

Best Hikes in *The Canadian Rockies*

by Tony Daffern



How to Navigate this Guide

- Turn to **main area** map on next page.
 - Tap on one of the 4 area names.
 - Tap on **trail name** to go to trail or go to next page and tap on **trail number**.

To return to Contents

- Tap on **trail name** or **trail number** to return to the same area.
- Tap on text above trail name to return to **main area map**

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Main Area Map

To try the navigation
tap on text in red box
like this one



Information Centres

- A** Banff National Park
- B** Lake Louise
- C** Kootenay Park Lodge
- D** Yoho National Park
- E** Columbia Icefield
- F** Jasper National Park

Icefields Parkway

23 Bow Glacier Falls

24 Helen Lake

25 Chephren & Cirque Lakes

26 Nigel Pass

27 Parker Ridge

28 Wilcox Pass &
Wilcox Peak Ridge

Icefield Parkway



Easy access to flowery meadows with alpine lakes, stunning views, Hoary marmots and an easy peak for the more energetic.

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Helen Lake

Distance 13.8 km to ridge above lake

Height gain 570 m **High point** 2520 m

Rating moderately strenuous

Best from July to end of September

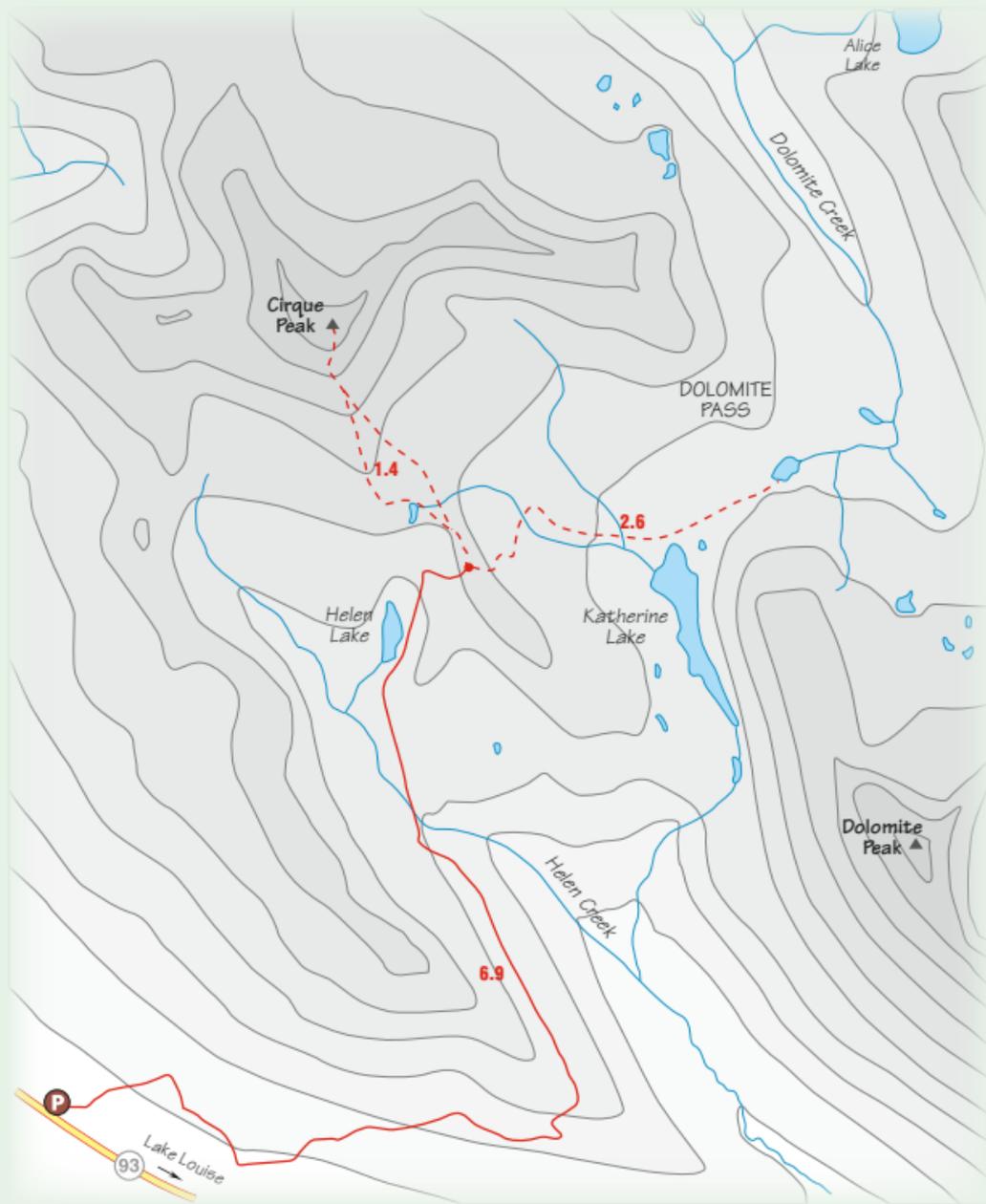
Start Icefields Parkway 33 km north of the Trans-Canada Hwy. at Lake Louise and 7.7 km south of Bow Summit. Trailhead parking is on the east side of the road opposite Crowfoot Glacier viewpoint.

Difficulty A well-graded trail, moderately steep in places. The ascent of Cirque Peak is a non-technical scramble up scree with one easily negotiated rock band.

- 1. The trail ascends at a moderate grade through light subalpine forest then steepens as it ascends the side of an open slope and rounds the end of the ridge into more open terrain.**
- 2. The grade eases and the trail works its way into the open subalpine cirque below Cirque Peak. Rock-hop across Helen Creek and ascend gently to Helen Lake.**
- 3. Don't stop too long by the lake. Head for the ridge above the lake where the panoramic view is well worth the extra 125 m of height gain. Most people turn around here. If you want to extend your day see the two options on the following pages.**
- 4. Return the way you came.**

Helen Lake





Going farther to Dolomite Pass

Distance add 5.2 km

Height gain extra 125 m to pass on return

An excursion to Katherine Lake and the barren alpine region of Dolomite Pass.

1. From the top of the ridge above Helen Lake, descend 125 m to Katherine Lake and follow the faint trail to a small lake in the environs of Dolomite Pass.
2. Return the way you came. Back up to the ridge!



Looking down onto the wide expanse of Dolomite Pass. Katherine Lake to the right. The other small lakes are unnamed.

Scramble up Cirque peak

Distance add 2.8 km to east summit

Height gain 473 m from ridge

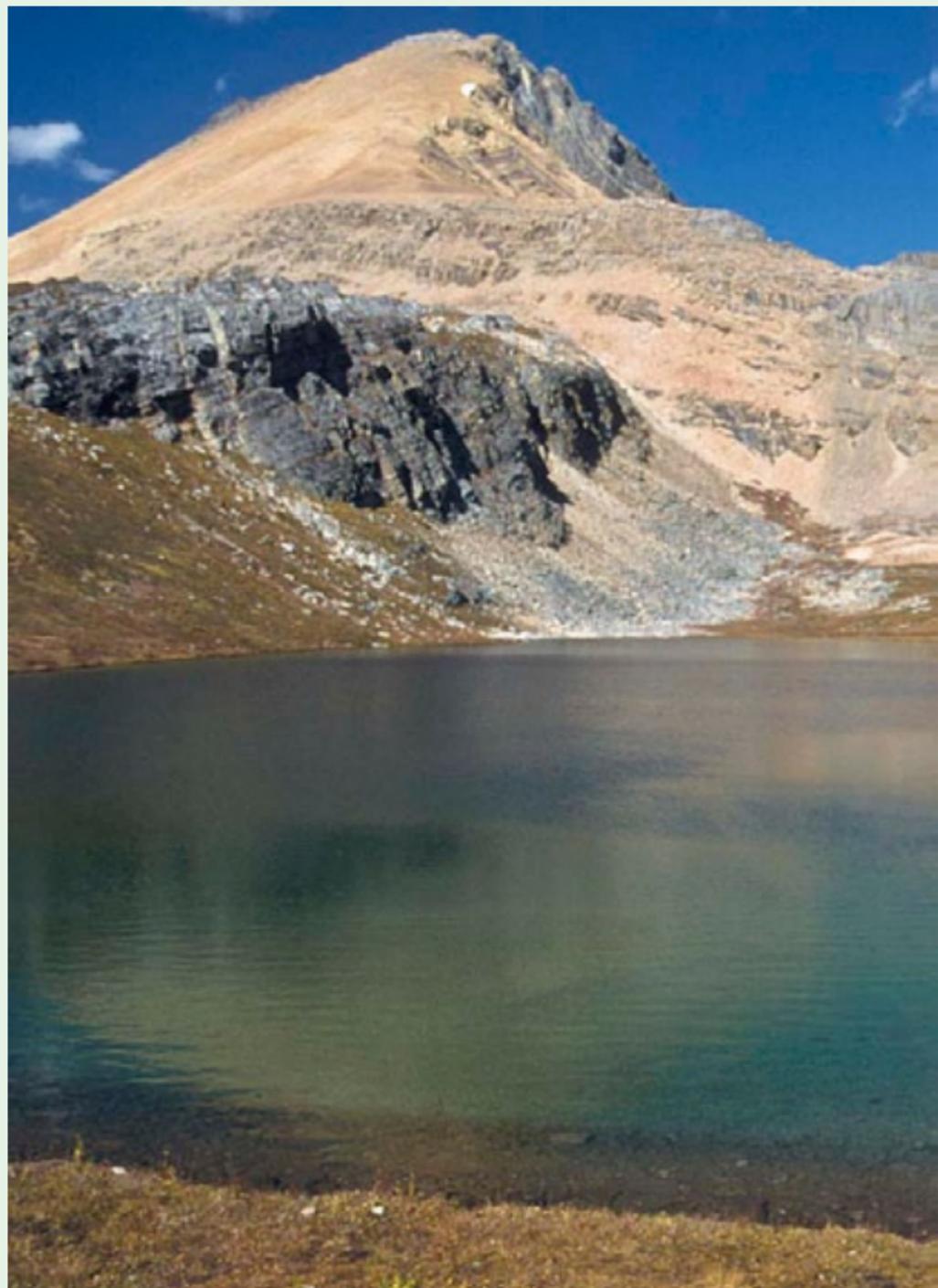
High point 2993 m

An easy non-technical ascent to a fabulous viewpoint.

1. The route can be seen from the ridge above Helen Lake. Head across rock and scree to pick up the trail that ascends the open scree slope to the ridge or scramble onto the end of the ridge.
2. Follow the ridge to the west summit. An easy scramble will take you to the marginally higher east summit where you can sign the summit register.
3. Descend the way you came.

*View to the south
from the summit.*





Cirque Peak from Helen Lake.

Disclaimer

There are inherent risks in hiking mountain areas that require hikers to constantly use their own judgment. Anyone using this hiking guide does so entirely at their own risk and both the author and the publisher disclaim any liability for any injuries or other damage that may be sustained by anyone hiking any of the trails described in this guide.

Be aware that bear sightings and fire hazard can close trails at a moment's notice. Flash floods can wash out bridges. Fallen trees resulting from strong chinook winds can block trails and make the going difficult.

In this guide there are no dos or don'ts. It is assumed that users are caring, intelligent people who will respect the country they are travelling through and its wildlife.

EMERGENCY
Dial 911