Connect with National Park Offers Mountains of Possibilities. With a long history of melding innovative conservation, the national park has grown in size and draws millions of people each year to experience the staggering natural beauty of Banff and Lake Louise, no fewer than seven national historic sites – birthplace of Canada’s national parks. Take an afternoon stroll through the flower-filled Cascades of Time Garden, then listen and watch the rushing river along the trail to Bow Falls. These sites are accessible by Roam public transit, bike, car or foot.

**A UNESCO World Heritage Site**

Four of the mountain national parks – Banff, Jasper, Yoho and Kootenay – are recognized by the United Nations Educational, Scientific and Cultural Organization as part of the Canadian Rocky Mountain Parks World Heritage Site, for the benefit and enjoyment of all nations. Among the attributes that warranted this designation were vast wilderness, diversity of flora and fauna, outstanding natural beauty and features such as Lake Louise, Maligne Lake, the Columbia Icefield and the Burgess Shale.

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**Suggested Itineraries**

**Hit the Top Spots in Town**

Start your day with a relaxing soak in the warm mineral waters of the historic Banff Upper Hot Springs. Be inspired by award-winning exhibits at the Cave and Basin National Historic Site – the birthplace of Canada’s national parks. Take an afternoon stroll through the flower-filled Cascades of Time Garden, then listen and watch the rushing river along the trail to Bow Falls. These sites are accessible by Roam public transit, bike, car or foot.

**Four Extraordinary Afternoons**

By canoe, explore the wildlife hidden among the marshes at Vermilion Lakes, a magnificent wetland. Hike a switchback trail up Tunnel Mountain for the best views of the town of Banff. Enjoy an easy walk to discover Fenland Trail, or bike along on the paved Banff Legacy Trail. Picnic with the kids by Lake Minnewanka. Walk the twisting shoreline trail to the reservoir then walk the twisting shoreline trail to Stewart Canyon. Explore the history and remnants of an old coal town on the Lower Bankhead Trail. For a truly Canadian experience, book a comfortable Equipped Campsite at Two Jack Main Campground where your tent is ready and waiting. Roam public transit route 6 services most areas of the loop.

**Take the Scenic Route**

Drive the 230 km Icefields Parkway (893N) past glaciers, sparkling waterfalls and turquoise lakes on your way from Lake Louise to Jasper. Hike to view ancient ice at Parker Ridge and Bow Glacier Falls. Snap unforgettable panoramas at Crowfoot Glacier, Bow Lake and Herbert Lake. Try a unique adventure: take the David Thompson Highway (Hwy 11) to Rocky Mountain House National Historic Site to explore the archeological remains of four fur-trade forts during the day and experience the life of a fur trader by sleeping in a tipi or Metis trapper tent at night.

**Banff’s Iconic Landscapes**

A slow, scenic drive along the Bow Valley Parkway winds through sun-speckled forests and past the tiered pinnacles of Castle Mountain. Walk alongside waterfalls in the summer and glittering ice in the winter at Johnston Canyon. Stroll along the shoreline of Lake Louise or in the summer, hike to two historic teahouses surrounded by glaciers (bring cash for tasty treats). In the winter, play on skates, ski and snowshoes.

**Lake Louise, Moraine Lake and Johnston Canyon are some of the most popular locations in the park.** In the summer, park your car and take Roam public transit from Banff to Lake Louise and Johnston Canyon. For Moraine Lake, Parks Canada shuttles are available from the Lake Louise lakeshore.

**Public transit and shuttle information:**

parkscanada.gc.ca/banff-transit
See the Cave and Basin National Historic Site
Roam Route 4 (summer only)
Nature, culture and history are minutes from Banff Avenue. See impressive architecture, bubbling mineral waters, and an underground cave that gave rise to the birthplace of Canada’s national parks. The site is open year-round.

Soak in the Banff Upper Hot Springs
Roam Route 1 (year-round)
Relax among the jagged peaks in an outdoor pool with hot, mineral-rich water. This fully accessible site is open daily, year-round, complete with café, gift shop, and picnic tables.

Summit Tunnel Mountain
Roam Route 7 (year-round)
The switchback trail to this low summit provides sweeping views across the town and Bow Valley, with Mount Rundle rising dramatically to the south. The trailhead is a 15 minute walk (1 km) from downtown Banff.

Meander along Vermilion Lakes Drive
This 4.3 km paved road is ideal for biking and can also be explored by car or foot. Relax on the docks and benches, learn about the area, and snap a stunning picture of Mount Rundle.

Bike the Banff Legacy Trail
Roam Route 3 (year-round)
Paved paths and roadways span 29 km from Travel Alberta’s visitor centre in Canmore to the Bow Valley Parkway. Cyclists, strollers and runners enjoy expansive views, picnic areas, the town of Banff, and Vermilion Lakes along the way. Trail is not maintained in winter.

Explore Lake Minnewanka Loop
Roam Route 6 (summer only)
Visit a glacial lake, remnants of a coal mining town and a scenic canyon. In the summer, enjoy picnicking, hiking and being on or by the water. In the winter, half the loop is closed to vehicles, making it a great destination for cross-country skiing, winter walking or snowshoeing.

Discover Johnston Canyon
Roam Route 9 (summer only)
Follow wide trails and narrow bridges with railings through the canyon to the majestic Lower Falls. Take Roam public transit to this iconic location in summer. In other seasons, be sure to bring ice cleats.

Visit Lake Louise – The Lake
Roam Route 8 (year-round)
This spectacular alpine setting is a hub for iconic photos, hikes, canoeing, horseback riding, climbing, and awe-inspiring scenery. During the summer, Roam public transit is highly recommended.

Visit Lake Louise – The Icefields Parkway
Roam Route 10 (year-round)
This world-renowned, 230 km drive winds through ancient glaciers, dramatic rock spires, emerald lakes, and broad sweeping valleys. Snow may be present any time of the year—review driving safety on page 25.

Experience Great Canadian Camping
Season-long service to most campgrounds
Camping in the national park is as rewarding as its majestic landscapes. Sites range from rustic, treed settings to full service with mountain views. Book in advance at reservation.pc.gc.ca and choose from a traditional RV or tent site, try a cabin-like oTENTik, or a convenient Equipped Campsite.

Explore from Town
Nature is only a moment away in Banff National Park. The trails listed below are near the town centres.

Banff
See trails on pages 10-11
Bow River Trail
Discover mountain views only steps away from Banff Avenue. Start at Central Park and follow this river trail past the canoe docks to Fenland Trail. Alternatively, walk over the pedestrian bridge and follow the river to Bow Falls.

Hoodoos Viewpoint to Surprise Corner
This trail connects the Tunnel Mountain campgrounds to Surprise Corner along the beautiful Bow River.

Tunnel Mountain Trail
A 15 minute walk from downtown brings you to the trailhead of this short hike. The summit offers stunning views of the town and valley.

Lake Louise
See trails on page 13
Bow River Loop
This gentle self-guided interpretive loop along the Bow River connects Samson Mall in the centre of Lake Louise to the campgrounds.

Tramline Trail
Avoid traffic and enjoy this moderately challenging hike up to the Lake Louise lakeshore. A century ago, this was the trolley route to the Chateau Lake Louise.

Louise Creek Trail
Take this trail to create a loop back to the village from the lakeshore. This easier trail follows the entire length of Louise Creek as it rushes from Lake Louise to the Bow River.

Plan Ahead. Take Transit.
Significant traffic congestion can occur in Banff National Park. Transit and shuttles are available to many top destinations in the park—look for the bus symbol on the maps. Park your vehicle or RV and come explore!
Transit/shuttle info: pc.gc.ca/banff-transit
Town of Banff parking: banffparking.ca
Real-time park info: pc.gc.ca/banffnow
Maps: Banff visitor centres

Visit Lake Louise and Moraine Lake
Fares and schedules at parkscanada.gc.ca/banff-transit

Parking at these popular spots fills quickly. For the best experience, take public transit or a shuttle.

Roam Route 8
Year-round service
Lake Louise Shuttle
Village: Drop-off only
May 17 to October 14
Moraine Lake Shuttle
Village, Park and Ride: Drop-off only
May 24 to October 14
Dates weather dependent
Campground Shuttle
May 17 to October 14
Early-bird Shuttle
This route is for backcountry hikers.
June 24 to September 29
Return trip on Moraine Lake Shuttle.
Runs 6 a.m. - 8 a.m.
Planning to camp in a national park?

Many campsites can be reserved and most fill up quickly. Book online or call ahead for information and reservations. Camping is permitted in designated campgrounds only. A valid camping permit and national park entry pass are required. 1-877-RESERVE (1-877-737-3783) or reservation.pc.gc.ca

Camping is permitted in designated campgrounds only. A valid camping permit and reservations are required. Many campsites can be reserved and most fill up quickly. Book online or call ahead for information

Planning to camp in a national park?

Camping

Park

Campgrounds

Open Dates

Sites

Tunnel Mt. Village I

Jun - Oct 7

618

Tunnel Mt. Village II

Open year-round

209

Tunnel Mt. Trailer Court

May 9 - Oct 7

322

Two Jack Main

Jun 20 - Sep 3

380

Two Jack Lakeside

May 9 - Oct 7

74

Johnston Canyon

Closed 2019

132

Castle Mountain

May 30 - Sep 16

43

Protection Mountain

Jun 21 - Sep 2

72

Lake Louise Tent

May 30 - Sep 30

206

Lake Louise Trailer

Open year-round

189

Mosquito Creek

May 31 - Oct 14

32

Silverhorn

Jun 15 - Sep 30

45

Waterfowl Lakes

Jun 21 - Sep 3

116

Rampart Creek

May 31 - Oct 14

50

Rocky Mountain House National Historic Site

May 14 - Sep 28

45

Marble Canyon

Jun 20 - Sep 9

61

McLeod Meadows

Jun 13 - Sep 16

88

Redstreak

May 2 - Oct 15

242

Crook’s Meadow (group camping)

Call 250-347-2218 for nonprofit group camping reservations and fees.

1

Monarch

May 2 - Oct 14

44

Kicking Horse

May 23 - Oct 14

88

Takakkaw Falls (walk-in)

Jun 20 - Oct 14

35

Hoodoo Creek

Jun 20 - Sep 2

30

Backcountry Camping

Banff’s backcountry offers spectacular destinations for those new to backcountry camping and to experienced travellers. No matter your level of adventure, be prepared, plan ahead. Pick up your brochure at a Parks Canada visitor centre, and visit parkscanada.gc.ca/banff-backcountry for trip ideas, planning and permit information.

Starting your hike at Moraine Lake? There is an early-bird shuttle available for backcountry hikers from June 24 to September 29. Visit parkscanada.gc.ca/banff-transit for details.

Banff Campground Closure

Whistlers campground in Jasper will be closed for improvements to the parking lot, restrooms and signs. As early as April 2019, Peyto Lake/Bow Summit National Historic Site and campground will close for improvements to the parking lot, restrooms and signs. Call 250-347-2218 for reservations and fees.

Jasper Campground Closure

Whistlers campground in Jasper will be closed for improvements in 2019. Whistlers campground in Jasper will be closed for improvements in 2019.

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Whistlers campground in Jasper will be closed for improvements in 2019.
**Mountain Wildlife**

**Grizzly or Black Bear?**

**You are in bear country!**

- **Be aware**—you are near a bear! Watch for fresh scrap, tracks or large diggings.
- **Make noise!** Sing, yell, talk loudly and travel in groups of 4 or more when possible.
- **Dogs must be on a leash and under control at all times.**

- **Keep children nearby and in sight at all times.**
- **Never approach or feed a bear.** Stay 10 bus lengths or 100 metres away.
- **Carry bear spray, keep it accessible and know how to use it.**
  
  Visit: parkscanada.gc.ca/bears-and-people

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<table>
<thead>
<tr>
<th>Size Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Bison</em></td>
</tr>
</tbody>
</table>

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**Characteristics**  
The smallest member of the rabbit family. Has a piercing call that sounds like a high-pitched “eep.”

**Where to find**  
Rock slides and talus slopes.

---

**Characteristics**  
A larger member of the rodent family. Silver-brown in colour with longer hair. Has a high-pitched call that sounds like a whistle.

**Where to find**  
Alpine and subalpine meadows, rock piles and scree slopes.

---

**Characteristics**  
Tan-coloured. Longer body. Has a high-pitched “squeak.”

**Where to find**  
Meadows, rockslides and townsites in underground colonies.

---

**Characteristics**  
Red body, white underside and very large, bushy tail.

**Where to find**  
Coniferous forests, scampering up trees.

---

**Characteristics**  
Tan colour, tail has white underside and is held erect like a flag when alarmed.

**Where to find**  
Mostly valley bottoms.

---

**Characteristics**  
Brown body, darker neck and large tan rump patch, backwards slanting antlers.

**Where to find**  
Valley bottoms and open areas. Commonly seen around townsites.

---

**Characteristics**  
Black tip on tail, large ears, white rump, grey colour.

**Where to find**  
Mostly valley bottoms.

---

**Characteristics**  
Built like a large German Shepherd, with longer legs. Shovel-like antlers.

**Where to find**  
Wet and marshy areas.

---

**Characteristics**  

**Where to find**  
Near steep rocky terrain.

---

**Characteristics**  
Tall ears.

**Where to find**  
Near steep rocky terrain.

---

**Characteristics**  
Built like a large German Shepherd, with longer legs. Colour can vary from white to black.

**Where to find**  
Mainly valley bottoms.

---

**Characteristics**  

**Where to find**  
Valley bottoms.
Wildlife Need Your Help

#WildlifeRules in Banff National Park

Banff National Park is a gateway to nature, adventure and discovery. The chance to observe wildlife as they go about their natural lives is a fascinating experience that draws millions of people to the park each year. Along with this opportunity, however, comes the responsibility to treat wildlife with the respect they deserve. Follow these #WildlifeRules to protect wildlife and keep Banff National Park a special place. Learn more at parks_canada.gc.ca/WildlifeRules and throughout this guide.

Always keep your campsite and picnic area clean.

When you are done cooking or eating at your picnic table, all food, food-related and scented items MUST be stored:
- In a hard-sided vehicle, trailer or motor home, NOT in tents or tent trailers
- In campground food storage lockers

Non-food items such as lawn chairs, tables or lanterns may be left outside. Items such as coolers, cook stoves, dish towels and toothpaste must be properly stored.

Dump dish water down outdoor sinks or at the sani-dump in campgrounds.

Wildlife Rule #1: Help keep animals away from human food.

Human food kills wildlife.

Wildlife quickly find any food, scented items or garbage that is left unattended. Eating these unnatural foods teaches the wildlife to approach people for an easy meal.

Wildlife that eat human food or garbage become aggressive with people. This puts both people and wildlife at risk of being hurt or killed.

Once wildlife develop a taste for human food, they often become aggressive in their search for more. This places you and others in danger as they search for food or garbage that is not properly stored.

Propriely store all food and scented items.

A clean campsite or picnic area does not have anything that will attract wildlife (food, garbage, food-related or scented items). Never leave these items unattended:
- Coolers – full or empty
- Food – wrapped, unwrapped or in containers
- Garbage/wrappers
- Dishes/pots/cutlery – clean or dirty
- Beverage containers – full or empty
- Pot food/bowls – full or empty
- Bottles/cans – open or unopened
- Scented products – such as shampoo, toothpaste, candles, citronella, dish soap, sunscreen, lip balm, dish towels
- Barbecues – clean or dirty
- Any other items used for food preparation or that have a smell or scent

Never leave food or scented items unattended or in a tent for even a minute.

All food, food-related and scented items MUST be stored away.

Wildlife Rule #2: Put garbage in the wildlife-proof garbage bins.

Wildlife will feed on garbage: littering means feeding wildlife. Ensure all garbage and recycling are disposed in wildlife-proof bins immediately.

- If you see garbage or recycling left outside in the town of Banff, please inform Bylaw Services at 403-762-1218 (8 a.m. to 6 p.m. seven days a week).
- After hours, please call Parks Canada Banff Dispatch at 403-762-1470.

How to use the wildlife-proof garbage bins.

Place your hand inside the handle and push it to the very back to release the latch.
Raise your arm to open the lid. Dispose of garbage.
Lower the lid. Ensure the lid is closed tight before leaving.

Place your hand inside the handle and push it to the very back to release the latch.
Raise your arm to open the lid. Dispose of garbage.
Lower the lid. Ensure the lid is closed tight before leaving.
To Learn More About Wildlife and Safety

Pick up a copy of Keep the Wild in Wildlife and Bears and People at a Parks Canada visitor centre or visit parkscanada.gc.ca/banff-brochures.

Information available in French, Chinese, Japanese, Korean, Spanish and German.

Report bear, cougar, wolf and coyote sightings and encounters to Parks Canada Banff Dispatch when it is safe to do so: 403-762-1470

It is illegal to feed, entice or disturb any wildlife in a national park. Violators will be charged, be required to appear in court, and could pay fines up to $25 000.

Bison Return to Banff

Bison once roamed Banff National Park, but until recently, they had not been seen in the wild for over 140 years. In 2017, Parks Canada reintroduced a small herd of plains bison into Banff’s eastern slopes and held them in a pasture for 1.5 years to prepare them for life in the mountains. In summer 2018, the herd was released into the wild and now roam a large area in Banff’s backcountry.

Bringing bison back benefits a range of plants and animals. Their return reconnects cultural links between people and bison, and creates opportunities for Canadians and visitors to learn about this iconic creature.

Follow the journey of returning North America’s largest land mammal to Canada’s first national park:

Read our bison blog: parkscanada.gc.ca/banff-bison

Follow the herd:

#Banffbison @BanffNP

To experience bison up close at another Parks Canada location in Alberta, visit Rocky Mountain House National Historic Site or Elk Island National Park.

Keep the Wild in Wildlife and Bears and People

For photos, do not surround, crowd or follow an animal. Use zoom or show the animal in its natural surroundings and crop the image later.

Do not startle wildlife. If you make them move, you are too close.

Give us space.

Wildlife Rule #3: Give wildlife the space they need.

Photograph wildlife from a vehicle or safe distance:

• 30 metres for deer, elk, moose and bighorn sheep
• 100 metres for cougars, bears, coyotes and wolves

Dogs stress wildlife.

Dogs cause stress for wildlife. Dogs, like wolves and coyotes, may be seen as a threat. Off-leash dogs can trigger aggressive behaviour from wildlife such as grizzly bears and elk. To prevent unsafe situations, it is your responsibility to:

Ensure your dog is on a leash and under control at all times.

Pick up and dispose of your pet’s waste in a garbage bin.

Do not leave pet food out. If you walk away, store food dishes – empty or full. Always store food dishes at night.

Dogs are not allowed on some trails:
parkscanada.gc.ca/banfftrails

Consider leaving your dog at home if you plan to camp, hike or go into the backcountry.

Wildlife Rule #4: Slow down. Obey speed limits.

If you see wildlife by the road, slow down, stay in your vehicle and move on.

• Be aware of the traffic around you.
• Pull over where safe to do so.
• Turn on hazard lights.
• Stay in your vehicle.
• Watch for a few moments, take a quick photo, and then move on.
• If a traffic jam develops, move on. It is unsafe for people and wildlife.

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• Be aware of the traffic around you.
• Pull over where safe to do so.
• Turn on hazard lights.
• Stay in your vehicle.
• Watch for a few moments, take a quick photo, and then move on.
• If a traffic jam develops, move on. It is unsafe for people and wildlife.
Before heading out, check trail conditions at parkscanada.gc.ca/banfftrails, and road conditions. Visit 511.alberta.ca, call 511 in Alberta or 1-855-391-9743.

Stay on designated roads, trails and other hardened surfaces.

Make noise on the trails and let wildlife know you are coming.

Be aware of your surroundings. Earbuds or headphones prevent you from hearing wildlife and increase your risk of a dangerous encounter.

Carry bear spray, keep it accessible, and know how to use it. Animals are active in the park at all times of the year—even bears can wake up during the winter.

Watch a video here: parkscanada.gc.ca/bearspray. Bear spray and more information is available at Parks Canada visitor centres.

Keep clear of cliffs, ledges and fast moving water.

Research and plan overnight trips including potential trail restrictions and closures, avalanche conditions and mandatory backcountry permits. Visit avalanche.pc.gc.ca and parkscanada.gc.ca/banff-backcountry for safety tips.

Cell phone coverage is not reliable in many areas of the park. Always let someone know your travel plans.

Conservation Stories

Giving Safe Passage to Wildlife
Parks Canada began twinning the Trans-Canada Highway in the early 1980s. This allowed testing innovative ways to reduce vehicle collisions with wildlife while allowing animals to move safely from one side of the Bow River valley to the other. Highway fencing and wildlife crossing structures were largely untested ideas until Banff National Park installed fencing and 44 wildlife crossing structures: six overpasses and 38 underpasses.

A variety of wildlife now cross the highway safely. Black bears and cougars prefer underpasses; grizzly bears prefer overpasses. Parks Canada proved that roads can be made safer for people and wildlife. Many other highways across North America now have fences and crossing structures like those pioneered here in Banff National Park.

To learn more, visit the wildlife crossing exhibit just west of Redearth on the Trans-Canada Highway (accessible westbound only). See map on page 9.

Managing Fire in the Park
In addition to prescribed fires and FireSmart work in the Bow Valley, Parks Canada is expanding an existing fire guard on the west side of Sulphur Mountain. The project reduces the risk of wildfires to the town of Banff and also improves grizzly bear habitat. Decades of fire suppression created dense forests with significant amounts of woody debris, increasing the risk of wildfire. Through this multi-year project, Parks Canada will selectively remove trees and deadfall and prune branches from approximately 300 hectares of forest. Keeping the public safe is a top priority, and the West Sulphur project contributes to that goal.

Creating New Fish Habitat
During the fall of 2018, Parks Canada completed a habitat restoration project within the lower section of Cascade Creek. The project created new habitat for native fish populations and reduced the risk to downstream infrastructure during flood events. An excavator was used to create a new stream bed with deep and shallow areas for natural water flow.

Members of Banff National Park’s volunteer program, along with Parks Canada staff and contractors, contributed 165 hours planting over 700 native willow trees and shrubs. These plants will stabilize soils, shade the stream to maintain cooler water temperatures and provide a source of insects for fish.
National Park Regulations

Stay Safe and Enjoy

Following park regulations while enjoying the national parks helps protect people, landscapes, and wildlife:

- **Camping is permitted in designated campgrounds only.** A valid camping permit and national park entry pass are required. Do not sleep in your vehicle or RV roadside, at pull-outs, or pitch a tent in an area that is not a campground.

- **Be considerate of others.** In campgrounds, alcohol and cannabis cannot be consumed beyond your registered campsite. There is a daily ban on alcohol and cannabis consumption during quiet hours, between 11 p.m. and 7 a.m. During summer long weekends (May – September), the possession and consumption of alcohol and cannabis are not permitted in any campground.

- **Drones/UAVs are prohibited** for personal use anywhere in the national parks.

- **Pets must be on a leash and under control at all times.** Collect and discard feces in garbage bins.

- **Do not feed any wildlife.** It is illegal to feed wildlife—this includes littering and leaving food or scented items unattended.

- **Do not litter.** Use the wildlife-proof garbage bins for all unwanted items.

- **Take only photographs.** It is illegal to pick flowers, mushrooms, cut down trees, branches, remove rocks, cultural artifacts or otherwise cause damage to natural objects or living things.

- **Stay out of closed areas.** Area closures or activity restrictions are implemented when visitors are at risk or when wildlife require additional protection. Signs indicate the areas impacted.

- **Be careful with fire.** Fires are permitted only in designated metal fire pits. Never leave a fire unattended. Extinguish fires completely. Do not use deadwood, bark or branches for fuel.

- **Buy fishing permits.** Anglers require a national park fishing permit, available at Parks Canada visitor centres. Provincial licenses are not valid in national parks. National Park Fishing Regulations prohibit lead tackle under 50g and all bait, natural or chemical. For more information, see the Fishing Regulations Summary brochure, available at Parks Canada visitor centres.

- **Going boating?** Motors of all kinds are prohibited on all lakes except Lake Minnewanka.

- **Motorized off-road travel is not permitted.**

- **Firearms are prohibited in national parks.** Firearms include pellet guns, bear bangers, bows, slingshots and similar items.

- **E-bikes (pedal-electric power-assisted bicycles) are permitted on roads and trails within the town of Banff and the Legacy Trail.**

- **E-bikes are not permitted** on any other trails in the national park.

The Canada National Parks Act

Park Wardens are responsible for enforcing park regulations as required by the Canada National Parks Act (parkscanada.gc.ca/banffregulations). To report park violations, call 24 hours, 7 days per week:

- Banff, Yoho, Kootenay and Waterton Lakes: 1-888-927-3367
- Jasper, Mount Revelstoke and Glacier: 1-877-852-3100

Violators will be charged, be required to appear in court, and could pay fines of up to $25 000.

---

Give us space.

Do not approach wildlife.

Human food kills wildlife.

Do not litter.
Summer trails become a winter wonderland with the turn of the seasons in Banff National Park. Snow covered pines, white-capped mountains, and wildlife tracks are just a few of the discoveries waiting for you. Come outside and play!

Near the Town of Banff

Grab your hiking poles and ice cleats and hike Tunnel Mountain for a beautiful view of the townscape and valley—trailhead is accessible by Roam public transit route 7. On a day with fresh snow, enjoy the views of Cascade and Rundle mountains by snowshoe around frozen Johnson Lake. From the over-sized tires of a fat bike, ride to the Cave and Basin National Historic Site and enjoy theBanff Winter Carnival. After your visit, continue on to find views of the river and mountains along the beginner-friendly Marsh Loop. Enjoy the rolling terrain and groomed cross-country ski trails along Spray River West in the tree-lined river valley. Camp year-round at Tunnel Mountain Village II—bring your RV or enjoy the season from a tent.

Near the Village of Lake Louise

Hop on Roam public transit route 8 to visit Lake Louise. At the lake, walk, ski or ice skate and enjoy a picturesque view of Victoria Glacier. From the village, view the beautiful frozen river from the seat of a fat bike, ride to the Bow River Loop. Experience the charm of the Fairview Loop from a track-set cross-country ski trail that runs through open clearings and snow-draped woods. Bring your RV and camp year-round in the Lake Louise Trailer campground. For a spectacular winter view, drive the scenic Icefields Parkway and snowshoe to the Peyto Lake viewpoint—feast your eyes on the striking peaks that surround the lake.

Safe Winter Driving

Ensure your vehicle has snow tires—look for the snowflake symbol. Snow tires are mandatory from November 1 to April 1 on mountain roads including the Icefields Parkway (Lake Louise to Jasper).

Cell phone coverage is not reliable in the mountains, and there is no cell coverage along the Icefields Parkway. Tell someone your route, when you are leaving and when you plan on arriving. Plan to start early and complete your drive—with time for exploration and stops along the way—during daylight hours. Have a safety kit in your vehicle that includes a cell phone, charger, water, energy bars, first aid kit, flashlight, extra batteries, warm clothing and blankets. Always check road conditions and the weather forecast before leaving. Visit 511.alberta.ca, call 511 in Alberta, or 1-855-391-9743.

You are in Avalanche Terrain

Avalanche season in the mountains extends from November to June, and even a short walk from downtown Banff or Lake Louise can take you into avalanche terrain.

Check the trail report online or at a Parks Canada visitor centre to see if your trail requires avalanche trailing and equipment. Avalanche risk changes daily—check online for current information.

Trail report: parkscanada.gc.ca/banfftrails
Safety information: parksmountainsafety.ca
Avalanche forecast: avalanche.ca

Winter Closures, Restrictions and Warnings

See maps or pc.gc.ca/banffnp-closures for more information.
• Tunnel Mountain Drive: page 11
• Golf Course Road: page 11
• Legacy Trail: page 11
• West side of the Lake Minnewanka Road: page 12
• Moraine Lake Road: pages 8 and 13
• Bow Valley Parkway: page 9

Winter Tip: Use Ice Cleats

Trails can be icy in the winter. Hiking poles and ice cleats are recommended. Cleats are designed to fit over shoes or boots and can be purchased at the Banff Visitor Centre, 224 Banff Avenue, and most outdoor stores in the town of Banff.

Top Tips for Winter

• Visit a Parks Canada visitor centre before you go.
• Tell someone where you are going and when you expect to return.
• Always check the trail report and local weather forecast before you venture out.
• Mountain weather changes quickly. Make sure you are prepared with warm clothing and supplies.
• Wear proper winter footwear. Snow-covered trails can be icy and slippery.
• Bring a headlamp—you never know when you might be delayed.
• Expect winter driving conditions. Drivers should travel based on comfort level and experience.
• Park your vehicle and take Roam public transit: roamtransit.com

Ask Us About Winter

Parks Canada staff are here to help. Stop by a Parks Canada visitor centre and plan your winter adventure.
• Trip and winter activity planning
• Winter camping
• Trail and road conditions
• Weather updates
• Avalanche safety
• Winter packing list
Meet Parks Canada’s Interpreters

Want to discover more about the uniqueness of the area’s natural and cultural heritage? Friendly and knowledgeable interpreters are here to share the stories of Parks Canada’s protected places. Look for interpreters at campgrounds and popular day-use areas throughout the summer and at national historic sites during various times of the year.

Visit parkscanada.gc.ca/banff-interpretation for more information on interpretive programs and activities in Banff National Park and national historic sites.

Visit parkscanada.gc.ca/bnp-events for event listings.

Explore with your preschooler

Parka is eagerly waiting to introduce your child to the wonders of Parks Canada places. Parka encourages kids to explore the world around them, whether on a hike along wilderness trails or a step back in history at a site.

Are you 6-11 years old?

Check out Parks Canada’s Xplorers booklets filled with fun activities to do while visiting. In Banff National Park there are five different booklets to complete: Banff National Park, Lake Louise, Icefields Parkway, Cave and Basin and Banff Park Museum national historic sites. Don’t forget to ask for Rocky Mountain House National Historic Site’s Xplorers booklet when you are there.

Storybook available for kids

A Beary, Berry Good Day is a 48-page bilingual children’s book that shares important messages with the next generation of responsible national park users of how to help protect Canada’s national parks and the wildlife that live here. A Beary, Berry Good Day is available for purchase at Parks Canada visitor centres and select locations around town. Visit parkscanada.gc.ca/Banff-BearBook for more information.

Interpretive Programs and Activities

Volunteering in Banff National Park

Are you looking for a unique experience during your trip to Banff National Park? Volunteers are an important part of keeping the park pristine and safe for people and wildlife.

Anyone can volunteer—learn more and sign up:

parkscanada.gc.ca/banff-volunteer

Contact Information

Want more information about Banff National Park?

Visit facebook.com/BanffNP
twitter.com/BanffNP
instagram.com/parks.canada

Brochures are available online at: parkscanada.gc.ca/banff-brochures or at a Parks Canada visitor centre.

Want more information on Mountain National Parks?

Banff
pc.gc.ca/banff
Banff Visitor Centre: 224 Banff Avenue 403-762-1550
Jan 1 - May 16 | 9 a.m. - 5 p.m. | 7 days / week
May 17 - Sep 30 | 8 a.m. - 8 p.m. | 7 days / week
Oct 1 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week
Closed Dec 25

Banff Train Station:
327 Railway Avenue
Jan 1 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week
Closed Dec 25

Lake Louise Visitor Centre:
201 Village Road, in Samson Mall 403-522-3833
Jan 1 - May 31 | 9 a.m. - 5 p.m. | 7 days / week
June 1 - Sept 30 | 8:30 a.m. - 7 p.m. | 7 days / week
Oct 1 - Dec 31 | 9 a.m. - 5 p.m. | 7 days / week
Closed Dec 25

Jasper
pc.gc.ca/jasper
Jasper Information Centre: 780-852-6176
Tourism Jasper: 780-852-6236, jasper.travel

Kootenay
pc.gc.ca/kootenay
Tourism Radium/Radium Chamber of Commerce: 1-888-347-9331, tourismradium.com

Yoho
pc.gc.ca/yoho
Tourism Golden: 1-800-622-4653, tourismgolden.com, field.ca

Mount Revelstoke and Glacier
pc.gc.ca/glacier • pc.gc.ca/revelstoke
Tourism Revelstoke: 1-800-487-1493, seerevelstoke.com

Waterton Lakes
pc.gc.ca/waterton
Waterton Chamber of Commerce, mywaterton.ca

Banff & Lake Louise Tourism: 403-762-8421, banfflakelouise.com
Trail Conditions Report: pc.gc.ca/banfftrails
Environment Canada Weather Forecast: 403-762-2088, weather.gc.ca

Guidebooks, topographic maps and bear spray are available at Parks Canada visitor centres and retail outlets in the town of Banff and the village of Lake Louise.

Slow down, my cubs live here.
Obey speed limits.

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Stopping in the park? You need a national park entry pass.

Entry fees are charged at most national parks and national historic sites, where revenues support visitor services and facilities. This means that every time you visit a park or site you are investing in its future and in a legacy for future generations. Pick up your national park entry pass at any park gate, Parks Canada visitor centre or staffed campground kiosk.