



NATURE TREK

One full day and one half day interpretive hikes which could take you to alpine ridge walks, subalpine meadows and lakes, river valleys and waterfalls and include wildlife viewing opportunities and wilderness skills activities. Destinations and possibilities are discussed with your experienced fully certified tour leader on arrival.

3 days/2 nights in the Rocky Mountains

Departures Mondays and Wednesdays June–September

Easy to moderate

EXAMPLE ITINERARY:

Day 1: Arrive at the Wilderness Centre by 5:00 p.m. After preliminary introductions, a hot evening meal will be served in the main lodge. After dinner, we will discuss more about the coming day hike adventures, and then the evening is yours to relax.

Day 2: After a hearty breakfast, we head out to our day hike trailhead, for an on-location safety talk. With a slow pace, we begin following up a river through dense forest; avalanche slopes; subalpine marsh and meadow; and finally to the treeline on a low alpine ridge. Plant, wildflower, and possibly wildlife viewing opportunities, alongside possible nature-based activities, could present themselves all around us in these varied ecosystems. Once up on the treeline ridge, if timed accordingly, this will be our lunch spot, with a pretty amazing kitchen view indeed.

This alone will be worth the trip, however, depending on group circumstances, we could continue a little further on after lunch for some off-trail exploring to a nearby alpine lake. In any case, we will start making our way back down to the trailhead by 3:00 p.m., arriving back at the wilderness lodge for dinner. The night is again yours to relax at the Wilderness Centre, whether alone with a book, around the campfire, or in the outdoor wood-fired hot tub. Walking distance: 5-6 km, one way; elevation gain: 600 m.

Day 3: Today is your checkout day, but we make the most of it with one final half-day hike first. After reaching the trailhead, we begin a steep, though short, ascent up to another mountain ridge—although, this ridge is in the high alpine, well above treeline (if your legs are still recovering from the previous day, a gentler half-day hike is also possible instead). We take it slow, but steady, as it is a

very unique experience to be able to reach this high on only a half-day hike. We will pass through thinning forest and then large low alpine meadows at treeline, with carpets of wildflowers, before reaching the ridgeline with 360° views of mountain peaks. I have also seen mountain goats; mule deer; a bobcat; and golden eagles up here, but we can't stay long. We will head back down to the trailhead by 12:00 p.m., and arrive back at CrossRiver for an early-afternoon lunch. After lunch, we part ways until next time. Walking distance: 3-4 km, one way; elevation gain: 600 m.

Keep in mind that 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 and our people and the stories.



Dates 2011

Beginning every Monday and Wednesday, for three consecutive days, from June 2nd until September 15th; exceptions might be possible depending on availability of the guide – please ask us for more information.

Prices 2011

With tipi accommodation
CAD 670 + tax

With cabin accommodation
(double occupancy)
CAD 735 + tax

Included

- Two nights accommodation at the Wilderness Centre
- All meals
- Certified guides
- All activities
- 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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