

CANADA – THE CANADIAN ROCKIES

15-days / 14-nights hotel based guided walking & sightseeing tour



The Canadian Rockies are one of the world's greatest mountain destinations. Snow-capped peaks tower above amethyst lakes, waterfalls cascade down sheer cliffs, elk and moose roam freely in green alpine valleys. Our Canadian Rockies holiday takes you to the heart of this beautiful landscape, exploring Banff National Park, stunning Lake Louise, and picturesque Jasper National Park. We have walks options on many of the days, and plenty of time to explore off the beaten track in Kananaskis. Watch for a wealth of wildlife, including elk, moose, grizzly bear, marmots, mountain goat and Rocky Mountain bighorn, and walk through meadows carpeted with alpine flowers or through forests of stunning autumn colour.

Cost from: \$14,385 per person twin share Single supplement on request

Departures: 11 June, 9 July,, 10 September, 2025

Includes: 14-nights in comfortable hotels and mountain lodges; full board (excluding one lunch) from dinner on Day 1 to breakfast on Day 15; full holiday programme led by specialist local leaders; transport by coach or minibus; sightseeing and national park entrance fees; group transfers at set times from/to Calgary airport.

Not included: International flights, drinks, visa or passport charges, personal expenses, gratuities.

Grading: Moderate, over undulating terrain with occasional steeper inclines, distances of up to 7½ miles (12km) in a day and up to 1800 feet (550m) of ascent.

Accommodation: Stay in a range of mountain lodges and comfortable hotels, specially selected for their stunning locations and access to the national parks. In Banff we stay at Aspen Lodge where most rooms have private balconies and mountain views. The lodge is only three minutes' walk to Banff centre. In Jasper National Park we stay in Becker's Chalets, a family-run property on the Athabasca River where accommodation is in cosy, modern log cabins. In Kananaskis we stay at the Kananaskis Lodge, nestled among pine and aspen forest. Relax after walks in the indoor/outdoor hot tub or steam room, or with a treatment at the Nordic-style spa.

On occasion we may need to change the accommodation listed above. If this happens, your replacement accommodation will be of the equivalent standard or higher. In the rare instance this is not possible, we will contact you in advance.

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Suggested itinerary:

Day 1: Arrival day. Arrive in Calgary and join the group transfer to Banff National Park.

Day 2: Banff & Bow Valley. We begin with a tour of the Cave and Basin National Historic site, birthplace of Canada's national park system. In the afternoon we either walk to Bow Falls or to the top of Banff's satellite peak, Tunnel Mountain, to enjoy a great view of the famous Fairmont Banff Springs hotel and the Bow Valley.

Day 3: Around Banff. We spend time around the Johnston Lake area and at the old town site of Bankhead, which was a thriving coal mining community at the turn of the century.

Day 4: Lake Louise. Lake Louise is a UNESCO World Heritage Site and it is where European-style mountain walking was first adopted in North America. We walk on paths built by Swiss guides for railway tourists in the late 1800s and early 1900s. We also visit the historic Chateau Lake Louise, a gem of the old Canadian Railway hotel chain.

Day 5: Kootenay National Park. Kootenay National Park lies on the western side of the Continental Divide in British Columbia and is 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, or the Stanley Glacier option takes us to an alpine basin below massive cliffs, with the possibility of spotting small mammals and looking out for fossils.

Day 6: Banff Museums. We visit the Parks Canada Wildlife Museum, the Whyte Museum of the Canadian Rockies, and Buffalo Nations Luxton Museum for in-depth exploration of the wildlife, geology and First Nations history of the region.

Day 7: Banff National Park. We visit Sunshine Meadows, an area of Banff National Park known for its wildflowers and autumn colours. Walking routes may include Mount Standish, Rock Isle, Grizzly and more.

Day 8: The Maligne Valley. Walks explore the Maligne Valley with its waterfalls and famous lake, the second-largest glacier-fed lake in the world. We keep our eyes open for moose and other wildlife, and we are afforded great views from Bald Hills.

Day 9: Edith Cavell Region. The high alpine valley of Mt Edith Cavell is our destination. We hope to spot whistling marmot, ptarmigan, ground squirrels and pika, which are all inhabitants of the area.

Day 10: Athabasca Valley. The area surrounding Jasper is popular for classic walks through the aspen forest of the Athabasca valley; walk choices may include Pyramid Lake, Patricia Lake, Lake Annette and Lake Edith.

Day 11: Kananaskis Country. We move on to the pristine wilderness of Kananaskis, a hidden gem of the Canadian Rockies. We break up the journey near Canmore with a walk to an indigenous rock art site.

Day 12: Kananaskis Provincial Park. Less toured than its national park neighbours, Kananaskis Provincial Park affords us possible sightings of moose, grizzly bear, hoary marmots and Rocky Mountain bighorn sheep on our way to trailheads. Whitetail deer and wapiti (elk) are often seen wandering through the aspens surrounding our lodging. Our walk is a full day to Troll Falls and the meadows beyond.

Day 13: Bow Valley Provincial Park. After a morning walk around Wedge Pond, we spend time in Bow Valley Provincial Park and the traditional lands of the Stoney Nakoda First Nation. We hike Heart Creek Canyon and picnic near a waterfall, before heading towards Lorette Pond. Look for beaver and their many feats of natural engineering.

Day 14: Highwood Pass. Walking options include a hike to Highwood Pass and the impressive amphitheatre of Ptarmigan Cirque.

Day 15: Departure day. After breakfast we transfer to Calgary. You can depart for your own arrangements, or join a short city walk then have free time until the evening group transfer to Calgary airport.

Outdoor Travel offers guided or self-guided walking holidays in Europe, the UK, Australia, New Zealand and North America. Popular walks include England's **Coast to Coast** trail, the **Camino de Santiago** in France & Spain, or Italy's **Cinque Terre**.

Contact **Outdoor Travel** for more details and reservations:

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