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Canada's Best Fall Foliage Hikes You Need To Explore



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Travel



Confederation Trail TOURISM PEI/SANDER MEURS

What is it about fall that makes people even more anxious to get out and experience the great outdoors? Thanks to its unparalleled geography, Canada boasts an amazing array of hiking trails that show-off autumn's cornucopia of colors. Here are some of Canada's best fall foliage hikes.



Miscou Island Peat Bog Trail NB TOURISM

Miscou Island Peat Bog Trail, New Brunswick

One of the country's not-to-be-missed autumnal hikes is Miscou Island's peat bogs. Though the island is small enough to be driven end-to-end in just 15-minutes, its leaf peeping payload is huge. Here you'll find sand beaches ringed by peat bogs that turn a jaw-dropping scarlet come fall. You can also wander along a boardwalk that will plunge you deep into a sea of color, featuring green softwoods, crimson peat and deep blue pond waters.



Forillon National Park PARKS CANADA/ N. BOISVERT

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Forillon National Park, Quebec

Famed for its maple syrup, you just know that the province of Quebec is going to be rich in maple trees, which are hands-down autumn's best color-changing performers. Forillon National Park offers some of Quebec's most outstanding fall vistas, with the dramatic seaside cliffs (from which you can sometimes see whales and seals) of the [Cap-Bon-Ami](#) trail topping the list. The Cap Bon-Ami lookout point has stairs that lead to the beach—a picture-perfect place for a picnic.



Restoule Provincial Park ONTARIO PARKS

Restoule Provincial Park, Ontario

Filled with mature forests, rivers, lakes and wildlife, this is one of Ontario's most notable autumn wonders and a true Canadian hidden gem. The "must do" hiking trail in the park is the Fire Tower Trail, which meanders through beautiful forestland, across boardwalks and among rocky ridges. The trail passes by a historic Fire Tower and features an inviting viewpoint at Amber Lake. Head to the 320-foot Stormy Lake Bluff for even more camera-worthy vistas.



Lookout Hills Trail ROB HINGSTON/PARKS CANADA

Gros Morne National Park, Newfoundland

Whether you're a hard-core hiker, a nature lover or are on the hunt for some impressive autumn panoramas, Gros Morne has what you need. It's one of Canada's most celebrated sanctuaries and you can watch this UNESCO World Heritage Site catch fire (figuratively, of course) as fall colors set the landscape aflame. [Lookout Hills Trail \(incredible panoramas\)](#) and [Berry Head Pond Trail](#) (through forest and bogs) are two of the top trails for leaf peepers.



Riding Mountain National Park TRAVEL MANITOBA

Riding Mountain National Park, Manitoba

Thanks to its incredible wetlands, [Ominik Marsh](#) in Riding Mountain National Park is a unique way to experience fall's changing landscape. The floating boardwalks of the [Ominik Marsh Trail](#) are captivating and feature sweeping views of the wildlife-rich bogs and dense forests. It's not unusual to spot a beaver or two actively swimming among the reeds looking for branches to get their dens ready for winter.



Pike Lake Provincial Park SASKPARKS/KEVIN DUNN

Pike Lake Provincial Park, Saskatoon

Located just 20 minutes south of Saskatoon (one of the [tastiest towns in Canada](#)), this lovely area is filled with nature trails that put on one of the best color-changing shows the country has to offer. Nestled along the South Saskatchewan River, it's also a wonderful place to enjoy water sports like swimming and canoeing, and there's even an outdoor pool with a water slide.



Confederation Trail TOURISM PEI SANDER MEURS

Confederation Trail, Prince Edward Island

Built along abandoned railway lines, this gorgeous trail runs from one tip of Prince Edward Island to the other. Especially resplendent in autumn, the trail takes you through charming towns where you can shop and refuel at local restaurants. With its gentle gradient and smooth surface of rolled stone dust, the 270-mile trek is ideal for a family bike ride.



Sugarloaf Provincial Park BYRON CHRISTOPHER

Sugarloaf Provincial Park, New Brunswick

Located in New Brunswick's Appalachian Mountain region (one of the oldest ranges on the planet) the region has more than 16 miles of hiking trails. A real foliage extravaganza awaits those who go (via hike or chair lift) to the summit of Sugarloaf Mountain. The extinct, late Devonian volcano boasts magnificent views of the surrounding region, and in fall the mountain looks like it's donned a cozy cape in a patchwork of dazzling colors.



Kootenay National Park DESTINATION BC/KRISTI NICHOLSON

Kootenay National Park, British Columbia

Set in southeastern B.C., you'll see it all here: arid grasslands, profuse forests and ever heart-stirring glaciers. One of the big draws in autumn is the larches whose emerald needles transform into spikes of gold in the cold season. Don't miss awe-striking Marble Canyon and warm up at [Radium Hot Springs](#), one of the province's most highly rated natural hot springs.



Tombstone Territorial Park ROBERT POSTMA

Tombstone Territorial Park, Yukon

The Yukon rightly claims some of Canada's most pristine, secluded and stunning hiking adventures. And Tombstone Territorial Park, with its unparalleled landscape of tundra and mountains, is guaranteed to show-off fall at its finest. This singular sub-arctic terrain also offers incomparable wildlife viewing. Serious trekkers won't want to miss the popular 5-day Backcountry Hike that ends at Talus Lake with an astounding view of Tombstone Mountain (which was named for its resemblance to a grave marker).



Cape Breton Highlands National Park TOURISM NOVA SCOTIA PARKS CANADA

Cape Breton Highlands National Park, Nova Scotia

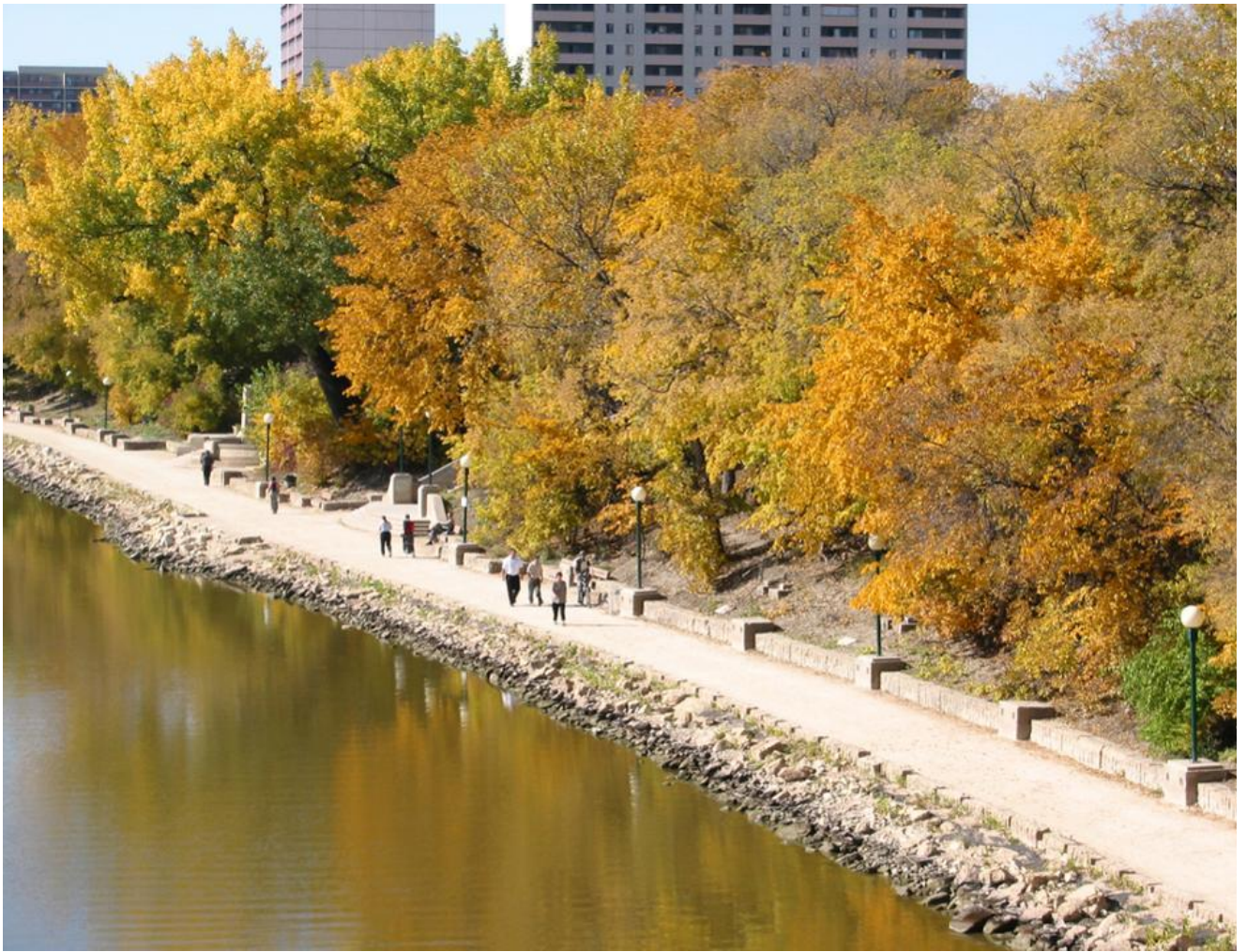
Lush forestland and towering cliffs all ringed by azure waters—what’s not to love? The Cabot Trail is world renown as one of Canada’s most scenic coastal drives and it partially loops in and out of the Cape Breton Highlands National Park. For fall colors, the Skyline Trail is not to be missed and there are even guided sunset walks available.



Silent Lake ONTARIO PARKS

Silent Lake, Ontario

Who says you have to hike to enjoy fall foliage? What makes the aptly named (no motor boats or electric motors are permitted) Silent Lake spot special is that it's one of the few provincial/national parks to offer extensive mountain biking trails. If you prefer to walk, try the Lakeshore Hiking Trail, which passes through beaver meadows, hardwood forests and cedar-black ash swamps.



Riverwalk At The Forks RUEHLE DESIGN

Riverwalk at The Forks, Winnipeg, Manitoba

Autumn is arguably the most opportune time to experience Manitoba's #1 tourist attraction: Riverwalk at The Forks. The picturesque promenade winds along the riverbanks of the Red and Assiniboine rivers, from Esplanade Riel to the foot of the Manitoba Legislative Building. Interpretive sign along the route offer informative insight into the area's history.



Les Florents TOURISME CHARLEVOIX, FRANCIS GAGNON

Les Florents, Quebec

How does taking a fall hike in the middle of a 400 million-year-old meteorite crater sound? Set in Quebec's eye-catching Charlevoix region (which is as famous for its [Flavour Trail](#) as it is for its lovely landscapes), Les Florents gives you the chance to find out for yourself what makes the UNESCO-recognized Charlevoix Biosphere Reserve so remarkable.



Banff National Park PAUL ZIZKA PHOTOGRAPHY

Banff National Park, Alberta

Banff National Park is widely acclaimed for its emerald lakes, majestic mountains and abundant wildlife. What's less well known is that it offers unique fall foliage hiking opportunities thanks to the larches (deciduous conifers with needles that turn a brilliant yellow before they're shed in winter) that cover the mountains. Banff National Park's [Larch Valley](#) features an excellent variety of hikes for all levels.

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I'm a Canadian writer and editor who specializes in travel, food and wine. My father was in the Canadian Air Force so my family was constantly moving from base to base,... **Read More**