



Banff, Jasper & Glacier NATIONAL PARKS

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Banff National Park
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**Around Banff
National Park**
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**Waterton Lakes
National Park**
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Glacier National Park
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National Park**
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THIS EDITION WRITTEN AND RESEARCHED BY

Brendan Sainsbury, Michael Grosberg

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BANFF SUMMER ARTS FESTIVAL (P25)

PETE SEAWARD/LOVELY PLANET ©



FLOWERS IN BLOOM NEAR LAKE LOUISE (P60)

RONNIE CHUA/SHUTTERSTOCK ©

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ROCKY MOUNTAINEER TRAIN (P113) PASSING THROUGH BANFF NATIONAL PARK

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Itineraries

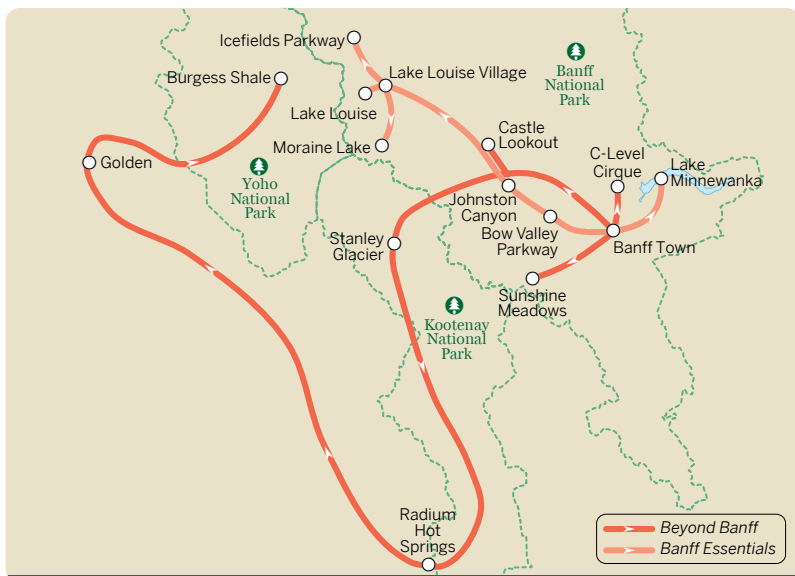


2
WEEKS

Rocky Mountain Road Trip

This once-in-a-lifetime trip takes in four parks and covers pretty much everything the Rocky Mountains have to offer.

Start out with three days exploring **Glacier** and the magnificent mountain scenery around Going-to-the-Sun Rd, warming up with some short hikes around Many Glacier. On day four, head north across the Canadian border for **Waterton Lakes** and a hike along the iconic Carthew-Alderson Trail. Spend the next day driving north to **Banff**, your base for the next four days. How you divide the time is up to you, but make sure you factor in the gondola ride up Sulphur Mountain, wildlife spotting around Vermilion Lakes and the Bow Valley Parkway, a boat trip across Lake Minnewanka, and at least one day hike. Day 10 is set aside for more mind-blowing scenery around Lake Louise and Moraine Lake, followed on day 11 by a drive up the **Icefields Parkway** – it won't take long for you to realize why it's often dubbed the world's most spectacular road. Round the trip off with three days in **Jasper**, including a cruise on Maligne Lake, a day hike, a ride on the Jasper Skytram and a dip in Miette Hot Springs.

1
WEEK

Beyond Banff

This itinerary combines day hiking around Banff with a side trip into the neighboring (quieter) national parks in British Columbia.

For the first few days, base yourself in **Banff Town** and spend the time breaking in those boots: you could hike up to a hidden icefield at the **C-Level Cirque**, admire the Bow Valley from **Castle Lookout**, or trek through the colorful wildflowers of **Sunshine Meadows**.

From Banff, head west into **Kootenay National Park**. This is one of the most fire-prone areas of the Rockies: you'll still be able to see the damage wrought by the massive 2003 burn. Take the time to hike up to **Stanley Glacier** before chilling in the 'hot' and 'cool' pools of **Radium Hot Springs**, both fed from a volcanic spring hidden deep beneath the mountainside.

From Radium, the route loops north via **Golden**, a lively little town. From here, the road heads east along the Kicking Horse Valley into **Yoho National Park**, where you can spend the remaining few days admiring the sights: don't miss Emerald Lake, Takakkaw Falls and a guided walk to the fossil fields of the **Burgess Shale**.

5
DAYS

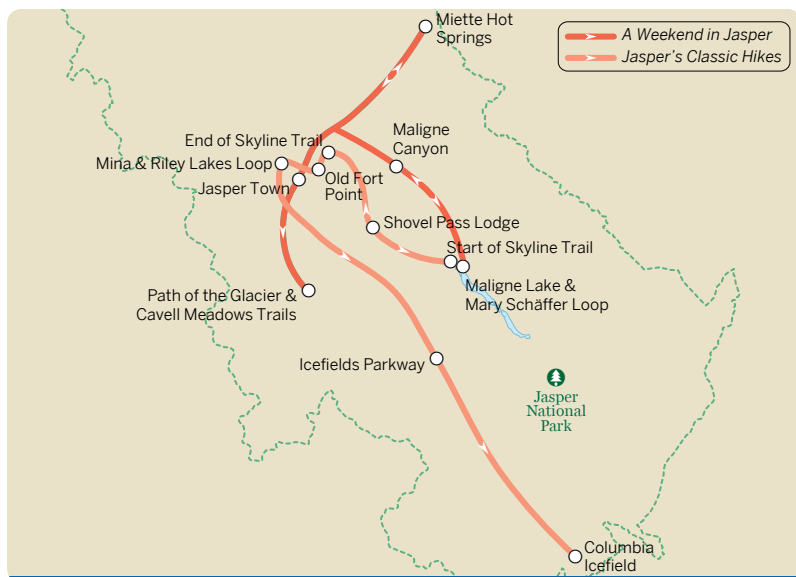
Banff Essentials

This five-day itinerary squeezes in Banff's key sights, with the emphasis on sight-seeing rather than hiking.

Kick off with a day exploring **Banff Town**, a lively mini-metropolis with a cosmopolitan mix of shops, bistros, pubs and museums. Check in for some chateau luxury at the historic Fairmont Banff Springs hotel, followed by a day exploring **Lake Minnewanka**, canoeing on the Bow River and relaxing in the Upper Hot Springs Pool.

On day three, drive out of Banff and detour off the Trans-Canada Hwy and onto the **Bow Valley Parkway**. Keep your eyes peeled for wildlife, and don't miss the famous waterfalls of **Johnston Canyon**. By mid-afternoon, you'll reach iconic **Lake Louise** and nearby **Moraine Lake**, both renowned for their sapphire-blue waters and stunning mountain settings. Spend day four stretching your legs on the dramatic trail along the Plain of Six Glaciers.

On day five, drive along the breathtaking **Icefields Parkway**, passing jagged peaks, mighty glaciers and sparkling lakes en route to Num-Ti-Jah Lodge, one of the Rockies' most famous mountain retreats.

3
DAYS

A Weekend in Jasper

Even with only a long weekend at your disposal, it's still possible to get a taste of what makes Jasper special. Base yourself in Jasper Town, and take three little day excursions that combine the main sights with a couple of short trails.

On the first day, tick off **Jasper Town**: get an early morning ticket for the Jasper Skytram, visit the museum, pick up lunch from the Bear's Paw Bakery, then spend an afternoon at Patricia and Pyramid Lakes. Stroll along the Discovery Trail as the sun sets, with a smart dinner at Evil Dave's Grill.

On day two, pack a picnic from Patricia Street Deli and drive along Maligne Lake Rd – a hot spot for wildlife. Explore the crashing cascades of **Maligne Canyon**, and then head for nearby **Maligne Lake** for a guided cruise to tiny Spirit Island and an early evening walk on the **Mary Schäffer Loop**.

On your last day, it's time to hit the trail. Jasper has lots of day hikes, but it's hard to top the spectacular **Path of the Glacier Cavell Meadows Trails**. Reward yourself with an evening soak at **Miette Hot Springs**, followed by farewell drinks and dinner at Jasper Brewing Co.

1
WEEK

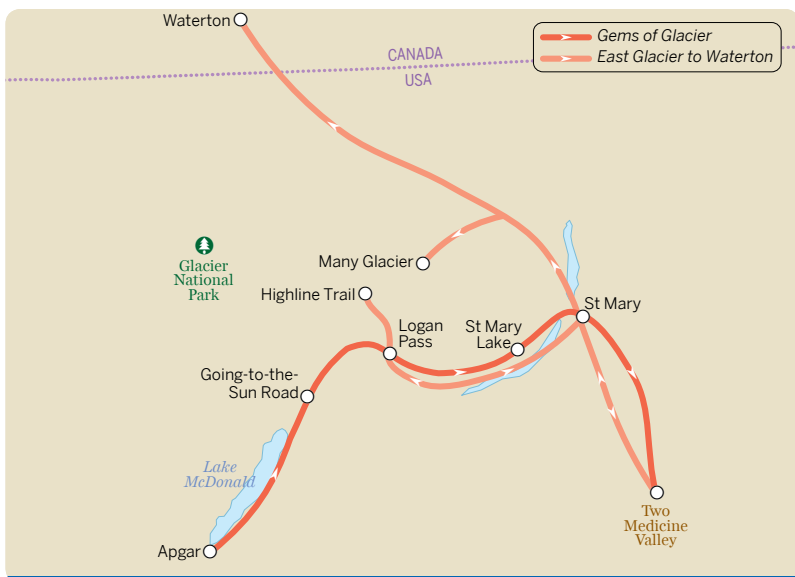
Jasper's Classic Hikes

You've seen Jasper's must-see sights, so now's the time for something a bit more challenging. This hike-centric itinerary incorporates a couple of short trails with a longer one, after which you can take some time off for glacier viewing.

Warm up with some easy hikes around town. **Old Fort Point** is steep but short. The **Mina & Riley Lakes Loop** is peaceful but never strays too far from civilization.

Now you're ready for the wilder stuff. The two- to three-day **Skyline Trail** is without doubt one of North America's premier overnight hikes, taking in everything from snowy peaks and glacial lakes to lofty passes with mind-boggling views. You don't even have to rough it, thanks to the cozy Shovel Pass Lodge.

After the exertion, it's time to sit back and let the views come to you. Spend a day driving south along the Jasper section of the **Icefields Parkway**, and finish up with a visit to the **Columbia Icefield**, the largest area of ice this side of the North Pole. Most people trundle up in a Snocoach, but a guided walk will give you an even more memorable perspective.

3
DAYS

Gems of Glacier

Three days in Glacier will bag you the highlights if you don't stray too far from the Going-to-the-Sun Rd. Use one of the hotels or motels around Apgar as your launchpad and then employ the park's handy free shuttle to get you from west side to east with various stop-offs en route.

On day one, explore around **Apgar**, West Glacier and nearby Lake McDonald, perhaps taking a walk among ancient rainforest on the Trail of the Cedars, or admiring mountain scenery on the Avalanche Lake Trail.

On day two, travel east along the **Going-to-the-Sun Road**, one of America's most stunning stretches of asphalt. You can take your own vehicle or climb aboard one of the vintage red Jammer buses, which have been trundling along the road since 1936. Stop to see the sights: the tumbling cascades of Bird Woman Falls and the Weeping Wall, the dramatic stretch of highway over **Logan Pass**, and the Jackson Glacier Overlook, which affords a knockout view of one of the park's namesake glaciers.

Stay overnight at the Rising Sun Motor Inn on the shores of **St Mary Lake**, and spend your last day hiking trails and spotting wildlife in **Two Medicine Valley**.

1
WEEK

East Glacier to Waterton

This trip focuses on the eastern side of the Rockies in Glacier National Park, using the small settlement of **St Mary** as a base. Afterwards, you'll be within striking distance of Waterton Lakes just across the border in Canada, a beautifully compact and often-overlooked national park.




















Spend the first couple of days exploring north and south around **Going-to-the-Sun Road**. **Two Medicine Valley** is a short drive south of St Mary, while **Logan Pass** lies to the west: both are fantastic areas for walking and wildlife watching. To get underneath Glacier's skin, a hike is essential – the Sun Point to Virginia Falls Trail starts near St Mary Lake, while the Highline Trail starting at Logan Pass is one of the park's most popular – and spectacular.

Then it's north for a couple of days in **Many Glacier**, arguably the national park's most beautiful valley. Reward yourself with a stay in the Many Glacier Hotel, overlooking the sparkling waters of Swiftcurrent Lake.













Finish up with some more hiking and sightseeing in **Waterton**: don't miss the classic Carthew-Alderson Trail and the equally impressive tramp to Crypt Lake.

Map Legend

Sights

-  Beach
-  Bird Sanctuary
-  Buddhist
-  Castle/Palace
-  Christian
-  Confucian
-  Hindu
-  Islamic
-  Jain
-  Jewish
-  Monument
-  Museum/Gallery/Historic Building
-  Ruin
-  Shinto
-  Sikh
-  Taoist
-  Winery/Vineyard
-  Zoo/Wildlife Sanctuary
-  Other Sight

Activities, Courses & Tours

-  Bodysurfing
-  Diving
-  Canoeing/Kayaking
-  Course/Tour
-  Sento Hot Baths/Onsen
-  Skiing
-  Snorkeling
-  Surfing
-  Swimming/Pool
-  Walking
-  Windsurfing
-  Other Activity



Sleeping

-  Sleeping
-  Camping

Eating

-  Eating

Drinking & Nightlife

-  Drinking & Nightlife
-  Cafe











Entertainment

-  Entertainment












Shopping

-  Shopping



Information

-  Bank
-  Embassy/Consulate
-  Hospital/Medical
-  Internet
-  Police
-  Post Office
-  Telephone
-  Toilet
-  Tourist Information
-  Other Information



















Geographic

-  Beach
-  Gate
-  Hut/Shelter
-  Lighthouse
-  Lookout
-  Mountain/Volcano
-  Oasis
-  Park
-  Pass
-  Picnic Area
-  Waterfall
















Population

-  Capital (National)
-  Capital (State/Province)
-  City/Large Town
-  Town/Village


Transport

-  Airport
-  BART station
-  Border crossing
-  Boston T station
-  Bus
-  Cable car/Funicular
-  Cycling
-  Ferry
-  Metro/Muni station
-  Monorail
-  Parking
-  Petrol station
-  Subway/SkyTrain station
-  Taxi
-  Train station/Railway
-  Tram
-  Underground station
-  Other Transport







Routes

-  Tollway
-  Freeway
-  Primary
-  Secondary
-  Tertiary
-  Lane
-  Unsealed road
-  Road under construction
-  Plaza/Mall
-  Steps
-  Tunnel
-  Pedestrian overpass
-  Walking Tour
-  Walking Tour detour
-  Path/Walking Trail



Boundaries

-  International
-  State/Province
-  Disputed
-  Regional/Suburb
-  Marine Park
-  Cliff
-  Wall

Hydrography

-  River, Creek
-  Intermittent River
-  Canal
-  Water
-  Dry/Salt/Intermittent Lake
-  Reef

Areas

-  Airport/Runway
-  Beach/Desert
-  Cemetery (Christian)
-  Cemetery (Other)
-  Glacier
-  Mudflat
-  Park/Forest
-  Sight (Building)
-  Sportsground
-  Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Brendan Sainsbury

Banff National Park, Jasper National Park, Plan chapters An expat Brit from Hampshire, England, now living near Vancouver, Canada; Brendan has long relished the 'thrill' of masochistic endurance events in remote wilderness areas and thus jumped at the chance to cover Banff and Jasper for Lonely Planet. He particularly enjoyed scrambling around the Cory Pass Loop and canoeing in Vermilion Lakes with his son. When not scribbling research notes for Lonely

Planet in countries such as Cuba, Mexico and Spain, Brendan likes refining his cross-country skiing technique, trying to master flamenco guitar, and following the Premier League exploits of Southampton Football Club.

Read more about Brendan at:

<http://auth.lonelyplanet.com/profiles/brendansainsbury>



Michael Grosberg

Glacier National Park, Waterton Lakes National Park, Understand and Survival Guide chapters Michael's first experience of Glacier National Park was something of an ad hoc one. Young and unprepared, driving back cross-country from Alaska, he set up a tube tent for the night in early winter somewhere in north-west Glacier. He recalls not sleeping because of the cold, staring up at the night sky and the sublime mountain silhouettes and listening for the paw-steps of

approaching wildlife. He's since made other trips to Glacier and around Montana. This is nearly his 40th book for Lonely Planet.

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