

COUPLES MUST DOS

Highlights: Archaeological sites, hot springs, alpine lakes, hiking and adventure

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

A vacation away is exactly what you need together. The Golden Triangle, and a trip with a little bit of everything, is on the menu. This itinerary is all about together time, relaxation, and exploration. Enjoy beautiful alpine lakes, hiking, the highest suspension bridge in Canada, and a tour of one of the most significant fossil sites in the world. 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- Golden, B.C.



Canada's Highest Suspension Bridge Golden, BC

See two epic suspension bridges in Golden, BC! The highest bridge is 426 feet above the canyon floor.

Down below, the river flows by, and a beautiful waterfall cascades down the canyon. There are 3km's of forested trails that connect the two bridges, with multiple viewpoints. A great place for catching views from above.

Head to Kicking Horse Mountain Resort Golden, BC

Let the Golden Eagle Express gondola carry you to an elevation of over 7,700 ft and into the alpine. From here you can explore many ridges and bowls, each providing stunning views of the surrounding Purcell and Rocky Mountains. Have a bite to eat at

Canada's most elevated dining experience. The Eagle's Eye restaurant is a culinary delight not to be missed.

Catch the sunset from Mount 7 Golden, BC

Head over to Mount 7 if you want to see one of the best views of Golden. The Mount 7 launch pad is the place to be. Enjoy spectacular views of Golden, the surrounding areas, the Rocky Mountain Trench, and Columbia Wetlands.

Day 2- Yoho National Park to Radium, B.C.

Emerald Lake

Yoho National Park

Explore beyond the lakeshore viewpoint and be rewarded with a much quieter trail circling the lake, surrounded by mountain and glacier views. Experience the jewel-toned lake in a new way either by a canoe, kayak or paddleboard.



Head to Radium

From Emerald Lake, you have two options to drive to the Village of Radium Hot Springs. You can either travel back through Golden and along Highway 95 passing by the Columbia Wetlands in the Rocky Mountain Trench.

Alternatively, take the scenic route through Yoho and Kootenay national parks en route to Radium. Along the way, you will see towering rock walls, glacial rivers and arid grasslands.

Whatever direction you choose, be sure to stop, stretch your legs and take in the breathtaking scenery at one of the many roadside stops along this scenic drive.

Springs Golf Course

Radium, B.C.

Book a tee time at the Springs Golf Course and enjoy a romantic dinner, located just above the Columbia River Wetlands.

Day 3- Kootenay National Park



Stanley Glacier, Burgess Shales guided hike Kootenay National Park

Hold a piece of earth's history on a guided hike to one of the Rocky Mountain's iconic fossil beds. This moderate hike takes you through a stunning regenerating forest to the toe of a receding glacier. Along the way, learn about the role fire played in helping scientists discover new fossil sites throughout the park while you search for 500-million year old fossils in the shale. [Reservations](#) are required.