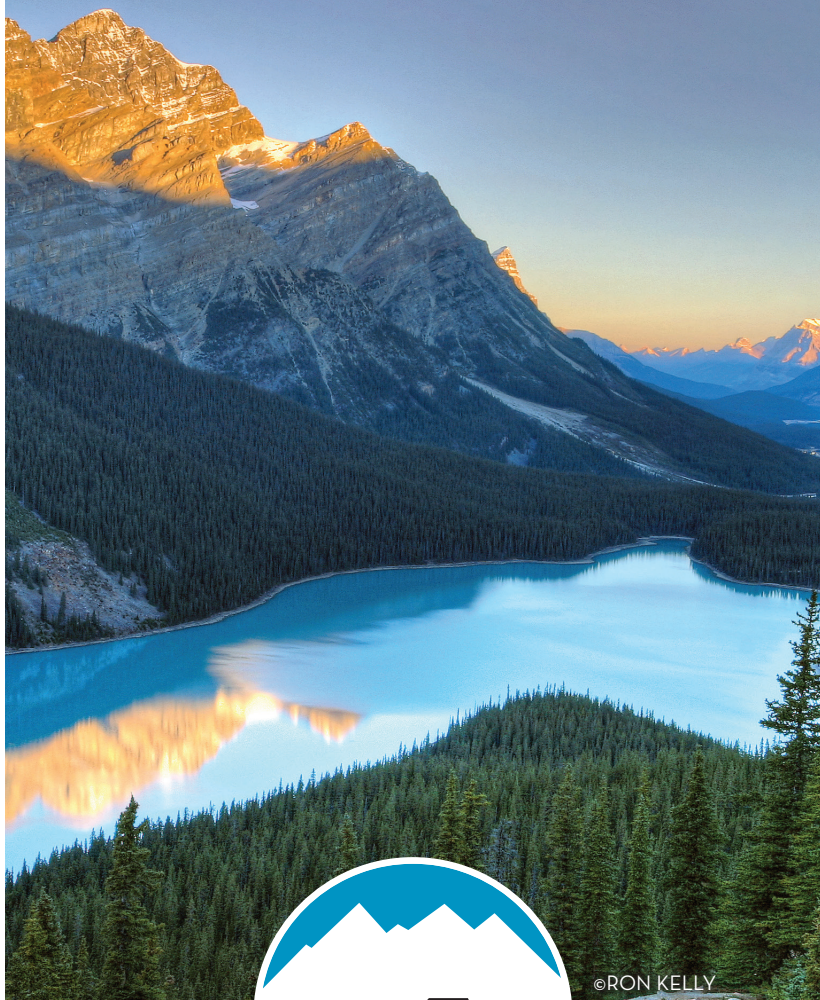


HIKING

PEYTO LAKE



©RON KELLY



HIKE & ATTRACTION CENTRAL

t. 403-761-7000

Mailing Address:
Bag 333, Lake Louise, Alberta
Canada T0L 1E0

thecrossingresort.com

PEYTO LAKE

Rating: Easy

Distance: 1.2 km (0.7 mi) Round trip.

Optional trail loop additional 1.0 km (.06 mi)

Max. Elevation: 2134 m (6699 ft)

Elevation loss/gain: + 45 m (148 ft)

Approx. time: 20 min round trip

(optional loop add another 20 min)

Footwear: Anything

Best months to hike: July-October

Trail head: 37 km (23 mi) South of The Crossing Resort
on the Icefields Parkway



You are about to trek up the famous Bow Summit and be awed by the lake made famous for its jade, blue green waters and an early outfitter by the name of Bill Peyto. On your way up to the viewpoint there are signs to teach the difference in the types of trees in the area, such as Engelmann Spruce, Lodge Pole Pine and others. You have now hiked into the Alpine zone of the mountains and see that there is sparse coverage compared to the sub alpine zone.

Once you arrive at the viewpoint you will be looking at the Mistaya Valley and if you want to see where this lake water goes, try our hike to Mistaya Canyon.

The Mistaya Valley extends all the way from the viewpoint to the Saskatchewan River Valley where The Crossing Resort is located. Approximately 7000 years ago the Peyto glacier was 500m (1500 ft) above the viewing platform.

If you wish to take the optional loop trail, it is marked and takes you on a walk on the windswept ridges of the Bow Summit.



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