Parks Parcs
Canada Canada

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The best way to discover the park is to take a day and explore each of its 5 major regions: 1 Around Town,

2 Maligne Valley, 3 Edith Cavell and 93A, 4 Miette Hot Springs, and

(5) the Icefields Parkway. Each of them contains unique terrain, waterways, wilderness and facilities.





**EASY** MODERATE **NOTE:** DISTANCES GIVEN IN THE TRAIL DESCRIPTIONS

<u>are approximate. Times given are estimated.</u>

**Trail Etiquette** 



#### What can you expect?

- Faster trail users. Bikers, runners and equestrians approaching from behind will often announce their approach and pass on the left. This means you should
- Bikers yield to hikers. It is the responsibility of cyclists to pass at a safe speed. Be communicative with riders by letting them know when they can pass, and if possible, step to the side of the trail.

#### What is your responsibility?

- Share the trail. Hike in single file as a group or take up no more than half the trail width.
- **Don't tune out.** Headphones prevent you from hearing approaching trail users and wildlife.
- Keep pets on a short leash while passing (or being passed by) other users. Other users may be frightened by dogs or unsure how to pass safely.
- Yield to horses. Stay downhill. Greet the rider and the horse. Ask the rider how to proceed.

# (2) Maligne Lake

At Maligne Lake you can walk the lakeshore, enjoy a forested trail or hike in alpine meadows.

# Mary Schäffer Loop (21) (8) (8)

2.9 km loop; no elevation gain; 1-2 hrs

**Trailhead** • The first parking lot at Maligne Lake. Take any path down to the lake and follow the paved trail along the northeastern shore.

This trail is an easy stroll that reaches a viewpoint which features a set of interpretive panels. Leaving the shoreline, it passes through lichen-rich stands of pine, spruce and fragrant subalpine fir as it loops back to the parking lot.

# Moose Lake Loop 20 8

2.7 km loop; elevation gain/loss: 59 m; 1-2 hrs **Trailhead** • The parking lot at the end of Maligne Lake Road

From the Bald Hills trailhead kiosk, hike along the old fire road (23). Turn left onto trail 20 after a short distance and follow it through the woods. This trail cuts across the debris from an ancient landslide. Once past Moose Lake, follow the lakeshore back to the parking lot.

#### Lorraine Lake and Mona Lake $\bigcirc$ $\textcircled{\tiny{100}}$ $\textcircled{\textcircled{\tiny{100}}}$ 5.2 km return; elevation gain/loss: 80 m; 2-3 hrs

**Trailhead** • The parking lot at the end of Maligne Lake Road, starting at the Skyline kiosk

This trail climbs gently through a lodgepole pine forest. Both these lakes lie in hollows of ancient landslide debris. If you're after a longer walk, continue to Little Shovel Pass (20 km return; 548 m elevation gain; 7-9 hrs).

#### 9 km return; elevation gain/loss: 500 m; 4-6 hrs

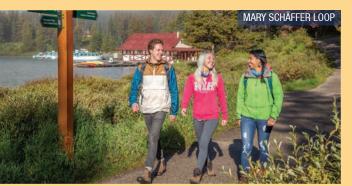
**Trailhead** • The parking lot at the end of Maligne Lake Road This moderately steep trail starts on an old fire road and transitions from a subalpine forest to an alpine meadow of wildflowers and mountain vistas. There are different ways to get to the end of the trail

#### Opal Hills Loop 🔷 🕸 😵 🚷 🗘 8.1 km loop; elevation gain/loss: 460 m; 4-6 hrs

that can extend the hike to 12.5 km if you wish.

Trailhead • The trail begins from the highest parking lot north of

Be prepared for one of Jasper's steepest hikes. After hiking upwards for a few kilometres, the trees give way to a beautiful subalpine meadow with brilliant views of Maligne Lake. This trail often has warnings or is closed during July and August for bear activity. Check the trailhead kiosk for up-to-date information.



Maligne lake Maligne Lake

# (3) Edith Cavell Area / Highway 93A

The Cavell area offers fragrant subalpine forest, new growth where a glacier retreated from the valley, flowery alpine meadows and spectacular views of Mt. Edith Cavell and Angel Glacier.

# Path of the Glacier Trail

1.2 km return; elevation gain/loss: 70 m; 1 hr **Trailhead** • The end of Cavell Road

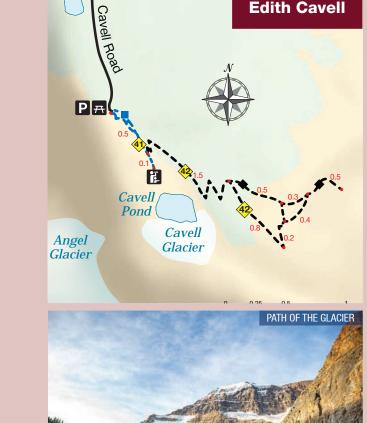
This short trail takes you across a rocky landscape and ends at a lookout towards the massive north face of Mt. Edith Cavell.

## Cavell Meadows Trail • 42 89 89 89 80 6-8 km return; elevation gain/loss 500 m; 3-5 hrs

Trailhead • The end of Cavell Road

From trail 41, take a left at the intersection with trail 42. This steep trail leads upwards through subalpine forest and treeline vegetation to the alpine region beyond. This trail usually opens in mid-July but may be delayed due to late snow melt. Be aware as bears frequent the area.

- · Stay away from the cliffs and Cavell Pond.
- Seasonal closure:
- · Cavell road closed to vehicles from mid-October to mid-June.
- Cavell Road and Mount Edith Cavell area closed to public to protect caribou habitat as of November 1.



# Centre is 103 km from Jasper. Day-use area

Trailhead • 30 km (20 min) south of Jasper, junction of Highway 93N

(5) Icefields Parkway

Feel the spray of the Athabasca River as it thunders into the canyon below. Stay on designated trails and behind railings. The rock beyond is slippery and dangerous.

#### Lower Sunwapta Falls (25) (8) (8) 2.8 km return; elevation gain/loss: 87 m; 1 hr

Trailhead • 54 km (30 min) south of Jasper on Highway 93N

Lower Sunwapta Falls is composed of three major waterfalls. The combination of solitude and open views to the surrounding mountains make this short hike very rewarding.

# Forefield Trail 53 69 69 2.5 km return; minimal elevation gain; 1-2 hrs

Trailhead • Directly across from the Icefield Centre on Highway 93N This flat and rocky trail crosses moraines and glacial debris that the

Athabasca Glacier has left behind. For a longer hike, continue up the Toe of the Glacier trail (52).

#### Toe of the Athabasca Glacier 📕 🧐 🚱 🕙 1.4 km return; elevation gain/loss: 60 m; 1 hr

**Trailhead** • Across from the Icefield Centre at the end of the Toe of

After crossing the bridge, you're walking on glacially smoothed limestone that was under ice in the 1950s. Follow the trail upwards through one steep section to take in views of the Athabasca Glacier. Stay on designated trails and follow signs. The ice of the Athabasca Glacier is dangerous, and hazards are often hard to spot.

## For these hikes, travel south from the Jasper townsite along the Icefields Parkway, Highway 93N. The Icefield

Wilcox Pass ♦ <sup>50</sup> ♣ 🍪 🔞

6.8 km return; elevation gain/loss: 390 m; 2-3 hrs 🔼 3.4 km return to red chairs and viewpoint

**Trailhead** • 3.1 km south of the Icefield Centre at the entrance

of Wilcox Creek Campground

This trail starts off steep but quickly opens into an alpine meadow. This trail is often snow-covered in June and wet until mid-July. Be on the lookout for bighorn sheep. Additional 2.6 km return to viewpoint.

#### Parker Ridge ◆ <sup>51</sup> ⊗ № △ 5.6 km return; elevation gain/loss: 250 m; 3 hrs

**Trailhead** • 9 km south of the Icefield Centre in Banff National Park

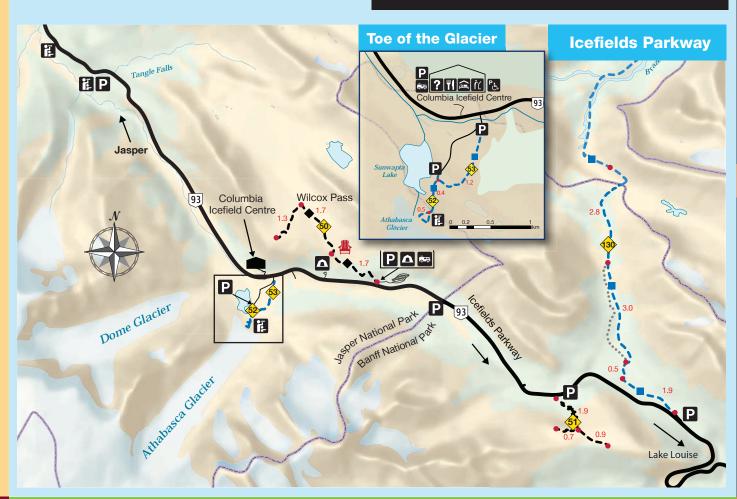
After climbing a series of steep switchbacks, you'll be rewarded with dramatic views of the Saskatchewan Glacier. This trail is typically snow-covered in June and wet in July.

# Nigel Pass 130 🚱 🙆

16.8 km return; elevation gain/loss: 365 m; 5 hrs

Trailhead • 9 km south of the Icefield Centre in Banff National Park A consistent and gentle grade ensures that it doesn't take long to reach treeline as you head towards the wide-open scenery of the Banff–Jasper park boundary.

WARNING! Walking on the Athabasca Glacier is not safe. The ice at the toe of the glacier is hollow and is collapsing. The underlying water is extremely cold and fast moving. Over the years several people have died from falling into crevasses. These ice cold cracks in the ice are hidden below a thin covering of snow that may collapse under a person's weight.



# (4) Miette Hot Springs Area

If you like to hike in the park's high country, Sulphur Skyline is usually snow free by late May.

## Jasper House Viewpoint 33 700 m return; 20 minutes

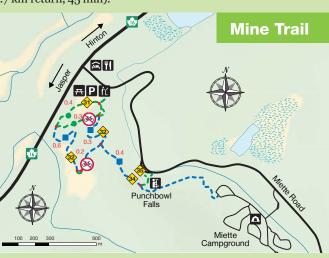
Trailhead • 32 km northwest of Jasper on Highway 16

A short walk to a viewpoint looking across the Athabasca River towards the Jasper House National Historic Site.

## Mine Trail (31) Lower loop: 900 m; 20 minutes

Trailhead • On Miette Road, 200 m from the intersection with

Step back in time as you stroll through the old Mine site. This route can be lengthened by following trail 32 (1.7 km return, 45 min).



# Miette road closed to vehicles from mid October to mid May

#### Source of the Springs (35) (86) (87) 1.8 km return: elevation gain/loss: 75 m: 30 min

**Trailhead** • Miette Hot Springs parking lot

The trail begins with a walk through the ruins of the old pool building and continues up the creek to the hot springs themselves.

#### Sulphur Skyline 🔷 🧐 🔯 🛍 🗘 8.8 km return; elevation gain/loss: 700 m; 4-6 hrs

**Trailhead** • Miette Hot Springs parking lot

This steep trail is typically one of the first snow-free alpine hikes in the park. The grade is steep the whole way to the top, but the views of Utopia Mountain, The Fiddle Valley and Ashlar Ridge are well worth the sweat.



CAUTION: This area is well-known for afternoon thunderstorms. Start early and stay below the treeline if the eather looks threatening.

# Trail Signage



Official trails around the town of Jasper are marked with yellow diamonds.

This extensive trail system is maintained by Parks Canada with the assistance of volunteers from the Jasper Trails Alliance (JTA).

# Plan Ahead and Prepare

#### Remember, you are responsible for your own safety

- Before heading out, check for trail conditions, weather and road updates
- Travel with a friend or group. Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, first aid kit, bear spray and maps. Be prepared for emergencies and changes in weather. Tell somebody where you are going, when you will be back and who to call if you do not return.

## Stay on maintained trails

 To prevent trail damage, stay on the trail and avoid shortcuts.

#### Leave what you find and take back what you bring

- · Pack out all garbage, including diapers and food waste
- Dispose of human waste at least 70 m from any water source. Bury solids 15 cm deep. Pack out toilet paper.
- Natural objects like antlers, rocks, wildflowers, etc. are protected by law and must be left undisturbed.

## Water from lakes and streams

Parasites can be present in any water body in the park and may contaminate the water supply. Boil your drinking water or purify it with a water filter or iodine tablets.

#### **Backcountry**

A backcountry camping permit is required for any overnight trip. Visit parkscanada.gc.ca/jasperbackcountry for more information and to book a trip.

**Fishing -** A National Park fishing licence is required. Fishing permits and regulations are available at the information centres and campground kiosks.

# Safety

#### **Emergency**

Call 911 or, if using a satellite phone, call the park dispatch office (780-852-3100). Cell phone reception is unreliable.

#### Keep wildlife wild, and yourself safer

- Travel in groups and make noise to avoid surprise
- Do not feed, touch or approach wildlife. Stay at least 30 m away from most animals and 100 m away from bears.
- Carry bear spray; know how to use it. • Pets must be on a leash at all times.

# **Avalanches**

Be careful when crossing snow slopes or when exposed to avalanche paths. Avalanche risk may exist on trails without

# More Information

- **JASPER TOWNSITE INFORMATION CENTRE:** 780-852-6176 pc.jasperinfo.pc@canada.ca
- ICEFIELD CENTRE: 780-852-6288, open mid May to end of September
- WEBSITE: parkscanada.gc.ca/jasper
- JASPER TRAIL CONDITIONS REPORT:
- parkscanada.gc.ca/jaspertrails
- **WEATHER:** weather.gc.ca MOUNTAIN SAFETY: parksmountainsafety.ca

at 780-852-4767 or www.friendsofjasper.com

• **BEAR INFORMATION:** parkscanada.gc.ca/bears-and-people MAPS AND GUIDE BOOKS: Friends of Jasper National Park

# HOW WAS YOUR TRIP?

Please send your comments to jasperinfo@pc.gc.ca and report trail conditions to the Information Centre.

## FOLLOW US ON:









