**Lakeside Cruising**

If your ultimate ride includes reflecting by a lake or river, Vermilion Lakes Drive (5) should be on your list. Several docks and benches along this flat paved road provide opportunities to sightsee, take photographs or have a lunch break.

**Flora and Fauna**

Lake Minnewanka Road (6) rolls along through the area’s rich montane habitat. The mix of forest and open grassland is home to bighorn sheep, deer, elk and bears. This 13.1 km loop offers a pleasant ride through varied terrain and a chance to stop at the area’s popular sightseeing locations of Bankhead, Two Jack Lake, Lake Minnewanka and Cascade Ponds.

**The Original Highway**

One of the most breathtaking road rides in the area, the Bow Valley Parkway (8) offers something for everyone. This classic ride on the original road through Banff National Park gently rises and falls as it meanders past open meadows, dense forests, and soaring mountains. Most often started in Banff, riders can choose one of the many picnic areas located along the parkway as a final destination or choose to embark on full day trip to Lake Louise making for a 115 km day back to Banff. Please ride in single file as this road can be busy with vehicular traffic and be aware of your surroundings as you travel through this bustling wildlife corridor.

**Road Rides in the Banff Area**

_When approaching blind corners. Travel in groups, quietness puts you at risk for sudden wildlife sightings._

- **Family Friendly Rides**
  - **Sundance Trail**
    - 3.7 km one way
    - Starting Point: Cave and Basin National Historic Site
  - **Tunnel Campground Loop**
    - 6.4 km loop
    - Starting Point: Tunnel Mountain Campground
  - **Banff Legacy Trail**
    - 29 km one way
    - Starting Points: Valleyview, Cascade Ponds, Vermilion Lakes and Fish Creek

**Easy Rides**

- **Golf Course Drive**
  - 10.9 km loop
  - Starting Point: Bow Falls parking area
  - Cross the bridge over the Spray River at the end of the parking area and proceed onto Sunshine Village Drive. This road winds gently along the golf course before it loops back. This is a peaceful road with lovely views over the Bow River and surrounding peaks. While close to town, be alert – wildlife also enjoy this area.

- **Vermilion Lakes Drive**
  - 4.3 km one way
  - Starting Point: Fenland Day-use Area, paved trail to Vermilion Lakes Drive
  - Vermilion Lakes are a series of three shallow lakes surrounded by marshes – a fine area for bird-watching. The day-use area provides classic views of Banff’s signature peak, Mount Rundle. There are benches, bike racks and small docks where you can relax with a snack and enjoy the view. Connector: Banff Legacy Trail (5) to the Bow Valley Parkway (8).

**Moderate Rides**

- **Lake Minnewanka Road**
  - 13.1 km loop
  - Starting Points: Cascade Ponds and Lake Minnewanka Day-use Area or the Banff Legacy Trail (3)
  - Lake Minnewanka Road is popular with cyclists and offers a pleasant ride through varied terrain, with panoramic views and many attractions including Cascade Ponds, Bankhead, Lake Minnewanka and Two Jack Lake. This narrow road can be busy, so ride with caution and be on the lookout for bighorn sheep on the slopes above Two Jack Lake. Connector: Banff Legacy Trail (3).

- **Tunnel Mountain Drive/Road**
  - 10.7 km loop
  - Starting Point: Central Park parking area, West end of Buffalo Street
  - Start by heading east on Buffalo Street, rising gently past Surprise Corner with its extraordinary view over Bow Falls and the world famous Fairmont Banff Springs. Continue climbing and winding around its lower slopes to join the Tunnel Mountain Road. Turn right (East) and pass the campgrounds for impressive viewpoints before you drop back down to the Banff Legacy Trail (3). Go left into town, or right towards Lake Minnewanka. Elk and deer are common along this narrow roadway.

- **Bow Valley Parkway**
  - 57.5 km one way (Banff to Lake Louise)
  - Starting Points: From downtown Banff, access the trail via Vermilion Lakes Drive (5) and the Banff Legacy Trail (3) or begin at Fireside (49 km one way).
  - The Bow Valley Parkway (Highway 1A) ride is a classic, gently rising and falling as it meanders through the Bow Valley to Castle Junction, and beyond to Lake Louise. On your trip, stop and enjoy the many picnic areas and rest stops along the way. This narrow road ride is often done from Banff for a solid 115 km round trip, and can also be done as shorter trips. From Banff, ride to Johnston Canyon (90 km return) for a beautiful hike, or Baker Creek (90 km return). For a multi-day trip, consider a guided or self-guided ride to Jasper (290 km one way). Whatever your route, wildlife sightings are common, so keep a look out and be prepared.

**Difficult Rides**

- **Mount Norquay Scenic Drive**
  - 6.1 km one way
  - Starting Point: Mount Norquay Scenic Drive, on the North side of the Trans-Canada Highway
  - This challenging climb up the mountain rewards riders with a spectacular panoramic view of the town of Banff and surrounding Bow Valley. The Norquay Green Spot Viewpoint opens onto a grassy slope – a great place to stop for a picnic lunch or for photos. From the viewpoint, the road continues up to the Mount Norquay ski area. Watch for their Branded Sheep on the road and the sharp turns, especially on the way down.

- **Mountain Avenue**
  - 3.4 km one way
  - Starting Point: Mountain Avenue, on the South side of the Banff Avenue Bridge
  - This route is a gradual, but continuous climb ending at the Banff Upper Hot Springs. During winter, the valley bottom provides riders with exceptional views of the Bow Valley and the rugged profile of Mount Rundle. Mountain Avenue offers ample width for riders, however, vehicular traffic is heavier during the summer.

- **Sunshine Village Access Road**
  - 8.2 km one way
  - Starting Point: Sunshine Village access road, 7 km West of Banff on the Trans-Canada Highway
  - The Sunshine Village access road begins its steady rise almost immediately, and offers a few steep ramps along the way to its termination at the ski area parking at the base of the Sunshine gondola. Vehicular traffic is moderate in the summer months, but be aware as the road is narrow and twisty throughout its length. Watch for wildlife.

**Share the Roads and Pathways**

- **The bike trails in Banff National Park are all shared-use trails—expect to encounter hikers, vehicles and horseback riders. Ride in control and be ready to stop at any time.**
  - **If you are passing other bikers, walkers or runners, please be courteous. Use your voice or use a bell to let them know you will be passing on their left so they have a chance to move over.**

**Rules of the Road**

- **Always ride on the right, pass others on their left. If you are riding on a road with a sidewalk, stay on the road.**
  - **Obey all traffic rules when riding on roads. At intersections, use hand signals to let drivers know which direction you will be traveling.**
  - **On highways, ride as close as possible to the right-hand edge or curb. For your safety, it is recommended that you ride single file.**
  - **Stay within the posted speed limits.**
  - **Road closures, speed limits and traffic controls apply to bicyclists too. The Bow Valley Parkway (6) Mandatory Seasonal Travel Restriction applies to all travel, including bicyclists. From March 1st to June 25th, travel is not permitted between 8 p.m. and 8 a.m. on the 17-kilometre section of the parkway from Johnston Canyon Campground to the Fireside Picnic Area. This is to ensure the area remains a high-quality home for wildlife. Be visible when riding at dawn, dusk, or night. Always have a white front light and red rear and side reflectors, and consider wearing reflective clothing.**
  - **Be aware. Cyclists are particularly susceptible to sudden, dangerous bear encounters because of the speed and silence of their travel. Be alert, make noise, slow down, carry bear spray, and look ahead. Leave no trace. Be sure to pack out what you pack in – this includes all food and garbage. Leave natural and cultural objects undisturbed for others to discover. Do the right thing – protect wildlife. Littering, feeding animals or harassing wildlife is illegal and violators may be charged under the Canada National Parks Act. E-bikes (pedal-electric-power-assisted bicycles) are only permitted on select trails in Banff National Park. Visit parkscanada.gc.ca/banff-road-cycling for more information.**

**Banff National Park is home to wildlife, including elk, wolves, cougars, and the remaining grizzly and black bear populations in North America. To successfully raise their young and sustain a healthy population, wildlife need access to as much quality habitat with as few human surprises as possible. Be aware of possible encounters with wildlife, even on roads and paved trails.**

**Tips:**
- **Always carry bear spray, ensure it is accessible, and know how to use it before heading out. To watch a video about how to use bear spray, visit:** parkscanada.gc.ca/bearspray
- **Slow down and make noise. Your speed and quietness puts you at risk for sudden wildlife encounters. Slow down through shrubby areas and when approaching blind corners. Travel in groups, be alert and always look ahead.**
- **Report bear, cougar, wolf and coyote sightings and encounters to Parks Canada staff at 403-762-1470, when it is safe to do so.**
  - **For bike rentals, Banff area maps and guidebooks, visit a local retailer prior to a ride.**
  - **Take Roam public transit with your bike.**

**More Information**

- **Banff Visitor Centres:**
  - 224 Banff Avenue and 327 Railway Avenue 403-762-1550 parkscanada.gc.ca/banff
- **Trail Conditions Report:**
  - trailconditions.parksca.gc.ca/banfftrail
  - Environment Canada Weather Forecast:
  - weather.gc.ca
  - For bike rentals, Banff area maps and guidebooks, visit a local retailer prior to a ride.
Family Friendly Rides

- Sundance Trail: 3.7 km one way, 75 m elevation gain, 60 m elevation loss
- Tunnel Campground Loop: 6.6 km loop, 70 m elevation gain
- Banff Legacy Trail (Banff to Canmore): 29.9 km one way, 24 m elevation gain, 113 m elevation loss

Easy Rides

- Golf Course Drive: 10.9 km loop, 68 m elevation gain, 68 m elevation loss
- Vermilion Lakes Drive: 4.3 km one way, Mostly flat

Moderate Rides

- Lake Minnewanka Road: 13.1 km one way, 160 m elevation gain, 160 m elevation loss
- Tunnel Mountain Drive/Road: 10.7 km loop, 180 m elevation gain, 180 m elevation loss
- Bow Valley Parkway (Banff to Lake Louise): 3.4 km one way, 327 m elevation gain, 12 m elevation loss

Difficult Rides

- Mount Norquay Scenic Drive: 6.1 km one way, 327 m elevation gain, 12 m elevation loss
- Mountain Avenue: 3.4 km one way, 214 m elevation gain, 32 m elevation loss
- Sunshine Village Access Road (Trans-Canada Highway to Sunshine Village parking lot): 8.2 km one way, 271 m elevation gain, no elevation loss

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

EASY
- Suitable for all cyclists, including those with little or no experience.
- Flat to gently rolling.
- Little or no 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.
- Moderate elevation gain or loss.

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

Legend

- Family Friendly Rides
- Easy Rides
- Moderate Rides
- Difficult Rides
- Mountain Biking Trails
- Visitor Centre
- Washroom
- Police
- Hospital
- Parking
- Campground
- Day-use Area
- Bike Repair Station
- Bridge
- Golf Course
- Gondola
- Canoe Docks
- Stables
- Bus Station
- Public Transit Stop

For fares and schedules, visit roamtransit.com.

Looking to ramp up your adventure? Pick up the Mountain Biking Trails Guide at a Parks Canada visitor centre or view online at pc.gc.ca/banff-brochures.