

Among the Canadian Rockies

Tour Style: Worldwide walking holidays

Destination: Canada

Trip code: CDWHW

2 & 3



HOLIDAY OVERVIEW

With its snowy peaks, crystalline lakes, awe-inspiring natural wonders, and stunning landscapes, the UNESCO-listed Canadian Rockies is hard to beat. Highlights include spotting wildlife (grizzly bears, moose, caribou, wolves), spending time in Banff, Jasper, and Kootenay National Parks, and tackling the landscape of Kananaskis Country – the collection of parks with dramatic mountain scenery. You'll also visit Lake Louise, the watery wonder named after Queen Victoria's fourth daughter. Here you can soak up sublime views from the iconic Chateau Lake Louise, a log cabin turned heritage hotel opened by the Canadian Pacific Railway in 1890.

WHAT'S INCLUDED

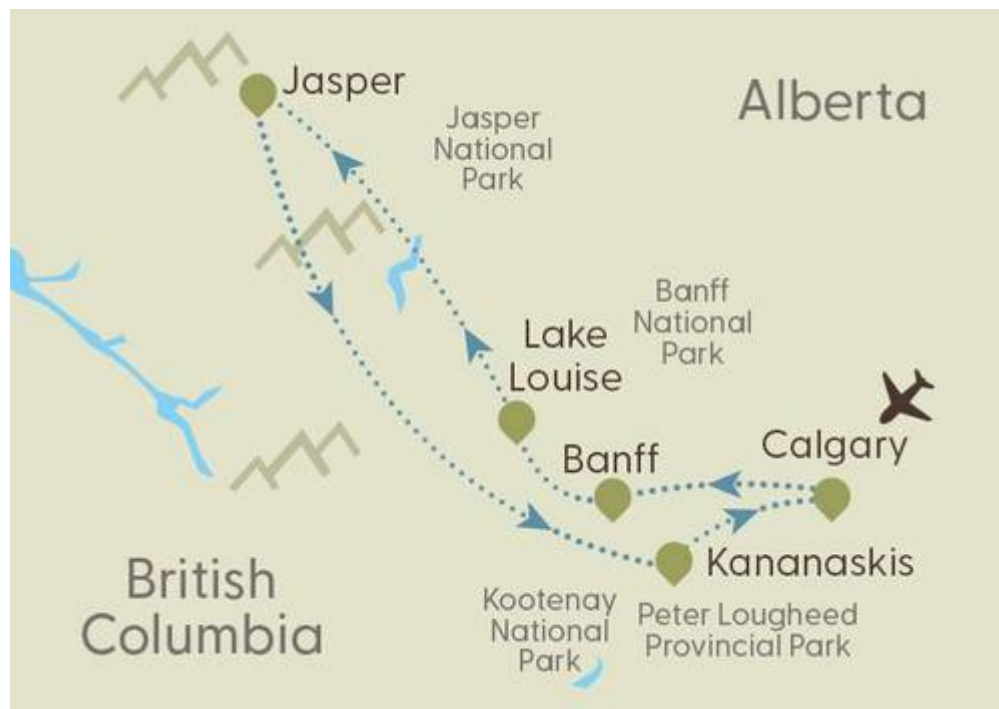
- Full programme of guided walks led by local HF Holidays Leaders
- Comfortable accommodation
- Full board
- All national park entrance fees (as per itinerary)
- Air-conditioned transport
- Group airport transfers
- Return flights from the UK including hold baggage and airport transfers

HOLIDAYS HIGHLIGHTS

- Being wowed by snow-capped mountains and crystal-clear lakes
- Enjoying unforgettable walks with up to two choices a day
- Exploring Banff, Jasper, and Kootenay National Parks
- Visiting Lake Louise, Calgary, and Kananaskis Country
- Spotting some of the world's most incredible wildlife

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, followed by a group picnic. This afternoon our walk choices include the Bow Falls and Tunnel Mountain via the Banff Centre 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 options: Bow Falls - 2 miles (3 km) round trip with no ascent; Tunnel Mountain - 3 miles (5 km) with 800 feet

(250m) of ascent.

Day 3: Around Banff

On our second day in Banff, we'll spend time around the Johnston Lake area and the old town site of Bankhead, a thriving coal mining community at the turn of the century.

Walk options: Johnston Lake - 2.5 miles (4 km) with minimal ascent; Bankhead - 1.5 miles (2.5 km) with minimal ascent.

Day 4: Lake Louise

One of Canada's UNESCO World Heritage sites, chosen for its unrivalled natural beauty, Lake Louise is 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 options: Lake Agnes - 6 miles (9 km) with 1,300 feet (400m) of ascent; Big Beehive - 6 miles (10 km) with 1,800 feet (550m) of ascent.

Day 5: Kootenay National Park

Kootenay National Park was created in 1920 and lies on the western side of the Continental Divide in British Columbia. A land of contrasts encompassing grasslands, forests and hot springs, along with valleys and canyons carved out by glaciers. Our walk in Marble Canyon leads us along the canyon rim with views of smooth limestone rock. The Stanley Glacier option takes us to a stunning alpine basin below massive cliffs, with the possibility of spotting small mammals and looking out for fossils.

Walk options: Marble Canyon - 1 mile (1.5 km) with 200 feet (60m) of ascent; Stanley Glacier - 6 miles (9.5 km) with 1,200 feet (370m) of ascent.

Day 6: Jasper National Park

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 23,000 sq.km., 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 undertake a guided walk to Boundary Lake where we'll enjoy views of the original ascent route up the mountain.

Walk option: Boundary Lake - 3 miles (5 km) with 100 feet (30m) of ascent.

Day 7: Athabasca River Valley

Today we head out of Jasper across the Athabasca River for our walk options. Old Fort Point is named for the first fur trade post in the Rocky Mountains, established in 1811. This walk does involve a bit of a climb, but the panoramic views of the valley and surrounding area is worth it. The Valley of the Five Lakes circuit is a popular choice, leading to a beautiful wide valley dotted with five lakes of varying shades of jade and blue.

Walk options: Old Fort Point circuit - 2.5 miles (4 km) with 450 feet (135m) of ascent; Valley of the Five Lakes - 6.5 miles (10 km) with 220 feet (65m) of ascent.

Day 8: The Maligne Valley

We explore the Maligne Valley on our walks today. Moose Lake is named after North America's second largest land mammal, and we will have the opportunity to spot them on our loop walk today. Our Bald Hills walk option affords stunning views down to Maligne Lake, the second-largest glacier-fed lake in the world.

Walk options: Moose Lake loop - 4 miles (6 km) with negligible ascent; Bald Hills - 7 miles (11 km) with 1,600 feet (480m) of ascent.

Day 9: Edith Cavell Region

The high alpine valley of Mount Edith Cavell will be our destination today. 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.

Walk options: Path of the Glacier trail - 1 mile (1.5 km), with 100 feet (30m) of ascent; Edith Cavell Meadows - 5 miles (8 km), with 1,250 feet (380m) of ascent.

Day 10: Athabasca Valley

The immediate Jasper area is popular for classic walking through the aspen forests of the Athabasca valley. 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 options: Pyramid and Patricia Lake circuit - 3 miles (5 km) with 100 feet (30m) of ascent; Lake Annette and Lake Edith circuit - 3 miles (5 km) with no ascent.

Day 11: Kananaskis Country

Today, we head south 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' southern Front Ranges abound en route to Kananaskis.

Walk options: Grassi Lakes - 2.5 miles (4 km) with 800 feet (250m) of ascent; Heart Creek - 1.5 miles (2.5 km) with 300 feet (100m) of ascent.

Day 12: Kananaskis 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. Today we'll set off with a packed lunch to enjoy a full day of classic Montane forest walking, leading to Troll Falls and the meadows beyond with magnificent views.

Walk option: Pomeroy to Troll Falls via Ribbon Creek - 7.5 miles (12 km) with 500 feet (150m) of ascent.

Day 13: Spray Valley

Today there is the option to explore the remote alpine meadows of Burstall Pass, beginning on a forested trail and then climbing high above the treeline.

Walk options: Chester Lake - 6 miles (10 km) with 1,050 feet (320m) of ascent; Burstall Pass - 9 miles (15 km) with 1,550 feet (480m) of ascent.

Day 14: Highwood Pass

Options today 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 options: Ptarmigan Cirque - 3 miles (5 km) with 750 feet (230m) of ascent; Little Elbow Lake – 3 to 5 miles (5 to 8 km) 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.

Kananaskis Mountain Lodge, Kananaskis - Canadian Rockies

Enjoy a relaxing stay in the picturesque Kananaskis Valley, in this modern mountain lodge nestled amongst the pines.

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)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

If you prefer to book the holiday without flights and make your own travel arrangements you will still be able to make use of the return group transfers between the airport and hotel, which are included in the cost of your holiday. You must contact us on [+44 \(0\)20 3974 8865](tel:+44(0)2039748865) or email reservations@hfholidays.co.uk at least 8 weeks before your holiday start date to provide your flight details if you wish to join the transfers. If you do not contact us, we will assume you are making independent travel arrangements.

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.

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

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 must 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 and other directions 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 (sent in your final dispatch) 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

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

Travel 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 work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote: <https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

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

Suggested reading

- British Columbia & the Canadian Rockies, Lonely Planet (2017)
- Canmore, Kananaskis, and the Canadian Rockies, Pam Doyle (2007)

Maps

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

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.

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