

KOOTENAY ROCKIES

British Columbia's Mountain Playground

Kootenay
Rockies
REGION



Travel to the Kootenay Rockies, the region that borders Banff to the west and south, for a day trip or multi-day vacation. Get a thrill from motorized adventures like snowmobiling and heli-skiing (restricted in national parks), and ski big mountain resorts like Kicking Horse and Panorama. Relax in the soothing waters of Radium and Fairmont hot springs, and explore welcoming towns.



BANFF TO REVELSTOKE (283 km/176 mi)

YOHO NATIONAL PARK Take the Trans-Canada Hwy west of Lake Louise. Crest the Continental Divide and descend into Yoho National Park wilderness (1-250-343-6783).

Sights to See • **Spiral Tunnels** roadside stop offers a look at train tracks that cut through Mount Ogden and Cathedral Mountain.

- **Town of Field**, 30 km/19 mi from Lake Louise, offers food, lodging and a Parks Canada Visitor Centre with a small fossil display.
- **Emerald Lake** is accessed via Emerald Lake Rd. Stop en route at the Natural Rock Bridge. Ski or snowshoe the 5-km/3-mi lake trail, and dine at Emerald Lake Lodge (1-800-663-6336).
- **Wapta Falls** with Ottertail Range backdrop is 23 km/14 mi west of Field. Access is by a 2.3-km/1.4-mi ski or snowshoe trail.

TOWN OF GOLDEN Split by the Kicking Horse River and bordering the Columbia River Wetlands, Golden (1-800-622-4653) is 83 km/52

mi west of Lake Louise. Its history is steeped in the railway, logging and Swiss guides who first led tourists up the peaks. Golden offers full amenities, skiing at Kicking Horse Mountain Resort and proximity to Yoho and Glacier national parks for adventurous and family-friendly activities. The BC Visitor Centre at Golden, 111 Golden Donald Upper Rd, north Hwy 1, is open 9 am-4 pm.

Sights to See • **Kicking Horse Pedestrian Bridge** is North America's longest timber-frame span.

- **Edelweiss Swiss Village** is a historic area where Swiss guides' families lived 100 years ago.
- **Golden Museum & Archives** (1-250-344-5169; Mon-Fri 9 am-5 pm) interprets Swiss guides, Sikh heritage and geographer David Thompson. Travelling displays are hosted here.

Outdoor Activities • **X-country skiing** Dawn Mountain Nordic Centre has 35 km/22 mi of groomed classic and skate trails, and a chalet. Golden Golf & Country Club has 6 km/4 mi of

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PANORAMA

PURE CANADA

PanoramaResort.com

classic groomed trails. At Moonraker Trails, skiers and snowshoers break trail by Cedar Lake.

- **Heli- and cat-ski companies**, and backcountry lodges, offer wilderness powder bowl skiing, snowboarding and touring.
- **Snowmobilers** delight in 240 km/150 mi of groomed trails. Family-friendly West Bench Trail connects to Quartz Creek and Gorman Lake where advanced sledders tackle steep terrain.
- **Ice fishers** snag trout at backcountry lakes.

Indoor Recreation Skating and shinny at Golden Arena; basketball, badminton and volleyball at Mount 7 Rec Plex (both 1-250-344-2271 ext 225); curling at Golden Curling Club (1-250-344-7457); climbing and bouldering at Dogtooth Climbing Gym (1-250-344-6444).

Town Events *Huckleberry Loppet* (Jan 24 and 25), *Snow King's Costume Ball & Parade* (Feb 14), *Film Kicks* (Jan 15, Feb 5, Mar 12, Apr 9), *Live Kicks* concerts (Jan 29, Mar 8, Apr 18, Apr 29), *Canadian SkiMo* (Jan 24), *Winter Block Party* (Feb 21), *Jeep Junior Freeski* (Feb 28, Mar 1) and *Wrangle the Chute* (Mar 27-28).

KICKING HORSE MOUNTAIN RESORT

is known as the 'Champagne Powder Capital of Canada'. This ski resort (1-866-754-5425) is 14 km/8 mi from Golden, under two hours west of Banff and one hour from Lake Louise. There are many lodging, dining and nightlife choices. Adult lift tickets are \$87. The resort is named for an 1858 event when Sir James Hector was presumed dead after being kicked by a horse.

Easy Access • **Banff & Lake Louise Powder Express Ski Bus** one-day \$90 package includes lift ticket and shuttle (book 1-877-565-9372).

On-Hill Highlights • **Golden Eagle Express Gondola** rises to an upper ridge. It's an exhilarating 1,260-m/4,133-ft run down one of the region's highest vertical rises. Four other lifts include Stairway to Heaven quad that accesses Fuze Bowl, former heli-ski terrain.

- **The Pony** family ski zone has expanded, and a new Learning Centre offers lessons and camps. The newly renovated childcare facility provides daycare for children 18 months to 5 years, and offers one- to two-hour lessons for kids.
- **Tube Zone** is serviced by the Jelly Bean surface lift. Drop by Saturdays for disco tubing.
- **Village Rink** has a fire pit, warming yurt and



EAGLE'S EYE RESTAURANT
AT KICKING HORSE
MOUNTAIN RESORT

music. Rent skates; hockey sticks are allowed.

• **Kicking Horse Powder Express** runs day trips from Banff/Lake Louise (\$90 with lift pass). Call Discover Banff Tours (1-877-565-9372).

Dining & Events • **Eagle's Eye Restaurant** with timber and stone decor and awesome views is Canada's highest restaurant. Ride the gondola to daily lunch (11 am-3:30 pm) and dinner on Friday and Saturday nights. Inquire about special dinner events through the season.

• **Events** include *Wrangle the Chute 4 Star Freeride World Qualifier* (Mar 27 and 28) and *Sun Splash Funk Fest* dummy downhill, slush cup, live music (Apr 4 and 5, 11 and 12).

GLACIER NATIONAL PARK Continue west on Hwy 1 to Glacier National Park and Rogers Pass, named for Albert Bowman Rogers' expedition to find passage through "impenetrable peaks" of the Selkirk Mountains. Tour to the Illecillewaet Glacier and backcountry ski deep powder.

Sights & Activities • **Rogers Pass Discovery Centre** (1-250-837-7500) offers exhibits, films and a fireplace. Get backcountry ski permits here.

• **A.O. Wheeler Hut and Asulkan Cabin** are backcountry cabins operated by the Alpine Club of Canada (403-678-3200 ext 0).

CITY OF REVELSTOKE Nestled between the Selkirk and Monashee ranges, Revelstoke (1-800-487-1493) is 150 km/93 mi west of Golden. The town has rich railway and ski heritage, full visitor amenities, skiing at Revelstoke Mountain Resort and access to Mt. Revelstoke and Glacier national parks. The Visitor Centre (301 Victoria Rd W) is open daily year-round.

PHOTO: ERIC BERGER

KICKING HORSE MOUNTAIN RESORT **POWDER EXPRESS SKI BUS**

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Powder Express is back for daily ski transfers to and from Banff/Lake Louise with Discover Banff Tours

SERVICE SUMMARY

Departs:
Banff: 6:45am - 7:20am
Lake Louise: 8:00am

Tour Includes:
Bus Transportation
Lift Ticket

Itinerary & Highlights:
Bus pick up from Banff hotels and in Lake Louise. We'll drive through Banff and Yoho National Parks to reach Kicking Horse in time for an early gondola ride to the top. Enjoy a full day at Kicking Horse before we return to Banff.

Pick up is at certain hotels only. Please enquire at time of booking. Tours subject to minimum capacity.

To book, contact DBT direct: Taryn Pampel taryn@banfftours.com
1-877-565-9372 ext 501

ROR

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GOLDEN RULES

Golden
GOLDEN RULES

tourismgolden.com

Sights to See • **Revelstoke Museum & Archives** (1-250-837-3067; Mon-Fri 10 am-5 pm, Sat 11 am-5 pm). See the ski history exhibit, visit the Railway Museum (1-250-837-6060) and location of The Last Spike at Craigellachie.



DOWNTOWN REVELSTOKE

• **Historic Roxy Theatre** (1-250-837-5540) plays the latest films and hosts events like comedy shows and outdoor adventure film nights.

Outdoor Activities • **Heli- and cat-skiing** Companies that operate right in town offer phe-

BANFF TO FAIRMONT HOT SPRINGS (172 km/107 mi)

KOOTENAY NATIONAL PARK South off Hwy 1 between Banff and Lake Louise, the Banff-Windermere Hwy 93S rises to the BC border, descends into Kootenay National Park (1-888-773-8888) and ends at Radium Hot Springs.

Sights to See • **Marble Canyon** is a .8-km/.5-mi trail boasting polished rock and seven foot-bridges over 40-m/131-ft deep Tokumm Creek gorge. Walk with poles and ideally snowshoes. Watch for ice climbers at the seventh bridge.

• **Kootenay Valley Viewpoint** at the height-of-land south of Settler Rd has impressive vistas.

VILLAGE OF RADIUM HOT SPRINGS Exit Kootenay National Park through the red rocks of Sinclair Canyon to reach the village (Visitor Centre 1-888-347-9331), 139-km/86-mi from Banff at the crossroads of Hwys 93 and 93/95. Motels, shops and restaurants line Radium's streets where bighorn sheep often wander.

Sights to See • **Radium Hot Springs Mineral Pools** (p 61) are set amongst cliffs with a huge hot pool, 25-metre cool pool (open even in winter), plunge pool and steam rooms.

• **Queen of Peace** Station of the Cross sculptures are behind the Canadian Martyrs Church.

nominal backcountry experiences.

• **Alpine skiing** Revelstoke Mountain Resort (1-866-373-4754) has North America's highest vertical rise (5,620 ft/1,713 m) with 3,000+ acres of fall lines and glades. They offer lift assisted plus cat, heli and backcountry skiing.

• **Snowmobiling** Revelstoke Snowmobiling Club grooms trails on Boulder Mountain and Frisby Ridge, and maintains day-use warm-up cabins.

• **Scenic heli-tours of Mt. Begbie** go year-round (Glacier Helicopters, 1-250-837-9569).

• **Cross-country skiing** Mount Macpherson Nordic Trails are 25 km of groomed classic and skate routes; 5 km are lit for night skiing.

Indoor Recreation • **Revelstoke Aquatic Centre** (1-250-837-9351) offers pools, a lazy river, water slide, hot tub, steam room and sauna.

• **Revelstoke Forum** offers skating and drop-in shinny. There's basketball, soccer, badminton and volleyball at locations around town; curling at Revelstoke Curling Club (1-250-837-4356) and bowling at The Cabin (1-250-837-2144).

Outdoor Activities • **Nipika Mountain Resort** (1-877-647-4525) offers 100 km of backcountry trails, with 50 km groomed for classic and skate skiing (ski and snowshoe rentals available).

• **Hike or snowshoe** Choice routes from town include: Douglas fir-lined Valley View trail (1.8 km/1.1 mi) to Redstreak Campground; valley floor Sinclair Creek/Juniper trail (3.2 km/2 mi) to the hot springs; and Old Coach trail (9 km/5.6 mi) south to Dry Gulch.

• **Snowmobiling** The Purcell and Rocky mountains offer epic mountain sledding at Forester Creek trail, Catamount Glacier, Thunderwater and Whirlpool Lakes. The Radium Hot Springs Visitor Centre has trail updates and information.

INVERMERE ON THE LAKE (1-250-342-2844) is situated on Lake Windermere, 11 km/8 mi south of Radium via Hwy 93/95. There is a vibrant arts scene, shop and restaurant-lined main street and access to Panorama skiing.

Activities & Events • **Winter Whiteway on Lake Windermere** is a 34-km/21-mi cross-country and skate skiing, ice skating and walking trail that runs around the lakeshore. The Whiteway is in the Guinness Book of World Records as the world's longest skating path.

PHOTO: STEVE SHANNON

HELI-SKIING



Start at Kinsman Beach in Invermere or Windermere Beach on the east shore. There is also ice skating on Lake Lillian en route to Panorama.

- **Ice fish** on local lakes; hut rentals are offered.
- **Events** include *Snowflake Festival & Curling on the Lake* (Jan 17-19) and *Cinefest* (Dec 10, Jan 14, Feb 11, Mar 11, 22, 23, Apr 8). Watch for the curling bonspiel and snow golf event.

- **Indoor Recreation** • **Skating/hockey** at Eddie Mountain Memorial Arena (1-250-342-6712); curling at the Curling Ctr (1-250-342-3315).
- **Windermere Valley Museum** (1-250-342-9769) has heritage buildings and displays (open Tuesdays noon-4 pm in winter).

PANORAMA MOUNTAIN VILLAGE

This 2,847-acre ski area sits 18 km/11 mi west of Invermere, two hours from Banff. Panorama Mountain Village (1-800-663-2929) boasts a 1,225-m/4,019-ft vertical rise, ski-in/ski-out lodging, restaurants, T-Bar après ski and Canada's largest outdoor on-mountain hot pools. The view of 1,000 Peaks run lives up to its name. Marvel at the sight of iconic Mt Nelson.

- **Easy Access** • **Banff and Canmore Shuttle** one-day package including lift ticket and return transportation is \$99 (book 1-866-416-2034).

- **On-Hill Highlights** • **New Discovery Quad Chairlift** accesses easy terrain perfect for novices and families. Tykes and first timers can ride the new 'Little Ripper' carpet lift, while the new Discovery Zone offers beginner terrain shaped and sculpted for instruction.

- **Long Skyline and Rollercoaster** cruisers.
- **Taynton Bowl** (former heli-ski terrain) and the Extreme Dream Zone have newly gladed areas.
- **Ten lifts** access 120 trails, glades and bowls.
- **Nordic Ctr** 20 km/12.5 mi of groomed trails.
- **New Greywolf Golf Course Clubhouse** is home to the Cliffhanger Steakhouse, open Thursday to Sunday throughout ski season.
- **Events** include *New Year's Eve Dinner & Fireworks* (Dec 31), *Dragon's Tail Loppet* (Jan 17), *IPC Alpine World Championships* (Mar 1-10) and *Easy Rider Snowboard Cup* (Apr 3-5).

Thrilling Activities • **Heli-skiing** RK Heliski (1-800-661-6060, p 51) offers daily packages for intermediate to expert skiers/boarders with guide, fat skis, transceiver, hot heli-plex breakfast and picnic lunch. Multi-day packages, too.

• **Snowmobile tours** run by Toby Creek Adventures (1-888-357-4449, p 55) access forest trails, powder bowls, icefalls, heated trapper's cabin (lunch spot) and silver mining ghost town. One hour to full day trips with gear, guides and machines to 170 hp are for all skill levels. A free Banff/Canmore shuttle is available.

FAIRMONT HOT SPRINGS is just 20 minutes south of Invermere (Resort 1-800-663-4979). Day and overnight visitors enjoy activities like nature hikes, skiing, snowshoeing and the renowned hot springs. Accommodation choices include lodge rooms and chalets. Dining options are Bear's Paw Bar & Grill, Mountain Flowers family restaurant and Steamers Café.

- **Highlights** • **Canada's largest natural mineral hot springs** feature a hot pool (39°C/102°F), swimming pool (32°C/89°F) and a diving pool; 1.5 million gallons flow daily. Every night the pools are drained, cleaned and refilled.
- **Fairmont Ski Area** is family-friendly, has 14 runs, a 304-m/997-ft vertical rise, day lodge with Desperados restaurant, ski shop/rentals and ski school. Lift tickets include hot pools use.
- **New Tube Park** is great for all ages.
- **Rockstar Terrain Park** and Aquafina Kids' Park.
- **Cross-country ski** 14-km/9-mi groomed trails.

PHOTO: KYLE HAMILTON, HELISKIING CANADA



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