



HIKING IN THE ROCKY MOUNTAIN NATIONAL PARKS

Seven fun filled days in the most outstanding places of the Rocky Mountain National Parks. You experience this fabulous landscape not just from the window of a car, but hiking and camping as much as possible away from the roads. Don't worry about planning the details. Your guide has everything arranged, knows the best trails, activities and special places for every season.

7 Days/6 nights hiking/camping trip in the Rockies (Departures June to September, group size 5 to 12)

Day 1: CALGARY OR BANFF - This morning you meet with your guide as arranged in Calgary or in Banff. On the campground (showers) in the forests of Banff National Park you pitch your tent for the next two days. Now it is time for the first hike along the shores of Minnewanka Lake on one of the many mountain trails.
Walking time 2 – 3 hours.

Day 2: BANFF NATIONAL PARK - On a full day hike you explore passes above the tree line and alpine meadows. For example 7.5 km with 725 m gain (4.6 mi, 2414 ft) to a small lake and possibly 2 km further into the pass at 2470 m (8225 ft). This evening you sit by the camp fire or walk along the busy streets of Banff with its many stores and visitors from around the world. Walking time 5 – 7 hours.

Day 3: YOHO NATIONAL PARK – You would not want to miss the picture postcard scenery surrounding Lake Louise. Here the guide suggests a short but steep path of 7.5 km with 600 m gain (2.5 mi, 1998 ft) to a viewpoint from where the energetic ones can make their way for another 2 km to the summit. Short drive into the mountain wilderness on the western flank of the Rocky Mountains. You set up camp under the pines of Yoho Park (showers) before you visit Takakkaw Falls, Spiral Tunnel and other attractions. Walking time 3 – 5 hours.

Day 4: YOHO NATIONAL PARK - There is an opportunity for a great white water rafting trip on the Kicking Horse River. It involves a side trip to Golden in B.C., headquarters for many outdoor adventures. Of course hiking is always an alternative. Among the choice of trails the guide

would like to show you is an 18 km (11 mi) circuit through two flower decorated passes at 1830 m and 2180 m (6093 ft and 7250 ft) and spectacular views of Emerald Lake. Walking time 6 hours.

Day 5: JASPER NATIONAL PARK – Frequent stops and short excursions along the Icefields Parkway on your way into the heart of the Rockies. Famous names like Peyto Lake and Bow Summit. At the Columbia Icefields huge glaciers spawn rivers, which eventually reach three different oceans. Saskatchewan Glacier is best viewed from far above after hiking 2.5 km to a windy ridge at 2260 m (7525 ft). Camp for the next two days is near the little holiday town of Jasper (showers). Walking time 2 hours.

Day 6: JASPER NATIONAL PARK - So many possibilities, swimming and a picnic at Pyramid Lake, mountain biking, trail rides, canoeing and more. Or join the guide for a side trip to Maligne Lake and a 8 km (5 mile) loop hike with 460 m gain (1532 ft) into the hills above tree line at 2150 m (7160 ft) elevation and possibly all the way to a 2790 m (9290 ft) peak overlooking this beautiful lake. Walking time 2 – 6 hours.

Day 7: BANFF OR CALGARY - Mighty Athabasca Falls count among the attractions of this park. Trails near the Columbia Icefields start at tree line and are especially rewarding thanks to their magnificent views of the glaciers and surrounding ranges. Your final hike is the 11 km (6.9 mi) loop with 335 m (1155 ft) gain through Wilcox Pass at 2375 m (7980 ft). After lunch is transfer back to Banff or Calgary. Walking time 2 – 3 hours.

Arrival in Banff at 19:30, in downtown Calgary at 21:00, at the airport at 21:30.

Dates 2011 :

13.06 - 19.06**
27.06 - 03.07**
04.07 - 10.07
11.07 - 17.07**
18.07 - 24.07
25.07 - 31.07**

01.08 - 07.08
08.08 - 14.08**
15.08 - 21.08
22.08 - 28.08**
29.08 - 04.09
05.09 - 11.09**

Prices per person

Double occupancy: **CAD 1,290** + 5% GST tax

Single occupancy: **CAD 1,370** + 5% GST tax

Hotel in Calgary can be booked separately if required.

Included:

- Transportation from and to Calgary
- Spacious tents (2 pers/ tent)
- Welcome gift
- All meals from lunch Day 1 to lunch Day 7, cooking and eating utensils
- Camping gear (except sleeping bag) & hard-foam mattress
- Admission to the National Parks and camping fees
- Bilingual guides (English plus French or German)**

Not included:

- Personal equipment
- Alcoholic beverages
- Mountain bike rental approx. CAD 30.00
- White water rafting approx. CAD 130.00



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