

MOUNTAIN

FOOTSTEPS

This BACKPACKING trip at a high subalpine base camp is load-assisted for easier walking and could take you to alpine ridges, subalpine meadows and lakes, river valleys and waterfalls and mountain summits. There may be opportunities for wildlife viewing, wilderness skills activities and personal time around the camp. You decide the details of your itinerary with your experienced and fully certified tour leader on arrival.

5 days/4 nights

Including a 3 day/2 night moderate to challenging load-assisted backpacking trip

EXAMPLE ITINERARY:

Day 1: Arrive at the Wilderness Centre by mid to late afternoon. After preliminary introductions, a hot evening meal will be served in the main lodge. You can gather with the rest of the group for a brief base camp outline and orientation before settling in to a relaxing night in your cabin.

Day 2: After an early breakfast, we pack for our two-night load-assisted base camping adventure, and finish our final preparations before heading out to the trailhead (approximately a 45 minute drive). Here we will have an on-location safety talk, and begin the hike with a slow pace, up to a high subalpine mountain pass and ridgeline. We follow a river through dense forest, avalanche slopes, and subalpine marsh and meadow ecosystems. Once up to the pass, we will set up

our base camp adjacent to a nearby river or lake. The pass itself is a very historic pass in the Rocky Mountains, and will present great opportunities for some good storytelling. Walking distance: 5-6 km; elevation gain: 600m.

Day 3: Today presents us with one of the benefits of base camping—out-trip choices. After breakfast, we will pack up some small day packs and head out to probably one of two places. Depending on group circumstances, we can either continue along the ridgeline, to another subalpine lake, which will also allow us to reach above treeline, with moderate physical or mental exertion; or we can challenge ourselves with a somewhat steep climb up a scree slope, well above treeline, to a high alpine mountain shoulder overlooking the entire region. There is no

wrong choice; both offer great views and experiences, as well as possible opportunities for wildlife viewing and nature-based activities. Lunch will be taken on the trail and we aim to be back at base camp by around 4:30 p.m. Walking distance: 3-5 km; elevation gain: 200-500 m.

Day 4: After breakfast, pack-up, and one last morning exploration along the surrounding ridges, we head back down to the trailhead, arriving back at the lodge in for a delicious, home-cooked, dinner. The evening is yours to relax at the Wilderness Centre, whether alone with a book, around the campfire, or in the outdoor wood-fired hot tub.

Day 5: After one final breakfast together, we part ways until next time.

Yes, you can always return to our beautiful place in this wilderness where you can immerse yourself deeper in the natural world and re-connect with the land, with us, our people and the stories.



Dates 2011

June 15 – September 6

Prices

With tipi accommodation (shared accommodation):

CAD 1,155 + tax

With cabin accommodation (double occupancy):

CAD 1,270 + tax

Children 12 and under sharing accommodation pay 50%

Included

- 2 nights accommodation at the Wilderness Centre
- 2 nights backpacking in tents
- All meals
- Certified guides;
- All activity costs
- Group gear and supplies
- Trailhead transportation
- All necessary permits

Not included

- Personal equipment
- Alcoholic beverages
- Gratuities
- HST tax

Prices are subject to change without notice. All prices are in Canadian funds and are subject to applicable taxes.



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