

Golden, BC

The town of Golden, though smaller, is closer to August Camp than Banff. It is situated in the Kootenay region of south-eastern British Columbia, and lies between two mountain ranges – the Purcell Mountains and the Rocky Mountains, and at the junction of two heritage rivers – the Columbia River and the Kicking Horse River.

The population of Golden is presently estimated at 4,373. An additional 3,155 people live in surrounding rural areas. Golden's elevation is 785 metres or 2,574 feet above sea level.

Golden is home to the longest covered pedestrian bridge in all of Canada. Take a tour of Edelweiss Village, built in the early 1900s by CP Rail for the Swiss Mountain Guides. For an unbelievable panoramic view of the valley and mountain vistas, take the Kicking Horse Mountain Resort gondola.

For additional info on Golden, go to www.tourismgolden.com

ACTIVITIES GUIDE – GOLDEN AREA

Mountain Biking

Golden is a community that wholeheartedly welcomes the mountain biking culture. With some of the best biking terrain in North America, it's begging you to ride.

Golden is blessed with Mount 7, one of the finest and most challenging downhill systems in Canada. Mount 7 is host to Psychosis, an annual event which has evolved into the steepest, longest and fastest downhill mountain bike race in the world.

For more downhill riding head over to Kicking Horse Mountain Resort. After a cushy gondola ride up, get ready for an epic 10 km long downhill. If you prefer great XC single track, ride the trails at the bottom of Mount 7 or check out the Moonraker trail system. For more information go to www.goldencyclingclub.com.

Free hard copies of maps are available at many locations in Golden.

Road Cycling

The Golden Triangle

The Golden Triangle is a 3 day, 310 km cycling loop that offers spectacular views and passes through Golden, Radium Hot Springs, Lake Louise and Field, as well as [Yoho](#), [Banff](#) and [Kootenay](#) national parks.

Elevations and Approximate Cumulative Distances starting in Golden:

Golden (elev 800 m, 2,600 feet) - 0 km
Radium Hot Springs (elev 880 m, 2,900 feet) – 105 km
Vermilion Pass (elev 1,640 m, 5,400 feet) - 190 km
Castle Mountain Junction – 200 km
Lake Louise (elev 1,540 m, or 5,000 feet) - 230 km
Kicking Horse Pass (elev 1,640 m, 5,400 feet) – 240 km
Golden (elev 800 m, 2,600 feet) - 310 km

Rotary Trails

Golden's in-town hiking and biking loop offers visitors a great trail for sightseeing and relaxation. Maintained by the Golden Rotary Club, this trail is well kept and winds its way along the Kicking Horse River, through residential areas and treed paths and past Reflection Lake. You can start right at the Kicking Horse Pedestrian Bridge or anywhere along this well marked trail.

Rafting

The Kicking Horse River, recognized as Canada's first Heritage River, is one of the wildest, most intense waterways in Canada. But don't get intimidated. The Kicking Horse River boasts unparalleled whitewater rafting excitement for rafters of all levels.

Two local outfitters:

Alpine Rafting celebrates 25 years in 2008 of offering whitewater rafting trips on the Kicking Horse River. Choose from ½ or full day tours, starting at \$30.00 per person. Trips are suitable for all ages. Alpine Rafting is proud to offer guests a choice of three sections of river: the Upper, Middle, and Lower Canyons. All trips include transportation, equipment and guides, some of our tours include a Riverside BBQ Lunch. We offer a gentle morning float trip that is great for wildlife viewing and families, starting at \$30.00. Call to receive a quote.

Rates: \$30.00 to \$149.00 per person

1416 Goldenview Road, Golden, BC

Phone: 1-888-599-5299
Fax: 1-866-220-7844
info@alpinerafting.com
www.alpinerafting.com

Wild Water Adventures

Whitewater rafting on the Kicking Horse River near Banff, Alberta in Canada is an exciting and fun outdoor adventure. Located near Banff National Park, one of Canada's most popular travel destinations, the famous Kicking Horse River provides a perfect rafting trip for all abilities and ages from 8-80.

Daily trips are available from mid-May to mid-September for first-time or experienced white water adventurers, families who enjoy outdoor recreation and those seeking a milder white water rafting experience in Canada. For your convenience, rafting trips depart daily from Banff and Lake Louise throughout the summer months.

Rates: \$55 to \$159

2750 Beaverfoot Road, Golden, British Columbia
Phone: 1-888-647-6444
Fax: (403) 522-2212
info@wildwater.com
www.wildwater.com

Horseback Riding

Flying W Trail Rides

1 and 2 hour tours, each having spectacular views of the Columbia Valley as well as Kicking Horse Mountain Resort. Both trails meander down paths viewing wildflowers, chance meetings with deer and moose, and great ridges to sit atop your horse and take it all in. Open every day from June 7th-September 7th with rides starting at 9:45am and the last ride going out at 5:00pm.

Rates: \$30.00 (1hr) \$54.00 (2hr)

1500 Kicking Horse Trail, Golden, BC V0A 1H0
Phone: 250-344-0495
Fax: 250-348-2111
flyingw@redshift.bc.ca
www.flyingwtrailrides.com

Dogtooth Climbing Gym

Dogtooth Climbing Gym offers all the fun and challenge of rock climbing in a safe, friendly, air-conditioned environment, including top roping, lead climbing and bouldering with a large number of routes suitable for all ages and abilities.

The Dogtooth Gear Store is located at the gym has a large selection of climbing and back-country gear at City/Co-Op prices.

Rates: From \$8 for kids and \$10.50 for adults

806 9th Street North, Golden

Phone: (250) 344 6444

Fax:

info@dogtoothgym.com

www.dogtoothgym.com

180 Mountain Sports

180 mountain sports supplies equipment for backcountry skiing, snowboarding, mountain climbing, as well as cross country, down hill and road biking.

423 9th Ave N, Golden BC

Phone: 1.866.344.4609

Fax: 250.344.4603

don180@telus.net

www.180golden.com

Field, BC

Field is an unincorporated settlement of approximately 300 people located in the Kicking Horse River valley of southeastern British Columbia, Canada, within the confines of Yoho National Park.

Field is 27 km (17 mi) west of Lake Louise along the Trans-Canada Highway which provides the only road access to the town.

Field hosts the Yoho National Park visitor centre; those wishing to visit the nearby area surrounding Lake O'Hara must either obtain tickets for a bus service managed by Yoho National Park or hike the 11-kilometre (6.8 mi) dirt road on foot. Due to the extreme popularity of the Lake O'Hara region, bus reservations often sell out 3 months in advance.

There are many hiking opportunities near the town including:

- Burgess Pass - 6.6 km (4.1 mi) one way, provides views of Emerald Lake and the Wapta Icefields.
- Emerald Lake - 11 km (6.8 mi) from Field on a paved road. A 5 km (3.1 mi) lakeshore trail circles the entire lake.
- Sherbrooke Lake - 3.1 km (1.9 mi) one way
- Twin Falls - 9th highest waterfall in Canada
- Wapta Falls - a short 2.4 km (1.5 mi) round trip trail to the waterfall that produces the largest volume of water in Yoho NP.

Scrambling options include: Mount Burgess (2,599 m/8,527 ft), Mount Field (2,635 m/8,645 ft), Mount Stephen (3,199 m/10,495 ft) and Paget Peak (2,560 m/8,400 ft).

There are several points of interests nearby including:

- Takakkaw Falls — second highest waterfall in Canada
- Burgess shale — fossil beds (restricted access)
- Natural Bridge — Kicking Horse River has carved a natural bridge through solid rock.
- Spiral Tunnels Exhibit — Explains railway tunnels bored through Mount Ogden (lower Spiral Tunnel) and Cathedral Mountain (upper Spiral Tunnel).
- Emerald Lake — largest lake in Yoho National Park

For additional information on Field, visit <http://www.field.ca/>