



Canadian Rockies Hiking 6 Days

Summary

Length

6 days/5 nights with 4½ days hiking

Dates

Start any date between July 1 and September 15

Level

6-8 hours hiking per day in mountainous terrain
Options to shorten some day hikes

Fitness and sure-footedness required

The price includes:

- 5 nights hotels
- All breakfasts and two dinners
- Detailed route instructions and map
- Luggage transfers as well as transfers to trail-heads
- All necessary transfers during the tour
- Area Manager available throughout the tour

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 **Lake Louise.**
The gem of Canada's oldest National Park, the turquoise blue lake against the lofty mountain peaks

makes this a stunning introduction to the Rockies. Soak up the natural splendour, take a canoe onto the lake, enjoy a short walk into the mountains.

Day 2

You have a number of choices today to explore the staggeringly beautiful scenery of Lake Louise. Step out of your lodge and begin with a hike to the highest teahouse in Canada, hidden in a picturesque alpine valley. Take in the Plain of Six Glaciers and the Beehive formations. (18km - elevation 384m or easier option 7 km).

Day 3

Start the day in Yoho National Park at Takkaw Falls, third highest falls in Canada. Embark on a thrilling hike on one of the 5 best hikes in the Rockies. Enjoy the rugged, rocky trail along the breath-taking

glaciers before descending onto the enchanted tree-lined path passing hidden lakes and glacier-fed rivers. Return to Cathedral

Mountain chalets in **Field** for a quiet evening of relaxation. (Iceline 18km - elevation 652m - or easier option twin fall 20km - elevation 300m).

Day 4

With a very short taxi transfer, begin your hike to the luxurious Emerald Lake Lodge. Feel the exhilaration as you reach Yoho Pass. Be enthralled by your first glimpse of Emerald Lake as it glistens in the afternoon sun. Stop for a picnic on the tree lined shores of secluded Yoho Lake while soaking in the natural wonder and inspiring beauty of the area. The spectacular President's Range with waterfalls cascading down the rocks merit a stop. (8km - elevation 407 m or easier option 12 km - elevation 100m).





Randonnée Tours

How to get there?

Your tour starts in Lake Louise overlooking the turquoise lake of this world famous destination. Located 200 km (120 miles) west of Calgary, Alberta, Lake Louise is situated among the imposing peaks of Banff National Park.

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 Lake Louise & 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

Explore the beautiful trails around Emerald Lake. Hike to Emerald Basin in the President's Range, which ends in a rocky amphitheatre of hanging glaciers and avalanche paths. Maybe choose the less travelled route to Hamilton Lake, a classic alpine lake. Or perhaps take time to enjoy the wonderful surroundings of **Emerald Lake** by renting a canoe, relaxing in the hot tub or lingering on the outdoor terrace. (12km elevation 900m or easier option 9.5km - elevation 280m).

Day 6

Take a final stroll around magical Emerald Lake before your transfer arrives to return you to Lake Louise, and you can continue onward to your next adventure.

Accommodation

Classic



Deer Lodge,

Lake Louise

Lake Louise is only a few minutes walk from this rustic inn; after a day of activities, enjoy the rooftop hot tub with a dazzling Victoria Glacier view. The dining room is one of the best in the region.



Cathedral Mountain Lodge,

Field

Nestled in the forest at the edge of the glacier-fed Kicking Horse River, the lodge boasts handmade log beds, down duvets, wood burning and gas fireplaces and other amenities. Guests can enjoy canoeing on turquoise Moraine Lake.



Emerald Lake Lodge,

Emerald Lake

Originally built in 1902 from hand-hewn timber this quintessential Rockies inn features massive stone fireplaces, a dining room with a view and quiet reading lounges. Guest rooms are all lake-side and have wood burning fireplaces.