Day Hikes in the Banff Area

Welcome to Banff National Park!

The Canadian Rocky Mountain national parks are an important part of the remaining naturally occurring black bear habitat in North America. Even in protected areas, bears may be present and travelers should arm themselves with a little knowledge about black bears before enjoying a visit to one of these parks. This information is intended to help you understand the behavior of bears and to enable you to enjoy your visit safely and responsibly. Be aware that the risk of encountering a bear increases as you enter remote areas. Please read this information before you hit the trail.

Avalanche Risk

During any month of the year, hikers should expect that deep slopes covered in snow can avalanche, with serious consequences. For details on the avalanche forecast and avalanche courses, visit parksmountainsafety.ca or a Parks Canada Visitor Centre.

Tips:

• Carry bear spray with you at all times, ensure it is at hand, and know how to use it.
• Make noise; bring your friends if at risk for sudden bear encounters. Be alert through shrub and aspen areas and when approaching timberline, tourists and in groups of 4 or more; keep 100 metres away from bears.
• Report bear sightings and encounters to Parks Canada staff at 403-765-1470, it is safe to do so.

Bears And People

The Canadian Rocky Mountain national parks are an important part of the remaining naturally occurring black bear habitat in North America. Even in protected areas, bears may be present and travelers should arm themselves with a little knowledge about black bears before enjoying a visit to one of these parks. This information is intended to help you understand the behavior of bears and to enable you to enjoy your visit safely and responsibly. Be aware that the risk of encountering a bear increases as you enter remote areas. Please read this information before you hit the trail.

Avalanche Risk

During any month of the year, hikers should expect that deep slopes covered in snow can avalanche, with serious consequences. For details on the avalanche forecast and avalanche courses, visit parksmountainsafety.ca or a Parks Canada Visitor Centre.

Tips:

• Carry bear spray with you at all times, ensure it is at hand, and know how to use it.
• Make noise; bring your friends if at risk for sudden bear encounters. Be alert through shrub and aspen areas and when approaching timberline, tourists and in groups of 4 or more; keep 100 metres away from bears.
• Report bear sightings and encounters to Parks Canada staff at 403-765-1470, it is safe to do so.

Bears And People

The Canadian Rocky Mountain national parks are an important part of the remaining naturally occurring black bear habitat in North America. Even in protected areas, bears may be present and travelers should arm themselves with a little knowledge about black bears before enjoying a visit to one of these parks. This information is intended to help you understand the behavior of bears and to enable you to enjoy your visit safely and responsibly. Be aware that the risk of encountering a bear increases as you enter remote areas. Please read this information before you hit the trail.

Avalanche Risk

During any month of the year, hikers should expect that deep slopes covered in snow can avalanche, with serious consequences. For details on the avalanche forecast and avalanche courses, visit parksmountainsafety.ca or a Parks Canada Visitor Centre.

Tips:

• Carry bear spray with you at all times, ensure it is at hand, and know how to use it.
• Make noise; bring your friends if at risk for sudden bear encounters. Be alert through shrub and aspen areas and when approaching timberline, tourists and in groups of 4 or more; keep 100 metres away from bears.
• Report bear sightings and encounters to Parks Canada staff at 403-765-1470, it is safe to do so.

Bears And People

The Canadian Rocky Mountain national parks are an important part of the remaining naturally occurring black bear habitat in North America. Even in protected areas, bears may be present and travelers should arm themselves with a little knowledge about black bears before enjoying a visit to one of these parks. This information is intended to help you understand the behavior of bears and to enable you to enjoy your visit safely and responsibly. Be aware that the risk of encountering a bear increases as you enter remote areas. Please read this information before you hit the trail.

Avalanche Risk

During any month of the year, hikers should expect that deep slopes covered in snow can avalanche, with serious consequences. For details on the avalanche forecast and avalanche courses, visit parksmountainsafety.ca or a Parks Canada Visitor Centre.

Tips:

• Carry bear spray with you at all times, ensure it is at hand, and know how to use it.
• Make noise; bring your friends if at risk for sudden bear encounters. Be alert through shrub and aspen areas and when approaching timberline, tourists and in groups of 4 or more; keep 100 metres away from bears.
• Report bear sightings and encounters to Parks Canada staff at 403-765-1470, it is safe to do so.

Bears And People

The Canadian Rocky Mountain national parks are an important part of the remaining naturally occurring black bear habitat in North America. Even in protected areas, bears may be present and travelers should arm themselves with a little knowledge about black bears before enjoying a visit to one of these parks. This information is intended to help you understand the behavior of bears and to enable you to enjoy your visit safely and responsibly. Be aware that the risk of encountering a bear increases as you enter remote areas. Please read this information before you hit the trail.

Avalanche Risk

During any month of the year, hikers should expect that deep slopes covered in snow can avalanche, with serious consequences. For details on the avalanche forecast and avalanche courses, visit parksmountainsafety.ca or a Parks Canada Visitor Centre.

Tips:

• Carry bear spray with you at all times, ensure it is at hand, and know how to use it.
• Make noise; bring your friends if at risk for sudden bear encounters. Be alert through shrub and aspen areas and when approaching timberline, tourists and in groups of 4 or more; keep 100 metres away from bears.
• Report bear sightings and encounters to Parks Canada staff at 403-765-1470, it is safe to do so.
1.2 km one way; 30 m elevation gain; 1 hour round trip

1.5 hour round trip

2.4 km one way (from parking area); 120 m elevation gain; 3 km loop; no elevation gain; 1 hour round trip

11.8 km one way; 560 m elevation gain; 7 to 8 hour round trip

Cory Pass Loop
5.5 km to top of gondola, plus 0.5 km to Sanson Peak; Sulphur Mountain
8.4 km one way; 760 m elevation gain; 6 to 7 hour round trip

Rockbound Lake
7.2 km one way; 725 m elevation gain; 6 hour round trip

Bourgeau Lake/Harvey Pass
9 km one way; 655 m elevation gain; 6 to 7 hour round trip

5.4 km one way (from parking area); 330 m elevation gain; Ink Pots
2.1 km one way; 190 m elevation gain; 1.5 hour round trip

4.8 km one way; 90 m elevation gain; 3 hour round trip

C-Level Cirque
1.8 km to Rock Isle Lake; 105 m elevation gain; 1 hour round trip

2.8 km loop; no elevation gain; 40 minute round trip

Marsh Loop

Stewart Canyon

Johnston Canyon Upper Falls
2.8 km one way (from parking area); 120 m elevation gain; 1.5 hour round trip

Stewart Canyon
1.5 km one way; no elevation gain; 45 minute round trip

Marsh Loop
2.4 km one way; no elevation gain; 40 minute round trip

Sunshine Meadows/Rock Isle Lake
1.4 km to Rock Isle Lake; 105 m elevation gain; 1 hour round trip

Trail Restriction
July 15 to Sept 15
Hikers must travel in tight groups of 4+ and carry bear proof canisters. Dogs and bikes are not permitted on the trails.

Ratings
Easy

Moderate

Difficult

DONE WITH THIS BROCHURE? Please return this booklet to the Parks Canada Visitor Centre.

HOW WAS YOUR TRIP? Please send your comments to banff.trails-sentiers@pc.gc.ca

Legend

Easy trail
Moderate trail
Difficult trail

Trans-Canada Highway
Bow Valley Parkway
Road
Park Boundary
Backcountry campground (wilderness permit required)
Parks Canada Visitor Centre
Campground
Day-use area
Hospital
Parking
Police
Viewpoint
Washrooms
Dog Park
Banff Park Museum National Historic Site
Lake Minnewanka
Cascade Ponds
Vermilion Lakes
Hoodoos Viewpoint
Bow Falls
Upper Hot Springs
Cave and Basin National Historic Site