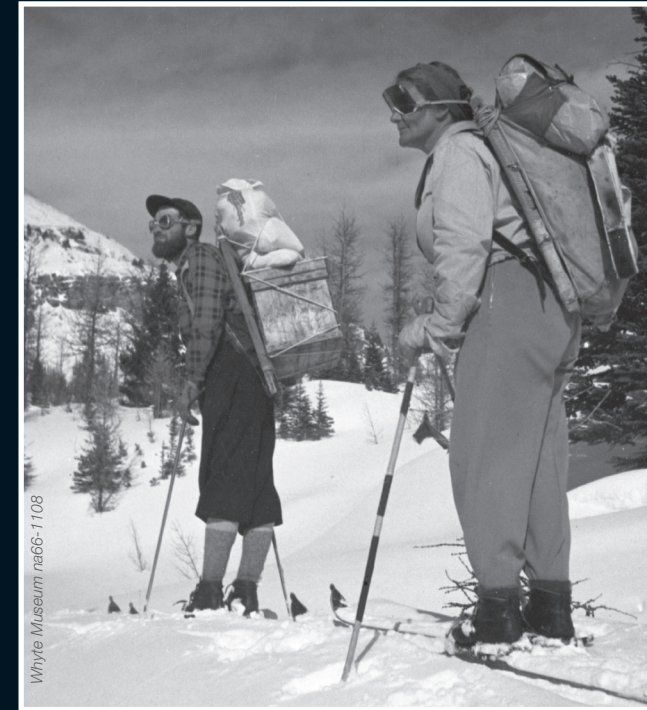


Winter, a season to play...

Welcome to Banff National Park, Canada's first national park. Whether you are here for a family adventure or a relaxing getaway, there is no better way to experience Banff's expansive mountain landscape than to get out there in the snow.

Lace up your boots, wax up your skis, strap on a pair of snowshoes or hop on a fat bike and enjoy one of many winter trails.



How to Use this Guide

Whether you want to explore the national park by foot, ski, snowshoe or fat bike, this guide lists the recommended trails for each activity.

Stop by the visitor centres or visit parksCanada.gc.ca/banfftrails for trail conditions and closures before heading out.

For all trails, be prepared as conditions can change quickly; easy and moderate trails can become difficult due to weather change, icy conditions or poor visibility.

- EASY**
 - Suitable for all visitors, including those with little or no trail experience.
 - Flat to gently rolling.
 - Little or no elevation gain or loss.

- MODERATE**
 - Suitable for most visitors who have some basic trail experience.
 - Gently rolling with short steep sections.
 - Moderate elevation gain or loss.

Trails are shared in the national park, which means you could see people fat biking while you are winter hiking, or people skiing while you are snowshoeing.

Plan Ahead and Prepare

Winter Safety

Safety is your responsibility. There are always hazards associated with outdoor recreation. Even short trips from the town of Banff can have serious consequences.

- Ask for advice at a Parks Canada visitor centre for help with trip planning.
- Visit parksCanada.gc.ca/banfftrails for up-to-date information on trail conditions, warnings and closures.
- When trails are icy, hiking poles and ice cleats can make winter hiking much more safe and enjoyable.
- Study descriptions and maps before heading out. Always choose a trail suitable for the least experienced member in your group.
- Tell somebody where you are going, when you will be back and who to call if you do not return.
- Expect that trail conditions and winter hazards may change throughout the day. Consult weather forecasts and be prepared for changing weather and emergencies.
- Winter hazards include avalanches, disorientation, thin ice, hypothermia and frostbite.
- From November to March, make sure your vehicle is winterized. Snow tires are mandatory on some roads. Visit parksCanada.gc.ca/banff-driving for winter driving safety information and 511.alberta.ca for road reports.

Avalanche Risk

Avalanche season in the mountains extends from November to June, and even a short walk can take you into avalanche terrain. Trails in this guide with a known hazard are identified with an avalanche symbol. When travelling beyond marked trails, or past an avalanche danger sign, assume you are in avalanche country – your group should be prepared with the appropriate knowledge, skills and equipment.

Check the current avalanche forecast at avalanche.ca or a Parks Canada visitor centre. Visit parksMountainsafety.ca for more information on backcountry travel and how to stay safe in the mountains.

Recommended Packing List

- Trail guide and map
- Full water bottle or thermos
- High-energy food
- Bear spray
- Hiking poles and ice cleats
- First aid kit and repair kit
- Lightweight emergency blanket, candle and lighter or waterproof matches
- Headlamp or flashlight with spare batteries
- Toque or winter hat and gloves
- Sunscreen and sunglasses
- Hand and toe warmers
- Extra warm clothing in case of an emergency
- Cell phone or satellite emergency communication device
- Helmet when fat biking

Visit parksMountainsafety.ca for additional information on winter packing.

E-Bikes

In Banff National Park, pedal assist electric bicycles are only allowed on roads or trails that are identified with the e-bike symbol in the trail descriptions. Visit parksCanada.gc.ca/banff-e-bike for more information.

Roam Public Transit

Trails identified with a bus symbol indicate that the trailhead is accessible by public transit. Limited bike rack space available on buses. Skis and snowshoes are welcome inside buses. Visit the Roam Public Transit desk at the Banff Visitor Centre or visit roamtransit.com for fares, maps and schedules.



Dogs

Dogs cause stress for wildlife. Dogs, like wolves and coyotes, may be seen as a threat. Off-leash dogs can trigger aggressive behaviour from wildlife such as cougars and elk. To prevent unsafe situations for yourself, your dog, wildlife and other people, it is your responsibility to:

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

Dogs are not allowed on some trails: read the trail descriptions or visit parksCanada.gc.ca/banfftrails for more information.

Trail Etiquette

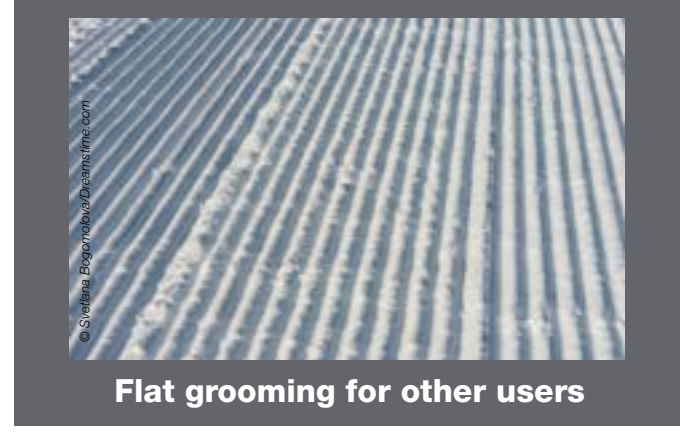
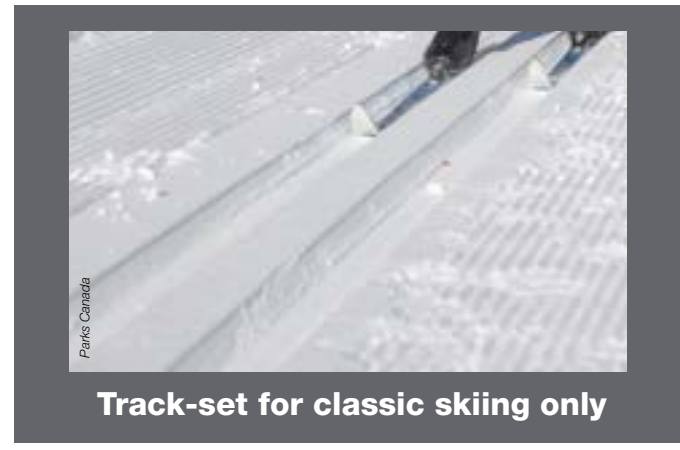
In Banff National Park, we share the trail:

- The track-set portion of the trail is for classic skiing only. The flat, groomed lane is for other users.
- Walk and fat bike only on hard-packed trails to prevent ruts. If your feet or tires sink deeper than 2.5 cm (1 inch), conditions are too soft.
- When climbing, please yield to descending skiers and fat bikers.
- If you fall, move off the track as quickly as possible.
- When taking a break, step to the side, leaving room for others to pass.
- Leave no trace. Pack out everything you pack in.

Fat bikers yield to all users



Skiers yield to descending skiers



Legend

- Winter hiking recommended
- Snowshoeing recommended
- Fat biking recommended
- Cross-country skiing recommended
- Pedal assist e-bikes allowed
- Dogs on leash at all times
- Dogs prohibited
- Bikes prohibited
- Avalanche hazard

Recommended Cross-country Ski Trails

1 Tunnel Mountain Winter Trails

8 km all loops
No elevation gain
Trailhead: Tunnel Mountain Trailer Court Campground entrance

Two seasonally closed campgrounds offer first-time skiers the perfect place to try out a new sport. Get your evening fitness fix with 2.6 km of lit trails in Trailer Court or explore the 5.4 km quiet, forested loops of Village 1. **Dogs are prohibited on ski trails.**

2 Spray River West Trail

5.6 km one way from Spray River West trailhead to Spray River bridge
Elevation gain 105 m, elevation loss 70 m
Trailhead: Spray River West trailhead, past the Fairmont Banff Springs Hotel

This locals' favourite is double track-set with skate-skiing lane, offering rolling terrain in a picturesque river valley. Bring a snack; there is a picnic spot beside the river near the bridge.
Avalanche hazard: Avalanche paths from Sulphur Mountain cross the Spray River 4.5 - 5 km from the Spray River trailhead. **Do not stop in this area.**

3 Healy Creek

5.5 km one way from Healy Creek/Brewster Creek trailhead to Sundance Canyon junction
Elevation gain 95 m, elevation loss 100 m
West Trailhead: Healy Creek/Brewster Creek trailhead on the Sunshine Village access road
East Trailhead: Cave and Basin National Historic Site, start at Sundance Trail west of the building

This forested trail is a taste of the backcountry, close to town. Track setting occurs when adequate snow is available. For a shorter one-way trip, arrange for a drop-off at the Healy Creek/Brewster Creek trailhead, and ski or fat bike into the town; a short trail will bring you along Cave Avenue to the Banff Avenue bridge.

4a 4b Cascade Valley

4a) 6.3 km one way to Cascade River bridge
Elevation gain 135 m, elevation loss 50 m
4a + 4b) 15.1 km one way
Elevation gain 250 m, elevation loss 85 m
Trailhead: Lake Minnewanka Day-use Area parking lot

This wide trail is double track-set with a skate-skiing lane to Cascade River bridge and single track-set for the remaining route to Stoney Creek on pleasant rolling terrain. Enjoy a fun downhill return trip. For an additional 2 km round trip, ski the trail to Upper Bankhead.



5a 5b Castle Junction

5a) 3.9 km of trails
Minimal elevation gain
5b) 5 km one way
Minimal elevation gain
Starting point: Parking area on the HI Hostel road south of Castle Junction

A series of interconnected single track-set trails that wind through spruce forest. The main trail runs from Castle Junction to Castle Mountain Lookout trailhead along the Bow Valley Parkway (Hwy 1A).

6 2 24 Goat Creek and Spray River

19 km one way
Elevation gain 435 m, elevation loss 160 m
Goat Creek trailhead: 8 km south of Canmore on Spray Lakes Road
Spray River West trailhead: Parking area behind the Fairmont Banff Springs Hotel

The track-set trail can be skied and the flat, groomed lane can be biked in either direction. Most people choose to start at the Goat Creek trailhead above Canmore and ski or bike downhill most of the way to Banff. **Bikes are prohibited on Spray River West (#2) in the winter. Vehicle shuttle recommended.**
Avalanche hazard: Avalanche paths from Sulphur Mountain cross the Spray River 4.5 - 5 km from the Spray River trailhead. **Do not stop in this area.**

7 Brewster Creek

11.1 km one way (2.6 km from trailhead to Brewster Creek junction, plus 8.5 km to Sundance Lodge)
Elevation gain 315 m, elevation loss 150 m
Trailhead: Healy Creek/Brewster Creek trailhead on the Sunshine Village Access Road

This trail offers valley views through open and forested areas. Track setting occurs when adequate snow is available. For the more experienced, take the trail to Sundance Lodge. **Note that hills can get icy.**

8 Redearth Creek

10.5 km one way
Elevation gain 335 m
Trailhead: Redearth Creek trailhead

The trail climbs gradually through lodgepole pine forests to the Shadow Lake Trail. The last few kilometres back to the highway can be exhilarating; be extra cautious if conditions are icy.
Avalanche hazard: From the trailhead, two avalanche paths cross the trail at kilometres 3.3 and 4.4. Between kilometres 6.3 and 8, avalanche paths from Copper Mountain exist above the trail. **Do not stop in these areas.**

Recommended Snowshoeing Trails

Snow conditions on snowshoe trails are best after a recent snowfall.

9 Tunnel Mountain Drive

2 km one way
Elevation gain 130 m, elevation loss 135 m
Starting point: The closed gate at the intersection of Tunnel Mountain Drive and St. Julien Road

Closed to vehicles in the winter, this route has splendid views of Cascade Mountain. It also connects with Surprise Corner to Hoodoos Trail (#11).

10 Johnson Lake

2.8 km loop
Minimal elevation gain
Trailhead: Johnson Lake Day-use Area

This trail follows the lakeside shoreline and includes views of Cascade and Rundle mountains. This forest of Douglas fir, spruce and pine trees is the richest biological zone in Banff National Park – the montane ecoregion.

11 Surprise Corner to Hoodoos

4.8 km one way
Elevation gain 115 m, elevation loss 90 m
Trailhead: Surprise Corner, east end of Buffalo Street

This sunny trail provides open vistas to the Hoodoos Viewpoint. Keep an eye out for wildlife and watch for icy sections. You can make a loop or return to town along Tunnel Mountain Road.

12 Upper Stoney

4.8 km loop
Elevation gain 205 m
Trailhead: Kiosk at the south end of Mount Norquay ski area parking lot

This narrow trail climbs through the forest to the Stoney Lookout where you can enjoy views of Cascade Mountain and the Bow Valley below. From there, continue north and descend on a twisting trail that winds above the ski-area lodge.

13 25a Sulphur Mountain Westside

7.8 km one way
Elevation gain 885 m
Trailhead: Cave and Basin National Historic Site, start at Sundance Trail west of building

Follow Sundance Trail 2.6 km to the junction, where you will find the Sulphur Mountain Westside Trail branching back to the east. From there, this old weather station access road is a sustained climb for snowshoers or hikers with ice cleats.

14 Ink Pots via Moose Meadows

5.6 km one way
Elevation gain 340 m, elevation loss 130 m
Trailhead: Johnston Creek trailhead at the Moose Meadows parking lot

A quieter alternative to the busier Johnston Canyon Trail, this trail climbs through thick forest to an open meadow with brilliantly coloured mineral springs.

Recommended Winter Walking Trails

Trails can be icy in the winter. Hiking poles and ice cleats are recommended when exploring. Cleats are designed to fit over shoes or boots and can be purchased at the Banff Visitor Centre, 224 Banff Avenue, and most outdoor stores in the town of Banff.



15 Fenland Trail

2.1 km loop
No elevation gain
Trailhead: Fenland Trail parking lot, west of Mount Norquay Road. Trailhead is a 20 minute/1.5 km walk from downtown Banff.

This interpretive trail under old growth spruce trees is great for families with young children. For a longer walk from the Banff townsite, start at Central Park and follow the Bow River to the Fenland trailhead. Walk east, just over the railway tracks on Mount Norquay Road (0.9 km one way).

16 Marsh Loop

2.8 km loop
Minimal elevation gain
Trailhead: Cave and Basin National Historic Site parking lot

This trail is located in the wide expanse of the Bow Valley and circles around a marsh. It comes alive with birds in the winter and is a great place to see animal tracks.

17 Spray Connector

2 km one way
Minimal elevation gain
Starting point: Park at the Bow Falls Day-use Area, walk past the gate and across the bridge. Follow the Golf Course Road 350 m to the Spray River East trailhead kiosk on your right. Go past the kiosk, head southwest and take a left on the trail closest to the Spray River.

This short outing close to town links the Spray River East Trail to Spray River West Trail via a small scenic bridge. **If conditions are icy, ice cleats are strongly recommended.**

18 Stewart Canyon

1.5 km one way
Minimal elevation gain
Trailhead: Lake Minnewanka Day-use Area, kiosk at the far end of picnic area

Explore the Cascade River which feeds Banff National Park's largest lake. This trail can be very icy, especially during the spring.



19a 19b Johnston Canyon

19a) 1.2 km one way to the Lower Falls
Elevation gain 50 m
19a + 19b) 2.5 km one way to the Upper Falls
Elevation gain 120 m
Trailhead: Johnston Canyon Day-use Area

Travel in the depths of the canyon on wide trails and narrow bridges with railings that lead to the Lower Falls or to the spectacular 30 m high frozen Upper Falls. **The trail is usually very icy – ice cleats are strongly recommended.** Travel an additional 3.2 km beyond the Upper Falls to reach the Ink Pots.

20 Tunnel Mountain Summit

2.4 km one way
Elevation gain 260 m
Trailhead: Lower parking lot on St. Julien Road. Trailhead is a 15 minute/1 km walk from downtown Banff.

Reach the summit of a mountain in the heart of the Banff townsite. Take in breathtaking views of the town and Bow Valley. This steep trail can be extremely icy. **Hiking poles and ice cleats are strongly recommended.**

21 Sulphur Mountain

5.5 km to top of gondola, plus 0.5 km to Sanson Peak
Elevation gain 655 m
Trailhead: Banff Upper Hot Springs parking lot

Switchbacks on the slopes of Sulphur Mountain provide a steady uphill hike to a summit renowned for its stunning mountain views. Take a 0.5 km side trip on the boardwalk along the ridge ending at Sanson Peak. You will find more great views, the Sulphur Mountain Cosmic Ray Station National Historic Site and the 1903 weather observatory. **If conditions are icy, ice cleats are strongly recommended.**

Avalanche hazard: There is hazardous avalanche terrain adjacent to this trail. Stay on the trail at all times.

22 25a 25b Sundance Canyon

3.7 km one way, plus 2.1 km loop
Elevation gain 155 m, elevation loss 60 m
Trailhead: Cave and Basin National Historic Site, start at Sundance Trail west of building

Follow the Sundance Trail to this moderately difficult canyon loop. **Bikes are not permitted past the bike racks. This trail can be icy - ice cleats are strongly recommended.**

Recommended Fat Biking Trails

The wide tires of a fat bike add extra surface area for a smooth ride over firm snow, but deep fresh snow or warm conditions are no fun and leave ruts in the trail. If your tires sink deeper than 2.5 cm (1 inch) then conditions are too soft - come back when it is colder. If trails are icy, studded tires are recommended to add grip to your ride.

23a 23b Tunnel Mountain Winter Trails

23a) 3.4 km of trails
No elevation gain
23b) 2.5 km loop
Minimal elevation gain
Trailhead: Tunnel Mountain Trailer Court Campground entrance

Looking for a place to get a feel for fat biking on wide, groomed trails? Want to enjoy a quiet stroll in nature with your dog or try out snowshoeing after a big snowfall? The flat terrain of Trailer Court has something for everyone, and the trails are lit at night. For a slightly more difficult terrain, try the 2.5 km fat bike loop that meanders through coniferous forest.



24 Spray River East Trail

5.7 km one way from Spray River East trailhead to Spray River bridge
Elevation gain 135 m, elevation loss 80 m
Trailhead: Park at the Bow Falls Day-use Area, walk past the gate and across the bridge. Follow the Golf Course Road 350 m to the Spray River East trailhead kiosk on your right. Go past the kiosk, head southwest and take a left on the east-most trail.

This trail offers rolling terrain in a picturesque river valley. As the snow falls throughout the year, snowshoers flatten the trail and fat bikers compact the snow, creating a hard-packed trail for both.



25a 25b Sundance Trail

3.7 km one way
Elevation gain 75 m, elevation loss 60 m
Trailhead: Cave and Basin National Historic Site, trail starts west of building

This trail offers views of the Bow Valley while winding through forested areas to the Sundance Canyon picnic area. Sections of the trail are single and double track set. **Bikes are not permitted past the bike racks.**

26 Banff Avenue Trail

3.3 km one way
Elevation gain 65 m, elevation loss 50 m
Starting point: East end of Banff Avenue at the junction with Banff Legacy Trail

Access this trail from the start of the Banff Legacy Trail located at the east end of Banff Avenue. Ride 100 m until you see a steep path going up through thick forest. Beware of icy conditions. The trail levels-off gradually until it reaches an open meadow; head left on nice rolling singletrack. This north-facing slope retains snow well and is a reliable fat biking experience. The trail ends at Tunnel Mountain Road. Return the same way or connect with the Tunnel Bench Loop (Coastline) to return to town.

27 Tunnel Bench Loop

9.7 km loop
Elevation gain 60 m
Starting point: Hoodoos Viewpoint parking area

Ridden clockwise, this popular loop connects **The Spine, Coastline, and the Peyto Pit Road** to make a winding and varied entry-level singletrack with minimal elevation gain. Take in the spectacular views of iconic Mount Rundle and Cascade Mountain as well as the Fairholme Range. Some sections have significant vertical exposure.

28 15 Lake Minnewanka

7.8 km one way to Aylmer Pass junction
Elevation gain 45 m, elevation loss 35 m
Trailhead: Lake Minnewanka Day-use Area, kiosk at far end of picnic area

Don't let the gentle opening of this iconic ride fool you; the physical demands and the remoteness of this trail require excellent fitness, bike-handling skills and preparation. The challenging and at times exposed sidehill trail climbs steeply out of Stewart Canyon and heads east on a rolling single track. Some sections may be very icy – be alert.

Guidebooks and topographic maps are available at the Banff Visitor Centre, 224 Banff Avenue, and retail outlets in the town of Banff.

More Information

- Banff Visitor Centers**
224 Banff Avenue and 327 Railway Avenue
403-762-1550 / parksCanada.gc.ca/banff
- Trail Conditions Report**
parksCanada.gc.ca/banfftrails
- Environment Canada Weather Forecast**
403-762-2088 / weather.gc.ca
- Alberta Transportation Road Report**
511 (in Alberta) or 1-855-391-9743 / 511.alberta.ca
- Avalanche Bulletin**
parksMountainsafety.ca
- Avalanche education and training**
avalanche.ca
- Banff Dispatch**
403-762-1470

Guidebooks and topographic maps are available at the Banff Visitor Centre, 224 Banff Avenue, and retail outlets in the town of Banff.

In case of EMERGENCY, call 911 or satellite phone: 403-762-4506.
Cell phone coverage is not reliable throughout the national park.



Recommended Cross-country Ski Trails

1

Tunnel Mountain Winter Trails

8 km all loops
No elevation gain

2

Spray River West Trail

5.6 km one way from Spray River West trailhead to Spray River bridge
Elevation gain 105 m, elevation loss 70 m

3

Healy Creek

5.5 km one way from Healy Creek/Brewster Creek trailhead to Sundance Canyon junction
Elevation gain 95 m, elevation loss 100 m

4a

Cascade Valley

4a) 6.3 km one way to Cascade River bridge
Elevation gain 135 m, elevation loss 50 m
4a + 4b) 15.1 km one way
Elevation gain 250 m, elevation loss 85 m

4b

5a

Castle Junction

5a) 3.9 km of trails
Minimal elevation gain
5b) 5 km one way
Minimal elevation gain

6

Goat Creek and Spray River

19 km one way
Elevation gain 435 m, elevation loss 160 m

2

24

Brewster Creek

11.1 km one way (2.6 km from trailhead to Brewster Creek junction, plus 8.5 km to Sundance Lodge)
Elevation gain 315 m, elevation loss 150 m

7

Redearth Creek

10.5 km one way
Elevation gain 335 m

8



Recommended Snowshoeing Trails

9

Tunnel Mountain Drive

2 km one way
Elevation gain 130 m, elevation loss 135 m

10

Johnson Lake

2.8 km loop
Minimal elevation gain

11

Surprise Corner to Hoodoos

4.8 km one way
Elevation gain 115 m, elevation loss 90 m

12

Upper Stoney

4.8 km loop
Elevation gain 205 m

13

Sulphur Mountain Westside

7.8 km one way
Elevation gain 885 m

25a

Ink Pots via Moose Meadows

5.6 km one way
Elevation gain 340 m, elevation loss 130 m

14



Roam

Visit the Roam Public Transit desk at the Banff Visitor Centre or visit roamtransit.com for public transit fares, maps and schedules.



Recommended Winter Walking Trails

15

Fenland Trail

2.1 km loop
No elevation gain

16

Marsh Loop

2.8 km loop
Minimal elevation gain

17

Spray Connector

2 km one way
Minimal elevation gain

18

Stewart Canyon

1.5 km one way
Minimal elevation gain

19a

Johnston Canyon

19a) 1.2 km one way to the Lower Falls
Elevation gain 50 m
19a + 19b) 2.5 km one way to the Upper Falls
Elevation gain 120 m

19b

20

Tunnel Mountain Summit

2.4 km one way
Elevation gain 260 m

21

Sulphur Mountain

5.5 km to top of gondola, plus 0.5 km to Sanson Peak
Elevation gain 655 m

22

Sundance Canyon

3.7 km one way, plus 2.1 km loop
Elevation gain 155 m, elevation loss 60 m

25a

25b



Recommended Fat Biking Trails

23a

Tunnel Mountain Winter Trails

23a) 3.4 km of trails
No elevation gain
23b) 2.5 km loop
Minimal elevation gain

23b

24

Spray River East Trail

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Sundance Trail

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Elevation gain 75 m, elevation loss 60 m

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Tunnel Bench Loop

9.7 km loop
Elevation gain 60 m

28

Lake Minnewanka

7.8 km one way to Aylmer Pass junction
Elevation gain 45 m, elevation loss 35 m

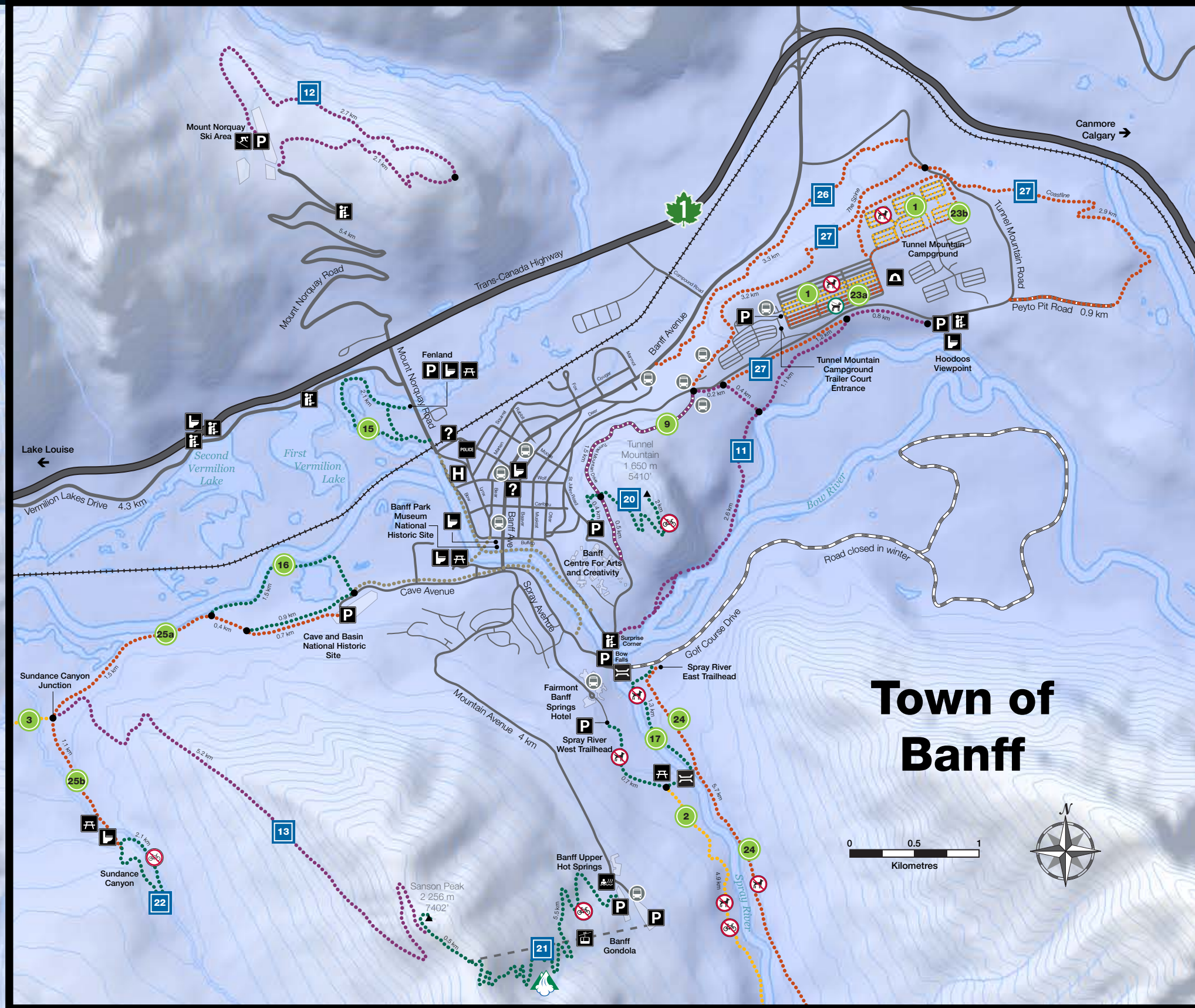
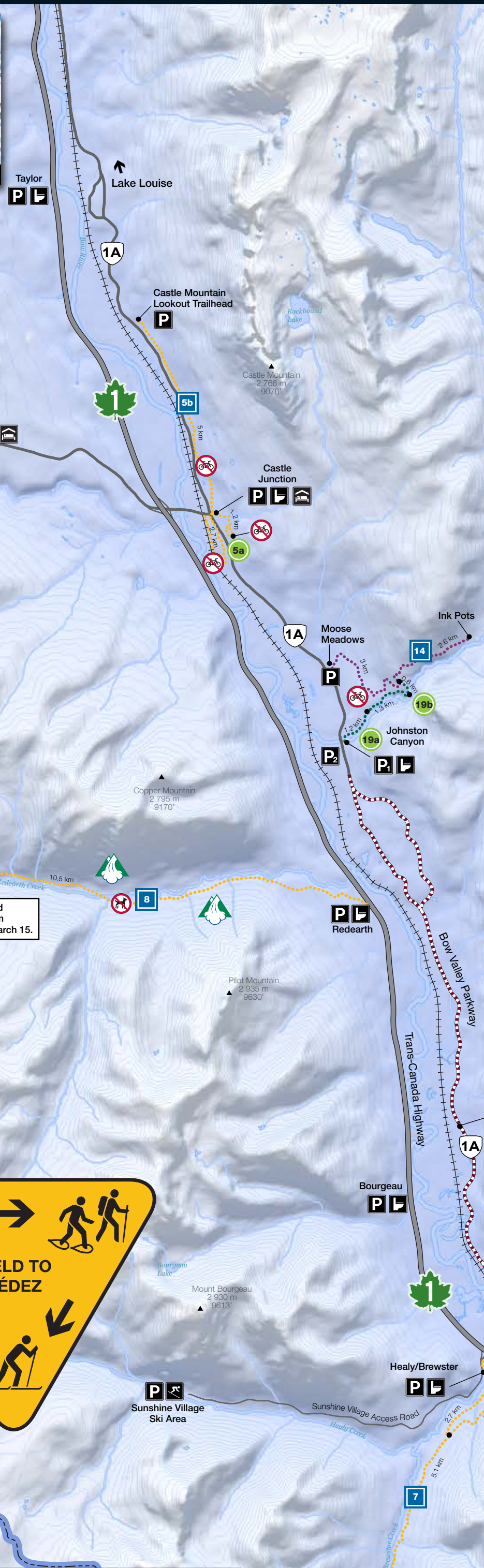
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Share the trail



Partageons le sentier

For trails in the Lake Louise area, consult the Winter Trails in Lake Louise Area brochure.



Town of Banff

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Kilometres



Bow Valley Parkway
From March 1st to June 25th, travel is not permitted between 8 p.m. and 8 a.m. to protect wildlife. Visit pc.gc.ca/banff-bow-valley-parkway for more information.

How was your excursion?

Please send us your trail report and comments to banffinfo@pc.gc.ca



See Town of Banff Inset

0 2 4 8
Kilometres



LEGEND

Recommended for cross-country skiing

Recommended for snowshoeing

Recommended for winter hiking

Recommended for fat biking

Town of Banff trails

Road

Road closed to vehicles in winter

Travel restriction

Avalanche Hazard

Visitor Centre

Toilet

Police

Hospital

Parking

Campground

Backcountry Campground

Picnic Area

Viewpoint

Bridge

Picnic shelter

Accommodation

Gondola

Ski Area

Hot Springs

No bikes

No dogs

See other side of map for information on trails where dogs are permitted

DONE WITH THIS BROCHURE? Please return to a park facility or share it with others.
HOW WAS YOUR TRIP? Please send your comments to banffinfo@pc.gc.ca

Although bears are denning during the winter, they can awaken at any time for short periods. Cougars, wolves and other wildlife remain active throughout the year. If you see wildlife, do not approach; give them lots of space and observe from a distance with binoculars or a telephoto lens. If tracks are observed, do not follow them towards the animal.
Be alert, make noise, carry bear spray and know how to use it.
Visit pc.gc.ca/banff-wildlife to learn more about keeping yourself safe.



Report wildlife encounters and sightings of bears, cougars, wolves and coyotes: 403-762-1470.