

Diamonds in the Rough Best 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	10 days	Trip Code: SOG9163
Grade	Moderate	
Activities	Guided Hiking	
Summary	9 nights lodge/hotel	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

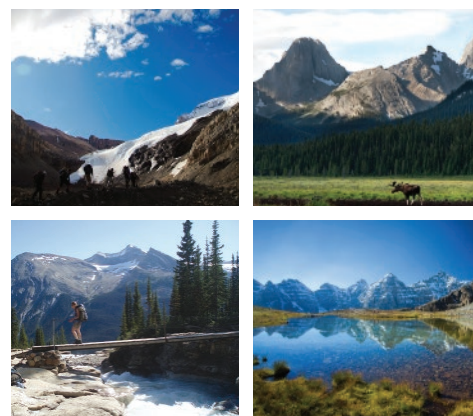
If you're ready to go further and dig deeper, we invite you to join us on the Diamonds in the Rough Best of the Rockies, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

We are Canadian, our team is highly-experienced, and our understanding of the land means carefully-crafted hiking, cycling, paddling, and winter adventures 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, showcasing communities along the way. Great Canadian Trails believes that the best way to experience a place is with a small group of like-minded individuals which allows for in-depth exploration and means a small environmental footprint. Travellers join our groups from all over the world. The common thread is a sense of adventure and a love for active, outdoor travel. Our exceptional local guides do not simply coordinate your activities; they will be with you every step of the way. Certified in wilderness first aid and committed to Leave No Trace principles, your holiday will be enriched by their leadership, intimate local knowledge, and passion for the region in which you are visiting. Our excellent safety record, outstanding service, and commitment to responsible and sustainable travel practices guarantee you unsurpassed value for money.

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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.

the trip

Explore the Canadian Rockies on a hiking adventure that goes beyond the busy routes. From the glacier-fed lakes of Waterton to the quiet trails of Kananaskis, and on to the dramatic peaks of Banff and Yoho, each day brings a fresh perspective and striking scenery. With expert local guides, daily hikes to alpine passes and scenic valleys, and comfortable lodge stays each night, this trip is ideal for active travellers seeking quieter trails and a deeper connection to Canada's wild landscapes.

about your leader/escort

When you join this Diamonds in the Rough Adventures (DITRA) partner trip, you will be accompanied by experienced Diamond coach, and become part of a dedicated team of women, training and hiking together to maximise everybody's enjoyment and success.

Your Diamond Coach will train and support your team in your preparation. This exclusive DITRA itinerary is tailored to exactly what women want and everything is included.

Knowing who you're on the trip with ensures that your teammates are perfectly prepared and fit for the adventure (that means you must be, too!). Everyone is expected to commit to Trek Training and the preparation hikes as advised by your coach. A private Trip WhatsApp group will allow you to connect directly with your team as well as give you direct access to your coach. World Expeditions staff are responsible for delivering your extraordinary experience during your adventure. Please direct all pre, mid and post trip feedback to World Expeditions. Your Coach is not the tour operator, guide, navigator or first aider.

at a glance

DAY 1	ARRIVE IN CALGARY
DAY 2	WATERTON LAKES NATIONAL PARK
DAY 3	GOAT LAKE
DAY 4	CRYPT LAKE
DAY 5	TRANSFER TO KANANASKIS
DAY 6	KANANASKIS HIKE AND TRANSFER TO CANMORE
DAY 7	KOOTENAY NATIONAL PARK
DAY 8	LAKE LOUISE
DAY 9	YOHO NATIONAL PARK
DAY 10	TRANSFER TO CALGARY

what's included

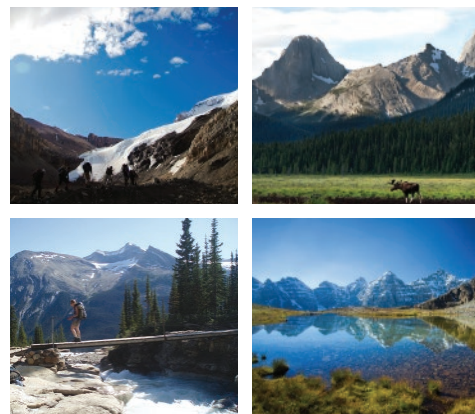
- meals as indicated
- professional guides
- twin share accommodation in generally 3-star central hotels and lodges
- private transportation
- national park entry fees and sightseeing as indicated
- return transfers from Calgary
- trip escorted by a Diamonds in the Rough coach

what's not included

- airfare and transfers not indicated in the itinerary
- items of a personal nature
- travel insurance
- tips and gratuities
- applicable taxes

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trip dates

2026 28 Aug - 06 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.

thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. 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. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

detailed itinerary

DAY 1 Arrive in Calgary

Arriving into Calgary, the gateway to Canada's majestic Rockies, your adventure begins. For those joining the group flight, you'll be met and transferred to your hotel, where a welcome briefing in the evening sets the tone for the days ahead. We'll review plans, check gear and pore over maps of the area. To ensure a smooth start, plan to arrive by 4pm.

Overnight: Hilton Garden Inn, Calgary
meals: NIL

DAY 2 Waterton Lakes National Park

Our journey ventures south the next morning, through the foothills of Alberta to Waterton Lakes National Park. After a relaxed lunch, we stretch our legs on the first hike—a scenic trail leading us to Summit Lake. A series of gentle switchbacks rewards us with the sweeping mountain vistas that define this region. The day is rounded out with warm hospitality at our lodge in Waterton.

Elevation Gain: 300m. Distance: 8km. Duration: 3-4hrs
Overnight: : Waterton Lakes Lodge Resort
meals: B,L

DAY 3 Goat Lake

Today's hike to Goat Lake offers a varied trail that begins with an easy 4km meander before ascending into alpine terrain rich with mountain views. With plenty of time to soak in the surrounds, we ascend steadily—perhaps catching sight of the lake's namesake goats or the trout-filled waters shimmering below us.

Elevation Gain: 400m. Distance: 13km. Duration: 5-6hrs
Overnight: Waterton Lakes Lodge Resort
meals: B,L

DAY 4 Crypt Lake

This is the perfect hike to finish this leg of the trip. A boat ride across Waterton Lake brings us to the start of the Crypt Lake Trail—often rated among Canada's best. As we gain elevation, the path reveals dramatic cliffs and waterfalls. We climb a short iron ladder and from there scramble through a 25m long tunnel leading us to beautiful Crypt Lake, set at 1945m (6380ft) on the US-Canada border.

Elevation Gain: 700m. Distance: 17km. Duration: 6-8hrs
Overnight: Waterton Lakes Lodge Resort
meals: B,L

DAY 5 Transfer to Kananaskis

Waking in Waterton, we begin the next leg of our journey with a scenic transfer to Kananaskis, a quieter gem nestled against the eastern ranges of the Rockies. Once settled at Pomeroy, you may want to book yourself into the Kananaskis Nordic spa for some R&R before the next leg of the trip begins. If time allows, there will be the option of a short hike to the cascading Troll Falls.

Overnight: Pomeroy, Kananaskis
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 or 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. 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 6 Kananaskis hike and transfer to Canmore

The road to Canmore isn't just a transfer—it's a journey through Spray Lakes, one of Alberta's most scenic drives. Halfway through we stop to stretch our legs on one of two classic trails—either Chester Lake or Burstall Pass. These trails offer elevation, alpine meadows and a chance to get truly immersed in the clean, dry air of the higher Rockies.

Elevation Gain: 350-450m. Distance: 10-15km. Duration: 3-5hr

Overnight: Pocaterra Inn, Canmore

Driving distance: 110km; Duration 2.5hr

meals: B,L

DAY 7 Kootenay National Park

Today's hike takes us into Kootenay National Park and 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. With a bit of free time in the afternoon, we'll stop in the famous town of Banff for some wandering and shopping time.

Elevation Gain: 500m. Distance: 10km. Duration: 4-5hr

Overnight: Pocaterra Inn, Canmore

meals: B,L

DAY 8 Lake Louise

After a hearty breakfast, we journey to the turquoise jewel of Lake Louise, where alpine hiking meets postcard perfection. Options include the beloved Lake Agnes Teahouse walk, the longer Plain of Six Glaciers trail, or a loop combining both—each offering a rich immersion in the towering beauty of this UNESCO-protected wilderness.

After our hike we'll head towards Lake Louise Village for the evening.

Elevation Gain: 400m. Distance: 18km. Duration: 6-8hr

Overnight: Lake Louise Inn, Lake Louise

Driving distance: 100km; Duration 1hr

meals: B,L

DAY 9 Yoho National Park

On our final full day, we face a welcome dilemma: hike the switchbacks up from Moraine Lake to Sentinel Pass, or explore the dramatic alpine shelf of the Iceline Trail in Yoho National Park. Both rank among the best hikes in the Canadian Rockies, and either will be a fitting conclusion to our trip. At the end of today, we'll come together for a final farewell meal to celebrate our trip.

Elevation Gain: 750m+. Distance: 12km+. Duration: 6-8hr

Overnight: Lake Louise Inn, Lake Louise

meals: B,L,D

DAY 10 Transfer to Calgary

The adventure wraps up this morning with a return transfer to Calgary after breakfast.

Please don't book a flight out before mid afternoon.

meals: B

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

country information

Canada stretches across an immense and captivating landscape—spanning 7,700km (4,775mi) from the Atlantic to the Pacific, and 4,600km (2,850mi) from the US border to the edge of the Arctic. Despite its vastness, it remains one of the world’s most sparsely populated nations, making it a haven for those seeking wild, wide-open spaces. The country’s natural diversity is staggering: hike among the towering peaks of the west, wander the sweeping prairies, paddle the pristine waters of Ontario’s Great Lakes, or explore the charming coastal fjords and tidal extremes of the Maritimes. In every direction, Canada rewards the adventurous with unforgettable encounters and landscapes few others reach.

climate

Weather in the Canadian Rockies can be as dramatic and varied as the landscapes themselves. While summer days (June to early September) are typically warm and sunny, mornings and evenings—especially at higher elevations like Banff, Yoho and Jasper—can still be quite chilly. In spring and autumn, cooler starts to the day are common, though the sun often warms things quickly. Regardless of the season, it’s not unusual for a sudden cold front to roll through, even in the height of summer, bringing a brisk change in temperature. We recommend packing for a full range of conditions—layers are key to staying comfortable in the unpredictable mountain environment.

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

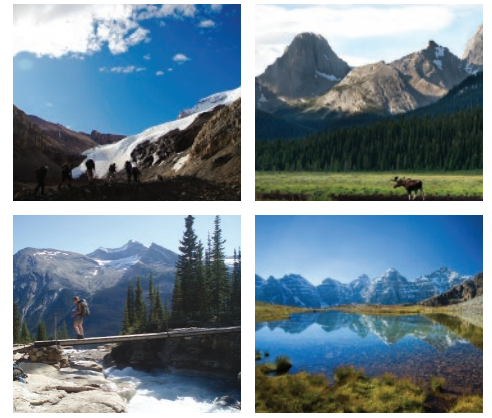
Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we 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.

accommodation on the trip

We use a standard for hotels and lodges of generally a 3-star rating for this hiking tour. Rooms are shared (twin occupancy) with private facilities. No single supplement applies unless you wish to guarantee a single room for yourself in which case an additional charge will be applied to your booking. Please note that the price of accommodation in the Rockies has increased dramatically in the past few years. To keep tour pricing reasonable, the lodging we use is fairly simple compared to some of the far more expensive properties. The trip is more about the wilderness than the accommodation and while simple, expect clean, comfortable and fit for purpose lodgings.

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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

A comprehensive gear list is provided in the pre-departure information provided on booking.

visas

Most travellers entering Canada will either need a visitor visa or an Electronic Travel Authorization (eTA) for visiting or transiting by air. Please visit <https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada.html> for a full list of nationalities who require an eTA and for a list of nationalities who require a visa. This is also where you can apply for an eTA. Applying for an eTA is inexpensive and is a simple online process that takes just a few minutes. You will need your passport, a credit card, and an email address. An eTA is electronically linked to a traveller's passport and is valid for up to five years or until the passport expires, whichever comes first. If you get a new passport, you need to get a new eTA.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

how to book

To book a World Expeditions 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.