

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: \$15,530 per person twin share

Single supplement on request

Departures: 10 June, 8 July, 5 August, 9 September, 2026

Includes: 14-nights in comfortable hotels and mountain lodges; 14 breakfasts, 13 lunches, 14 dinners; 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, other meals, 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. At the gateway to the Rocky Mountains we stay at Coast Canmore Hotel. Relax after walks in the hotel's indoor pool, relax in the hot tub, or take in the views from the seasonal patio and garden.

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.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

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, 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, and visit the historic Chateau Lake Louise, a gem of the old Canadian Railway hotel chain.

Day 5: Kootenay National Park. This park is on the western side of the Continental Divide in British Columbia and is a land of contrasts: grasslands, forests and hot springs, along with valleys and canyons carved 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: To Jasper. We transfer to Jasper along Alberta's most scenic highway, the Icefields Parkway (Highway 93), one of the most spectacular drives in the world. We break our journey with stops at Bow Lake, a glistening turquoise lake with a backdrop of glaciers; Crowfoot Glacier; Saskatchewan River Crossing historic site; the famous and much-visited Athabasca Glacier, part of the colossal Columbia icefield; and Boundary Lake, which sits on the Continental Divide, where we have a short walk. We stay in Jasper for 6 nights.

Day 7: Athabasca Valley. Two iconic walks to choose from, in this area which was the main trading route across the Rockies in the mid-19th century. Either walk to a beautiful wide valley dotted with five tiny green lakes, or walk the Old Fort Point circuit to the first fur trade post in the Rocky Mountains, across the river from Jasper.

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: Jasper Park East. The drive along Highway 16 East is one of the best for spotting bighorn sheep and mountain goats. This area was home to many Métis families and we learn more about early indigenous settlement in this region. Walks take us either to Cinquefoil Mountain, where we look for the eponymous five-petalled alpine flower or to Moberly Historic Homestead, the oldest building in Jasper National Park.

Day 11: Jasper Lakes. Classic walking through the valley's aspen forest, with route choices around Jasper including Pyramid Lake, Patricia Lake, Lake Annette and Lake Edith.

Day 12: Kananaskis Country. We head south to the pristine wilderness of Kananaskis. En route we stop at Athabasca Falls, the limestone slot canyon of Mistaya Canyon, and Peyto Lake.

Day 13: Bow Valley Provincial Park. After a morning walk around Wedge Pond, we spend time in Bow Valley Provincial Park and 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 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:

- Call Toll free 1800 331 582 or (03) 5750 1441
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au/>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright 3741, Australia