

# A LAND OF FIRE AND ICE



Kootenay  
National Park

Kootenay National Park is a land of startling contrasts. From glaciers to grasslands, broad vistas to narrow canyons, icy rivers to steamy hot springs - this place has it all!

Every twist and turn of the highway reveals something interesting to explore: the blue-grey walls of Marble Canyon, fuchsia-coloured fireweed lining trails to backcountry treasures, and the red cliffs and shattered rock of Sinclair Canyon. Kootenay's dramatic southern entrance, framed by vertical walls of rock, rivals any in Canada.

## DID YOU KNOW?

Kootenay National Park is part of the Canadian Rocky Mountain Parks UNESCO World Heritage Site.



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## QUICK FACTS

### Area:

1406 km<sup>2</sup> (543 mi<sup>2</sup>)

### Location:

200 km<sup>2</sup> (124 mi<sup>2</sup>) west of Calgary

### Visitation:

> 500,00 visitors in 2021/22

### Activities:

Hiking, Camping, Picnicking, Sightseeing, Swimming, Soaking, Stargazing, White Water Paddling, Ski Touring, Snowshoeing

### Wildlife Residents:

Bighorn Sheep  
Mountain Goats  
Black Bears  
Grizzly Bears  
White Tail Deer  
Moose  
Wolves  
Lynx  
Cougars

Established in 1920, Kootenay National Park was created as part of an agreement between the provincial and federal governments to build the Banff-Windermere Highway (93 South) connecting the Columbia Valley to Banff and Calgary. The highway was completed in 1922 and officially opened on June 23rd, 1923.

## SEASONAL SIGHTINGS



### Spring

Wildflowers make their first appearance in the Redstreak area in April. Wildlife can frequently be seen feeding along the highway.



### Summer

The best time to camp and explore Kootenay's diverse hiking experiences: from short, family-friendly trails to multi-day adventures.



### Autumn

A spectacular time to hike in Kootenay. Crimson fireweed and golden larches light up the Sinclair, Floe Lake and Stanley Glacier trails.



### Winter

Draws skilled ice climbers and skiers to Kootenay's north end. In the evening, nothing beats a relaxing soak in the hot springs.



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# FIND YOUR ADVENTURE IN KOOTENAY NATIONAL PARK

## STAY THE NIGHT!

Tenting, RVing or oTENTiks? Choose from three front country campgrounds. Redstreak, Kootenay's largest campground, includes full, semi and unserviced campsites, as well as, ten oTENTik tent-cabins. Reservations for Redstreak Campground are recommended and can be made in March 2023.

Call 1-877-737-3783 or book online at: [reservation.parksCanada.gc.ca](https://reservation.parksCanada.gc.ca). McLeod Meadows and Marble Canyon offer unserviced tenting and RVing sites on a first come, first served basis.

## PACK A LUNCH!

On foot or by car, exploring Kootenay National Park is a full day adventure. Enjoy your picnic lunch in one of the many day use areas along the highway or while admiring the views on a hiking trail.



Photo credit: Zoya Lynch / Parks Canada

## TOP 10 THINGS TO DO IN KOOTENAY NATIONAL PARK

- 1 Take the guesswork out of camping and relax in one of ten oTENTik tent-cabins.
- 2 Hold history in your hands on a family-friendly guided hike to the Stanley Glacier Burgess Shale fossil site. Reserve online at [www.reservation.pc.gc.ca](https://www.reservation.pc.gc.ca) beginning January 2022.
- 3 Soak in some history and learn how wildlife safely cross the road at the Radium Hot Springs.
- 4 Learn about wildlife fences and underpasses with self-guided activities. Fun for kids!
- 5 Snap a selfie in one of Kootenay's Red Chairs at Marble Canyon, Sinclair Canyon, or Simpson River.
- 6 Learn how fire keeps forests healthy on the Fireweed, Simpson River and Redstreak Restoration interpretive trails.
- 7 Lace up your hiking boots for an epic backcountry adventure on the Rockwall or Kindersley-Sinclair trails!
- 8 Enjoy Sinclair Canyon from above and below - hike the Juniper trail from the Radium Hot Springs to the park's west gate.
- 9 Discover local First Nations' history at the Kootenay National Park Visitor Centre.
- 10 Download the Parks Canada app for a guided audio tour. Get stories from Parks Canada staff and get insider tips on where to stop.



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