



# Family Friendly Rides

- 1 Sundance Trail**  
3.7 km one way  
Elevation gain 75 m, elevation loss 60 m
- 2 Tunnel Campground Loop**  
6.4 km loop  
Elevation gain 70 m
- 3 Banff Legacy Trail (Banff to Canmore)**  
29 km one way  
Elevation gain 24 m, elevation loss 113 m

# Easy Rides

- 4 Healy Creek**  
5.5 km one way  
Elevation gain 95 m, elevation loss 100 m
- 5 Spray River East and West**  
11.3 km round trip  
Elevation gain 242 m, elevation loss 113 m
- 6 Cascade Ponds – Bankhead**  
2.7 km one way  
Elevation gain 52 m, elevation loss 12 m
- 7 Cascade Valley**  
14.6 km one way  
Elevation gain 230 m, elevation loss 60 m
- 8 Water Tower**  
4.3 km one way  
Elevation gain 97 m, elevation loss 82 m

# Moderate Rides

- 9 Brewster Creek**  
8.5 km one way  
Elevation gain 280 m, elevation loss 110 m
- 10 Redearth Creek**  
10 km one way  
Elevation gain 330 m, elevation loss 95 m
- 11 Spray River and Goat Creek (Banff to Canmore)**  
18.7 km one way  
Elevation gain 435 m, elevation loss 160 m
- 12 Lake Minnewanka**  
29.4 km one way  
Elevation gain 45 m, elevation loss 35 m
- 13 Banff Avenue Trail**  
3.3 km one way  
Elevation gain 65 m, elevation loss 50 m
- 14 Hoodoos to Surprise Corner**  
4.8 km one way  
Elevation gain 115 m, elevation loss 90 m
- 15 Tunnel Bench Loop**  
9.7 km loop  
Elevation gain 60 m
- 16 Tunnel Technical Trails**  
2.7 km loop  
Elevation gain 80 m
- 17 Middle Springs**  
7 km of trails  
Elevation gain 124 m, elevation loss 124 m
- 18 Sulphur Mountain Westside**  
7.8 km one way  
Elevation gain 885 m

# Difficult Rides

- 19 Topp Notch**  
3.9 km one way  
Elevation gain 299 m, elevation loss 357 m
- 20 Rundle Riverside (Banff to Canmore)**  
13.9 km one way  
Elevation gain 265 m, elevation loss 296 m
- 21 Lower Stoney**  
4.2 km one way  
Elevation gain 11 m, elevation loss 328 m
- 22 Upper Stoney**  
4.8 km loop  
Elevation gain 228 m, elevation loss 243 m
- 23 The Toe**  
7.9 km of trails  
Elevation gain 82 m, elevation loss 82 m

All elevations are an approximate to give riders an idea of what to expect on each route. Elevations are calculated as the total amount of elevation gained and the total amount of elevation lost (all the ups and downs) over the entire distance of an out-and-back trail or a loop.



**Looking for a paved cruise or epic ride?**  
Pick up the Road Riding Guide at a Parks Canada visitor centre or view online at [parks.canada.ca/banff-brochures](http://parks.canada.ca/banff-brochures)

## LEGEND

Family Friendly Rides	Visitor Centre	Picnic Shelter
Easy Rides	Toilet	Bike Repair Station
Moderate Rides	Police	Bridge
Difficult Rides	Hospital	Golf Course
Trans-Canada Highway	Parking	Gondola
Bow Valley Parkway	Campground	Canoe Docks
Road	Day-use Area	Stables
Other trails	Viewpoint	Public Transit Stop
	Backcountry Camping	

### EASY

- Suitable for all cyclists, including those with little or no experience.
- Flat to gently rolling with no obstacles.
- Little or no elevation gain or loss.

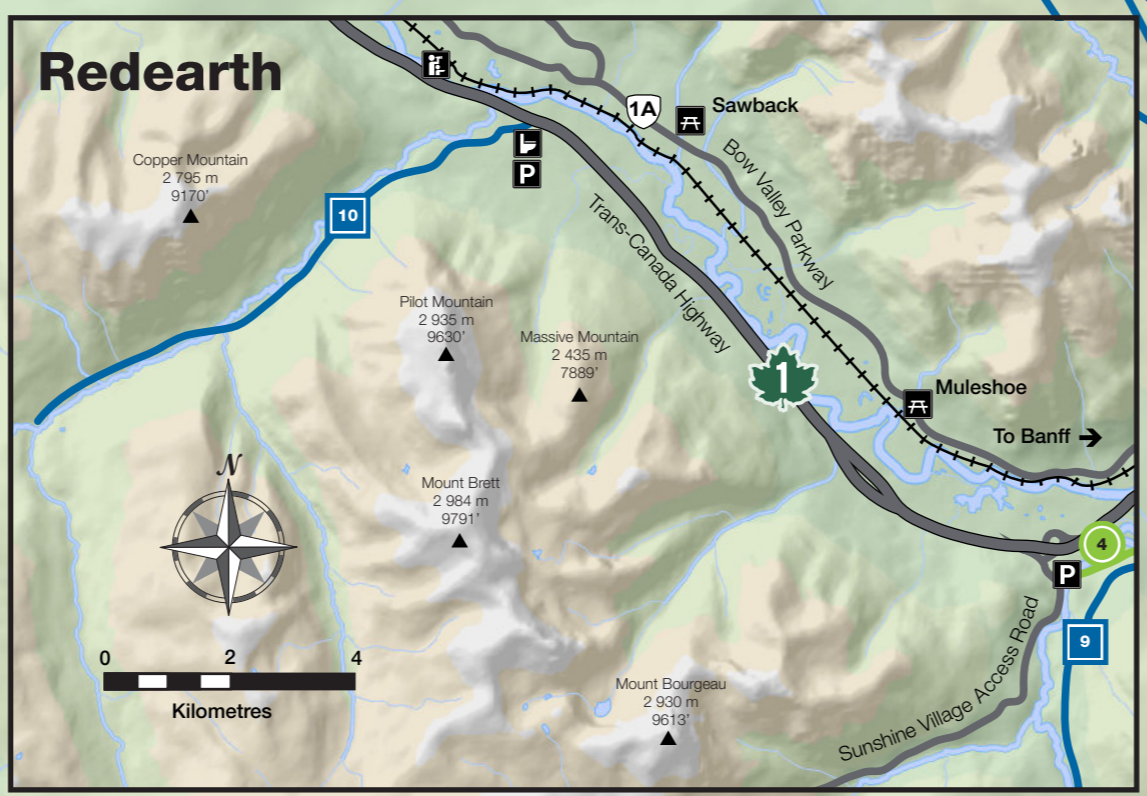
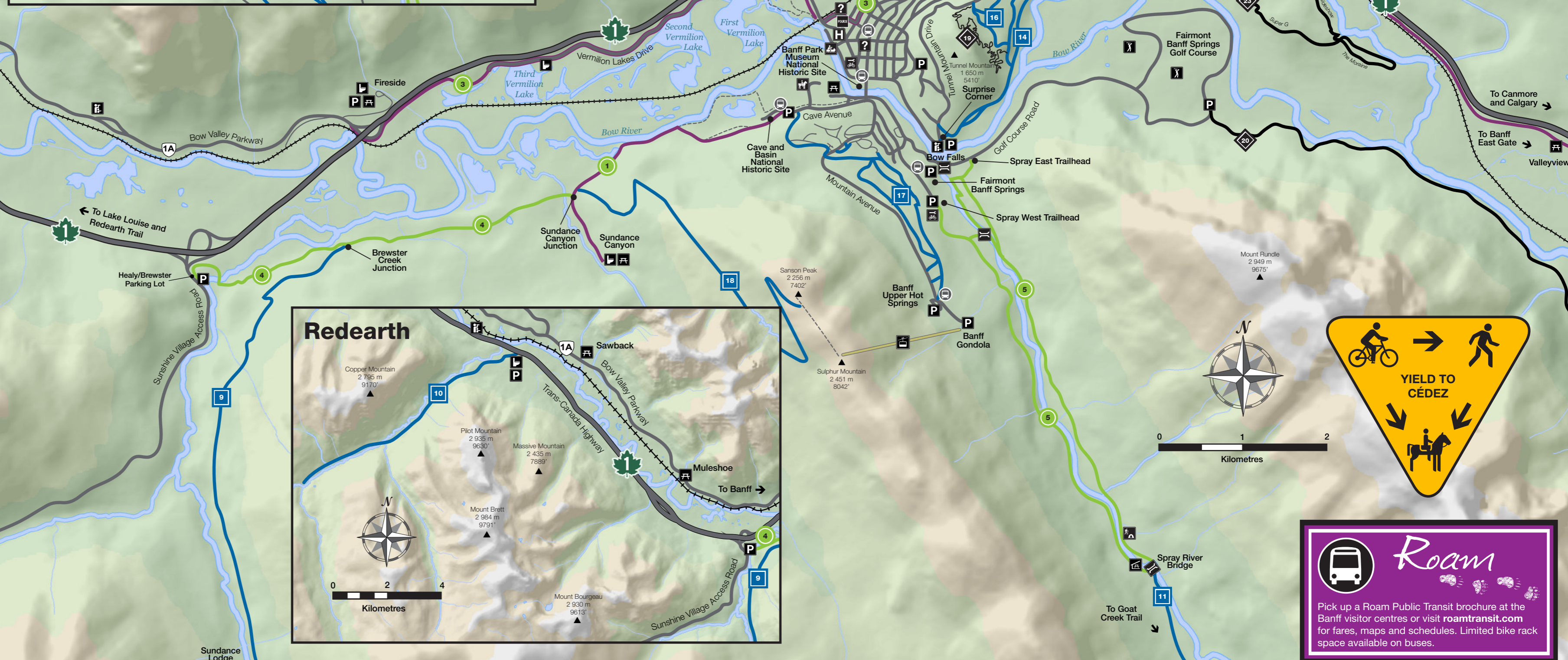
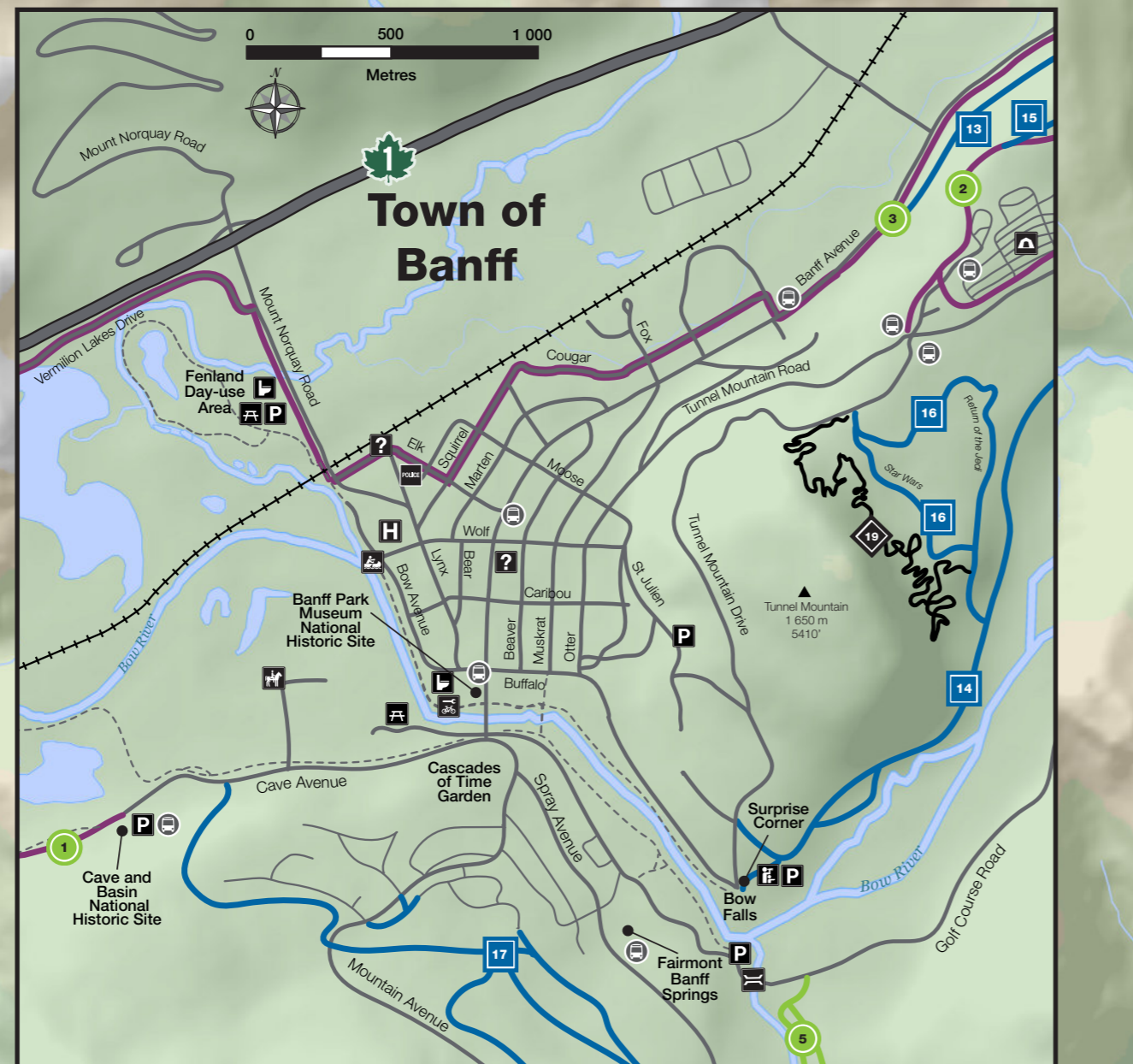
### MODERATE

- Suitable for most cyclists who have some basic experience and are prepared with proper equipment and water.
- Gently rolling with short, steep sections and infrequent obstacles.
- Moderate elevation gain or loss.

### DIFFICULT

- Suitable only for cyclists who have experience and are prepared with proper equipment and water.
- Long, steep sections with frequent obstacles.
- Major elevation gain or loss.

Your speed and quietness puts you at risk for sudden wildlife encounters. **Always carry bear spray**, ensure it is accessible, and know how to use it. Visit [parks.canada.ca/bearspray](http://parks.canada.ca/bearspray) for more information.



**July 10 to Sept 15**  
The Lake Minnewanka trail is closed, shortly after Stewart Canyon bridge, to cycling to ensure visitor safety and allow bears to feed on berries, a critical food source. Dogs are not permitted on the trail during this period.

Roam Public Transit to Lake Minnewanka runs in the summer only. Visit [roamtransit.com](http://roamtransit.com) for more information.



Pick up a Roam Public Transit brochure at the Banff visitor centres or visit [roamtransit.com](http://roamtransit.com) for fares, maps and schedules. Limited bike rack space available on buses.