

LAKE LOUISE AREA

Known to the Stoney people as “Lake of the Little Fishes,” Lake Louise was given its present name in 1884. It honors Princess Louise Caroline Alberta, sixth child of Queen Victoria.

1 Lake Louise Visitor Centre, Samson Mall



Parks Canada information, (403) 5223833. Banff/Lake Louise Tourism (403) 762-8421. Exhibits explain the geology and history of the Canadian Rockies.

2 Lake Louise-the Lake



Five minutes from the village of Lake Louise, the view from the lakeshore is known the world over. Prepare for crowds! But walk half a kilometre along the shore to leave the crowds behind. Public parking: keep left at the Chateau Lake Louise junction.

3 Moraine Lake and Valley of the Ten Peaks



Go before 10 am or after 5 pm to avoid the crowds. A private shuttle service operates from the village. Road closed early October to late May.

Check Ahead: hikers must be in a group of six or more when grizzly bears are using habitat in Larch, Consolation and Paradise Valleys.

4 Lake Louise Sightseeing Gondola



4.5 km from the village (403) 522-3555. Gondola runs June to September.

BANFF TOWNSITE

The town of Banff was named after the Banffshire area of Scotland, birthplace of two directors of the Canadian Pacific Railway, built through Banff in 1883.

1 Banff Information Centre



224 Banff Avenue. Parks Canada information (403) 762-1550, Banff/Lake Louise Tourism (403) 762-8421, Friends of Banff gift shop. Watch our video *Welcome to Banff!*

2 Cave and Basin National Historic Site



1 km, Cave Avenue. This is the birthplace of Canada's national park system. Explore the exhibits, displays and boardwalk. See a real cave! Tours at 11 am daily in summer, weekends in winter. (403) 762-1566.

3 Banff Park Museum National Historic Site

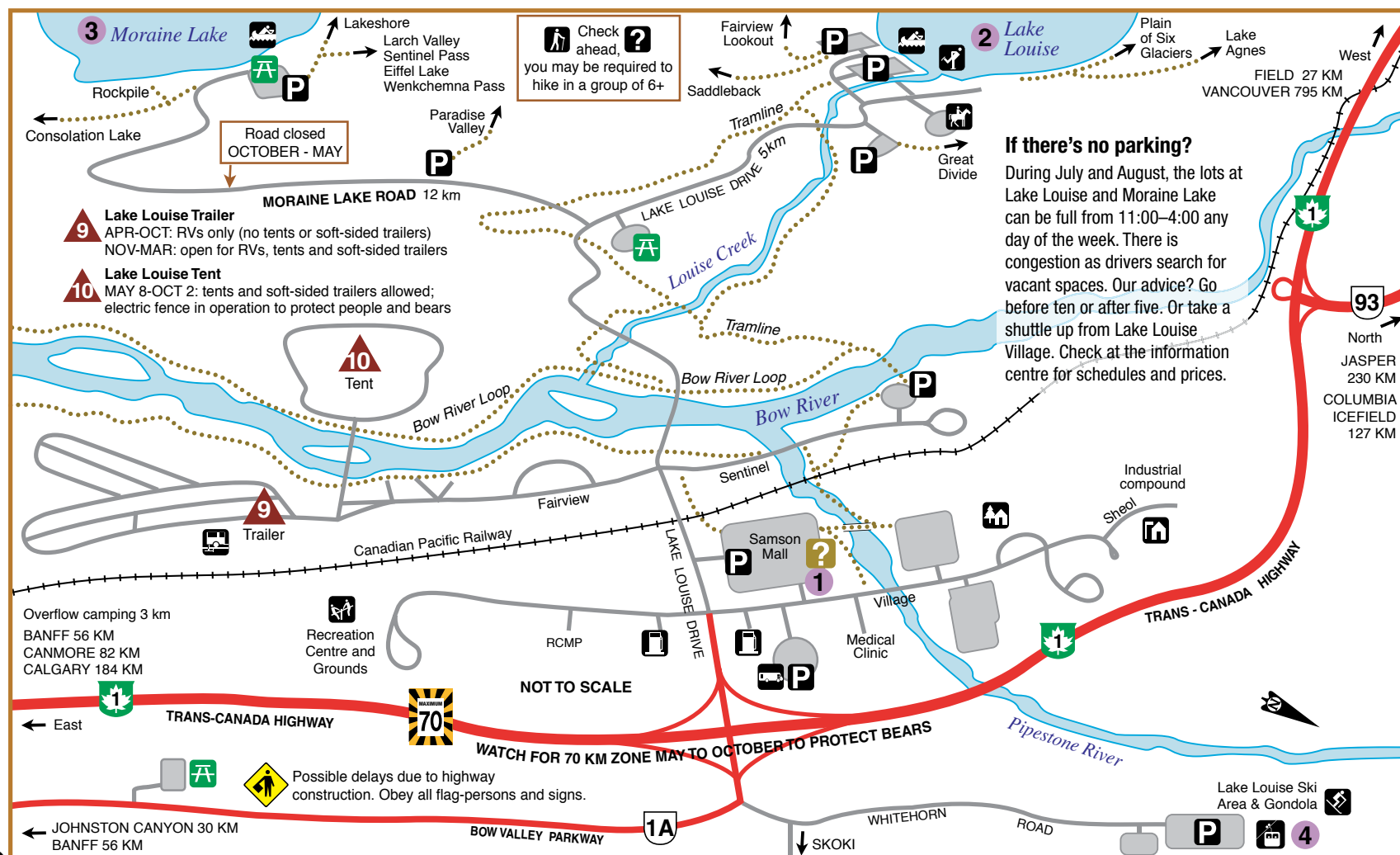


Banff Avenue by the Bow River Bridge. Built in 1903, this museum offers an enchanting way to learn about Banff's wildlife, birds and insects. Tours daily in summer at 3 pm, weekends in winter at 2:30 pm (403) 762-1558.

4 Canada Place



In the Park Administration Building at the head of Banff Avenue. Rediscover Canada! Interactive exhibits about this nation's land and people. Open 10 a.m. to 6 pm (403) 760-1338.



5 Upper Hot Springs Pool



4 km, Mountain Avenue. Soak in some history! (403) 762-1515. For full-service day spa, call (403) 760-2500.

6 Sulphur Mountain



4 km, Mountain Avenue. Take the gondola, or hike the trail (5.5 km one way, 670 m elevation gain, strenuous). From the upper gondola terminal, a one-kilometre (20 minute) boardwalk trail leads to the summit and Sulphur Mountain Cosmic Ray Station National Historic Site.

7 Vermilion Lakes



The Bow Valley's biggest wetland. Guided nature strolls are offered here in summer. Register in advance at Friends of Banff stores.

8 Sundance Trail



A 3.7 km paved trail for hikers, cyclists and skiers. A more strenuous 2.1 km trail for hikers only continues up into the canyon. Full round trip is 9.5 km (3-4 hours).

9 The Hoodoos



A short interpretive trail unlocks the mystery of these bizarre natural pillars and leads to a superb view of the Bow Valley.

10 Lake Minnewanka



10 km (15 min) from Banff. Enjoy a leisurely lakeside stroll to Stewart Canyon (1.4 km, 30 min. return). Boat tours of the lake are available mid-May to September. Please do not feed the bighorn sheep.

11 Johnson Lake

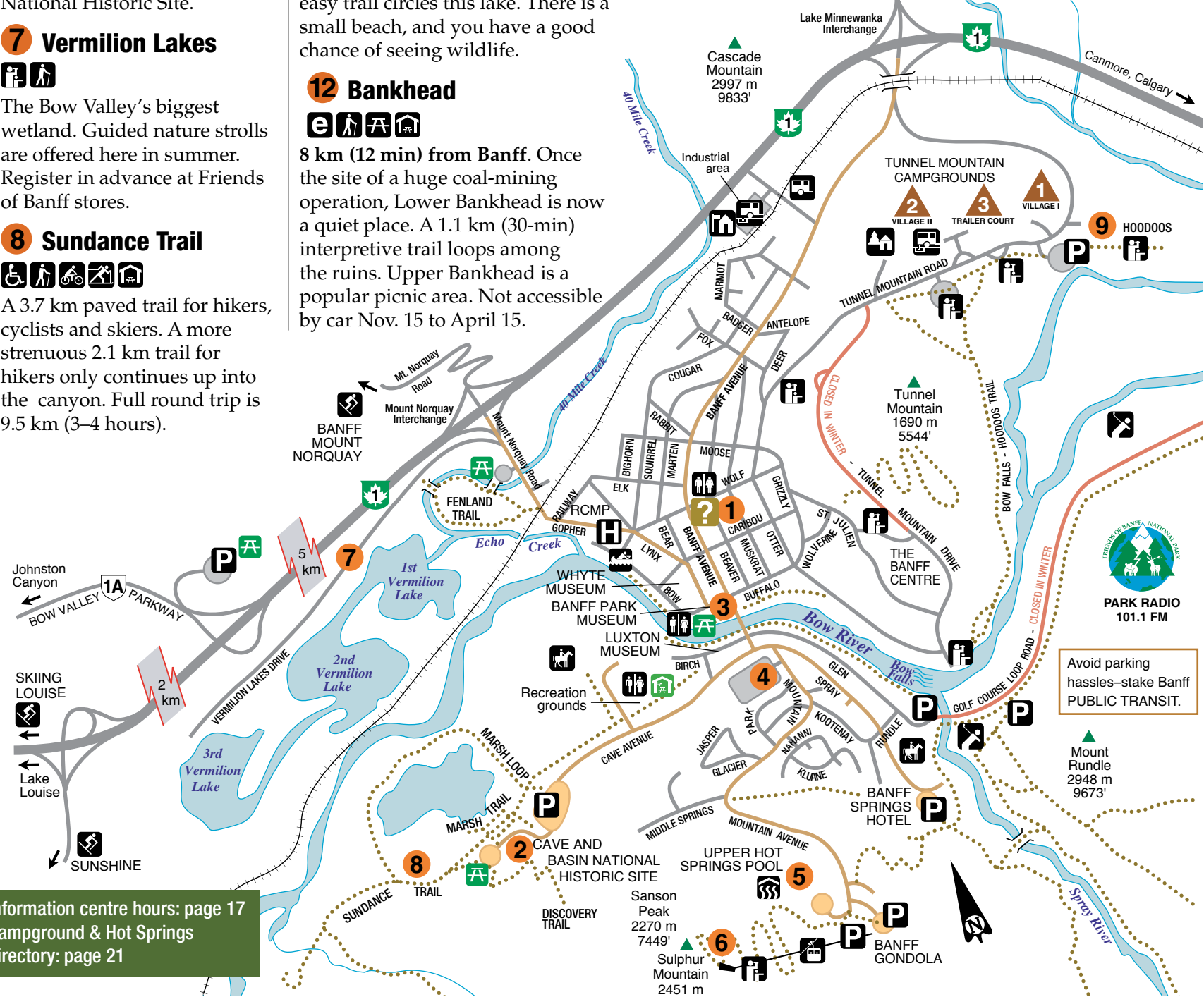
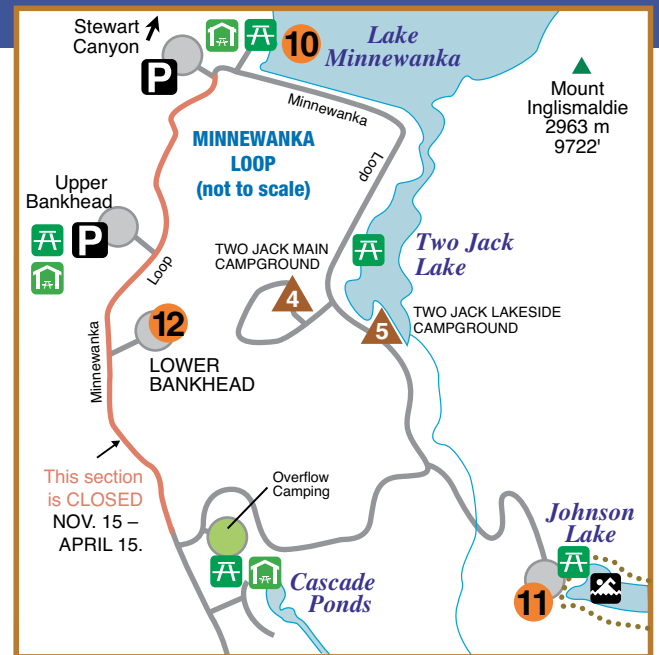


14 km (20 min) from Banff. An easy trail circles this lake. There is a small beach, and you have a good chance of seeing wildlife.

12 Bankhead



8 km (12 min) from Banff. Once the site of a huge coal-mining operation, Lower Bankhead is now a quiet place. A 1.1 km (30-min) interpretive trail loops among the ruins. Upper Bankhead is a popular picnic area. Not accessible by car Nov. 15 to April 15.



Avoid parking hassles—stake Banff PUBLIC TRANSIT.

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