

GOLDEN TRIANGLE

LAKE LOUISE – FIELD - GOLDEN – RADIUM HOT SPRINGS

APPROX. 315 KM/195 MI



GOLDEN TRIANGLE
CIRCLE ROUTE



Kootenay National Park



Kicking Horse Pedestrian Bridge



Kicking Horse Mountain Resort



Radium Hot Springs pools

HIGHLIGHTS:

- Kootenay, Yoho & Banff National Parks
- Canada's longest free-standing timber frame bridge - Golden
- Kicking Horse Mountain Resort
- Radium Hot Springs
- Columbia Wetlands
- Emerald Lake, Natural Bridge & Takakkaw Falls – Yoho National Park
- Continental Divide, Olive Lake & Marble Canyon – Kootenay National Park

This three-legged tour is often powered by just two legs. The Golden Triangle is well known in the cycling world. Cars also negotiate these mountain passes as you traverse Kootenay, Banff and Yoho National Parks (*park pass required*). Explore the huge expanse of wetlands in the upper Columbia Valley and at the end of the day, enjoy the friendly hospitality of Golden or the steaming hot springs in Radium.

Let's begin this tour near the northern area of the region in Yoho National Park—Yoho is a stunning 1,310 sq km (507 sq mi) park. The scale of this landscape is simply awesome, which coincidentally, is the meaning of the Cree word

'Yoho'. Sights include the Spiral Tunnels, Takakkaw Falls — Canada's second highest, the Natural Bridge, Emerald Lake and the over 500-million-year-old fossils of the Burgess Shale. The quaint village of Field features an excellent Visitor Centre just off the TransCanada Highway and is also home to artisans whose works can be found in local shops.

Midway between Yoho and Glacier National Park, 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 offers endless recreational possibilities such as whitewater rafting excitement, serene backcountry lodging, tandem paragliding off Mount 7—

Canada's premier launch site, renowned dining-including at the top of a 1,219 metre (4,000 ft) gondola (KHMR), and 50 kilometres (30 mi) of cross-country mountain bike trails are available for the adventurous. Wildlife viewing opportunities also abound—the Golden area offers a grizzly bear refuge and the 150 km (90 mi) long Columbia Wetland habitat paralleling Highway #95 south from Golden.

Once you reach the junction of Hwy #93 and #95, you will have arrived in the village of Radium Hot Springs. Be sure to watch for the resident herd of bighorn sheep! Turn NE to enter Kootenay National Park and the Sinclair Canyon, where the Radium Hot Springs mineral pools are nestled. Stop over here for a while to enjoy a therapeutic soak, visit the spa or have lunch—Radium Hot Springs also offers a huge selection of overnight accommodation options.

Continue your travels north on Highway #93 through Kootenay National Park; there are several points of interest and short hikes from the highway. A few include, Kootenay Valley Viewpoint, Vermilion Crossing, the Paint Pots, Stanley Glacier hike and the Fireweed Trail at the Continental Divide. Continue on Highway #93 through Vermilion Pass, into Alberta and back to Banff National Park and the TransCanada Highway #1.



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KOOTENAY ROCKIES TOURISM

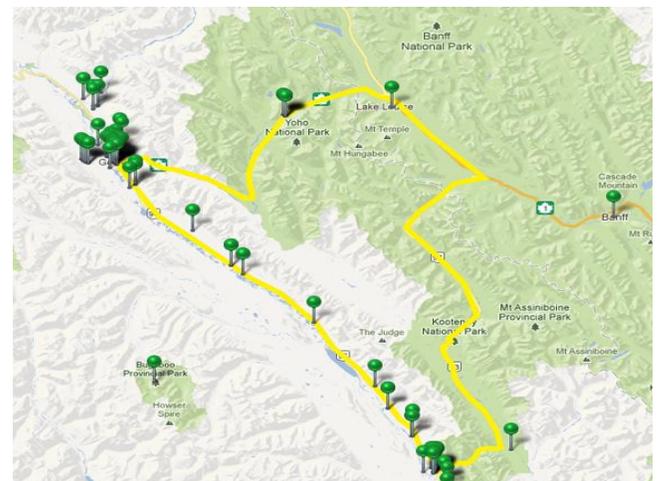
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