

Mt Norquay Snowshoe Trails

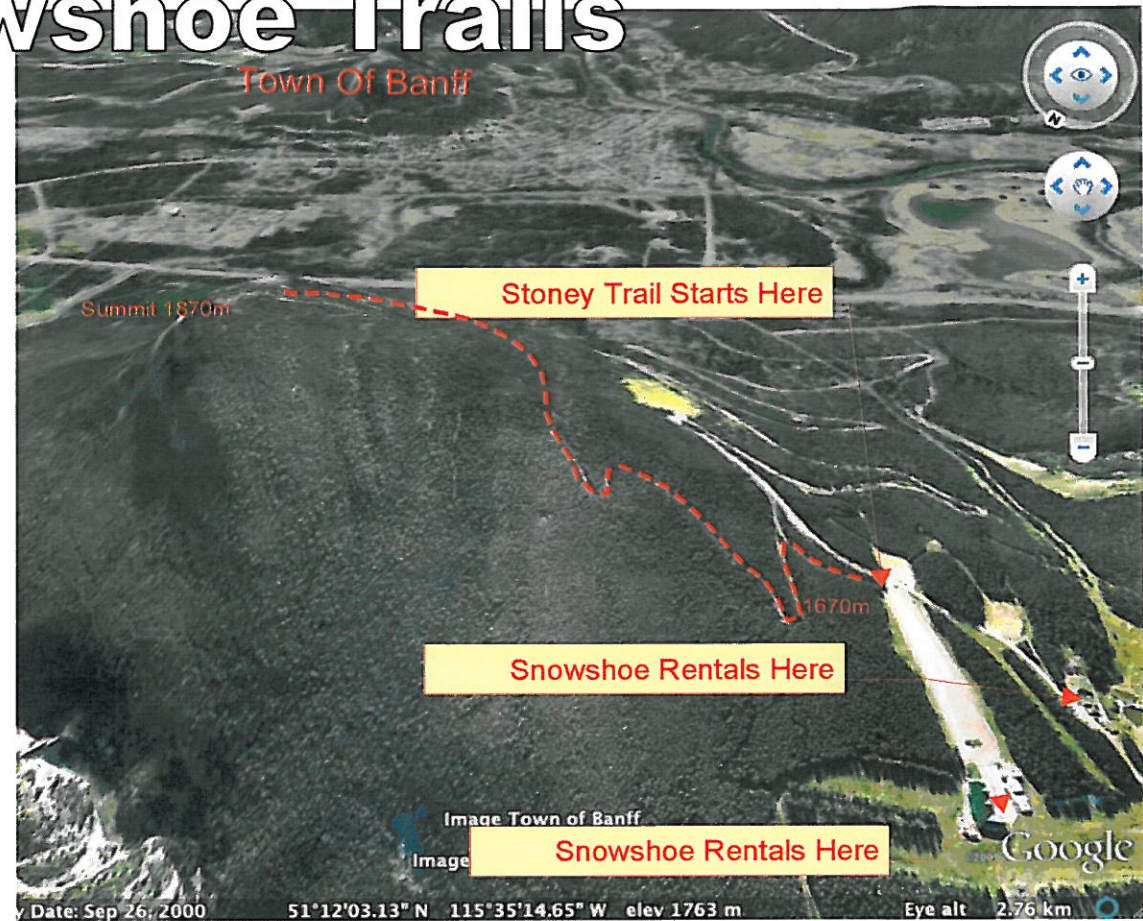


Prune Pickers Trail

The Prune Pickers circuit starts at the Mt Norquay Snow Tubing Center. This snowshoe trail is marked with signs and climbs up from the base of the Norquay chairlift, crossing open slopes below the snow-tubing lanes before it enters the forest. After about 30 minutes the trail emerges from the forest into a glade, offering teasing glimpses of Banff in the valley below. Another 15 minutes or so, the views open up to reveal the quintessential signature view of Banff. After snapping a few pictures, retrace your steps, or continue to follow the trail up for another 15 minutes as the views just keep getting better. Retrace your steps back to the Snow Tubing Center Lodge for a hot chocolate and snacks. About 2 hours. Moderate with one 40 meter steep section.

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Some of Banff's most scenic viewpoints await anyone willing to try snowshoeing at Mt Norquay. With three trail options suitable for all skill levels, families with children or intrepid athletes can experience the great alpine panoramas of Stoney Squaw Summit, Prune Pickers Route, and the Stoney Squaw Loop.



Stoney Squaw Loop Trail

The easiest trail is the Stoney Squaw Loop trail. Follow signs as they lead you up gentle slopes behind the Cascade daylodge and Ski Patrol office to great views of the Norquay alpine skiing center. The broad cleared trail gently descends through spruce and fir forest offering great views of Mt Brewster to the north. Eventually the trail narrows, and winds down through the forest to a wooden bridge. Cross the bridge and head back to the Cascade Lodge to warm up. About 1 hour. Easy.

Stoney Squaw Summit Trail

The Stoney Squaw snowshoe route follows the very popular summer trail from the Mt Norquay parking lot to the summit of Stoney Squaw mountain. The well marked Parks Canada trail climbs gently through pine and spruce forest. It takes about 1 hour to get to one of Banff's best viewpoints, offering exceptional views of the Town of Banff nestled at the confluence of the Bow and Spray rivers. Mt Rundle, rising a vertical mile (1600m) above the valley, provides an impressive backdrop. Retrace your steps to Mt Norquay's Lone Pine Restaurant and Pub in the daylodge. About 2½ hours. Moderate.