

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** **DIFFICULT**

NOTE: DISTANCES GIVEN IN THE TRAIL DESCRIPTIONS ARE APPROXIMATE. TIMES GIVEN ARE ESTIMATED.

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 stay on the right.
- 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 scared of dogs or unsure how to pass them 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 to the top of a peak.

- Mary Schäffer Loop** 21 (E, S, W, T) 2.9 km loop; no elevation gain; 1-2 hrs
Trailhead • 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 to a viewpoint. From 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 (E, S) 2.7 km loop; elevation gain/loss: 59 m; 1-2 hrs
Trailhead • Parking lot at the end of Maligne Lake Road
From the Bald Hills trailhead kiosk, hike along the old fire road (trail 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** 100 (E, S, W, T) 5.2 km return; elevation gain/loss: 80 m; 2-3 hrs
Trailhead • 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).

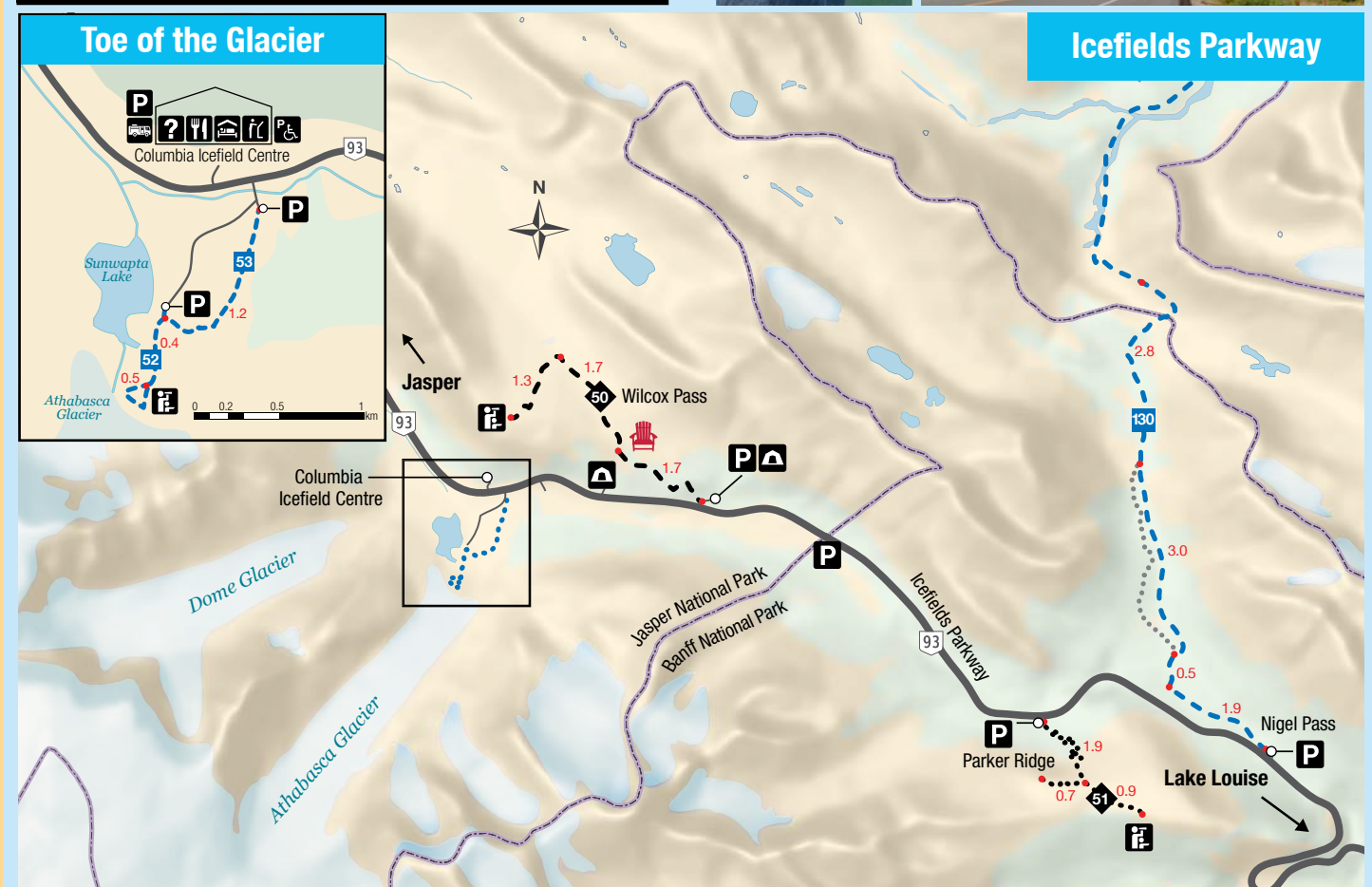


5 Icefields Parkway

For these hikes, travel south from the Jasper townsite along the Icefields Parkway, (Hwy 93N). The Icefield Centre is 103 km from Jasper.

- Athabasca Falls** (E, S, W, T) Day-use area
Trailhead • 30 km (20 min) south of Jasper, junction of Highway 93N and 93A
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** 125 (E, S, W, T) 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.
- Toe of the Athabasca Glacier** 52 (E, S, W, T) 1.4 km return; elevation gain/loss: 60 m; 1 hr
Trailhead • Across from the Icefield Centre at the end of the Toe of the Glacier Road
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.

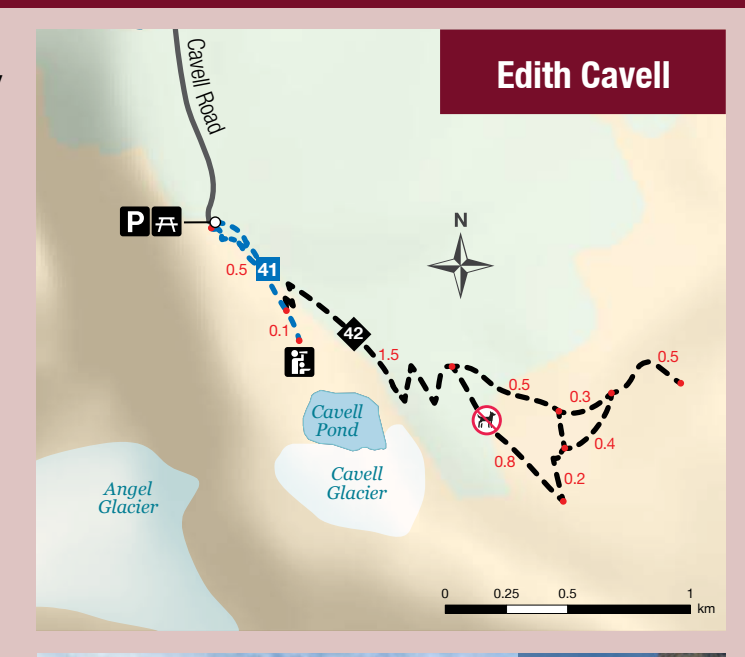
Walking on the Athabasca Glacier is not safe. Do not go past the fence without a certified guide. Many hidden hazards exist: water, ice shelves, uneven ground, air pockets, rock fall.



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** 41 (E, S, W, T) 1.2 km return; elevation gain/loss: 70 m; 1 hr
Trailhead • 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 (E, S, W, T) 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.

Cavell Road and Mount Edith Cavell day-use area are closed to the public from November 1 to May 15 inclusive, to protect caribou habitat. For more information, visit: parks.canada.ca/caribou-winter-access

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 (E, S, W, T) Lower loop: 900 m; 20 minutes
Trailhead • On Miette Road, 200 m from the intersection with Highway 16
Step back in time as you stroll through the old Pocahontas Mine site. This route can be lengthened by following trail 32 (1.7 km return, 45 min).
- Source of the Springs** 35 (E, S, W, T) 1.2 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** 40 (E, S, W, T) 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.



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

Trail signage

- 3** On the trails, the trail numbers are labeled with yellow diamonds.
- 12** This extensive trail system is maintained by Parks Canada with the assistance of volunteers from the the Friends of Jasper National Park.

Plan ahead and prepare

- Before heading out**
- Check reports on weather, roads, trails, fire and avalanche conditions.
 - 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.
 - Know the Parks Canada regulations.

- Stay on maintained trails**
- To prevent trail damage, stay on the trail. Do not take short cuts.
- Leave what you find and take back what you bring**
- Pack out all garbage, including diapers and food waste.
 - Natural objects like antlers, rocks, wildflowers, etc. are protected by law and must be left where they are found.

- Water from lakes and streams**
- Parasites can be present in any water body in the park and may contaminate the water supply. Boil water or purify it with a water filter or iodine tablets before drinking.
- Fishing**
- A National Park fishing licence is required. Fishing permits and regulations are available at the information centres and campground kiosks.

Enjoy the trails, safely

- Keep yourself and wildlife safe**
- Travel in groups and supervise children.
 - Make noise while traveling.
 - Stay alert for wildlife; do not wear headphones or earbuds.
 - Do not feed, touch or approach wildlife.
 - Maintain a safe distance (100 m or 10 bus lengths) from bears at all times. Stay at least 30 m away from other animals.
 - Carry bear spray; know how to use it.
 - Keep your dogs on leash.
 - Do not leave food or garbage unattended.
- Report aggressive wildlife encounters to Jasper Dispatch: 780-852-6155**
- Avalanches**
- Be careful when crossing snow slopes or when exposed to avalanche paths. parksmountainsafety.ca

More Information

Emergency

Call 911 or if using a satellite phone, call Jasper Dispatch (780-852-6155). **Keep in mind that cell phone reception is unreliable.**

- JASPER TOWNSITE INFORMATION CENTRE: 780-852-6176 jasperinfo@pc.gc.ca
- WEATHER: weather.gc.ca
- ROAD UPDATES: parks.canada.ca/jasper-roads

JasperNow (June to October)
Check parking and camping availability: parks.canada.ca/jaspernow

Bear information: parks.canada.ca/bears-and-people

Trail conditions: Check for updates and report on trail conditions here: parks.canada.ca/jaspertrails

facebook.com/JasperNP @JasperNP

DONE WITH THIS BROCHURE?
Please return it or share it with others.
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Townsite Connector Trails

These easy multi-use trails provide opportunities to explore and access areas close to the town of Jasper.

Jasper Discovery Trail P₂ P₃ 11 14
8.3 km loop; elevation gain/loss: 120 m; 2-3 hrs

Trailhead • Can be started from nearly anywhere in town.

This partly paved trail loops around Jasper. There are a few steep inclines on the northwest section of trail.

Campgrounds Trail 12 14
4.6 km one way; no elevation gain; 1-2 hrs

Trailhead • Whistlers and Wapiti Campgrounds

This flat trail is a great way to walk or bike into town. Use this trail to connect to the Lakes loop trail.

Lakes Loop Trail 12 14 18 13 11
Up to 13.9 km loop; elevation gain/loss: 33 m; 2-3 hrs

Trailhead • Various access points in and around Jasper townsite (11), and Old Fort Point.

This mix pavement and packed gravel loop links Jasper Townsite, Old Fort Point, Lac Beauvert, Jasper Park Lodge, Lake Annette and Lake Edith. The part of the loop on trails 11, 12, 14 and 18 has slight elevation change. The northeast portion of the loop on trails 11 and 13 has 33m elevation change. The complete loop involves two light controlled highway crossings.

Pyramid Trail P₃ 15
5.4 km one way; elevation gain/loss: 118 m; 1-2 hrs

Trailhead • Jasper Activity Centre parking lot (P3)

Follow the Jasper Discovery Trail (11) for 600 m before connecting to the Pyramid Trail (15). This trail climbs gently but continuously up the Pyramid Bench and is a great access route to other trails.

South of Jasper

These trails lie south of Jasper and are accessible from Highway 93.

Valley of the Five Lakes P₁₅ 9a 9b 9 9
4.6 km loop; elevation gain/loss: 66 m; 2 hrs

Trailhead • (P15) 9 km south on Highway 93

This trail includes two loops. Stay on trail 9a to pass lakes five through two, and loop back on 9b to the parking lot (4.6 km). For a longer loop continue on trail 9a along the first lake and loop back on trail 9 (9.3 km). Mainly slight inclines with some short but steep sections. (Bicycles are not allowed on part of the trail from May 15 to September 15).

Wabasso Lake P₁₆ 9
6.4 km return; elevation gain/loss: 38 m; 2-3 hrs

Trailhead • (P16) 14.6 km south on Highway 93

This trail crosses several low ridges providing views of the Athabasca Valley and Mount Edith Cavell. From Wabasso Lake you can continue on trail 9 to connect to the Valley of the Five Lakes Trail (6.3 km).

Whistlers Summit Trail 5a 3 3 14
1.1 km one way; elevation gain: 150 m; 1 hr


Trailhead • SkyTram upper terminal


Venture up in the alpine for a 360-degree view of the Athabasca Valley and surrounding peaks.

Whistlers Trail P₁₄ 6 3 3 3 14
7.3 km one way; elevation gain: 1200 m; 3-5 hrs up,
2-3 hrs down.

Trailhead • (P14) 2.8 km up Whistlers Road

The effort required to hike this steep trail is well rewarded by panoramic views of the Miette and Athabasca Valleys.

 Whistlers Trail (5) is closed to the public from November 1 to May 15 inclusive, to protect caribou habitat. For more information, visit: parks.canada.ca/caribou-winter-access



Pyramid Bench

The trail routes described below are on the Pyramid Bench—a lake-dotted terrace adjacent to Jasper.

Cottonwood Creek Loop P₃ 2 2a 11
5 km loop; elevation gain/loss: 75 m; 1-2 hrs

Trailhead • (P3) Jasper Activity Centre parking lot

Follow trail 2 up the Pyramid Bench and across Pyramid Road. From here trail 2a rewards you with exceptional views of the valley. Use trail 11 to complete the loop.

Overlook Loop P₇ 2b 2f 2g 2
6 km loop; elevation gain/loss: 75 m; 1-2 hrs

Trailhead • (P7) North end of Pyramid Lake

This trail is steep at the start, but rewards you with some of the best views of Pyramid Lake. Take trail 2b and follow it along the ridge. Follow trail 2f for 200 m, and then use 2g and 2 to get back.



Saturday Night Lake Loop



Across the River

These trails lie on the east side of the Athabasca River.

Lake Annette Loop P₃ 4d 3 3 14
2.4 km return; no elevation gain; 1-1.5 hrs

Trailhead • Lake Annette parking lot

This interpretive trail offers a paved loop along the shores of Lake Annette.

Lac Beauvert Loop P₃ 4a
3.5 km loop; no elevation gain; 1-2 hrs

Trailhead • (P18) Lac Beauvert parking lot

This trail along the perimeter of beautiful Lac Beauvert provides amazing views of Jasper Park Lodge and the surrounding valley.

Flower Loop P₃ 10a 10 3 3 14
2.2 km loop; no elevation gain/loss; 1-1.5 hrs

Trailhead • (P8) Sixth Bridge parking lot, 7.5 km east of Jasper via Highway 16 and Maligne Road

This short and flat trail follows the shore of Athabasca River and provides excellent bird and wildflower viewing opportunities.

Old Fort Point Loop P₁ 1 1a
3.8 km loop; elevation gain/loss: 130 m; 1-2 hrs

Trailhead • (P1) from Highway 93A North turn onto the Old Fort Point/Lac Beauvert access road. After crossing the bridge the trailhead is on the right.

Old Fort Point is a prominent bedrock hill. This trail is steep in places but provides an excellent view of Jasper. Horses and bikes are not permitted on some sections of this trail. Watch for bighorn sheep!

Maligne Canyon P₁₁ 7 7f
2.2 km one way; elevation gain/loss: 100 m; 1-2 hrs

Trailhead • (P11) Maligne Canyon upper parking lot, 8 km east of Jasper via Highway 16 and Maligne Road

There are many bridges along this trail, allowing you to make this trek as short or long as you'd like. First and second bridges provide quick access to the best views, while bridges further down provide a different perspective. Horses and bikes are not permitted on some sections of this trail. The trail is steep in places.

Overlander Trail P₈ 10
15.5 km one way; elevation gain/loss: 65 m; 5-6 hrs

Trailhead • (P8) Sixth Bridge parking lot, 7.5 km east of Jasper via Highway 16 and Maligne Road

The beginning of this trail is flat and winds its way to an historic Métis homestead. From there the forests and meadows yield to a steep hillside with amazing views of the Athabasca Valley.

