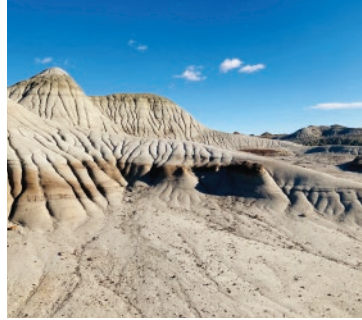


# canadian badlands and rocky mountains



## trip highlights

- Enjoy some of the best day hikes in the Canadian Rockies
- Experience the Canadian Badlands
- Learn about ancestral Indigenous hunting tradition of buffalo jumps
- Explore Banff and the natural playground that surrounds it
- Take in the views at scenic Lake Louise and its surrounding peaks and glaciers



<b>Trip Duration</b>	9 days	<b>Trip Code:</b> CGA
<b>Grade</b>	Introductory	
<b>Activities</b>	Guided day hikes, Visits of two UNESCO World Heritage Sites, Gondola ride, Evening wildlife viewing tour	
<b>Summary</b>	Hotel, Mountain lodge	

## welcome to Great Canadian Trails

Thank you for your interest in our Canadian Badlands and Rocky Mountains trip. With a small population compared to its vast size, Canada's wilderness is immense, wild, and largely untouched; an endless natural playground with countless opportunities for outdoor adventure. And, with history and character unique to each region, Canadian culture is a rich mosaic of customs. With Great Canadian Trails, experience charming communities and changing landscapes on foot or by bike, paddle along dramatic shorelines, or hike rugged trails with the support of our expert local teams. If you enjoy a physical challenge in the great Canadian wilderness or prefer a more leisurely pace, we're here to provide all you need so that you can enjoy your active holiday to the fullest. From the grand mountains of the West to the impressive Great Lakes and jovial Maritime culture of the East, not to mention the unimaginable scale of the remote North, there is no shortage of beauty and wonder awaiting the active traveller. We invite you to discover all of Canada's treasures from coast to coast to coast.

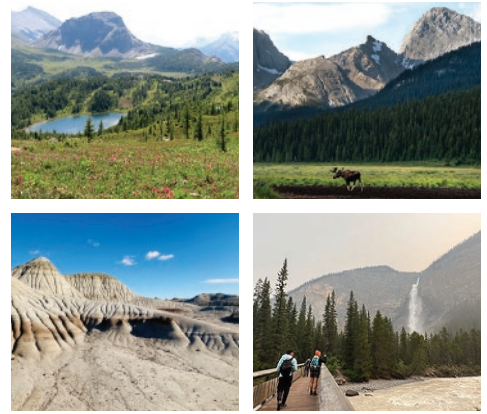
## why travel with Great Canadian Trails?

We are Canadian, our team is highly-experienced, and our understanding of the land means carefully-crafted hiking and cycling holidays that offer the active traveller an immersive and truly authentic experience. Our unique selection of itineraries draws upon some of the country's most inspiring landscapes, incredible networks of trails, and stunning national parks while showcasing communities along the way. Our wide range of accommodations include our selection of friendly bed & breakfasts, charming inns, perfectly-located hotels, and quiet cottages or cabins. Our drivers are local, professional, and full of information which they are eager to share as they take you to the trailheads and move your luggage ahead to the next overnight stay. We provide you with sectional maps, an emergency hotline, and a customized route booklet with detailed local information and the inside scoop on where to eat, visit, and explore each day. Each itinerary has been tried and tested with every detail accounted for, so that all you need to do is spend the day exploring at your own pace, to your heart's content. By travelling with Great Canadian Trails you are also making a positive impact, since most of our trips include a donation to the local non-profit organization who builds and maintains the trail. This helps others get out and experience Canada's natural wonders.



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Great Canadian Trails will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we can not match you up a single supplement will be applicable. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above. Note regarding single rooms: The single supplement guarantees the privacy of your own room, however, rooms can at times be small and in some places may not enjoy the same facilities as double/twin rooms.

## trip dates

**2026** 05 Sep - 13 Sep

**2027** 26 Jun - 04 Jul  
28 Aug - 05 Sep

## fast facts

### Countries Visited:

Canada

### Visas:

Please check visa requirements with your reservations consultant\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert Local Leader & Escort

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

It is important to understand that you cannot compare the style of trip and number of staff in North America with a trip anywhere in Asia, South America or Africa.

## the trip

For many, Alberta is all about the Great Plains, for others, the province is all about the Canadian Rockies. This itinerary provides the perfect mix of the scenic rural landscapes of the westernmost province of the prairie, and the aquamarine glacial lakes and majestic snow-capped mountains. Home to the third-largest Aboriginal population in Canada, your experience in Alberta includes historical significant sites like dinosaur fossil beds and buffalo jumps. As we leave the multi-hued canyons and wind-sculpted hoodoos of the Canadian Badlands, we go along the foothills of the mountains into Waterton Lakes. While the landscapes are spectacular, remember to also keep your eyes open for the abundant wildlife including bighorn sheep, grizzly bears and bison recently reintroduced in Alberta as a conservation project. From here we keep the mountain backdrop for scenic drives to some of the world's best hiking trails in Banff & Yoho National Parks. We take a big dose of fresh air into endless forests, admiring the panoramic mountain views, turquoise colour of the glacier-fed lakes, and rainbows at the waterfalls.

## at a glance

DAY 1	ARRIVE IN CALGARY
DAY 2	VISIT DINOSAUR PROVINCIAL PARK IN THE CANADIAN BADLANDS
DAY 3	TO WATERTON LAKES VIA HEAD-SMASHED-IN-BUFFALO JUMP
DAY 4	HIKING WATERTON LAKES NP (APPROX. 12.8KM/6MI   5-6 HRS WALK)
DAY 5	SCENIC DRIVE TO BANFF NP
DAY 6	HIKING IN BANFF NP (APPROX. 8KM/5MI   3-4 HRS)
DAY 7	LAKE LOUISE HIKE & TRANSFER TO YOHO NP (APPROX. 10 KM/6.2 MI   4-6 HRS)
DAY 8	YOHO NATIONAL PARK HIKE (APPROX. 9KM/5.6MI   4-5 HRS)
DAY 9	TRANSFER TO CALGARY VIA YOHO NATIONAL PARK

## what's included

- 8 nights accommodation, double occupancy
- 8 breakfasts, 7 lunches, 1 dinner
- Services of a local guide
- Return airport group transfers
- Private internal transportation during the trip
- Guided tour at Dinosaur Provincial Park
- All permits, sightseeing and park entrance fees

## detailed itinerary

### DAY 1 Arrive in Calgary

On arrival at Calgary Airport, we will meet you and transfer you to the group hotel. A trip briefing will take place in the hotel foyer at the time indicated in your final documents, where you will meet your fellow travellers.

**meals: NIL**

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## responsible travel

The natural environments that you'll travel through are fragile and the cultures and traditions precious. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact.

## trip grading

### Introductory

Although graded 'introductory level hiking', this trip is designed for fit walkers. We will stay as a group while hiking each day - Expect a slow and steady pace. Most of the days involve hiking for up to 5 hours, but there are options for longer hikes on some days depending on the fitness of the group. Daily distances can range from 8km to 18km+. Elevation gains of up to 750m for some hikes.

Any training you can do before you arrive will enhance your experience. The more fit you are the more great hiking you can enjoy!

## adventure travel

By its very nature adventure travel involves an element of the unexpected. When hiking, expect rugged terrain with plenty of dirt, roots and rocks. In wet conditions, trails can be muddy and slippery, potentially raising the level of difficulty of your trip. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

### DAY 2 Visit Dinosaur Provincial Park in the Canadian Badlands

From Calgary, we drive into the Canadian Badlands to Dinosaur Provincial Park, home to one of the world's highest concentrations of dinosaur fossils. A guided interpretive tour of the park brings us 75 million years back as we walk in the footsteps of the dinosaurs. Over 50 species and more than 150 full dinosaur skeletons have been unearthed here!

Besides being an archeologic gem, the sediments exposed in the badlands, the rock formations and hoodoos create out-of-this-world landscapes. After our visit, we head to the historic Patricia Hotel & Steak Pit to experience Western flavours.

meals: B,L

### DAY 3 To Waterton Lakes via Head-Smashed-in-Buffalo Jump

Be ready for a change of scenery as we make our way to Waterton Lakes National Park. At the junction of the Great Plains and the foothills of the Rocky Mountains, we stop at Head-Smashed-In Buffalo Jump. A designated UNESCO World Heritage Site, it is one of the largest and most outstanding buffalo jumps in North America. The visit offers an introduction to the traditions and hunting practices of the Indigenous Plains peoples. We then continue to Waterton Lakes, where we will spend the next two nights.

meals: B,L

### DAY 4 Hiking Waterton Lakes NP (approx. 12.8km/6mi | 5-6 hrs walk)

Waterton Lakes National Park has a unique topography, including red rock canyons, hundreds of deep blue lakes, and bear grass (vegetation found nowhere else in the Rockies). There is abundant wildlife as well, including bighorn sheep, black bears, grizzly bears and even bison.

Our hike today takes us to Upper Rowe Lakes. The trail passes through mature forest and an enchanting wildflower meadow. The final section is more challenging, but the views over the alpine lakes are well worth the effort.

This evening, we head out on a wildlife viewing drive, including the Bison Paddock Loop Road. Herds have recently been reintroduced as part of an Indigenous-led conservation project supported by Parks Canada.

meals: B,L

### DAY 5 Scenic drive to Banff NP

After breakfast, we drive into ranch country and the foothills of southern Alberta, making a short stop in Longview to sample some of Alberta's best beef jerky. We then continue across Highwood Pass, the highest paved road in Canada, and through the amazing Kananaskis Country.

The rugged, steep grey layers of the front ranges rise sharply before giving way as we enter Banff National Park. Snow-capped peaks form a dramatic backdrop to glacial lakes, fast-flowing rivers and expansive forests. The park's vast wilderness is home to elk, deer, moose, caribou, mountain goats, bighorn sheep, black and grizzly bears, wolves and cougars.

meals: B,L

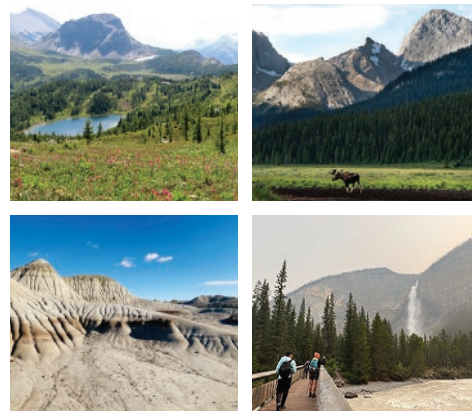
### DAY 6 Hiking in Banff NP (approx. 8km/5mi | 3-4 hrs)

Today's hike will be one of our easiest and one of the most beautiful. We save most of the uphill walking by taking the Sunshine Meadows gondola into the alpine areas surrounding the Continental Divide. Our walk leads past three alpine lakes, wildflower meadows, and views stretching up to 50km/31mi in all directions. Take in the panoramic mountain views of the Canadian Rockies. An early afternoon finish leaves time to explore the town of Banff from our centrally located accommodation.

meals: B,L

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## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 7 Lake Louise Hike & Transfer to Yoho NP (approx. 10 km/6.2 mi | 4-6 hrs)

It's a short drive from Banff to Yoho National Park, giving us plenty of time to explore along the way. We couldn't visit the region without stopping at the world-famous Lake Louise. From the iconic Chateau Lake Louise, our hike to the Plain of Six Glaciers offers scenic views of the surrounding mountains, with a collection of impressive peaks and glaciers.

After our walk, we stop at Moraine Lake before continuing west across the Continental Divide into British Columbia. Following the Kicking Horse River, we pass the spiral tunnels built for the railroad before arriving in Yoho National Park.

**meals: B,L**

### DAY 8 Yoho National Park Hike (approx. 9km/5.6mi | 4-5 hrs)

We begin our hike by following the path to the base of Takakkaw Falls, meaning "magnificent" in the Cree language, for close-up views of the falls. At 380m/1,250ft, it's not every day you get to stand beneath a waterfall over 1,000 feet tall!

We then follow the trail along the Yoho River to Laughing Falls. Along the way, we pass several notable waterfalls, including Angel's Staircase and Point Lace Falls.

After our hike, we stop in the historic hamlet of Field to admire the well-preserved buildings of this former mining town. This evening, share highlights of the trip with your fellow travellers over a farewell dinner.

**meals: B,L,D**

### DAY 9 Transfer to Calgary via Yoho National Park

After breakfast, the trip concludes with a transfer to Calgary.

**meals: B**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## joining instructions

Exact meeting point and time to be confirmed with your final documents.

## climate

Please be prepared for a wide range of temperatures while on tour, depending not only on month of travel and location but also on altitude. At altitude, and in spring and autumn, morning temperatures are often brisk or cold, warming up fast after the strong sun rises. Summer (June – early September) temperatures are always hot. However even at altitude, like in Banff, Yoho and Jasper National Parks temperatures can be cold at night and in the morning! In the Canadian Rocky Mountains, a cold front could be experienced even in the summer, lowering temperatures significantly.

## a typical day

Hikes will be chosen to best suit the group. Please note that the hikes and locations may vary based on weather and trail conditions as well as guest ability. You will have the opportunity to visit multiple Provincial and National Parks.

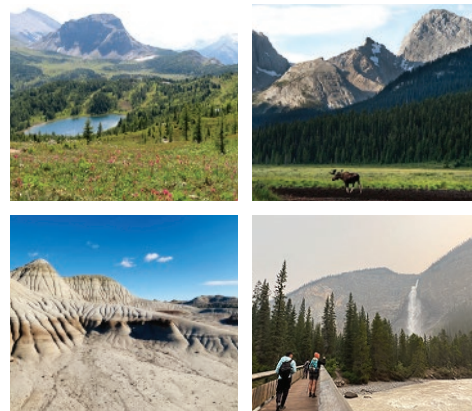
## dietary requirements

Provided we are advised in advance of your departure, we are able to cater to vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (ideally, months prior to your trip/at time of booking) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote



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locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## pre and post tour accommodation

We are happy to arrange extra nights for you in Calgary before and/or after your tour. Please inquire for details and pricing.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## getting there

### BY AIR

Calgary International Airport is well connected to major cities throughout North America and Europe. Canmore is situated 100km (65miles) west of Calgary on the Trans-Canada Highway. It is well served by scheduled bus lines both from Calgary (airport and downtown), Banff (20km west) and points further west.

### TRANSFER SERVICE

The trip begins with a pickup from the airport in Calgary (or nearby hotel) and ends with a complimentary shuttle to Calgary. Please try not to schedule flights departing Calgary before noon on the last day, in order to have plenty of time for the transfer back to Calgary from Lake Louise (approx. 2 hours).

## special visa requirements

All international visitors will require proper documentation to enter Canada. Most nationalities require either a tourist visa or an ETA. Detailed information will be provided upon booking.

## wildlife

Wildlife depends on habitat. In the mountains of California and the Rockies we find: black bear, elk, herds of mule deer, coyote, and the occasional wolf along with a wide range of rodents (marmots, beaver, etc). There are a lot of birds here, including eagles, hawks, jays and blue birds. In the Rockies you are also likely to see herds of wild bison, brown bear, wolf packs, moose, antelopes, bighorn sheep, mountain goats, porcupines, skunks and fox. The Rockies are a birder's paradise, producing birds such as cranes, singing swans, white pelican, bald eagles and many migratory species.

In the desert, wildlife is more elusive. Due to the heat, it is mostly nocturnal. The most common animals to see while hiking are birds: hawks, eagles, vultures, road runners, jays, blue birds, and the majestic California condor. Ground squirrels and deer are often seen near trails. However, with a little luck we will also see coyotes, ring tail cat, cactus mouse. At times groups see mountain lions, bobcats, or the elusive and endangered big horn sheep.



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## what's not included

- Flights
- Meals not listed in the itinerary
- Alcoholic beverages
- Items of a personal nature
- Tips and gratuities
- Travel insurance
- Applicable taxes of 5% for bookings made in North America

## subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, [www.greatcanadiantrails.com](http://www.greatcanadiantrails.com)

## social networking

Follow us on Facebook at <https://www.facebook.com/GreatCanadianTrails>, on Twitter at <https://twitter.com/@GreatCanTrails> and on Instagram at <https://instagram.com/GreatCanadianTrails>

## trip availability

If this trip seems right for you then we encourage you to book now. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can confirm your adventure of a lifetime we ask that you check trip availability with our team at your earliest convenience.

## how to book

To book a Great Canadian Trails trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function. We can also help you with any additional arrangements that you require, such as pre or post trip accommodation in conjunction with the main Great Canadian Trails trip.