



## Canadian Rockies Discovery & Adventure

### ITINERARY

#### **DAY 1 Fly London to Calgary**

Welcome at the airport and meet your guides. Transfer to your youth hostel in Banff National park - followed by diner and a good night's rest.

#### **DAY 2/3 Banff**

When travelling through the Rockies, Banff is an obvious stop for many reasons. We discover exactly why as we spend two days in its lively town streets and surrounding backcountry. Unofficial capital of the region, Banff is always home to a good time and there is something for everyone either in its museums, shops or along the hiking trails around and over its mountains. One of those mountains is Sulphur Mountain, which we quickly ascend by aerial tram. At its summit we find an unobstructed view of the whole range surrounding Banff as well as the village below. This is definitely postcard material. Back down in the village, we still have ample time to indulge in its shops and cafes before dropping in some free time. The following morning we head for the Circus C trail (8 km, with a 455 m vertical rise). This hike serves up some breathtaking panoramic views across Minnewanka Lake with a backdrop of white-capped summits. In the afternoon we propose a half-day of horseback riding as the cowboys used and still do. The Canadian Rockies were discovered and developed by horsemen, that we prefer to call cowboys. It's not only an exciting activity it's part of the area's history. Saddle up and hit the trails. Cowboy BBQ diner in the afternoon.

#### **DAY 4 Banff / Icefields Parkway / Jasper**

Off again, this time on the celebrated Icefields Parkway to Jasper. Along the 300 km ride, a spectacle unfolds before our eyes: lush coniferous forests, immense mountains, turquoise lakes, high-falling cascades and humbling glaciers. Stay alert since many animals can also be seen from the road: elks, black bears and mountain goats. We stop on the way for a short hike to explore the beauty of the unspoiled, silent, backwoods. We also visit the shores of popular Lake Louise and Lake Moraine and continue on to observe the Athabasca falls and walk along the base of Columbia glacier. We reach our destination later in the day and camp for the night. (Minibus travel: 300 km, half-day hike.)

#### **DAY 5 Jasper**

Jasper's friendly mountain hospitality, peaceful low-key atmosphere, and the promise of real adventure make any visit unforgettable. This morning we have a hearty breakfast before taking the Opal Hills trail, one of the park's most enjoyable footpaths (8.2 km with a 460 m vertical rise). After a steady climb, the trail reaches a vast flowery plain set in a cradle of snow-capped mountains. This is a perfect spot to break for lunch. We then hike along 6 km trail which leads us to Maligne Canyon before returning to our campsite for the night. (Short minibus ride, full-day hike.)

**DAY 6      Jasper**

An exciting day ahead! We depart early in the morning towards the Miette Hotsprings and the Sulfur Skyline trail. The water of Miette Hot Spring is the highest (54 degrees) among the four hot spring in Canadian Rocky. We then hike the Sulphur Skyline. Back to camp at night.

**DAY 7      Jasper / Yoho**

Early start to get to Yoho National park campground. Yoho represents the western slopes of the Rocky Mountains region, and is also a Cree expression of awe and wonder for this place of rock walls, spectacular waterfalls and soaring peaks. In the shadow of the Great Divide, Yoho holds the secrets of ancient ocean life, the power of ice and water, and unique plant and animal communities that continue to evolve today. We hike to Takakkaw falls and emerald lake. Back to camp at night.

**DAY 8      Yoho National Park / Rafting**

Full day rafting on the Kicking Horse river. In May, this is the perfect time to challenge the terrific white water challenge the Kicking Horse has to offer. The scenery is smashing and the thrill will sitck with you as your foundess memories! Back to Camp in the evening!

**DAY 9      Yoho / Calgary**

Last day in Canada. Transfer to Calgary. Free time in Calgary before transfer to the airport.

**DAY 10      Arrive Home**

Last day in Canada. Transfer to Calgary. Free time in Calgary before transfer to the airport.