Among the Canadian Rockies



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Small group holidays	Canada	2 & 6	2379kg CO2

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 YOU'LL LOVE

- 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
- A more personalised experience thanks to small group sizes (maximum 12 people)

WHAT'S INCLUDED

- Return flights from London Heathrow including baggage and transfers
- Choice of up to 2 guided walks per day with local leaders (on walking days)
- 14 nights' touring accommodation across the Canadian Rockies
- 14 breakfasts, 13 lunches & 14 dinners
- All in-destination transport

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Day 1 **To Banff**

We arrive in Calgary, meet our local leader and transfer to our accommodation in Banff, our base for the next five nights, 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)

Tunnel Mountain - 3 miles (5 km) with 800 feet (250m) of ascent.

Maximum elevation: 1,690m

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:

Bankhead - 1.5 miles (2.5 km) with minimal ascent, maximum elevation 1,360m.

Johnston Lake - 2.5 miles (4 km) with minimal ascent, maximum elevation 1,410m

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, maximum elevation 2,135m

Big Beehive - 6 miles (10 km) with 1,800 feet (550m) of ascent, maximum elevation 2,255m.

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, maximum elevation 1,089m

Stanley Glacier - 6 miles (9.5 km) with 1,200 feet (370m) of ascent, maximum elevation 1,950m.

Day 6 To Jasper via the Icefields Parkway

Distance: 4 miles (7km)

Ascent: 150ft (60m)

Maximum elevation: 2,200m

Today we transfer to Jasper National Park along Alberta's most scenic highway – the Icefields Parkway (Highway 93). This is one of the most spectacular drives in the world. We'll break up our journey with the following stops to take in the magnificent scenery, including choosing the perfect spot for our picnic lunch. Later we'll arrive at our resort in Jasper, our base for the next 6 nights.

Bow Lake

Breathtaking Bow Lake is a turquoise blue lake with stunning glaciers forming an icy backdrop.

Crowfoot Glacier

The glacier gets its name from its three spurs that resemble a crow's foot. Take in magnificent vistas across the glacier and surrounding mountains.

Saskatchewan River Crossing Historic Site

This marks the site where 19th century fur trappers crossed the North Saskatchewan River on their way through the Rocky Mountains to British Columbia.

Athabasca Glacier

The Athabasca Glacier is North America's most visited glacier and is part of the colossal Columbia Icefield.

Boundary Lake

Here we have a chance for a short walk by this beautiful lake. Boundary Lake sits on the continental divide between Banff and Jasper National Park. It is via the Boundary Glacier and the summit of Mount Athabasca that the Columbia Icefield was first discovered over a century ago.

Day 7 **Athabasca River Valley Day**

Our first day in Jasper National Park begins with two iconic walks. During the winter of 1811, fur trader David Thompson made the first recorded crossing of the Athabasca Pass. For the next 40 years the pass was the main trading route across the Canadian Rockies.

Option 1: Valley of the Five Lakes

Distance: 3 miles (5km)

Ascent: 215 ft (65m)

Maximum elevation: 1,000m

This popular hike leads to a beautiful wide valley dotted with five small jade-coloured lakes.

Option 2: Old Fort Point Circuit

Distance: 3 miles (5km)

Ascent: 395 ft (120m)

Maximum elevation: 1,165m

Old Fort Point rises across the Athabasca River from the Jasper townsite. It is named for the first fur trade post in the Rocky Mountains.

Day 8 **The Maligne Valley**

We explore the Maligne Valley on our walks today.

Option 1: Moose Lake Loop

Distance: 4 miles (6km)

Ascent: 80 ft (25m)

Maximum elevation: 1,700m

Moose Lake is named after North America's second largest land mammal, and today we'll have the opportunity to spot them and learn about moose habitat on our loop walk.

Option 2: Bald Hills

Distance: 7 miles (11km)

Ascent: 1,600 ft (490m)

Maximum elevation: 2,170m

This walk option affords stunning views down to Maligne Lake, the second largest glacier-fed lake in the world.

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, along with ptarmigan, ground squirrels and pika are all inhabitants of the area.

Option 1: Path of the Glacier Trail

Distance: 1 mile (1.5km)

Ascent: 100 ft (30m)

Maximum elevation: 1,785m

This easy to moderate trail takes us through a barren rocky landscape that was covered by glacial lake only 125 years ago.

Option 2: Edith Cavell Meadows

Distance: 5 miles (8km)

Ascent: 1,250 ft (380m)

Maximum elevation: 2,165m

For the more energetic hiker the Cavell Meadows Trail leads to fabulous views of the Angel Glacier on Cavell's north face.

Day 10 Jasper Park East

This is one of the best drives in the Jasper area for spotting Bighorn sheep and mountain goats along Highway 16 East. Prior to the formation of Jasper Forest Park, the area was home to a number of Métis families who were the centre of human development in the Jasper region. Today we'll learn about the early indigenous settlers to the area.

Option 1: Celestine Road and the Moberly Homestead

Distance: 2 miles (3km)

Ascent: None

Maximum elevation: 1,100m

The Moberly Historic Homestead is known as the oldest building in Jasper National Park.

Option 2: Cinquefoil Mountain and the Hidden Valley

Distance: 4 miles (6km)

Ascent: 500 ft (150m)

Maximum elevation: 1,200m

The first highpoint of a long lazy ridge in the Jacques Range is our destination to observe and learn about the Rocky Mountains Bighorn sheep. Cinquefoil is an alpine plant with bright yellow petals that grows here and on many other mountains.

Day 11 Jasper Lakes

The immediate Jasper area is popular for classic walking through the aspen forests of the 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.

Option 1: Pyramid Lake and Patricia Lake

Distance: 3 miles (5km)

Ascent: 100 ft

Maximum elevation: 1,150m

The high shelf of land northwest of the Jasper townsite is known as the Pyramid Bench. Wildlife sightings including black bear are possible.

Option 2: Lake Annette and Lake Edith Circuit

Distance: 3 miles (5km)

Ascent: 60 ft (20m)

Maximum elevation: 1,000m

The loop is rolling but mostly level, offering fine views of the peaks surrounding the lakes.

Day 12 Jasper to Kananaskis Country - Transfer Day

Today, we head south to the pristine wilderness of Kananaskis – or K-Country – one of the Rockies' hidden gems and our Canmore base. We break up the journey with more visits to spectacular locations including Athabasca Falls, the Stutfield Glacier, Mistaya Canyon, and Peyto Lake. World-class vistas of the Canadian Rockies' main range abound en route to Canmore, our resort for the next 3 nights.

Today's included walks:

Athabasca Falls

Distance: 2 miles (3km)

Ascent: 100 ft (30m)

The 23-metre Athabasca Falls is not very high by Canadian Rockies standards, but the size of the river makes it one of the most powerful falls to be found in the mountain national parks. Pouring over a layer of hard quartzite, the falls have cut into the softer limestone beneath, carving intricate features including potholes and a short canyon.

Mistaya Canyon

Distance: 1 mile (1.5km)

Ascent: 150 ft (45m)

Maximum elevation: 1,520m

This limestone slot canyon is one of the national park system's lesser-known jewels.

Peyto Lake Viewpoint

Distance: 1 mile (1.5km)

Ascent: 120 ft (35m)

Maximum elevation: 2,085m

Peyto Lake is one of the most famous vistas in the Canadian Rockies. The lake was named after Wild Bill Peyto Banff's first game warden.

Day 13 Bow Valley Provincial Park (Kananaskis Country)

Established in 1959, we spend time in the Bow Valley Provincial Park today. The morning's outing takes us into the Heart Creek Canyon to enjoy a serene picnic lunch by a hidden waterfall, before heading across the valley to the Many Springs Trail, the habitat of the beaver. We finish the day on the Montane Interpretive Trail near the visitor centre, before heading back to Canmore and a dinner out.

Today's included walks:

Heart Creek Canyon

Distance: 2.5 miles (4 km)

Ascent: 250 ft (80m)

Maximum elevation: 1,450m

This popular trail winds its way up Heart Creek over seven footbridges through a spectacular limestone canyon, leading to a hidden waterfall.

Many Springs

Distance: 2.5 miles (4 km)

Ascent: 60 ft (20m)

Maximum elevation: 1,100m

This trail encircles a wetland basin with uncommon plants. There is an observation deck from which we can observe the springs and learn about beaver habitats. Interpretive signs describe the environment.

Montane Interpretive Trail

Distance: 1 mile (1.5km)

Ascent: 150 ft (45m)

Maximum elevation: 1,200m

From a grassy wildflower meadow to a mixed forested trail of aspen and evergreens, this is a local favourite.

Day 14 Peter Lougheed Provincial Park

Quieter than its national park neighbours, Kananaskis Country affords us possible sightings of moose, grizzly bear, and Rocky Mountain Bighorn sheep en route to trailheads. White-tailed deer and wapiti (elk) are often seen wandering along the park roadsides.

Our options today include a drive along the highest paved road in Canada to the summit of the Highwood pass to begin our walk today into the lovely flower-filled Ptarmigan Cirque.

Today's included walks:

Wedge Pond

Distance: 1.2 miles (2km)

Ascent: 40 ft (12m)

Maximum elevation: 1,400m

An open and mostly level trail circles this small lake dramatically backdropped by Wedge Mountain.

Ptarmigan Cirque

Distance: 3 miles (5km)

Ascent: 750 ft (230m)

Maximum elevation: 2,300m

This trail takes you through sub-alpine larch forest into true alpine terrain above the trees. Wildflower enthusiasts have counted more than 80 different species in the meadows.

Little Elbow Lake

Distance: 3 (5km) to 5 miles (8km)

Ascent: 420 ft (130m)

Maximum elevation: 2,120m

This short, moderately steep trail leads through a forest to a spectacular mountain lake.

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. With-flight guests then transfer to Calgary International airport for our overnight return flight to the UK.

Day 16 Arrive in the UK

With-flight guests arrive back in the UK.

DAILY WALK OPTIONS



Gentle walking grade 2

Full or half-day gentle walks on good paths, with plenty of time for rest stops, views, and places of interest. Typically, 3-5 miles (5-8km) with around 350ft (100m) of ascent with few or no stiles.



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

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.

Coast Canmore Hotel

The Coast Canmore Hotel is located at the gateway to the Rocky Mountains. After your day exploring, you may wish to enjoy a swim in the hotel's indoor pool, relax in the hot tub, or take in the views from the seasonal patio and garden.

SAFETY ON YOUR HOLIDAY

Safety information

Please 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.. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

VACCINATIONS & HEALTH

Vaccinations & health information for Canada

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 diptheria, 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

Passport & Visa information for Canadian Rockies

Passports

Passports must be valid for the duration of the trip.

Visas

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.

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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 (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected 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)

Travel independently

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 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.

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 before you travel.

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

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

LUGGAGE

Luggage information for Canadian Rockies Guided Walking

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

Local currency for Canada

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

Local time for Canada

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 information for Canadian Rockies

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

SUGGESTED READING & MAPS

Suggested reading and maps for the Canadian Rockies

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

TRIPNOTE VALIDITY

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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