Castle Junction, on the east side of the road.

Lose elevation before you gain it en route to Arnica Lake; the views and variety make this destination worth the ups and downs.

Via Arnica Lake Trail: 8 km one-way; 120 m elevation loss; 715 m elevation gain; 6 to 7-hour round trip

Frailhead: Vista Lake Viewpoint on Highway 93 South, 8 km southwest of Castle Junction.

Hike under a canopy of larch trees while the Continental Divide guides you to Arnica and Twin lakes.

#### 6 Taylor Lake

6.3 km one-way; 585 m elevation gain; 4 to 5-hour round trip Trailhead: Taylor Creek Day-use Area, 17 km east of Lake Louise, on the south side of the Trans-Canada Highway.

Thick forest gives way to subalpine meadows as you climb steadily to this classic glacial lake. This trail holds its snow through the early part of the hiking season, so it's best from July on.

**Side trip to O'Brien Lake:** 2.1 km one-way; 55 m elevation gain from Taylor Lake. Extend your Taylor Lake hike by visiting this charming mountain lake

Moderate



Bikes permitted

# Redal assist e-bikes permitted

- · Biking is only permitted on designated trails.
- · Cyclists should wear a helmet and appropriate safety gear.

#### **UPPER LAKE LOUISE AREA**

**LAKE LOUISE AREA** 

Trailhead: Lake Louise Lakeshore

Due to the number of options from this trailhead, you have the opportunity to combine some trails in the Upper Lake Louise area to suit your abilities and interests.

#### 22 Lake Louise Lakeshore

2 km one-way; no elevation gain; 1-hour round trip

This easy trail allows visitors to explore Lake Louise. At the end of the lake you'll discover the milky creek that gives the lake its magical colour.

#### 23 Fairview Lookout

1 km one-way; 100 m elevation gain; 45-minute round trip Leaving from the boathouse on Lake Louise, this short, uphill hike offers you a unique look at both the lake and the historic Chateau Lake Louise.

# 24 Great Divide 55

10.5 km one-way, minimal elevation gain

This route (formerly the Highway 1A) is closed to vehicles. Though paved, the surface is rough. About 500 m west of the Divide, a challenging

1.3-km trail up along Ross Creek connects to the Ross Lake Trail 29. It allows an alternative return to the trailhead for advanced mountain bikers.

#### 25 Lake Agnes

3.4 km one-way; 385 m elevation gain; 2.5 to 3-hour round trip Hike up a well maintained trail to a beautiful lake tucked underneath towering peaks. Enjoy the scenery and visit a quaint European-style tea house (seasonal)

Side trip to Big Beehive: 1.6 km one-way: 135 m elevation gain from Lake Agnes. Beyond Lake Agnes, use switchbacks to climb the Big Beehive for a stunning panorama of Lake Louise.

Side trip to Little Beehive: 1 km one-way; 105 m elevation gain from Lake Agnes. The Little Beehive was once the site of a fire lookout and offers commanding views of the Bow Valley.

#### 26 Plain of Six Glaciers

5.3 km one-way; 365 m elevation gain; 4-hour round trip Beyond Lake Louise you'll discover impressive peaks and glaciers. Relax and enjoy the view or rest at a Swiss-built tea house (seasonal). Connect

the Lake Agnes and Plain of Six Glaciers trails, via the Highline Trail, to form a 14.6-km loop (5-hour round trip).

#### Saddleback

3.7 km to pass; 595 m elevation gain; 3 to 4-hour round trip From the boathouse on the shore of Lake Louise, rise steadily up to Saddleback for stunning views of Mount Temple and Paradise Valley. Visit in the fall to enjoy the golden larches.

#### Fairview Mountain

5.1 km to summit; 1013 m elevation gain; 5 to 6-hour round trip In a region that was explored by Swiss mountain guides in the early 20th century, challenge your inner mountaineer with a steep hike up a famous peak.

# 29 Ross Lake 5

7.3 km one-way, 248 m elevation gain

**Trailhead:** Behind the Chateau Lake Louise at the end of St Piran Rd. Park at Lake Louise public parking.

This trail winds and dips through sub-alpine forest to a small lake nestled against an impressive rock wall. Expect to yield to horse traffic on the first 100 m. A challenging 1.3-km trail down Ross Creek connects to the Great Divide Trail 24, allowing a loop return.

#### **COMMUNITY OF LAKE LOUISE AND BOULDER PASS AREA**

#### 30 Bow River Loop 🚳 😹 7.1-km loop; no elevation gain

**Trailhead:** Parking lot opposite the Lake Louise train station (restaurant). Travel on a pleasant trail along the banks of the Bow River. These waters travel across the prairies to their ultimate destination in Hudson Bay, over 2500 km downstream of Lake Louise.

# 31 Louise Creek

2.8 km one-way; 195 m elevation gain; 1.5-hour round trip **Trailhead:** From the Samson Mall parking lot, walk along Lake Louise Drive to a bridge crossing the Bow River. Cross the bridge and then look for the trailhead on the downstream side of the bridge. Hike through a thick subalpine forest, following the entire length of Louise Creek as it rushes from Lake Louise to the Bow River

# 32 Tramline 🚜 😹

4.5 km one-way; 195 m elevation gain

**Trailhead:** Parking lot opposite the Lake Louise train station (restaurant). This trail is the former route of a tramway. From 1912 - 1930 it would ferry passengers to the Chateau Lake Louise. Now, a quiet option for hiking and biking alike.

# 33 Pipestone &

7.2 km one-way, elevation gain 165 m

**Trailhead:** Slate Road, turn off Trans-Canada Highway – 1.5 km west of Lake Louise

This well-defined gravel and dirt trail heads up along the Pipestone River into the Pipestone Valley north of Lake Louise. Not far from the trailhead, an 800-m side trail offers a short, sometimes muddy, trip to Mud Lake. Cyclists are not permitted beyond the bike turnaround point at km 7.2.

# 34 Boulder Pass

8.6 km to pass; 640 m elevation gain; 6 to 7-hour round trip **Trailhead:** Fish Creek parking area, off Whitehorn Road

Travel 4 km on a wide access road to reach an inviting alpine meadow dotted with mountain lakes. From the pass, you get a spectacular view into a remote corner of Banff National Park.

Side trip to Baker Lake: 3.4 km; 130 m elevation loss from Boulder Pass. Visit the stunning shores of Baker Lake in the valley below Deception Pass.

Side trip to Deception Pass: 2.4 km; 145 m elevation gain from Boulder Pass. Hike over to this windswept pass if you have energy to spare.

#### **MORAINE LAKE AREA**

Moraine Lake Road is closed to personal vehicles year-round. Parks Canada shuttles, Roam Public Transit and commercial transportation operators are permitted from June to mid-October. See parks.canada.ca/lakelouise-transit for more details.

### **35** Moraine Lake Lakeshore

1.5 km one-way; no elevation gain; 45-minute round trip This stroll allows visitors to explore Moraine Lake. Along the trail you will gain a magnificent view of Mount Fay and the Fay Glacier.

#### **36** Consolation Lakes

2.9 km one-way; elevation gain 65 m; 2-hour round trip

Enjoy a short hike during your visit to Moraine Lake. This easy trail offers rewarding views of high alpine meadows, scree slopes, and the Quadra

#### 37 Eiffel Lake

5.6 km one-way; elevation gain 370 m; 4.5-hour round trip The trail to Eiffel Lake splits off from the Larch Valley Trail and takes you high along the side of the valley to panoramic views overlooking Eiffel Lake and the Valley of the Ten Peaks.

#### 38 Larch Valley/Minnestimma Lakes

4.3 km one-way; 535 m elevation gain; 3.5 to 4-hour round trip Hike into a unique larch forest high above Moraine Lake. Views of the Ten Peaks are breathtaking.

#### 39 Sentinel Pass

5.8 km one-way; elevation gain 725 m; 4.5 to 5.5-hour round trip Steep switchbacks lead to two famous valleys: Larch Valley and Paradise

# Wenkchemna Pass

9.7 km one-way; elevation gain 720 m; 7.5 to 8-hour round trip Travel the entire length of the Valley of the Ten Peaks, hike steadily into a high alpine environment to reach this spectacular pass on the Continental Divide.

# Moraine Lake Highline &

9.3 km one-way; 305 m elevation gain

The most demanding of the Lake Louise trails, this single-track trail climbs onto the shoulder of Mount Temple and then descends to Moraine Lake. Roots and rocks on the narrow trail might pose a challenge.

#### **PARADISE VALLEY AREA**

The trailhead for Paradise Valley is on Moraine Lake Road which is closed to personal vehicles year-round. Parks Canada shuttles, Roam Public Transit and commercial transportation operators are permitted from June to mid-October. See parks.canada.ca/lakelouise-transit for more

#### 42 Lake Annette

5.7 km one-way; elevation gain 245 m; 4-hour round trip This steady hike through subalpine forest is the perfect prelude for Lake Arnette - a beautiful lake nestled at the base of Mount Temple.

#### Paradise Valley and Giant Steps

10.3 or 10.9-km one-way; elevation gain 385 m; 7 to 8-hour round trip Here's a chance to enjoy great views of Mount Temple, identify midsummer wildflowers and witness dramatic surroundings at the Giant Steps Waterfall.

# Sentinel Pass Connector

2.3 km one-way (connector only); elevation gain/loss 505 m (depending on direction); 1 to 2-hour one-way

Connect the Sentinel Pass and Paradise Valley trails by using the Sentinel Pass Connector. Routefinding may be required on the rocky slopes on the north side of Sentinel Pass. Check with the Lake Louise Visitor Centre for more details

### PLAN AHEAD. BE PREPARED

**LAKE LOUISE VISITOR CENTRE** 

n.mo⊚pc.gc.ca parks.canada.ca/banf

weather.gc.ca

TRAIL CONDITIONS REPORT

parks.canada.ca/banff-trails

Safety is your responsibility.

- Research trails before heading out. Always choose a trail suitable for the least experienced member in your group.
- Ask for advice at a Parks Canada visitor centre. For current trail conditions, warnings, closures, weather and trail classifications visit: parks.canada.ca/banff-trails

ENVIRONMENT CANADA WEATHER FORECAST

Guidebooks and topographic maps are available at

retail outlets in the community of Lake Louise or the Town of Banff.

- Mountain weather changes quickly and it can snow any month of the year. Dress in layers and bring warm clothing.
- Be prepared for emergencies. Bring extra food and
- Bring your own water. Surface water may be contaminated and unsafe for drinking. • Tell a reliable person where you are going, when you will
- be back, and who to call if you do not return (Parks Canada Dispatch: 403-762-1470). • Ticks carrying Lyme disease may be present in the park,
- check yourself and your pet after hiking. Cyclists should wear a helmet and appropriate safety gear.
- Reservations are required at all backcountry campgrounds. For more details visit: parks.canada.ca/banff-backcountry

#### TRAIL ETIQUETTE

Show courtesy to fellow trail users!

such as rocks, fossils, artifacts, horns, antlers, wildflowers, and nests are protected by law and must be left undisturbed for others to discover and enjoy. · Leave no trace. Pack out everything you pack in.

• Leave what you find – it is the law. Natural and cultural resources

- Dispose of human waste at least 100 m from any water source. Bury solid human waste in a hole 15 cm deep. Pack out your
- · To prevent damage to vegetation, stay on the trail and avoid shortcuts

• These trails are used by a variety of outdoor enthusiasts.

Be sure to yield to others. · Biking is only permitted on designated trails.

### WILDLIFE AND PEOPLE

Be aware of possible encounters with wildlife in all areas of the park, including paved trails and roads.

encounters. Be alert through shrubby areas and when approaching blind corners. Cyclists are susceptible to sudden, dangerous bear encounters –

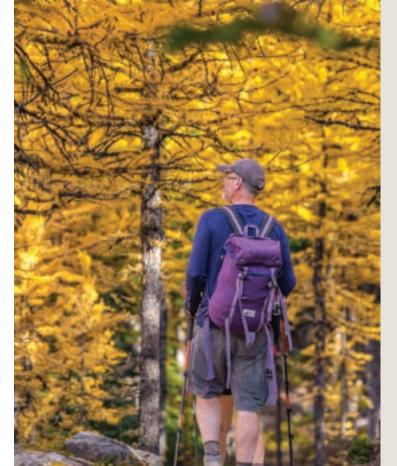
Make noise. Being quiet puts you at risk for sudden bear

- slow down, stay alert, and make noise.
- Travel in tight groups and always be aware of your surroundings. · Avoid wearing headphones. Be alert at all times.
- Carry bear spray with you at all times, ensure it is accessible, and know how to use it. Learn how to use it at: parks.canada.ca/bearspray
- Do not feed, touch, or approach wildlife. Stay at least 30 to 50 m away from most animals, and 100 m away from bears. Report bear, cougar, wolf, and coyote sightings and
- encounters to Parks Canada Dispatch when it is safe to do so: 403-762-1470.

Dogs and other pets cause stress for wildlife. To prevent unsafe situations, it is your responsibility to:

- Ensure your dog is on a leash and under control at all times. · Pick up and dispose of your pet's waste in a garbage bin.

#### A national park fishing permit is required and available at Parks Canada visitor centres.



# 11 Cirque Lake

4.2 km one-way; 150 m elevation gain; 3-hour round trip **Trailhead:** Highway 93 North, 57.5 km north of the Lake Louise junction in Waterfowl Lakes Campground.

This path is thickly forested, but offers mountain and glacier views at

#### 12 Chephren Lake

3.5 km one-way; 80 m elevation gain; 3-hour round trip Trailhead: Same as Cirque Lake.

the shore of the lake. Note that the trail is often muddy.

Chephren Lake lies underneath the brooding walls of Howse Peak and Mount Chephren. Note that the trail is often muddy.

# 13 Sunset Lookout

4.5 km one-way; 390 m elevation gain; 3 to 4-hour round trip Trailhead: Highway 93 North, 16.5 km north of Saskatchewan Crossing. A 1.6 km branch off the Sunset Pass Trail allows you to enjoy an almost vertical view down to the meeting of the Alexandra and North Saskatchewan rivers.

# 14 Wilcox Pass

4 km one-way; 335 m elevation gain; 3 to 3.5-hour round trip Trailhead: Highway 93 North, 47 km north of Saskatchewan Crossing, at the entrance to the Wilcox Creek campground in Jasper National Park. Rise quickly above treeline to the expansive meadows of this glaciercarved landscape. Bighorn sheep are sometimes seen in this area.

# 15 Nigel Pass

7.2 km one-way; 365 m elevation gain; 4.5 to 5.5-hour round trip

**Trailhead:** Highway 93 North, 37 km north of Saskatchewan Crossing. A consistent and gentle grade ensures that it doesn't take long to reach treeline as you head towards the wide-open scenery of the Banff/Jasper

# Molar Pass

10.5 km one-way; 530 m elevation gain; 7 to 8-hour round trip Trailhead: Highway 93 North, 24 km north of Lake Louise. Travel into Banff National Park's wilderness as you rise well above treeline to an expansive alpine meadow.

#### North Molar Pass

Trailhead: Highway 93 North, 24 km north of Lake Louise. At the Molar Pass Trail junction you have the option of travelling to the alpine meadows of Molar Pass or heading left to this higher pass, a rugged and stark landscape of rocky meadows.

11.9 km one-way; 760 m elevation gain; 8 to 9-hour round trip

#### 18 Dolomite Pass 9 km one-way; 550 m elevation gain; 6 to 7-hour round trip

**Trailhead:** Highway 93 North, 33 km north of the Lake Louise junction across from the Crowfoot Glacier Viewpoint. After you've made it to Helen Lake, you can extend your hike and get a

geology lesson at the same time: at the pass you'll have great views of Dolomite Peak, a picture perfect layer-cake mountain, as well the winecoloured folds below the summit of Cirque Peak.

# Sarbach Lookout

5.2 km one-way; 590 m elevation gain; 4 to 5-hour round trip **Trailhead:** Highway 93 North, 71 km north of the Lake Louise junction at the Mistaya Canyon parking lot. This trail takes you through Mistaya Canyon. It is a good physical

workout, but since the fire lookout closed in 1971, forest growth

# has increasingly blocked the views. Glacier Lake

Crossing. Snow-free early in the season, this rolling wooded trail takes you to a picturesque lake set below the peaks seen by early European

8.9 km one-way; 210 m elevation gain; elevation loss 220 m;

**Trailhead:** Highway 93 North, 1 km north of Saskatchewan

#### Sunset Pass 8.2 km one-way; 725 m elevation gain; 6 to 7-hour round trip

explorers.

6 to 7-hour round trip

Trailhead: Highway 93 North, 16.5 km north of Saskatchewan Crossing. Climb steadily through a thick forest to reach an expansive

meadow atop Sunset Pass. Look west for a panorama of the largest peaks in the parks, or east into the remote White Goat Wilderness



