



Canadian Rockies Cycling 9 Days

Summary

Length

9 days/8 nights with 7½ days cycling

Dates

Start any date between June 15 and September 15

Level

45 to 50 km daily average (28 to 31 miles)

This is mountainous region and there are three days with challenging steep climbs

On some days there is the possibility to extend riding distances up to 65 km (41 miles)

"The scenery was magical. Just when we thought we had seen the most beautiful lakes, we saw lakes just as beautiful, but with a glacier and waterfall added! We liked the difficulty of the tour. The rivers and mountains made all the uphill a pleasure."

- S. Simon & P. Knop

Dare to be adventurous. Experience the rugged wilderness of the Canadian Rocky Mountain Parks during the day while enjoying the warm, luxurious comfort of mountain lodges at night. Cycle lodge to lodge. Hearts will pound as you crest stunning mountain passes — offering unparalleled views of snow-capped peaks. Pedal past herds of elk and bighorn sheep, chance upon a grazing moose. Begin your exploration in Banff National Park, where towering mountains rise from the shores of turquoise-blue lakes. Cycle along the most spectacular road in Canada as you journey north to Jasper National Park. Gleaming glaciers, overwhelming vistas, enchanted forests and iridescent lakes. Rewarding rides through this marvellous UNESCO World Heritage Site provide an exhilarating sense of accomplishment that will last a lifetime.

Itinerary



Day 1

Arrival in **Banff**. This vibrant town is at the centre of some of the most scenic cycling routes found anywhere in the Rocky Mountains

National Parks. Stroll about town searching for that perfect souvenir or visiting the excellent museums. If you arrive early enough enjoy a warm-up cycle out to The Cave and Basin - the location of the first hot mineral springs discovered in 1883.

Day 2

Pedal the scenic network of roads around Banff - exploring Tunnel Mountain and the oddly shaped Hoodoos. Add on a loop up to Lake Minnewanka, one of the largest and deepest lakes in the Rockies. Once known as Devil's Lake or Cannibal Lake, Minnewanka is the site of many ghostly occurrences in native legends. (50 km)

Day 3

Begin your journey north along the Bow Valley Parkway to the staggeringly beautiful scenery of Lake Louise - the gem of

Banff National Park. As you twist and climb along the Parkway take in the magnificent views of the Sawback, Sundance and the Mas-

sive mountain ranges. Upon arrival in **Lake Louise**, soak up the natural splendour, take a canoe onto the lake, or enjoy a short walk into the mountains. (50km)

Day 4

Cycle up to Moraine Lake in the Valley of the Ten Peaks (considered by many to be even more beautiful than Lake Louise) and then opt for a ride along the Great Divide Road. No longer accessible to cars, this bike route will take you over the continental divide where you can check out the monument that marks this watershed divide on the summit of the Kicking Horse Pass. Continue your journey north to the splendid Num-Ti-Jah Lodge on the shores of **Bow Lake**. (60km)





How to get there?

Your tour starts in Banff the oldest and largest town in the National Parks of the Rockies. Located 150 km (94 miles) west of Calgary, Alberta, Banff is situated in the scenic Bow Valley surrounded by Cascade Mtn, Tunnel Mtn, Mt. Rundle, Sulphur Mtn, and Mt. Norquay.

There is regularly scheduled air service to Calgary from across North America, with non-stop flights to Calgary from all major Canadian and many US centres, including: Toronto, Vancouver, Winnipeg, Los Angeles, San Francisco, Chicago, Houston, Dallas & Seattle. Additionally, non-stop international flights are available from London and Frankfurt.

A number of companies offer an airport shuttle service to Banff from the Calgary Airport. If you are flying home from Calgary Airport, a special transfer might be necessary to enable you to catch a flight on the same day as the tour end.

Itinerary

Day 5

Cycle along the splendid Icefields Parkway, cresting Bow Summit, the second highest point reached by a public highway in Canada, shortly. Take in the Peyto Lake viewpoint, or stop for a short hike into the Mistaya Canyon. Tonight will be spent at the Crossing Resort. (40km)

Day 6

Pedal past the braided streams of the North Saskatchewan River on your way to the Athabasca Glacier. Look out for moose grazing on the succulent water-plants in the Rampart Pond area. Relax beside the Weeping Wall of the Cirrus Mountain before you head up the challenging Big Bend and over the Sunwapta Pass. Coast down to the foot of the glacier at the **Columbia Icefield**, where you will spend the night. If you arrive early enough, take the time to explore the glacier on one of the guided glacier walks or 'Snocoach' buggy tours. (50km)

Day 7

Today you will encounter a variety of ecological niches on your way to Sunwapta Falls Resort. Cycle past an ancient forest (more than 700 years old) along the lower slopes of Mount Wilcox. Watch for mountain goats grazing on the precarious slopes of the **Sunwapta Canyon** gorge. Enjoy some time off your bike as you walk a short distance to the impressive Stanley Falls. (50km)

Day 8

Take a short stroll around the grounds of the Sunwapta Falls Resort before heading out on the last leg of your journey. In keeping with the rest of this tour, many magnificent viewpoints await your discovery - Mount Christie, Athabasca River and Whirlpool Valley. A short detour will take you to the thundering Athabasca Falls, set against the pink-purple cliffs of Mt. Kerkeslin. Arrive in **Jasper** - a burgeoning little town and the site of the earliest fur trade outpost in the central Rockies. Shopping opportunities abound. (60km)

Day 9

Today is your day of departure. Take a little time to explore the town before beginning your voyage home or onward to your next adventure.

Accommodation

Classic



Brewster's Mountain Lodge, Banff

This inn is located in historic downtown Banff, surrounded by the splendour of the mountains; enjoy an authentic Western atmosphere with log architecture - each guest room features handcrafted natural log furnishings.

Randonnée Tours

The price includes:

- 8 nights hotels
- All breakfasts and 2 dinners
- Detailed route instructions and map
- Use of a top quality 21-speed hybrid bike complete with handlebar bag, pump, and all the necessary accessories for changing flats. We recommend that you bring your own helmet for safety and hygiene reasons
- Luggage transfers
- All necessary transfers during the tour
- Area Manager available throughout the tour

Accommodation

Classic



Mountaineer Lodge,

Lake Louise

Nestled in a forest with tremendous views, it feels secluded, yet is a scenic 5 minute walk from a variety of services and shopping. Guests can visit the whirlpool and steam room area to relax.



Num-ti-jah Lodge,

Bow Lake

This lodge has one of the most dramatic views in the Rockies. The rooms are rustic and simple but very comfortable. Guests can relax in the *Nashan-esen Lounge*, *Elkhorn* dining room or the library.



Columbia Icefield Chalet,

Jasper National Park

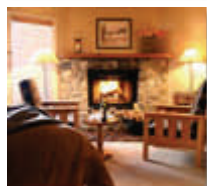
With spectacular views of surrounding mountains and glaciers, the rooms here are modest and comfortable.



The Crossing,

Saskatchewan River

In the heart of the Icefields Parkway and the Canadian Rockies, each room also has its own deck where guests can enjoy the mountain views or enjoy exclusive use of the relaxing spa.



Sunwapta Falls and Resort,

Jasper National Park

Situated in Canada's Jasper National Park on the Icefields Parkway, with cozy cabin style accommodations in a wilderness setting. Guests can dine at the *Endless Chain* dining room and enjoy the view.



Chateau Jasper,

Jasper

Located on the shore of Lake Beauvert, this luxurious hotel is pleasantly furnished with mountain decor in mind. There is tennis, indoor and outdoor swimming pools, and an award-winning, fine dining room.