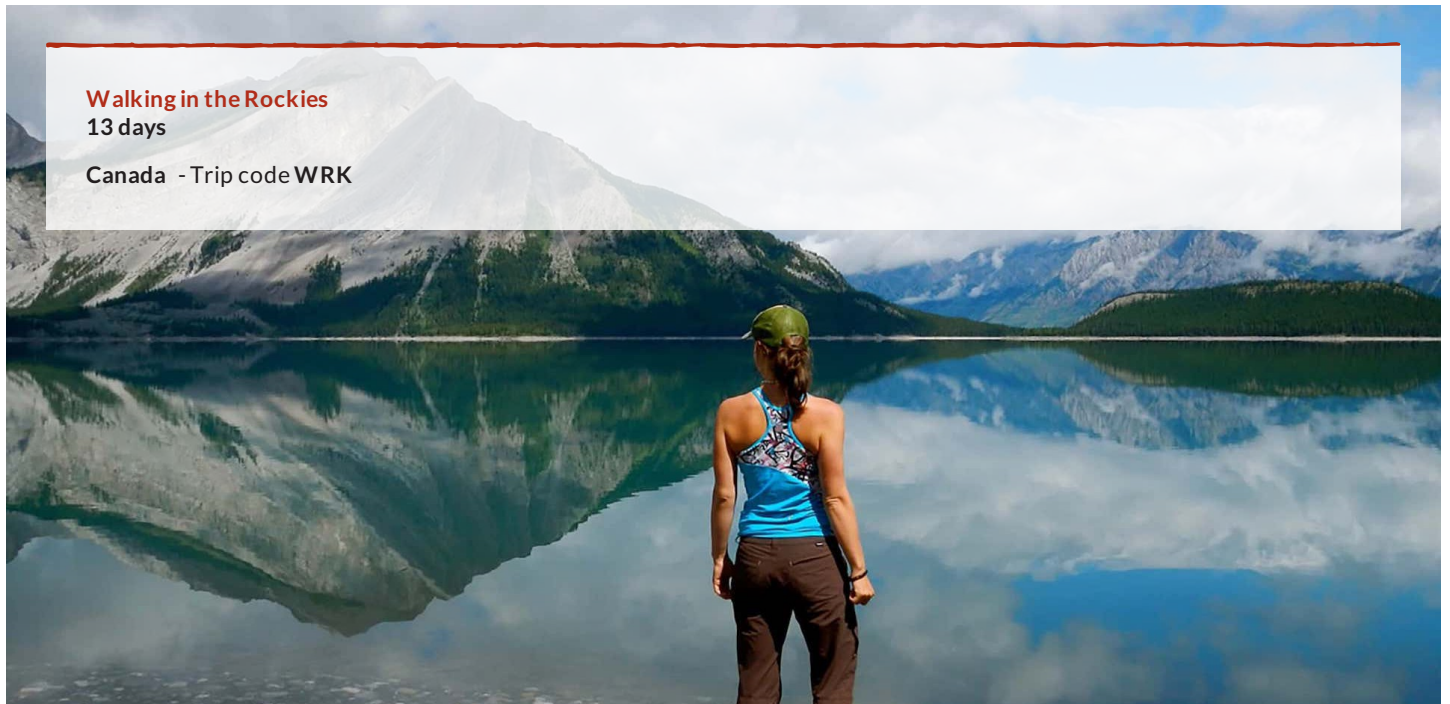


# EXPLORE!



## Walking in the Rockies

13 days

Canada - Trip code WRK

## Walking in the Rockies

Enjoy hiking in some of the most beautiful scenery on earth - the spectacular and rugged Rocky Mountains. Visit stunning national parks, including Kootenay, Yoho and Jasper discovering unspoilt views of jagged mountain peaks, glaciers and waterfalls as we explore on foot. The trip concludes in Banff, the oldest national park and one of the country's most spectacular wilderness areas.

## Trip highlights

### ACCOMMODATION GRADE:

#### Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

### WALKING GRADE:

#### Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

**GROUP SIZE:**

**8 - 12**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

## DAY 1 - Join trip Calgary

Arrive Calgary and check-in at hotel. Home to the world renowned Calgary Stampede, this most dynamic of cities is a rich fusion of modern architecture and traditional heritage, where the pioneering history of the Canadian west is woven into everyday life. You may have some free time today to explore the city and soak up the friendly ambience of this spectacularly located community. Filled with museums, shops and cafes, the centre of the city is a great place to just wander and take in its majestic setting against the backdrop of those ever present mountains.



**Accommodation: Ramada Downtown Calgary** (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

## DAY 2 - Drive to Banff; hike Kananaskis Lookout Trail

To the west of Calgary lie the stunning landscapes of Kananaskis Country, Alberta's breathtaking mountain playground. Driving out of the city we head along the Trans-Canada Highway (Highway 1) towards the Peter Lougheed Provincial Park. This landscape is home to bears, elk, moose and mountain lion and we plan to hike out along the Kananaskis Lookout Trail later this morning, a four hour, 12 kilometre trail that takes us through the forest and up to a fire lookout point that offers us some spectacular panoramas across the park.



**Accommodation: Tunnel Mountain Village Campsite** (or similar)



Simple Camping



Meals Provided: Lunch & Dinner

## DAY 3 - Hiking in the Kananaskis Valley. Optional scenic helicopter flight

Today we continue our exploration of the mountain landscapes of the beautiful Kananaskis Valley, making our way through the forests and willow flats of the Burstall Pass Trail. The 15 kilometre trail climbs steeply, heading towards a patchwork of alpine meadows and the Burstall Pass, a five hour hike that takes us up to a viewpoint that, on a clear day, offers views out towards Mount

Sir Donald to the south, Mount Birdwood to the north and the peaks of Mount Galatea, The Fortress and Mount Chester. There is also an option today to take a scenic helicopter flight across this spectacular vista.



**Accommodation: Tunnel Mountain Village Campsite** (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

## DAY 4 - Hiking on the Edith and Cory Pass Trail

We continue hiking in the Banff region today with a route that takes us on the Cory and Edith passes. An often overlooked gem in the area, just 5 minutes from Banff's town centre, this route offers heart pounding ascents (around 900m gain), well worn switchbacks, dense forest and stunning alpine views. This 15km loop trail take us up to the Cory Pass - considered by many to be the most spectacular hike along the Bow Valley Parkway - around Mt Edith and past Mt Louis; easily noted by the towering grey slabs of limestone that form its east face; before returning back to the trailhead on the Edith Pass.



**Accommodation: Tunnel Mountain Village Campsite** (or similar)



Simple Camping



Meals Provided: Breakfast & Lunch

## DAY 5 - Morning drive to Kootenay N.P. Hike the Stanley Glacier Trail

Our next destination is Kootenay National Park, one of four protected reserves that form the Canadian Rocky Mountain Parks. On arrival we take a hike along the scenic Stanley Glacier Trail, a moderate nine kilometre trail that follows a series of switchbacks through a huge burn area that is covered in wildflowers and lodgepole pine, before crossing the creek and meandering our way towards the open expanse of the Stanley basin. After the obvious evidence of fire presented to us on the lower part of the trail, this later section offers us the contrasting views of the Stanley Glacier and its meltwater run-offs. After our hike we make our way to our campsite for a two-night stay.



**Accommodation: Redstreak Campground** (or similar)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 6 - Hike the Kindersley Pass-Sinclair Creek Trail. Optional visit to Radium Hot Spring

Continuing our exploration of Kootenay National Park this morning, we begin our hike on the Kindersley Pass Trail, heading up towards the Kindersley-Sinclair summit, where we join the Sinclair Creek Trail. In total we will be walking for some 16.5 kilometres today, gaining over 1055 metres during our 6-7 hour hike. Passing through forests of Douglas fir, the trail is dappled with wild roses, blue clematis and yellow columbine, and as we reach the 2395 metre Kindersley-Sinclair Pass we will hopefully be rewarded with some spectacular views of Mounts Sinclair and Kindersley, as well as the Devil's Tooth. Later we have the option to pay a visit to the Radium Hot Spring, Canada's largest hot springs pool.



## Accommodation: Redstreak Campground (or similar)



Simple Camping



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 7 - Optional visit to the Kicking Horse Grizzly Bear Refuge or rafting on the Kicking Horse river; drive Lake Louise walk round the lake

This morning we drive to Golden where we have an opportunity to pay a visit to the remarkable Kicking Horse Grizzly Bear Refuge (optional). Set up in 2003 this important centre for conservation and research is the largest protected grizzly bear refuge on earth and affords a unique opportunity to witness a grizzly interacting much as it would in the wild. A scenic gondola ride takes us up to the Interpretative Centre, where we can learn more about the life of these magnificent bears from one of the centre's resident naturalists. Another option for today is to take a rafting trip down the Kicking Horse River. From here we continue on to Lake Louise, home to one of the most photographed glacial lakes in Canada. On arrival we will take a walk around this beautiful body of water, perhaps with time to stop for a drink at the historic and imposing Chateau Lake Louise.



## Accommodation: Lake Louise Alpine Centre (or similar)



Simple Hostel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 8 - Transfer to Yoho National Park, hike the Iceline Trail and visit Takkakkaw falls

From our base in Lake Louise we drive out today to Yoho National Park on the British Columbia/Alberta border. The park is home to a seemingly endless spectacle of thundering waterfalls, glacial lakes, snow-capped mountain peaks and deep silent forests, presenting us with some of the most dramatic landscapes anywhere in the country. So inspired were the local tribes by the beauty of this country that they christened the area 'Yoho', meaning 'awe and wonder'. On our walk today we will get to see much of this wonderful landscape when we head out along the Iceline Trail, a dramatic, alpine track that traverses a landscape of rock and ice up to the spectacular Takakkaw Falls. Taken from the Cree word for 'magnificent', the falls are fed by the Daly Glacier and, at 309 metres are the second highest falls in Canada. Today's trek should take us around six or seven hours to complete and is considered by many to be one of the most spectacular hikes in the Rockies.



## Accommodation: Lake Louise Alpine Centre (or similar)



Simple Hostel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 9 - Drive along the Icefield Parkway and hike the Wilcox Pass; optional Ice walk or Sky Walk

This morning we'll drive along the celebrated Icefields Parkway, a breathtaking spectacle of lush coniferous forests, immense mountains, turquoise lakes and humbling glaciers. Our journey takes us into the landscapes of Jasper National Park and up to the Columbia Icefield, site of the most accessible glacier in North America. From here we will hike up to Wilcox Pass, a glacier scoured trail that during the brief summer season is blanketed in wild flowers and anemones. The 11 kilometre round trip will take us around

three hours and offers some outstanding views of the Columbia Icefields. There will even be an opportunity today to take an optional ice walk on the glacier.



**Accommodation: Whistler Campground** (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

## DAY 10 - In Jasper National Park; hike the Bald Hill Trail

We continue our exploration of Jasper National Park today as we head out to hike the Bald Hills trail. The start of the trailhead is situated at Maligne Lake and, once on the trail, you will be offered some of the finest views of the lake in the region as well as the glaciated peaks to the east. The trail meanders through a protected caribou range and is around 12km round trip, with just under 500m of height gain.



**Accommodation: Whistler Campground** (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

## DAY 11 - In Jasper National Park; hike the Edith Cavell Trail

Our last hike in Jasper National Park today takes us onto the Edith Cavell Trail. Mount Edith Cavell was named in 1916 after an English nurse who was executed by the Germans in World War I for having helped allied soldiers escape from occupied Belgium. The mountain is easily viewed after a short way into our hike we reach Cavell Meadows. Also viewed from this area is the Angel Glacier which flows down the north face of Mt Edith Cavell and is named as such due to its appearance of an angel with outstretched wings. Named in the 19th century when it was much larger, the glacier is slowly melting and will soon no longer have its distinctive appearance. A moderate hike of around 6km to finish our time in Jasper.



**Accommodation: Whistler Campground** (or similar)



Simple Camping



Meals Provided: Breakfast & Lunch

## DAY 12 - Drive to Banff; hike on Parker Ridge. Visit Banff and optional hot springs visit

We transfer this morning to Banff along the last of the Icefield Parkway. Set in the heart of the Canadian Rockies and site of the country's oldest national park, Banff is an expansive wilderness of some 6641 square kilometres, encompassing a stunning landscape of spectacular mountain vistas, alpine meadows and crystal lakes. One of the country's most spectacular wilderness areas, it is home to nearly 60 different species of mammals, including grizzlies, black bears, wolverines, marmots and moose. It can also boast some 280 species of birds including golden eagles, ospreys and white-tailed ptarmigan. Our final day in the Rockies takes us on a shorter, but no less spectacular, trail, Parker Ridge. The trail takes a steady upwards direction (250m of ascent) to get you to the top of the ridge and above the tree line. From the top of the ridge you will get great views of the Saskatchewan Glacier, stretching up the valley that it has carved out over thousands of years. Leaving behind this beautiful region we return to Banff to explore the town and there will also be a chance to pay an optional visit to the Hot Spring.



Accommodation: Rocky Mountain Ski Lodge (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

## DAY 13 - Trip ends Calgary Airport

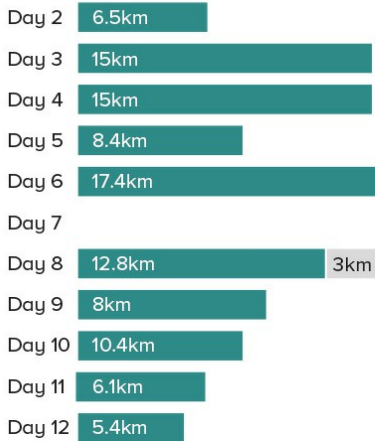
We drive to Calgary after breakfast this morning. Calgary is one of Canada's most dynamic destinations and today we have an opportunity to explore a little of the city en route to the airport, where our trip ends.



Meals Provided: None

# Walking and Trekking information

### DAILY DISTANCES



Optional Walks

### Walking grade

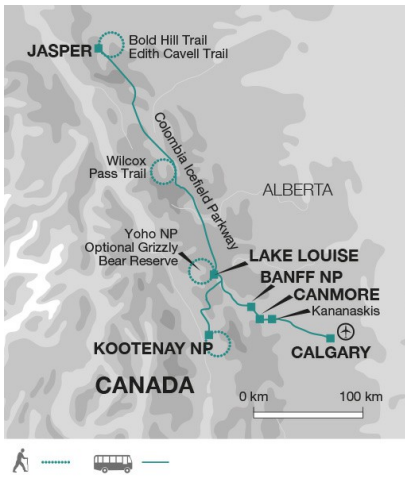
Moderate

### Trek details

We walk on 10 days of this trip with between 3 and 7 hours walking each day. Our trek grade for this trip is moderate.

### Max walking altitude (m)

2650



## What's included?



### Included meals

Breakfast: 10  
Lunch: 11  
Dinner: 8



### Transport

Maxiwagon



### Trip staff

Explore Tour Leader / Driver



### Accommodation

8 nights simple camping  
2 nights simple hostel  
2 nights standard hotel

## Trip information

### Country information

### Canada Trips

#### Climate

May-Sep is the best time to visit, when the weather is usually warm, dry and pleasant. Temperatures can be a little cooler on the coast and in the mountains; rain can be expected at any time. Early in the season, there can be snow in some areas which may limit walking possibilities.

#### Time difference to GMT

-7

#### Plugs

2 Pin Flat

#### Religion

Roman Catholic, Protestant

#### Language

English and French

## Budgeting and packing

### Optional activities

There are a number of exciting optional excursions you can do on your trip. These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract. Banff - Gondola CAN\$ 42; Hot Springs CAN\$ 7.30; Canoeing on the Bow River CAD\$36 (1hr) CAD\$56 (2 hrs) Jasper - Skytram CAN\$ 40; Maligne boat tour CAN\$ 70; Rafting trip CAN\$ 70-90 Athabasca Glacier - Snowcoach CAN\$ 60; Ice walk CAN\$ 95 Wells Gray - Canoeing CAN\$ 110 (including lunch) Whistler - Tree Trek - CAN\$ 41; Rafting CAN\$ 95 (\$ 65 for 6-16yr olds) Zip line CAN\$ 109; Gondola CAN\$ 50 Vancouver Island - Whale Watching (3 hours) CAN\$ 99 (6 hours) CAN\$ 126; Sea Kayaking CAN\$ 90 (4 hours); Bear Viewing CAN\$103 Kananaskis - Helicopter Tour 20 min ride, CAD\$198.50, include a 1 hr wilderness stop for CAD\$69 + 5% taxes. Lake Louise - Canoe rental CAD\$30 per hour Kootenay - Radium Hot Springs CAD\$7 Kicking Horse - Grizzly Bear Reserve CAD\$35, Rafting CAD\$115 (without barbecue) CAD\$125 (with barbecue) All optional excursion costs are subject to change at the discretion of the local supplier.

### Clothing

Include some long-sleeved shirts; warm clothing for chilly nights in the mountains is essential as is a good waterproof jacket. Also bring swimwear, sunglasses and a sun hat.

### Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. Some footwear that you don't mind getting wet is essential for whitewater rafting or canoeing. 10 We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

### Luggage

15Kg

### Luggage: On tour

One main bag - don't overload yourself. You will also need a daypack for walking and personal items as your main luggage cannot be accessed during the day.

### Equipment

Sleeping mats are provided. Bring a sleeping bag (3 season, up to -7C), water bottle, torch, sunblock and insect repellent. Binoculars might also be useful.

### Tipping

#### Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

#### Local crew

In North America tipping 15%-20% is a recognised part of life across the service industry, including restaurants, activity suppliers, taxis and guides. Local staff will look to you for personal recognition of particular services provided. Unlike other Explore trips, during our trips in North America our Explore leaders will not operate a tips kitty. However, they will be more than happy to provide guidance throughout the trip on who to tip when and to suggest appropriate amounts.

### Country Information

#### Canada Trips

##### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

**Lunch price**  
£13.00



**Dinner price**

£20.00

**Beer price**

£3.00

**Water price**

£1.10

## Foreign Exchange

**Local currency**

Canadian Dollars.

**Recommended Currency For Exchange**

Bring your money in Canadian Dollars or US Dollars cash or Travellers Cheques which can be used almost everywhere, although local stores are not keen to change anything over \$50.

**Where To Exchange**

Banks or 'Forex' offices in main towns/cities. Your tour leader will advise you on arrival.

**ATM Availability**

There are ATMs in the towns.

**Credit Card Acceptance**

Widely accepted just about everywhere.

**Travellers Cheques**

Canadian Travellers Cheques are the most convenient.

## Transport, Accommodation & Meals

### Transport Information

Maxiwagon

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

During your two nights at the Lake Louise Alpine Centre you will be sharing a (maximum) four bed dorm. All camping equipment is provided except a sleeping bag. Like many adventures of this type, much of the team spirit and camaraderie is developed through mucking in and helping out with basic camp responsibilities which will include the setting up and taking down of camp and the loading and unloading of the trailer. At some points you may also be asked to help with meal preparation, washing and clearing up. Be prepared for some early starts and some long days - there is an enormous amount to see!

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

## Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## Visa Information

Canada: (Including those in transit) Citizens of the UK, New Zealand, Australia and passport holders from several EU countries can enter Canada with an Electronic Travel Authorisation (ETA). An electronic travel authorisation (ETA) is required when flying into Canada or transiting via Canada. For more information and to apply see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>. Other nationalities should consult their local embassy or consular office. Please note you must also ensure you get an entry stamp when going through immigration on arrival. In most cases the border agents will provide this stamp automatically but if for any reason they do not provide one, please ensure you request one to ensure a smooth exit on departure. USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done online - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding. You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit) For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html> Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Maximum altitude (m)

2650

## Canada Trips

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

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