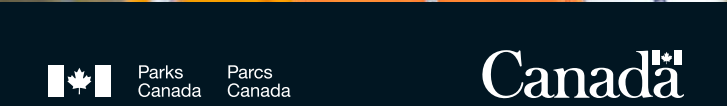




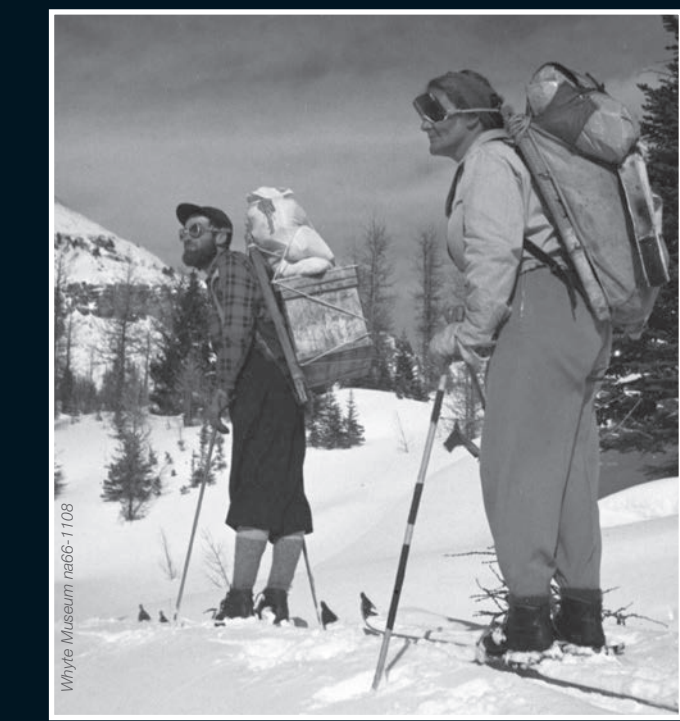
Winter Trails in the Banff Area



Winter, a season to play . . .

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

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



LEGEND

- Winter hiking
- Snowshoeing
- Fat biking
- Cross country skiing
- Ice cleats recommended
- Studded tires recommended
- Dogs on leash at all times
- Dogs not permitted
- Bikes prohibited
- Avalanche hazard

DOGS

- If you are planning to take your dog out on a trail, please respect the following:
 - Dogs must be kept on a leash at all times.
 - Dogs can add stress to wildlife; the sight of a dog reminds some animals of predators like wolves and coyotes. Prevent your dog from chasing wildlife.
 - Always pick up after your dog.
 - Dogs are not allowed on some groomed cross country ski trails. Each trail description in this guide indicates whether dogs are permitted or not.

HOW TO USE THIS GUIDE

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

The colour of the trail shows the recommended activities based on the type of trail and how it is groomed. There will be multiple colours of trails recommended for your activity—look through each to find the trails that interest you.

Check in at a visitor centre or pc.gc.ca/trails before heading out for trail conditions and closures.

- Cross country skiing
- Snowshoeing and winter hiking
- Snowshoeing and fat biking
- Snowshoeing, winter hiking, fat biking and cross country skiing

The trail number colour and shape indicates difficulty—a green circle is easy and a blue square is moderate. For all trails, be prepared as conditions can change quickly; easy and moderate trails can become difficult trails due to weather change, icy conditions or poor visibility. Review the winter safety recommendations listed in this guide.

EASY

- Suitable for most visitors.
- Estimated time to complete the trail is up to 2–3 hours.
- Little or no elevation gain or loss.

MODERATE

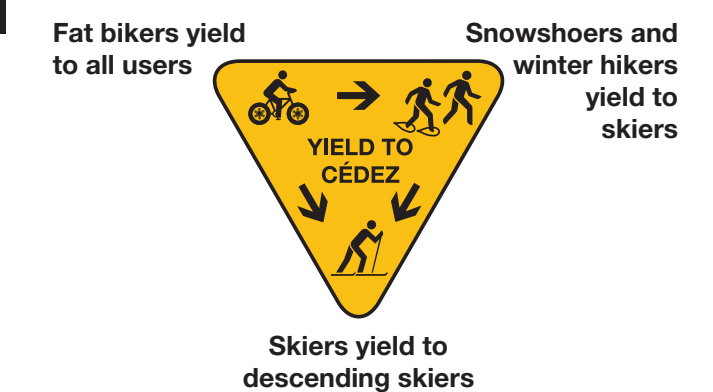
- Suitable for visitors who have some trail experience and a basic fitness level. Everyone should be prepared—see winter safety guidelines.
- Estimated time to complete the trail is up to 5 hours.
- May experience moderate elevation gain with some short steep sections.

Trails are shared in the national park, which means you could see people fat biking while you are winter hiking, or people skiing while you are snowshoeing. Read through the trail etiquette below before heading out.



TRAIL ETIQUETTE

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



RECOMMENDED TRAILS

1 Tunnel Mountain Trailer Court

5.7 km of trails
Trailhead: Tunnel Mountain Trailer Court Campground entrance. Turn right after campground kiosk and park at barricades

Two seasonally closed campgrounds offer first time skiers the perfect place to try out a new sport. Get your evening fitness fix with 2.6 km of lit trails in Trailer Court or explore the 3.1 km quiet, forested loops of Village 1. The trailhead is within walking distance of Roam public transit.

2 Spray River West Trail

5.7 km one way from Spray River West trailhead to Spray River bridge
West Trailhead: Park at Spray River West trailhead, behind Fairmont Banff Springs

The entire trail is double track set with a skate skiing lane. This trail is a locals' favourite offering rolling terrain in a picturesque river valley with views of Fairmont Banff Springs. Bring a snack; there is a picnic spot beside the river near the bridge.
Avalanche hazard: Infrequent avalanche paths from both Mount Rundle and Sulphur Mountain cross the Spray River at 4.5 - 5 km from the Spray River trailheads. **Do not stop in this area.**



3 Baker Creek to Protection Mountain Campground

3.9 km one way
Trailhead: Across the road from Baker Creek Chalets
This single track set trail (labelled #2 on-site) runs parallel to the Bow Valley Parkway (Hwy 1A) and starts across the road from the Baker Creek Chalets.

4 Castle Mountain Lookout to Protection Mountain Campground

6.4 km one way
Trailhead: Castle Mountain trailhead
This single track set trail links the two existing cross country ski trails on the Bow Valley Parkway. Travel this unique path to discover a new perspective on the original auto-route through Banff National Park.

5 Castle Junction

9.5 km of trails in area
Trailhead: Castle Junction on Bow Valley Parkway (Hwy 1A)
A series of interconnected single track set trails that wind through spruce forest. The main trail runs from Castle Junction to Castle Mountain Lookout.

6 Cascade Valley

15.4 km one way (7.2 km from parking area to Cascade River bridge, plus 8.2 km to Stoney Creek bridge)
Trailhead: Lake Minnewanka day-use area parking lot
Double track set with a skate skiing lane to Cascade River bridge. Single track set with pleasant rolling terrain for the remaining route to Stoney Creek. A sunny trail with good views and a fun downhill return trip. For a short 1.3 km ski, try the trail from Lake Minnewanka day-use area to Upper Bankhead.



RECOMMENDED TRAILS

7 Stewart Canyon

1.5 km one way
Trailhead: Past the Lake Minnewanka day-use area
A short walk through the Lake Minnewanka day-use area will lead you to the trailhead. Explore the Cascade River which feeds Banff National Park's largest lake. This trail can be very icy, especially during the spring.

8 Fenland Trail

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

9 Marsh Loop

2.8 km loop
Trailhead: Start at the Cave and Basin National Historic Site parking lot
This trail is located in the wide expanse of the Bow Valley and circles the Cave and Basin Marsh. It comes alive in the winter with birds and is a great place to see animal tracks.

10 Johnson Lake

2.8 km loop
Trailhead: Park at Johnson Lake day-use area
This picturesque trail follows the lakeside shoreline and includes breathtaking views of Cascade and Rundle mountains. Nestled amongst Douglas fir, spruce and pine trees, visitors can experience the richest biological zone in Banff National Park – the montane ecogegion.

11a) 1.1 km one way to the Lower Falls

11b) 2.7 km one way to the Upper Falls (from parking area)
Trailhead: Johnston Canyon day-use area, 22 km west of Banff on Bow Valley Parkway (Hwy 1A)
Travel in the depths of the canyon along walkways that lead to the Lower Falls or to the spectacular 30 m high frozen Upper Falls. The trail is usually very slippery – cleats are strongly recommended. Travel an additional 3.5 km beyond the Upper Falls to reach the Ink Pots.

12a) 2.3 km one way on Douglas Fir trail to Hoodoos Viewpoint

12b) 5.1 km one way from Surprise Corner to Hoodoos Viewpoint
Trailhead: Start at Surprise Corner parking lot on Tunnel Mountain Drive
From Surprise Corner, the trail takes you through forested areas until you reach the Douglas Fir trail. This sunny trail provides open vistas to the Hoodoos Viewpoint. Keep an eye out for wildlife and watch for icy sections. You can make a loop or return to town along Tunnel Mountain Road.



13 Tunnel Mountain Summit

2.4 km one way
Trailhead: Lower parking lot on St. Julien Road below Banff Centre
Reach the summit of a mountain in the heart of Banff's townsite. Take in breathtaking views of the Bow and Spray valleys. This steep trail can be extremely icy. Hiking poles and ice cleats are strongly recommended.

14 Ink Pots via Moose Meadows

5.4 km one way
Trailhead: Moose Meadows trailhead 27 km west of Banff on the Bow Valley Parkway (Hwy 1A)
A quiet alternative to the busier Johnston Canyon trail, this trail climbs through thick forest to an open meadow with brilliantly coloured mineral springs.

RECOMMENDED TRAILS



15 Spray River East Trail

5.6 km one way from Spray River East trailhead to Spray River bridge
Trailhead: Park at the Bow Falls day-use area, walk across the bridge and past the gate on Golf Course Road. Follow the road 100 m to the Spray River East trailhead kiosk, take the east-most trail
This trail offers rolling terrain in a picturesque river valley. As the snow falls throughout the year, snowshoers flatten the trail and fat bikers compact the snow, creating a hard-packed trail for both. Bring a snack; there is a picnic spot beside the river near the bridge.
Avalanche hazard: Infrequent avalanche paths from both Mount Rundle and Sulphur Mountain cross the Spray River at 4.5 - 5 km from the Spray River trailheads. **Do not stop in this area.**

16 Banff Avenue Trail

3.2 km one way
Starting points: East end of Banff Avenue at the junction with Legacy Trail or Tunnel Mountain Road
Access this trail from the start of the Legacy Trail located at the east end of Banff Avenue. Ride or walk 100 m until you see a steep path going up through thick forest. Beware of icy conditions. The trail levels off gradually until it reaches an open meadow; head left on nice rolling singletrack. This north facing slope retains snow well and is a reliable fat biking experience. The trail ends at Tunnel Mountain Road. Return the same way or connect with the Tunnel Loop (Coastline) and return to town via the Hoodoos Viewpoint trail (12a).

17 Upper Stoney Squaw Loop

4.5 km loop
Trailhead: Immediate right at Mt. Norquay ski hill parking lot
This narrow, technically challenging trail climbs, at times steeply, through thick forest to the summit of Stoney Squaw Mountain. If you can "clean" this trail you're a rock star! Enjoy a snack and a well-deserved rest at the viewpoint, with astonishing views of Cascade Mountain and the Bow Valley beyond. From there, continue north and descend a twisting technical trail back to the old ski runs above the Mt. Norquay day lodge.

18 Lake Minnewanka

8 km one way to Aylmer Pass junction
Trailhead: Lake Minnewanka day-use area, kiosk at far end of picnic area
Don't let the gentle opening of this iconic ride fool you; the physical demands and the remoteness of this trail require excellent fitness, bike handling skills and preparation. The challenging and at times exposed sidehill trail climbs steeply out of Stewart Canyon and heads east on a rollicking single track. Some sections may be very icy – be alert.

19 Tunnel Loop

9.7 km loop
Starting points: Hoodoos viewpoint parking area or Tunnel Mountain Campground
Typically ridden clockwise, this popular loop links various trails into a winding and varied entry-level singletrack with minimal elevation gain. Join via the Tunnel Mountain Campground loop and travel a short distance to a well-marked intersection; merge with **The Spine**. This 1.8 km section hugs the campground before entering a forested area winding through large Douglas fir trees, ending at Tunnel Mountain Road. Turn right and follow the narrow trail to the stop sign; cross the road and continue in the same direction until you see the marker for **Coastline**. This segment follows the bench above the Cascade River for 2.8 km and offers spectacular views of the valley. Some sections have vertical exposure. Cross the service road and head right for a short distance to connect with **Teddy Bear's Picnic**, on your left. This easy 1.5 km portion will lead you to the junction of **Don's By-pass** which you can ride down to the Hoodoos Day-use Area. Return to your start point via the Hoodoos Viewpoint trail (12a).
For an alternate route, after you enter onto Teddy Bear's Picnic from the service road, watch for the trail junction to **Stinky D**. This forested trail opens up to wide-open picturesque views of the valley, then loops around to **Wolf Scat Alley**, bringing you back to Teddy Bear's Picnic. Either return the same way you came along Coastline, or continue onto Don's By-pass.

RECOMMENDED TRAILS

20 Tunnel Mountain Drive

1.7 km one way
Trailhead: Start at the closed gate at the intersection of Tunnel Mountain Drive and St. Julien Way
Closed to vehicles in the winter, this route has splendid views of Cascade Mountain. It also connects with the Surprise Corner to Hoodoos Viewpoint trail (12a or 12b).

21 Spray Connector

2 km one way
Trailhead: Park at the Bow Falls day-use area, walk across the bridge and past the gate on Golf Course Road. Follow the road 100 m to the Spray River East trailhead kiosk, take the trail closest to the Spray River
For those seeking a short outing close to town, the Spray Connector links the Spray River East trail to Spray River West trail via a small scenic bridge. If conditions are icy, ice cleats are strongly recommended.

22 Tunnel Mountain Trailer Court

3.4 km of trails
Trailhead: Tunnel Mountain Trailer Court Campground entrance. Turn right after campground kiosk and park at barricades
Looking for a place to get a feel for fat biking on wide, groomed trails? Want to enjoy a quiet stroll in nature with your dog or try out snowshoeing after a big snowfall? The flat terrain of Trailer Court has something for everyone. Located close to town, it is a short drive or Roam public transit ride away.

23 Sundance Trail to Sundance Canyon

3.9 km one way
Trailhead: Park at Cave and Basin National Historic Site, trail starts west of building
This trail offers spectacular views of the Bow River while winding through forested areas to the Sundance Canyon picnic area. Sections of the trail are single and double track set. Enjoy the moderately difficult canyon loop by foot or snowshoe; bikes are not permitted past the bike racks.

24 Healy Creek

5.6 km one way from Healy/Brewster Parking Lot to the Sundance Canyon junction
West Trailhead: Healy/Brewster Parking Lot
East Trailhead: Park at Cave and Basin National Historic Site, start at Sundance Trail west of the building
This forested trail close to the Town of Banff is ideal for visitors wanting to experience a taste of the backcountry. Track setting occurs when adequate snow is available. For a shorter one-way trip, arrange for a drop-off at the Healy/Brewster parking lot, and ski, snowshoe, winter hike, or fat bike into the town; there is a short trail that will bring you from the Cave and Basin National Historic Site along Cave Avenue to the parking lot just before the Banff Avenue bridge.

25 Brewster Creek

9.8 km one way (2.6 km from Healy/Brewster Parking Lot to Brewster Creek junction, plus 7.2 km to Sundance Lodge)
Trailhead: Healy/Brewster Parking Lot
This trail offers scenic valley views through open and forested areas. Track setting occurs when adequate snow is available. For the more experienced, take the trail to Sundance Lodge. Note that hills can get icy.

26 Redearth Creek

10 km one way
Trailhead: Redearth Creek trailhead, 20 km west of Banff on the Trans-Canada Highway
The trail climbs gradually through lodgepole pine forests to the Shadow Lake trail. The last few kilometres back to the highway can be exhilarating, be extra cautious if conditions are icy.
Avalanche hazard: From the Redearth Creek trailhead, two infrequent avalanche paths cross the trail at kilometres 3.3 and 4.4. Between kilometres 6.3 – 8, beyond two bridges, infrequent avalanche paths from Copper Mountain exist above the trail. **Do not stop in these areas.**

27 Goat Creek and Spray River

18.7 km one way
Trailhead: Goat Creek trailhead 8 km south of Canmore on Smith-Dorrien Road or Spray River West trailhead
The track set trail can be skied in either direction. Most people choose to start at the Goat Creek trailhead located just outside the park boundaries above Canmore and ski downhill most of the way to Banff. Vehicle shuttle recommended.

PLAN AHEAD AND PREPARE

WINTER SAFETY

- Safety is your responsibility. There are always hazards associated with outdoor recreational activities. Even short trips from the Town of Banff can have serious consequences.
- Ask for advice at a Parks Canada Visitor Centre for help with trip planning.
 - For recent information on trail conditions, warnings and closures, visit pc.gc.ca/trails.
 - When trails are icy, hiking poles and ice cleats can make winter hiking much more enjoyable.
 - Study descriptions and maps before starting out and always choose a trail suitable for the least experienced member in your group.
 - Tell somebody where you're going, when you will be back and who to call if you don't return.
 - Expect that trail conditions and winter hazards may change throughout the day. Consult weather forecasts and be prepared for changing weather and emergencies.
 - Winter hazards include avalanches, disorientation, thin ice, hypothermia and frostbite.

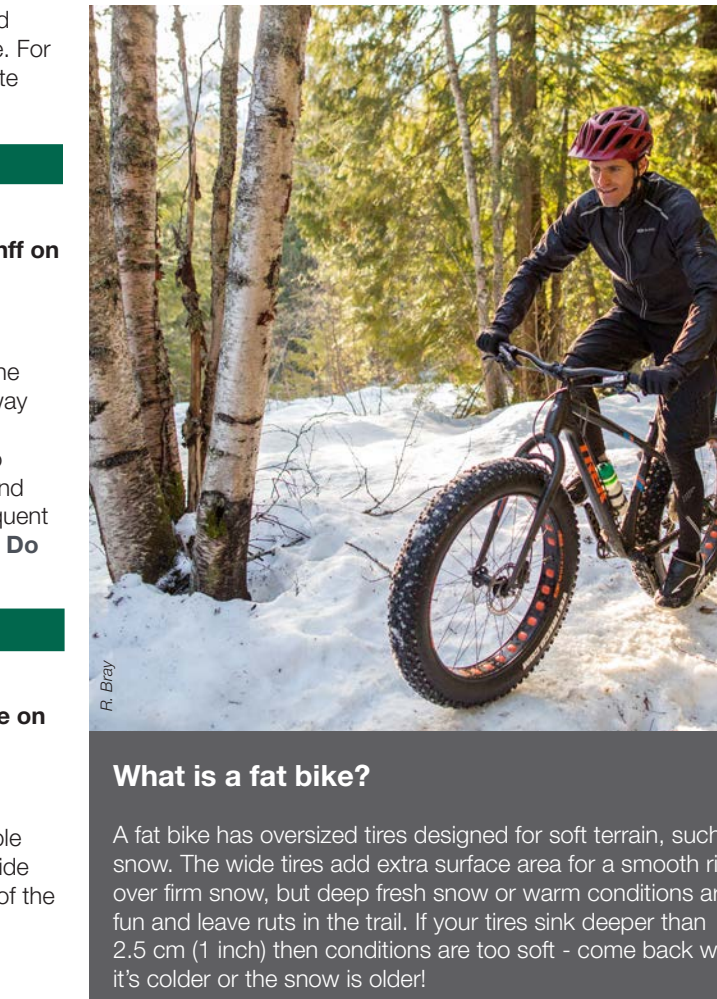
AVALANCHE RISK

Be aware that thousands of avalanches occur throughout Banff National Park every year. Visitors wishing to venture beyond the limits of the trails described in this guide should assume that they are travelling in avalanche terrain and should be prepared with the appropriate knowledge, skills and equipment. Trails in this guide that may be affected by avalanches have been identified with an avalanche symbol.
For more information on the avalanche hazard, visit parks.mountainsafety.ca or a Parks Canada Visitor Centre. Look for the **Avalanche Terrain Ratings** brochure and the current **Avalanche Forecast**.

RECOMMENDED PACKING LIST

- Trail guide and map
- Full water bottle or thermos
- High energy food
- Bear spray
- Sunscreen and sunglasses
- First aid kit
- Repair kit
- Lightweight emergency blanket, candle and lighter or waterproof matches
- Headlamp or flashlight with spare batteries
- Toque or winter hat and gloves
- Hiking poles and ice cleats
- Hand and toe warmers
- Extra clothing that would keep you warm should you stop in case of an emergency
- Carry a cell phone or satellite communication device appropriate for the area you will be visiting
- Wear a helmet when fat biking

For additional information on winter packing, visit parks.mountainsafety.ca



What is a fat bike?
A fat bike has oversized tires designed for soft terrain, such as snow. The wide tires add extra surface area for a smooth ride over firm snow, but deep fresh snow or warm conditions are no fun and leave ruts in the trail. If your tires sink deeper than 2.5 cm (1 inch) then conditions are too soft - come back when it's colder or the snow is older!

- 1** Tunnel Mountain Trailer Court
5.7 km all loops
No elevation gain
- 2** Spray River West Trail
5.7 km one way
Elevation gain 18 m
- 3** Baker Creek to Protection Mountain Campground
3.9 km of trails in area
Elevation gain 16 m
- 4** Castle Mountain Lookout to Protection Mountain Campground
6.4 km one way
Elevation gain 16 m
- 5** Castle Junction
9.5 km of trails in area
Minimal elevation gain
- 6** Cascade Valley
15.4 km one way
Elevation gain 171 m

- 7** Stewart Canyon
1.5 km one way
Elevation gain 30 m
- 8** Fenland Trail
2.1 km loop
No elevation gain
- 9** Marsh Loop
2.8 km loop
Elevation gain 17 m
- 10** Johnson Lake
2.8 km loop
No elevation gain
- 11a** Johnston Canyon
1.1 km one way to the Lower Falls
Elevation gain 51 m
- 11b** 2.7 km one way to the Upper Falls (from parking area)
Elevation gain 115 m
- 12a** Hoodoos Viewpoint
2.3 km one way
Elevation loss 39 m
- 12b** 5.1 km one way
Elevation gain 30 m
- 13** Tunnel Mountain Summit
2.4 km one way
Elevation gain 192 m
- 14** Ink Pots via Moose Meadows
5.4 km one way
Elevation gain 217 m

- 15** Spray River East Trail
5.6 km one way
Elevation gain 77 m
- 16** Banff Avenue Trail
3.2 km one way
Elevation gain 56 m
- 17** Upper Stoney Squaw Loop
4.5 km loop
Elevation gain 275 m
- 18** Lake Minnewanka
8 km one way
Elevation gain 124 m
- 19** Tunnel Loop
9.7 km loop
Elevation gain 124 m

- 20** Tunnel Mountain Drive
1.7 km one way
Elevation gain 5 m
- 21** Spray Connector
2 km one way
Elevation loss 46 m
- 22** Tunnel Mountain Trailer Court
3.4 km loop
No elevation gain
- 23** Sundance Trail to Sundance Canyon
3.9 km one way
Elevation gain 77 m
- 24** Healy Creek
5.6 km one way
Elevation gain 16 m
- 25** Brewster Creek
9.8 km one way
Elevation gain 173 m
- 26** Redearth Creek
10 km one way
Elevation gain 325 m
- 27** Goat Creek and Spray River
18.7 km one way
Elevation gain 274 m

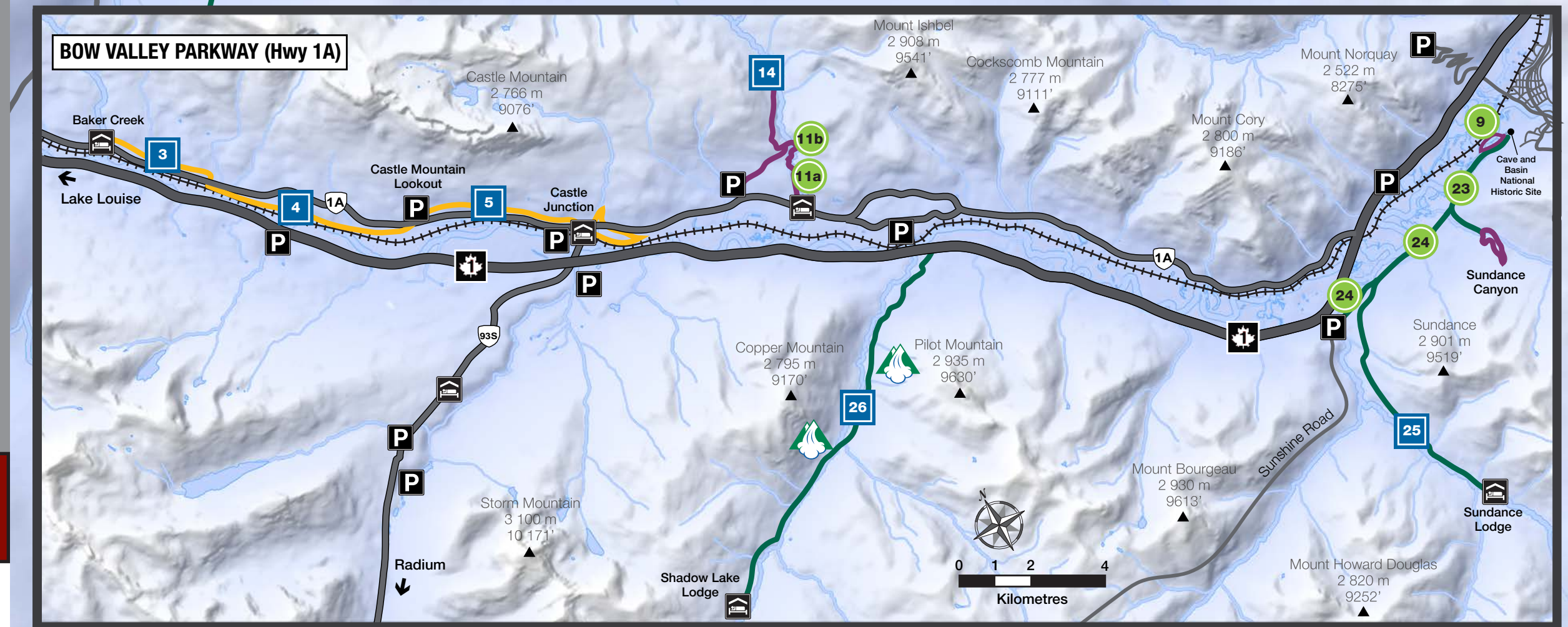
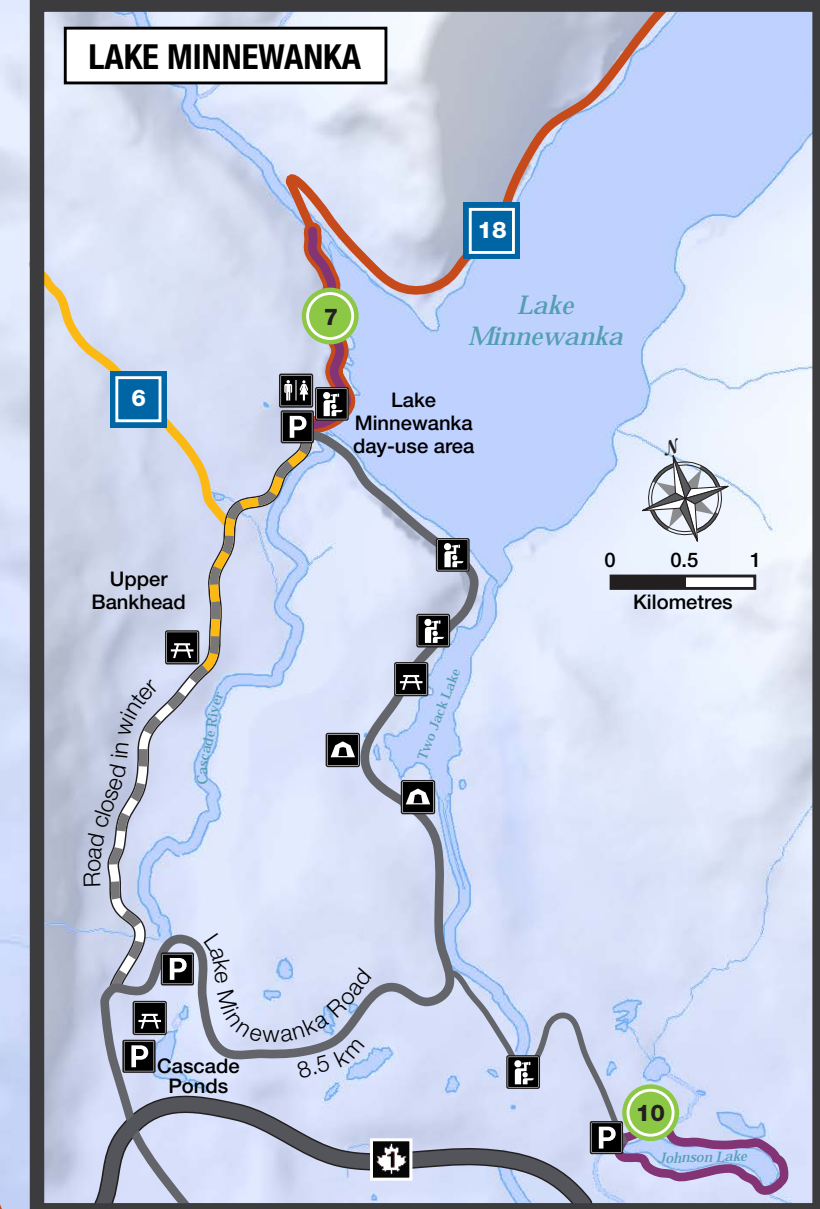
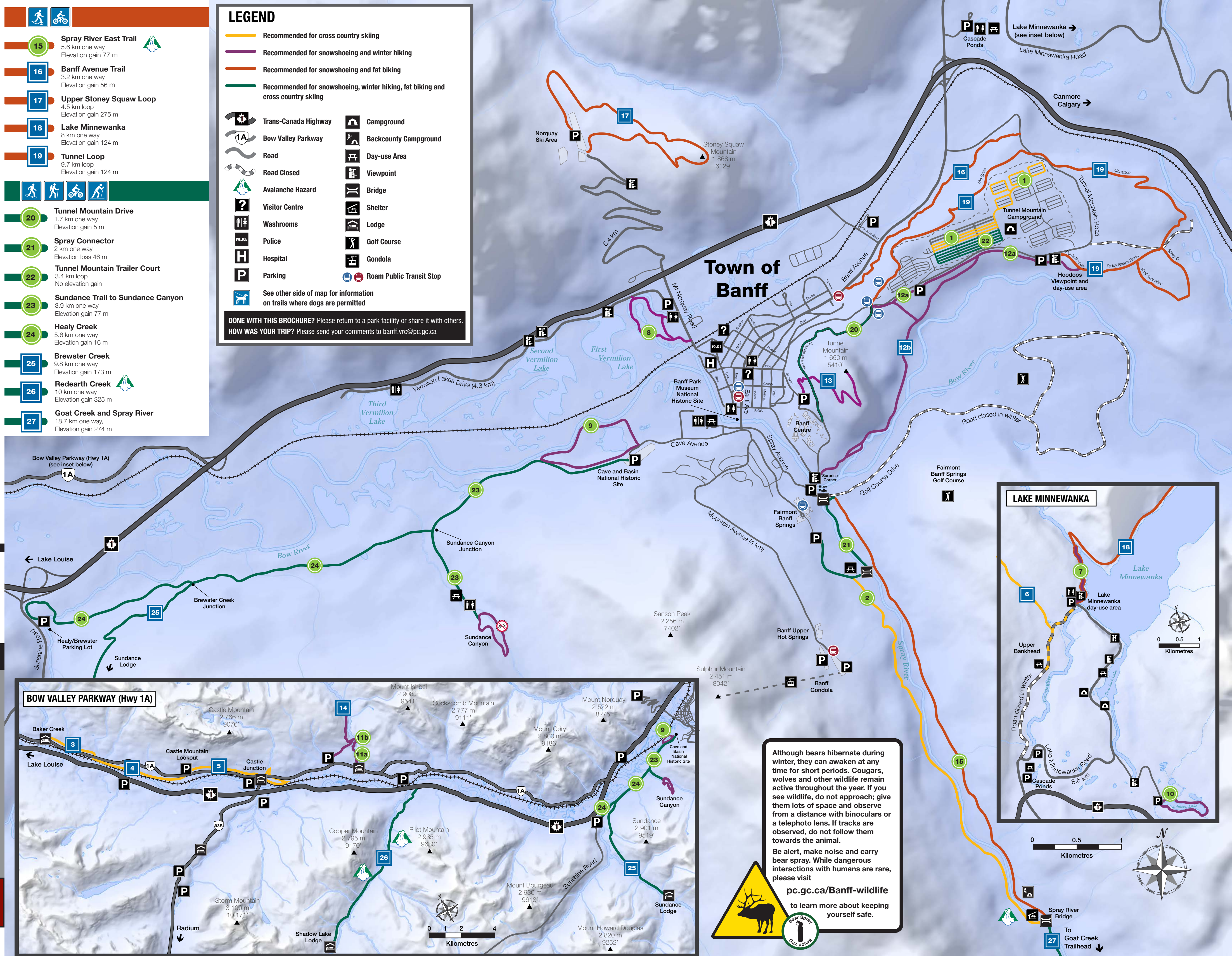
LEGEND

- Recommended for cross country skiing
- Recommended for snowshoeing and winter hiking
- Recommended for snowshoeing and fat biking
- Recommended for snowshoeing, winter hiking, fat biking and cross country skiing

| | |
|----------------------|--------------------------|
| Trans-Canada Highway | Campground |
| Bow Valley Parkway | Backcountry Campground |
| Road | Day-use Area |
| Road Closed | Viewpoint |
| Avalanche Hazard | Bridge |
| Visitor Centre | Shelter |
| Washrooms | Lodge |
| Police | Golf Course |
| Hospital | Gondola |
| Parking | Roam Public Transit Stop |

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

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



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



CONTACT INFORMATION

Banff Visitor Centre:
224 Banff Avenue / 403-762-1550 / pc.gc.ca/banff

Environment Canada Weather Forecast:
403-762-2088 / weather.gc.ca

Alberta Transportation Road Report:
511 (in Alberta) or 1-855-391-9743 / 511Alberta.ca

BC Road Report: 1-800-550-4997 / DriveBC.ca

Trail Report: pc.gc.ca/trails

Avalanche Bulletin: parks.mountainsafety.ca

For avalanche education and training, visit avalanche.ca

For Banff area maps and guidebooks, visit a retail outlet in the Town of Banff.

In case of EMERGENCY, call 911 or 403-762-4506 Banff Dispatch.
 Cell phones are not always reliable throughout the national park.