

# Walking Highlights of the Rockies

Trip Code: RWH

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Walk in the stunning National Parks of Banff, Jasper and Yoho
- Discover the hidden hiking paradise of Kananaskis Country
- Marvel at the stunning mountain setting of Lake Louise
- Travel the epic Icefields Parkway, one of the most spectacular roads in the world

## AT A GLANCE

- 11 days walking
- 2350m Maximum altitude
- Join at Calgary

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Forming a natural boundary between the states of Alberta and British Columbia and rising to over 3500 metres, the snow-capped Canadian Rockies include some of the world's finest mountain scenery. To make the most of this dramatic region, we have devised a walking holiday that explores a variety of trails and areas that showcase the natural wonders on offer. Traversing forested valleys to flower-filled alpine meadows and pretty glacial lakes, each of our day-walks will take us into the middle mountains allowing access to some of the most coveted and iconic views and experiences.

Starting in the lesser-frequented Kananaskis Country we spend two days exploring these quieter trails, before heading north to Jasper. We spend 3 nights in Jasper to discover the best of the national park, including the Bald Hills and Valley of the Five Lakes. Travelling back south we traverse the Icefields Parkway making stops at Parker's Ridge, Bow Lake and some of the spectacular waterfalls along the route. Lake Louise is our next base, again spending 3 nights to take in the incredible trails and sights. We leave the crowds behind in the valley as we hike up to the Plain of the Six Glaciers, with optional stop for cake and coffee at the quaint mountain teahouse on the trail! After our time in Lake Louise we continue on to the quintessential mountain village of Banff for another 3 night stay. We undertake spectacular hikes surrounded by high mountain peaks at Cory Pass and the Cascade Amphitheatre to round off this incredible journey!

## Is this holiday for you?

This holiday is a series of moderate day hikes in the Canadian Rocky Mountains, reaching spectacular viewpoints, mountain lakes, forests and passes to get a stunning overview of these epic mountains ranges. The selected walks are designed to be achievable for a weekend walker, ranging from 4 to 6 hours daily with moderate elevation gain. There are a couple of longer days as well as easier days, and it would be possible to opt out of certain walks if in need of a rest. The routes are on good well-trodden trail, with a few optional extensions that use steeper trails to reach passes or viewpoints. The Cory Pass trail is the toughest day at 1100m elevation and 8 hours hiking, partly on easy forest trail and partly on rocky scree path. The walks have been selected to balance the key highlights of visiting the Canadian Rockies with exploring some quieter trails to experience the peace and nature of the mountains.

During this holiday we will be using the well-appointed national park campgrounds, staying in tents (with the exception of our time in Lake Louise, where we stay in the Alpine Centre Hostel in shared dormitories). The campgrounds have good shared facilities such as toilets, showers and kitchen facilities and are a great way of spending time in the great outdoors surrounded by high mountain peaks!



# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional mountain guide (2 guides over groups of 6)
- All accommodation as described
- Meals as detailed in the Meal Plan
- A single timed airport transfer
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'
- National Park entrance fees

### What's not Included

- Travel insurance
- Visas (if applicable)
- Departure Taxes (if applicable)
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc
- Sleeping Bag Hire

### Joining Arrangements & Transfers

The group will meet at the hotel in Calgary.

A single transfer from / to Calgary Airport is provided.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All meals are provided except for 6 dinners and one lunch. These are when we are in the main towns and there is a choice of restaurants and food. Our guide will recommend good establishments and we can eat together as a group.

## Accommodation

The group will have one night at the start of the holiday in a hotel in Calgary where we stay in comfortable twin-bedded rooms with private bathroom. The rest of the accommodation will be on a camping basis, staying at well provisioned National Park Campgrounds, with the exception of our time in Lake Louise, where we will stay indoors in the Lake Louise Alpine Centre Hostel in shared dormitories for 3 nights.

Comfortable 3 person tents are used on a 2 person basis while camping. Sleeping mats are provided, but you must bring your own sleeping bag, travel pillow, towel etc.

During our stay in the Lake Louise Alpine Centre Hostel, the dormitories are shared between 4 to 8 people with shared bathroom and shower facilities. Some of the dormitories are mixed male and female. There is a large kitchen area and a communal lounge area.

If you are travelling by yourself, you will be paired up with another single client of the same sex for the 1 hotel night. Single rooms are available for a supplementary cost for these nights. You will also be paired up to share a tent with another single client of the same sex, Single tents are also available at a supplementary cost for the nights camping.

If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional mountain guide. For groups of 6 and over there will also be an assistant guide. The guides will also drive the minibus.

## Spending Money

We recommend you allow £300-350 for your personal expenses, tips and non included dinners, bar bills etc. Your money can be carried in the form of cash (Canadian Dollars) or it is possible to withdraw your money from ATMs using your debit and credit card. There are ATMs in all towns.

## Guidance on Tipping

Tipping is the accepted way of saying 'thank you' for good service. It is important to remember that tipping is voluntary and should be dependent on good service. In North America it is the norm to tip for most services and we recommend that you may wish to set aside around CAD\$6-\$12 per day per guide and have a few dollars to tip for meals and other services.

## Baggage Allowance

There is no strict weight limit on this holiday other than that imposed by your airline. We do ask you to restrict your luggage to one main bag and a rucksack/backpack. Your main bag will be transported in the support vehicle or attached trailer.

# General Information

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## Currency

The unit of currency in Canada is the Canadian Dollar.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.gov.uk/travelaware)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

# Equipment Information

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## Equipment List

The following checklist should help you with your packing. As a general rule, you should try to keep the weight of your equipment to a minimum. Please take only one main bag and one rucksack/backpack.

### YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots
- Trainers for travelling and casual wear

- Socks Underwear
- Trekking trousers
- Waterproof jacket
- Waterproof overtrousers
- Baselayer shirt(s)
- T-shirts / casual shirts / tops
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Gloves
- Daypack
- Sleeping bag (comfort rating 0 degrees Celsius)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottle (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash



- Travel towel
- Small padlock
- Insect repellent
- Emergency Whistle

- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, insect repellent, plasters, and blister treatment.

## THE FOLLOWING ITEMS ARE OPTIONAL:

- Shorts
- Gaiters
- Travel clothes
- Travel pillow (inflatable)
- Trekking poles (recommended)
- Pen-knife (always pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)



## Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Calgary. A single transfer is included from/to Calgary Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Gatwick to Calgary with Westjet. Outbound flights depart the UK in the afternoon arriving later the same day (day 1 of the Land Only itinerary) and return flights depart Calgary evening of the last day of the Land Only itinerary, arriving in the UK in the morning of the following day.

# Why Choose KE

## Why KE

This unique-to-KE itinerary takes in the best of the Canadian Rockies. Striking a balance between bucket-list locations and quieter hiking trails, we immerse ourselves in nature and the great outdoors on this spectacular walking holiday. A mixture of camping and hostel nights allows us convenient access as we travel through many of Canada's premier national parks along the famous Icefields Parkway. Jaw-dropping panoramas will be our constant companion as we explore the lakes, glaciers, forests and passes of this mountain lover's paradise.

**Please Note** This document was downloaded on 03/07/2024 and the trip is subject to change