

ADVENTURE SEEKERS

Highlights: Incredible mountain views, paddling, wetlands, hiking & Via Ferrata

You can start this itinerary from any location on the route and travel around the triangle.

Adventure seekers, come one, come all. The Golden Triangle is your playground, ready to bring you a challenge. This itinerary is packed with the best adventures the area has to offer. Enjoy challenging hikes, adventure attractions such as zip lining, and explore the extensive fossil beds in Yoho National Park, with beautiful mountain views all day long. Even harness up and climb a series of suspension bridges and ladders at the Via Ferrata. This itinerary will make you fall in love with the Golden Triangle.

Hints & Tips:

- Purchase your National Park pass at the Visitor Information Centres in Golden, Radium, Yoho or Kootenay national parks. If you are planning to stay more than 6 days or visit other Parks Canada administered destinations this year, consider buying a Discovery Pass!
- Arrive early to avoid busy parking lots.
- Always carry a first aid kit and bear spray. Pack adequate food, water, clothing, maps, and gear.
- Get updates on trail conditions from Parks Canada's website for [Yoho National Park](#), [Kootenay National Park](#) or at Visitor Information Centres.

Day 1- Kootenay National Park



Floe Lake

Kootenay National Park

Hike through incredible summer wildflowers, climb to a scenic alpine lake destination, and view the epic Rockwall massif. This hike makes for a challenging day adventure or a great introduction to backpacking. This is a full-day activity. If you choose to stay overnight, backcountry [camping reservations](#) are required.

Day 2- Yoho National Park or Radium

Spend the day experiencing one of the following suggestions.

Burgess Shales Guided Fossil hikes

Yoho National Park

Yoho National Park is home to one of the most significant fossil finds in the world. The fossil beds are only accessible on pre-booked guided hikes. Choose from two options, both of which required some stamina (hikes are between 7 and 11 hours). The trails travel through steep, strenuous, high elevation terrain, but the views from above are well worth the effort.

Enjoy stunning vistas over the Yoho National Park and Emerald Lake, and explore the extensive fossil beds which offer abundant and obvious Cambrian fossils. Reservations are required. Visit the [Parks Canada](#) website for details.

Hike the epic Iceline Trail

Yoho National Park

This challenging full-day hike leads into Yoho National Park's alpine. It offers great views of mountain peaks, Takakkaw Falls and surrounding glaciers from above the tree line.

Adventure Tours

Radium, BC

Find the perfect adventure in Radium! Choose from one of many [operators](#) nearby to experience a zipline, guided hike, Segway tour, and more! The Village of Radium is home to many outfitters and operators to find your perfect adventure for the whole family.



Day 3- Golden, B.C.

Via Ferrata

Golden, BC

A Via Ferrata is a protected climbing route with a steel cable running along the route that is fixed to the rock. Experienced and apprentice climbers alike will tackle Terminator Peak's north face, choosing from routes of 3 varying lengths and degrees of exposure.