

FAMILY FUN IN THE SUMMER

Highlights: Hiking, suspension bridges, zip lining, & wetlands

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

Experience the beautiful natural landscapes, attractions, adventure activities, waterfalls, and wildlife throughout the Golden Triangle and make beautiful memories with your family. There's something for everyone!

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



Marble Canyon

Kootenay National Park

Pack your lunch for an adventure to Marble Canyon in Kootenay National Park. This short hike showcases a landscape shaped by fire, ice and, erosion . Multiple bridges span the narrow gorge, crossing several times for spine-tingling views of the river below.

Head to Radium

Enjoy a scenic drive along one of the first highways to cross Rocky Mountains. It once took an entire day to drive from Banff to Radium Hot Springs on the original gravel highway. Today the trip takes less than two hours... but why rush when there are so many viewpoints and things to see along the way!

If you weren't hungry at Marble Canyon, consider stopping at Dolly Varden or Olive Lake day-use areas to enjoy your picnic lunch.

Not ready to hop right back in the car? Take some time to look around and learn how wildlife safely cross the highway at Dolly Varden. Or enjoy a short post picnic stroll along a boardwalk interpretive trail at Olive Lake.

Enjoy breath-taking views of the Mitchell and Vermilion mountain ranges from the Kootenay Valley Viewpoint.

Visit the Radium Hot Springs pools

Radium, BC

Spend the afternoon or early- evening relaxing in the iconic Radium Hot Springs. Nestled in the Sinclair Canyon, the village's namesake hot springs are filled with naturally heated, mineral-rich water and are a must-see on any trip to the Columbia Valley. Swim and play in the cool pool or relax and take in the Rocky Mountain scenery from the hot pool.

Remember to check [hours of operation](#) before you visit.

Day 2- Golden, BC

The Columbia Wetlands

Enjoy views of the Columbia Wetlands for the entirety of your drive. The Columbia Wetlands stretch 180km along the Rocky Mountain Trench passing Radium and Golden. Stop at roadside pullouts and day-use areas along the way to enjoy paddling, bird watching and majestic mountain views.



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 family fun.

Visit Boo at the Grizzly Bear Refuge

Golden, BC

Boo was rescued as an orphan when his mother was killed by poachers in 2002. He was only 5 months old. Come learn about Boo's lifestyle and watch him play! Take a tour with a Wildlife Ranger!



Day 3- Yoho National Park

Wapta Falls

Yoho National Park

You won't want to miss Wapta Falls on your trip. The 4.6 km (return) trail follows a wide path through the woods to a breathtaking waterfall hidden in the forest!

Walk down to the river and enjoy the cooling spray of the water on your face with beautiful mountain vistas all around.

Emerald Lake

Yoho National Park

Take some time and enjoy your lunch with a view alongside the lake! Explore beyond the lakeshore viewpoint and be rewarded with a much quieter trail circling the lake, surrounded by mountain and glacier views. Take your family out on the water with a canoe or paddleboard across the jewel-toned lake.

Spiral Tunnels

Yoho National Park

Take a quick road-side stop. Watch trains snake through the hillside and discover how Yoho's towering peaks inspired the stories of the Kicking Horse Pass National Historic Site.