

scenic trails of the rockies



trip highlights

- Hike some of the most scenic trails in the Canadian Rockies
- Explore Banff and the natural playground that surrounds it
- Enjoy views of limestone peaks and hanging glaciers
- Challenge yourself on Sentinel Pass and/or the Iceline Trail
- Take in the views at scenic Lake Louise and its surrounding peaks and glaciers
- Get off the beaten path in Kananaskis Country



| | | |
|----------------------|----------------------|-----------------------|
| Trip Duration | 7 days | Trip Code: CRH |
| Grade | Introductory | |
| Activities | Guided Hiking | |
| Summary | 6 nights lodge/hotel | |

welcome to Great Canadian Trails

Thank you for your interest in our Scenic Trails of the Rockies 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.

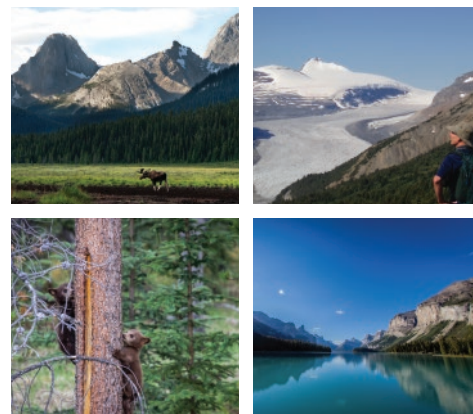
why travel with Great Canadian Trails?

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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Single travellers are required to pay a single supplement when joining this adventure. Please refer to our website for the additional cost.

trip dates

| | |
|-------------|-----------------|
| 2026 | 21 Jun - 27 Jun |
| | 05 Jul - 11 Jul |
| | 19 Jul - 25 Jul |
| | 02 Aug - 08 Aug |
| | 16 Aug - 22 Aug |
| | 13 Sep - 19 Sep |

important notes

Note: - Some accommodations may not have twin rooms. If you do not wish to share a bed with your travel companion you will have to pay a single supplement on those nights. Rooms with two beds may require an additional fee.

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

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is available for this trip*

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

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.

the trip

The Canadian Rockies surrounding Canmore, Banff and Lake Louise contain a lifetime of walking and hiking opportunities. Eight National and Provincial Mountain Parks are within easy driving distance. The scenery is classically magnificent - steely grey limestone peaks are clothed in forests, waterfalls, craggy cliffs and, not far west of Canmore, glaciers! The forest cover of the valley floors is broken by frequent lakes and beaver ponds. Towards treeline the forest thins, alpine larches appear as forests give way to alpine meadows. From late May to mid August the forest and especially the meadows are lit in glorious wildflower shades of red, blue, yellow and white. By late August wildflower color is replaced by the reds and golds of Fall. September is in some ways the most spectacular month as the alpine larches turn the treeline into a blazing line of gold and incandescent aspens that speckle the valley floors.

about your leader/escort

A local guide (who also drives) will accompany the group throughout the itinerary. The leaders are highly experienced wilderness certified guides, have strong local knowledge and a love and understanding of their country.

at a glance

| | |
|-------|------------------------------------|
| DAY 1 | ARRIVE IN CALGARY |
| DAY 2 | KANANASKIS DAY HIKE |
| DAY 3 | CHESTER LAKE OR BURSTALL PASS |
| DAY 4 | KOOTENAY NATIONAL PARK DAY HIKE |
| DAY 5 | LAKE LOUISE DAY HIKE |
| DAY 6 | SENTINEL PASS OR ICELINE TRAIL |
| DAY 7 | TRANSFER TO CALGARY (APPROX. 2HRS) |

what's included

- 6 breakfasts, 5 lunches, 1 dinner
- professional guides
- double occupancy accommodation in generally 3-star central hotels and lodges
- private transportation
- national park entry fees and sightseeing as indicated
- return transfers from Calgary

detailed itinerary

DAY 1 Arrive in Calgary

We will meet you at the airport in Calgary and transfer you to Kananaskis. A welcome meeting will take place this evening. Please arrive prior to 4pm on day 1. Exact time and location to be advised with your final documents. We'll go over plans and options for the following days, look at maps of the area and check to see that you are properly outfitted.

meals: NIL

DAY 2 Kananaskis Day Hike

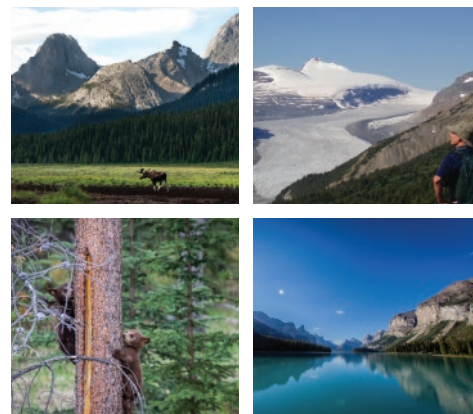
Your guide will meet you at the hotel after breakfast and you'll head out on your first hike which will be in one of the parks in Kananaskis country. Our choice to break the ice is Prairie View Lookout Trail. This trail, located in the Front Ranges, will allow you to see the incredible difference there is looking east towards Calgary and the Prairies or looking west towards the incredible Canadian Rockies.

Hike: Approx 13 km, 3-4hrs, +/-420m

meals: B,L

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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.

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 3 Chester Lake or Burstall Pass

Our drive to Banff will be done through the scenic Spray Lakes road. About half-way through, we will stop for our day hike, Chester Lake or Burstall Pass. Your guide will make the best decision depending on the group's ability and to let everyone get acclimatized to our higher elevation and air. We spend the next two nights at a comfortable lodge in Banff.

Hike: Approx 10-15km, 3-5hrs, +/-350-450m

Drive: Approx 2.5hr

meals: B,L

DAY 4 Kootenay National Park Day Hike

We head into Kootenay National Park where we hike the Stanley Glacier Trail. You'll walk through a remarkable valley of Fire and Ice: Fire being the remains of a 1968 wildfire almost regrown now, and Ice being the Stanley Glacier overhanging the cliffs at the head of the valley. Return to lodge for overnight.

Hike: Approx 13km, 4-5hr, +/-600m

meals: B,L

DAY 5 Lake Louise Day Hike

After breakfast we drive to world famous Lake Louise. Here we will have a choice of hikes including a walk to the Lake Agnes Teahouse or to the Plain of Six Glaciers. We can even do a full circuit to include both incredible trails. We spend the next two nights at a comfortable inn in the village of Lake Louise.

Hike: Up to 18km, 6-8hrs, +/-400m

Drive: Approx 1hr

meals: B,L

DAY 6 Sentinel Pass or Iceline Trail

For our final day of hiking, we'll choose between either Moraine Lake and Sentinel Pass or the Iceline Trail in Yoho National Park. It's a difficult choice to make as both trails are considered in the list of top hiking trails of the Canadian Rockies. Tonight we are rewarded with a farewell dinner as we sit together and recall the week of spectacular hiking.

Hike: Approx 12-20km, 6-8hrs, +/-750m

meals: B,L,D

DAY 7 Transfer to Calgary (approx. 2hrs)

Breakfast at Lake Louise and complimentary shuttle to Calgary included this morning. Please do not schedule departing flights earlier than noon, if possible, as it's about a 2hr drive from Lake Louise to Calgary without stops.

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.

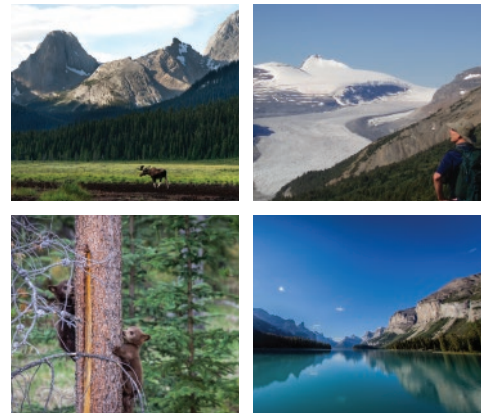
country information

Canada is the second-largest country in world (after Russia) extending 7700km (4775mi) east to west and 4600km (2850mi) north to south, despite it's geographical size it ranks just 33rd in terms of population. Canada's terrain is extremely varied. From the grand mountains of the west to the expansive plains of the Prairies; from the awe-inspiring Great Lakes of Ontario to the Appalachians of Quebec; and from the dramatic tides and fjord lands of the Maritimes to



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the frozen tundra of the Canadian Arctic, there is no shortage of beauty and wonder awaiting the intrepid traveler.

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 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 can arrange rooms for you to stay in Calgary or in the mountain towns before and/or after the tour. Please contact your agent for rates and reservations.

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 balm, 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).

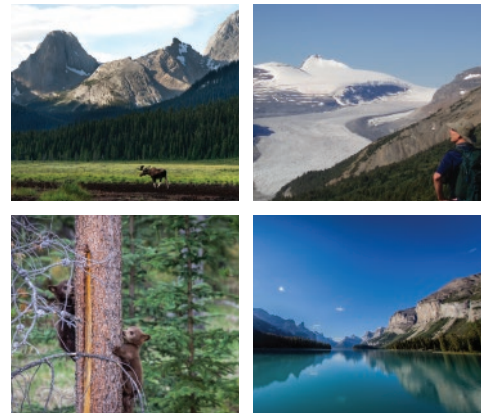
getting there

BY AIR

Calgary International Airport (YYC) 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.

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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.

non exclusive trips

Please note that this trip is not exclusive to World Expeditions clients and is operated by our partners in the Rockies. You may be joining a group of up to 9 adventurers from around the world.

what's not included

- airfare and transfers not indicated in the itinerary
- items of a personal nature
- travel insurance
- tips and gratuities
- Applicable taxes of 5% for bookings made in North America

private groups

The adventures featured on our website are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charities, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

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

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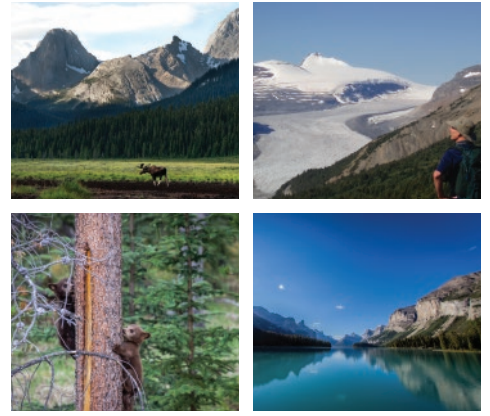
trip availability

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. Our self-guided holidays visit small communities with limited accommodations, and we can only guarantee rooms once we've booked and confirmed with each property. For this reason, we can only confirm availability of tour once bookings have been received. 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.



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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.