



Walking in the Canadian Rockies

CANADA - TRIP CODE WRK

WALKING AND TREKKING

Why book this trip?

Enjoy hiking in the awe-inspiring Rocky Mountains through some of the most beautiful landscapes on earth. Visit spectacular national parks to discover unspoilt wilderness and views of jagged mountain peaks, glaciers and waterfalls.

- **Jasper National Park** - Trekking on the Edith Cavell and Bald Hill trails
- **Banff National Park** - Enjoy picturesque trails in the World Heritage scenery of Canada's oldest national park
- **Kootenay National Park** - Trek the scenic Stanley Glacier Trail and hike to the Kindersley-Sinclair summit



INCLUDED MEALS
Breakfast: 10
Lunch: 11
Dinner: 8



TRIP STAFF
Explore Tour
Leader / Driver



TRANSPORT
Maxiwagon



ACCOMMODATION
8 nights simple
camping
2 nights simple
hostel
2 nights
comfortable hotel



WALKING GRADE:
Moderate



GROUP SIZE:
8 - 12

Itinerary

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

DAY 1 - Join trip Calgary

Arrive in Calgary, 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.

Due to the number of evening flights into Calgary, your Leader plans to do the welcome meeting on the morning of day two, and will leave a message in reception with details on timings and everything else that you'll need for the day. There are no activities planned today, so you are free to arrive in Calgary at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Calgary International Airport (YYC), which is around 20 minutes' drive.

If your flight arrives earlier in the day, perhaps you might like 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 Plaza Calgary Downtown (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL 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.

We plan to hike out along the Kananaskis Lookout Trail later this morning that takes us through the forest and up to a fire lookout point. This offers some spectacular panoramas across the park to a sea of trees, barren peaks, wide valleys and large lakes.

A note on our campsites: all sites used throughout the trip have toilet and shower blocks, and are in beautiful natural locations. You'll help to set up and break camp, as well as loading and unloading the trailer. Meanwhile, your tour leader will cook you up some tasty food in the evenings. Some campsites include launderette and kitchen areas, and others have space for barbecues and fire pits.

Today's 12 kilometre walk is expected to take around four hours with 420 metres of ascent.



ACCOMMODATION:
Banff Camping (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: LUNCH & DINNER

DAY 3 - Hiking in the Kananaskis Valley.

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 wide trail climbs steeply, heading towards a patchwork of alpine meadows, passing Burstall Lakes. Crossing Burstall Creek we continue through a wildflower alpine meadow ascending to the viewpoint. On a clear day will be

rewarded with 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.

Today's 15 kilometre walk is expected to take around five-and-a-half hours with 475 metres of ascent.



ACCOMMODATION:

Banff Camping (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Hiking on the Edith and Cory Pass Trail

We continue hiking in the Banff region today. 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.

Today's route that takes us on the Cory and Edith passes. An often overlooked gem in the area, just five minutes from Banff's town centre, this route offers heart pounding ascents (around 900 meters gain), well worn switchbacks, dense forest and stunning alpine views. Today's 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. The trail climbs steadily into Cory Pass where natural rock pillars guard the way. Eventually the trail will become a wide and gentle path covered with pine needles, we return back to the trailhead on the Edith Pass.

Today's 13 kilometre walk is expected to take around six-and-a-half hours with 915 metres of ascent.



ACCOMMODATION:

Banff Camping (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



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 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.

Today's nine kilometre walk is expected to take around three hours with 395 metres of ascent.



ACCOMMODATION:
Kootenay Campground (or similar)



Grade: 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. Passing through alpine meadows and forests of Douglas fir, the trail is dappled with wild roses, blue clematis and yellow columbine. As we reach the 2,395 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.

Today's 16 kilometre walk is expected to take around six-and-a-half hours with 1,055 metres of ascent.



ACCOMMODATION:

Kootenay Campground (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Optional 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 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.

During your two nights at the Lake Louise Alpine Centre the hostel rooms are all multi-share, with shared bathroom facilities. You will be in the smaller 4 bed dorms, which we will endeavour to keep private and same-sex where possible, although there may be other travellers outside of the group. The hostel is simple, but sociable - facilities include a living room and kitchen where meals will be cooked for the group.



ACCOMMODATION:

Lake Louise Alpine Centre (or similar)



Grade: 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 13 kilometre trek on the Iceland Trail is expected to take around six-and-a-half hours with 695 metres of ascent, it is considered by many to be one of the most spectacular hikes in the Rockies and is graded as moderate to challenging. This is the shortest version of the hike with other options to include the full circuit via Little Yoho (20.8 kilometres) or via Celeste lake (17.5 kilometres). The trip leader will present all the options and choose which would be the best depending on the fitness level of the group as well as the weather conditions.



ACCOMMODATION:

Lake Louise Alpine Centre (or similar)



Grade: Simple Hostel



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Drive along the Icefield Parkway and hike the Wilcox Pass

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, named for Walter Wilcox who was in the party that made the first recorded trip into the area in 1896. The glacier scoured trail is blanketed in wild flowers and anemones during the summer season. The trail offers some outstanding views of the Columbia Icefields and Atahbasca Glacier.

Today's eight kilometre walk is expected to take around three hours with 355 metres of ascent.



ACCOMMODATION:

Jasper Camping (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



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 meandres through a protected caribou range and is around 12km round trip, with just under 500m of height gain.

Today's 10.5 kilometre walk is expected to take around four-and-a-half hours with 480 metres of ascent.



ACCOMMODATION:
Jasper Camping (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



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 outswept 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.

Today's six kilometre walk is expected to take around three hours with 400 metres of ascent.



ACCOMMODATION:
Jasper Camping (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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

This morning we travel back to Banff along the last of the Icefield Parkway. 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 to the top of the ridge and above the tree line. From the top of the ridge we will get great views of the Saskatchewan Glacier, stretching up the valley that it has carved out over thousands of years. At 288 sq km the Columbia Icefield is the largest icefield south of the arctic circle. Leaving behind this beautiful region we return to Banff to explore the town where there will also be a chance to pay an optional visit to the Hot Spring before continuing to Canmore where we spend our final night.

Today's five-and-a-half kilometer hike is expected to take around two hours with 250 metres of ascent.



ACCOMMODATION:

Quality Resort Chateau Canmore (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 13 - Trip ends in Calgary

Departing from our hotel in Canmore after breakfast, we drive to Calgary, where our trip ends. We will arrive at the Ramada Hotel in Calgary at around 10am from here you will be transferred to the airport according to your flight departure time. If you would like to receive a complimentary airport transfer today, you need to depart from Calgary International Airport (YYC). The earliest your flight can depart is 1pm.

If your flight is departing later in the day, luggage storage facilities are available at the Ramada Hotel and you will have an opportunity to explore a little of the city on foot before travelling to the airport.





MEALS PROVIDED: NONE

Trip information

Climate and country information

Canada

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	Plugs	Religion	Language
-7	2 Pin Flat	Roman Catholic, Protestant	English and French

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

There are a number of exciting optional excursions you can do on your trip:

Banff - Gondola CAD\$ 65; Hot Springs CAD\$ 7.30; Canoeing on the Bow River CAD\$45 (1hr) CAD\$70 (2 hrs); Three Sisters Peaks Helicopter tour CAD\$ 129 (15mins); Royal Canadian Helicopter tour CAD\$ 259 (25mins); Mt. Assiniboine Helicopter tour CAD\$ 314 (30mins)

Kootenay - Radium Hot Springs CAD\$7.30; Rafting CAD\$92 for a half day, or CAD\$128 for a full day (class 1 to 3 rapids)

Kicking Horse - Rafting CAD\$128 (without barbecue) CAD\$143 (with barbecue) (option of class 2&3; class 2 to 4+; or class 4 rapids)

Lake Louise - Canoe rental CAD\$115 per half hour, CAD\$126 per hour

Jasper - Skytram CAD\$ 69; Maligne boat tour CAD\$ 72; Rafting trip CAD\$ 69-102 (option of class 2 or class 3 rapids); Miette Hot Spring CAD\$ 7.50

All optional excursion costs are subject to change at the discretion of the local supplier.

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. The weather conditions in the mountains can be changeable, and it can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier and warmer are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans. A waterproof jacket is essential at all times in case of rain and wind.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)

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.

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

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water.

Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking poles (if you usually use them)
- Personal toiletries
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Small waterproof dry bag (for items such as your mobile phone)

- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore
- Lunch bag/Tupperware (for packed lunches)
- Sleeping mats are provided
- Bring a sleeping bag (3 season, up to -7C). Sleeping bags can be hired in Canada for \$50CAD. Please request them when you book, or no later than 5 weeks prior to travelling. The \$50CAD can be paid to your Tour Leader upon arrival.

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between CAD\$7 to CAD\$14 per person per day as a guideline.

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.

Canada

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	Dinner price	Beer price	Water price
£13.00	£20.00	£3.00	£1.10

Foreign Exchange

Local currency

Canadian Dollars.

Recommended Currency For Exchange

Bring your money in Canadian Dollars or US Dollars cash 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.

Transport, Accommodation & Meals

Transport Information

Maxiwagon

Accommodation notes

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. This will include the setting up and taking down of camp, the loading and unloading of the trailer, meal preparation, washing and clearing up. Be prepared for some early starts and some long days - there is an enormous amount to see! All camping sites used throughout the trip have communal toilet and shower blocks, and are in beautiful natural locations. Your local tour leader will cook you up some tasty food in the evenings. Some campsites include launderette and kitchen areas, and others have space for barbecues and fire pits.

During your two nights at the Lake Louise Alpine Centre the hostel rooms are all multi-share, with shared bathroom facilities. You will be in the smaller 4 bed dorms, which we will endeavour to keep private and same-sex where possible, although there may be other travellers outside of the Explore group. The hostel is simple, but sociable - facilities include a living room and kitchen where meals will be cooked for the group.

Essential Information

Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

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.

Price Guarantee

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 and Passport Information

When travelling to Canada, you will need the following:

ETA - Citizens of the UK, New Zealand, Australia and passport holders from several EU countries can apply for an ETA here - <http://www.cic.gc.ca/english/visit/eta.asp> - other nationalities should consult their local embassy or consular office.

ESTA - only if transiting via the USA

Citizens of the UK, New Zealand, Australia and passport holders from several EU countries can apply for an ESTA here - <https://esta.cbp.dhs.gov> - you must have an electronic passport with a digital chip containing biometric information. If you have visited Libya, Iran, Iraq, Somalia, Sudan, Syria or Yemen since March 2011, or dual national of these countries, you cannot travel with an ESTA. In this case you will need to apply for a visa from the nearest US embassy or consulate.

I94 - The I94 is a history of entries and exits to the US. You can get this online here for \$6 - <https://i94.cbp.dhs.gov/i94/#/home> - as each i94 accessed is only valid for border crossings for 7 days, it is best to apply for this when in country - your Explore Leader will assist you with this.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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 receive a Free Transfer, provided you arrive and

depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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)

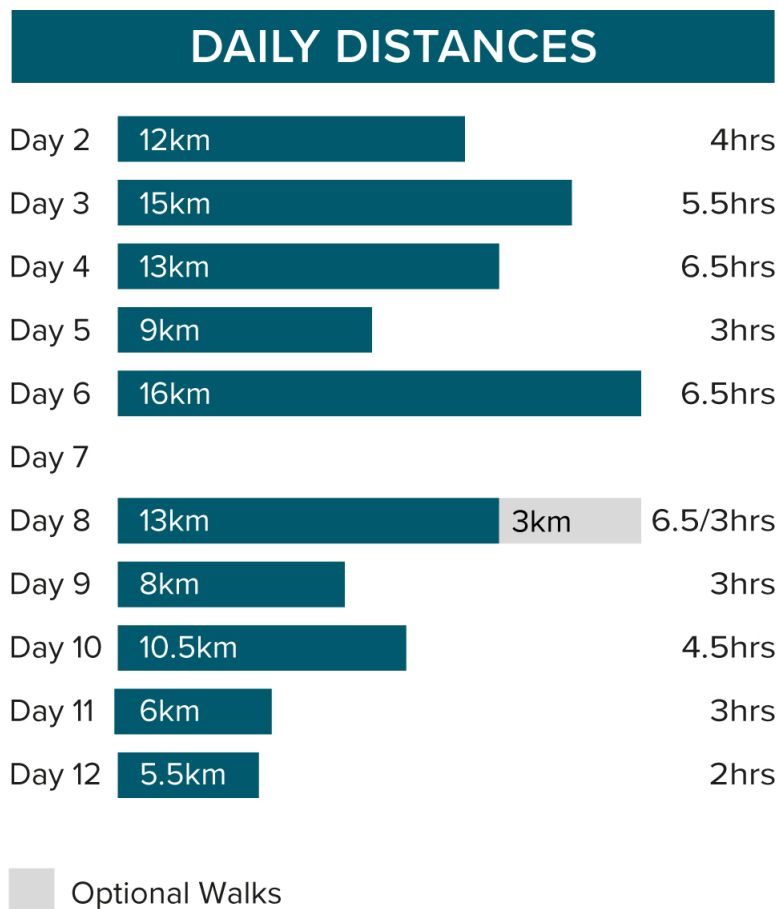
2650

Canada

Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Walking and Trekking information



Walking grade

Moderate

Trek details

Walks on 10 days for between 2 and 6.5 hours each day. The off-road trails are well-defined with some short steep ascents to viewpoints. Maximum altitude of 2,650m.

Max walking altitude (m)

2650

Additional Information



Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS