In Waterton Lakes National Park the mountains and the prairie meet in a dramatic landscape shaped by wind, fire and flood. Located in the Crown of the Continent, one of the narrowest parts of the Rocky Mountains, the park helps protect a unique and unusually diverse community of plants and animals. The highlight of Waterton’s sparkling chain of lakes is the international Upper Waterton Lake, the deepest lake in the Canadian Rockies at 1,487 m/4,871 ft. at its deepest point. In 1932, the park was joined with the United States’ Glacier National Park to form the Waterton-Glacier International Peace Park—a world first.

Plan Ahead and Prepare

Remember, you are responsible for your own safety.
• Get advice from a Parks Canada Visitor Centre.
• Study trail descriptions and maps before starting.
• Check the weather forecast and current trail conditions.
• Choose a trail suitable for the least experienced members in your group.
• Pack adequate food, water, clothing, maps and gear.
• Carry a first aid kit and bear spray.
• Tell somebody where you’re going, when you’ll be back and who to call if you don’t return.
• Travel with a friend or group.
• Be prepared for emergencies and changes in weather.

Stay on Maintained Trails
• To prevent trail damage stay on the trail and avoid shortcuts.

Leave What You Find, and Take What You Bring
• Pack out all garbage, including diapers and food waste.
• Dispose of human waste in a hole 15 cm deep. Pack out your toilet paper.
• Natural and cultural resources such as rocks, fossils, artifacts, horns, antlers, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy.

Backcountry
A backcountry camping permit is required for any overnight trip. Reservations can be made three months in advance by calling the Warden Office at 403-859-5140 (April 1 to mid-May) or the Visitor Centre at 403-859-5133 (after mid-May). Please consult the Visitor Centre about backcountry horse trips and required permits and fees.

Random Camping
Non-designated or random camping may be permitted. Ask Parks Canada Visitor Centre staff for details.

Share the Trail
Cyclists yield to hikers. Cyclists and hikers yield to horses.

Cycling
Cyclists are susceptible to sudden, dangerous bear encounters – slow down, stay alert and make noise.
• When approaching horses, stop, move off the trail, remain visible and ask rider for instructions.
• Mountain biking is allowed only on trails designated for cycling.
• Stay on trails and avoid skidding.

Fishing
A National Park fishing licence is required.

Safety

Emergency
For all emergencies please call 403-859-2636. Cell phone reception is unreliable.

Keep Wildlife Wild, and Yourself Safer
• Travel in groups and make noise to avoid surprises encounters.
• Do not feed, touch, or approach wildlife. Stay at least 30 to 50 metres away from most animals, and 100 metres away from bears.
• Carry bear spray and know how to use it.
• Pets must be on a leash at all times.

Avalanches
The right combination of snow cover and slope angle can produce avalanches. Be careful when crossing snow slopes or when exposed to avalanche paths.

More Information
• Visitor Centre: 403-859-5133
• Website: www.pc.gc.ca/waterton
• Waterton Trail Conditions Report: www.pc.gc.ca/watertonlaketrails
• Weather: www.weatheroffice.gc.ca
• Avalanche Reports, Information and Training: www.avalanche.ca
• Maps and Guide Books: Waterton Natural History Association, 403-859-2607

Done with this Brochure?
Please return for re-use to a park facility or share it with others.

HIKING WATERTON LAKES NATIONAL PARK

This brochure is brought to you in collaboration with the Waterton Lakes National Park, the International Upper Waterton Lake, the deepest lake in the Canadian Rockies at 1,487 m/4,871 ft. at its deepest point. In 1932, the park was joined with the United States’ Glacier National Park to form the Waterton-Glacier International Peace Park—a world first.

Rugged, windsworn mountains rise abruptly out of gentle prairie grassland in spectacular Waterton Lakes National Park. There are about 200 kilometres (125 miles) of hiking trails, ranging from easy strolls to strenuous wilderness hikes. Use the trail chart below to choose a hike suitable for everyone in your party. For more detailed route finding and trail descriptions, consult the “Hiking Map and Guide for Waterton Lakes National Park,” available for purchase at the park Visitor Centre.

Printed in 2010.

DAY HIKES

<table>
<thead>
<tr>
<th>Type</th>
<th>Hiking Trail</th>
<th>Other Trail Users</th>
<th>Estimated Time (Minutes)</th>
<th>Distance (Return)</th>
<th>Elevation Gain</th>
<th>Trail Description</th>
<th>Trail Users</th>
<th>Time (Return)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Townsite</td>
<td>1 hour</td>
<td>3.2 km /2 mi.</td>
<td>Minimal</td>
<td>Hiking trail beside Upper Waterton Lake</td>
<td></td>
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</tr>
<tr>
<td>Prince of Wales</td>
<td>45 minutes</td>
<td>2 km /1.2 mi.</td>
<td>Minimal</td>
<td>View of the Waterton Lakes—loop trail</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Linnet Lake Loop</td>
<td>20 minutes</td>
<td>1 km /0.6 mi.</td>
<td>Minimal</td>
<td>Short stroll around a small lake.</td>
<td></td>
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</tr>
<tr>
<td>Kootenai Brown</td>
<td>0.5 - 2 hours</td>
<td>6.9 km /4.3 mi.</td>
<td>Minimal</td>
<td>Hiking trail with view of lakes, prairie and mountains.</td>
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</tr>
<tr>
<td>Cameron Lakeshore</td>
<td>1 hour</td>
<td>3 km /1.9 mi.</td>
<td>Minimal</td>
<td>Walk through a “snow forest” inside a scenic subalpine lake.</td>
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</tr>
<tr>
<td>Avalanche Lake</td>
<td>30 minutes</td>
<td>1 km /0.6 mi.</td>
<td>Minimal</td>
<td>Short stroll to a subalpine subalpine lake.</td>
<td></td>
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</tr>
<tr>
<td>Red Rock Canyon Loop</td>
<td>20 minutes</td>
<td>0.7 km /0.4 mi.</td>
<td>Minimal</td>
<td>Hiking trail along a colourful canyon.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baldy Lake</td>
<td>45 minutes</td>
<td>2 km /1.2 mi.</td>
<td>Minimal</td>
<td>A short walk leads to water outlooks.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Cranpell Lake (Red Rock Parkway)</td>
<td>1.25 hours</td>
<td>4 km /2.4 mi.</td>
<td>Minimal</td>
<td>Steady uphill trail through montane forest. Good family hike.</td>
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</tr>
<tr>
<td>Cranpell Lake (Akamina Parkway)</td>
<td>1 hour</td>
<td>3.6 km /2.2 mi.</td>
<td>Minimal</td>
<td>Steady uphill trail through pine and aspen. Good family hike.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Lower Bertha Falls</td>
<td>1.5 hours</td>
<td>5.2 km /3.2 mi.</td>
<td>Minimal</td>
<td>Moderate climb to a cascading “bridal veil” waterfall.</td>
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<td></td>
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<tr>
<td>Bear’s Hump</td>
<td>1 hour</td>
<td>2.8 km /1.4 mi.</td>
<td>Minimal</td>
<td>Step climb with panoramic view of Waterton Lake.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Sewanee</td>
<td>5 hours</td>
<td>16 km/10.2 mi.</td>
<td>Minimal</td>
<td>An old fire road suited for cyclists.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Fortin Lake, BC</td>
<td>3 hours</td>
<td>8.9 km /5.6 mi.</td>
<td>Minimal</td>
<td>Alpine lake and subalpine trail in BC Provincial Park.</td>
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<td></td>
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<tr>
<td>Wall Lake, BC</td>
<td>3.5 hours</td>
<td>10 km /6.2 mi.</td>
<td>Minimal</td>
<td>Alpine lake and subalpine trail in BC Provincial Park.</td>
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</tr>
<tr>
<td>Summit Lake</td>
<td>3 hours</td>
<td>8 km /5 mi.</td>
<td>Minimal</td>
<td>Switchbacks through old growth forest to Summit Plateau.</td>
<td></td>
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<tr>
<td>Linsley Creek</td>
<td>3 hours</td>
<td>8.4 km /5.2 mi.</td>
<td>Minimal</td>
<td>Forested hike to view a 250 m (410 ft.) high falls.</td>
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<tr>
<td>Lower Bertha Lake</td>
<td>3 hours</td>
<td>8 km /5 mi.</td>
<td>Minimal</td>
<td>Forested and open slopes lead to a small alpine lake.</td>
<td></td>
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<tr>
<td>Lower Bertha Lake</td>
<td>3 hours</td>
<td>12 km /7.5 mi.</td>
<td>Minimal</td>
<td>Hiking trail to a 250 m (410 ft.) high falls.</td>
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<tr>
<td>Bertha Lake</td>
<td>4.5 hours</td>
<td>10.4 km /6.5 mi.</td>
<td>Minimal</td>
<td>Hiking trail to popular and pretty lake.</td>
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<tr>
<td>Lakeshore Trail</td>
<td>4 hours</td>
<td>13 km /8 mi.</td>
<td>Minimal</td>
<td>Requires boat trip from Goat Haunt, USA or return hike.</td>
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<tr>
<td>Horseshoe Basin</td>
<td>7 hours</td>
<td>21 km /13 mi.</td>
<td>Minimal</td>
<td>Hiking through open prairie. Abundant wildflowers in spring.</td>
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<tr>
<td>Blockhouse Valley</td>
<td>7 hours</td>
<td>20.2 km /12.5 mi.</td>
<td>Minimal</td>
<td>A wide trail to a high meadow plateau.</td>
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<tr>
<td>Goat Lake</td>
<td>5 hours</td>
<td>14 km /9 mi.</td>
<td>Minimal</td>
<td>Hiking trail to a high meadow plateau.</td>
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<tr>
<td>Wishbone</td>
<td>8 hours</td>
<td>21 km /13 mi.</td>
<td>Minimal</td>
<td>Hiking through open forest &amp; wetlands. Access to Vimy Peak.</td>
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<tr>
<td>Calf Lake</td>
<td>6 hours</td>
<td>17.2 km /10.7 mi.</td>
<td>Minimal</td>
<td>Waterfall, natural tunnel &amp; cliff traverse. Requires boat shuttle.</td>
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<tr>
<td>Carhart-Alderson</td>
<td>8 hours</td>
<td>20.1 km /12.5 mi.</td>
<td>Minimal</td>
<td>Spectacular views from Carhart Ridge. May need car shuttle.</td>
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<tr>
<td>Twin Lakes</td>
<td>9 hours</td>
<td>22.8 km /14.2 mi.</td>
<td>Minimal</td>
<td>Steep uphill trail to two large lakes.</td>
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</tr>
<tr>
<td>Tamarack Trail</td>
<td>2 to 3 days</td>
<td>32 to 36 km/20 to 23 mi.</td>
<td>Minimal</td>
<td>Scenic hike along the Continental Divide. Access to Lone Lake.</td>
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</tr>
</tbody>
</table>

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PHOTO CREDITS
Photos top left to right: Upper Waterton Lake, Black Bear, Columbian Ground Squirrel.

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How was your trip?
Please send us your comments at waterton.info@pc.gc.ca and report trail problems to park staff.

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