

# Take a Hike with Your Children

from Tots to Tweens in the  
Canadian Rockies

Featuring Hikes of 5K or Less  
in Banff, Canmore Kananaskis,  
and Lake Louise

*This book offers a very valuable tool for all those, young and old, hoping to spend a pleasant day or two in a truly awesome setting. Not to be missed.*

Elaine Tessolini, physiotherapist

*This book is an easy to use, icon-based, hiking guide for families, inspired from Lynda's own experiences with her family out on the trails. Fun and easy to use, this manual is aimed at helping families have a great day out on the trails. Thank you, Lynda!*

Marcus Horeak, Former Columnist & Writer for "Pedal"  
Magazine, Canada's National Cycling magazine

*I recommend this book as family hikes can be a good form of physical activity and an excellent form of social support, which are two of many key elements that are important to a healthy lifestyle.*

Dr. Conrad Tang, Sports Chiropractor

Take a Hike with Your Children

Lynda Pianosi

Pianosi













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



## Overview of the Banff Hikes

Hike	Page												
Bankhead (1.1k interp.loop)	14	X		X		X			X			X	
Bow Falls Trail (2.4k return)	17	X	X	X					X		X		
Bow River Trail (2.3k return)	20	X	X	X					X		X		
Cascade Ponds (864m loop)	22	X		X	X	X		X		X			
Cave and Basin Trail (3k return)	24	X	X	X					X		X		
Fenland Trail (2 k loop)	26	X		X					X		X		
Johnson Lake (3k loop)	29	X*		X					X		X <sup>†</sup>	X	X

\* single strollers north side only

† south side of the lake

## Overview of the Banff Hikes

Hike	Page										
Johnston Canyon (2.2k return to Lower Falls; 4.8k return to Upper Falls)	32	X*						X			X
Marsh Loop (2.3k)	35	X			X			X			
Marsh Trail Boardwalk (500m loop)	38	X		X				X			X
Stewart Canyon (3.4k return)	41	X*						X	X		X
Tunnel Mountain Hoodoos Interpretive Trail (k return)	43	X							X		
Tunnel Mountain (3k return)	45	X									X

\* single strollers only

## Plan B Alternatives for Banff Hikes

### ***Banff Central Park***

This park is very close to the main street of Banff. There is no play apparatus, but this park does provide a great spot for a picnic, although shade is limited. There is a full-service bathroom. Take Highway 1 to Banff/Lake Minnewanka turn-off, turn south towards the town of Banff and head south on Banff Avenue to Buffalo Street.

### ***Banff Recreation Grounds***

This is a great park for children of all ages. There are bathrooms, picnic tables, picnic shelters and barbeques. To get there take Banff Avenue south, cross the bridge and turn west onto Cave Avenue. Then turn north onto Birch Crescent and west onto Birch Avenue.

### ***Banff Rotary Park***

This is a well-shaded park that offers play apparatus for children twelve and under. There are picnic tables but no washroom facilities. It is located at the corner of Banff Avenue and Marmot Crescent.

### ***Lake Minnewanka***

Hang out, throw stones in the water, have a picnic. Take Highway 1 to the Banff/Lake Minnewanka Loop. Once on the Minnewanka Road, the sign is just "Lake Minnewanka." Continue following the signs to Lake Minnewanka.

**Bankhead – 1.1K Interpretive Loop****What?**

This 1.1K interpretive loop takes you past the remains of the once lively and economically viable town site of Bankhead. Coal was mined here, but the town site closed down in the late 1920s. The presence of coal is still very evident as you walk along the blackened pathways. The interpretive signs do stress a health caution about the remaining coal tar and suggest that you do not pick-up any of the stones nor pick any rhubarb left from the once flourishing gardens. You are cautioned not to “explore” the existing buildings, as the foundations of these are not safe. Despite all these