



HIKING AND CANOE – HOTEL AND CAMPING MIX

TOUR PK
HOTELS & CAMPING

A two-week combination of moderate day hikes and sightseeing in the Rocky Mountain National Parks while staying in comfortable hotels at night. Stunning vistas along the famous Icefields Parkway between Banff and Jasper are the backdrop for specially selected guided hikes. Then for the canoe trip down the untamed Athabasca River, away from busy tourist spots, we supply all equipment like tents, sleeping bags, mattresses, canoe bags and more for a safe and enjoyable journey.

Demands: easy to moderate mountain hikes with light day pack, always accompanied by the guide. After the training the canoe trip is suitable for novice paddlers with at least some very basic paddling skills.

Included:

- ✓ all transfers
- ✓ transportation in mini bus
- ✓ 8 nights in hotels (twin) with breakfasts
- ✓ 5 nights in spacious tents (2 pers./tent)
- ✓ welcome gift
- ✓ all meals while camping from dinner day 8 to lunch day 13
- ✓ admission to the National Parks.
- ✓ 5 days with 2-person canoe and required equipment
- ✓ sleeping bag and self-inflating mattress
- ✓ canoe bags in various sizes
- ✓ services of knowledgeable guide, who accompanies the group on all hikes.

Not included: personal equipment, not mentioned meals, gratuities.

White water rafting in Banff \$210.00, bike rental in Jasper \$50.00, trail riding in Jasper \$185.00 / 2 hrs.

Hotels: hotels are not necessarily as mentioned

Acclaim Hotel Calgary Airport
hotel in Banff, 2 nights
Lake Louise Inn, 2 nights
hotel in Jasper, 2 nights
Quality Hotel West, Edmonton

Length of tour: 14 days

All departures are guaranteed.



SEVEN GUIDED DAY HIKES USING THE MOST REWARDING TRAILS IN BANFF, YOHO AND JASPER NATIONAL PARKS

GOOD HOTELS WITH BREAKFASTS

NO BACKPACKING

EXPERIENCED GUIDES WHO TAILOR THE ACTIVITIES TO INDIVIDUAL ABILITIES

TIME FOR SIGHTSEEING AND RELAXING

FLEXIBLE ITINERARY WITH SMALL GROUP

CANOE TRAINING ON QUIET LAKE

GUIDED CANOE TRIP WITH 3 NIGHTS CAMPING ON DESERTED ISLANDS IN THE RIVER

2-PERSON CANOES AND CAMPING GEAR IS SUPPLIED

Group size: maximum 12 persons

Minimum age: 12 years accompanied by an adult for the canoe trip.

For dates and prices, please see price list or website.

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Tour PK

Day 1: CALGARY - Transfer from the airport to your hotel. Meet the guide for pre trip information in the hotel.

Day 2: BANFF NATIONAL PARK - After breakfast you board the bus for the drive through ranch country in the foot hills into Banff National Park. After an orientation drive of the surrounding area, you check into the hotel in this lively little holiday town of Banff for the next two nights. Now it is time for the first hike along the shores of Minnewanka Lake or on one of the many mountain trails near Banff. Hiking time 2 – 3 hours.

Day 3: BANFF NATIONAL PARK - On a full day hike you explore passes above the tree line and alpine meadows. For example, 7.5 km with 725 m gain (4.6 mi, 2414 ft) to a small lake and possibly 2 km further into the pass at 2470 m (8225 ft). After the hike you might want to relax in the warm sulphur pool or walk along the busy streets of Banff with its many stores and visitors from around the world. Hiking time 5 – 7 hours.

Day 4: LAKE LOUISE - It is only a 90-minute drive into the picture postcard scenery surrounding Lake Louise. The guide suggests the 3.5 km (2 mi) path with 400 m gain (1325 ft) to the historic tea house by an alpine lake. Here a network of easy to demanding trails is tempting you to go further and higher. For example, the 15 km (9.3 mi) circuit into the Plain of Six Glaciers or a 2.5 km (1.6 mi) climb with 515 m (1705 ft) gain to a summit with exceptional views of nearby peaks and distant landscapes. Hotel in Lake Louise. Hiking time 3 – 5 hours.

Day 5: LAKE LOUISE - There is opportunity for a great white-water rafting trip on the Kicking Horse River. Of course, hiking is always an alternative. Among the choice of trails, the guide would like to show you is an 18 km (11 mi) circuit through two flower decorated passes at 1830 m and 2180 m (6093 ft and 7250 ft) and spectacular views of Emerald Lake. The Natural Bridge, Takakkaw Falls, Spiral Tunnel are other attractions of Yoho Park. Hiking time 6 hours.

Day 6: JASPER NATIONAL PARK - Frequent stops and short excursions along the Icefields Parkway on your way into the heart of the Rockies. Famous names like Peyto Lake and Bow Summit. At the Columbia Icefields huge glaciers spawn rivers, which eventually reach three different oceans. Saskatchewan Glacier is best viewed from far above after hiking 2.5 km (1.6 mi) to a windy ridge at 2260 m (7525 ft). Then on to Jasper and the hotel in this small mountain town. Hiking time 2 hours.

Day 7: JASPER NATIONAL PARK - So many possibilities, swimming and a picnic at Pyramid Lake, mountain biking, trail rides, canoeing and more. Or join the guide for a side trip to Maligne Lake and a 8 km (5 mile) loop hike with 460 m gain (1532 ft) into the hills above tree line at 2150 m (7160 ft) elevation and possibly all the way to the 2790 m (9290 ft) peak overlooking this beautiful lake. Hiking time 2 – 6 hours.

Day 8: JASPER NATIONAL PARK - Mighty Athabasca Falls count among the attractions of this park. Trails near the Columbia Icefields start at tree line and are especially rewarding thanks to their magnificent views of the glaciers and surrounding ranges. Here you hike 8 km (5 mi) with 335 m (1155 ft) gain into a pass at 2375 m (7980 ft). You return to Jasper for the camping part of your holiday. You receive your tent, sleeping bag and self-inflating mattress and spend this night on a campground. All camping meals from this evening to the end of the canoe trip are included. Hiking time 2 – 3 hours.

Day 9: CANOE TRAINING - You walk along Maligne Canyon, the river roaring through the narrow gorge, up to 50 m (165 ft) below you. Now a short drive to a generously laid out campground in the foothills. Here you might meet other adventurers and a new guide for the canoe trip. During the canoe training on a quiet lake, you learn the basic paddle strokes and safety precautions. You receive tips regarding personal equipment, work sharing of the crews and conduct in the wilderness. The selected river stretches can be mastered by novice paddlers with at least some basic paddling skills, but the current, numerous rapids, and gravel bars demand constant vigilance. Even advanced canoeists find plenty of challenge in this wilderness setting. Safety and the comfort of the participants are the main concerns of the guide.

Days 10 to 12: ON THE RIVER - Not needed luggage may stay in safe keeping. Now you start the canoe adventure: For the next 3 nights you pitch your tent on sandy islands or comfortable spots along the shore. The Athabasca River, fed by glaciers and clear forest streams, runs high and fast in the early season, clear, blue and lazy later into the summer. In the densely forested, uninhabited valleys you have excellent opportunities to spot wild geese, beavers, eagles, elk, bear, and moose. Five or six hours daily are spent on the river, sometimes leisurely drifting downstream, but always with an eye out for rapids and obstacles. There is time for swimming, fishing, exploring and campfires under the northern lights.

Day 13: EDMONTON - One more day on the Athabasca and after 160 km (100 mi) you reach the end of the canoe trip. The bus is loaded for the return to Edmonton. The hotel is not far from West Edmonton Mall, the gigantic shopping and amusement center. Your tour ends when you reach the hotel at app. 18:30 for the last night.

Day 14: Transfer to the EDMONTON airport. No-charge transportation from Edmonton to CALGARY is available for most of these tours tomorrow (Sunday). We gladly reserve an additional night for you in the hotel in Edmonton. Arrival in Calgary app. 15:30.