



Randonnée Tours

Canadian Rockies Multi-Sport 5 Days

Summary

Length

5 days/4 nights with
3½ days of activities

Dates

Start any date between July
1 and September 15

Level

Cycling: 45 to 50 km average (28 to 31 miles) This covers hilly terrain
Walking: 10 to 18 km (6 to 11 miles). This is through mountainous terrain

White-water rafting: Along the Kicking Horse River, through Class II to IV+ rapids

No previous experience is necessary

"I can honestly say this was by far the best vacation we have ever taken! As my husband puts it, this was the first time he has been on a trip where he didn't want to go home by the end of it" and "... the trip exceeded all our expectations and hopes and we will highly recommend you to as many people as we can think of."

- A. & R. Levenberg

Embark on a high-altitude adventure. Explore the scenic roads, forested walking paths and spirited waterways of the Canadian Rocky Mountain Parks. Cycle along the most spectacular parkway in the country, lined with dazzling snow-capped peaks and abundant wildlife. Retreat to the peace and tranquility of the walking trail as you discover stunning mountain passes rising from the shores of iridescent blue lakes. Feel the energy of the living landscape as you paddle the glacier-fed waters clear enough to reflect the wooded slopes around you. Immerse yourself in the beauty of the ancient rocky landscape by day, and enjoy the luxurious comfort of mountain lodges at night. The magnificence of these dramatic surroundings will leave an impression that is bound to 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 Moun-

tains 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

Experience the thrill of whitewater paddling as you are picked up from your accommodation for a day of instruction and excitement on one of Canada's premier whitewater rivers. Feel yourself whisked downstream by the power of the Kicking Horse

River as it carves a path through the rugged wilderness. After the day's adventure, you will be transferred to your wonderful accommodation near the stunning **Lake Louise**.



Day 4

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. You could also take a canoe onto the lake to enjoy a leisurely paddle on the crystalline Lake Louise. Perhaps choose to transfer to the quieter Moraine Lake in the Valley of the Ten Peaks for some peaceful time at this hidden gem.

Day 5

Take a final stroll through the unforgettable landscape of Lake Louise before your transfer arrives to return you to Banff and onward to home or your next adventure. (Extra: extend your vacation by spending an extra night or two in Banff or Lake Louise)

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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.

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.



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.

The price includes:

- 4 nights hotels (Luxe upgrades are available at some locations)
- All breakfasts and 1 dinner
- 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
- White-water rafting instruction and excursion
- Luggage transfers
- All necessary transfers during the tour
- Area Manager available throughout the tour