FRYATT VALLEY

SEMI-PRIMITIVE

- 35.4 km (Brussels), 44 km (ACC hut) round trip, 2-3 days
- Elevation gain: 445 m (Brussels), 934 m to top of headwall, elevation loss: 155 m (ACC hut)
- Maximum elevation: 1665 m (Brussels), 2040 m (ACC hut)

In summary

This alpine valley tucked into one of Jasper’s great mountain ranges is a jewel that rewards all your efforts. Camp at Brussels and explore the upper valley and beautiful Fryatt Lake on day two, or tackle the infamous headwall to the Alpine Club of Canada hut and the small hanging valley beyond.

The details

The first 12 km of this trail to Lower Fryatt Campground is an old fire road through the forest. Along the way, there are some beautiful views over the Athabasca River Valley. Past the campground, the trail climbs steadily through the forest for another 4 km before reaching an open U-shaped valley. The views from Brussels Campground, 6.1 km past Lower Fryatt, are stunning. This campground is well-suited as a base for day trips in the area. Two kilometres past Brussels the trail follows the shore of Fryatt Lake to the Headwall Campground, 3.4 km from Brussels. This campground sits at the base of a beautiful waterfall. From here you can venture up the headwall, a steep 900-m climb to the upper valley and the Sydney Vallance Hut (Alpine Club of Canada).

What you need to know

The Fryatt Valley can be hiked in the summer months and skied in the winter months. It is a good choice for an early season hike and is great for day trips. If travelling in the winter months be sure to check avalanche conditions, pack avalanche safety gear and practice no trace camping. **Be prepared for all weather conditions any time of the year.** The headwall is very steep and can be dangerous if you veer off the trail. Follow the yellow markers and backtrack if you lose the trail.
Suggested Itineraries

Option 1: 2 Nights
Two nights at Brussels or Headwall Campground is ideal. One can use either campground as a base for a day hike into the upper valley.

Options 2: 3 Nights
1. Hike to Lower Fryatt for first night (11.6 km). The following day, hike to Headwall (9.5 km). The third day, climb up the headwall, and then hike 21.1 km out.

2. Hike to the ACC Hut the first day (22 km). Explore the Upper Fryatt Valley on the second day. Biking to Lower Fryatt makes this option easier.

**One-night option (strenuous)**
Hike to Brussels Camp (17.7 km), set up your gear and take the beautiful hike to Fryatt Lake. Hike out the following day. Biking to Lower Fryatt makes this option easier.

Trail Distances (in km)

<table>
<thead>
<tr>
<th>Trailhead</th>
<th>Lower Fryatt</th>
<th>Lower Fryatt</th>
<th>Brussels</th>
<th>6.1</th>
<th>Brussels</th>
<th>Headwall</th>
<th>Headwall</th>
<th>Sydney Vallance ACC Hut</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower Fryatt</td>
<td>11.6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussels</td>
<td>17.7</td>
<td>6.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Headwall</td>
<td>21.1</td>
<td>9.5</td>
<td>3.4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sydney Vallance ACC Hut</td>
<td>22</td>
<td>10.4</td>
<td>4.3</td>
<td>0.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Elevation Profile

Photo: Parks Canada/R. Gruys
Campground information

<table>
<thead>
<tr>
<th>CAMPGROUND</th>
<th>DESCRIPTION</th>
<th># OF SITES</th>
<th>FIRE PIT</th>
<th>UTM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower Fryatt (Elevation: 1280 m)</td>
<td>This campground is located next to Fryatt Creek and a bridge crossing into the valley proper between mounts Christie and Fryatt. Bike access ends at this point.</td>
<td>4</td>
<td>yes</td>
<td>11U 444505-5825366</td>
</tr>
<tr>
<td>Brussels (Elevation: 1715 m)</td>
<td>A somewhat forested site with beautiful views at the beginning of a large rock slide. This campground provides excellent access to the upper valley.</td>
<td>8</td>
<td>yes</td>
<td>11U 441868-5820614</td>
</tr>
<tr>
<td>Headwall (Elevation: 1780 m)</td>
<td>This campground is situated at the base of impressive Headwall Falls. A great location for accessing the upper valley.</td>
<td>4</td>
<td>yes</td>
<td>11U 440486-5818059</td>
</tr>
</tbody>
</table>

Directions to trailhead

31 km south of Jasper off Highway 93A.

**From Jasper**

Take the Icefields Parkway towards Banff and turn right immediately after the park gate, onto Highway 93A. Continue along 93A for 24 km, and turn right onto the Geraldine Road. The trailhead is 2 km up the road, on your left.

**From Banff**

Follow the Icefields Parkway north towards Jasper. Turn left at the junction to Highway 93A and Athabasca Falls, 200 km north of Lake Louise. Continue for 2 km and turn left onto Geraldine Road. The trailhead is 2 km up the road, on your left.

Special considerations

The first 11.7 km of this trail to the Lower Fryatt Campground can be done by mountain bike. Experienced boaters can cross the Athabasca River just south of the Goats and Glaciers Viewpoint on the Icefields Parkway and cut 7 km off the hike. Note that the Athabasca River is fast and very cold. The crossing requires experience in swift water canoeing, especially when water levels are high.

The Alpine Club of Canada (ACC) manages a beautiful hut (Capacity 12) at the top of the headwall at km 22. The Sydney Vallance Hut can be booked by calling the ACC at 403-678-3200 or by emailing info@alpineclubofcanada.ca.

SAFETY

You are responsible for your own safety. Be prepared for extreme weather and mountainous terrain. Cell phone coverage is unavailable in most areas.

TRAIL REPORT

Before leaving, check the Jasper National Park trail report for up-to-date conditions at www.pc.gc.ca/JasperTrails.

TRAIL INFORMATION

780-852-6177  
pc.gc.ca/JasperBackcountry

RESERVATIONS

1 877-737-3783  
pc.gc.ca/BookJasperBackcountry

EMERGENCY

call 780-852-3100  
or  877-852-3100
LEAVE NO TRACE

FOOD STORAGE
To reduce your campsite’s attractiveness to bears, all food, garbage, toiletries and cooking equipment must be hung from the food storage cables provided at designated campsites.

HUMAN WASTE
Use the pit toilet provided. When there are no facilities nearby, select a spot away from trails, campsites and at least 70 m from water sources. Dig a hole 12 to 16 cm into the dark-coloured, biologically active soil layer. Loosely fill the hole with soil afterward. Use as little toilet paper as possible.

WATER
Boil or treat all drinking water.

GARBAGE
Please—Pack it in and pack it out! You are responsible for everything you take into the backcountry and this includes garbage. Do not dispose of garbage in pit toilets—it may attract animals.

CAMPING
Please camp only at the campsites indicated on your Backcountry Camping Permit and use the tent pads.

CAMPFIRES
If fires are allowed, use the metal fireboxes provided, keep your fire small and use only deadfall. Tend to your fire at all times and extinguish it completely before you move on. Gas stoves are cleaner and more efficient for cooking. We recommend you use one.

SHORTCUTTING TRAILS
Shortcutting between trail switchbacks damages both the soil and plant life. This not only ruins the look of an area, but makes it susceptible to further damage by erosion.

COLLECTING NATURAL OR CULTURAL OBJECTS
Rocks, fossils, horns, antlers, wildflowers, nests and all other natural or historical objects in a national park are protected by law. Leave them as you found them for others to enjoy.

WASHING
To wash yourself or your dishes, carry water 70 m away from streams or lakes and use small amounts of biodegradable soap. Strain out those last bits of food waste and pack them out. Disperse strained water on land.
EQUIPMENT CHECKLIST

Have you got it?

This is a list of suggested equipment for Jasper's backcountry trails. Visit www.pc.gc.ca/jasperbackcountry for a comprehensive list. Mountain weather is unpredictable; be prepared for winter conditions at any time of the year. Snow may persist in high mountain regions into the summer and avalanche danger may occur in any season. This equipment list does not account for the special knowledge and equipment required to travel in avalanche terrain.

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<th>SHELTER</th>
<th>OTHER ESSENTIALS</th>
<th>OPTIONAL</th>
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<td>Long underwear</td>
<td>Tent with waterproof fly</td>
<td>Wilderness pass</td>
<td>Binoculars</td>
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<td>Wool sweater, down vest or fleece jacket</td>
<td>Food should include enough for an extra day</td>
<td>Bear spray and the knowledge to use it</td>
<td>Altimeter</td>
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<td>Rain gear - pants and jacket, gaiters</td>
<td>Water filter, purification tablets or extra fuel for boiling your water</td>
<td>Topographic map</td>
<td>Field guide(s)</td>
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<td>Hat and gloves / mittens</td>
<td>Waterproof bag to store food at campgrounds</td>
<td>Compass</td>
<td>GPS</td>
</tr>
<tr>
<td>Boots with ankle support and good soles</td>
<td></td>
<td>Waterproof matches and/or lighter</td>
<td>SPOT™ Device or satellite phone</td>
</tr>
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<td>Sandals or runners for fording streams and at camp</td>
<td></td>
<td>Insect repellent</td>
<td></td>
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<td>Extra warm clothes in waterproof bag</td>
<td></td>
<td>Flashlight and extra batteries</td>
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Backcountry camping permits

A backcountry camping permit is mandatory for all overnight trips. It can be obtained by visiting pc.gc.ca/BookJasperBackcountry, calling 1-877-737-3783 or by visiting the Jasper Information Centre.

Travelling frequently?

Travellers can purchase an Annual Wildneress Pass, valid in all the mountain national parks for a full year after purchase date. If you have an annual backcountry pass, you also need a free backcountry camping permit for each trip.