

# QUICK STOPS WITH THE KIDS

**Highlights: Lunch spots, parks, roadside stops, attractions, education, & hikes**

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

If you are on the road with the kids and you all need to get out and stretch your legs, here are a few great stops along the Golden Triangle route. There are plenty of lunch spots, parks, roadside stops, attractions, hikes, and educational stops for you and your family to enjoy. If you are just travelling through the Golden Triangle on this trip, you're bound to want to visit again once you enjoy these stops.

## 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- Radium, B.C.

### Legend's Park

#### Radium, BC

Explore Legend's Park with a playground, outdoor exercise area, greenspace, pickleball courts, a splash park, and public washrooms.

### Valley View Trail

#### Redstreak Campground, Kootenay National Park

A short uphill trail toward Redstreak Campground, with a lookout that looks down on the whole town of Radium Hot Springs with a mountain background. This is a nice scenic picnic spot.

## **Day 2- Kootenay National Park to Golden, B.C.**

### **Dolly Varden Day-use Area**

#### **Highway 93 South, Kootenay National Park**

An excellent roadside stop. Learn about how wildlife fences and underpasses keep animals safe with self-guided activities. Fun for kids!

### **Paint Pots**

#### **Highway 93 South, Kootenay National Park**

An easy hike takes you to three iron-rich mineral springs that stain the surrounding earth.

### **Spiral Tunnels**

#### **Trans-Canada Highway, Yoho National Park**

Watch trains snake through the hillside and discover how Yoho's towering peaks inspired the stories of the Kicking Horse Pass National Historic Site.

### **Field Visitor Centre**

#### **Trans-Canada Highway, Yoho National Park**

Located on the Trans-Canada Highway in the community of Field, British Columbia. Stop in for helpful advice on the area as well as current trail conditions. Displays and exhibits teach you about the unique features in Yoho.

### **Cedar Lake for swimming**

#### **Golden, BC**

Appreciate this small wilderness lake just a short drive from downtown Golden, where you can enjoy swimming, fishing and canoeing.

