



## Banff National Park – Learn to Hike

### ESL Activity #5 – Preparing for a Day Hike

#### Part 4: Trail Descriptions and Trail Reports

30 Min

Information Hunt

- 1) Look at the trail descriptions. Each trail description gives 4 key details. What are the 4 key details given and what does each of them mean? Hint is below.

1) D \_\_\_\_\_

**Meaning:** \_\_\_\_\_

2) E \_\_\_\_\_ G \_\_\_\_\_

**Meaning:** \_\_\_\_\_

3) T \_\_\_\_\_

**Meaning:** \_\_\_\_\_

4) T \_\_\_\_\_ H \_\_\_\_\_

**Meaning:** \_\_\_\_\_

- 2) Some trails are described as **One Way** trails or **Loop** trails. What does this mean? Please use a drawing below to explain.

ONE WAY Drawing:

LOOP Drawing:

- 3) The trail descriptions use the term **Round Trip**. What does this mean?
- 4) How many kilometers round trip is the **Surprise Corner to Hoodoos Trail**?
- 5) How much elevation gain does the **Silverton Falls Trail** have?

- 6) Look at the Easy Trails. Which trails are noted:

1) For **Horseback Riders:** \_\_\_\_\_

2) As an **Interpretive Trail:** \_\_\_\_\_

3) For **Pebbly Beaches:** \_\_\_\_\_  
What does “pebbly” mean? \_\_\_\_\_

4) As a **Paved Trail:** \_\_\_\_\_  
What does “paved” mean? \_\_\_\_\_

5) For **Exotic Plants:** \_\_\_\_\_

6) For **Falls** or **Waterfalls:** \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_



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- 7) Look at the Moderate Trails. Compare **Tunnel Mountain Summit Trail** to **Stoney Squaw Mountain Trail**. Explain the differences and similarities of the two trails using 5/6 sentences.
- 8) Looking at the Difficult Trails. Which trail has the most elevation gain?  
\*\*\*currently no Difficult Trails are on the Trail Description material – seem to be mixed with the Moderate Trails\*\*\*
- 9) You and your partner have decided to hike either the **Sundance Canyon Trail** or the **March Loop Trail**. After looking at the Trail Condition Report, which trail would you choose? Why?
- 10) Look at the Trail Condition Report. Which trail(s) can you **not** hike on due to animal activity?

**Trail Report** – should be attached to the Trail Description

# Banff National Park of Canada

## Banff Area Trails

### BANFF, LAKE MINNEWANKA AND BOW VALLEY AREAS

#### EASY TRAILS

##### **1) Johnson Lake** (Lake Minnewanka Area)

3 km loop; no elevation gain; 1 hour round trip

Trailhead: Johnson Lake picnic area.

Circle this lake which is nestled amongst some of the oldest Douglas fir trees in Alberta and experience the richest ecoregion in our park – the montane zone. Take in unique views of Mount Rundle and Cascade Mountain.

##### **2) Fenland Trail**

2.1 km loop; no elevation gain; 1 hour round trip

Trailhead: Fenland Trail parking lot.

Travel under a canopy of old-growth spruce trees on this peaceful interpretive trail.

#### MODERATE TRAILS

##### **7) Tunnel Mountain**

2.4 km one way; 260 m elevation gain; 2 hour round trip

Trailhead: Located on St. Julien Road near The Banff Centre.

Climb to the summit of a mountain in the heart of the Banff townsite! Although less daunting than the surrounding peaks, Tunnel Mountain still provides breathtaking views of the Bow Valley via a series of well-graded switchbacks. This trail can be icy in spring and fall.

##### **9) Sulphur Mountain**

5.5 km to top of gondola, plus 0.5 km to Sanson Peak; 655 m elevation gain; 3 - 4 hour round trip

Trailhead: Banff Upper Hot Springs parking lot at the end of Mountain Avenue.

The switchbacks on the slopes of Sulphur Mountain provide a steady grade for the hike to a summit renowned for its breathtaking mountain views. Take a 1 km side trip on the boardwalk trail that departs from the Observation Deck and you will find more great views, remnants of the Cosmic Ray Station, and the Sanson Peak Weather Observatory.

#### DIFFICULT TRAILS

##### **19) Cory Pass Loop**

12.3 km loop; 915 m elevation gain; 6 hour round trip

Trailhead: The Fireside Picnic Area at the eastern end of the Bow Valley Parkway.

This is the most strenuous day hike in the Banff area, but the views of the limestone monolith of Mount Louis are worth the effort. Complete the loop by hiking around Mount Edith and descending the Edith Pass trail. This trail is best done in mid-season when the snow is gone. There is no water along the trail and route finding can be challenging.

### **Lake Minnewanka Area**

Bear Warnings, Closures and other hiker restrictions commonly occur in the Lake Minnewanka area. Obtain up-to-date information.

#### **21A) Aylmer Lookout**

11.8 km one way; 560 m elevation gain; 7 - 8 hour round trip

Trailhead: The Lake Minnewanka parking lot is located 5.5 km off the Trans-Canada Highway on the Lake Minnewanka road.

Less strenuous than Aylmer Pass, this trail follows the shores of Lake Minnewanka on the same approach as the Aylmer Pass trail. The trail offers a panoramic view from the site of an old fire lookout and is one of the first high elevation trails to be snow free in the early summer.



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**Trail Condition Report**

## Trail Condition Report

### *Banff National Park of Canada*

#### Town of Banff Area

Updated: Monday June 30, 2013

General Conditions: Expect wet and muddy sections on most trails due to recent rainfall. Snow continues to linger at higher elevations. There has been some bear activity around the town due to elk calving.

Trail	Condition	Comments
Fenland	Good	Bare and dry
Tunnel Mountain	Good/Fair	Some wet and muddy sections
Sulphur Mountain	Good/Fair	Some wet and muddy sections
Marsh Loop	Good/Fair	Wet and muddy sections
Sundance Canyon	Good	WARNING: Bear activity

#### Lake Minnewanka Area

General Conditions: Expect wet and muddy sections on most trails due to recent rainfall. Snow continues to linger at higher elevations.

Trail	Condition	Comments
Johnson Lake	Good	Bare and dry
C-Level Cirque	Good/Fair	CLOSED: Cougar Activity
Stewart Canyon	Good/Fair	Bare and dry
Aylmer Lookout	Good/Fair	Bare and dry at lower elevations. Snow patches at higher elevations



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**Trail Condition  
Report**

## **Trail Condition Report**

### ***Banff National Park of Canada***