

mountains of western canada on foot



trip highlights

Start your journey in the beautiful coastal city of Vancouver

Hike in the Coast, Cascade, Columbia, and Rocky Mountains

Immerse yourself amongst mountain lakes and glacier views

Explore world-renowned Banff National Park

Take in incredible views on high trails in Glacier National Park

Experience the 'fire and ice' of Kootenay

National Park's Stanley Glacier Trail

Challenge yourself on Yoho National Park's Iceline Trail

Smell the flowers in Revelstoke National

Park's Meadows in the Sky



Trip Duration	14 days	Trip Code: MWC
Grade	Moderate	
Activities	Hiking	
Summary	14 day trip, 13 nights hotel/lodge, 11 day hikes	

welcome to Great Canadian Trails

Thank you for your interest in our Mountains of Western Canada on Foot 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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We will arrange for you to share accommodation with another traveller of the same gender and, if we can not match you up, we will provide a single room at no extra charge. 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.

Contact our expert staff today for competitive airfare quotes to Vancouver/from Calgary and for stopover ideas.

trip dates

2026 12 Jul - 25 Jul
09 Aug - 22 Aug

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

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

Brochure Reference:
The Americas

Single traveller bookings received within 60 days of departure may be required to pay the single supplement.

the trip

This active adventure takes us to each of the mountain chains of Western Canada from Vancouver to Calgary, with outstanding day hikes in the country's finest national and provincial parks. At night we stay in comfortable hotels or mountain lodges and during the day our fully supported hikes reveal the natural splendours that this area is famous for. Home of elk, moose, caribou, bighorn sheep, black and grizzly bears; this is a vast wilderness of countless alpine lakes and pristine rugged mountains. On foot, we can explore places with names like 'Meadows in the Sky', enjoy spectacular ridge hikes, and award ourselves with sweeping vistas across granite peaks and tumbling glaciers. This is truly a hiker's paradise.

about your leader/escort

Your guide is an experienced professional, local hiking guide with certification from the Association of Canadian Mountain Guides (ACMG) and/or from the Interpretive Guides Association.

at a glance

DAY 1	ARRIVE VANCOUVER
DAY 2	WALKING THE NORTH SHORE MOUNTAINS OF VANCOUVER
DAY 3	EXPLORE VANCOUVER AND TRANSFER TO MANNING PROVINCIAL PARK
DAY 4	CASCADE MOUNTAINS, MANNING PARK
DAY 5	CASCADE MOUNTAINS AND TO BC'S INTERIOR
DAY 6	ENDERBY CLIFFS HIKE AND ON TO REVELSTOKE
DAY 7	HIKING IN MT. REVELSTOKE NATIONAL PARK
DAY 8	TRAIL OF GIANT CEDARS AND GLACIER NATIONAL PARK
DAY 9	PURCELL MOUNTAIN HIKE
DAY 10	YOHO NATIONAL PARK'S ICELINE TRAIL
DAY 11	ICEFIELDS PARKWAY
DAY 12	KOOTENAY NATIONAL PARK
DAY 13	HIKING IN KANANASKIS COUNTRY
DAY 14	TO CALGARY

what's included

- 13 breakfasts, 12 lunches, 1 dinner
- 13 nights double occupancy hotels/lodges in generally 3-star category
- Private transport for road journeys, including transfer to Calgary on last day
- Experienced guide who also drives
- National Park entry fees and sightseeing as indicated

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices.

detailed itinerary

DAY 1 Arrive Vancouver

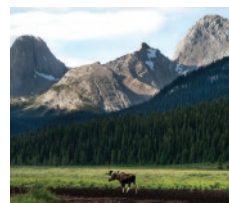
Arrive on your own in Vancouver. In the evening you'll meet your guide and go through a short group briefing where you'll meet other participants and details of the itinerary will be discussed. Overnight Vancouver.

meals: NIL



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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook.

This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel.

Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website

www.worldexpeditions.com

trip grading

Moderate

These adventures involve trekking, cycling, rafting or paddling for up to 6 or 7 hours a day at a steady pace. The majority of our moderately graded hiking trips involve the carrying of a day pack only, though some may involve carrying a pack of up to 8 or 9kg (18-20lbs). Hikers should be prepared for plenty of roots, rocks, significant elevation gain, steep inclines/declines, some wilderness camping, and potential variable weather conditions. Cyclists should be prepared for undulating terrain and some steep hills. You will need a good level of fitness and be in good health.

DAY 2 Walking the North Shore Mountains of Vancouver

One of the most amazing things about Vancouver is its superb location between the Coast Mountains, Fraser River, and the Pacific Ocean. Just beyond the city limits, you can very quickly enter a stunning wilderness of old growth forest - of towering Douglas Firs, huge ferns, and hanging mosses. We'll explore part of this today as we make our way up Hollyburn Mountain for an outstanding view of the city, the Strait of Georgia, and Vancouver Island. Return to Vancouver for overnight.

Walking: 9 kms. Elev. gain: +/-350m.

meals: B,L

DAY 3 Explore Vancouver and transfer to Manning Provincial Park

We'll explore the city this morning with visits to Stanley Park and Lions Gate Bridge, Chinatown, and Gastown. From Vancouver, we drive up the Fraser Valley and into the Cascade Mountains crossing Allison Pass. Overnight Manning Provincial Park.

Walking: 2-3 kms

meals: B,L

DAY 4 Cascade Mountains, Manning Park

The Skyline loop trail in Manning Park begins at Lightning Lake with a gradual ascent to the ridge. The rewards of this climb come with a spectacular view of the Cascade Mountains whose meadows are adorned with an amazing display of wildflowers. From Despair Pass we hike down to Strawberry Flats, to the trailhead, and then return to our hotel.

Walking: 19 kms. Elev. gain: +/-700 m

meals: B,L

DAY 5 Cascade Mountains and to BC's Interior

We head northwards towards the northern tip of the American Great Basin Desert, which extends as far south as Mexico. On the way, we cross over the Coquihalla Summit, one of the highest points in the Cascade ranges, where we will stop for a hike to the summit of Zoa Peak. This area is very well known for its rugged granite peaks and open ridgelines. After our hike, we will continue to BC's hot and dry interior, a climate perfect for growing apple, apricots, peaches, cherries, and grapes. We'll spend the night in the historic town of Merritt, BC.

Walking: 11 kms. Elev. gain: +/-635 m.

meals: B,L

DAY 6 Enderby Cliffs Hike and on to Revelstoke

We continue our travels across the changing landscape of British Columbia towards Revelstoke. In order to really appreciate how the landscape has changed, we will stop halfway and hike along the summit of the Enderby Cliffs, giving us expansive views south into the Okanagan and north to the Monashee Mountains. In the afternoon, we continue to the quaint mountain town of Revelstoke for overnight at a comfortable lodge.

Walking: Approx 7 kms. Elev gain: +/-450 m

meals: B,L

DAY 7 Hiking in Mt. Revelstoke National Park

Mt. Revelstoke National Park is best known for its 'Meadows in the Sky Parkway' and the mountain top trails at the end of the road. The road gains 1000m in elevation from the town of Revelstoke and passes through a variety of different forest zones until it ends at treeline. From here, we can begin our mountain top hike through beautiful flower filled meadows to Eva Lake, Miller Lake, and Jade Lake Pass. We return to Revelstoke for overnight.

Walking: 16 kms. Elev gain: +/-450 m.

meals: B,L



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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. 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 your consultant of travel agent.

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.

DAY 8 Trail of Giant Cedars and Glacier National Park

As we head east we are now traveling into the heart of the Selkirk Mountains, some of the most daunting and rugged mountains in Canada (part of the Columbia Mts). We follow the route to Rogers Pass, famous for the difficulties it presented in the construction of Canada's first railway. We will stop first for a very brief visit to the Trail of the Giant Cedars to see a section of inland temperate rainforest with truly 'giant' trees. Then, once we are in Glacier National Park, we will begin a rewarding hike up to Balu Pass that quickly leaves the forest and leads to views of the park's signature mountain, Mt Sir Donald, on the opposite side of the valley. We continue to our comfortable lodge just east of the park in Golden, BC for the next two nights.

Walking: 13 kms. Elev gain: +/-780m.

meals: B,L

DAY 9 Purcell Mountain Hike

After the previous days' (and next day's) big elevation, today we will take it a little bit easier and enjoy a spectacular ride to the top of the mountain at Kicking Horse Resort. From the gondola we then have a few options to walk ridge lines or to hike to the summit of Terminator Peak. To the east and across the valley we will have fantastic views of the Rocky Mountains stretching to the south and north as far as the eye can see.

Walking: 4-7 km. Elev Gain: ~300 m.

meals: B,L

DAY 10 Yoho National Park's Iceline Trail

We follow the Kicking Horse River into the heart of the Rocky Mountains. Our hike today is in the Yoho Valley, starting at 302m high Takakkaw Falls. We'll hike to the top of the Iceline Trail for extreme close up views of the Emerald Glacier and views across the Yoho Valley to the Wapta Icefield. After our hike, we make our way into the province of Alberta, to our home for the next two nights in Lake Louise.

Walking: 12-17 kms. Elev gain: +/-700 m.

meals: B,L

DAY 11 Icefields Parkway

We have a casual day today exploring some of the easy short walks along the Icefields Parkway in Banff and Jasper National Parks. The highlight walk will be to Parker Ridge with expansive views of the Saskatchewan Glacier. The parkway also has some of the trip's best opportunities for spotting wildlife such as bears, bighorn sheep, and mountain goats.

Walking: 5 kms. Elev gain: +/-250 m.

meals: B,L

DAY 12 Kootenay National Park

Today, we'll hop back over the provincial border some great hiking in Kootenay National Park, BC - just west of Banff National Park. Our route today is the Stanley Glacier Trail which takes us quickly into a hanging valley and through the remnants of two forest fires, one occurring in 1968 and the other more recently in 2003. It is aptly known as the 'Fire and Ice' trail because, once we are through the burnt forest, we suddenly see looming above us Stanley Glacier. The trail continues for some time and finally ends at an alpine plateau just a few hundred metres below the hanging ice. Returning to Alberta this evening to stay overnight in Canmore (2 nights).

Walking: 12 kms. Elev gain: +/-400 m.

meals: B,L

DAY 13 Hiking in Kananaskis Country

Our final day of hiking in the Rockies brings us to the eastern edge of the Rockies for a great view of the prairies and the city of Calgary, 60 kms to the east. We'll choose either the Heart Mountain

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Loop or walk up to the Yamnuska Ridge. We can now truly say that we have seen all of the mountain chains in Western Canada, from the Pacific Ocean to the Prairies. After our hike, we will enjoy a farewell dinner together in Canmore.

Walking: 11 kms. Elev gain: +/-1000 m.

meals: B,L,D

DAY 14 To Calgary

Our trip concludes with a transfer to Calgary, which will depart after breakfast. Should you plan on staying longer or don't want to leave in the morning, there are scheduled airporter shuttles that leave every few hours from Canmore (approx \$60 per person).

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

Please make your own way to the group hotel, located in downtown Vancouver. The Canada Line of the Skytrain links the Vancouver International Airport to downtown, with a duration of about 25 minutes, at a cost of approximately C\$10 per person.

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 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. Vancouver tends to be quite temperate year-round, but in spring and autumn, morning temperatures are often brisk or cold, warming up fast after the strong sun rises. Summer (June – early September) temperatures can be hot (up to 30 degrees Celsius); However at altitude, like in Banff, Yoho and Jasper National Parks temperatures can be cold at night and in the morning - And snow can linger at high elevations well into the season! In the Canadian Rocky Mountains, a cold front could be experienced even in the summer, lowering temperatures significantly. Ensuring that you have the correct clothing for an alpine environment is crucial to your safety and enjoyment.

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.



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pre and post tour accommodation

There is a wide variety of accommodation available in Vancouver, Canmore, and Calgary; ranging from backpacker lodges to five star hotels. Your travel consultant or travel agent can assist you with booking your pre and post tour accommodation. If you make your own travel arrangements please advise your travel consultant or travel agent at least 14 days prior to departure.

what you carry

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

equipment required

You will need to bring good walking boots and a day pack (a comprehensive gear list is part of the pre-departure information provided on booking).

getting there

BY AIR

The nearest international airport for joining the tour is Vancouver International Airport (YVR). You can take a shuttle bus or taxi from the airport to the hotel. The international airport intended for departing the tour is Calgary International Airport (YYC). A shuttle at the end of the tour will bring you to the airport from Canmore.

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

This trip is operated by our long-time partners in Western Canada and is not exclusive to World Expeditions clients.

what's not included

- Personal expenses
- Arrival transfer to Vancouver hotel
- Visa fees
- Travel insurance
- Meals not indicated
- Tips and gratuities
- International airfares
- Applicable taxes of 5% for bookings made in North America

webinars & events

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a slide show schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!



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private groups

The adventures featured in our brochures, and 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, charity's, 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

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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 call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website www.worldexpeditions.com. On completion, fax or post the form to your nearest World Expeditions office along with your non-refundable deposit. World Expeditions has access to competitive airfares. Call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation.