



ADVENTURES
in good company



CANADIAN ROCKIES HIKING HOLIDAY

Trip Summary

HIGHLIGHTS

- Being surrounded by stunning mountain scenery that is jaw droppingly beautiful
- Hiking well marked trails to glaciers, over passes, past waterfalls, and through forests of spruce, fir, and larch
- Walking in alpine meadows carpeted in an array of brightly colored wildflowers
- Visiting the town of Banff home of the Chateau Lake Louise
- Enjoying the camaraderie that staying in hostels makes possible

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TRIP AT A GLANCE

Location:	Banff and Yoho National Parks, Canada
Activities:	Hiking
Arrive:	Arrive at our hotel (Holiday Inn Calgary-Airport) by 5 p.m. on Day 1
Depart:	Depart Calgary anytime (Holiday Inn Calgary-Airport has a free shuttle) on the last day

Trip Overview

The Canadian Rockies offer some of the most varied and scenic hiking anywhere in the world. This vast area features amazing mountain formations, ice capped peaks, glacially fed aquamarine lakes, and sparkling glaciers. Alpine meadows carpeted in bright wildflowers add color to an already stunning landscape, and forests of spruce, alpine fir, and larch add their sweet scent to the clean air. Hiking opportunities are practically unlimited so we've chosen the best of the best for our active exploration of this fabled land. Maximum group size: 12

Rating

This trip is designed for women who enjoy hiking in the mountains surrounded by breathtaking scenery. We will be hiking 8 - 11 miles a day in hilly terrain with significant ascents and descents. One descent is especially steep and rocky. Previous hiking experience is extremely useful, as is having a sense of adventure, a desire to spend time in the mountains, and a good level of physical fitness. A rating of 4 requires aerobic conditioning for at least 40-50 minutes 4-5 times a week. Additional endurance exercise (e.g. going for a 2-hour hike once a week) and/or strength training is appropriate. **Rating:** 1 2 3 **[4]** 5.

What's Included

- 1-2 guides based on group size, 1 local and 1 AGC guide
- Eight nights lodging in hostels and hotels
- All meals from dinner on Day 1 through breakfast on Day 9 with the exception of one lunch. We will go out to restaurants for a few meals and cook in the hostels for most other meals.
- Round-trip transportation from Calgary to the Parks
- Park entry fees

Not included: Travel to and from Calgary, one lunch, alcoholic beverages, guide gratuities and travel insurance

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arrive in Calgary on Saturday, in time to meet at our hotel at 5 p.m. We will gather in the lobby of our hotel for introductions and then go out together for a welcome dinner where we will continue getting to know each other and talk about our upcoming hiking adventure. Overnight: Holiday Inn Calgary Airport or similar. (D)

DAY 2

This morning we load into the vans and head for Lake Louise. We will visit the world-famous Chateau Lake Louise, located in one of the most beautiful settings you will ever see (pictures of it are gorgeous and don't begin to do it justice). After visiting the Chateau, we take a short uphill hike to the Lake Agnes Tea House above the actual Lake, the perfect introduction to this amazing land. Note we may do an alternative hike based on timing and crowds. Our lodging tonight is the Castle Mountain Wilderness Hostel. We have the whole place to ourselves so we can spread out and enjoy. Hiking: 4.5 miles round-trip, 1,312-foot elevation gain and loss. Overnight: Castle Mountain Wilderness Hostel (B, L, D)

DAY 3

The Plain of Six Glaciers is an accurate name! From the forefront of the Lower Victoria glacier, six glaciers are visible. Passing through some of the most interesting glaciated scenery in Banff National Park, our trail rises from Lake Louise to a spectacular viewpoint at the base of Mount Victoria. The teahouse at the end of the trail was built in 1924 by Swiss guides who were employed by the railway to bring tourism to the area. The baked goods served there provide an extra reward for our hiking endeavors. Hiking: 8.2 miles round-trip, 1,215-foot elevation gain and loss. Overnight: Castle Mountain Wilderness Hostel (B, L, D)

DAY 4

Of the major trails in the mountain parks, Sentinel Pass at 8,566 feet is the highest. Sandwiched between two peaks, this barren pass offers us a glimpse into the world of mountaineers. Starting in the Valley of the Ten Peaks we walk above Moraine Lake to the beautiful Larch Valley and onto Sentinel Pass. After a picnic lunch at the pass with its outstanding vistas in all directions, we descend to Paradise Valley for a gradual walk out to the road. This hike feels long by the end but is so absolutely stunning that it is well worth tired feet. Hiking: 11 miles loop, 2,380-foot elevation gain, 3,000-foot loss. Overnight: Castle Mountain Wilderness Hostel (B, L, D)

DAY 5

Today we'll see the Rockies from atop a glacier, one of the geologic forms that is responsible for carving out these majestic mountains. On our guided walk on the Athabasca Glacier in the Jasper area, we'll learn how to use crampons, which make walking on ice safe and enjoyable. We'll stop often to learn about the intricacies; how glaciers are made, what moulins (glacier mills) are, what a crevasse is, how moraines are made, and much more. After our full day trip to the glacier we'll relax back at our hostel.

Overnight: Castle Mountain Wilderness Hostel (B, L, D)

DAY 6

Today is full of options! We will visit Emerald Lake where you can rent canoes (canoe rental not included) and/or enjoy the walk around the lake. If you want a longer hike, we will pick one of the many that leave from Emerald Lake. You may be interested in learning more about the Burgess Shale in the area and attending a geology talk at the visitor center. Of course, relaxing at the hostel and exploring is also an excellent option.

Hiking: Emerald Basin - 6 miles round-trip, 820-foot elevation gain and loss. Yoho Pass - 10 miles round-trip, 1,700-foot gain and loss. Round the Lake Loop - 3 miles, 0-foot elevation gain and loss.

Overnight: Castle Mountain Wilderness Hostel (B, L, D)

DAY 7

This morning we head for Takkakaw Falls, one of the most beautiful and dramatic falls in the Canadian Rockies as it plunges 850 feet over a rocky cliff. "Takakkaw" is loosely translated from Cree, meaning "it is magnificent." The Iceline trail is magnificent too! Our hike for the day on the Iceline trail offers simply spectacular vistas of the Yoho Valley. Scratched from glacial rubble, the trail follows a sensational line, contouring the edge of Emerald Glacier for 2 miles. Panoramic vistas of the Yoho valley (Yoho is from a Cree expression meaning awe and wonder) are our reward for venturing into this rocky domain.

Hiking: 10 miles, 2,380-foot elevation gain and loss. Overnight: Castle Mountain Wilderness Hostel (B, L, D)

DAY 8

After a leisurely morning, we drive back to the city of Banff. Along the way we will stop for a three-mile hike along tumbling waters in the deep cleft of Johnson Canyon. This asphalt-covered path is one of the most popular in the Park and no wonder - its gentle grade up to spectacular waterfalls is outstanding. Once in town there are a number of possible things to do, including a visit to the famous cave and basin hot springs, a ride up the Sulphur mountain gondola, or a visit to the Whyte Museum. There will also be time to shop for last minute souvenirs. We will head back to Calgary for dinner and our final farewells.

Overnight: Holiday Inn Calgary Airport (or similar) (B, L, D)

DAY 9

We will be staying at an airport hotel so you are free to depart at anytime and utilize the free airport shuttle. Calgary is a thriving metropolis, and you might want to spend time touring the city before heading home.

ADDITIONAL TRIP INFORMATION

Getting There

There is a free shuttle from the Calgary airport (YYC) to the Holiday Inn Calgary Airport, 1250 McKinnon Drive, (403)230-1999. Once you arrive at the airport and have your luggage you can call the hotel (403)230-1999 to request the shuttle. To meet the shuttle leave the airport from door #4 and go to Bay #17. The shuttle will meet you there. There is also a courtesy phone at Bay #17 that you can use to contact the hotel and request the shuttle.

There is also a shuttle from the hotel to the airport that runs every 30 minutes except after midnight â€” 6 a.m. every 45 minutes.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

While in the Parks, we will stay at the Castle Mountain Wilderness Hostel, conveniently located in between Banff and Lake Louise. We will have the entire hostel to ourselves, including a cozy lounge with a wood-burning stove, a fully-equipped kitchen, an outdoor fire pit and two bunk rooms with enough space for everyone to get a bottom bunk. There are two bathrooms, each with two toilet stalls, two showers and two sinks. This hostel will give you a taste of a rustic Canadian wilderness experience with the benefit of creature comforts and convenient access to our favorite hikes and activities.

On the first and last nights of the trip, we will stay at hotel near the Calgary airport (YYC) with a free airport shuttle.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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