

Cory & Edith Passes



August 17, 2019

4,1025,15.1 and 226 all numbers important to this trip report.

An equal amount of men and women for a total of four met early Saturday morning to loop through the Cory and Edith Passes. The trailhead is located at the Fireside Picnic area which is just off the 1A highway (Bow Valley Parkway) past Banff. From the parking area cross the bridge and follow the well traversed trail to your right. Pay attention to the sign and follow the trail left for just over 1 km to reach the next junction (sign) where you can choose to go straight to Edith or left (N) for Cory Pass. We did the Cory to Edith Loop and in my opinion is the recommended way.

The Cory trail is a series of quite a few stages of up. The picture below is the end of the first big up. The second up stage is a little on the grunty side followed by a rather short grab a handy tree steep down over a rock outcropping. The third and final up of Cory is a long

semi gradual ascent following a scenic valley. Lunch was had at the top of Cory pass overlooking the valley and also looking at the gargoyle like formations.



Edith Pass Decent (pictured above)

If one chooses, they can head back down Cory, or continue forward and go down Edith to complete the loop. The beginning of the decent is quite steep on hard pack with tiny marble like gravel. This does not last too long but is still hard on the knees. Once rounding the corner, you come around to look down another picturesque valley. Do not continue down towards the boulders, stay above them on your right and keep your head up to see the orange sign marking your entrance into the forest. The trail is pretty much straight forward from there on. Overall elevation gain of 1025 meters over a 15.1 km loop. I must say though this felt like there was a lot more going up than going down.

A cold beverage was enjoyed in the parking lot followed by the trip home. Thanks to Phil and Pat for making the hike a happy place moment. Thank you, Janice, for coordinating, remembering all the details of the trail and reminding us on how many days until you think you are retiring (226).

