

NATURE LOVERS

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

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

The Golden Triangle consists of national parks and protected wetlands. There couldn't be a better place to be immersed in nature. Whatever your interests in the outdoors are, there is something for you in the Golden Triangle. Enjoy incredible mountain views, 180km of wetlands, hiking, birding, and exploring. This itinerary will make you fall in love 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- Yoho National Park



Paget Lookout

Yoho National Park

A steep, rocky trail leads to views of the Bow River, Cataract Brook, and Kicking Horse Valleys, and the historic fire lookout. Explore on your own or book a guided hike with a Parks Canada interpreter. Participate in citizen science while learning about species at risk and Parks Canada's ongoing conservation work in Yoho National Park. [Reservations](#) are required.

Day 2- Golden to Radium, B.C.

Head south on Highway 95 towards Radium. There are many stops on the 1-hour drive including trails, lookouts over the Columbia River, and cafes.



Columbia Wetlands interpretive tour and paddle

As you head towards Radium via Highway 95, you will pass the interpretive centre on the Columbia River which has guided tours, access to paddleboards, canoes, farm tours, and boardwalks through the wetlands.

Old Coach Trail

Radium, BC

Explore the beautiful Old Coach Trail above the Columbia River Wetlands. This winding trail runs for 9 km each way, offering fantastic views of the river and wetland area. Make a day of it for a longer hike, or head out for a quick out-and-back stroll at sunset.

Day 3- Radium to Kootenay National Park

Sinclair Creek trails

Radium, BC

The beautiful Sinclair Creek trail is tucked away beneath the Village of Radium. Stop in for a walk, bike, or bring your pup to the off-leash area for dogs. The Sinclair Creek trail rolls gently along the creek side and is the perfect place for a stroll.



Kootenay Valley Viewpoint

Kootenay National Park

This roadside viewpoint provides breathtaking views of the Mitchell and Vermilion mountain ranges and the Kootenay River far below.

Marble Canyon

Kootenay National Park

Enjoy an adventure to Marble Canyon. 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.