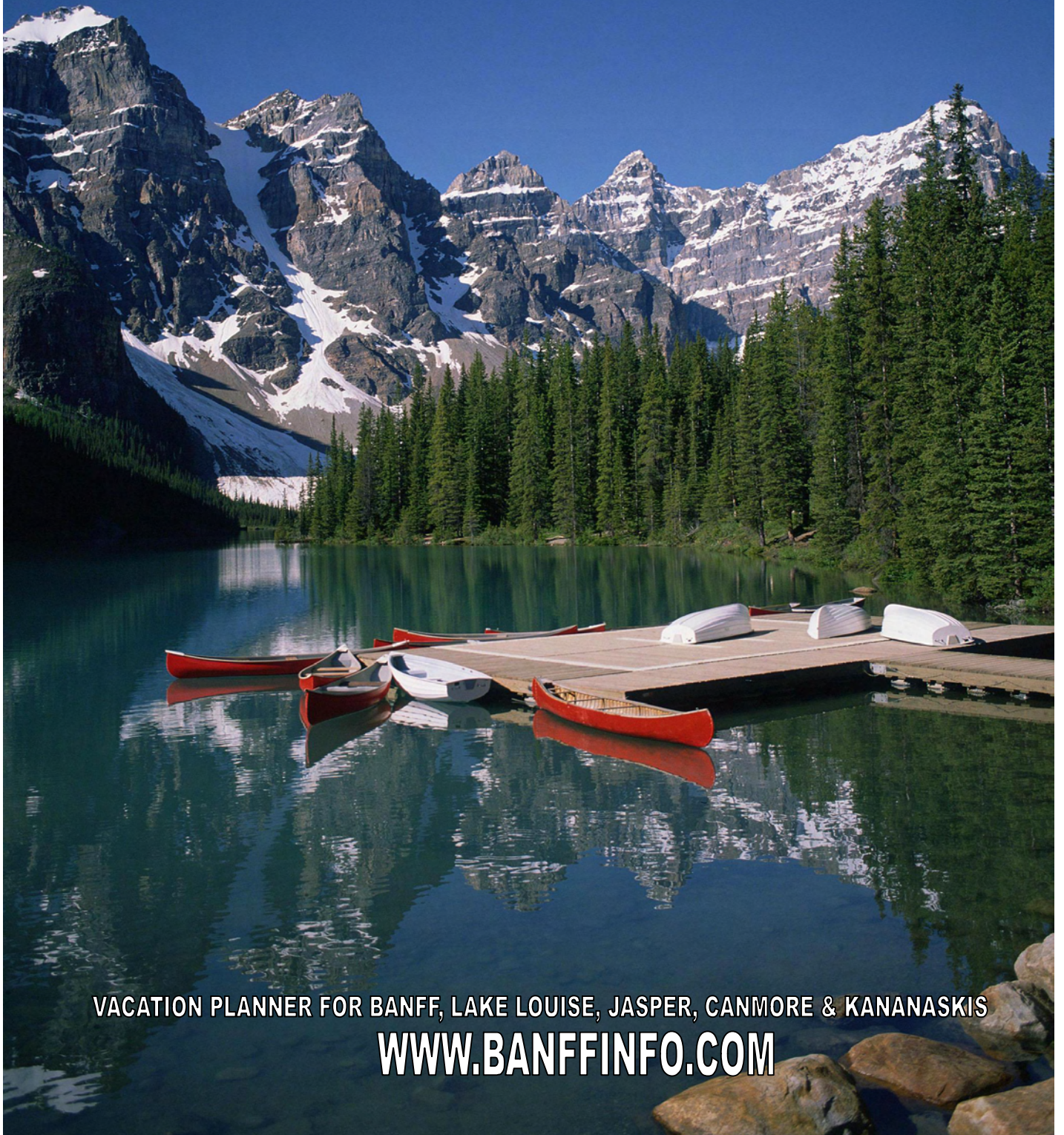


BANFF & JASPER NATIONAL PARKS



VACATION PLANNER FOR BANFF, LAKE LOUISE, JASPER, CANMORE & KANANASKIS

WWW.BANFFINFO.COM

Welcome to the beautiful Canadian Rockies

For the past 10 years our company has been organizing vacations for our clients travelling to the beautiful Canadian Rockies.

Our team of local agents are located in Banff, Alberta and are dedicated solely to organizing custom made vacations. The Canadian Rockies is where we live and is our speciality.

While the technology of the internet has brought much more information easily to people, many still just don't have the time to sit and browse through the multitude of options available, or are confused by the conflicting reviews on user forums, like TripAdvisor.

We thought it would be helpful to put together an online guide to make planning your vacation easier and quicker. This guide is also meant as a checklist so you don't miss out on any major highlights. We have compiled our most popular itineraries which include all the major highlights.

All these itineraries can be booked 'as is' or can be used as the basis for a customized vacation. You can mix and match any of the hotels and tours on the Banff Accommodation Reservations website to design a holiday that suits your personal interests and budget.

To keep the size of this file to a minimum, we have hyperlinked ([blue text](#)) to various pages in our website for current pricing and detailed information.

How to go about planning your vacation

The area is quite large and a common mistake is trying to cover too much with not enough time. You come to the mountains to relax and connect with nature. Think about how long your vacation is and what are your "must see and do" priorities. Allow for days where you have a relaxed pace to enjoy a long picnic lunch along the river in the sun, or sit on a mountaintop after hiking there, or a beer on a patio....

Before you get started, we just wanted to let you know how we differ from many travel related websites.

Great Deals

The volume of business and long established relationships with hotels, tour and car hire operators mean we have very competitive rates and special offers.

Local Knowledge

Our agents have actually "been there and done that". You can benefit from their first hand advice and opinions.

Ways to Book

With just a few details about your interests, budget, number of passengers, etc, one of our agents can custom make a vacation for you.

If you do not require the assistance of our local consultants, you can use our secure Trip Quote Wizard to check availability, rates and book online. Great for last minute bookings!

We look forward to bringing you to the Canadian Rockies!

A Guide to your Canadian Rockies Vacation



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Wildlife, viewpoints and maps.



MAP



TRAVEL TIPS

THE CLIMATE

Mountain weather can change rapidly. It's possible to get rain, snow, wind and sunshine on the same day. Generally, the mountain air is cool and dry. Days are usually warm June through September, but it can get cool at night.

April, and October through early November see weather ranging from summer to winter conditions. Winter temperatures dip below freezing, with frequent snowfalls.

Temperatures can be as high as 30C/86F in the summer to as low as -30C/-22F in the winter.

Month	Low C	High C	Low F	High F
	-15	-5	5	23
February	-11	0	13	32
March	-8	4	18	40
April	-3	9	27	49
May	2	14	34	57
June	5	19	41	66
July	7	22	45	71
August	7	22	45	71
September	3	16	38	60
October	-1	10	31	50
November	-8	1	18	32
December	-14	-5	7	23

WHAT TO WEAR

Dress is casual. Summer days in July and August are sunny and warm, but you should bring a sweater and light jacket for the cool evenings. Few restaurants require a jacket for men. Bring a heavy winter jacket, gloves and warm hat between November and May if you plan to spend any time outside hiking or sightseeing.

Dress in layers. Of course, there are many local shops which carry mountain equipment and clothing perfect for the changing conditions.

WILDLIFE ... KEEP IT WILD

Your actions help to ensure that future generations have a chance to see wildlife that is truly wild

Put all garbage in wildlife proof bins
NEVER feed any animal
Keep your distance

We come here to recreate, animals live here to survive. As visitors in their habitat, we have to take special care in how we share the land with them. Learn more about wildlife safety at the Parks Canada Visitor Information Centers.

WHAT IS THE BEST TIME OF YEAR TO COME?

July, August and the first two weeks of **September** are our busiest months, but usually the warmest and sunniest weather.

Mid **October** to mid **December** are low season with excellent rates and fewer tourists. Cool windy weather, snow in the high alpine.

Christmas is a magical time in the mountains - we do have a million Christmas trees!

January is typically cold and snowy. If you can brave the colder temperatures, take advantage of low season special rates.

February and **March** are our powder months, with good snow base, warmer winter weather

April and **May** are excellent months for spring skiing with younger children.

June can be rainy, but a perfect time for wildlife viewing, as animals are abundant in the valleys.

HOW LONG DO I NEED TO "SEE IT ALL"?

3 Days for a rushed trip of just the main sightseeing viewpoints

5 days if you want to include overnights in Jasper

7 days to give yourself time to enjoy a day or two of activities, as well as sightsee

9 days for the less visited areas,

Kananaskis, Yoho, Kootenay

A lifetime if you get hooked like the rest of us.....

OTHER SUGGESTIONS

Visit the Visitor Information Centres in each townsite. Advice on hiking, wildlife, weekly events, etc.

Avoid crowds by arriving early or late to popular viewpoints - (before 10am) or later into the evening (after 6pm).

Save vacation time! Plan and book now, not when you're there.



Calgary Airport (YYC)

GETTING HERE

There are many non stop flights to Calgary from the US and Canada.

RESERVATIONS

www.banffinfo.com

Looking for the perfect accommodation? Bringing children? Planning a once in a lifetime vacation?

Banff Accommodation Reservations should be used to complement the information included in this Vacation Planner. It's a way to connect with locals for all the insider knowledge we didn't have room to include. Use the www.banffinfo.com site to search and book accommodations, activities or custom build a vacation of your choice, or call them toll free 1877 226 3348, or (403) 762 0260.

CAMPING

Parks Canada offers a reservation service for some of the campgrounds in the National Parks.

Visit www.pccamping.ca/parkscanada/ to book. Some campsites are continued to be held each day on a first come first served basis.

AIRPORTS

The two main airports in the area are the Calgary International Airport (YYC) and Edmonton Airport (YEG).

GETTING AROUND

Once here it's easy to get around. Rental cars are the most popular option as they allow the most flexibility for independent travel. In addition there are airport shuttles, town buses, ski resort shuttles and taxicabs

DRIVING TIMES

From Calgary to Banff	1hr 40min
From Banff to Lake Louise	45min
From Banff to Jasper	3hr 30min
From Jasper to Calgary	6hr
From Lake Louise to Calgary	2hr 20min
From Banff to Vancouver	9hr

DRIVING SAFELY

Anyone can become distracted by beautiful scenery and roadside wildlife. Statistically, driving is the most dangerous activity in the park... for both people AND wildlife. So, please slow down on park roads!

Generally speed limits are:

90 km/hr (56 mph) on major roads

60 km/hr (37 mph) on secondary roads.

Watch for reduced speeds where animals have been hit and killed on the road



People from all over the world travel to the town every year come to explore the grandeur of our pristine surroundings, ski the famed Canadian Rockies, dine on Rocky Mountain cuisine in our renowned restaurants, enjoy decadent spa treatments and natural hot springs, and take advantage of the international cultural events as well as eclectic shopping and nightclubs.

ACCOMMODATION

The accommodation range for Banff Hotels is quite wide, ranging from luxury, superior and moderately priced hotel style rooms and suites within a convenient walking distance of the downtown area, to condo, chalet and cabin properties (with kitchen/ettes) on Tunnel Mountain (~3min drive to downtown), and between Banff and Lake Louise on the 1A Highway (~20min to Banff townsite).

GETTING HERE

Banff National Park is an easy 90 min drive west of Calgary (in the province of Alberta), via the 4 lane divided Trans Canada Highway #1. Calgary is serviced by numerous international and charter airlines offering flights from around the world. Banff is also serviced by airporter shuttles, rail and coach services.

GETTING AROUND

While having a rental car will give you the most flexibility to travel at your own pace, Banff is serviced by airporter shuttles, town shuttle and ski shuttles which you can combine to easily get around. The size of the town is small, so it's a flat and picturesque walk from one end of town to the other ~40min. However if you are staying in the Tunnel Mountain area, it's an uphill walk back, or you can use the transit system. Taxi's are easily available and approx \$6-10CAD anywhere within the townsite.

CLIMATE

Mountain weather can change rapidly. It's possible to get rain, snow, wind and sunshine on the same day. Generally, the mountain air is cool and dry. Days are usually warm June through September, but it can get cool at night. April, and October through early

November, see weather ranging from summer to winter conditions. Winter temperatures dip below freezing, with frequent snowfalls. Temperatures can be as high as 30C/86F in the summer to as low as -30C/-22F in the winter.



SNOW

Canadian Rocky Mountain powder snow is world renowned. Our champagne powder is dry and light. That's because our snow has an average moisture content of 7 percent. Compare this to the average of North American and European Resorts, where 10 percent is typical.

December is full of celebrations to mark our white Christmas and the New Year with the town embracing the festive season with lots of decorations, Santa Claus Parade, carollers in the streets, sleigh rides and fireworks. The peak snow months are typically February and March, but as our season extends until end of May, spring (April/May) skiing is wonderfully warm and sunny.

NIGHTLIFE

Fancy martini's in cool lounge bars or have a quiet pint in an Irish pub. Get your groove on a high energy dance clubs, or join in with line dancers and two steppers at the country western pub. Music? Banff enjoys a constantly changing scene of live music. Four screens at the cinema with Hollywood's latest releases.



DINING

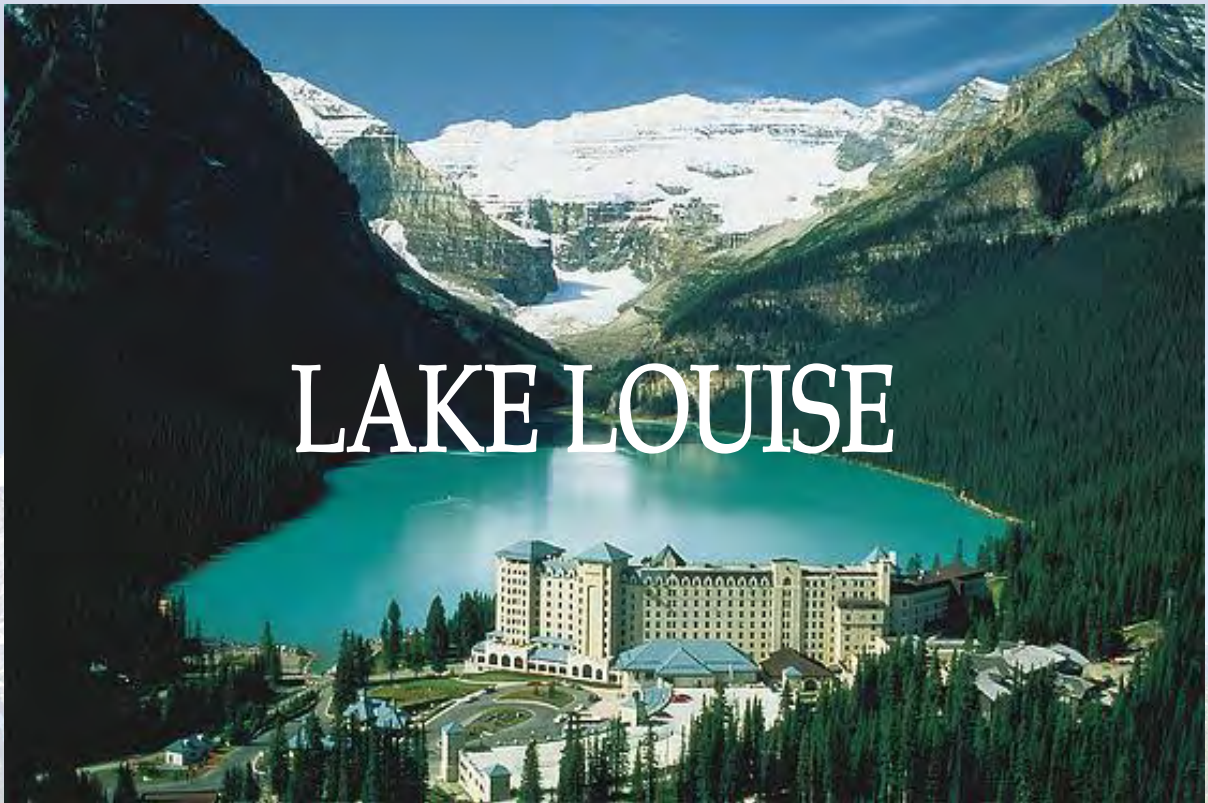
Banff has an incredibly lively variety of cuisine to choose with more than 70 restaurants. North Western, Rocky Mountain, French, 5 Diamond, Fusion, Fondue, Chinese, Japanese, Italian, Greek, Thai, Steakhouses, Vegetarian, cafes, bistros, the list goes on. Even the fast food is smart, curries, wood fired pizza, noodles, and of course good old burgers and fries, no taste goes unsatisfied.

SHOPPING

A wide selection of eclectic shops wait for you along Bear St. From mountain wear essentials to high fashion, the stores along Banff Ave are filled with everything for everyone.

CULTURAL

For a smallish town by population Banff enjoys an incredibly rich menu of cultural pursuits. Museums showcase an amazing insight into geological and natural history of the Rocky Mountains. Art galleries feature local artists and mountain culture themes like nowhere else. Our treasure however is the Banff Centre which features acclaimed festivals such as Mountain Book and Film, WordFest, Summer Arts series, Opera, Dance and other art series.



LAKE LOUISE

When first guided to Lake Louise by his native guide, Tom Wilson of the CPR (Canadian Pacific Railway) described it as a "matchless scene". The lake, fed by glacial meltwater is an unbelievable blue green colour set against the stark backdrop of Victoria Glacier.

Lake Louise is probably the most photographed and beloved scene in the Canadian Rockies.

Romantic and relaxing, the pace in Lake Louise attracts people who want to savour the finer and simple charms of life, the stillness of the outdoors, or a quiet walk after dinner.

WHAT TO DO AND NOT MISS

When entering the National Park you will be provided with a Parks Canada Guide that will show the many sightseeing highlights, but please drop by and see the people at the Visitor Information Centre – great weekly information and events.

ACCOMMODATION

Lake Louise has an unusual status because of its unique location within a National Park. That extends to the amount and range of accommodation choices.

Properties are located either close to the lake, or down in the valley closer to the village. Due to the short supply and high demand for accommodation, there are no bargains for Lake Louise hotels except in the lowest shoulder seasons. However if you are looking to splurge for a night or two, or prefer the getaway experience, there are mountain lodges, usually in idyllic settings, with spectacular lake views. There are no condominium style accommodations or bed and breakfasts, but there are a few cabin properties that allow some self catering options.



GETTING HERE

It is a full 2 -2.5 hour drive to Lake Louise from Calgary Airport. The highway is twinned and fast for all but the last 20 minutes. The last section is single lane each direction highway. Once you enter the National Park the speed limit reduces to 90 km/h and is enforced. It is a 40 minute drive between Banff and Lake Louise. Driving from Jasper it takes 3 hours non-stop along the Icefields Parkway. From the west, the closest town is Golden BC, 1 hour away. To drive directly from Vancouver will take approximately 9 hours, dependent on traffic and road conditions.

GETTING AROUND

If you are choosing to stay at one of the beautiful lodges or at the lake, then it is possible to enjoy Lake Louise without a vehicle. This will limit you to just participating in the activities available at that location. If you want to explore, hike or sightsee to other lakes, glaciers and mountain trails then you will have far more flexibility with a vehicle. There is no public transit within Lake Louise or connecting Lake Louise and Banff.

CLIMATE

Being the highest elevation community in Canada and situated deep in the Rocky Mountains, Lake Louise can be cooler than Banff just 40 minutes away. Always bring a sweater or light jacket, even in summer. Summer days in July and August can be sunny and warm and shorts and t-shirts are usually enough. You won't be swimming in any of the lakes as they are glacier fed and the water is freezing cold. Bring a serious winter jacket between November and May if you plan to spend any time outside hiking or sightseeing. In between seasons, be prepared for anything and as always when in the mountains, dress in layers so you can adapt to weather changes.

NIGHTLIFE

All Lake Louise nightlife is contained within the amenities of the hotels. There are no private pubs or clubs in Lake Louise, but the hotels make up for it with lounges and bars. It is important to note that through summer it is light until at least 10pm so many people are enjoying outside activities until well into the evening.

DINING

Despite being in such a small population setting, Lake Louise has a fine selection of world class fine dining, and as it is a vacation resort area, smart casual attire is just fine. Most restaurants are located within the hotels and lodges plus a couple of restaurants around the Samson Mall area. You won't be disappointed by the cuisine you are served. There is a grocery store for supplies for breakfast, camping or cabin stays.

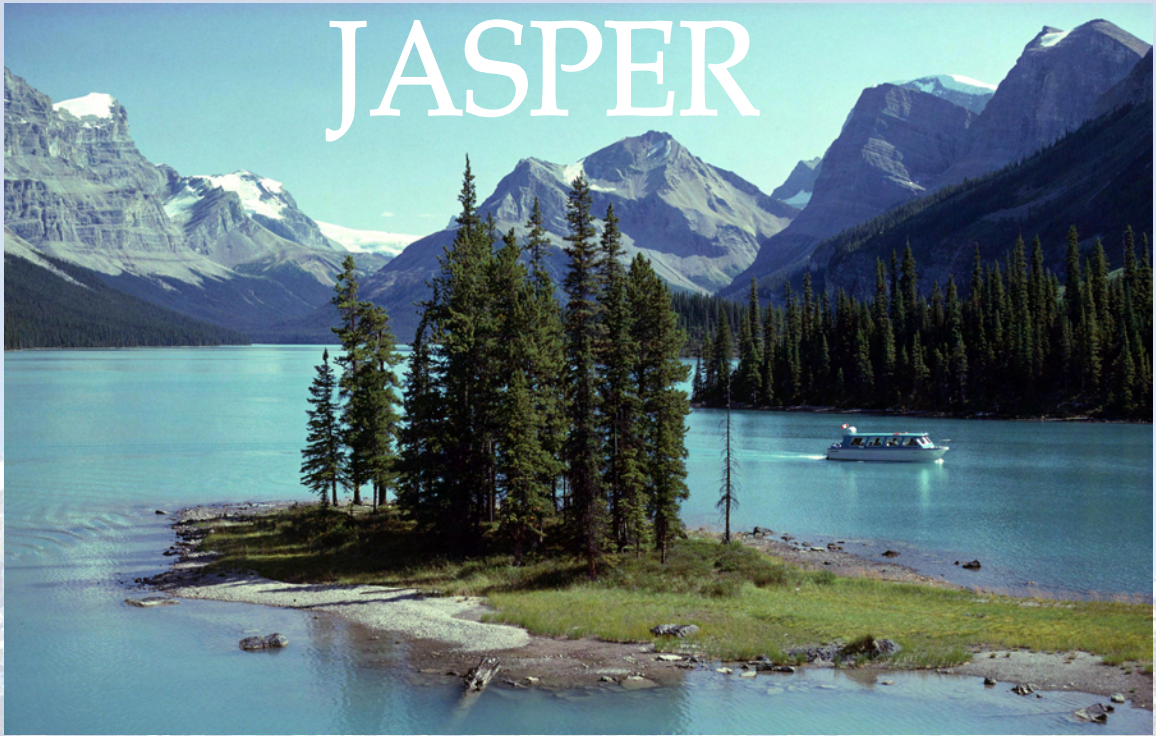


SHOPPING

The Samson Mall area near the highway exit has a small selection of stores. There are of course, souvenirs available as well as a surprisingly good bookstore filled with guides and books with local flavour. You can buy sporting equipment and there is even a bakery for your pastry and espresso fix.

CULTURAL

Without a sizeable permanent population, Lake Louise is unlike most towns that offer festivals and special events. The culture of Lake Louise is the mountains and its National Park setting. You will find a wide range of visitors who are just passing through, dedicated hikers enjoying superb mountain trails and even some serious mountaineers and climbers.



Jasper National Park is the largest of Canada's Rocky Mountain Parks and part of the UNESCO World Heritage Site. Jasper spans 10,878 square kilometres (4200 square miles) of broad valleys, rugged mountains, glaciers, forests, alpine meadows and wild rivers along the eastern slopes of the Rockies in western Alberta. The Jasper townsite is surrounded by a necklace of emerald lakes, Edith, Lake Annette, Patricia and Pyramid Lakes. Abundant wildlife, towering mountain peaks and a wide range of different accommodation styles from luxury to rustic cabins. Also home of "Big Friendly" Marmot Basin Ski Resort.

WHAT TO DO AND NOT TO MISS

Plan to spend more than one full day if you want to see even the most popular and more well known attractions. Because the valleys are relatively wide the sites are further away from the townsite. There seems to be more wildlife in easy to reach places. Elk and big horn sheep are common on the roadside and motorists should take extra care and heed all signs. Maligne Lake and Canyon, Miette Hot Springs, Mt Edith Cavell and Jasper Tramway should be on everyone's to do list. Throw in some raging waterfalls and Mt Robson, the Rockies tallest peak, and that's a full schedule of things to see in a few days.

ACCOMMODATION

Jasper is extremely busy throughout the summer. There is a limited range of older hotels in the town itself and cabins in nearby surrounding areas. It is common for Jasper to become completely booked out, especially in July, August and early September and it strongly advisable to reserve accommodation in advance. Jasper Park Lodge provides the only luxurious option and contains all the amenities you would expect from a five star resort. Other hotels are conveniently located downtown within walking distance to restaurants and shops. Those who want to stay somewhere a little more styled for the mountains will enjoy some of the lodge and cabin properties set around the lakes and rivers. Jasper also has a unique selection of Home Approved Accommodations (similar to bed and breakfasts - but more like a self catering separate entrance basement suite).

GETTING HERE

The nearest airport to Jasper is in Edmonton 4 hours to the east. Most people are visiting Jasper as a part of a driving journey throughout the Canadian Rockies. Calgary airport is approximately a 6 hour drive through Banff (3.5 hours) and then along the famous Icefields Parkway. Jasper is also located on the VIA rail line serviced by The Canadian and by the famous Rocky Mountaineer sightseeing train from Vancouver.

GETTING AROUND

You will have much more flexibility visiting Jasper if you have a vehicle. There is no public transit but you can still see some of the attractions by using local tour and sightseeing companies. But having a vehicle is far more convenient since many of the really great things to see are much further than a walking or cycling distance away.

CLIMATE

Mountain weather prevails in Jasper. Summer is usually warm and sunny but in the mountains you must always be prepared for a cool or wet change. Bring a light jacket and a sweater. Winters are snowy a quite cold. Spring and fall can bring a real mix of weather and temperatures. Expect the lakes to stay frozen until at least mid May. Jasper Fall colors can be very pretty and begin usually in mid September.

NIGHTLIFE

Jasper enjoys a nice range of pubs and watering holes filled with visitors and locals. Jasper does have a cinema and aquatic centre for families to enjoy. Like the rest of the Rockies, in summer there is daylight until well into the evening, meaning that you will get to enjoy outdoor activities and sightseeing until later - even if you get off to a late start.

DINING

The selection and variety of dining in Jasper is excellent. There are great family restaurants with restaurant that will please all palates and the fast food craving can be filled here too. For more sophisticated and adventurous tastes there is a good choice of restaurants serving Rocky Mountain specialties and Nuevo cuisine. Be sure to also check out restaurants that are located in hotels as well as those in the main streets.

SHOPPING

For a small town, Jasper has a surprisingly good variety of shopping. Of course, being a town visited by tourists, there are many souvenir stores, but there are also stores featuring local artisans. If you haven't packed well, there are outerwear stores with everything you'll need to be comfortable in the mountains.

CULTURAL

The population of permanent residents in Jasper is a combination of National Park staff, railway workers and businesses that support tourism. The one thing that the locals have in common is a love for the mountains. Jasper in January is an enjoyable winter festival with ski and ice themes. In 2007, Jasper National Park celebrates its 100th anniversary, the Jasper Townsite being the centre of activities.





Located 1.5 hours west of Calgary International Airport, 20 min east of Banff along the TransCanada Highway, Canmore is a beautiful small mountain town that has evolved from a coal mining town in the late 19th century to a popular vacation destination. The area hosted some of the 1988 Winter Olympics and since then due to its scenery, year round outdoor activities, real estate development and prices have surged.

ACCOMMODATION

In the last 10 years the selection of accommodation options in Canmore has dramatically expanded. Generally hotel and condominium is a little less expensive than inside the National Park, but this is offset by a slightly longer drive each day to get to the attraction of the National Parks. Today there is an excellent selection of hotels, condominiums, private vacation homes and even some unique country inns.

GETTING HERE

Canmore is an easy 1 hour 20 minute drive from Calgary along the TransCanada Highway. As the last community before entering the National Parks from the east, there is no need to pay National Park fees until actually visiting the Banff National Park. Canmore is just 20 minutes east of Banff. There are airport shuttle transfers between Canmore and Calgary Airport.

GETTING AROUND

Having a car is almost essential if staying in Canmore. Most daytime activities involve traveling into the mountains to reach hiking trails and attractions. There is no public transit system between Canmore and Banff. If you are participating in paid tours and activities, most companies will provide transportation options. For skiers, you must drive to the ski resorts inside the National Park, 20-50 minutes depending on the resort you choose. There is also 1 ski resort east of Canmore, Nakiska which is about 40 minutes away.



WHAT TO DO AND NOT TO MISS

Canmore is most often used as a base for exploring the Banff National Park and all the spectacular scenery, wildlife and sightseeing it offers. However there are also many experiences to explore around Canmore itself. As the closest community to Kananaskis Country, many hikers and mountain bikers choose Canmore. Spray Lakes, Grotto Canyon and Cougar Creek are popular areas to hike and explore. Visit the Nordic Centre, location for the Nordic ski events during the 1988 Calgary Winter Olympics. Canmore is also a centre for alpine water based activities, rafting, kayaking on you own or in an organized trip. Canmore also has a world class reputation for fishing - the bull trout are a prize. Within the town, Canmore provides an excellent diversity of shopping and an ever increasing selection cafes and restaurants. For golfers, Canmore offers perhaps the best selection of superb and sometimes challenging mountain golf courses. Silvertip, Stewart Creek are gaining worldwide reputation and are supported by several excellent smaller courses.

CLIMATE

Canmore shares the same Canadian Rocky Mountain climate as Banff and Lake Louise. In summer from mid June to mid September, days are usually warm and it is comfortable to wear short sleeves. But be aware in the mountains that a string of warm days can be followed by cooler days requiring a light sweater. Always pack a wind and waterproof jacket - no matter the time of year. Spring and Fall are both cool and it is common for temperatures to drop below freezing overnight. In winter, November - March, be prepared for snow and cold temperatures and hats and gloves are mandatory. These cold temperatures are what make skiing so wonderful in the Rockies - creating light dry powder snow. At anytime in winter it is possible to experience an arctic outflow where temperatures drop and stay well below freezing. Most activities can still be enjoyed but extra layers of clothing are needed.

NIGHTLIFE

Pubs dominate the nightlife scene. Most nights you'll find a mixture of visitors and locals elbow to elbow, enjoying the social Canadian style pub scene. Some pubs book live music acts regularly so check local guides while you are in town. Don't expect to find a disco in town and dress standards are more casual than formal. Some restaurants are now offering lounges that that are worth a visit in themselves.



DINING

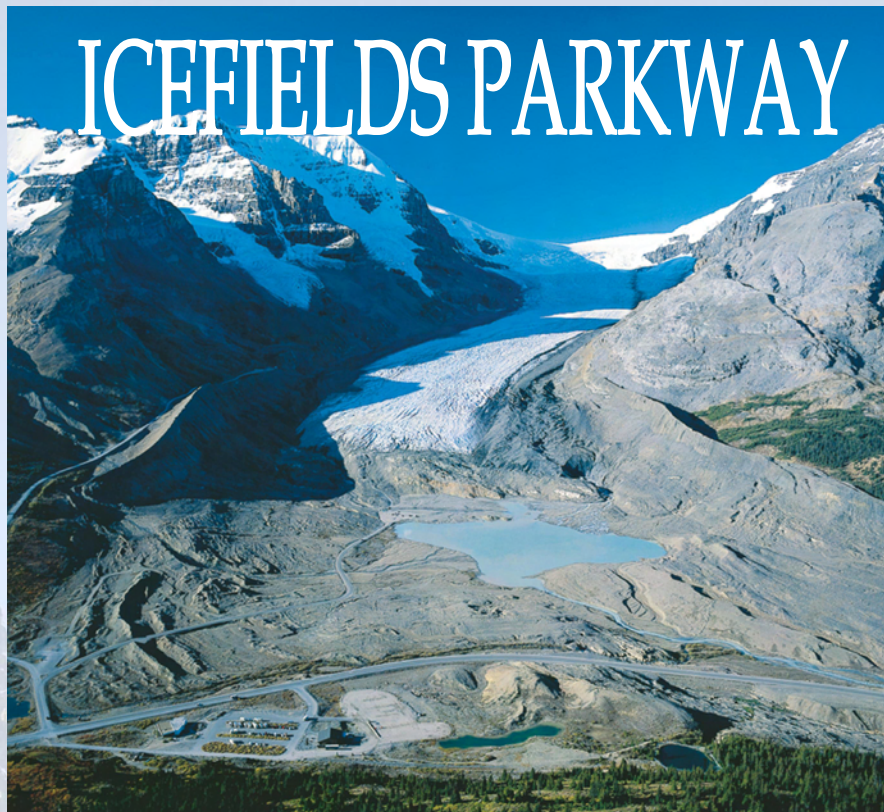
The range, diversity and quality of dining in Canmore is now at a standard to rival any mountain town. Accomplished chefs from around the world are attracted for the unique ingredients available in the North West. Expect menus to tempt you with salmon, game meats and Alberta AAA beef. All of this made even more enjoyable in contemporary mountain decor and smart service. For those needing Japanese, Thai, Italian, Greek or French, almost every style can be found. Family restaurants provide kid-friendly choices and almost every fast food quick fix can also be found.

SHOPPING

Canmore's main shopping street has extended to new retail areas in recently opened condominium hotels, doubling the opportunity. There are less souvenir stores and more arts and crafts and galleries that you might expect in a popular tourist town. There are several mountain outfitters stocked up with the latest technical and comfortable clothes and equipment for the mountains - so if you didn't arrive prepared, this is a great place to deck yourself out. Since the area is so popular for mountain biking, there is more than one store dedicated to the state of the technology in biking.

CULTURAL

A strong climbing community exists in Canmore and you won't be able to miss the number of fit if not sinewy locals. Mountains, rock cliffs, ice or even just boulders, if it can be climbed, someone in Canmore will do it. For the visitor, check the local bulletin boards and papers for what's on. Through the summer, there are festivals almost every week. Children's Festival, Mozart in the Mountains, Folk Music and the Scottish Highland Games dominate the schedule. For art-lovers, scour the local galleries for paintings, jewelry, ceramics, photography and some unique metal workers.



The Icefields Parkway traces a paved line paralleling the Continental Divide, the backbone of the Canadian Rockies, between Lake Louise and Jasper. The entire 230km (140 mi) Parkway lies protected within the UNESCO Canadian Rocky Mountain Parkways World Heritage Site, recognized in 1984 for its outstanding natural beauty, geological value and significant contribution to our planet's diversity. The Columbia Icefield is often the highlight for many on this road. One of the largest accumulations of ice and snow south of the Arctic Circle it covers an area of nearly 325 square kilometres. Its meltwater feeds stream and rivers that pour into the Arctic, Atlantic and Pacific oceans.

WHAT TO DO AND NOT TO MISS

Pack a picnic lunch to take along with you during the day, so you can take your time and stop of the many day use areas.

ACCOMMODATION

There are very limited accommodations along the Parkway but they offer an out of the ordinary front country experience. There are just 4 non-hostel lodging choices. 2 of these are unique lodge style properties, a modest motel property and a small hotel directly at the isolated but amazing location at the Columbia Icefields Centre. It is highly recommended that you have a reservation for any lodging.

DINING

There are two very smart and modern dining options within the two lodge style properties and are well worth stopping for lunch or dinner. Dinner reservations are essential during the summer months. There is also a convenience store with basic groceries and an impressive postcard collection - the world's largest is the claim.

It is possible for the Icefields Parkway to experience snow at any time of the year, especially around the Columbia Glacier. If you are going to take the highly recommended Ice Explorer tour onto the glacier then bring a windproof jacket and covered shoes.

The drive is totally about wilderness and getting in touch with nature. You can achieve a sense of solitude and isolation if you are willing to take some of the short or longer hiking trails along the way. The road can be busy in summer but if you take your time and make all the recommended stops this should be one of the great days of your life. Take your camera and be prepared to stop at the many viewpoints.



KANANASKIS

Kananaskis Country is relatively new to the Provincial Parks, estated in 1977 as recreational playground for Albertans and their guests. It view spectacular hiking, two Robert Trent Jones golf courses, a five star hotel, one alpine ski resort, extensive horseback, mountain biking and 4WD trails. "K-Country" is a short 45 drive SW of Calgary in the rugged slopes of the Canadian Rockies.

This area is a well guarded treasure by Albertans. Kananaskis Country is the eastern-most ranges of the Canadian Rockies Mountains located a little more than halfway from Calgary to Banff National Park and just 40 minutes from the TransCanada Highway. The mountains of Kananaskis are towering peaks with rugged and jagged spines. It is startling to visitors just how different these mountains are to the classic ridgelines of the Rockies main ranges.

Kananaskis has a single village area with limited services, 1 large hotel, with restaurants and eateries located within the hotel. Day visitors and overnight guests are equally welcome to enjoy all the amenities. Since the accommodation is limited, reservations are strongly encouraged to avoid disappointment. Because of its proximity to Calgary, Kananaskis Village can be a popular conference and meeting venue.

Although the village might sound small, there is an excellent choice of activities. There are 2 quality golf courses that provide the quintessential mountain golf experience with impressive views from every tee box and even better, the green fees are quite reasonable priced compared to many of the resort courses nearby. There are some very rewarding hikes, if not challenging hikes and the mountain biking is also excellent with many flat trails available for less experienced riders. In winter the bike trails become an extensive and maintained cross country ski trail network. Downhill skiers have enjoyed Nakiska Ski Resort, site of the ski events for the 1988 Winter Olympics.

There are several drives to take that can be successful for wildlife viewing including the dirt trail that links Kananaskis and Canmore through the Spray Lakes Road. This area can be especially good for spotting moose and grizzly bears. If you do see these animals, do not leave your vehicle and give them the space they need. Even if you are not lucky enough to view animals, you will be impressed by the striking mountainscape and beautiful lakes. If you want to visit an area that isn't on the usual visitor itinerary, Kananaskis could be the hidden gem to include.



Located 1hr west of Lake Louise and Banff National Park, Golden offers visitors the chance to experience a true Canadian small town. Nestled between the Selkirk, Rocky and Purcell mountains, travellers can enjoy a range of year round activities and beautiful mountain scenery.

WHAT TO DO AND NOT TO MISS

Kicking Horse Mountain Resort is a year round attraction, offering superb terrain, champagne snow and long verticals in the winter and sightseeing gondola, mountain biking and the Grizzly Bear Refuge in the summer. Review the real estate development investment opportunities.

ACCOMMODATION

Look past the motels along the Trans Canada Highway and you will find Golden offers a wide range of accommodation choices from secluded lodges and cabins in the woods to luxury lodges and condos with modern amenities, all at great value.

GETTING HERE & AROUND

It's best to have your own transportation to get to Golden. Airport shuttle services are available in the winter from the Calgary Airport and as transfers to and from other ski resorts.

CLIMATE

Called the warmer side of the Rockies for a reason, temperatures are often +5C warmer, than just ~80km east in Lake Louise and Banff.

NIGHTLIFE

Developing. Golden still is a timber mill town by heart, so the pubs are full of quirky locals. The younger adrenaline junkies who make Golden their home, play hard at their adventures during the day and party harder at night.

DINING

Suprisingly good. The development and potential of Golden has attracted entrepreneurs looking to create a niche for themselves.

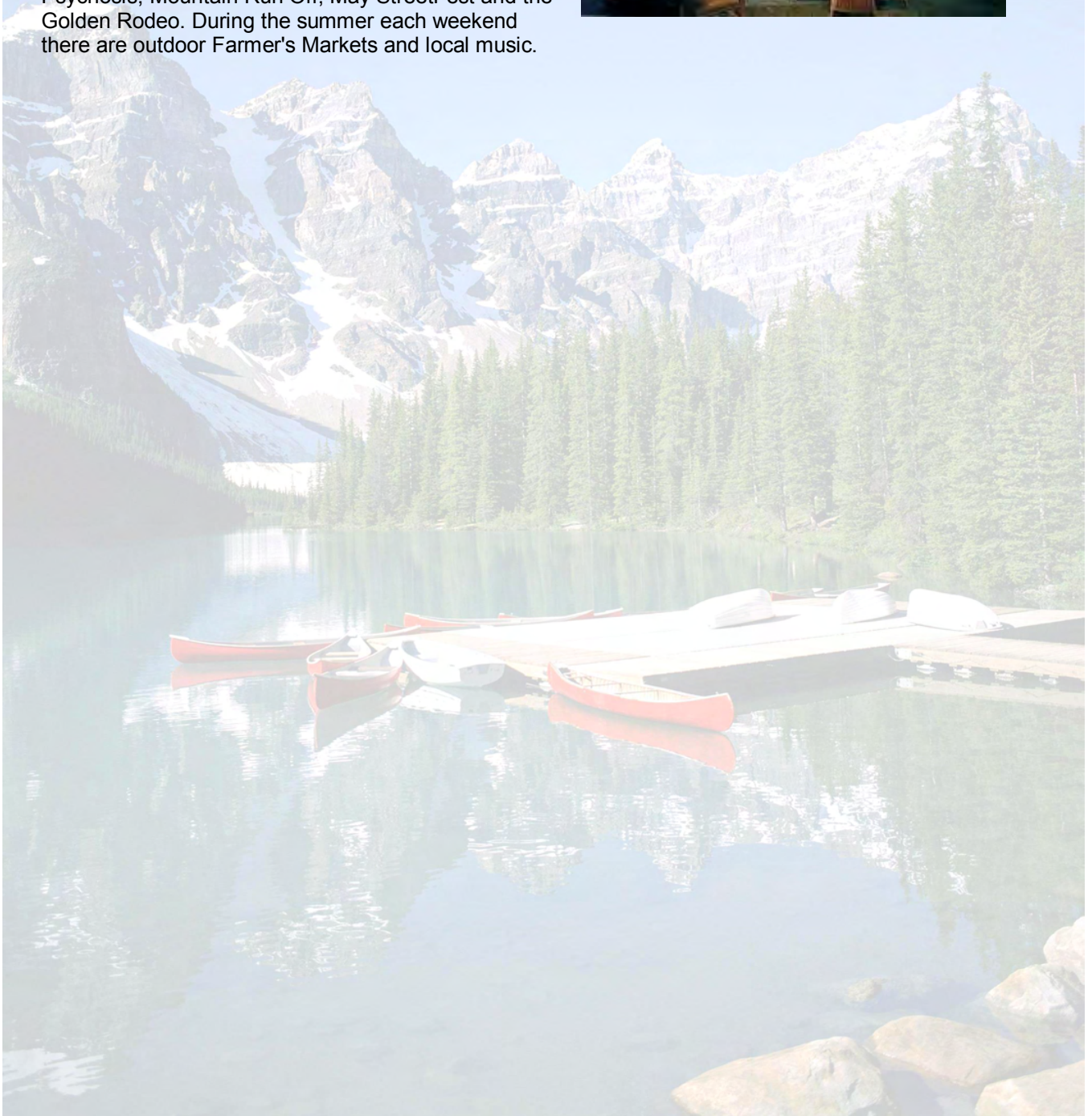
SHOPPING

A small selection of shops with the basic necessities.

CULTURAL

Golden represents a mix of Canadian forestry workers, rail workers, adrenaline junkies, a wide range of new immigrants from such diverse backgrounds as Switzerland, Germany, Spain, Holland, England, India, and Australia, and then add a number of new locals with an interest in the burgeoning tourism industry. It's a pretty diverse place just starting to develop a style of it's own.

Golden is busy year round with a full slate of events, including Lamplight Ski Parties, Huckleberry Loppet Nordic Ski, Spring to Life Festival, well known Mount 7 Psychosis, Mountain Run Off, May StreetFest and the Golden Rodeo. During the summer each weekend there are outdoor Farmer's Markets and local music.





Activities in the National Parks come at all adrenaline levels and at all times of the year, but all bring you face to face with nature. Here, you'll share the excitement with wild animals, wild spaces and in pristine mountain air.

The perfect partner for the many scenic drives you can enjoy independently is a [GyPsy Guide](#).

It's an audio tour that automatically plays commentary (based on GPS points) as you drive. You won't miss a thing as it tells you interesting stories about viewpoints, history, past adventurers, where to spot wildlife, directions and quirky local tales. Over 4500 points throughout Western Canada. Different pick up and drop points available.

Banff, Lake Louise and Jasper all provide a setting for relaxation and rejuvenation. You can spend every day simply staring at the mountains and lakes and breathing the fresh mountain air. However, if the key to your break is some free time to get active, you will enjoy some exhilarating activities that will connect you to mountain life and make some great memories. There are many excellent activity companies, whose professional guides will ensure you have the time of your life.

Bike, Hike, Ski, Golf, Paddle, Ride, Fly, Fish and explore.

With so many activities to choose from, you'll benefit from some advance planning. Popular activities sell out well in advance. Don't be disappointed. Call our agents and save your vacation time. Plan & Book ahead, not when you're there.

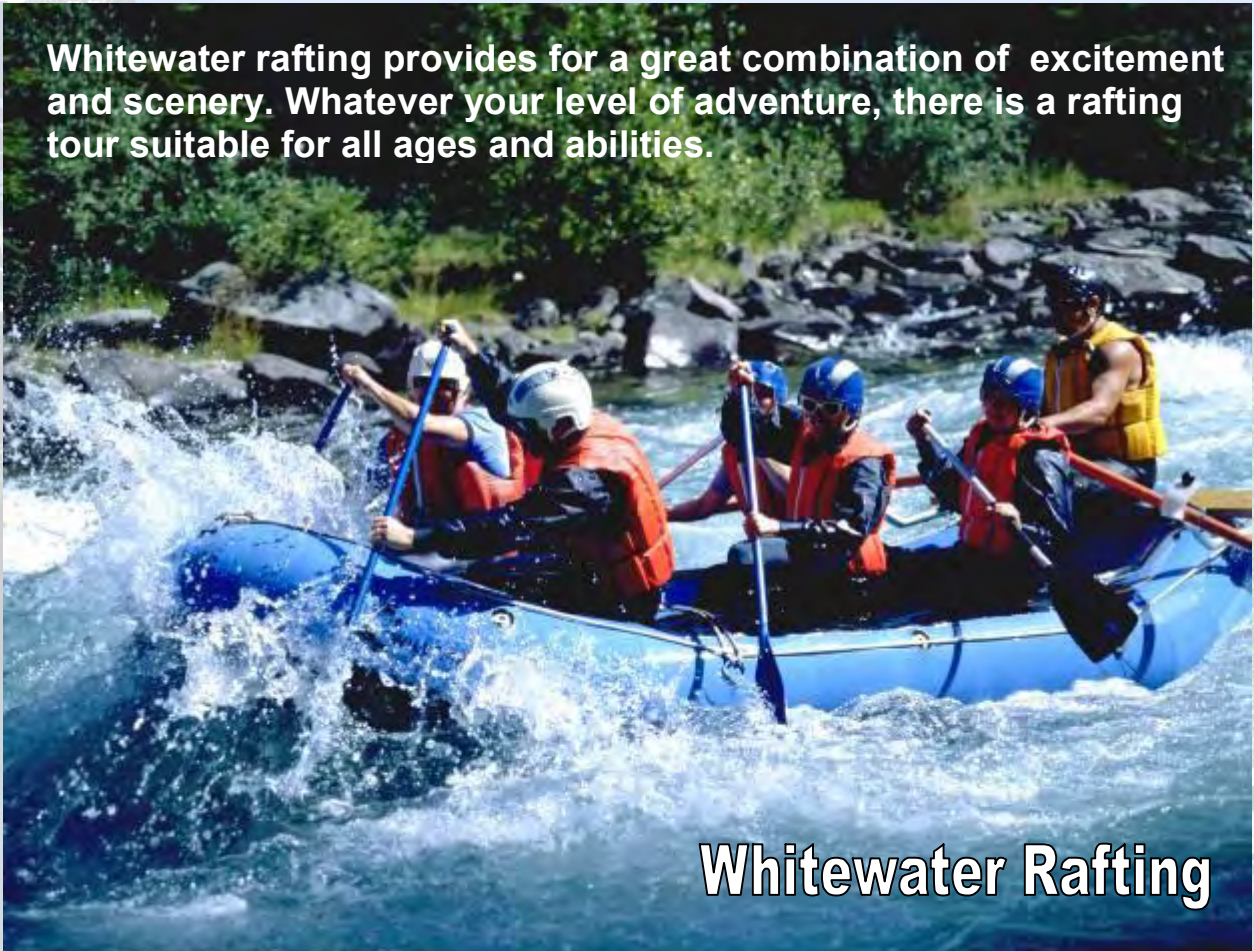


Guided Sightseeing

A number of local tour companies provide [small personalized sightseeing tours of Banff](#), Lake Louise, Icefields Parkway, Jasper and beyond year round.

Using mini buses and vans allows plenty of guide client interaction. Guides are locals, professionally trained, and are keen to share their own Rocky Mountain experiences.

Hotel pick up and drop off, refreshments, use of binoculars and spotting scopes are provided.



Whitewater rafting provides for a great combination of excitement and scenery. Whatever your level of adventure, there is a rafting tour suitable for all ages and abilities.

Whitewater Rafting

Despite what Hollywood would like to have you believe, rivers are not all like the movie "The River Wild". In reality, each river varies in the number and intensity of rapids. Between rapids, there is often plenty of opportunity to relax, view the scenery, enjoy the information about the area that your guide will share with you, or take photos.

For the wild at heart nothing can beat a full day on the [Kicking Horse River](#), located just outside of Banff/Lake Louise. A BBQ lunch by the river is included. Trips are suitable for 12+ years and those with some swimming ability.

Looking for a great option for every age in the family, the [Horseshoe Canyon](#) (Banff/Canmore) or [Mile 5](#) (Jasper) has enough excitement to keep everyone wet, happy and safe.

Complete chicken...? There are scenic floats that still allows you on the water, but more focused on enjoying the scenery and the chance to view wildlife.

LOCAL RIDES

Join local cowboys in Banff or Jasper for [one, two or three hour horseback rides](#) alongside riverbanks, marshes, spectacular ridges and lush valleys.

HUNGRY?

[Breakfast Cookout](#) or [Evening Steakfrys](#) are the perfect cowboy experience.

Great for beginner or first time riders starts with a 1.5hr ride along the Bow River, with stunning scenery ending you find yourselves at Mile 3 cabin in the woods.

Stretch your legs and try your hand at calf roping or horseshoes, while they cook you up a cowboy breakfast of steak, eggs, beans and coffee. The return ride (1hr) climbs up high to the Windy Knoll for fantastic views of the surrounding mountains.

LODGE TO LODGE AND CAMPING BACKCOUNTRY HORSEBACK TRIPS

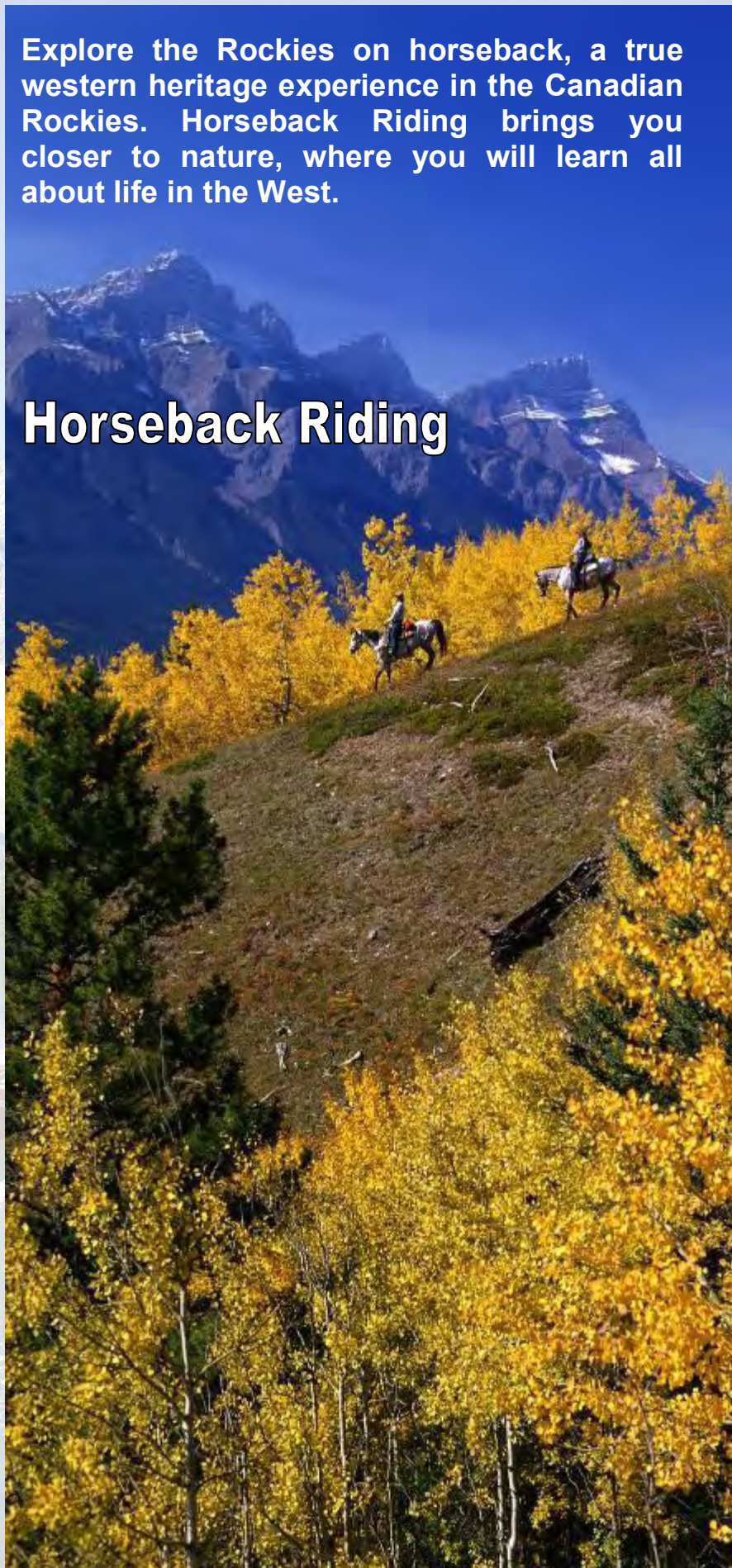
These trips explore some of Banff National Park's most spectacular back country.

Roughing it the civilized way. For folks who are looking to enjoy a [horseback trip into the backcountry](#) but with some of the comforts of home.

Days are spent on horseback, riding and exploring, evenings are spent tents or cozy historical log cabins.

Explore the Rockies on horseback, a true western heritage experience in the Canadian Rockies. Horseback Riding brings you closer to nature, where you will learn all about life in the West.

Horseback Riding



Wildlife Watching

Some of the best spots to view wildlife are:

- Lake Minnewanka – Big Horn Sheep
- Bow Valley Parkway – Wolves & Bears
- Banff and Jasper Townsites - Elk
- Icefields Parkway – Bears
- Miette Hot Springs – Moose
- Kananaskis – Moose
- Golden – Big Horn Sheep & Goats

However, your best chance to view safely (for them and yourselves) is to join in on a [guided wildlife watching tour](#). You will discover the challenges of protecting animals and their habitat in the National parks. Learn about their wildlife, their needs and their interrelationships. Guides guide will be equipped with props to help explain animal behaviour and a spotting scope to bring the views in closer.

Half day morning and evening [wildlife safaris](#) are available from Banff, Lake Louise and Jasper.



Grizzly Bear Refuge

Kicking Horse Mountain Resort is home to the world's largest enclosed and protected grizzly bear habitat.

It is also where resident orphaned grizzly bear Boo lives and plays. Visitors are given the opportunity, as part of a one-of-a-kind educational and interpretive tour, to view a grizzly bear interacting much as they do in the wild; foraging, hunting, playing, swimming, snoozing and exploring.

Held multiple times a day throughout the summer season, these tours are educational and interactive, allowing guests a unique opportunity to view this incredible animal and learn about the plight of this blue listed species.

The [Grizzly Bear Refuges'](#) goal is to develop a protocol to raise future orphan grizzly bear cubs and safely release them back into the wild.



Helicopter Sightseeing

Imagine a [scenic helicopter tour](#) that will take your breath away. Whether it is the thrill of flying above a mountain peak or strolling through an aspen meadow by a mountain stream, these tours are bound to give you treasured life long memories.





Hiking

There are a number of excellent guidebooks dedicated to the many spectacular hikes throughout the Rockies. Visit the friendly staff at the Parks Canada Visitor Info Centres, where they will be able to match you up with a hike suitable to length, difficulty, elevation gain and even views.

Prefer to [hike with a guide in a small group in Banff](#), or [Jasper](#)? There are a number of full day, easy to moderate treks or multi day [heli hike](#), taking you to the most stunning scenery from bright glacial lakes to spectacular carpets of wildflowers and great opportunities to spot wildlife.

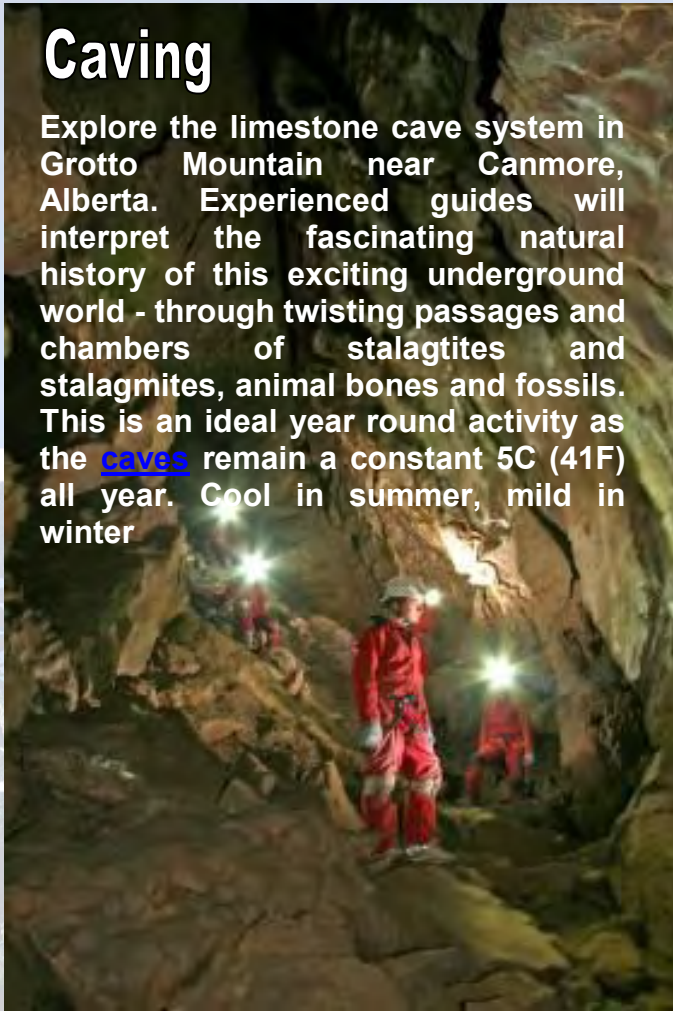
Sightseeing Gondolas

See more mountains in a moment than in a lifetime at the top of peaks with [sightseeing gondolas](#)/tramways.



Caving

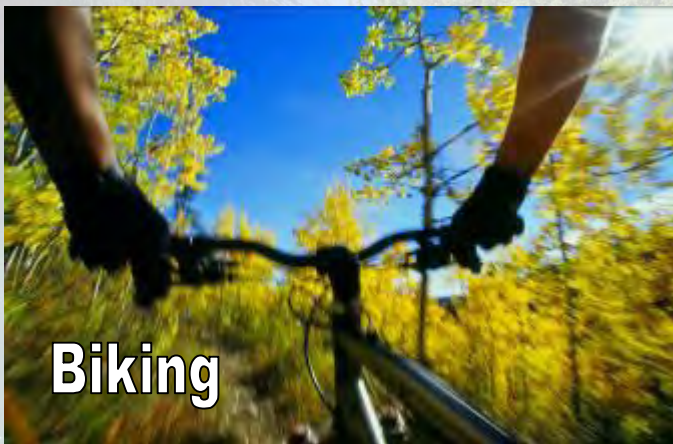
Explore the limestone cave system in Grotto Mountain near Canmore, Alberta. Experienced guides will interpret the fascinating natural history of this exciting underground world - through twisting passages and chambers of stalagmites and stalagmites, animal bones and fossils. This is an ideal year round activity as the [caves](#) remain a constant 5C (41F) all year. Cool in summer, mild in winter



Boat Cruises

The relaxing boat cruises offered in [Banff](#) and [Jasper](#) have spectacular scenery, rugged mountains and offer interpretive tours of the rich history, native folklore and geology.

Natural Hot Springs



Biking

Canoeing

"To [canoe](#) is to be Canadian". So be one for a day. Change the pace and gain tremendous views of the surrounding mountains.

Fishing

Let local [fishing guides](#) take you to secret spots and provide you with all the equipment you need to catch rainbows, rockies, speckled, cutthroat and brown trout.





Dog-Sledding

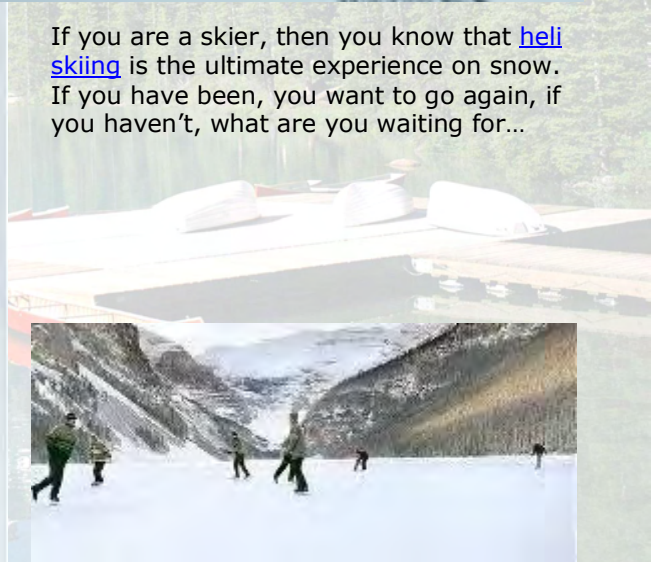
Snuggle into cozy sleds with down blankets while a team of happy hard working Alaskan Huskies [dog sled](#) you through tree lined trails. Night time full moon tours offered once a month on special dates.



Heli-Skiing

If you are a skier, then you know that [heli skiing](#) is the ultimate experience on snow. If you have been, you want to go again, if you haven't, what are you waiting for...

Snowshoeing



Ice Skating

Enjoy the wonder and excitement of Vista Lake or the Paint Pots by [showshoe](#). On either trip you'll enjoy a Canadian delicacy, hot maple taffy prepared on the snow by your guide.



Ice Canyon Walks

[Icewalks](#) offer a unique winter experience, with three different canyons. Learn about ancient Native Rock art painted on the canyon wall or walk on steel catwalks built into the canyon wall, see frozen waterfalls or enjoy a night walk with headlamps and roast marshmallows over a campfire.



Sleigh Rides

Take a horse drawn [sleigh ride](#) in the woods close to the town, beautiful mountain scenery and cozy blankets to keep you warm.



Ice Hockey

The coolest game on ice. Feel the excitement of a [NHL Ice Hockey](#) game and cheer on the Calgary Flames and get ready for some fast paced, action packed hockey. Games are at the famed Calgary Saddledome and are suitable for the whole family. Go Flames Go!



Snowmobiling

Speed through the Rockies on alpine trails to powder bowls on a fun filled [snowmobile](#) adventure. Warm up with a BBQ lunch in a cozy log cabin.

Tobogganing

Toboggan rentals can be found at both the Fairmont Banff Springs Hotel and Fairmont Jasper Park Lodge. Ask staff for the best hills in town to go fast...





Skiing in the Canadian Rockies for the first time? Well what have you been waiting for? From wide open bowls and tree lined glades covered with fresh, dry powder, to meticulous groomed slopes, visitors enjoy unspoiled scenery, short lift lines and friendly hospitality. Canadian Rocky ski resorts enjoy long winter and spring skiing into May, with consistent and reliable light dry snow.

Skiers can easily experience a number of resorts within the same vacation, including the “tri area” of Sunshine Village, Lake Louise and Banff Mt Norquay (on an interchangeable lift ticket), and another 3 resorts Kicking Horse Mountain Resort, Panorama Resort and Nakiska as day trips. Jasper’s Marmot Basin is approx a 3hr drive north of Lake Louise on a highway, but driving conditions can be weather dependent.

The following info will assist you in the planning process, but if you would like some personal assistance please feel free to call us on the toll free number or email. Our agents are friendly, knowledgeable locals (but don’t expect them to share their secret powder spots...)

Where do I stay?

Banff is a townsite with a wide range of accommodation choices and evening entertainment. A main street full of restaurants, bar/lounges, shopping, art galleries, museums, movie theatre etc.

Downtown (within walking distance of shops, restaurants, bar/lounges) is mainly hotel/motel style accommodation (room with one or two beds). A limited number of condo style (multi bedroom+kitchen+fireplace units) accommodations are located on Tunnel Mountain. Tunnel Mountain is a ridge that overlooks the downtown area, is NOT a comfortable walking distance, but is serviced by the town shuttle, ski resort shuttles or a short 3min drive or taxi.

Lake Louise is a small mountain village 45 min drive west of Banff with accommodation limited to ~5 properties that remain open during the winter. Great for those preferring a quieter pace, or wanting to be close (10mins) to the Lake Louise Ski Area. Nightlife is limited to facilities within those properties. A small mall with grocery store, gift store, gas station and sports store is located in the village ~10mins from the lake. Activities on and around the lake include sleigh rides, dog sledding, cross country skiing and ice climbing.

Golden is home to the new, dynamic and rapidly developing mountain resort Kicking Horse Mountain Resort. 1.5hrs west of Banff, with a huge vertical of 4,133ft on ex heliski terrain. New ski in /out accommodation (hotel, condo, lodge or private vacation homes). More moderate accommodation choices are available in the Town of Golden ~15min drive away. Nightlife on mountain is limited at this stage of development, but new bars and restaurants are opening each year. The Town of Golden, approx 15mins drive from the ski resort area offers authentic logging town pubs and bars.

Canmore is a beautiful mountain town located 20min east of Banff, outside the National Park. A main street with shopping, many new restaurants, art galleries and its own brew pub. Many choices of new and moderately priced hotel and condo (self contained) style accommodation. Many of the winter activities in the Bow Valley are located in and around Canmore including dog sledding and outstanding cross country skiing at the Nordic Centre.

How far are the ski resorts?

From Banff, **Banff Norquay is ~10mins, Sunshine Village ~ 20mins and Lake Louise ~40mins.**
From Lake Louise, **Banff Norquay is ~40mins, Sunshine Village ~40mins.**

All areas are serviced by an extensive ski shuttle transit system within Banff, departing approx every 40mins.

What about ski in/out accommodation?

Sunshine Village Inn offers the only slope side accommodation in the Banff/Lake Louise area. Accessible only by gondola during operating hours (and after hours by oversnow vehicle by special arrangement), the Sunshine Inn offers packages that include skiing at Sunshine Village only. Great if you love the ski in/out convenience but limits your options for Banff nightlife.

Kicking Horse Mountain Resort in Golden now offers a range of on mountain and ski in/out accommodation including hotels, condos, lodges and private vacation homes.

How do I buy lift tickets?

Lake Louise, Sunshine Village and Banff Mt Norquay offer one interchangeable “tri area lift ticket”. This ticket includes use of all lifts, complimentary use of transportation from Banff or Lake Louise hotels and one free Friday night skiing at Banff Mt Norquay. Minimum number of days purchase is 3. However they do not have to be used consecutively (for eg. 3 out of 4 days, 5 out of 7 days, etc). You can increase the number of days, but not decrease (without penalty).

Due to the distances between ski resorts it is not feasible to ski two different resorts in the one day.

Prepurchasing your lift tickets within a package saves money and provides you with complimentary use of the ski shuttle system.

You can also buy a day trip (ticket + transportation) to other ski resorts in the area Kicking Horse Mtn Resort, and Panorama Mtn Resort.

How do I get there?

Flying into the Calgary Airport – YYC will give you the easiest access to Banff, Lake Louise, Golden or Panorama. If skiing Marmot Basin (Jasper) you would be best to fly into Edmonton YEG. Two Canadian airlines, Air Canada and WestJet, as well as a number of international airlines, American Airlines, Horizon Airlines, KLM, Lufthansa, Northwest and United Airlines (United and Lufthansa serve Calgary only) serve these airports.

Driving from Vancouver or the United States border? It's about a 10hr drive (in good winter weather from Vancouver or a 5-6 hr drive from the border entry points, directly south of Banff. Allow plenty of time to drive through mountain passes and winter driving conditions.

How do I get around?

You can choose to either rent a vehicle from the Calgary Airport, or use a combination of shuttles.

Banff/Calgary Airporter shuttles to Banff/Lake Louise hotels, run approx every 2hr hour until 10pm.

Ski Resort Shuttles pick up from most hotels in Banff and run throughout the day.

Town of Banff shuttles run a circuit throughout town, servicing the Tunnel Mountain area, Banff Springs Hotel and Rimrock + Upper Hot Springs. Many visitors elect to a combination of car rental and the complimentary ski shuttles. It's especially handy on the days you don't want to drive due to road conditions, or want to enjoy a few après skis to end the day, or a member of the group wants to sleep in or return back to the hottub early. As demands on the parking areas at the ski resorts continue, it's becoming a preferred mode of travel to get to the slopes.

What is the best ski resort?

Each mountain offers something different for everyone from Lake Louise's steep back bowls, Sunshine Villages' natural powder, Norquay's fun Friday night skiing and Kicking Horse's huge vertical.

Can I snowboard?

Absolutely! Snowboarding is allowed at all resorts within the Canadian Rockies. In fact the three ski areas of Sunshine, Lake Louise and Norquay have extensive terrain parks and Kicking Horse has fabulous freeriding options.

When is the best time to come?

Christmas/NYE and the powder season months of Feb/Mar are the busiest months to ski the Canadian Rockies, so reservations must be made well in advance for these dates. Our season continues into late May, so spring skiing in April is warmer, sunnier with big snow bases, but usually lower season rates. Jan can be the coldest month of the year, but great deals will lure hardier folks.

How cold will it be when I am there?

Month	Avg. High		Avg. Low	
	Celsius	Fahrenheit	Celsius	Fahrenheit
November	1	32	-8	18
December	-5	23	-14	7
January	-5	23	-15	5
February	0	32	-11	13
March	4	40	-8	18
April	9	49	-3	27
May	14	59	2	34

What options are there for lessons & daycare?

Each of the resorts offer qualified instructors to help you improve your style while still having fun! Group, private and skill drills are available for adults, children (generally 36) and youths (712). Only the Lake Louise Resort is qualified to daycare children under 19 months.

Club Ski/Snowboard is a program to explore the best of all three resorts; a fun 3 day program, one day at each resort. Meet at a different mountain each day. The program follows a schedule of 3 hours ski instruction in the morning, a break together with all groups for lunch, then guiding around the mountain in the afternoon. Also includes a group photo, optional social function and video analysis. Available for all ability levels.

Where do I rent equipment?

Save yourself the time and hassle of transporting ski and board equipment from home. The [Ski VIP Program](#) allows;

- swap between different equipment- transport to the store for fitting and drop equipment at your hotel at the end of your vacation
- credit your rental fee towards purchase of new skis
- 15% discount for clothing and accessories

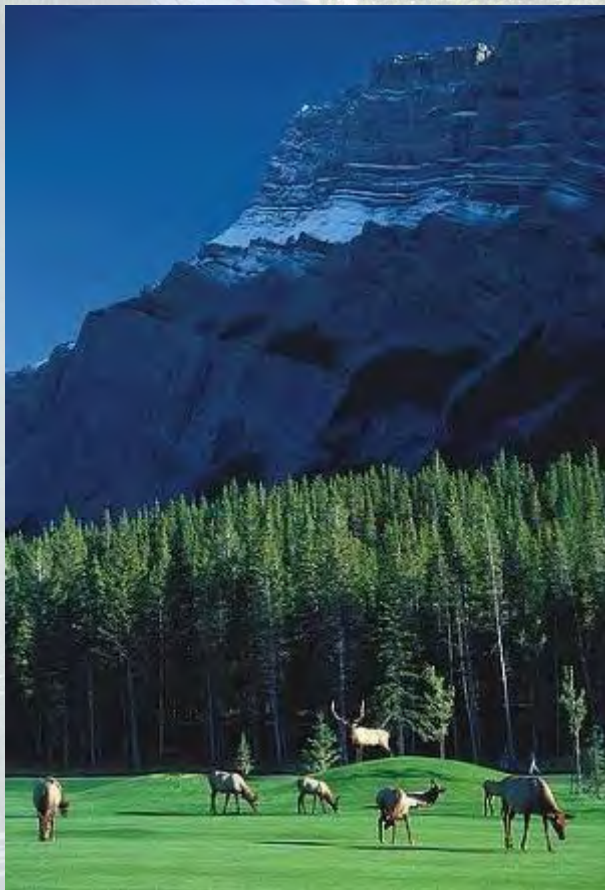
How much will it cost?

Build a [customized ski quote](#) with our Trip Quote Wizard.



GOLF

The Canadian Rocky Mountains are renowned for their rugged mountain beauty, spectacular scenery, turquoise fed glacial lakes and wildlife. The golf courses located in Banff, Canmore, Kananaskis, Golden and Panorama are both captivating and challenging.



Fairmont Banff Springs

Renowned for its panoramic beauty, The Fairmont Banff Springs Golf Course is a captivating and challenging layout set in the heart of Canada's Rocky Mountains.

The course offers just two simple things. First, a breathtaking view in every direction and second, a magnificent layout that thrills every golfer fortunate enough to spend a day here.

Stanley Thompson, Canada's master golf course architect, used his expert talent when he designed the original 18 holes in 1928.

The course winds along the Bow River under the snow-capped peaks of Sulphur Mountain and Mount Rundle. In 1989, 9 holes were added, resulting in 27 holes of championship layout.

[Golf Package Rates.](#)

Canmore & Kananaskis

Silvertip

Nestled in the majestic Rocky Mountains and designed by renowned golf course architect Les Furber to challenge a wide range of golfers, Silvertip may be the ultimate expression of mountain golf.

With 600 feet of elevation change, playable from an approachable 5,000 yards to an awesome championship 7,300 yards, Silvertip golf course in Canmore, Alberta is a “must-play” course. Whether you drive up for the day from Calgary, Banff or Kananaskis, or book a stay-and-play golf vacation, Silvertip is a luxury golf experience that will excite and exhilarate.



Stewart Creek

The pinnacle of Canada's mountain golf is Stewart Creek Golf & Country Club, consistently rated 4.5 stars by *Golf Digest*. Few golf courses in North America boast its spectacular combination of setting, extraordinary vistas and naturally sculpted fairways.



Canmore

A Club filled with history, pride and a beautiful surrounding, the Canmore Golf Club was established in 1926, constructed and funded by the residents of Canmore.

Kananaskis Country Golf Course is one of the premier golf destinations in the Canadian Rockies and second to none as a spectacular location for a golf vacation. Forming an unforgettable landscape, the rugged surrounding mountains tower 10,000 feet (3,000 metres) above sea level, the courses themselves are at almost 5,000 feet (1,500 metres).

Situated in the Kananaskis Valley among boreal forest, the Mount Lorette and Mount Kidd Courses are named for the soaring limestone peaks that serve as their breathtaking backdrop. The Courses offer immaculate lush fairways, bent grass greens, over 140 silica sand bunkers, four sets of tee boxes, glacier fed creeks and ponds, the cascading Kananaskis River and a variety of wildlife.



Jasper & Golden

The **Fairmont Jasper Park Lodge**, deep in the heart of the Canadian Rockies, is the setting of unforgettable memories for thousands of golfers since the course opening in 1925. That summer, after a grueling year of planning and preparation (it had taken 50 teams of horses and 200 men to clear the land of boulders and debris). The Fairmont Jasper Park Lodge's award winning golf course was ready to play.

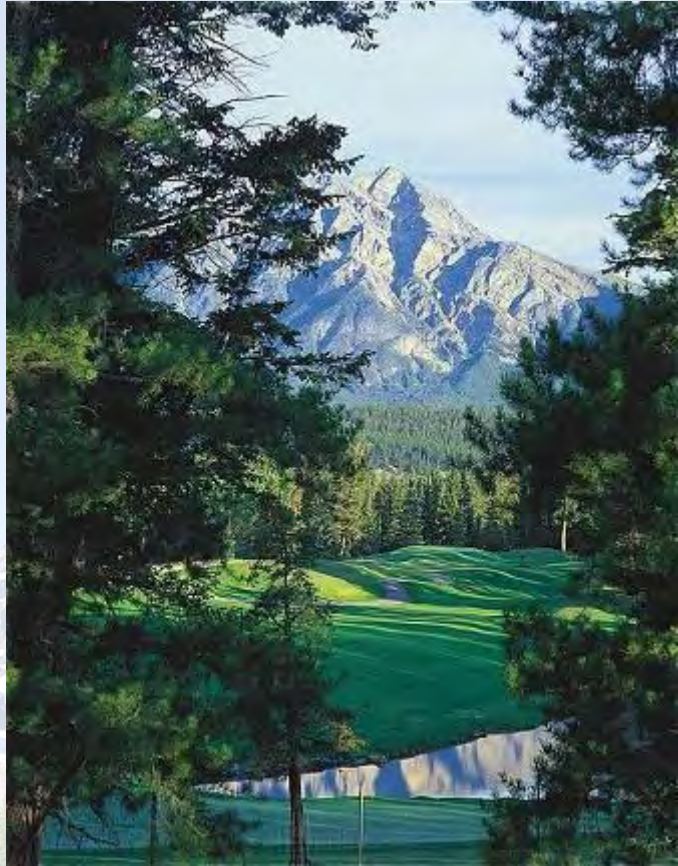
Highly acclaimed for its challenging layout and spectacular beauty, the Jasper Park Lodge Golf Club is rated by *SCOREGolf* Magazine as the #1 Best Golf Resort in Canada.

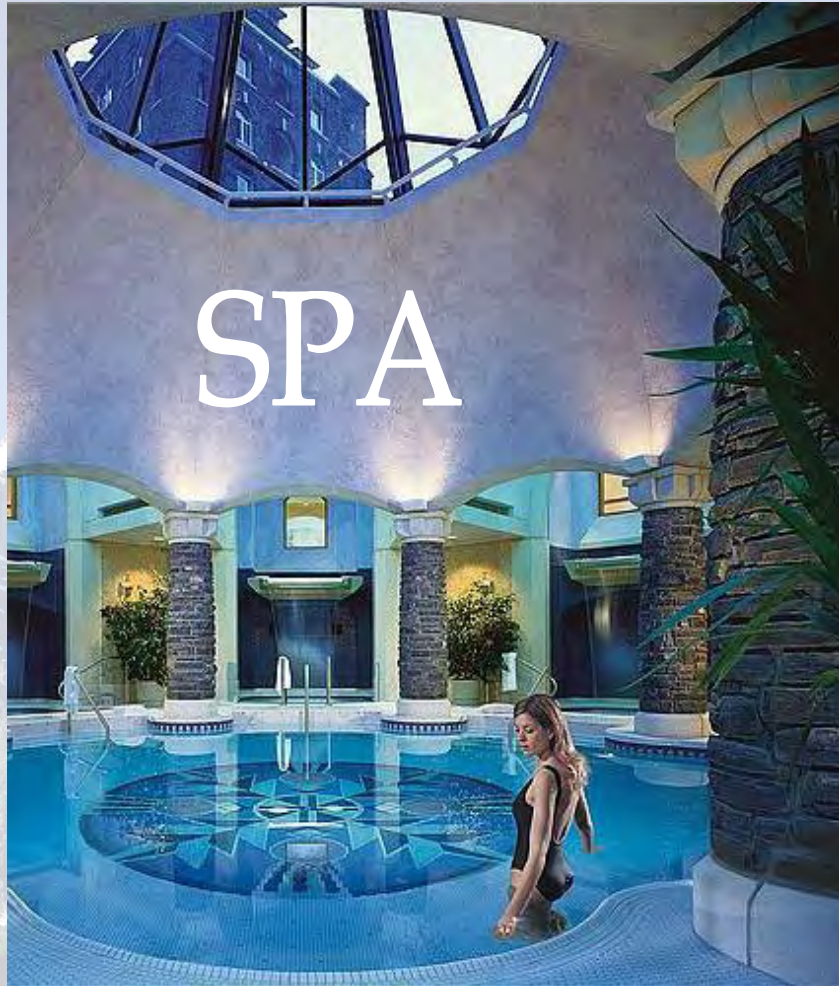
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The Golden Golf Course is an exciting course to play, located just west of Golden, British Columbia, Canada. It is flanked on the east by the Rocky Mountains and on the west by the Purcell Mountains.

Score Magazine ranks Golden in the top 100 in Canada and the "*Best Value in BC.*" The incredible natural setting beside the quiet Columbia River, the rushing waters of Holt Creek and the many wild animal sightings makes Golden a preferred stop on the "B.C. Rockies Circuit." You'll enjoy our locally mined "white" sand and the friendly local golfers, always willing to pass on some tips for a better round of golf.





Banff

Willow Stream Spa
([Fairmont Banff Springs Hotel](#))

Red Earth Spa
([Banff Caribou Lodge](#))

Pleiades
(Banff Upper Hot Springs)

Lake Louise

Temple Mountain Spa
([Post Hotel](#))

Jasper

Insignia Solace and Spa
([Fairmont Jasper Park Lodge](#))

Mountain Wellness Day Spa
([Sawridge Hotel & Conference Centre](#))

Plan ahead as [spa treatments](#) are extremely popular and times (especially weekends) will be booked well in advance.

Spa treatments are a wonderful way to boost our energy when the chaos of modern life assaults us.

The Banff townsite was founded upon the discovery of hot mineral pools, so we have a long history of visitors coming to relax and rejuvenate in the Canadian Rocky Mountains.

Wildflower Body Polishes, Thermal Mineral Baths, Body Quenches with Avocado Oil and Alberta RoseHip Oil Wraps, are just some of the lavish treatments awaiting you.





RAIL VACATIONS

Travelling onboard the Rocky Mountaineer is an unforgettable experience, considered by many to be, a trip of a lifetime.

The rail journey recaptures the romance of rail travel as it follows the historic train route constructed over 100 years ago through Canada's West and the Canadian Rockies, uniting the country.



The entire train ride takes place during daylight hours to ensure you enjoy every minute of the breathtaking scenery of glacier-fed lakes, majestic mountains ranges and ferocious rivers.





Best Sellers

Select from this superb collection of most popular Canadian train trips and rail tours, each featuring two or four days onboard the world-renowned Rocky Mountaineer train.



Rail and Alaska Cruise

New for 2008! Combine the Rocky Mountaineer train experience with a luxury Holland America Alaska Cruise to create your perfect rail and cruise vacation.



Rail and Drive

Take the Rocky Mountaineer and experience train travel in Canada at its best. Unique Canadian train vacation packages to suit everyone.

Please download the [Train Vacations brochure](#) for complete details on the Best Sellers Rail Vacations, Rail + Drive Vacations and Rail + Cruise Vacations.

KIDS

The Canadian Rockies are family friendly destinations with plenty to do in the great outdoors.



Enjoy our National Parks by instilling a respect and appreciation of nature, while at the same time reconnecting and creating wonderful memories.

FAMILY HIKES

Hiking in the awe inspiring sceneries of the Rocky Mountains is a popular family activity. At [Sunshine Meadows](#), you will find an easily accessible trail (private shuttle to Alpine) where you can hike amongst mountain peaks, lakes and wildflowers.

ROAD TRIPS

Day trips can be broken up by stopping at the many viewpoints along the way. Short hikes and picnic lunches are a great way to keep everyone fresh. The self drive tour guide "[GyPSy](#)" can keep everyone entertained with stories about past explorers, where to spot wildlife and the surrounding landscapes.

BEST FAMILY FRIENDLY ACCOMMODATION

Banff

[Douglas Fir Resort](#) – condo property with waterslides and indoor jungle gym

[Fairmont Banff Springs Hotel](#) – luxury resort style hotel - watch for special holiday programs and events

[Banff Rocky Mountain Resort](#) – daily organized activities

Jasper

[Pyramid Lake Resort](#) – cabin and condo property. Beach, canoe, boat and bike rentals onsite

[Fairmont Jasper Park Lodge](#) – luxury resort style hotel with multiple activities and programs onsite

Canmore

[The Lodges](#) – 2Br condos - outdoor heated pool

ACTIVITIES

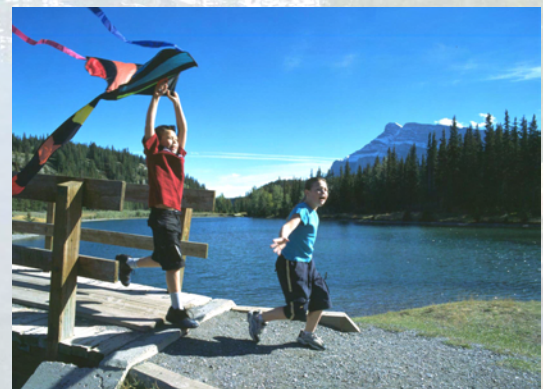
Most activities have options for all age groups

Ideas for Infant/Toddlers

- [Hiking – Sunshine Meadows](#)
- [Dog Sledding](#)
- [Wildlife Watching](#)
- [Gondola Rides](#)
- [Boat Cruises](#)
- [Float Trips](#)

Children/Teens (as well as above)

- [Horseback Riding](#)
- [Whitewater Rafting](#)
- [Skiing](#)
- Tobogganing
- Ice Skating
- [Caving](#)
- Climbing





ROMANCE

Whether it is your wedding, honeymoon, anniversary, proposal or just another chance to say “I love you”, there is definitely something about the crisp mountain air that inspires romance.

TEN Romantic Places in the Canadian Rockies

1

Hang on to your loved one while you fly above mountain peaks in a helicopter (Canmore or the Icefields Parkway).

2

Hike to the base of Takkakaw Falls (Yoho National Park) and feel the spray fall on your skin.

3

Many of the spas offer couples rooms for side by side massages and body treatments.

4

Valentine's Nighttime Dog Sledding trip. Snuggle under warm blankets as your husky team frolic in the snow.

5

In a canoe.
Be quick and don't tip!

6

On a ski chairlift while the snow falls around you.

7

The best place to stargaze and watch the twinkling lights of the Banff townsite is from the grassy knoll lookout on the Mt Norquay access road.

8

Find a secluded spot at the rock moraine at Moraine Lake. Pack a blanket and a picnic lunch and take in the spectacular views of the Valley of the Ten Peaks.

9

On your own private sleigh ride for two – under a buffalo hide blanket

10

With a glass of champagne in your hand – anywhere in the mountains!



Getting Married in the Mountains...?

Prior to being married, couples must obtain an Alberta Marriage License from a Registry Office in the province of Alberta. It is valid for 3 months from the date of issue.

To obtain the license both the bride and groom must present themselves and submit the following documents:

- proof of identification (driver license, passport, birth certificate...)
- full name of father, and birthplace of father
- maiden and full name of mother, and birthplace of mother
- if divorced; Decree Absolute
- if widowed; Death Certificate of former spouse

The Marriage License is turned over to the person conducting the marriage ceremony, and is not returned. A Marriage Statement (certificate) is provided at completion of the wedding ceremony, but is not an official document. To obtain an official Certificate of Marriage, it is necessary to apply to the Alberta Vital Statistics Registry. The appropriate form can be obtained at a registry office (with the Marriage License).

Marriage Licenses may be purchased in **Banff** at The Banff Bureau, in the Wolf and Bear Mall under the movie theatre complex, across from Liquor World. Couples from out of province can pre-arrange their Marriage License through their website www.banffbureau.com

If documentation is in order, it is possible to obtain a marriage license and be married on the same day. Most issuing offices are CLOSED on Sunday.

Both the bride and groom must be at least 18 years of age, or possess the necessary written consent. Two witnesses of at least 18 years of age are required for the ceremony. It is not necessary that the witnesses have prior knowledge of the couple being married. Blood tests and waiting periods are not required for marriage in Alberta.

Marriage ceremonies may be performed with the aid of an Interpreter if the bride or groom do not understand English.

Looking for [Honeymoon or Luxury suggestions?](#)

Wildlife... in the mountains



Grizzly Bear



Black Bear



Coyote



Grey Wolf



Wolverine



Cougar



Pine Marten



Beaver



Pika



Hoary Marmot



Columbia Ground Squirrel



Golden-mantled Ground Squirrel

A snapshot of

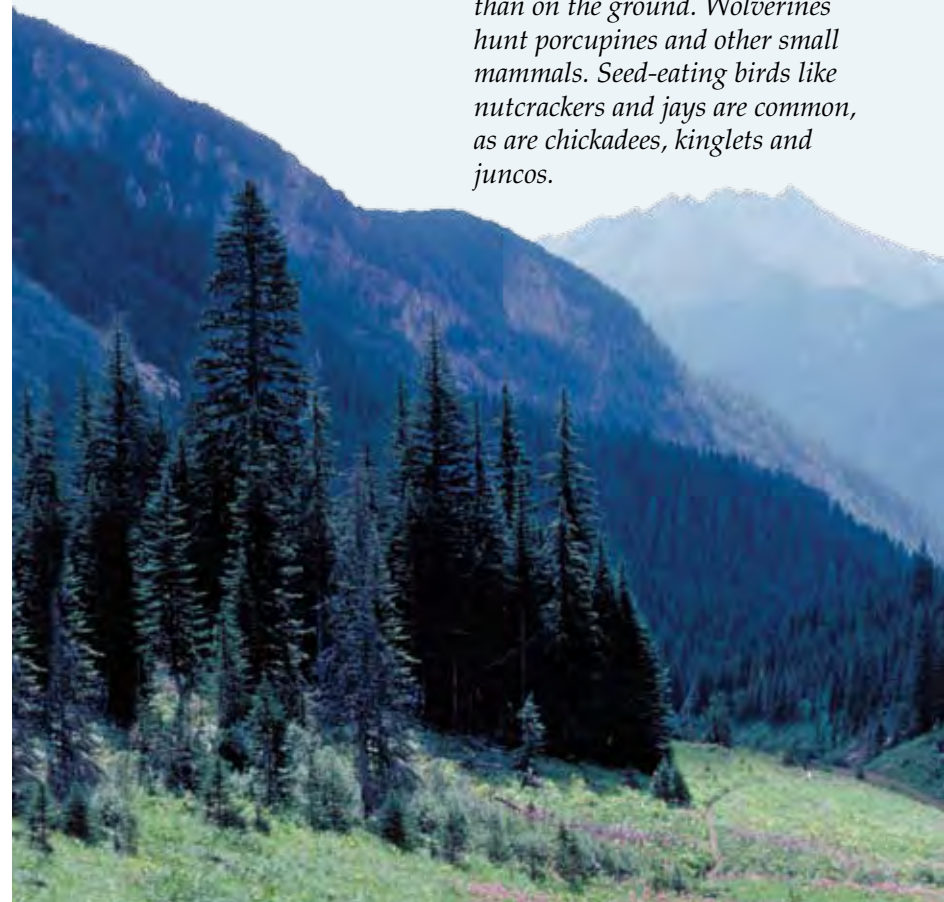
Here in the mountains, the distance from valley to peak is over 3000 m. The rugged mountaintops and wind-swept slopes are colder and wetter than the lush warmer valley bottoms. In this spread of environments from top to bottom live very different combinations of plants and animals, all uniquely adapted to their particular "life zone". It's the variety of life that survives in each of these zones that gives the mountains their incredible diversity of life.

In the Rocky Mountains national parks of Banff, Jasper, Kootenay, Yoho & Waterton the **montane life zone** (elevation 1000-1500 m) occurs on the lower slopes and valley bottoms. It's the warmest and driest part of the mountain landscape where the most plants and animals can live. The montane produces the most variety of vegetation and supports the greatest diversity of wildlife.

Grazers like elk, bighorn sheep, and deer feed on the grasses and shrubs in the montane valleys. Cougars and wolves are attracted to the abundant prey. Black bears and grizzlies use the montane in spring and fall. All of the park's amphibians and reptiles and most of the mountains' 300 species of birds are found in the montane zone.

Between the valley bottoms and the high mountain slopes is the middle **sub-alpine life zone** (elevation 1500-2200 m). Here, the climate is cooler and wetter than the montane, but not as harsh as the alpine. Snow is deeper in the winter and lasts longer in the spring. The summer growing season is shorter than in the valleys below.

Moose and caribou that can cope with deep snow are the only large mammals that use the subalpine in the winter. Squirrels feed on seeds and cones in the subalpine and are prey for pine martens that are more at home in trees than on the ground. Wolverines hunt porcupines and other small mammals. Seed-eating birds like nutcrackers and jays are common, as are chickadees, kinglets and juncos.



mountain life

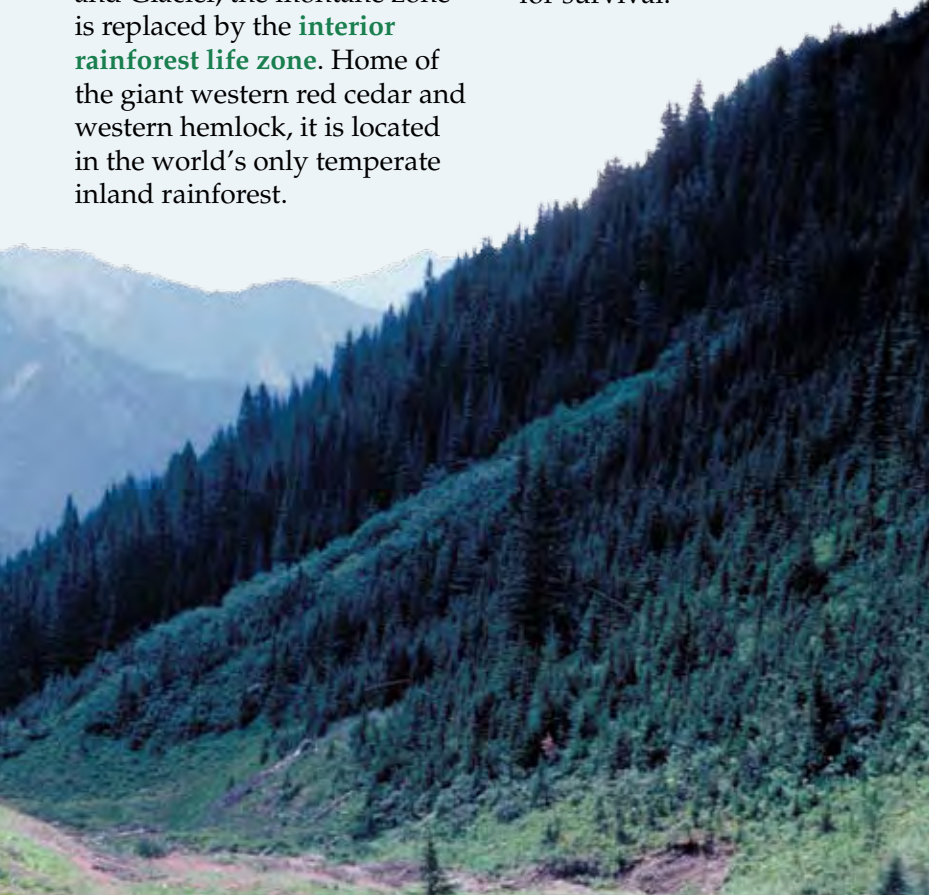
Above treeline is the harsh **alpine zone** (above 2200 m), and much of it is rock and ice. The highest life zone has the most severe climate in the parks. Temperatures are the coldest and the growing season is the shortest. Winds are strong, the sun is intense, and frost and snow can occur at any time (even in the summer). Without enough moisture to support tree growth, meadows, shrub tundra and colourful lichen provide habitat for the hardiest wildlife. In the dry, wind-swept alpine, the plants have evolved to hug the ground in cushion-like mounds to deal with wind and its cooling and drying effects.

Surprisingly, in the brief alpine summer, birds and small mammals like marmots, pikas and ground squirrels are common. Large mammals move up to expand their range and avoid annoying bugs.

West of the Rockies, in the Columbia Mountains national parks of Mount Revelstoke and Glacier, the montane zone is replaced by the **interior rainforest life zone**. Home of the giant western red cedar and western hemlock, it is located in the world's only temperate inland rainforest.

Unusual plants such as devil's club and skunk cabbage share the rainforest with endangered mountain caribou, migratory birds and Coeur d'Alene salamanders.

Few park visitors realize how much of the Rocky and Columbia Mountains are at or above treeline (about 40% and 50% respectively). Many more overestimate the extent of the montane and interior rainforest life zones. Together, they represent only about 5-10% of the mountain parks. Yet, these valley floors are critical habitat for many plants and animals. The valley bottoms are also the areas most used by people. This is where our highways, campgrounds, towns, railways and developments are built. It's in the valleys that we have our greatest impact on wildlife, and where we must be extra-careful in how we share it with the other living things that depend on it for survival.



Elk (Wapiti)



Species at risk

Woodland Caribou



Mule Deer



White-tail Deer



Bighorn Sheep



Mountain Goat



mark bradley

Moose



Species at risk

Larry Halverson

Western Toad



Gray Jay



Clark's Nutcracker



Larry Halverson

Steller's Jay



Black-billed Magpie

Jasper National Park of Canada

JASPER NATIONAL PARK

2007 is Jasper National Park's centennial, a time to feel the power of our landscape, the experience of our past, and to commit to our future.

Jasper became Canada's fifth national park on September 14, 1907, when the Canadian government set aside 12,950 km² as *Jasper Forest Park of Canada*. The current size (10,878 km²) was set in 1930.

YELLOWHEAD HIGHWAY

Speed limit: 90 km/hr (55 mph)

Drive with care on this busy highway. Watch for reduced speed limits in congested zones and places frequented by wildlife.

The scenic Yellowhead Highway stretches east-west across Jasper National Park. Look for 3 historic site plaques along the way: Jasper House, Henry House and Yellowhead Pass.

1 Municipality of Jasper ALL SERVICES

This friendly, picturesque community is the heart of Jasper National Park. Population: 4643

HIGHWAY

Speed limit: 60 km/hr (37 mph)

This scenic route provides access to Mount Edith Cavell in summer and Marmot Basin Ski Area in winter. From late October to mid-May a portion of the road is closed to vehicles and track-set for cross-country skiing.

2 Mount Edith Cavell



29 km (30 min) from Jasper

This peak was named after the WWI war heroine, Edith Cavell, in 1916. Road open mid-June to October as snow permits. Vehicles longer than 6 m are not recommended and trailers are not permitted.

3 Athabasca Falls



30 km (30 min) from Jasper

This 23-metre waterfall has the most powerful flow to be found anywhere in the mountain parks.

THE ICEFIELDS PARKWAY

Speed limit: 90 km/hr (55 mph)

Watch for reduced speed limits in congested zones and places frequented by wildlife.

A spectacular 230-km drive along the backbone of the continent, this road was built between 1931 and 1940 by men left unemployed in the Great Depression and passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or snow tires are required in winter. No services November to March. A park pass is required. No commercial trucks allowed.

4 Sunwapta Falls



55 km (40 min) from Jasper

The name "Sunwapta" is the Stoney Indian term meaning "turbulent river". Early alpinist A.P. Coleman named this river in 1892.


5 Columbia Icefield area and Icefield Centre



103 km (75 min) from Jasper

Motorized glacier tours began here in 1948 using a 1929 Ford truck modified to run on half-tracks.

Glacier exhibits at the Icefield Centre. Hiking trail to the Athabasca Glacier.

 Glaciers are beautiful but dangerous. Please read and heed the safety signs on site.

Parks Canada Information Desk
780-852-6288

May 1 to June 13, 9 am - 5 pm
June 14 to Sept. 2, 9 am - 6 pm
Sept. 3 to Oct. 15, 9 am - 5 pm
Oct. 16 - closed for the season

Ice Explorer Tours

1-877-423-7433

April 1 to Sept. 30, 9 am - 5 pm
Oct. 1 to Oct. 15, 10 am - 5 pm

Guided Ice Walks

1-800-565-7547

June 1 to September 30

MIETTE ROAD

Speed limit: 60 km/hr (37 mph)

Open May to mid-October.

6 Pocahontas Mine Interpretive Trail



43 km (50 min) from Jasper

The discovery of coal in 1910 meant that for a brief time there was a second community in Jasper National Park - the mining town of Pocahontas. Today you can still visit its remnants while wandering through a forest that has grown around the ruins.

7 MIETTE HOT SPRINGS



61 km (1 hr) from Jasper

1-800-767-1611

Newly renovated in time for Jasper National Park's 100th anniversary!

Towels, bathing suits, lockers for rent; restaurant on site
May 17 to June 22 and
September 4 to October 8,
daily 10:30 am - 9 pm
June 23, 2007 to September 3,
daily 8:30 am - 10:30 pm

Schedules are subject to change.

MALIGNE VALLEY ROAD

Speed limit: 60 km/hr (37 mph)

There is no shortage of natural wonders in the Maligne Valley: a 50-metre deep canyon; a lake that disappears down sinkholes; and a stunning alpine lake that you can explore on a cruise. Watch for wildlife along this scenic route.

8 Maligne Canyon



11.5 km (15 min) from Jasper

Incredibly narrow and 50 metres deep, Maligne Canyon has confounded geologists for many years. How old is it? How did it form? In winter it is possible to take a guided tour inside the gorge. Tea House open April to October 30.

9 Medicine Lake



27 km (30 min) from Jasper

This lake is drained by one of the largest underground river systems in North America.

10 Maligne Lake



48 km (1 hr) from Jasper

The beauty of this 22-km-long lake is legendary. In 1908, explorer Mary Schäffer wrote, "There burst upon us... the finest view any of us had ever beheld in the Rockies."

Chalet

May 13 to October 1

Boat tours

From chalet opening day (as ice conditions permit) to June 30:

daily 10 am - 4 pm

July and August,

daily 10 am - 5 pm

September 1 to October 1,

daily 10 am - 4 pm

Reservations recommended:

780-852-3370

Roving Interpreters

Parks Canada staff are often on hand at major points of interest throughout Jasper National Park, ready to answer your questions and share interesting stories.



LEGEND

- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hot springs
- Hiking
- Biking
- Horse riding
- Canoeing
- Swimming
- Cross-country skiing
- Skating
- Campground
- Playground
- Picnic tables
- Picnic shelter
- Hostel
- Accommodation
- Sani-dump
- Ice tours
- Caution



Exhibits

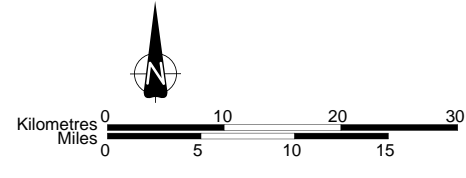
Watch for self-guided opportunities as you travel through Jasper National Park. You will find a variety of self-guided trails and exhibits to explore at your own pace. Look for the symbol.

JASPER NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI-DUMP	DIS-ACC	FIRE PIT	INTERP PROG	FEES
Pocahontas	May 18 - Oct. 8	140			●					●		\$20.80
Snaring River	May 18 - Sept. 17	66			●					●		\$14.85
Whistlers	May 4 - Oct. 8	781	77	100	●		●	●	●	●	●	\$21.75-\$35.65
Wapiti (summer)	May 18 - May 21 June 15 - Sept. 3	362		40	●		●	●	●	●		\$25.75-\$29.70
Wapiti (winter)	Oct. 8 - May 9, 2008	93		40	●					●		\$16.80-\$19.80
Wabasso	June 21 - Sept. 3	228			●			●	●	●		\$20.80
Mt. Kerkeslin	June 21 - Sept. 3	42			●					●		\$14.85
Honeymoon Lake	June 21 - Sept. 3	35			●					●		\$14.85
Jonas Creek	May 18 - Sept. 3	25			●					●		\$14.85
Columbia Icefield	May 18 - Oct. 8	*33			●					●		\$14.85
Wilcox Creek	June 8 - Sept. 10	46			●			●		●		\$14.85

*Tents only

Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis.
 FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program
 FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.

CAMPSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at www.pccamping.ca or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.



EMERGENCY - 24 hr
 Ambulance, fire
 R.C.M. Police **911**
 WARDENS

AREA CODE 780
 Information centre 852-6176
 Warden office 852-6155
 Trail office (May-Oct) 852-6177

Jasper Town and Area

Jasper Hawes was an employee of the North West Company who operated a fur-trade post in the eastern part of the park known as "Jasper House". By the time the post was abandoned, the name "Jasper" was being used to describe the whole area. It was a natural choice when a name was needed for the new town in 1913.

1 Jasper Park Information Centre National Historic Site

500 Connaught Drive

Built in 1914, this landmark served as both the park's administration offices and as the superintendent's residence. Since the 1970s the building has served as the Parks Canada Information Centre.

April 1 - 4, 9 am - 4 pm

April 5 - June 13, 9 am - 5 pm

June 14 - September 2, 8 am - 7 pm

September 3 - 30, 9 am - 6 pm

October 1 - 31, 9 am - 5 pm

Nov. 1, 2007 - April, 2008,

9 am - 4 pm

- Parks Canada information 780-852-6176
- Jasper Tourism and Commerce 780-852-3858
- Friends of Jasper gift shop.

2 Jasper-Yellowhead Museum and Archives

400 Pyramid Avenue

780-852-3013

www.jaspermuseum.org

Permanent exhibits feature Jasper's history. Monthly exhibits in the Showcase Gallery.

SUMMER

May - September, 10 am - 5 pm

WINTER

October - April, 10 am - 5 pm

Thursday - Sunday

3 Patricia Lake and Pyramid Lake

5 & 7 km (10/15 min) from Jasper

Enjoy swimming beaches, fishing, boating, hiking and biking. During WWII, British Prime Minister Winston Churchill imagined a fleet of artificial icebergs deployed as airfields in the North Atlantic. A prototype was tested in Patricia Lake. Learn more by visiting the interpretive plaque along its shore.

4 Lakes Annette, Edith and Beauvert

5 km (10 min) from Jasper

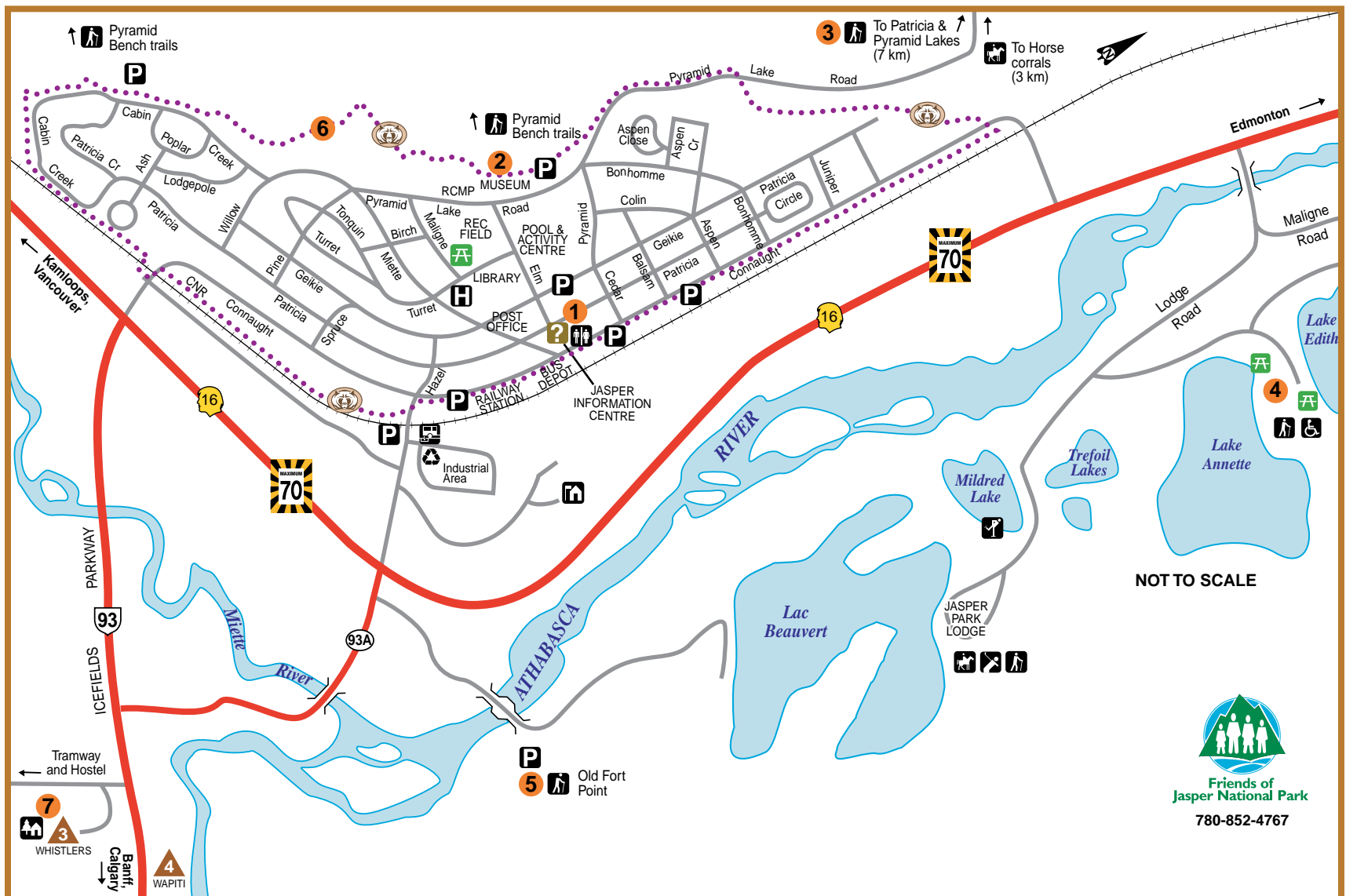
Come enjoy these "kettle" lakes, formed at the end of the ice ages and fed by springs.

Lakes Annette and Edith have sandy beaches, popular in July and August for swimming and wading.

5 Old Fort Point

1.5 km (5 min) from Jasper

No one is sure what the "old fort" was; it may have been the fur-trade era's "Henry House". The top of this Jasper hill is a popular spot, with great views of the town and the Athabasca River, a heritage river.



6 The Discovery Trail



This trail can be accessed at several points throughout the town. The downtown section is wheelchair accessible while the Pyramid Bench section behind the town is unpaved.

7 The Whistlers



7 km (15 min) from Jasper
In 1937 the Jasper Ski Club cleared ski runs on this mountain. Today a modern tramway transports visitors to the summit. Jasper Tramway open April to October.
780-852-3093



Centennial Year Special Programs and Events

These events only scratch the surface of what's in store for 2007. For more details ask at information centres.

Regular Programs

May to December

Festival of Banners

Street banners depict important aspects of Jasper's last 100 Years.

May to September

Jasper: A Walk in the Past

Take a step back in time on this historical walking tour. Meet in front of the Information Centre, daily at 7:30 pm.

June to Labour Day Weekend

Centennial Exhibit: Rough Trails and Wild Tales – 100 Years of Stories

A historic exhibit on Jasper National Park's first hundred years.

Jasper-Yellowhead Museum and Archives

July & August

Pocahontas: A Walk in the Past

A guided walk through the remains of a 1910-1920 mining operation.

Meet at the parking lot at the bottom of the Miette Hot Springs Road, Saturdays at 2 pm.

July & August

Junior Naturalist

A fun one-hour program for children aged 6 to 10. Pre-register at Whistlers Campground Theatre.



June to September

Mountain World Heritage Theatre "Jasper's Century"

Thursday and Sunday evenings on the Information Centre lawn.



"Water...on the Rocks!"

Mondays, Tuesdays and Wednesdays at the Sawridge Hotel.

July to September

Whistlers Campground Interpretive Theatre Programs

Fun, family-friendly show at Whistlers Campground Outdoor Theatre, daily at 9 pm



Events

June 3-9

Alberta Environment Week

Discover easy things you can do to protect the environment.

June 21

National Aboriginal Day

Celebrate the unique heritage, cultures and contributions that First Nation and Métis people have made to Jasper National Park.

June 29-30, July 1

The 18th Annual Fête franco-albertaine

This 3-day family festival includes concerts, art performances, and sport and kids' activities. Call 780-466-1680 for more information.

July 1

Canada Day

Celebrate Jasper National Park's 100th Canada Day in a big way!

July 21

Parks Day

Join us for the biggest and best Parks Day Jasper has ever seen. Jasper Information Centre lawn 11 am - 4 pm

July 21

Unveiling the Canada Post Jasper National Park Commemorative Stamp

Be one of the first to check out a brand new Canada Post stamp honouring Jasper National Park's Centennial.

September 14-16

The Weekend of the Century

A weekend jam-packed with events and activities honouring Jasper's last 100 years.

September 14-30

Travelling Art Exhibit: Tuktu Prayers


Tuktu is Inuit for caribou, and the 'prayer' is that Caribou will continue to be part of Canada's wild for centuries to come. Jasper-Yellowhead Museum and Archives

Banff National Park of Canada

BANFF NATIONAL PARK is the birthplace of Canada's national park system, created around the warm mineral springs near Banff townsite. Visit the Cave and Basin National Historic Site for the full story.
Established in 1885
Size: 6 641 km² (2 564 sq. mi.)

TRANS-CANADA HIGHWAY

Speed limit: 90 km/hr (55 mph)
70 km/hr (43 mph) near Lake Louise
Drive with care on this busy highway. Look for two animal overpasses just west of Banff, built to allow wildlife to cross the road safely.

 Trans-Canada Highway construction is underway east of Lake Louise. Obey construction speed-zone signs and flag people. Anticipate some delays.

1 The Town of Banff ALL SERVICES

Explore Canada's first national park community.
Population 8,352

2 The Village of Lake Louise MOST SERVICES


Experience the hospitality of this hiker's haven.
Population 1,500



Castle Mountain

BOW VALLEY PARKWAY

Speed limit: 60 km/hr (37 mph)
Experience life in the 'scenic' lane. Roadside interpretive panels at pull-offs along the way connect you to the diversity of life and life forces that flow through the Bow Valley.

- **Bow Valley Parkway Seasonal Road** 
Restriction from March 1 to June 25, evenings 6 pm - 9 am, helps protect wildlife at a critical time of year. This voluntary travel restriction is in effect between the east exit on the 1A near Banff for 18 km to Johnston Canyon. When traveling east from Lake Louise to Banff, connect to the Trans-Canada Highway at Castle Junction. **Access to commercial facilities along the parkway during this time is best from Castle Junction.**

Interpretive Displays

Distance (km) from	Lake Banff	Louise	
Backswamp	3	49	
Mule Shoe	6	46	✓
Prescribed Burn	8	44	
Sawback	11	41	✓
Hillsdale	13	39	
Pilot Pond	16	42	
Moose Meadow	21	31	
Castle Cliffs	26	24	
Storm Mt.	28	24	✓
Baker Creek	40	12	
Morant's Curve	48	4	

3 Johnston Canyon



25 km (30 min) from Banff
A paved trail and exciting catwalks cling to the canyon walls.

- 1.1 km (20 min) to the Lower Falls
- 2.7 km (1 hr) to the Upper Falls

For safety's sake, stay on the trail and away from the edge.

ICEFIELDS PARKWAY

Speed limit: 90 km/hr (55 mph)
This spectacular 230 km drive along the backbone of the continent passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or all-season radials are required in winter. **No services November to March.** A park pass is required. No commercial trucks are allowed.

- Watch for reduced speed limits in congested zones and places frequented by wildlife.
- Ask for the *Icefields Parkway* brochure, your guide to peak names, icefield names and other points of interest.

4 Crowfoot Glacier



34 km (25 min) from Lake Louise
A century ago, the 'crowfoot' had three 'toes' of ice. Since then the glacier has melted back and the lower toe has been lost. These days the middle toe is disappearing, too.

5 Bow Pass ("Bow Summit") and Peyto Lake Viewpoint



40 km (30 min) from Lake Louise
This is the highest road pass in the four mountain parks at 2 088 m (6 849') above sea level. A short, uphill walk from the parking area leads to a view of Peyto Lake, glacially fed and brilliantly turquoise.



6 Mistaya Canyon



72 km (50 min) from Lake Louise
Only 10 minutes by trail from the road. Look for rounded potholes and a natural arch on the canyon walls.

7 Saskatchewan Crossing



77 km (55 min) from Lake Louise
In a place where three rivers converge—fuel, food and accommodation are available from April to late October.

8 Columbia Icefield



130 km (1.5 hr) from Lake Louise
There is much to see and do here. Plan to spend at least an hour. Please turn to the Jasper National Park information, pages 12 and 13.



BANFF NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
1	Tunnel Mt. Village I	May 4 - Oct. 1	618		●		●	●	●	●	●	\$25.75
2	Tunnel Mt. Village II	Year Round	188	all	●		●	●	●		●	\$29.70
3	Tunnel Mt. Trailer	May 4 - Sept. 10	321	all	●		●	●	●		●	\$35.65
4	Two Jack Main	May 18 - Sept. 4	380		●			●		●		\$20.80
5	Two Jack Lakeside	May 18 - Sept. 18	74		●		●		●	●		\$25.75
6	Johnston Canyon	June 1 - Sept. 18	132		●		●	●	●			\$25.75
7	Castle Mountain	May 18 - Sept. 4	43		●					●		\$20.80
8	Protection Mountain	June 22 - Sept. 3	89		●				●	●		\$20.80
9	Lake Louise Trailer*	Year Round	189	all	●		●	●	●		●	\$29.70
10	Lake Louise Tent	May 11 - Oct. 1	206		●		●	●	●	●		\$25.75
11	Mosquito Creek	Year Round	32			●			●	●		\$14.85
12	Waterfowl Lakes	June 15 - Sept. 9	116		●			●	●	●		\$20.80
13	Rampart Creek	June 29 - Sept. 3	50			●			●	●		\$14.85

*Soft-sided camping in winter only (mid-November to mid-April)

Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis. FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.

CAMPSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at www.pccamping.ca or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.

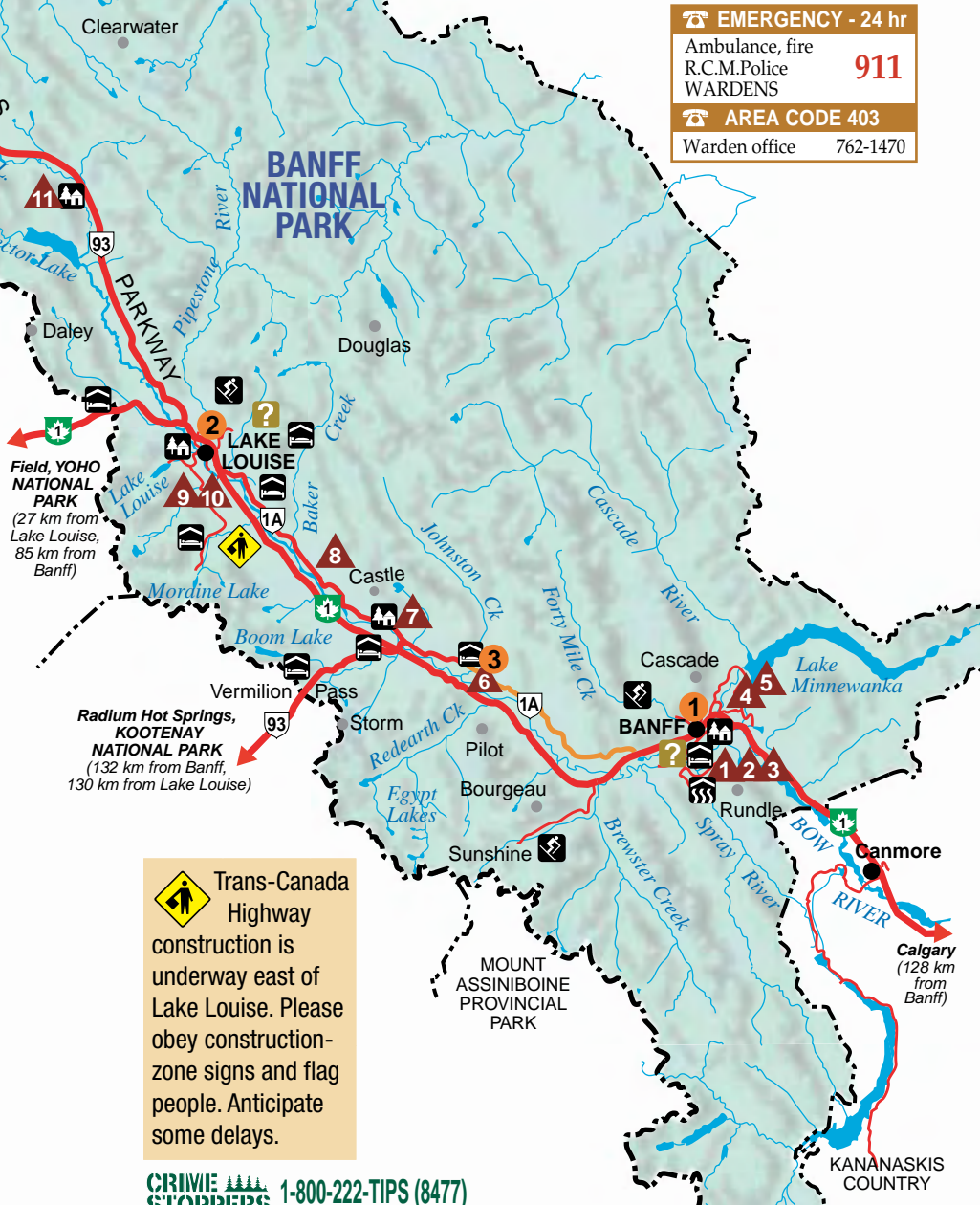
The Nature of the Trans-Canada Highway

To improve safety for people and wildlife, the Trans-Canada Highway is being upgraded in stages through Banff National Park. The most recent upgrade from a two-lane to four-lane divided highway is underway east of Lake Louise.

Highway fencing will help reduce vehicle-wildlife collisions, while new wildlife crossings will help maintain or restore wildlife movements vital to sustain healthy wildlife populations. The 24 existing crossings, monitored since 1996, have been used by 11 species of large mammals. There is no other location in the world with as many different types and number of wildlife crossings.

For details on highway twinning and wildlife crossings in the park: www.pc.gc.ca/transcanada

LEGEND	
?	Park information centre
1	Point of interest
🏠	Warden office
e	Exhibit
♿	Disabled access
🏞️	Viewpoint
♨️	Hot springs
🥾	Hiking
🚲	Biking
🐎	Horse riding
🏂	Cross-country skiing
🎿	Ski area
🏕️	Campground
🍷	Picnic tables
🏠	Picnic shelter
🏠	Hostel
🏠	Accommodation
🧊	Ice tours
⚠️	Caution



EMERGENCY - 24 hr
Ambulance, fire
R.C.M. Police
WARDENS **911**

AREA CODE 403
Warden office 762-1470

Trans-Canada Highway construction is underway east of Lake Louise. Please obey construction-zone signs and flag people. Anticipate some delays.

CRIME STOPPERS 1-800-222-TIPS (8477)
HELPING PROTECT OUR ENVIRONMENT crimestoppers.ab.ca

The town of Banff was named after the Banffshire area of Scotland, ancestral home of two major financiers of the Canadian Pacific Railway (CPR). Built east to west, the steel rails of the CPR linked Banff with Calgary, and the rest of Canada, in 1883. Elevation: 1 384 m (4 540')

1 Banff Information Centre



224 Banff Avenue 403-762-1550
Check out our *Wildlife Crossings* exhibit and *Welcome to Banff* video.

- Parks Canada information 403-762-1550
- Banff/Lake Louise Tourism 403-762-8421
- Friends of Banff gift shop

SPRING

May 18 - June 20, 9 am - 7 pm

SUMMER

June 21 - Sept. 3, 8 am - 8 pm

FALL

Sept. 4 - Sept. 19, 9 am - 7 pm

WINTER

Sept. 20 - May 17, 9 am - 5 pm

2 Cave and Basin National Historic Site



1 km from town, Cave Avenue
403-762-1566

The birthplace of Canada's national park system

- Explore exhibits, boardwalks and trails
- See a real cave!
- Tours at 11 am daily in summer, weekends in winter
- Café open in the summer

SUMMER

May 15 - Sept. 30, 9 am - 6 pm

WINTER

weekends, 9:30 am - 5 pm

weekdays, 11 am - 4 pm

3 Banff Park Museum National Historic Site



Banff Avenue by the Bow River Bridge 403-762-1558

Your must-see 3-D field guide to Banff's wildlife, birds and insects in grand Edwardian style

- We guarantee bear sightings!
- Tours daily in summer at 3 pm, weekends in winter at 2:30 pm

SUMMER

May 15 - Sept. 30, 10 am - 6 pm

WINTER

Oct. 1 - May 14, 1 pm - 5 pm

4 Canada Place & Cascades of Time Gardens



Park Administration Building and Grounds at the head of Banff Avenue 403-760-1338
Rediscover Canada - FREE ADMISSION

- Interactive exhibits about this nation's land and people
- Garden tours daily in summer at 2 pm
- Visit the Siksika Nation tipi July to September, with drumming and dancing demonstrations on Tuesdays

SUMMER

May 19 - Sept. 30, 10 am - 6 pm

5 Bow Falls & Banff Springs Hotel National Historic Site



Magnificent views from either side of the Bow River

6 Upper Hot Springs Pool



4 km from town, Mountain Ave
1-800-767-1611

Enjoy the splendid heritage bath house and pool.

- towels, bathing suits, lockers for rent
- Day Spa 403-760-2500, cafe, and gift shop on site

SUMMER

May 17 - September 9,

daily, 9 am - 11 pm

WINTER

September 10, 2007 - May 14, 2008

Sunday - Thursday, 10 am - 10 pm

Friday - Saturday, 10 am - 11 pm

7 Sulphur Mountain



4 km from town, Mountain Ave

- Take the gondola (call 403-762-5438 for hours and fees), or hike the trail (visit the Banff Information Centre for trail details and conditions).
- From the upper gondola terminal, a one-km (20 min) boardwalk trail leads to the summit and Sulphur Mountain Cosmic Ray Station National Historic Site.

8 Buffalo Nations Museum



1 Birch Avenue 403-762-2388
Native history, art and culture

9 Whyte Museum of the Canadian Rockies



111 Bear Street 403-762-2291
Mountain history, art and culture

10 Vermilion Lakes



The Bow Valley's biggest wetland, brimming with life and beauty

- Guided nature strolls are offered here in summer; register in advance at Friends of Banff stores, 403-762-8911.
- Connects with Fenland Interpretive Trail, a 2-km loop where art and nature live in harmony.

11 Cascade Ponds



A great place to relax and unwind amid grassy meadows, clear shallow ponds and a small beach

12 Bankhead



8 km (12 min) from Banff

Once the site of a huge coal-mining operation

- Lower Bankhead: now a quiet 1.1-km (30 min) interpretive trail loops among the ruins.
- Upper Bankhead: a popular picnic area and trailhead.
- Not accessible by car November 15 to April 15.

13 Lake Minnewanka



10 km (15 min) from Banff

A place once known as *Lake of the Water Spirits*

- Enjoy a leisurely lakeside stroll to Stewart Canyon (1.4 km, 30 min return).
- Boat tours of the lake are available mid-May to September, call 403-762-3473 for times and fees.
- Enjoy, but please do not feed the bighorn sheep.



Vermilion Lakes

14 Johnson Lake

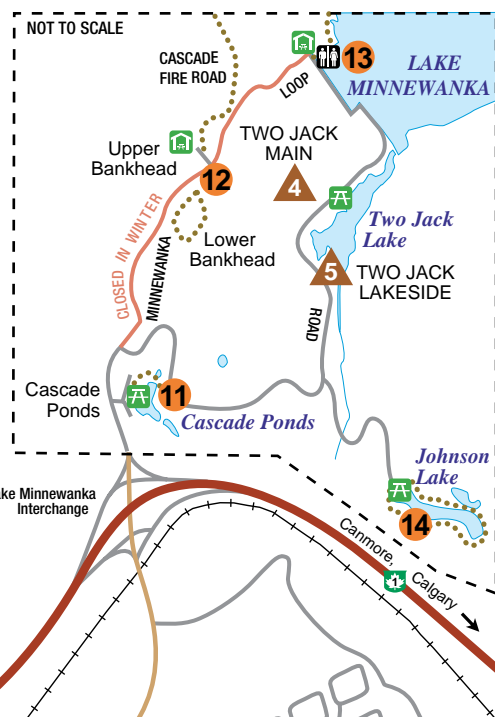


14 km (20 min) from Banff
Known locally as Banff's summer watering hole, you can explore its easy lakeside trail year round.



Hungry for history?

Plot your cultural path using Banff's *Heritage Passport*, available at the Cave and Basin, Banff Park Museum, Whyte Museum and Banff Information Centre.

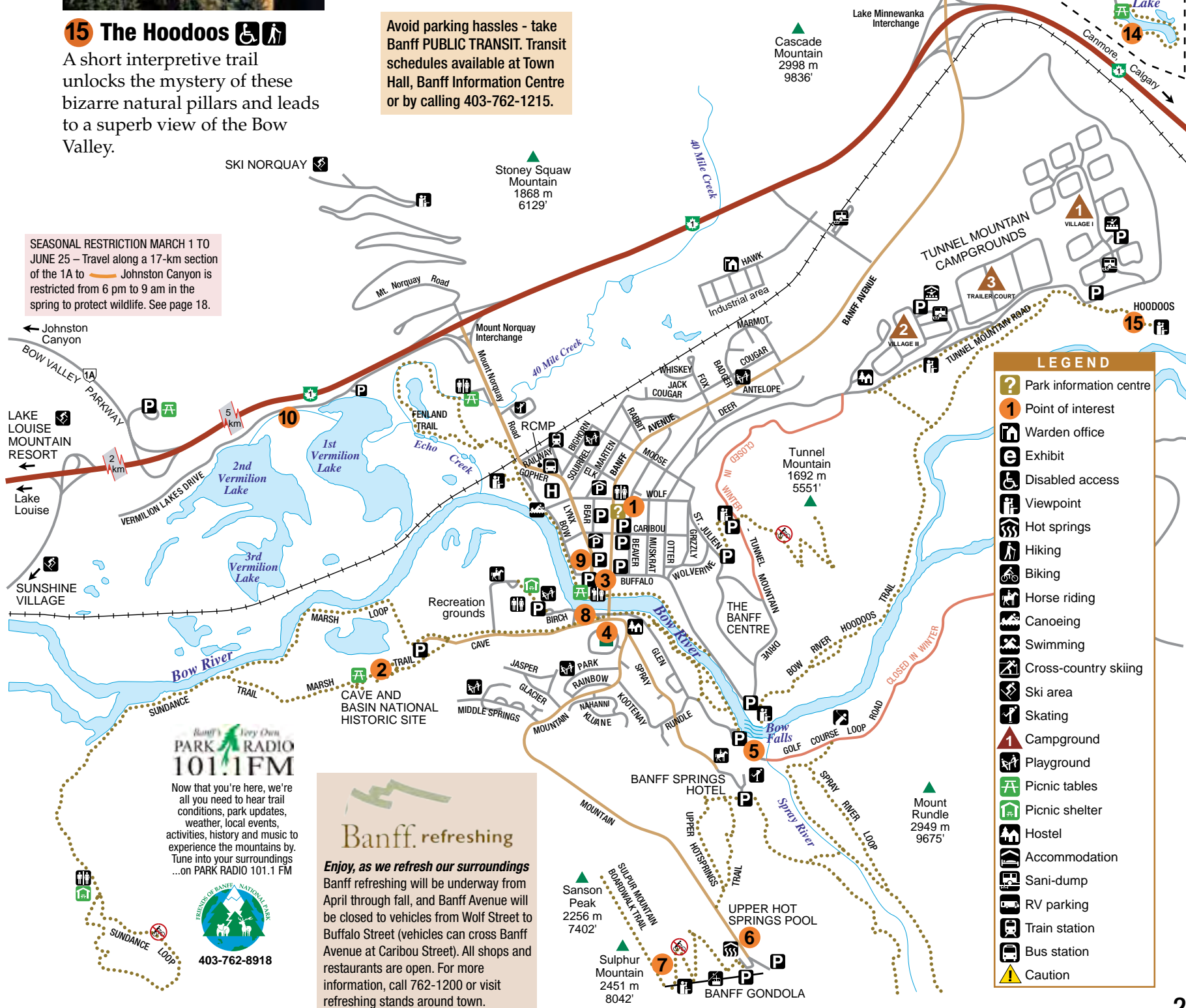


15 The Hoodoos

A short interpretive trail unlocks the mystery of these bizarre natural pillars and leads to a superb view of the Bow Valley.

Avoid parking hassles - take Banff PUBLIC TRANSIT. Transit schedules available at Town Hall, Banff Information Centre or by calling 403-762-1215.

SEASONAL RESTRICTION MARCH 1 TO JUNE 25 - Travel along a 17-km section of the 1A to Johnston Canyon is restricted from 6 pm to 9 am in the spring to protect wildlife. See page 18.



LEGEND	
	Park information centre
	Point of interest
	Warden office
	Exhibit
	Disabled access
	Viewpoint
	Hot springs
	Hiking
	Biking
	Horse riding
	Canoeing
	Swimming
	Cross-country skiing
	Ski area
	Skating
	Campground
	Playground
	Picnic tables
	Picnic shelter
	Hostel
	Accommodation
	Sani-dump
	RV parking
	Train station
	Bus station
	Caution

Banff's Very Own
PARK RADIO 101.1FM

Now that you're here, we're all you need to hear trail conditions, park updates, weather, local events, activities, history and music to experience the mountains by. Tune into your surroundings ...on PARK RADIO 101.1 FM



Banff. refreshing

Enjoy, as we refresh our surroundings Banff refreshing will be underway from April through fall, and Banff Avenue will be closed to vehicles from Wolf Street to Buffalo Street (vehicles can cross Banff Avenue at Caribou Street). All shops and restaurants are open. For more information, call 762-1200 or visit refreshing stands around town.

Special Programs and Events

EVENING PROGRAMS

Relax, laugh and learn as Banff –its wildlife, peaks and people– come to life at our family-friendly programs.

Tunnel Mountain Campground Theatre

Nightly interpretive programs, late June to early September. FREE



Banff Information Centre Theatre

Park films shown nightly, late June to early September. FREE

Lake Louise Campground Theatre

Interpretive programs, July and August. FREE



Mountain World Heritage Interpretive Theatre

Danger! Romance! Small furry animals! Experience *Faces of Fire*—a hilarious hour for all ages with Parks Canada's Mountain World Heritage Interpretive Theatre. Check at any Parks Canada Information Centre for ticket info and show times.

GUIDED WALKS



Cascades of Time Gardens (Park Administration Grounds)

Daily garden tours at 2 pm, June through September. Register inside Canada Place. FREE

The Friends of Banff offer many guided walks throughout the summer. Check with them in the *Bear and the Butterfly*, or in their store in the Banff Park Information Centre for times and locations. FREE

Cave and Basin National Historic Site

Daily site tours at 11 am, mid-May to end of September. Saturday and Sunday site tours at 11 am, October to mid-May. Tours free with cost of admission.

Banff Park Museum National Historic Site

Daily site tours at 3 pm, mid-May to end of September. Saturday and Sunday site tours at 2:30 pm, October to mid-May. Tours free with cost of admission

EVENTS



Blackfoot Nation Interpretive Teepee

July to September. Experience the vibrant culture of the Blackfoot people by visiting their traditional teepee set amid the beautiful Cascades of Time Gardens of the park administration grounds. Native interpreters are on-hand daily to share stories, with spectacular dancing and drumming demonstrations every Tuesday at noon. FREE

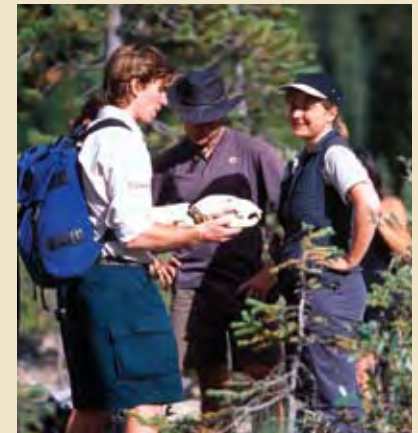
Banff Canada Day

Celebrate our nation's 140th birthday in the heart of its first park! A fun-filled, family-focused day complete with a pancake breakfast, a parade and fireworks. Event information available at park information centres, Banff Town Hall, Canada Place and throughout the communities of Banff and Lake Louise on July 1st!

8th Annual Summer Sulphur Stroll with Sanson

July 21. Celebrate Parks Day with Parks Canada staff on a stroll up Sulphur Mountain in the footsteps of Norman B. Sanson. Register at the Banff Information Centre. FREE

ROVING INTERPRETERS



Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park.

EXHIBITS

Watch for self-guided opportunities as you travel through Banff National Park. You will find a variety of self-guided trails and exhibits to explore at your own pace. Look for the **e** symbol.



BEAR GUARDIANS

Look for Banff National Park's Bear Guardians patrolling roadways and day use areas, working to keep both bears and people safe. Ask them how YOU can be a Bear Guardian, too!



Village of Lake Louise

Lake Louise Visitor Centre
Samson Mall
403-522-3833

Known to the Stoney people as "Lake of the Little Fishes," Lake Louise was given its present name in 1884. It honors Princess Louise Caroline Alberta, sixth child of Queen Victoria.
Elevations: Village: 1 540 m (5052') Lake: 1731 m (5680')

1 Lake Louise Visitor Centre by Samson Mall



Parks Canada information:
403-522-3833. Banff/Lake Louise Tourism: 403-762-8421.
Exhibits explain the geology and history of the Canadian Rockies.
April 1 to April 29, 9 am - 4 pm
April 30 to June 21, 9 am - 5 pm
June 22 to September 8, 9 am - 8 pm
September 9 to September 15, 9 am - 7 pm
September 16 to September 22, 9 am - 5 pm
September 23, 2007 to March 31, 2008, 9 am - 4 pm

2 Lake Louise - the Lake



5 min from the village of Lake Louise

The view from the lakeshore is known the world over. Prepare for crowds! But walk half a kilometre along the shore to leave the crowds behind. Public parking: keep left at the Chateau Lake Louise junction.



3 Moraine Lake and Valley of the Ten Peaks



Go before 10 am or after 5 pm to avoid the crowds. Road closed early October to late May.

Check Ahead: Hikers must be in a tight group of four or more when grizzly bears are using habitat in Larch, Consolation and Paradise valleys.

4 Lake Louise Sightseeing Gondola

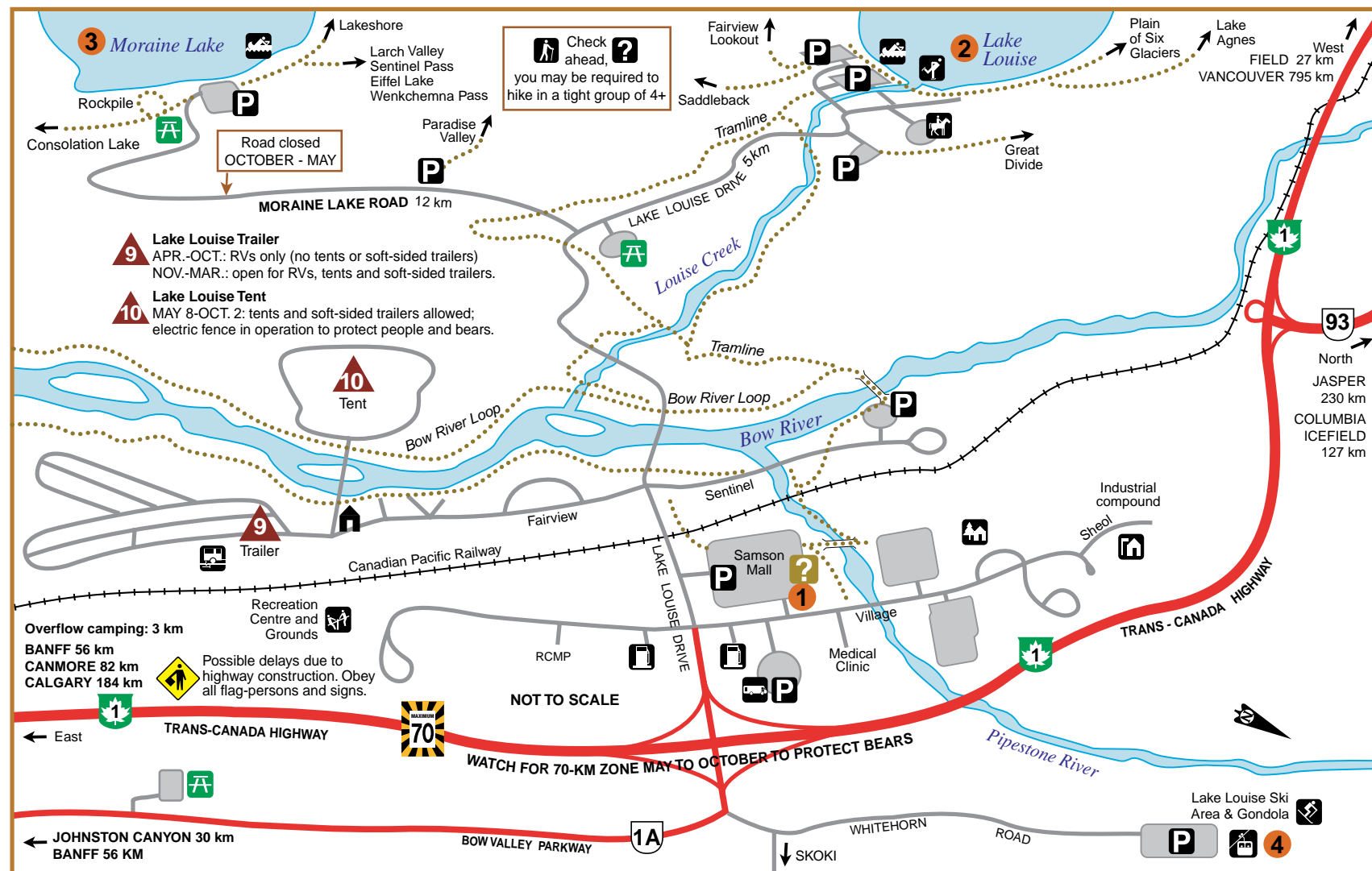


4.5 km from the village
403-522-3555. Gondola runs June to September.



If there's no parking...

During July and August, the lots at Lake Louise and Moraine Lake can be full from 11 am - 4 pm any day of the week. There is congestion as drivers search for vacant spaces. Our advice? Go before ten or after five.



Kootenay National Park of Canada

Kootenay National Park is a place rich in variety, from glacier-clad peaks along the Continental Divide to the dry grassy slopes of the Columbia Valley where cactus grows. Established in 1920. Size: 1 406 km² (543 sq. mi.)

VILLAGE OF RADIIUM HOT SPRINGS



1 Kootenay National Park Visitor Centre



• Parks Canada Visitor Centre
250-347-9505, Tourism BC
and Chamber of Commerce
information services.
250-347-9331

• Friends of Kootenay gift shop
• Exhibits feature Ktunaxa
history and culture.

May 18 to June 21, 9 am - 5 pm
June 22 to Sept. 2, 9 am - 7 pm
Sept. 3 to Sept. 15, 9 am - 5 pm
Sept. 16 to Oct. 8, 9 am - 4 pm

2 Sinclair Canyon

1.5 km from Radium

A dramatic park entrance, just
inside the west gate

- Ahead are the iron-rich cliffs
of the Redwall Fault.
- Watch for bighorn sheep.



3 Radium Hot Springs Pools



3 km from Radium

Enjoy the canyon setting and
hot and cool pools of this
spacious facility.

- Towels, bathing suits, lockers
for rent
- Day spa reservations:
250-347-2100
- Cool 25-meter pool (call for
schedule: 1-800-767-1611)

SUMMER

May 17 - October 8,
9:00 am - 11 pm

WINTER

October 9, 2007 - May 14, 2008

Sun - Thurs, 12 pm - 9 pm

Friday - Saturday, 12 pm - 10 pm

BANFF-WINDERMERE HIGHWAY

Speed limit: 90 km/hr (55 mph)

Completed in 1922, this scenic
94-km drive through the park
was the first motor road to cross
the Canadian Rockies.

4 Olive Lake



13 km (15 min) from Radium

This has always been a natural
stopping place. Interpretive trail
bordering the clear, shallow lake
explains why.



5 Kootenay Valley Viewpoint



16 km (20 min) from Radium
Stop here for a dramatic view.

- Interpretive exhibits explain
how the view has changed
over time.

6 Kootenay Park Lodge Visitor Centre



63 km (45 min) from Radium

Located at Vermilion Crossing

- Offers most Parks Canada
info services; no telephone
- May 18 - June 30, 10 am - 5 pm
July 1 - September 3, 9 am - 6 pm
September 4 - September 30
& October 5 - 8, 10 am - 5 pm



7 Paint Pots



85 km (1 hr) from Radium

20-minute walk from the road

- Cold, iron-rich mineral
springs bubble up through
small pools, staining the
earth a deep ochre.
- Panels describe the
Aboriginal and mining
history.

8 Marble Canyon

88 km (1 hr) from Radium

CLOSED for reconstruction
following a 2003 wildfire

9 Continental Divide



Vermilion Pass, Fireweed Trail

95 km (1.2 hour) from Radium

The dividing line between
Pacific and Atlantic watersheds

- A 15-minute interpretive
trail loops through the
regenerating forest, the site of
a large wildfire in 1968



Special Programs and Events

Evening Programs

Listen, laugh and learn as
Parks Canada Interpreters
share their intimate
knowledge of the area.

**Redstreak Campground
Theatre.** Interpretive
programs. July and August



Children's Programs

Are your kids looking for
something fun to do? Friends
of Kootenay National Park
Junior Naturalist Programs
for kids aged 6-10 are offered
during July and August.
Check Information Centre for
dates and times.

Events

**Wings Over the Rockies Bird
Festival**, May 7 - 13, 2007.

Discover the world of birds
through a variety of exciting
and educational events.
www.WingsOverTheRockies.org

The Brilliance of Birds

6th Annual Radium Hot
Springs Glass Art Show.
Come enjoy the artwork
depicting the amazing bird
species found in Kootenay
National Park.
Lobby of the Radium Hot
Springs pools.

Celebrate **Parks Day** July 21!
Check at information centres
for details.

Roving Interpreters

Parks Canada staff are ready
to answer your questions and
share stories at major points
of interest throughout the
park.

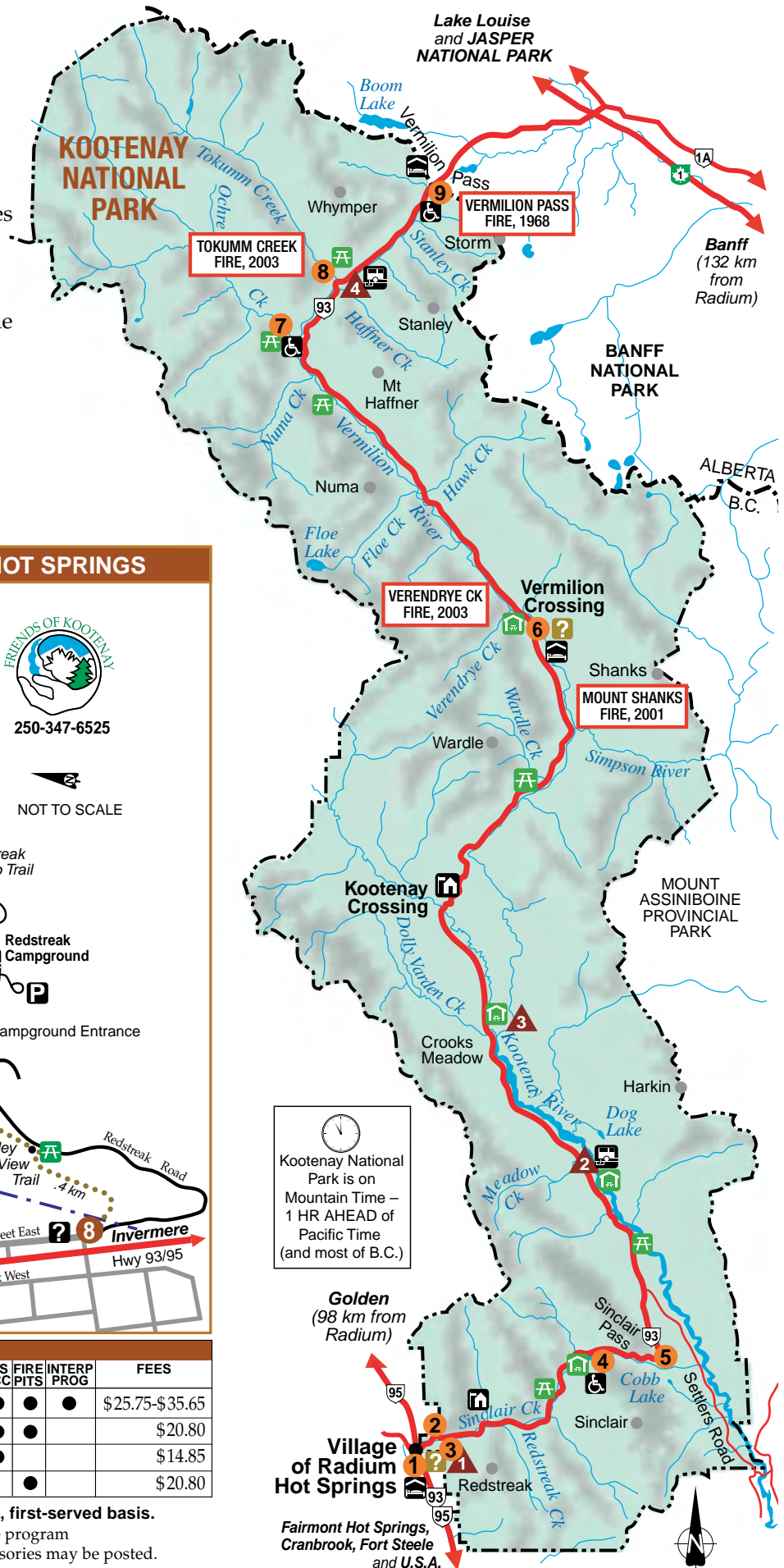
Fires bring new life

The hot, dry summer of 2003 was Kootenay National Park's most active fire season in living memory. Two large, lightning-caused fires eventually merged and burned 12.6% of the park. Fire plays an important role in the life of a forest. It opens up dense old growth and turns branches, leaves and dead wood into instant fertilizer. Sun-warmed, nutrient-rich soil allows rapid re-growth of plants, providing abundant food for songbirds and wildlife.



Burned but standing trees are havens for insects, which in turn feed woodpeckers and many other small creatures. These snags also provide shelter, nesting sites and perches for a wide variety of wildlife species. Already, a new forest has been born within the blackened timber of the fires of 2003.

NOTE: The hazard of falling trees persists on trails within the burned forest. Notices posted at affected trailheads advise of precautions to take.



LEGEND

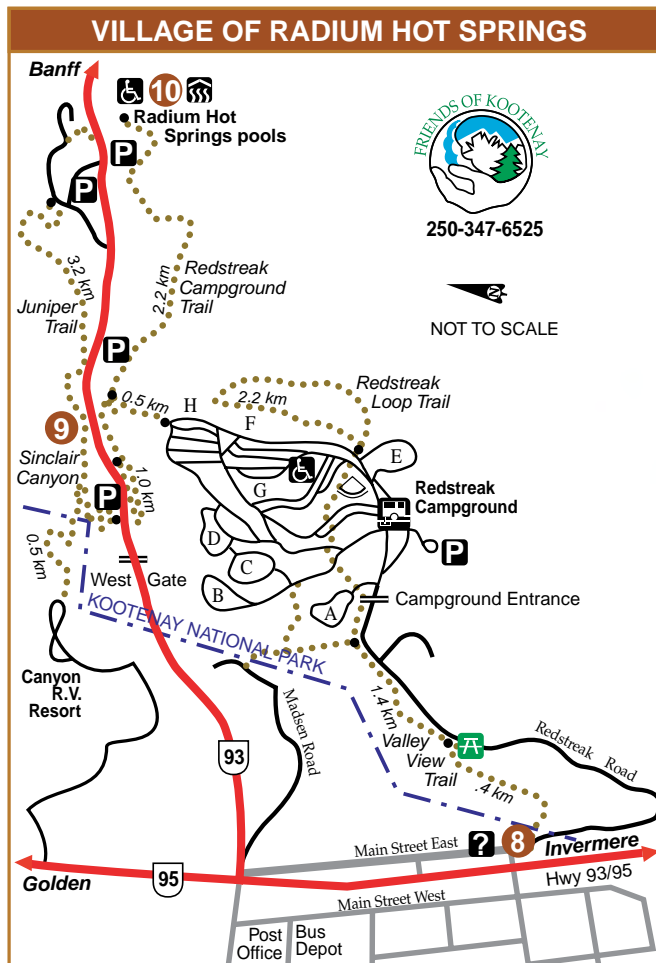
- Park information centre
- Point of interest
- Warden office
- Exhibit
- Disabled access
- Viewpoint
- Hot springs
- Hiking
- Cross-country skiing
- Canoeing
- Campground
- Picnic tables
- Picnic shelter
- Hostel
- Accommodation
- Sani-dump

EMERGENCY - 24 hr

Ambulance, fire **911**
 R.C.M. Police
 WARDENS 403-762-4506

AREA CODE 250

Warden offices:
 250-347-9361



KOOTENAY NATIONAL PARK CAMPGROUNDS												
	OPEN DATES	# SITES	FULL H-U	ELEC ONLY	FLUSH TOILET	DRY TOILET	SHOW-ERS	SANI DUMP	DIS ACC	FIRE PITTS	INTERP PROG	FEES
Redstreak	May 11 - Oct. 8	242	50	38	●		●	●	●	●	●	\$25.75-\$35.65
McLeod Meadows	May 18 - Sep. 3	98			●			●	●	●		\$20.80
Dolly Varden (winter)	Sept. 3 - May 18	7				●			●			\$14.85
Marble Canyon	June 22 - Sept. 3	61			●			●	●	●		\$20.80

Open dates are weather dependent. Arrive early - sites assigned on a first-come, first-served basis.
 FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program
FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.

CAMPSITE RESERVATIONS can be made for the BLUE campgrounds. To make a reservation, visit the 24-hour web service at www.pccamping.ca or dial toll free 1-877-737-3783 (1-877-RESERVE) (12 hr/day) TTY: 1-866-787-6221. Reservations must be made at least 24 hours in advance.

Yoho National Park of Canada

Yoho National Park boasts towering rock walls, spectacular waterfalls and 28 peaks over 3 000 metres in height. The word “Yoho” is a Cree expression of awe and wonder. Established in 1886 Size: 1 310 km² (507 sq. mi.)

TRANS-CANADA HIGHWAY

Speed limit: 90 km/hr (55 mph)

Drive with care on this busy highway.

1 Yoho Visitor Centre



At the turn-off to Field

- Parks Canada 250-343-6783 and Travel Alberta information services
 - Burgess Shale fossil displays
 - Friends of Yoho gift shop
- April 1 to April 29, 9 am - 4 pm
April 30 to June 21, 9 am - 5 pm
June 22 to Sept. 2, 9 am - 7 pm
Sept. 3 to Sept. 15, 9 am - 5 pm
Sept. 16, 2007 to March 31, 2008, 9 am - 4 pm

2 Town of Field

MOST SERVICES

27 kms west of Lake Louise, AB
Population: 250

Explore this quaint mountain town and its brilliant flower gardens.

3 Spiral Tunnels Viewpoint and Kicking Horse Pass National Historic Site



8 km (15 min) east of Field

View the entry and exit portals of an engineering marvel.

- The Spiral Tunnels, completed in 1909, reduced the original railway grade of 4.5%—the steepest of any railway in North America—to a much safer 2.2%.
- Exhibits show how the tunnels work.

Closed October to April due to snow.



4 Wapta Falls



22 km (30 min) west of Field
“Wapta” means “river” in the Sioux language of the Stoney people.

- In summer, a short drive from Highway #1 takes you to the start of an easy 2.4 km trail to these impressive falls (45 min, one-way).
- The turn-off is accessible to eastbound traffic only.

YOHO VALLEY ROAD

Speed limit: 20-60 km/hr (12-37 mph)

This 13-km road is steep, with tight switchbacks. Leave trailers in the parking lot across from Monarch Campground. Road is open late June to early October, as snow conditions permit.

5 Takakkaw Falls



17 km (25 min) from Field
One of the highest waterfalls in Canada. Visitors can walk to base of the falls. Closed Oct to June to motor vehicles.

- Takakkaw means “magnificent!” in Cree.
- Several popular hikes start here.

EMERALD LAKE ROAD

Speed limit: 50 km/hr (30 mph)

Open year-round

6 Natural Bridge



3 km (5 min) west of Field
A place to wonder at the force of water over time

- A natural rock bridge arches over the Kicking Horse River.

7 Emerald Lake



11 km (15 min) from Field

A jewel of the Canadian Rockies

- A 5.2 km (2 hr) trail circles the lake.
- See the Burgess Shale display at the picnic area.

Special Programs and Events

Evening Programs

Discover insights into the park’s natural wonders with a Parks Canada Interpreter.

Kicking Horse Campground Theatre Interpretive programs July and August.

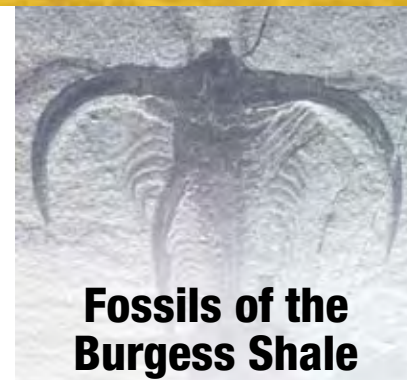
Roving Interpreters



Parks Canada staff are ready to answer your questions and share stories at major points of interest throughout the park.

Events

Celebrate **Parks Day** July 21! Check at information centres for details.



Fossils of the Burgess Shale

The Burgess Shale preserves the 510-million-year-old remains of more than 120 species of marine animals, many of them new to science when Charles Walcott studied them. The fossils are so exquisitely preserved that scientists have been able to see what these ancient creatures ate just before they died!

To protect such a globally important scientific resource, access to Walcott’s Quarry and the Trilobite Beds is by guided hike only. Both hikes are long and strenuous. They are offered from early-July through mid-September, as trail conditions permit. Led by licensed guides, the hikes are limited to 15 people. For schedules, fees and reservations, contact the Yoho Burgess Shale Foundation at 1-800-343-3006.

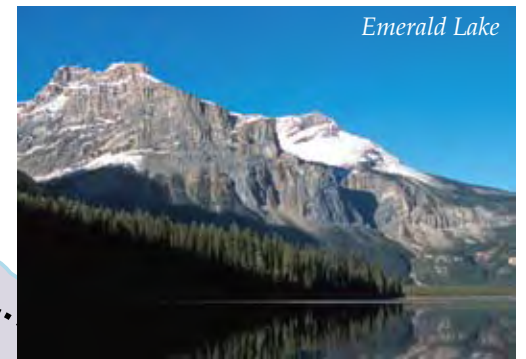
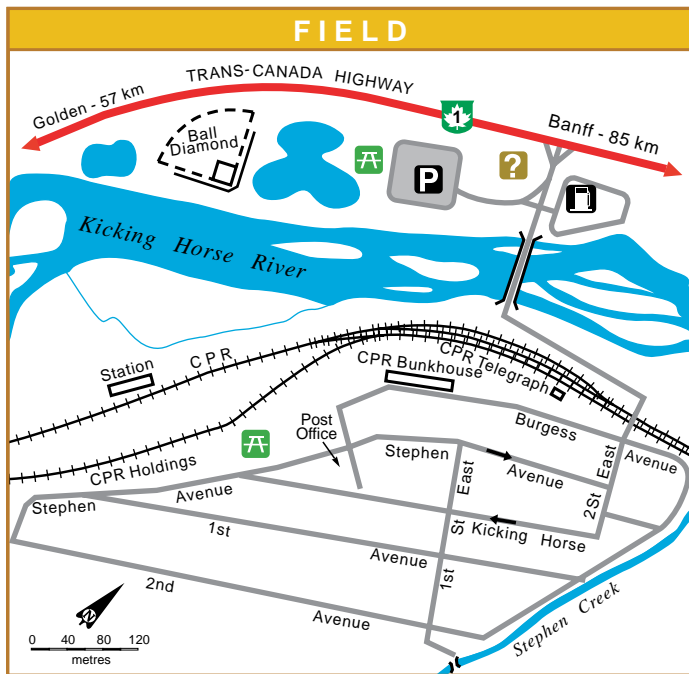
Fossils of the Burgess Shale are on display in the Yoho Visitor Centre. You will also find interpretive displays on the Burgess Shale outside the Yoho Visitor Centre and at Emerald Lake picnic area.

PLEASE NOTE

Collecting fossils anywhere in the national parks is against the law.



Natural Rock Bridge

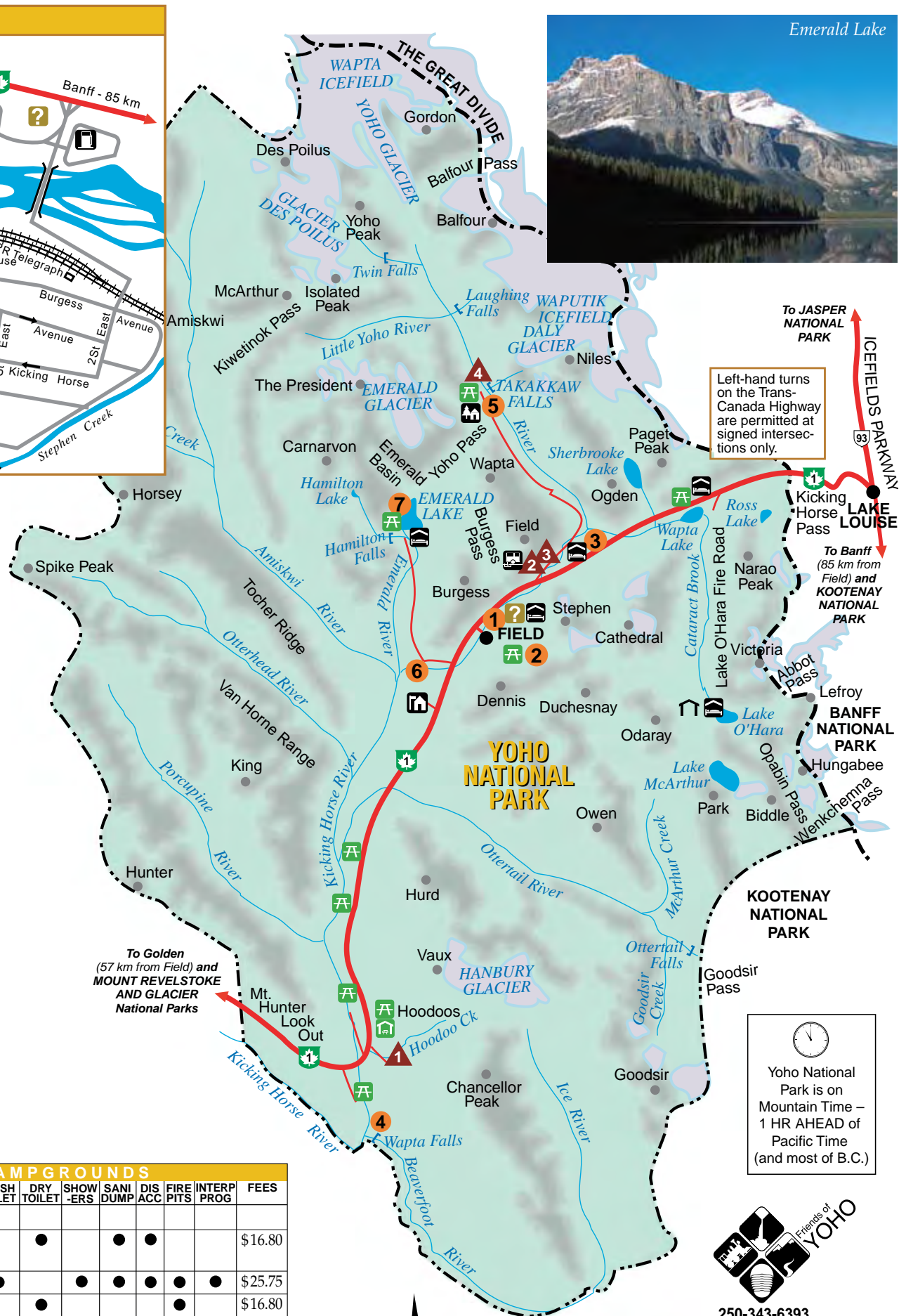


Lake O'Hara

The Lake O'Hara area is as fragile as it is beautiful. To protect this sensitive area and to ensure a high-quality visitor experience, a quota limits the number of people who may use the bus service to the lake. Bicycles are not permitted. However, there is no limit on the number of people who may hike the 11-km (7 mi.) trail to the lake.

Reservations are required for the bus service (June 16 to Oct. 8) and for the backcountry campground. They can be made up to three months in advance by calling 250-343-6433.

A small number of day-use and one-night camping spots are set aside for assignment 24 hours in advance; these are available by phone only: 250-343-6433.



YOHO NATIONAL PARK CAMPGROUNDS										
	OPEN DATES	# SITES	FLUSH TOILET	DRY TOILET	SHOWERS	SANI DUMP	DIS ACC	FIRE PITS	INTERP PROG	FEES
▲ Hoodoo Creek	CLOSED									
▲ Monarch	April 30 - May 11 June 1 - Sept. 3	44		●			●	●		\$16.80
▲ Kicking Horse	May 11 - Oct. 4	88	●		●	●	●	●	●	\$25.75
▲ Takakkaw Falls (walk-in)	June 22 - Sept. 28 road closed Oct. 1	35		●				●		\$16.80

Open dates are weather dependent. Arrive early-sites assigned on a first-come, first-served basis. FULL H-U = full hook-up • DIS ACC = disabled access • INTERP PROG = Interpretive program FIRE PERMIT REQUIRED where fireboxes and firewood are provided. Boil water advisories may be posted.

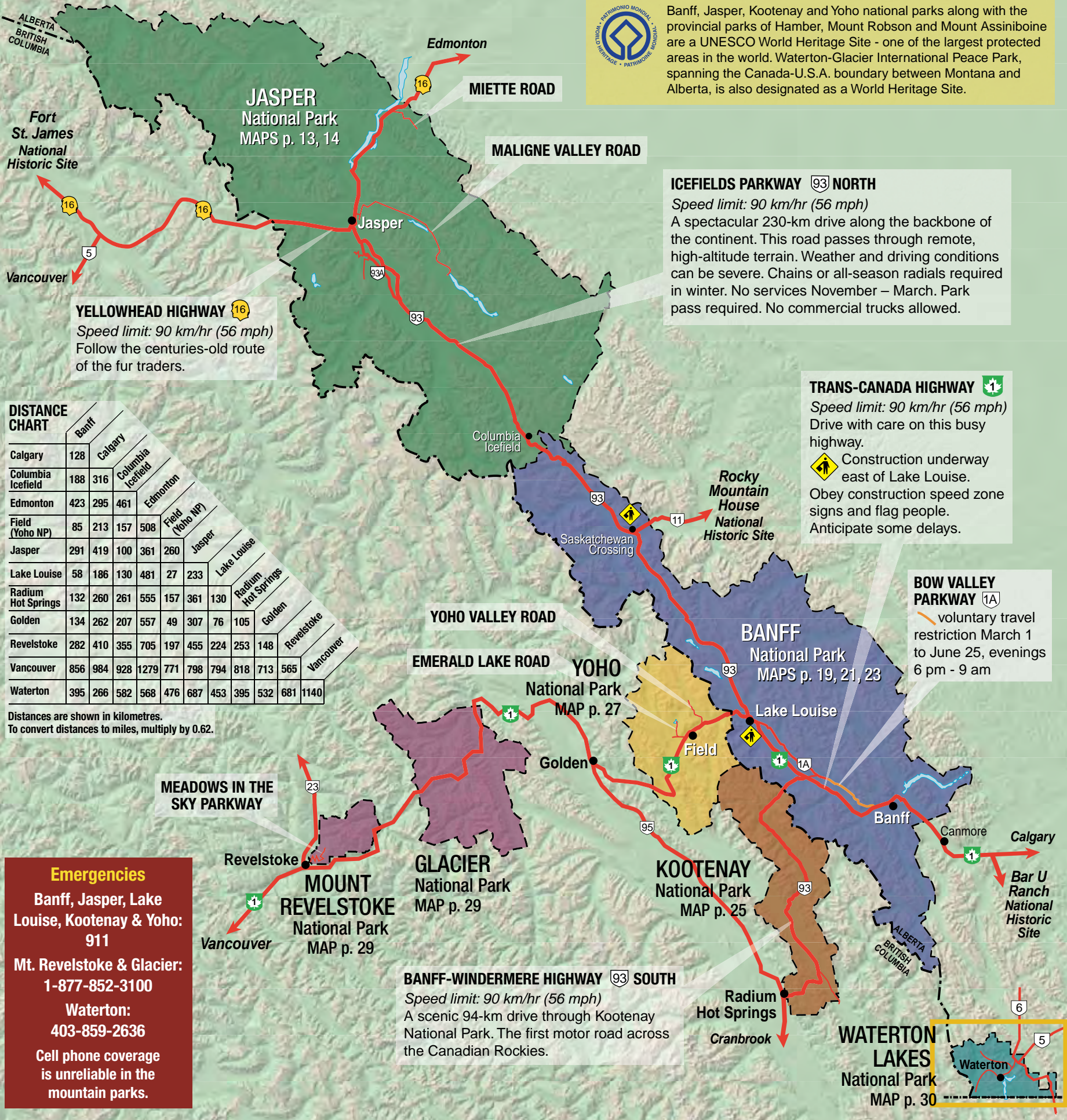


250-343-6393

Enjoy your visit to the mountain national parks and national historic sites



Banff, Jasper, Kootenay and Yoho national parks along with the provincial parks of Humber, Mount Robson and Mount Assiniboine are a UNESCO World Heritage Site - one of the largest protected areas in the world. Waterton-Glacier International Peace Park, spanning the Canada-U.S.A. boundary between Montana and Alberta, is also designated as a World Heritage Site.



Fort St. James National Historic Site

JASPER National Park
MAPS p. 13, 14

MIETTE ROAD

MALIGNE VALLEY ROAD

ICEFIELDS PARKWAY 93 NORTH
Speed limit: 90 km/hr (56 mph)
A spectacular 230-km drive along the backbone of the continent. This road passes through remote, high-altitude terrain. Weather and driving conditions can be severe. Chains or all-season radials required in winter. No services November – March. Park pass required. No commercial trucks allowed.

YELLOWHEAD HIGHWAY 16
Speed limit: 90 km/hr (56 mph)
Follow the centuries-old route of the fur traders.

TRANS-CANADA HIGHWAY 1
Speed limit: 90 km/hr (56 mph)
Drive with care on this busy highway.
 Construction underway east of Lake Louise. Obey construction speed zone signs and flag people. Anticipate some delays.

DISTANCE CHART

	Banff	Calgary	Columbia Icefield	Edmonton	Field (Yoho NP)	Jasper	Lake Louise	Radium Hot Springs	Golden	Revelstoke	Vancouver
Calgary	128										
Columbia Icefield	188	316									
Edmonton	423	295	461								
Field (Yoho NP)	85	213	157	508							
Jasper	291	419	100	361	260						
Lake Louise	58	186	130	481	27	233					
Radium Hot Springs	132	260	261	555	157	361	130				
Golden	134	262	207	557	49	307	76	105			
Revelstoke	282	410	355	705	197	455	224	253	148		
Vancouver	856	984	928	1279	771	798	794	818	713	565	
Waterton	395	266	582	568	476	687	453	395	532	681	1140

Distances are shown in kilometres. To convert distances to miles, multiply by 0.62.

Rocky Mountain House National Historic Site

BOW VALLEY PARKWAY 1A
voluntary travel restriction March 1 to June 25, evenings 6 pm - 9 am

BANFF National Park
MAPS p. 19, 21, 23

YOHO VALLEY ROAD

EMERALD LAKE ROAD

YOHO National Park
MAP p. 27

MEADOWS IN THE SKY PARKWAY

MOUNT REVELSTOKE National Park
MAP p. 29

GLACIER National Park
MAP p. 29

KOOTENAY National Park
MAP p. 25

BANFF-WINDERMERE HIGHWAY 93 SOUTH
Speed limit: 90 km/hr (56 mph)
A scenic 94-km drive through Kootenay National Park. The first motor road across the Canadian Rockies.

Emergencies
Banff, Jasper, Lake Louise, Kootenay & Yoho: 911
Mt. Revelstoke & Glacier: 1-877-852-3100
Waterton: 403-859-2636
Cell phone coverage is unreliable in the mountain parks.

WATERTON LAKES National Park
MAP p. 30

