

Cory and Edith Pass

Hike Details

- **Location** – Banff National Park
- **Distance** – 13 km according to National Parks (15 km according to our GPS)
- **Difficulty Level** – Difficult
- **Elevation Gain** – 915 meters
- **Time** – 5 – 7 hours
- **Type** – Loop
- **Best Season** – June to September

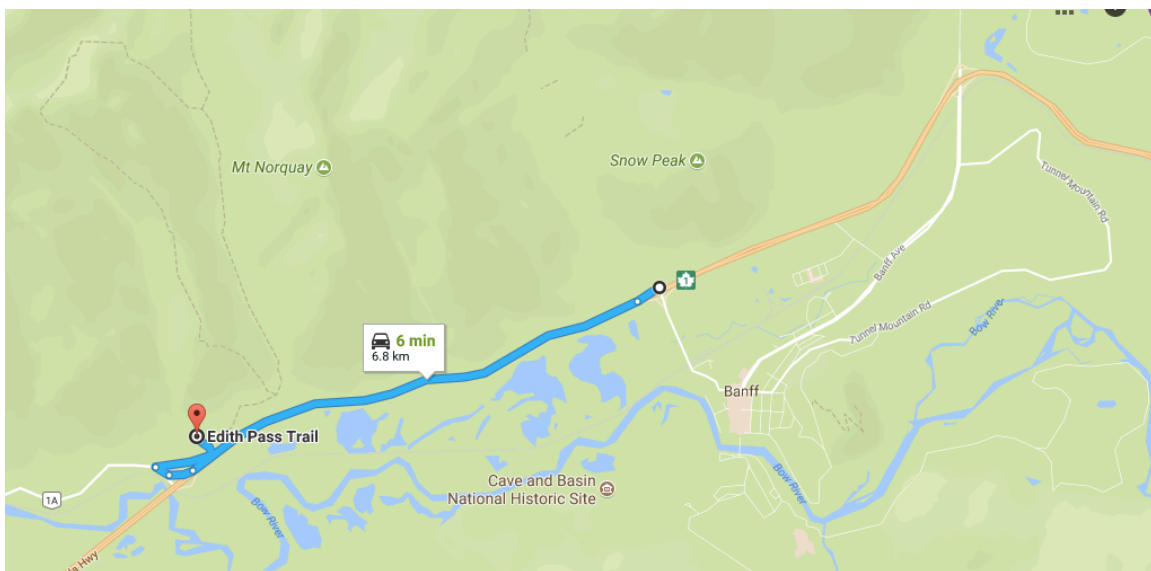
How To Find The Trailhead Parking Lot

The parking lot is easy to find – Fireside day use area.

Driving Instructions from Banff

1. Go west on Highway 1 to the Highway 1A junction (5.2 km).
2. Take your first right (about 200 meters).
3. Follow the road for nearly 1 km as it takes a sharp left and then you will arrive at the Fireside day use area parking lot.
4. Signs for Cory Pass trailhead are by the bridge and picnic area.

Google Map to the Trailhead



How to Complete The Hike

Complete this hike clockwise. Both Edith and Cory Pass reach Mount Louis and Gargoyle Valley but going through Cory Pass first means all the scenic views are in front of you, not behind you.

Follow the trail signs (it is extremely well marked) and take a left at 1.1 km to start climbing Cory Pass. You will climb for the next 4.5 km and eventually reach Gargoyle Valley.

Once you reach the top of Cory Pass and Gargoyle Valley, simply follow the trail down and around the backside of Edith Mountain and enjoy the stunning views of Mount Louis; a limestone behemoth.

The trail is well marked for the most part. There are a few technical / scrambly bits on the way up through Cory Pass, but only about 50 feet worth of climbing that is really technical. Going back through Edith Pass there is a large rock fall that takes concentration and some route finding skills. Cairns mark the way and many feet have worn a definite path through the boulders, but it is still easy to find yourself off trail.

On the way back down through Edith Pass, follow the signs for the parking lot at both junctions.

If you decide to come through Edith Pass first (go counter-clockwise), be prepared for some scrambling through the rock fall and a long ascent through scree to reach Gargoyle Valley.

What to Bring on The Hike

Lunch / Snacks. Once you arrive to the top of Cory pass, there is a small meadow before Gargoyle Valley where the chipmunks will try to steal your lunch. With views of Mount Rundle and the gargoyles, it is the perfect place to rest from all the climbing.

Water. On a hot day, you will go through a lot of water. The first 5 km is continuous climbing and you will definitely need water. We hiked it on a cool day and went through a whole liter of water.

Layers. The climbing is hot as the sun is on your back and you're working hard. As soon as you stop climbing and go to the backside of the mountain, it is very cold. While climbing I wanted to be in shorts and a tank top and while descending the back of the pass, a down-filled coat and gloves would have been nice. (We hiked it in September – July and August may be less extreme in their differences.)