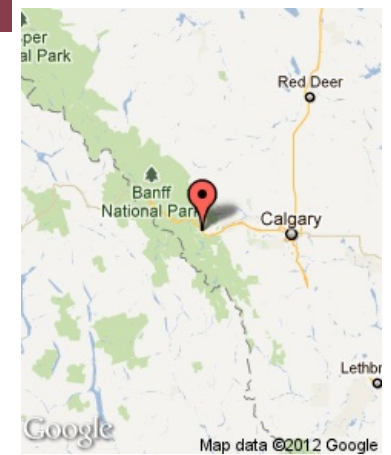


Canadian Rockies Hiking Holiday



Highlights

Put a spring in your step on this one-week guided Canadian Rockies hiking holiday. You'll walk in four of Canada's pristine Mountain Parks and drive along some of the most scenic roadways in the world. After a full week of hiking, you'll celebrate your week's adventure with a night out in Banff.

Canada's Rocky Mountains draw millions of tourists each year, and it's not hard to see why. With towering snowcapped peaks – the highest of which stands at a whopping 14440 feet above sea level, meadows strewn with wildflowers and rivers that carve through the land, it makes for an awe-inspiring holiday. The wildlife is pretty eye-catching too – elk, moose and bears all call this part of the world home. The whole area stretches just short of 3000 miles and runs from British Columbia down to New Mexico in the USA.

Conquering the Rockies in one week isn't really possible, but when you're out walking every day with tour leaders who know the area like the back of their hands, you'll get a pretty good insight. Your days will be spent hiking in Banff, Jasper, Kootenay, and Yoho national parks. These are Canada's jewels of the National Park System and are home to Elk, Mountain Sheep, and Grizzly Bear. With a backdrop of immense limestone and granite peaks as well as alpine lakes, glaciers, and waterfalls there is no better place to spend a week hiking in the mountains. And to top it all off, you'll spend your last evening celebrating your walking achievements with an evening out in the Banff townsite.

Is it for me?

In terms of ability, you don't need to be super fit to enjoy this walking tour, but it will certainly help if you lead a normal active lifestyle. If you're a bit out of shape you might find it hard for the first few days. Age-wise – anything goes – as long as you're in good health and can handle a week of walking. The walking tour team has had everyone from teens to fit 60-year-olds enjoy this holiday. One more thing to consider is that you'll be travelling in a small group so you must be happy to mingle with other people as you'll be spending a considerable amount of time together. If you'd rather organise a private walking tour this can also be arranged.

Accommodation

You'll be staying in hotels in Canmore, Banff and Lake Louise – all of the places you stay have been checked out by the team, so you can rest assured that they'll all be up to scratch. Food-wise, breakfasts and lunches are included, but you'll have to budget extra for evening meals.

Itinerary

Day 1: Meet in Canmore

Arrive in Canmore and meet in the evening at 7:30pm at the Radisson Hotel for a welcome session. You'll go over plans and options for the following days, look at maps of the area and make sure you're properly kitted out.

Day 2: Day hike from Canmore

Your guide will meet you at the hotel for breakfast, after which you'll head out on your first hike to one of the many parks covering Kananaskis country. Things are kept flexible, but usually you'll be eased in gently with a hike that's not too hard – so you get to acclimatize to the higher elevation and dry air.

Prices from
1,366 GBP (7 days) per person

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Day 3: Travel to Lake Louise

After breakfast, you'll drive north towards Lake Louise stopping to hike in Kootenay National Park on the way - Paget Lookout and Stanley Glacier are two choices. After hiking you'll finish the drive north to Lake Louise.

Day 4: Hiking at the Columbia Icefields, Jasper National Park

There's a bit of driving today (two hours each way) but it's one of the most scenic drives in the world - the 'Icefields Parkway'. You'll follow valleys overhung by glaciers, past lakes and ice fields then over alpine passes and meadows to reach the world-famous Columbia ice fields. With the Columbia Icefields and stunning Mount Athabasca as your backdrop you'll hike through Wilcox Meadows. Return to Lake Louise for the night.

Day 5: Hike in Yoho National Park

Head a little west over 'Kicking Horse Pass' into Yoho National Park. Hike either to Yoho Lake or, if you're feeling fit, the Iceline Trail. Head to Banff for the last two nights.

Day 6: Hiking in Banff National Park

A final day of hiking in Banff National Park, perhaps to Healy Meadows, Sunshine or Larch Valley. Enjoy a final night on the town in Banff to celebrate your adventures walking in the Canadian Rockies.

Day 7: Tour finishes

You'll finish your holiday and say goodbye over coffee and breakfast.

Details

Getting there

The nearest airport to Canmore is Calgary and flights leave the UK from London Heathrow and Glasgow.

Price includes

Includes hiking guide, 6 nights accommodation, all breakfasts, all lunches, local transfers and National Park entry. Also includes the 5% Canadian Goods & Services Tax (GST).

Price is per person based on a group of 3 people.

Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

Experience required

A reasonable level of fitness and interest is all that is needed

Travellers should bring

Your guide will be carrying a full emergency and first-aid kit. You will need to bring your own daypack and personal clothing. Cotton clothing is NOT recommended as an insulating layer as it causes rapid heat loss when wet.