

Canadian Rockies Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destination: Canada

Trip code: CDWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

From the moment you start exploring the Canadian Rockies you'll be in awe. Visiting four national parks, including the beautiful Banff National Park, the breathtaking Rockies scenery awaits. The glistening waters of Lake Minnewanka, the picturesque flower-filled meadows and majestic peaks at Mount Edith Cavell, and the hidden gem of Kananaskis are ready to be explored.

WHAT'S INCLUDED

- 14 nights accommodation in en-suite rooms
- Full Board with en-suite accommodation - 14 breakfasts, 14 lunches, 14 evening meals
- A full programme of guided walks led by expert local leaders
- Sightseeing and park entrance fees
- Travel by coach or minibus
- Tips

HOLIDAYS HIGHLIGHTS

- Marvel at spectacular alpine scenery, snow-capped mountains and crystal clear lakes
- Enjoy unforgettable high and low level walks with two choices most days
- Explore Banff, Jasper, Kootenay and Yoho National Parks and Kananaskis Country
- Visit Lake Louise and Calgary
- Discover magnificent alpine flowers, incredible wildlife, canyons and thundering waterfalls

TRIP SUITABILITY

This is graded Activity Level 2.



ITINERARY

Day 1: To Banff

We arrive in Calgary, meet our local leader and transfer to our accommodation in Banff, our base for three days, where we'll enjoy walking amidst spectacular Rockies scenery. Our accommodation in this popular resort town is well situated for walks to the stunning Lake Minnewanka and in the Bow Valley Parkway for wildlife watching.

Day 2: Banff

Our first day begins with a tour of the Cave and Basin National Historic site, birthplace of Canada's National Park system. We continue to the picturesque Cascade ponds for a group picnic. This afternoon we enjoy short walks around the Johnston Lake area and the old town site of Bankhead, a thriving coal mine community from the turn of the century. Walk possibilities: Johnston Lake – 2½ miles (4km) with minimal ascent; Bankhead – 1½ miles (2½km) with minimal ascent.

Day 3: Banff

We'll spend time exploring Banff on an historical town tour, including visits to local museums before we enjoy lunch, either alongside the Bow River or on top of Tunnel Mountain, depending on your choice of walk. Our walk choices today include the Bow Falls and Tunnel Mountain via the Banff Center for the Arts. The Bow Falls is one of the most popular attractions in Banff and is a comfortable walk from the town and our accommodation. Tunnel Mountain is Banff's satellite peak, and a short one-hour walk to its summit provides a central vantage point for us to enjoy great views over the famous Fairmont Banff Springs hotel and the Bow Valley. Walk possibilities: Bow Falls – 2 miles (3km) round trip with no ascent; Tunnel Mountain – 3 miles (5km) with 800 feet (250m) of ascent.

Day 4: Bow Valley Parkway And Kootenay National Park

Today we travel along Highway 1A or Bow Valley Parkway, the original Trans-Canada highway, to enjoy fantastic walks in an area renowned for its flora and fauna. Our trail into the Johnston Canyon and Inkpots passes by many picturesque waterfalls while our visit to neighbouring Kootenay National Park gives us a glimpse into turn of the century life, prior to park incorporation. Kootenay National Park was created in 1920 and lies on the western side of the Continental Divide in British Columbia. Walk possibilities: Johnston Canyon second waterfall - 3 miles (5km) with 450 feet (140m) of ascent; Inkpots - 7 miles (11km) with 700 feet (210m) of ascent; Marble Canyon - 1 mile (1½km) with 200 feet (60m) of ascent; Stanley Glacier - 6 miles (9½km) with 1,200 feet (370m) of ascent. On our final night in Banff, we can visit the Vermillion Lakes after dinner. Providing a great opportunity not only for photographing Banff's signature peak, Mount Rundle, but for observing waterfowl, raptors and other wildlife, including bears, elk, deer and wolves, this will be a great way to end your time in Banff.

Day 5: To Jasper Via The Icefield Parkway

On our transfer to Jasper National Park we are greeted by numerous glaciated peaks, cascading waterfalls and impressive mountain vistas along the spectacular Icefields Parkway. Jasper National Park is part of a protected area of nearly 23,000km², the Canadian Rocky Mountain Parks UNESCO World Heritage Site. During our stay here, we may spot black bear, grizzly bear, elk, moose, beaver, bighorn sheep, mountain goats, black tail deer, chipmunks and ground squirrels. En route to Jasper we'll enjoy a guided walk to Wilcox Pass, overlooking the Columbia Icefield and Athabasca Glacier. With good weather we'll enjoy spectacular views of seven of the highest peaks in the Rockies from the flower-filled pass. For lower level walkers not wanting the elevation involved in the Wilcox Pass walk, enjoy a guided walk to Boundary Lake where you'll enjoy views of the original ascent route up the mountain. Walk possibilities: Wilcox Pass – 5 miles (8km) with 1,100 feet (335m) of ascent; Boundary Lake – 3 miles (5km) with 100 feet (30m) of ascent.

Day 6 - 8: Jasper & The Maligne Valley

The Maligne Valley, its famous lake and the high alpine valley of Mount Edith Cavell will be our destinations for the first two days of our stay here. Walk possibilities: Path of the Glacier trail - 1 mile (1½km), with 100 feet (30m) of ascent; Edith Cavell Meadows - 5 miles (8km), with 1,250 feet (380m) of ascent; Valley of Five Lakes to Old Fort Point - 8 miles (13km) with 450 feet (140m) of ascent; Bald Hills - 7 miles (11km) with 1,600 feet (480m) of ascent, with the option to go further if suitable. The Whistling Marmot, which can be found on the mountains above the treeline, ptarmigan, ground squirrels and pika are all inhabitants of the area and are often seen too in the high country above Maligne Lake and Edith Cavell. This area is also popular for classic linear walking through the aspen forests of the Athabasca. On our final day here, we'll enjoy excursions to Lake Country with walk choices around Jasper, including Pyramid Lake, Patricia Lake, Lake Annette and Lake Edith. Walk possibilities: Pyramid and Patricia Lake circuit – 3 miles (5 km) with 100 feet (30m) of ascent; Lake Annette and Lake Edith circuit – 3 miles (5km) with no ascent.

Day 9: To Lake Louise Region

Today we journey to Lake Louise, a perfect aquamarine pool surrounded by mountains and glaciers, renowned for its natural beauty. Hiking in the Sunwapta pass area affords us views en route of the big peaks of the Canadian Rockies. We'll have some fabulous photo opportunities too - Peyto Lake and Bow Lake are

favourites. Walk possibilities: Parkers Ridge – 2½ miles (4km) with 800 feet (250m) of ascent; Tangle Ridge – 4 to 6 miles (6 to 10km) with 3,300 feet (1,000m) of ascent.

Day 10: Yoho National Park

Yoho National Park Perhaps the most spectacular of all the parks is Yoho, in British Columbia: 'Yoho' is a native Cree word meaning 'awesome'. Here we visit the Takkakaw falls, the second largest waterfall in the country, and the Spiral tunnels as well as enjoying some memorable walks. Yoho is a hill walker's paradise, attracting mountain enthusiasts from all over the world. Alpine wildflowers encountered here in the sub-alpine zone will rival anything else we'll see during the holiday. Walk possibilities: Emerald Basin – 6½ miles (10½km) with 750 feet (230m) of ascent; Yoho pass - 11 miles (17½km) with 2,150 feet (650m) of ascent; Iceline - 11 miles (17½km) with 2,300 feet (700m) of ascent.

Day 11: Lake Louise & Moraine Lake

One of Canada's UNESCO World Heritage sites, chosen for its unrivalled natural beauty, Lake Louise and nearby Moraine Lake are the birthplace of mountain walking in North America. Here we'll experience classic walking on paths built by Swiss guides for turn of the century railway tourists. We also visit the world-famous Chateau Lake Louise, a gemstone in the original Canadian Railway hotel chain. Walk possibilities: Eiffel Lake – 6½ miles (10½km) with 1,250 feet (370m) of ascent; Lake Agnes - 6 miles (9½km) with 1,300 feet (400m) of ascent; Larch Valley (and Sentinel pass) – 5 to 6 miles (8 to 10km) with 1,400 feet (450m) of ascent (or option with 2,400 feet (740m) of ascent option); Big Beehive - 6 miles (10km) with 1,800 feet (550m) of ascent.

Day 12: Kananaskis Country

Today we head to the pristine wilderness of Kananaskis – or K-Country – one of the Rockies' hidden gems. We break up the journey with a visit to Canmore for a walk in the Bow Valley Provincial Park, visiting ancient aboriginal rock paintings and some beautiful tarns. World-class vistas of the Canadian Rockies Front Ranges abound en route to Kananaskis. Walk possibilities: Grassi Lakes – 2½ miles (4km) with 800 feet (250m) of ascent; Heart Creek - 1½ miles (2½km) with 300 feet (100m) of ascent; Hai Ling Peak - 2½ miles (4km) with 2,300 feet (700m) of ascent.

Day 13 - 14: Kananaskis Provincial Park & Peter Lougheed Provincial Park

Quieter than its national park neighbours, Kananaskis Provincial Park affords us possible sightings of moose, grizzly bear, hoary marmots and Rocky Mountain bighorn sheep en route to trailheads. White tail deer and wapiti (elk) are often seen wandering through the lush aspen forest surrounding our accommodation. Harder hike options include the high and remote flower filled Burstall Pass, high above the treeline. Low-level options include a walk which takes the highest paved road in Canada to the summit of the Highwood pass to enjoy the lovely flower-filled Ptarmigan Cirque. Walk possibilities: Chester Lake - 6 miles (10km) with 1,050 feet (320m) of ascent; Burstall Pass - 9 miles (15km) with 1,550 feet (480m) of ascent; Ptarmigan Cirque - 3 miles (5km) with 750 feet (230m) of ascent; Mount Everest Expedition trail - 1 mile (1½km) with 300 feet (100m) of ascent; Elbow Lake – 3 to 5 miles (5 to 8km) with 400 feet (125m) of ascent.

Day 15: Calgary

Our tour concludes with a visit to Calgary where we take a short city walk, leaving some free time before our journey home. Popular venues and locations to explore include the Glenbow Museum and the Eau Claire market. A visit to Calgary's Chinatown, one of the largest in North America, may also take your fancy. Alternatively, you may enjoy a visit to the Calgary Zoo. We'll then transfer to Calgary International airport for our return flight to the UK.

ACCOMMODATION

Aspen Lodge, Banff - Canadian Rockies

Welcoming Aspen Lodge offers spacious, comfortable rooms and the chance of a soak in one of the two outdoor hot tubs at the end of the day. Located on Banff Avenue it's just a 3 minute walk to the city centre.

Becker's Chalets, Jasper - Canadian Rockies

Accommodation is in cosy, modern log cabins with a wonderful location on the Athabasca River, and offers an excellent restaurant and plenty of places to unwind and savour the Rocky Mountain views.

Johnston Canyon Resort

Johnston Canyon Resort has been family owned and operated since 1926 and is ideally located at the trail-head of historic Johnston Canyon. It's in an ideal location to explore the spectacular sites in the area. The bungalows feature a queen bed, wood burning fireplace, coffee maker, hair dryer, bath, bath robes, large flatscreen TV to watch Blu-ray or DVDs, hide-a-bed, sound system, bar fridge, individual patio.

Kananaskis Mountain Lodge

Located off the main tourist route in a valley under towering peaks Kananaskis Mountain Lodge is an excellent place to end the holiday in style.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

The region experiences a humid continental climate with four distinct seasons. The summers are humid, and range from warm to hot. Cold fronts can bring crisp, windy weather in the early and later parts of summer.

We travel to Western Canada in the summer months, when you can expect hot and sunny days. With the continental climate, summers in Canada tend to be drier than Britain but in the mountains especially it is advisable to be prepared for changeable weather and some rain.

Joining Instructions (With Flights)

On arrival, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim. Your HF Holidays leader or local leader will assemble the group in the arrivals hall - look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to

the first hotel (at additional cost), please contact our Abroad Administration team on (0)20 8732 1271 to enquire about availability and make arrangements.

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers
- warm hat and gloves. Gaiters are an optional but useful extra.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner,
- Thermos flask for hot drink,
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar.
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent,
- Sun hat,
- Sunglasses
- Sun cream
- Camera

Safety On Your Holiday

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (see page 8) and let us know there is a problem.

Vaccinations & Health

This information is subject to change. In all cases, we highly recommend you consult your GP both for up to date details and for more information on what is appropriate to your situation. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus, polio vaccines. Requirements can change, and we recommend you check in good time ahead of your holiday. There are no requirements for vaccinations. Some travellers may require:

- Diphtheria
- Tetanus

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries. If you will be carrying medication, please check with the country's embassy/consulate prior to travel. As an extra precaution, it is recommended to:

Keep medication in its original packet

Take a copy of your prescription

If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Passports & Visas

Passports

Passports must be valid for the duration of the trip

Visas

From March 2016 UK passport holders must obtain an ETA (electronic travel authorisation) prior to flying to Canada. The cost is approx. £3.50 and covers you for 5 years. For more information, please see:

<http://www.cic.gc.ca/english/visit/index.asp>

If you are a dual Canada-UK national, you are recommended to travel with your Canadian passport.

Other countries should consult the Canadian embassy for advice regarding entry requirements.

Useful Information

Travel Insurance

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk. There is no extra charge for pre-existing illnesses.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary.

Generally, this should include cover for walking at altitudes over 2,000m - the highest point on the harder walks may go up to 2,700m.

Luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the

baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

Canadian Dollars (CAD). Credit cards are widely accepted but you may like to have some cash for small purchases; ATMs are generally widely available in Banff and Jasper. Travellers cheques are not advised.

Local Time

Alberta is on Mountain Standard Time (MST); at the time of our trips, in the summer months, this is -6 hours from GMT/UTC

Electricity

Electricity in Canada is 120V/60hz frequency. Flat two or three-pin plugs are used

Suggested Reading & Maps

British Columbia & the Canadian Rockies, Lonely Planet (2017)

Canmore, Kananaskis, and the Canadian Rockies, Pam Doyle (2007)

Although you won't need them, if you'd like any maps of the destination, you can obtain some in advance from The Map Shop: www.themapshop.co.uk

Tipping

Tips have been included in your holiday price for key services such as local guides, driver(s) and restaurants. Any additional tips you may wish to give are at your own discretion

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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