

canadian rockies hiking adventure



trip highlights

- Enjoy a bird's eye view of the Columbia Icefields
- Camp out at the foothills of the Rockies
- Access iconic and lesser-known trails in Banff and Yoho National Parks
- Observe the rich wildlife including: elk, mountain goats, bighorn sheep, black bears, and more
- Hike through alpine meadows, stop by waterfalls, turquoise lakes and canyons



Trip Duration	7 days	Trip Code: RCP
Grade	Introductory to Moderate	
Activities	Guided Hiking	
Summary	7 day trip, 7 day walks, 6 nights camping	

welcome to Great Canadian Trails

Thank you for your interest in our Canadian Rockies hiking adventure 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.

trip dates

2026	21 Jun - 27 Jun
	28 Jun - 04 Jul
	05 Jul - 11 Jul
	12 Jul - 18 Jul
	19 Jul - 25 Jul
	26 Jul - 01 Aug
	02 Aug - 08 Aug
	09 Aug - 15 Aug
	16 Aug - 22 Aug
	23 Aug - 29 Aug
	30 Aug - 05 Sep
	06 Sep - 12 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

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.

There are no forced single supplement on this trip. A single supplement is available on request if you prefer to have your own tent.

the trip

Take in the alpine scenery as we hike through the majestic landscapes of the Canadian Rockies. This seven-day guided camping adventure brings you to some of Canada's most iconic panoramas, and all you need to carry is your daypack. Led by an experienced local guide, our small group makes its way to the designated campsite close to the world's famous Icefields Parkway. Travelling through jaw-dropping mountains with lightly spruce scents floating around, we experience some of the best trails of Banff and Yoho National Parks. This tour is perfect for the avid camper and hiker looking for immersive nature adventures. We will stop by waterfalls, turquoise lakes, canyons, and the Columbia Icefield as we hike through beautiful trails and alpine meadows. Be sure to keep an eye out for wildlife each day as many animals like black bears, bighorn sheep, mountain goats, elk, marmots, and more call this area home.

about your leader/escort

Two local guides will accompany the group throughout the itinerary. The leaders are highly experienced, have strong local knowledge and a love and understanding of their region.

at a glance

DAY 1	WELCOME TO CALGARY
DAY 2	HIKE AROUND LAKE LOUISE & MORaine LAKE (~15KM/9.3MI +/- 700M/2,297FT)
DAY 3	TO ICEFIELDS PARKWAY & WILCOX PASS HIKE (~10KM/6MI +/- 400M/1,300FT)
DAY 4	IN TOTAL "YOHO" (~12KM/7.5MI +/- 500M/1,640FT)
DAY 5	HIKE STANLEY GLACIER IN KOOTENAY NATIONAL PARK (~12KM/7.5MI +/- 600M/1,969FT)
DAY 6	KANANASKIS COUNTRY HIKE (10-12 KM/6.2-7.5 MILES)
DAY 7	TO CALGARY VIA BANFF

what's included

- 6 nights camping
- 6 breakfasts, 6 lunches and 6 dinners
- group camping equipment
- private transportation
- two experienced local guides
- all permits, sightseeing and National Park entrance fees

detailed itinerary

DAY 1 Welcome to Calgary

On arrival in Calgary, make your way downtown to our pick-up location for 1:45 PM. Members of our team will be picking you up around 2:00 PM. From there, we will start our 2.5-to-3-hour journey west towards our first overnight camp in the mountains. After setting up camp, the evening will be spent around the campfire discussing the trip and getting to know each other.

meals: D

DAY 2 Hike around Lake Louise & Moraine Lake (~15km/9.3mi | +/- 700m/2,297ft)

For your first full day in the Canadian Rockies, we follow in the footsteps of the Swiss mountaineers who helped shape the region's mountaineering history. We make our way to a historic alpine teahouse, a true piece of history showcasing a phenomenal view of the mountains and glaciers that encircle Lake Louise. Take a moment to soak in the world-renowned turquoise lakes and glacial views the region is known for.

meals: B,L,D



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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 to Moderate

This trip is designed for relatively fit walkers. There will be two guides to suit better travellers hiking preferences each day. Expect a slow and steady pace in a mountainous environment. Most days involve walking for up to 5 hours, but there are options for longer hikes on some days, depending on the group's fitness. Daily average distances will be around 12km/7.5mi).

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

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 3 To Icefields Parkway & Wilcox Pass Hike (~10km/6mi | +/- 400m/1,300ft)

Today, we will venture up the Icefields Parkway and hike Wilcox Pass (approx. 10 km/6mi, 2350m elevation) to get a one-of-a-kind view of the Columbia Icefield. The view from the top of Wilcox Pass provides the perfect backdrop as you learn about the relationship between rock and ice that ultimately shaped the expansive landscape in front of you.

meals: B,L,D

DAY 4 In total "Yoho" (~12km/7.5mi | +/- 500m/1,640ft)

An expression of awe or amazement in the Cree language, "Yoho" is the perfect word to describe today's adventure in Yoho Valley. Accompanied by breathtaking scenery, our hike takes us beside glaciers to one of Canada's tallest waterfalls, Takakkaw Falls. The vegetation passes from a mix of old-growth spruce forest, sub-alpine forest, alpine flowers and pristine meadows, surrounded by mountainous glaciated peaks.

meals: B,L,D

DAY 5 Hike Stanley Glacier in Kootenay National Park (~12km/7.5mi | +/- 600m/1,969ft)

Today we explore the pristine wilderness valley of Kootenay National Park. Since it has been free of railway development, Kootenay Valley remains protected by its National Park status and largely unspoiled by humans to this day. You'll learn more about the intense fires that have, in the past, passed through the area naturally, unhindered by human interference. Set off on Stanley Glacier Trail to wind up the valley to view sheer mountain walls, monumental peaks, and the impressive glacial mass that is the namesake of the trail itself. During your hike, you'll approach the "Burgess Shale", an ancient sea bed where several of the most well-preserved fossils have been found.

meals: B,L,D

DAY 6 Kananaskis Country hike (10-12 km/6.2-7.5 miles)

What could be better than a hike off the beaten path? We set out for a little-visited alpine area by hiking the Chester Lake Trail. The hidden gem that you'll encounter today is a pristine lake at the foot of a massive mountain wall. Alpine meadow flowers accompany the dramatic scene, showcasing the beauty of the untamed wilds. Time permitting, you'll continue on to find unique and wonderful rock formations at the Elephant Rocks before your return for a final group dinner and a chance to warm your feet by the campfire for one final night.

meals: B,L,D

DAY 7 To Calgary via Banff

After breakfast, we leave camp and head back to Calgary, where the trip concludes. But before we part ways, we will stop in Banff to a breathtaking canyon to see ancient pictographs or soak in hot springs, time permitting. We then rejoin the city and make our way to Calgary Airport for your 2 pm drop-off.

meals: B,L

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. The Airport Shuttle Express provides a shuttle service between the airport and our downtown Calgary hotel. They have a counter at the arrivals level near gate C and operate the buses from Bus Bay #8.

The Allied Airport Shuttle cost is approx. C\$15 one way. A taxi is approx. C\$40 one way.

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



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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.

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. Summer days are temperate and long, with the sun setting late and rising early. July is the warmest month, with daytime temperatures around 22°C/72°F in the mountains. However at altitude, like in Banff, and Yoho National Parks temperatures can be cold at night and in the morning! In the Canadian Rockies, a cold front could be experienced even in the summer, lowering temperatures significantly.

a typical day

Please note that this trip involves a little participation. For example, putting up/taking down tents and helping with food prep and washing up.

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

There is a wide variety of accommodation available in 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), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

equipment required

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

getting there

BY AIR

The nearest international airport is Calgary International Airport (YYC). You can then take a shuttle bus to your hotel or the meeting point for the tour.

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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 not exclusive to Great Canadian Trails clients.

what's not included

- international airfares
- personal expenses
- sleeping bag (rental available)
- tips and gratuities
- travel insurance
- airport transfer to hotel on Day 1
- Applicable taxes of 5% when booking 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

social networking

Follow us on Facebook at <https://www.facebook.com/GreatCanadianTrails>, on Twitter at [@GreatCanTrails](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. 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.

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.

