Mt Bourgeau
Sunshine Village Parking Lot
Sunshine Village Rd
Trans-Canada Hwy
Harvie Heights
Sulphur Mountain
Spray River
Mt Rundle
Canmore
Sunshine Meadows
START
Mt Howard Douglas
Simpson Pass
Twin Cairns
Howard Douglas Creek
Rocky Mountains
Brewster Creek
Banff National Park
Ha Ling Peak
Day 1
ALBERTA
Goat Pond
Sundance Range
Simpson Ridge
Continental Divide
BRITISH COLUMBIA
Porcupine
Day 2
Mt Assiniboine Provincial Park
Og Lake
Og Mountain
Kootenay National Park
Nub Peak
Cave Mountain
Mt Allenby
Nestor Peak
Mt Turbulent
Indian Peak
Mt Assiniboine Lodge
Cascade Rock
Mt Mercer
Ferro Pass
Lake Magog
Gibraltar Rock
Day 3
Naiset Huts
Mt Cautley
Mt Fortune
Octopus Mountain
Mitchell River
Wedgewood Peak
Mt Magog
Wonder Peak
Assiniboine Pass Track
Spray Lakes Reservoir
Mt Strom
Mt Sam
Mt Assiniboine
Lake Gloria
Owl Lake
END
Assiniboine Pass Trail
Mt Turner
Mt Shark
Mt Gloria
0 10 km
0 5 miles
N