Welcome to Banff National Park, Canada’s first and most famous national park. With more than 300 km of cycling and an incredible way to explore the spectacular places. Trails range from easy to difficult and the biking season usually runs from May to October, depending on weather conditions. Many of the trails are great for families with children and beginners, while others are challenging enough for the more experienced cyclist. These activities are also enjoyed by backcountry skiers and snowshoers in the winter months.

**Family-Friendly Trails**

These trails are great for beginners, children, and riders seeking the easy challenge of light riding. They typically feature soft surfaces, gradual elevation changes and other spectacular views. Bring a picnic or a good book for a relaxing break while enjoying the journey.

**Easy Rides**

**3.7 km one way**  
**Tunnel Bench Loop**  
**Moderate Rides**

**5.0 km one way**  
**Healy Creek**  
**Thick and Meaty**

**7.0 km of trails**  
**Mountains Westside**

**8.5 km one way**  
**Brewster Creek**  
**A Strange Loop**

**9.0 km one way**  
**Redearth Creek**

**9.5 km one way**  
**Tunnel Bench Loop**

**10.9 km one way**  
**Rundle Riverside**

**12.0 km one way**  
**Lower Stoney**

**14.8 km one way**  
**Spray River East and West**

**2.7 km one way**  
**Cascade Ponds – Banffhead**

**3.9 km of trails**  
**Spine Trail**

**3.9 km one way**  
**Jamboree Trail**

**5.4 km one way**  
**Lake Minnewanka Road**

**5.7 km one way**  
**Spray River East and West**

**5.9 km one way**  
**Spray River Bridge**

**5.9 km one way**  
**Lethbridge Loop**

**14.0 km one way**  
**Valley Waterfall Trail**

**16.0 km one way**  
**Kicking Horse**

**16.0 km one way**  
**Upper Stoney Loop**

**20.4 km one way**

**2.7 km one way**  
**Tunnel Technical Trails (16)**

**2.7 km one way**  
**Ride to Tunnel Mountain**

**5.0 km one way**  
**Grimmer’s Hideout**

**5.0 km one way**  
**Hoodoo Trail**

**5.0 km one way**

**6.0 km one way**

**6.5 km loop**  
**Tunnel Mountain Loop**

**7.0 km one way**  
**Lake Minnewanka Road**

**7.0 km of trails**

**8.5 km one way**  
**Redearth Creek**

**8.5 km of trails**

**9.0 km one way**  
**Tunnel Bench Loop**

**9.5 km of trails**

**9.5 km of trails**

**9.8 km of trails**  
**Tunnel Technical Trails (16)**

**11.0 km one way**  
**Coastline**

**14.0 km one way**  
**Brewster Creek**

**15.0 km one way**  
**Sunshine Trail**
Looking for a paved cruise or epic ride? Pick up the Road Cycling Guide at a Parks Canada visitor centre or online at pc.gc.ca/banff-brochures

EASY
• Suitable for all cyclists, including those with little or no experience.
• Flat to gently rolling with no obstacles.
• A little more elevation gain or loss.

MODERATE
• Suitable for most cyclists who have some basic experience and are prepared with proper equipment and water.
• Gently rolling with short, steep sections and infrequent obstacles.
• Moderate elevation gain or loss.

DIFFICULT
• Suitable only for cyclists who have experience and are prepared with proper equipment and water.
• Long, steep sections with frequent obstacles.
• Major elevation gain or loss.

All elevations are approximations to give riders an idea of what to expect on each route. Elevations are calculated as the total amount of elevation gained and the total amount of elevation lost (all the ups and downs) over the entire distance of an out-and-back trail or loop.

For fees and schedules, visit roamtransit.com.

YIELD TO CÉDEZ

DONE WITH THIS BROCHURE? Please return to a park facility or share it with others.

HOW WAS YOUR TRIP? Please take your comments to pc.banff-vrc.pc@canada.ca

July 10 to Sept 15 This summer, a portion of the Trans-Canada Highway will be closed, shortly after Stewart Canyon Bridge. To promote safety and allow access to the Bow Valley Parkway and Sulphur Mountain, a shuttle will be available to shuttle you back. Details will be available on the website.

Your speed and gradients put you at risk for sudden wildlife encounters. Always carry bear spray, know how to use it, and know how to use it before heading out. To watch a video on how to use bear spray, visit parksCanada.gc.ca/bewarespray.