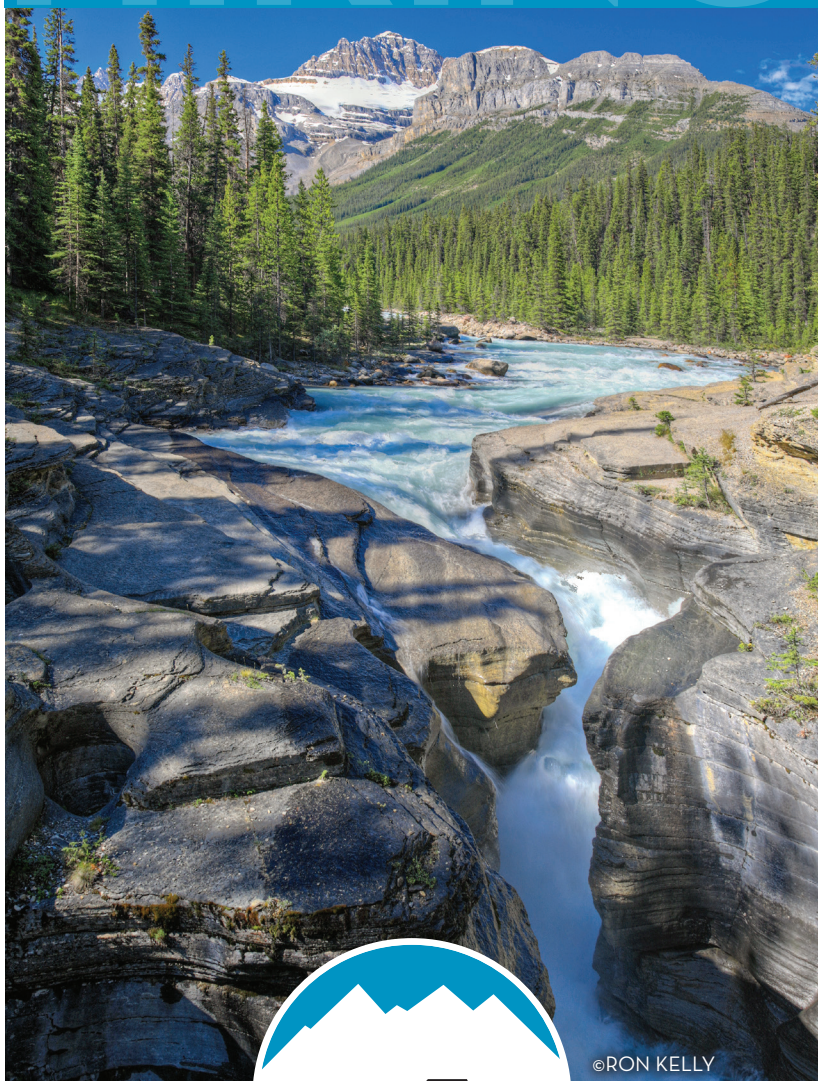


HIKING MISTAYA CANYON



©RON KELLY



HIKE & ATTRACTION CENTRAL

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Mailing Address:
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MISTAYA CANYON

Rating: Easy

Distance: 1.5 km. (0.9mi) round trip

Max. Elevation: 1525 m (5002ft)

Elevation loss/gain: Minimal

Approx. time: 30 minute round trip

Footwear: Good walking shoes or similar

Best months to hike: May-October

Trail head: Parking area on Icefields Parkway 5.5 km
(3.5 mi) south of The Crossing Resort



Mistaya translated in native language means "Grizzly Bear". This beautiful trail descends from the parking area on an old roadbed and leads to one of the most impressive canyons on the Icefields Parkway. The Mistaya River flows from the Waterfowl Lake which is supplied by the melt water from a glacier high above Peyto Lake. Its powerful force has eroded this gorge through the bedrock over thousands of years and is not one to be taken lightly. Although there are big flat rocks down by the riverside extra caution is required to avoid slippery rocks or hazards. The bridge is the safest place to view the power of this river.

If you wish to make a longer hike of this then there is an option to continue past the bridge and challenge the Sarbach lookout trail. Please see our "Day hike" cards for the card on Sarbach Lookout. As it is a longer climb and an-other 4.7 km (2.9 mi) you need to be more prepared than just the Mistaya walk.



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