Summer trail	Distance (one way)	Elevation gain*	Elevation loss*	Est. time (return)	Trail description	Trailhead
EASY TRAILS						
1 Valleyview	1.3 km	130 m	10 m	45 min	This trail connects the village of Radium Hot Springs with Redstreak Campground. A steep section leads to rewarding views of the Columbia Valley.	Behind the visitor centre; OR by Valleyview Day-use Area; OR from Redstreak Campground entrance
2 Letwilc7úlecw Loop *(Led-wheel-oo-loo)*	1 km loop	25 m	25 m	30 min	Walk through a meadow that has been restored by fire. Discover Secwépemc uses of medicinal plants along this interpretive trail.	Redstreak Campground. Take the first right after the kiosk.
3 Redstreak Loop	1.9 km loop	155 m	155 m	45 min	Meander through Douglas-fir trees and relax on a bench at the scenic viewpoint.	"E" or "F" Loop of Redstreak Campground
4 Hot Springs	2 km	195 m	215 m	1.5 h	An easy walk through a cool, wet forest between the campground and the hot springs. Viewpoints en route.	"H" Loop of Redstreak Campground OR Radium Hot Springs Pools
5 Redstreak Creek	2.3 km	200 m	30 m	1.5 h	A peaceful, forested path. Ideal in the fall when the leaves are changing colour.	Small parking area on the south side of Hwy 93S
6 Olive Lake	0.3 km	minimal	minimal	15 min	Explore the boardwalk along the lakeshore. Check trail report for closures due to bear activity in the spring.	Olive Lake Day-use Area
7 7 Simpson River	1.6 km	30 m	25 m	1 hr	A walk through a valley marked by fire. Check out the interpretive signs along the first 1.6 km of the trail. Learn about the incredible forces of nature: Lightning, wildfire, regeneration and succession. Access to trails in Mount Assiniboine Provincial Park. Horse use permitted.	Simpson River parking lot
8 Paint Pots	1 km	35 m	20 m	40 min	A gentle walk takes you to three iron-rich mineral springs that stain the surrounding earth.	Paint Pots Day-use Area
9 Vermilion River	2.9 km	65 m	110 m	2 h	Pass through a mix of mature and burnt forest to connect between two popular landmarks: Marble Canyon and Paint Pots. The trail parallels the Vermilion River.	Paint Pots Day-use Area; OR Marble Canyon Day-use Area
10 Marble Canyon	0.9 km	65 m	35 m	30 min	Hike along the rim of the canyon. Look down from one of the many bridges and enjoy interpretive signs along the way. Relax in the Red Chairs at the end.	Marble Canyon Day-use Area
11 Fireweed Loop	0.2 km	minimal	minimal	15 min	Walk through a quiet, shaded forest. The Vermilion Pass wildfire swept through this area in 1968. Can you spot any marks left by this fire?	Continental Divide parking lot
MODERATE TRAILS						
12 Sinclair Canyon	2.8 km	350 m	260 m	2 h	Hike along the rim of the canyon and into its depths. Make a short detour to the Red Chairs overlooking Radium Hot Springs Pools.	West of Sinclair Canyon; OR above the Radium Hot Springs Pools main parking lot
13 Kimpton Creek	4.6 km	455 m	100 m	3 h	Cross a small footbridge to start the trail. Lovely walk through a forested valley.	From parking pullout, walk 100 m south-west along the road
14 Cobb Lake	2.7 km	155 m	260 m	2 h	Descend to Swede Creek, then continue along to the banks of a quiet lake encircled by forest.	Parking lot on south side of Hwy 93S
15 Dog Lake Loop	7 km	195 m	195 m	2.5 h	A fun family adventure! Cross two bridges over the Kootenay River and meander through old-growth forest. Option to hike to the lake and back (2.6 km one way).	Dog Lake Day-use Area
16 Stanley Glacier	4.9 km	405 m	115 m	3 h	An extremely popular trail. Hike up to a stunning alpine basin and watch glacier meltwater tumble down massive rock walls. You can also experience this trail on a guided Burgess Shale fossil hike: **parkscanada.gc.ca/burgessshale**	Stanley Glacier parking lot
17 Ochre Creek	6.2 km	250 m	185 m	4 h or 2 days	Connect to Helmet Creek and Tumbling Creek trails through the forest. Helmet-Ochre Junction	Paint Pots Day-use Area
DIFFICULT TRAILS						
18 Kindersley Pass	10 km	1,250 m	240 m	8 h	This trail leads through forested sections and avalanche paths before it reveals panoramic views between Kindersley Pass and the Kindersley-Sinclair Col. Shorter option to return to the highway via the Sinclair Creek Trail (second vehicle required for highway shuttle). Mandatory minimum group size of four because of grizzly bears in the area.	Kindersley Pass parking lot (south side of Hwy 93S)
19 Sinclair Creek	6.2 km	1,005 m	80 m	6 h	Follow Sinclair Creek and enjoy beautiful alpine meadows along the way. Continue up the valley as the trail opens up to spectacular views around the Kindersley-Sinclair Col. Option to connect to the Kindersley Pass Trail (second vehicle required for highway shuttle). Mandatory minimum group size of four because of grizzly bears in the area.	Sinclair Creek parking lot (north side of Hwy 93S)
20 Honeymoon Pass	4.7 km	725 m	25 m	4 h	Fireweed and burnt trees offer striking contrasts on this rough trail for skilled hikers. Note: The trail past Honeymoon Pass is no longer maintained and was heavily impacted by 2017 wildfires, leaving long sections of trail undefined and covered by deadfall.	Honeymoon Pass parking lot
21 Ball Pass	8.9 km	1,065 m	150 m	7 h	Cross Hwy 93S to a gradual ascent to a rugged pass through regenerating forest, avalanche paths and colourful meadows. Access to trails in Banff National Park.	Floe Lake parking lot
22 Floe Lake	10.8 km	1,120 m	295 m	7 h or 2 days	One of the most popular day hikes in the park. Steep trail with sunny exposures and views along the way. A spectacular lakeside destination. Floe Lake	Floe Lake parking lot
23 Numa Creek	6.4 km	410 m	275 m	4 h or 2 days	A shaded creekside trail. Note: This trail gets heavily impacted by avalanche debris year-round and may be closed. Check the latest trail report for updates: **parkscanada.gc.ca/kootenay-trails** Numa Creek	Numa Falls Day-use Area
24 Tumbling Creek	10.2 km	700 m	245 m	6 h or 2 days	Hike alongside fast, rushing water and stop for a photo at Tumbling Falls. Tumbling Creek	Paint Pots Day-use Area
25 Helmet Creek	14.2 km	795 m	465 m	10 h or 2 days	Follow the trail through lush vegetation and emerge near the base of Helmet Falls. At 300 m high, this waterfall is worth a visit. Helmet-Ochre Junction and Helmet Falls	Paint Pots Day-use Area
26 Rockwall	54.1 km	3,405 m	3,500 m	3-5 days	This iconic route traverses three alpine passes through sub-alpine meadows and past hanging glaciers. Its defining feature is a massive limestone cliff, towering up to 900 m above the trail below. Pick your route option based on your abilities and campground availability. Floe Lake, Tumbling Creek, Numa Creek, Helmet Falls, and Helmet-Ochre Junction	Multiple access points from Hwy 93S

*On most trails you will gain and lose elevation before you reach your destination. Elevation gain represents all the up and elevation loss all the down you will experience on a one-way hike.

Trail Guide

BE A RESPONSIBLE TRAIL USER

- Pack out any garbage, food scraps and toilet paper.
- Pick up after your pet.
- Stay on maintained trails and don't take shortcuts.
- Dispose of any human waste at least 100 m from any water source. Bury solid waste in a hole 15 cm deep.
- Do not take or disturb natural objects (e.g. rocks, plants and fossils). It is illegal.

Biking and e-biking is prohibited on all trails in Kootenay National Park.

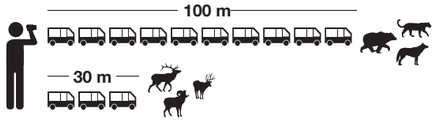
SAFETY IS YOUR RESPONSIBILITY

- Make sure everyone in your group has the required skills and experience.
- The mountain environment can be unpredictable. Always pack extra layers, food and water.
- Tell someone where you plan to go and when you plan to return.
- In case of EMERGENCY call 911 or push the SOS button on your satellite communication device. Cell phone coverage is not available on most trails.

WILDLIFE

Avoid dangerous wildlife encounters:

- Let bears know you are there! Talk, sing or shout occasionally. Bells are not effective.
- Be alert. Never wear headphones.
- Slow down. Runners and cyclists are more likely to surprise an animal.
- Keep dogs on leash at all times. It is the law.
- Carry bear spray and know how to use it: **parks.canada.ca/bearspray**
- Report all wildlife incidents to Parks Canada Dispatch 403-762-1470
- Keep a safe distance. It is illegal to feed, entice or approach wildlife.



BACKCOUNTRY CAMPING

- A backcountry camping permit is mandatory to stay at a backcountry campground. Purchase yours at **reservation.pc.gc.ca**, or by calling 1-877-737-3783. You must camp at the specified campground(s) on your permit on the reserved date(s). More info: **parks.canada.ca/kootenay-backcountry**
- Same-day backcountry campground permits and bivouacking permits can be purchased at Parks Canada visitor centres.
- Carry your permit with you on your trip. There may be random patrol checks.

Campfires are prohibited in the backcountry of Kootenay National Park.

ROCKWALL TRAIL

This 54-km backpacking route is extremely popular and campsites are limited. Planning ahead is essential! Purchase your backcountry camping permits to stay at the five campgrounds along the way. This is a difficult route for experienced hikers that is recommended from mid-July to early October. More info: **parks.canada.ca/kootenay-backcountry**

BURGESS SHALE FOSSILS GUIDED HIKES

Want to see and hold Burgess Shale fossils for yourself? Join us on a guided hike to the fossil site at Stanley Glacier! Reservations are required: **parks.canada.ca/burgessshale**

AVALANCHE DANGER

Avalanche season in the mountains extends from November to June. Even a short walk can take you into dangerous terrain. Check current conditions on: **avalanche.ca**

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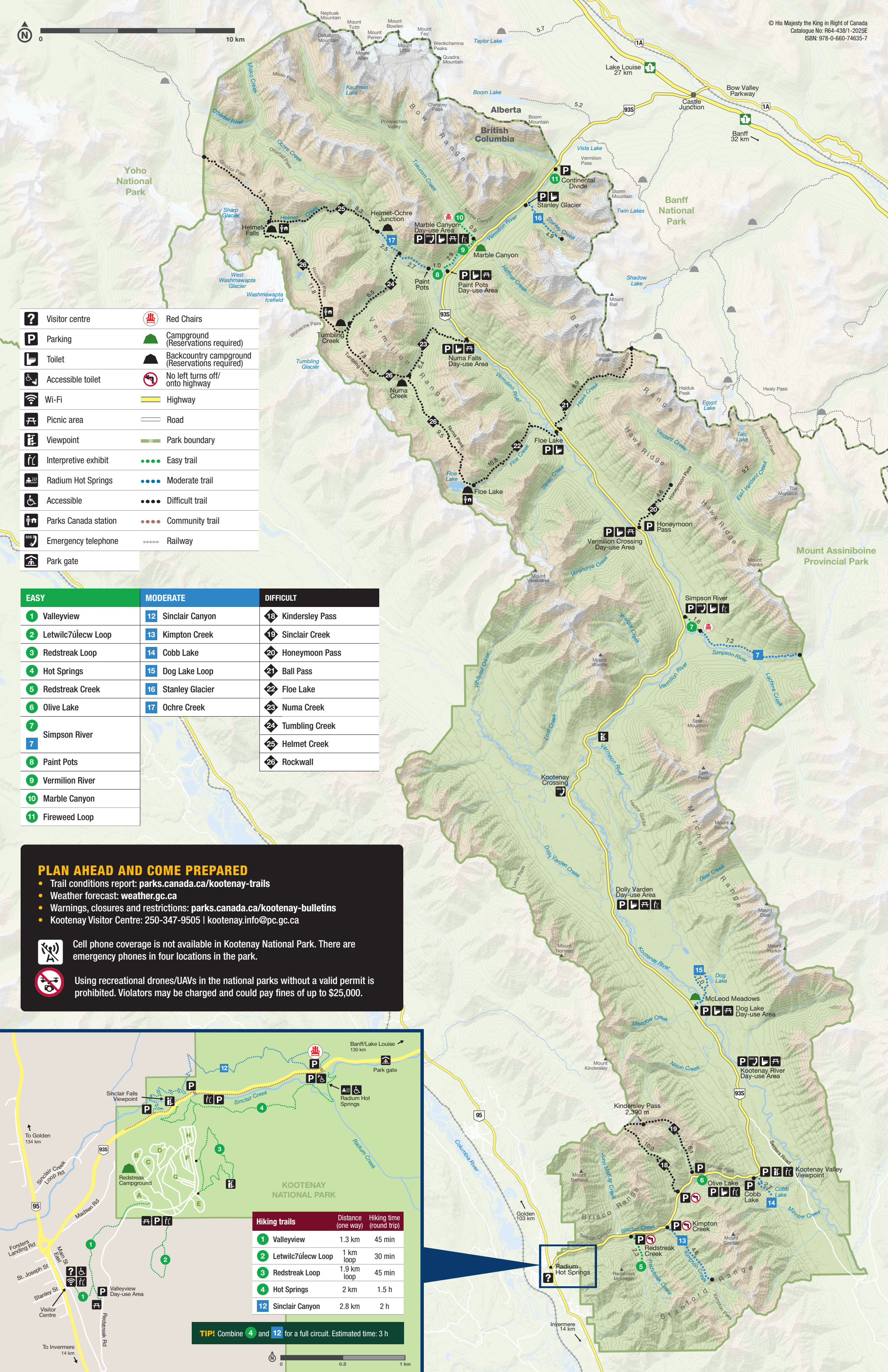

Hiking trails	Distance (one way)	Hiking time (round trip)
1 Valleyview	1.3 km	45 min
2 Letwilc7úlecw Loop	1 km loop	30 min
3 Redstreak Loop	1.9 km loop	45 min
4 Hot Springs	2 km	1.5 h
12 Sinclair Canyon	2.8 km	2 h

TIP! Combine 4 and 12 for a full circuit. Estimated time: 3 h

EASY	MODERATE	DIFFICULT
1 Valleyview	12 Sinclair Canyon	18 Kindersley Pass
2 Letwilc7úlecw Loop	13 Kimpton Creek	19 Sinclair Creek
3 Redstreak Loop	14 Cobb Lake	20 Honeymoon Pass
4 Hot Springs	15 Dog Lake Loop	21 Ball Pass
5 Redstreak Creek	16 Stanley Glacier	22 Floe Lake
6 Olive Lake	17 Ochre Creek	23 Numa Creek
7 / 7 Simpson River		24 Tumbling Creek
8 Paint Pots		25 Helmet Creek
9 Vermilion River		26 Rockwall
10 Marble Canyon		
11 Fireweed Loop		

PLAN AHEAD AND COME PREPARED

- Trail conditions report: **parks.canada.ca/kootenay-trails**
- Weather forecast: **weather.gc.ca**
- Warnings, closures and restrictions: **parks.canada.ca/kootenay-bulletins**
- Kootenay Visitor Centre: 250-347-9505 | kootenay.info@pc.gc.ca

Cell phone coverage is not available in Kootenay National Park. There are emergency phones in four locations in the park.

Using recreational drones/UAVs in the national parks without a valid permit is prohibited. Violators may be charged and could pay fines of up to $25,000.