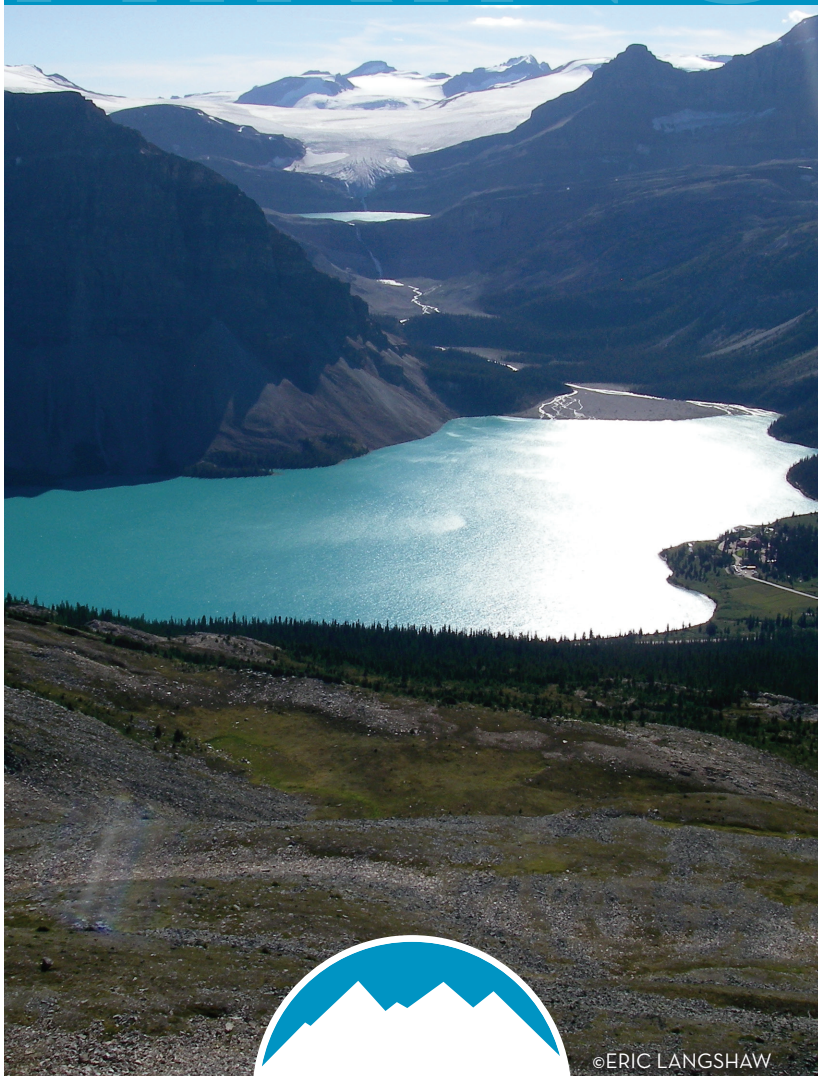


# BOW GLACIER/FALLS



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**Rating:** Moderate

**Distance:** 6.8 km (4.1 mi) round trip

**Max. Elevation:** 2040 m (6690 ft)

**Elevation loss/gain:** + 91 m (297 ft)

**Approx. time:** 3 hrs

**Footwear:** Good walking shoe/light hiking boot

**Best months to hike:** Late June-October

**Trail head:** : Num-Ti-Jah Lodge parking lot, 42 km south of The Crossing Resort on Icefields Parkway.



This is one of the most spectacular hikes on The Parkway. It allows the individual to feel the experience of being at "The Source". This hike will take you alongside Bow Lake to the desolate gravel bars and braided streams of the gravel flats at the back of the Bow. Continue to follow the churning gorge and climb a primitive stairway elevating you to a small summit that reveals the magnificent rock valley that is home to the Bow Glacier and falls. This set of stairs is the challenging part of the hike, so take your time and watch your step. Leaving the stairs and trail on this climb can be risky so evaluate the footing and conditions before doing so.

Continuing on, you follow the scattered trail but keep aiming for the large rock cut and falls that is your final destination for this hike. Once there, it is a breathtaking location to have lunch or take some photos and a refreshment. You are now at the source of the Bow River that winds through Banff Park and eventually through Calgary.



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