

Welcome to **Glacier National**

Deep in the heart of the Columbia Mountains in British Columbia, Glacier National Park is known for steep peaks moss-draped old growth forests and an annual snowfall of over 14 metres. Stop to enjoy a scenic picnic area, hike the trails of early mountaineers or steep yourself in history at Rogers Pass, the last barrier to the completion of the Canadian Pacific Railwa



於 Packing list

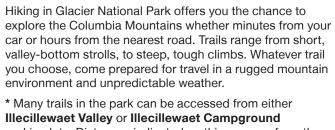
What should you bring? Use this handy checklist as a starting point for a safe and enjoyable day of backcountry hiking. Remember to leave a trip plan and pack spare items; it's always best to be prepared for the unexpected!

DAY HIKING

- Trail guide and map
- ☐ Full water bottle or thermos ☐ High energy food
- Bear spray Bug spray
- Sunscreen and sunglasses
- First aid kit
- Headlamp or flashlight with spare batteries
- Hat and gloves Hiking poles
- Rain/wind jacket
- Extra warm clothing in case of an emergency
- ☐ Cell phone or satellite communication device

BACKCOUNTRY CAMPING

In addition to the gear listed above, be prepared to be self-sufficient during inclement and rapidly changing mountain conditions by packing the right camping gear and clothing such as a light waterproof tent, warm sleeping bag, small portable cook stove, and clothing layers to stay warm and dry.



parking lots. Distances indicated on this map are from the Valley parking, if you are hiking from the Campground, subtract 2 km from the trail length.



Looking for a shorter outing? These lower elevation trails are snow-free first and just off the Trans-Canada Highway. Several follow the path of former railgrades that were active before the Connaught and Mount Macdonald tunnels routed rail travel underground.

Hemlock Grove Boardwalk

350 m (loop) | Minimal elevation change | 15 min Boardwalk | Flat to gently rolling Trailhead: Hemlock Grove day use area

A ramped boardwalk offering a barrier-free rainforest experience amongst devil's club and towering cedar and hemlock trees. Pavement leading up to the trail is uneven due to root damage.

2) Loop Brook

1.7 km (loop) | Minimal elevation change | 40 min Natural trail | Old rail grade with steep sections Trailhead: Loop Brook Viewpoint (just east of Loop Brook

Interpretive trail highlighting railway history. Walk among giant stone bridge pillars that once carried the rail line across the valley.

Meeting of the Waters

3.3 km* (loop) | Minimal elevation change | 30 min Natural trail | Flat with some stairs Trailhead: Illecillewaet Valley or Illecillewaet Campground

Forest walk past the confluence of Asulkan Brook and the Illecillewaet River

(4) 1885 Trail

9.2 km* (return) | Minimal elevation change | 2 hrs Natural trail | Flat Trailhead: Illecillewaet Valley or Illecillewaet Campground

Interpretive trail along the original Canadian Pacific rail grade connecting the Illecillewaet and Loop Brook campgrounds.

(5) Abandoned Rails

2.8 km (return) | minimal elevation change | 1 hr Natural trail | Flat Trailhead: Rogers Pass Summit or Discovery Centre Area

Short trail along the original Canadian Pacific Rail grade linking the Rogers Pass Discovery Centre to the Summit

6 Rockgarden

430 m (loop) | Minimal elevation change | 30 min Natural trail with uneven stepping stones | Steep sections Trailhead: 1.5 km east of Hemlock Grove day use area

A short trail through lichen and moss covered boulders and evergreen forests. On clear days you'll see great views of the nearby peaks and glaciers.

7 Bear Creek Falls

1 km (return) | 95 m elevation change | 1 hr Natural trail | Steep with some stairs Trailhead: 9 km east of the Rogers Pass Discovery Centre. If travelling from the east, there is no left turn; turn around at Hermit trailhead and approach from the west.

Short trail leading down to a secluded glacial waterfall. At the bottom of the hill, stay on the main trail to go to the falls.



Follow steep trails from dense hemlock and spruce forest rewarding alpine views. The hiking season is very short at high elevations because of the deep snowpack. See Planning your trip for tips on seasonality. Water sources can be limited, especially at higher elevations.

8 Great Glacier

8.4 km* (return) | 320 m elevation change | 2.5 hrs Natural trail and rock | Moderately steep Trailhead: Illecillewaet Valley or Illecillewaet Campground

Originally leading to the Illecillewaet Glacier, the trail now ends at sloping bedrock out of sight of the receding glacier.

10.2 km (return) | 320 m elevation change | 3.5 hrs Natural trail | Gently rolling with some steep sections Trailhead: 10 km east of Rogers Pass Discovery Centre

This rare valley bottom trail winds through rich old growth forest. Listen closely for the hum of the Mount Macdonald railway tunnel's ventilation fans in the distance. Turn right at junction (5.1 km): maintained trail ends shortly after at the Grizzly Creek bridge. The Upper Beaver Valley Trail beyond Grizzly Creek is no longer maintained and is not recommended. Visitors enter at their own risk. **Turn left at junction:** A 2.4 km return side trip (unmaintained) is possible up to Copperstain Bridge. The trail is closed beyond this point.

10 Balu Pass

12.8 km (return) | 780 m elevation change | 4 hrs Natural trail, rock stairs | Steep sections **Trailhead: Rogers Pass Discovery Centre**

Trail through avalanche paths into alpine meadows offering amazing views. Grizzly bears are common here and you must hike in a group of 4 or more adults between July 15 and September 30. Dogs are not allowed on this trail.

(11) Marion Lake

6.4 km* (return) | 425 m elevation change | 2.5 hrs Trailhead: Illecillewaet Valley or Illecillewaet Campground

Steep forested hike to a small subalpine lake along the first leg of the Abbott Ridge Trail.

(12) Bostock Creek

15.6 km (return) | 740 m elevation change | 7 hrs Natural trail | Moderately steep

Trailhead: 4 km east of western park boundary



10.2 km* (return) | 795 m elevation change | 5 hrs Natural trail | Steep

Trailhead: Illecillewaet Valley or Illecillewaet Campuround One of the best scenic trails in the park. Hike into an

Hike from the interior rainforest into the subalpine forest.

open alpine basin nestled between Avalanche Crest to the left and a ridge off Eagle Peak. The nearby left ridge overlooks the highway/railway corridor.



(14) Asulkan Valley

15.8 km* (return) | 870 m elevation change | 6 hrs Natural trail | Gently rolling to steep moraine ridge after 4 km Trailhead: Illecillewaet Valley or Illecillewaet Campground

A glacier carved landscape with lush forest, mountain views and waterfalls. This hike starts as a valley walk and then climbs a steep glacial moraine.



(15) Glacier Crest

13.4 km* (return) | 960 m elevation change | 6 hrs Natural trail with rocky sections | Very steep Trailhead: Illecillewaet Valley or Illecillewaet Campground

This trail climbs a rock ridge between two valleys carved by the Illecillewaet and Asulkan glaciers. Stunning panoramic views of rock and glacial ice.



15.6 km* (return) | 1030 m elevation change | 6.5 hrs Natural trail | Very steep Trailhead: Illecillewaet Valley or Illecillewaet Campground

Trail up to alpine tundra that ends on a narrow ridge. During early season take the marked short cut to avoid a steep snow slope.

(17) Hermit

6.4 km (return) | 820 m elevation change | 4 hrs Natural trail with rock stairs | Very steep Trailhead: 1.5 km east of Rogers Pass Discovery Centre

Known for its epic steepness! Climb many switchbacks, rock stairs, and a rope-assisted scramble to an alpine meadow and backcountry campsite (permits required).



12.2 km* (return) | 1010 m elevation change | 5 hrs Natural trail | Very steep Trailhead: Illecillewaet Valley or Illecillewaet Campground

A mountaineering route created by North America's first recreational climbers, this tough trail switchbacks from valley bottom to alpine. Beyond the turnoff to Perley Rock, conditions vary and hikers should have route finding skills. A backcountry campsite at trail's end is an ideal climbing basecamp (permits required).



12.8 km* (return) | 1145 m elevation change | 6 hrs Natural trail and boulder fields | Very steep Trailhead: Illecillewaet Valley or Illecillewaet Campground

An ambitious day hike in the park ending at a high viewpoint overlooking the Illecillewaet Icefield and Abbott Ridge.

20 Bald Mountain Wilderness Route

30 km (return) | 1125 m elevation change Distance and elevation change varies with route selection Trailhead: Safe access is only available via the Spillimacheen provincial forest service road which begins at Parson, B.C.

This wilderness hiking route crosses rolling subalpine meadows that form the east boundary of the park. The route receives no maintenance. Hikers should have the skills, equipment and experience required for route finding and travel in remote mountain environments.







≘ Huts & cabins

Glacier National Park has huts and cabins operated by the Alpine Club of Canada

All require:

- A reservation: 403-678-3200 | alpineclubofcanada.ca
- A national park pass
- An overnight parking permit during winter months

Following park regulations while enjoying national parks helps protect people, landscapes, and wildlife. A national park pass is required to visit Glacier

Flanning your trip

Select a trip that best suits your party's abilities,

experience, interests, and the time you have available.

distances, fitness levels, weather and trail conditions.

• Suitable for those with little or no trail experience.

Flat to gently rolling with few obstacles.

Suitable for those with basic trail experience.

Gently rolling with short, steep sections and

Suitable only for those with trail experience.

Long, steep sections with frequent obstacles.

Suitable for well prepared visitors with exceptional trail

Most trails in Glacier National Park are accessed off the

Frontcountry camping

These unserviced campgrounds are 2 km apart and located

close to the action in Rogers Pass with access to trails and

The largest campground in the park, this area doubles as a

major trailhead. Illecillewaet is pronounced ill ah SIL-ah-wet

(or ill a silhouette) and comes from a local First Nation word

meaning "big water". Hike to alpine glaciers and tour the

exceptional scenery. See Planning your trip for details.

Little or no elevation change.

infrequent obstacles.

Major elevation change.

MOST DIFFICULT

and navigation experience.

ILLECILLEWAET CAMPGROUND

60 sites | Flush toilets | Kitchen shelters

adjacent ruins of Glacier House.

LOOP BROOK CAMPGROUND

Moderate elevation change

Estimated time to complete trails ranges depending on trail

WHERE TO GO?

EASY

MODERATE

✓ DIFFICULT

- National Park and Alpine Club of Canada facilities within the parks.
- Leave no trace. Pack out everything you pack in. • Leave what you find—it is the law. Natural and cultural
- items such as mushrooms, wildflowers and rocks must remain undisturbed for others to discover and enjoy.

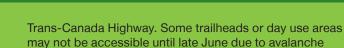
Drones/UAVs are prohibited in all national parks as they disturb wildlife. Leave your drone at home or in your vehicle.



- To prevent damage to vegetation, stay on the trail.
- Show courtesy and yield to others.
- available, dispose of human waste at least 70 m from any water source. Bury solid human waste in a hole 15 cm deep. Pack out your toilet paper.

THE CANADA NATIONAL PARKS ACT

as required by the Canada National Parks Act. To report park violations, call 1-877-852-3100 24 hours, 7 days per week. Violators will be charged, may be required to appear in court, and could pay fines of up to \$25,000.



hazard and snow.

Spring (late May to late June, check website): High elevation trails are snow-bound and may be subject to avalanche hazard. Trails are muddier at this time and the best hiking is at lower elevations.

Summer (early July to mid-September): Prime hiking season. Some snow may linger on higher elevation trails until mid-July. Subalpine wildflowers typically bloom in

Fall (mid-September to early October, check website): Autumn in the mountains brings shorter days and cooler temperatures. Trail bridges are typically removed between

prepared for unpredictable weather conditions and always

PASSES, PERMITS AND RESERVATIONS

park. Revenues support visitor services and facilities. If you

- Campground. Fire permits are required.
- A backcountry camping permit for Hermit Meadows (reservable) and Sir Donald (non-reservable) backcoun-



A backcountry camping permit is required. See Planning your trip for details. Wood fires of any kind are not permit-

many impressive peaks and glaciers of Rogers Pass.

rocky and no tent pads are present.

Random camping is permitted in limited areas only. A obtained in person. For information call 250-837-7500.

maintaining a distance of 100m for larger species such as bears and 30m for species such as deer.

- Carry bear spray outside your pack. Ensure it is quickly
- accessible and know how to use it.
- · Human food kills wildlife. Do not litter or feed wildlife • Make noise! Being quiet puts you at risk for sudden wildlife encounters. Be alert in shrubby areas and when approaching blind corners. Travel in tight groups and
- always be aware of your surroundings. Please report bear, cougar, wolverine and caribou sightings and encounters to Parks Canada when it is safe to do so.

Overview map Yoho National Park Banff National Park GLACIER Trans-Canada Highway **NATIONAL PARK** - Meadows in the Sky Parkway **Mount Revelstoke & Glacier National Park MOUNT REVELSTOKE** Salmon Arm, BC Kelowna, BC **Park Kiosk** The nearest fuel and food amenities to Glacier National Park are located in the communities of Golden and Revelstoke. **Parks Canada Office**

Visiting with dogs

Dogs cause stress for wildlife. Dogs may be seen as a threat, like a coyote or wolf, or as food. Off-leash dogs can trigger aggressive behaviour from wildlife such as grizzly bears. Please consider leaving your dog at home.

To prevent unsafe situations, it is your responsibility to:

- Ensure all domestic animals are on a leash and under control at all times.
- Pick up and dispose of your pet's waste appropriately





Email mrg.wildlife@canada.ca Visit pc.gc.ca/glacier-wildlife for more information

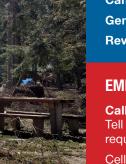
? Information

HOURS OF OPERATION

nformation, except for Christmas Day. Visit **pc.gc.ca/glacier** for hours of operation. Find out where to purchase a national park pass at

ONLINE

trees in Glacier National Park dead or dying. These trees are being removed in visitor areas and campgrounds because



TELEPHONE Camping reservations: 1-877-737-3783

General Parks Canada inquiries: 1-888-773-8888 Revelstoke Office: 1-250-837-7500

EMERGENCY

Call 1-877-852-3100 for Parks Canada Dispatch. ell dispatchers you have a backcountry emergency and require assistance. **Call 911** for Police, Fire or Ambulance. Cell coverage is limited and there is no WiFi in the park. If travelling in the backcountry, other means of mmunication are recommended.

PLAN AHEAD. BE PREPARED

associated with outdoor recreation. Even short trips may have serious consequences. Minimize your risk by

- Mountain weather changes quickly and it can snow any month of the year.
- Pack adequate food, water, clothing, first aid kit, bear
- It is important to check yourself and your pet
- Don't use earbuds or headphones. Be alert at all times.

summer. When trails are snow covered, route finding can be ice can be unsafe.

conditions before heading out.

A **national park pass** is required when visiting any national

The park's two designated backcountry campgrounds primarily serve as basecamps for mountaineering, and are open for camping only when bear-proof storage and privies have melted clear of snow. While the trails to these sites may appear short, they are extremely steep and grueling

8 tent sites | Privy | Bear-proof storage

SIR DONALD CAMPGROUND

4 tent spots | Privy | Bear-proof storage Designated summer backcountry campground nestled below the impressive Mount Sir Donald and Uto peaks. This is an ideal base camp for climbers, but the ground is

backcountry camping permit is required and can only be Special rules and conditions apply.

Safety is your responsibility. There are always hazards

- planning ahead. • Visit **pc.gc.ca/glaciertrails** for trail conditions and
- spray and maps (see Packing list).
- after hiking.

SNOWY TRAILS

difficult, and travel through deep snow or on hard snow and

Bain or snow can fall any time of year in the mountains. Be

are staying in the park overnight you will also require:

Visit **pc.gc.ca/glacier-fees** for current rates and how to

cougars, grizzly bears and black bears. To successfully raise their young and sustain a healthy population, wildlife need access to as much quality habitat with as few human ascents, especially with a full pack!

ted. Gas stove use only. HERMIT MEADOWS CAMPGROUND

Designated summer backcountry campground in a rocky area at the end of Hermit Trail. Enjoy panoramic views of

RANDOM CAMPING

- information, warnings, closures, and weather. Be prepared for emergencies and changes in weather.
- Travel with a friend or group. Choose a trail suitable for the least experienced member in your group.
- be back, and who to call if you do not return • Ticks carrying Lyme disease may be present in the park.

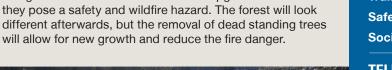
Be prepared and visit **pc.gc.ca/glaciertrails** to check trail

AVALANCHE RISK

Steep, snow-covered slopes at any elevation have the potential to avalanche. Trails above the tree line (2,000 m) may be exposed to avalanche hazard at any time of the year and especially from November to June.

Visit **parksmountainsafety.ca** for more information on avalanche hazards.

HAZARD TREE REMOVAL NOTICE A spruce beetle outbreak is leaving most of the older spruce



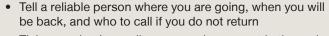


TRAIL ETIQUETTE

• Use privies where available. Where facilities are not

Park Wardens are responsible for enforcing park regulations





Snow can remain on higher elevation trails well into the

late September and early October for the winter.

check the forecast before embarking on your trip.

A camping permit for Illecillewaet or Loop Brook

try campgrounds and random camping.



surprises as possible. • Give wildlife space. Approaching wildlife causes them to lose their natural fear of people. Help keep them wild by



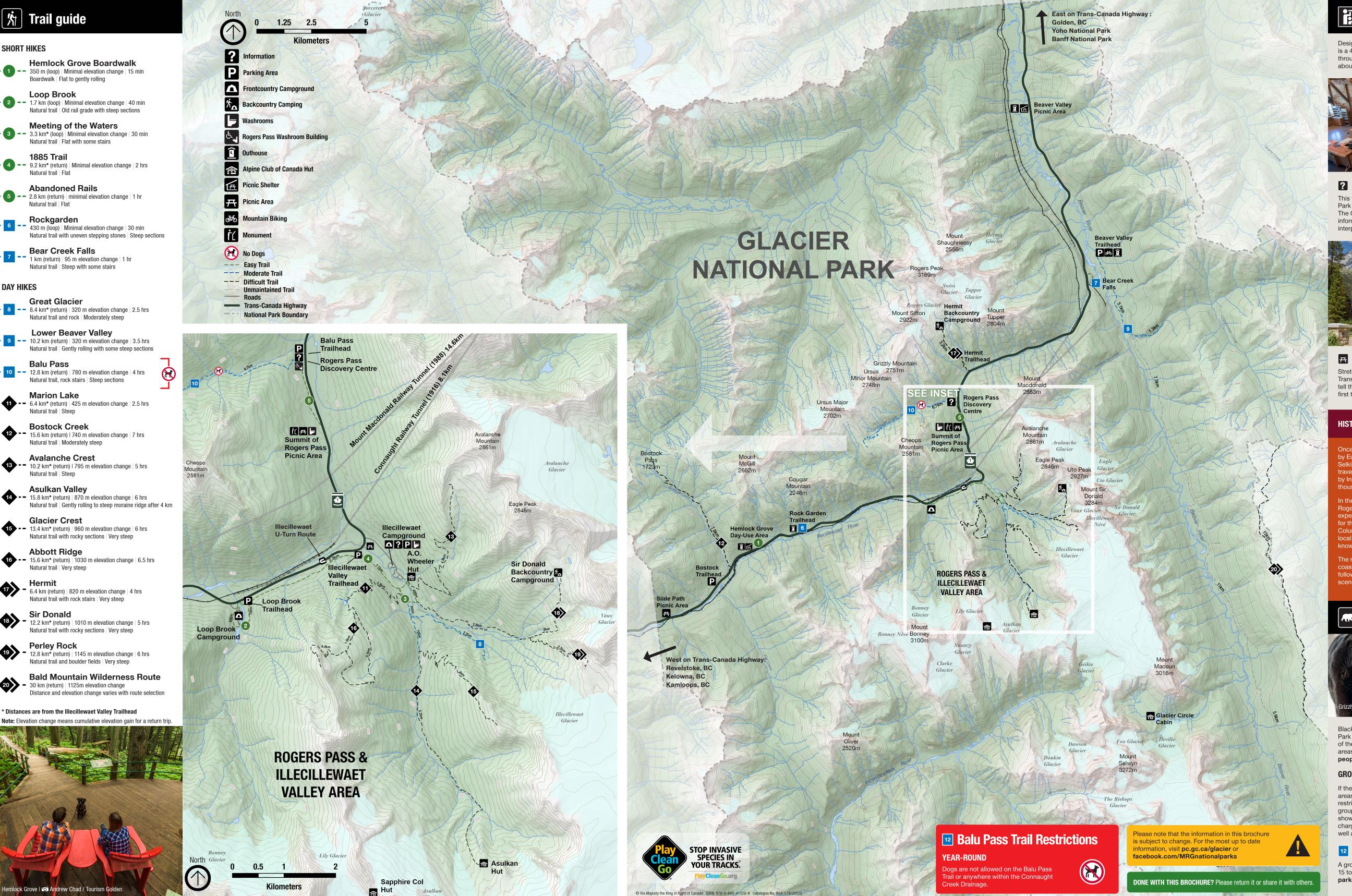




Most visitor facilities are open from May to October. The Rogers Pass Discovery Centre is open year round for visitor

General information: parkscanada.gc.ca/glacier Trail conditions: parkscanada.gc.ca/glaciertrails Safety: parksmountainsafety.ca Social media: facebook.com/MRGnationalparks

· A.O. Wheeler Hut Asulkan Cabin • Sapphire Col Hut • Glacier Circle Cabin With the exception of A.O. Wheeler, all are far from roads in the backcountry, and access is challenging. Sapphire Col and Glacier Circle require mountaineering expertise.



⅓ Trail guide

Loop Brook

1885 Trail

Natural trail | Flat

Natural trail | Flat

Rockgarden

DAY HIKES

Abandoned Rails 5 - 2.8 km (return) | minimal elevation change | 1 hr

Bear Creek Falls 1 km (return) | 95 m elevation change | 1 hr

Great Glacier

Balu Pass

Marion Lake

Natural trail | Steep

Bostock Creek

Natural trail | Moderately steep

Avalanche Crest

Natural trail | Steep

Asulkan Valley

Glacier Crest

Abbott Ridge

Natural trail | Very steep

Perley Rock

Hemlock Grove Boardwalk

Natural trail | Old rail grade with steep sections

350 m (loop) | Minimal elevation change | 15 min Boardwalk | Flat to gently rolling

2 - 1.7 km (loop) | Minimal elevation change | 40 min

Meeting of the Waters 3 -- 3.3 km* (loop) | Minimal elevation change | 30 min

Natural trail | Flat with some stairs

9.2 km* (return) | Minimal elevation change | 2 hrs

430 m (loop) | Minimal elevation change | 30 min

Natural trail | Steep with some stairs

8 -- 8.4 km* (return) | 320 m elevation change | 2.5 hrs

Natural trail and rock | Moderately steep

Natural trail | Gently rolling with some steep sections

Lower Beaver Valley 9 -- 10.2 km (return) | 320 m elevation change | 3.5 hrs

10 -- 12.8 km (return) | 780 m elevation change | 4 hrs

Natural trail, rock stairs | Steep sections

11 - 6.4 km* (return) | 425 m elevation change | 2.5 hrs

15.6 km (return) | 740 m elevation change | 7 hrs

10.2 km* (return) | 795 m elevation change | 5 hrs

■ 15.8 km* (return) | 870 m elevation change | 6 hrs

■ 13.4 km* (return) | 960 m elevation change | 6 hrs

Natural trail with rocky sections | Very steep

16 -- 15.6 km* (return) | 1030 m elevation change | 6.5 hrs

6.4 km (return) | 820 m elevation change | 4 hrs

Natural trail with rock stairs | Very steep

Sir Donald
12.2 km* (return) | 1010 m elevation change | 5 hrs

Natural trail with rocky sections | Very steep

Natural trail and boulder fields | Very steep

■ 30 km (return) | 1125m elevation change

* Distances are from the Illecillewaet Valley Trailhead

12.8 km* (return) | 1145 m elevation change | 6 hrs

Rogers Pass guide

Designated as a National Historic Site in 1971, Rogers Pass is a 45 km stretch of the Trans-Canada Highway that winds through the heart of Glacier National Park. To learn more about the the area, visit these points of interest.



? ROGERS PASS DISCOVERY CENTRE

This family-friendly stop is the visitor hub of Glacier National Park at the heart of Rogers Pass National Historic Site. The Centre is open year-round and offers up-to-date park information from knowledgeable staff, visitor services, and interpretive exhibits.



SUMMIT OF ROGERS PASS PICNIC AREA

Stretch your legs at the second highest point on the Trans-Canada highway. A monument and memory garden tell the story of the triumphs and tragedies behind Canada's first trans-continental railway. Four picnic tables available.

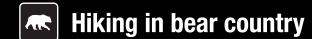
HISTORY OF ROGERS PASS

Once seen as impenetrable by European explorers, the Selkirk mountains have been ravelled through and used by Indigenous peoples for thousands of years.

expeditions to find a route for the railway to cross the Columbia Mountains. With

knowledge, a route was found

The railway connected the young nation of Canada from coast to coast. In 1962, the Trans-Canada Highway opened following the same route. Millions of people now travel this scenic corridor each year.







Black bears and grizzly bears both live in Glacier National Park and they need space to lead healthy lives. Some areas of the park are closed off to visitors to allow for this. Other areas have restrictions if bear activity is high. See Wildlife & **people** (on reverse) for tips on hiking in bear country.

GROUP OF FOUR RESTRICTIONS

If there are multiple encounters with bears in specific areas, Parks Canada may post a mandatory group of four restriction. Hikers are legally required to travel in a tight group of four or more adults (age 12 and up). Research has shown that grizzly bears are very unlikely to attack or bluff charge this group size. This regulation protects hikers as well as bears.

12 BALU PASS TRAIL

A group of four restriction is automatically in place from July 15 to September 30 every year. For more information, visit parkscanada.gc.ca/glacier-bulletins.