

150 WAYS TO ENJOY CANADA'S MOUNTAIN PARKS



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We asked our readers what their favourite ways were to enjoy the beauty of Canada's Mountain Parks. We received over 500 submissions with answers of all kinds, from summit picnic spots to the best frozen waterfalls to climb. Looking for your next adventure? Scan this list for ideas that come from passionate, outdoorsy people who get out there the most.

ON THE TRAILS

1. Lake O'Hara
2. Pocaterra Ridge
3. Big Beehive Trail
4. Devil's Thumb
5. Highline Trail
6. Lake Agnes Teahouse Trail
7. Helen Lake
8. Akamina Ridge
9. Mt. Assiniboine
10. Mt. Temple
11. Berg Lake
12. Iceline Circuit
13. Eiffel Peak
14. Larch Valley
15. Tunnel Mountain
16. Sunset Pass Trail
17. Castle Mountain
18. Cascade Mountain
19. Rockwall Trail
20. Brazeau Loop Trail
21. Paradise Valley to Sentinel Pass
22. Ha Ling Peak
23. Sulphur Mountain
24. Red Rock Canyon in Waterton
25. The Hole in The Wall
26. Mount Lady Macdonald
27. Hosmer Mountain
28. Skyline Trail
29. Mount Yamnuska
30. Ribbon Creek
31. Egypt Lake
32. Harvey Pass
33. Mount Rundle
34. Tonquin Valley
35. Skoki region
36. Minnewanka Trail
37. Anywhere in Kananaskis Country

ROCK CLIMBING

38. Bugaboo Spire
39. Back of the Lake (Lake Louise)
40. Lower Black Band (Tunnel Mtn)
41. East End of Mt Rundle
42. Heart Creek
43. Grassi Lakes
44. Tower of Babel (Moraine Lake)
45. Supreme Walls at Echo Canyon in Canmore
46. Mt. Edith Cavell

SCRAMBLING

47. Richardson, Ptarmigan, Pika peaks
48. St. Nicholas Peak
49. Mt. Saint Piran
50. Cirque Peak

ICE CLIMBING

51. Maligne Canyon
52. Grotto Canyon
53. Johnston Canyon
54. Bourgeau

ON THE WATER

55. Canoeing on Lake Minnewanka
56. Canoeing the lakes of the Pine Pass
57. Kayaking on Horseshoe Lake
58. Rafting on the Bow River
59. Rafting on the Kicking Horse River
60. Taking a boat ride on the pristine water of Maligne Lake in Jasper
61. Swimming at Johnson Lake
62. Swimming at Dog Beach in Jasper
63. SUP on Two Jack Lake
64. SUP'ing downwind, surfing a small wave all the way from the Upper Lake and down across the Lower Lake in Waterton
65. Fly fishing on the Bow River and waiting for a Bull Trout to tug on your line
66. Soothing the muscles in the Lussier Natural Hot Springs

SNOWSHOEING

67. Paint Pots in Kootenay National Park
68. Chester Lake
69. Maligne Lake
70. Wilcox Pass
71. Cascade Amphitheatre
72. Johnston Canyon
73. Lake O'Hara
74. Sawback Trail
75. Medicine Lake
76. Johnson Lake (and making a stop at Billy Carver's "hermit hut")

SKI RESORTS/CENTRES

77. Lake Louise Ski Resort
78. Kicking Horse Mountain Resort
79. Sunshine Village Ski & Snowboard Resort
80. Mount Norquay
81. Ski Marmot Basin
82. Fernie Alpine Resort
83. Revelstoke Mountain Resort
84. Canmore Nordic Center

SKI TOURING

85. Rogers Pass
86. Wapta Icefield

87. Burstall Pass
88. Helen Shoulder
89. Skoki Lodge
90. Terrain around Elizabeth Parker Hut
91. Bow Summit
92. Victoria Glacier
93. Mosquito Creek
94. Hidden Lake
95. Lower Lake in Kananaskis
96. The Great Divide

ON TWO WHEELS

97. Legacy Trail
98. Coastline Mountain Bike Trail in Banff
99. High Rockies Trail in Kananaskis
100. Mount Burke
101. All Tunnel Mountain trails!
102. West Bragg Trails
103. Goat Creek/Spray River Trail
104. Minnewanka Mountain Bike Trail
105. Stoney Squaw Trail
106. Vermilion Lakes Road and the Bow Valley Parkway

CAMPING

107. Yoho backcountry
108. On the shore of Abraham Lake
109. Along the Rockwall Trail
110. Takkakkaw Falls
111. Laughing Falls
112. Campsites in Waterton Lakes National Park
113. Berg Lake
114. Hector Lake
115. Rampart Creek
116. Two Jack Lake
117. Whistlers in Jasper
118. Lake Minnewanka
119. Skoki area campgrounds
120. Mosquito Creek
121. Egypt Lakes
122. Lake O'Hara

MOUNTAIN LODGES/HUTS

123. Emerald Lake Lodge
124. Mount Engadine Lodge
125. Skoki Lodge
126. Alpine Club of Canada huts

EATING AND DRINKING

127. Eating a packed lunch gazing over unspoiled terrain
128. Eating dinner on the nub at Mt. Assiniboine
129. Over the campfire

130. Enjoying a cup of tea and a slice of pie at Lake Agnes Tea House
131. Eating lunch on Cirque Peak overlooking the beautiful blue Bow Lake
132. A cold pint at Banff Ave. Brewing Co.
133. Brunch at the Fairmont Banff Springs Hotel
134. Eating at Baker Creek in Lake Louise after a cycle along the Bow Valley Parkway

MISCELLANEOUS

135. Driving to Lake Minnewanka in the early hours of the morning to see the northern lights.
136. Driving along the Icefields Parkway.
137. Photographing the beauty of the parks mountains, water and night sky
138. Alpine starts, headlamp ascents and shoulder season objectives.
139. Watching sunrises and sunsets over the mountains.
140. Seeing wildlife in the parks.
141. Checking out the ice sculptures at Lake Louise during Ice Magic.
142. Just breathing in fresh mountain air and connecting with nature.
143. When a group of random strangers are all connected by their love for the outdoors and share stories or advice on trails and experiences.
144. Trail running. It provides such a different experience and perspective than hiking. The thrill of dodging tree roots and rocks, anticipating each step, each breath, each movement.
145. Yoga at Mount Norquay with the view of Banff.
146. Birdwatching in the spring and fall during migration.
147. Going to inspiring films and attending talks at the Banff Mountain Film and Book Festival.
148. Golfing at Fairmont Banff Springs on the Stanley Thompson 18 midweek.
149. Seeing bison in Waterton, and now Banff too.
150. The Waterton Wildlife Festival