

Golden Triangle

This Circle Tour features the Kootenay Rockies and three Canadian National Parks

After a day or two of exploring **Calgary**, it is time to travel west on Highway #1 to **Banff**. Along Highway #1 there are two recommended stops, **Kananaskis** and **Canmore**. Once you reach the Park's gates, **Banff** is only minutes away.

There is a lot to see and do! The downtown centre is full of shops, pubs and restaurants for you to discover. Some of the major attractions include, *Cave & Basin Historical Site* (birthplace of Canada's first national park); the *Whyte Museum* (archives of the Canadian Rockies); *Sulphur Mountain Gondola*; *Bow Falls*; *Banff's Upper natural Hot Springs*; *Lake Minnewanka* (Boat Tours to Devil's Gap); *Cascade Gardens*; and the *Luxton Museum*.

From Banff, head north on Highway #1 to **Lake Louise**, then west through *Yoho National Park* to **Golden**. For a more scenic drive follow Highway #1A the *Bow Valley Parkway* from Banff to Lake Louise.

Yoho National Park is a stunning 1,310 sq km (507 sq mi) park offering attractions such as the *Spiral Tunnel*, *Takakkaw Falls* - one of Canada's

highest, the *Natural Bridge*, *Emerald Lake* and the over 500 million year old *Burgess Shale*. The quaint village of **Field** features an excellent Visitor Info Centre just off the TransCanada Highway and is also home to many artisans whose works can be found in this picturesque place.

Midway between *Yoho* and *Glacier National Parks*, you're in the heart of Kicking Horse Country. The mountainous town of **Golden** is situated at the confluence of the Kicking Horse and Columbia Rivers and is a centre for outdoor adventure. Year-round activities can be accessed from white-water rafting excitement to serene backcountry lodging. Wildlife viewing opportunities abound along the 150 km (90 mi) long Columbia Wetland habitat paralleling Hwy #95 south from Golden. *Wetland Tours* are also available in Golden & Radium.

From Golden, head south on Highway #95 to the community of **Radium Hot Springs**. The natural hot pools (located just inside the *Kootenay National Park* gates), are the second largest pools in the area.

Radium's natural springs were used by the Ktunaxa people for centuries before the arrival of the Europeans in the 1840's. Set amidst the spectacular walls of *Sinclair Canyon*, the dramatic scenery and soothing water combine to rejuvenate and bring peace of mind to all that use them.

After a relaxing soak or massage at Radium's natural hot pools, it is time to begin travelling to Calgary, AB (via Banff).

From Radium, head north on Highway #93 through *Kootenay* and *Banff National Parks*.

Along this route there are several points of interest and short hikes from Highway #93. A few include, *Kootenay Valley* (viewpoint of the Kootenay River Valley); *Vermilion Crossing* (day-use picnic area) and *Paint Pots* (iron-rich pools, staining the earth); and the *Continental Divide* (dividing the lines between the Pacific and Atlantic watersheds).

Continue on until you reach Highway #1, then head east to Calgary, AB.



Number of Days **4 Days/3 Nights**

Tour Distance **315 km/190 mi**

Day 1: Calgary to Banff 1 1/2 Hour Drive

Day 2: Banff to Golden 2 Hour Drive

Day 3: Golden to Radium Hot Springs 1 1/2 Hour Drive

Day 4: Radium to Calgary 3 Hour Drive

Special Interest

Banff—Whyte Museum, Sulphur Mtn Gondola, Boat Tours to Devil's Gap (Lake Minnewanka), Cascade Gardens, Upper Banff Hot Springs, Cascade Gardens and much more

Golden—Kicking Horse Mtn Resort/Gondola, Columbia Wetlands, Outdoor Activities (skiing, whitewater rafting, para-gliding, hiking, mountain biking, fishing, snowmobiling & much more)

Kootenay National Park— Kootenay Valley, Vermilion Crossing, Paint Pots and the Continental Divide

Radium—Natural Hot Springs/Pool, Sinclair Canyon

Yoho National Park—Lake O'Hara, Spiral Tunnel, Takakkaw Falls, Natural Bridge, Emerald Lake, Wapta Falls and Burgess Shale

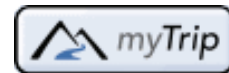
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**Itinerary Planning:
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The **myTrip** tool from the website, KootenayRockies.com, creates a travel vacation package for you by customizing your preferred activities and services in the Kootenay Rockies region.

This popular cycle and vehicle tour visits three magnificent national parks and features attractions in Golden and Radium Hot Springs. There is even a special event named after this tour - it takes place each May holiday weekend where over a hundred cyclists gather to enjoy the Golden Triangle.



Yoho National Park



Kootenay National Park

Golden Triangle