

# Canadian Rockies Classic Hiking Tour

## An Extraordinary Inn-to-Inn Hiking Adventure in the Canadian Rockies

*Few areas can match the sheer spectacle of the Canadian Rockies, an alpine wonderland of towering summits laden with glistening glaciers, sapphire lakes and subalpine meadows blanketed with wildflowers. Our carefully selected routes and creative itinerary feature both this region's most-renowned sights and the lesser-known treasures that make our trip so special. Each day highlights a unique facet of this magical paradise, blending the best of Banff and Yoho National Parks.*

*Carrying only a light daypack, you will share alpine meadows with bighorn sheep, experience the best day hikes to be found in three of the Canadian Rockies' premier National Parks. Whether you are a light hiker, a seasoned adventurer, or a family with varied ability levels, our daily hiking options guarantee you a getaway to match your sense of adventure.*

### **Day 1. Hiking in Banff National Park's Sunshine Meadows, Deer Lodge** (800-661-1595 or 800-661-1595 / private baths) <http://www.crmr.com/deer-lodge.php>

We assemble in Banff at 8:15 a.m. and immediately head west 20 minutes to the heart of Banff National Park. Following a bus shuttle to the base of Sunshine ski area, nothing is a more fitting welcome to our week-long alpine adventure than a hike among the alpine lakes and fields of wildflowers in Sunshine Meadows.

After leaving the area of the downhill ski runs, we hike a circuit alongside and around Rock Isle, Laryx and Grizzly Lakes. It's then up to the viewing platform on Standish Ridge for 360-degree views of the surrounding peaks and valleys before concluding with a stroll through Twin Cairns Meadow. Mt. Assiniboine, "the Matterhorn of the Canadian Rockies" and Banff National Park's highest peak, forms the backdrop for our hike. The highlight of Sunshine Meadows is the wildflowers which, at their peak in July and August, carpet the ground. The species in bloom though the season include moss campion, glacier lily, purple saxifrage, white mountain heather, and alpine forget-me-not. Golden eagles fly overhead looking for the many ground squirrels that call this area home, feeding on the smorgasbord of luxuriant vegetation.

- Sunshine Meadows loop hike [7.5 miles; 1000 feet of elevation gain, then loss];

### **Day 2. Hiking to Saddleback and Fairview Mountain above Lake Louise, Deer Lodge**

We begin today's short but demanding hike from the steps of our lodge. The trailhead climbs steadily from the Lake Louise boathouse up the lower slopes of Fairview Mountain through a forest of Engelmann spruce and subalpine fir before reaching the flower-filled meadow. The meadow provides a pass between Fairview and Saddle Mountains and features a sublime view of the glaciated north face of Mt. Temple.

For stronger hikers, it's possible to continue to the 9000-foot summit of Fairview for stupendous views of Lake Louise and its surrounding cirque. The trail, barely

discernable in places, switchbacks steeply and is quite rocky in places.

- Saddleback hike [5.0 miles, 1970' of elevation gain / loss]
- Longer Fairview Mountain option [additional 1.0 mile, another 1310' of elevation gain/loss]

### **Day 3. Hiking Valley of the Ten Peaks to Larch Valley and Sentinel Pass, Moraine Lake Lodge** (403-522-3733 / private baths) <http://www.morainelake.com>

Our alpine adventure continues today with a hike from the incredibly turquoise waters of Moraine Lake in the Valley of the Ten Peaks to stunning Larch Valley, a sub-alpine meadow of mosses, wildflowers, and the valley's namesake, soft-needled larch trees

We continue hiking to the top of Sentinel Pass, switchbacking our way to the highest point reached by a maintained trail in the park. Here we look across the Valley of the Ten Peaks at the Wenkchemna Range, dominated by the ice-draped summit of Mount Fay (10,675'). This hike is rated by many as one of the very best in the Canadian Rockies.

Following our hike, feel free to paddle a canoe on the lake's calm waters before settling down to a sumptuous gourmet dinner at Moraine Lake Lodge.

- Moraine Lake to Sentinel Pass [7.5 miles roundtrip; 2,400 feet of elevation gain, then loss]

### **Day 4. Hiking to Helen Lake, Cathedral Mountain Lodge** (250-343-6442 / private baths) <http://www.cathedralmountain.com>

Helen Lake is situated near Dolomite Pass, a region so named for its resemblance to the limestone crags of the Italian Dolomites. This vast alpine environment promises a wonderful day of hiking. You ascend through mountain meadows that, come midsummer, are ablaze with such colorful wildflowers as fleabane, paintbrush and ragwort. You continue hiking through forests and avalanche slopes until you reach the alpine region above treeline. Your destination, Helen Lake, is nestled in a spectacular natural amphitheater -- the perfect setting in which to take a break and enjoy a well-deserved lunch.

For Reservations and Information call 800-488-8483 or Reserve 24 hours a day at [www.TheWorldOutdoors.com](http://www.TheWorldOutdoors.com)

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This area is prime hoary marmot habitat, so keep an ear out for their telltale whistles. Energetic hikers may want to try the longer route up to the unnamed ridge above the lake for a panoramic view of the surrounding Banff wilderness--perhaps you'll come up with a suitable name along the way!

After this great hike we journey south to Cathedral Mountain Lodge, our home for the rest of the trip. This beautiful log lodge is set on the banks of the glacier-fed Kicking horse River.

- Crowfoot Glacier Viewpoint up to Helen Lake then back down Helen Creek [7.5 miles, 1400' elevation gain / loss]

### **Day 5. Hiking Emerald Glacier and Yoho Pass, Cathedral Mountain Lodge**

The word "Yoho" is a Cree expression of awe and wonder, sentiments that will be affirmed on our hike through Yoho's spectacular glaciated landscape. After breakfast we drive up to see and hear Takakkaw Falls, the fourth highest waterfall in Canada, as it thunders more than 1,000 feet down into the Yoho Valley. We hike through forests of subalpine fir and Engelmann spruce along the remarkable Iceline Trail. One of the Canadian Rockies' classic routes, this aptly named trail takes us up into high alpine country, where we gain some views of the Emerald Glacier and look across the valley at Takakkaw Falls and the Daly Glacier that feeds it. After traversing to Yoho Lake for lunch we hike over Yoho Pass and then down to the shores of renowned Emerald Lake.

## **Tour Details**

**Trip Type:** Inn

**Trip Length:** 6 days/5 nights

**2012 Departure Dates:** July 1-6, July 22-27

**2013 Departure Dates:** June 30-July 5, July 21-26

**Price:** \$3198

**Single Supplement:** \$950

**Trip Rating:** Moderate to Challenging

**Activities:** hike (6 days)

**Gateway City:** Calgary, Canada

**Gateway City Transfer:** Public Transportation is available from the Calgary International Airport to Banff for \$57.50 (Canadian) one way or \$115.00 (Canadian) round-trip through the Banff Airporter (888-449-2901). The Banff Airporter typically departs every 1-2 hours (both to and from the airport), and services Banff's major hotels. Please call 888-449-2901 or visit [www.banffairporter.com](http://www.banffairporter.com) for pricing and schedule details, and to make a reservation. Brewster Tours (800-661-1152) also offers airport transfer between Banff and Calgary for \$50.00 (Canadian) one way or \$100.00 (Canadian) round-trip.

**Meeting Time & Place:** 8:15 a.m., Banff International Hotel, 333 Banff Avenue, Banff, Alberta (800-665-5666 or 403-762-5666). Please have breakfast prior to our meeting and come prepared for a hike following our orientation. We recommend you wear comfortable hiking boots with ankle support and wool socks coupled with a thin liner sock and have a jacket accessible, as the weather can be extremely variable in the Rockies.

**Trip Conclusion:** 4:00 p.m., Banff International Hotel. It is important that airline departures be scheduled no earlier than 8:30 p.m.

**Trip Fees Include:** Whitewater raft trip, all meals (lunch Day 1-lunch Day 6), all accommodations (double occupancy), T-shirt, water bottle, support vehicle, and professional guides.

Bask again in the glory of beautiful Cathedral Mountain as you enjoy your gourmet dinner and unwind from the day's adventure.

- Emerald Glacier and Yoho Pass [9.25 miles; 1,640 feet of elevation gain, then 2,132 feet of loss]
- Shorter option [7.5 miles; 1640 feet of gain/loss]

### **Day 6. Hiking to C Level Cirque**

This hike climbs past artifacts of a long defunct coal operation and a panoramic viewpoint of Lake Minnewanka to a high rockbound pocket beneath the sheer east face of Cascade Mountain. An anthracite coal mine flourished in this area from 1904 to 1922. A town of nearly 1000 people called Bankhead was spread across the valley where the trail begins. The C- Level operation was the highest coal seam worked within the eastern slopes of Cascade Mountain.

The rest of the hike is a steady climb through forest. Just before reaching the cirque, views open down the Bow Valley to Mount Rundle, the Three Sisters and the town of Canmore. Many marmots, pikas and golden mantled ground squirrels live in the cirque.

Lake Minnewanka is a glacial lake fed by the Cascade River. Dams were built in 1912 and 1941 to supply the town of Banff with hydro-electric power. The most recent dam raised the lake 30 m and submerged the resort village of Minnewanka Landing that had been present there since 1888.

- C Level Cirque Hike [5.2 miles, 1500' elevation gain/loss]

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**Trip Fees Exclude:** Airfare, personal insurance, miscellaneous hotel expenses (phone, fax, laundry, etc.), additional optional tours, services not specified in the tour itinerary, and guide gratuities (An appropriate gratuity to *each* trip leader is \$75-\$100 per guest).

## **The Next Step...**

**References** Don't take our word for it that The World Outdoors trips are the finest in the adventure travel industry. Ask our past guests. *Call about any of our trips and we'll be happy to refer you to someone who's been there with us.*

**The Best Value in Active Travel Guarantee:** *We commit to you that all of our trips are of the highest quality at the best value.* If you find a trip of equal quality that matches our itinerary and inclusions at a lower fare within 30 days of booking your trip with us, we will gladly refund the difference. A simple guarantee that assures you of the best trip at the best fare!

**How do I join this trip?** Call The World Outdoors at (800) 488-8483 and a Trip Consultant will reserve your space(s) or register online at [www.TheWorldOutdoors.com](http://www.TheWorldOutdoors.com). Your travel agent can also book your trip at no extra cost and provide other helpful assistance.

**Special Requests:** If you have any special dietary needs or any special request that will make your trip more enjoyable, please be sure to notify your Trip Consultant or travel agent upon booking.

**Then Leave the Rest to Us...** Before you go, we provide you with extensive pre-departure information, including your reservation payment receipt and confirmation, travel insurance application, suggestions for preparing for your trip, a packing list, information on pre- and post-trip arrangements, a guest questionnaire and a liability release agreement.

**Travel Protection:** To make your trip with The World Outdoors even more carefree, we strongly recommend the purchase of our travel insurance plan. Offering comprehensive coverage and peace of mind, our travel insurance plan is designed to protect you in case of lost or damaged luggage, a sudden illness or death in the family, emergency medical expenses and transportation costs, and flight delays. We'd be happy to arrange travel insurance coverage for you, so contact us at (800) 488-8483 with any questions.

**How do I book airfare for this trip?** Call our in-house travel agent, Sherry Marriner, at 800-488-8483 from 8:00 a.m. to 5:00 p.m. Mountain Time Monday through Friday or you can email her at [sherrym@theworldoutdoors.com](mailto:sherrym@theworldoutdoors.com). Sherry is also available to assist you with pre- and post-lodging needs. If Sherry is unavailable and your needs are urgent, please call Frosch Travel, a local travel agency, at 800-538-7461 and ask for Georgia (ext 251) or email her at [Georgia.Terry@frosch.com](mailto:Georgia.Terry@frosch.com). Be sure to tell her you are traveling with The World Outdoors. Alternatively, you are welcome to book your airfare online, directly with the airline or through your personal travel agent.

## **General Information, Questions & Answers**

**What weather conditions can I expect?** Summer is prime time in the mountains. You can expect low humidity with highs between 65-75 F and lows around 40 F. However, as in other mountainous regions, weather in the Canadian Rockies is very changeable - sunny skies can turn stormy in minutes, afternoon thunderstorms are common and snow is possible anytime of the year.

**How difficult is this trip? ... Really:** This trip is more challenging than our Easy tours. It is intended for the average active adult who feels comfortable being active 4-6 hours a day. The hikes are 6-8 miles/day with options of up to 10.5 miles and with climbs up to 1,600 feet with options of up to 2,400 feet.

**Emergency Contact Information:** Our office in Boulder, Colorado is open Monday to Friday from 8:00 a.m. to 5:00 p.m. Mountain Time 1-800-488-8483. For emergencies outside of our normal business hours call Bill Marriner at 720-289-0460, Sherry Marriner at 303-915-9660, Darcie Carr at 303-595-8561 or Eric Wagner at 303-324-7795.

**Traveling to Canada:** As of June 1, 2009 all U.S. citizens traveling to Canada are required to have a valid passport to re-enter the U.S.

Persons under 18 traveling to Canada should be accompanied by both parents or legal guardians. If not, they should carry a letter from their parents or guardians authorizing the trip. Minors should bring their passports and birth certificate. The names of the parents on the birth certificate need to match the names of the parents traveling with the minor or proof of legal guardianship will need to be provided. For single parents traveling with a minor, note that you must have a signed letter of permission from the non-traveling parent or guardian granting authority for you to travel with your child across the border.

For additional information visit [http://travel.state.gov/travel/tips/regional/regional\\_1170.html](http://travel.state.gov/travel/tips/regional/regional_1170.html)

**Tell me more about the lodges:**

\* *Deer Lodge* (<http://www.crmr.com/deer-lodge.php>) is located just a five-minute walk from Lake Louise itself. Much of the original hand hewn log structure and decor of Deer Lodge are still in place. All rooms have feather comforters and most are furnished with antiques from the era. View spectacular Victoria Glacier as you relax in the rooftop hot tub. Deer Lodge has one of the best dining rooms in the Canadian Rockies where you can sample Rocky Mountain cuisine, the roots of which go back to both the lavish Victorian cooking from the CPR rail cars and the hearty meals prepared by Swiss and Austrian mountain guides. The result of these diverse influences is a combination of smoked, cured or roasted wild game, fresh indigenous berries, wild fruits, vegetables, mushrooms and mixed grains.

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\* *Moraine Lake Lodge* (<http://www.morainelake.com>) is a post-and-beam log structure graced with grand windows providing breathtaking vistas of the snow-capped mountains and glacier-fed lake. Steps from your room, you're treated to the stunning beauty and pristine splendor of the iridescent turquoise-colored Moraine Lake and the Valley of the Ten Peaks, a sight visitors from all over the world come to see. One of the top gourmet restaurants in Banff National Park, the Walter Wilcox Dining Room at Moraine Lake Lodge offers a unique, elegant menu showcasing the best cuisine from the region. Signature dishes include buffalo carpaccio with roasted pine nuts and deer tenderloin with red currants and juniper berries.

\**Cathedral Mountain Lodge* (<http://www.cathedralmountain.com>). The new lodge and authentic log cabins are nestled in the trees at the edge of the glacier-fed Kicking Horse River. The cabins are perfectly appointed to create an oasis of luxury. Ponder the serenity of the wilderness while sitting on your private deck. Melt into the down duvet and pillows of your handmade log bed and indulge in a leisurely bath in your soaker tub with Aveda bath amenities. Warm yourself by the wood-burning stone fireplace in the lodge. The restaurant at Cathedral Mountain Lodge enjoys an excellent reputation for innovative presentation and fresh regional cuisine. Consistently chosen as one of the best small restaurants in the country, the menu showcases the best of the Rockies while focusing on organic and free range in-season ingredients.

Driving to the Meeting Place: Traveling west on the Trans-Canada Highway (Hwy 1) from Calgary, take the first Banff exit which is the Minnewanka Loop exit. Once you have exited, take a left and follow the signs to Banff. Proceed southwest on Banff Avenue and you will see the Banff International Hotel at 333 Banff Avenue. About 15 minutes before you enter Banff you will pass through the gates for Banff National Park. Here you will be required to pay a \$5.00 fee for a provincial park pass. During the trip, cars can be left at the Banff Caribou Lodge.

Pre and Post Trip Accommodations:

*Banff Lodging:* If you come to Banff the evening before a trip, or stay over after the trip, we recommend the following hotels. Please be sure to mention you are traveling with The World Outdoors as special rates may apply. Lodging in Banff is very limited due to the popularity of the region; we suggest that you book your room as early as possible.

- Banff International Hotel 403-762-5666
- Banff Aspen Lodge 403-762-4401
- Banff Caribou Lodge 403-762-2638 or 800-563-8764
- Banff Park Lodge 403-762-4433 or 800-661-9266
- Pension Tannenhof B&B Inn 403-762-4636 or 877-999-5011

*Calgary Lodging:* If you stay overnight in Calgary, we recommend the following hotel. Please mention that you are traveling with The World Outdoors as special rates may apply.

- Holiday Inn Calgary Airport, 1250 McKinnon Drive N.E. 403-230-1999 / 800-465-4329 (central reservations); fax: 403-277-2623.

We're Always Improving! While the information presented here details this trip's planned activities, routes, accommodations, departure and conclusion times, we are consistently seeking new opportunities to enhance this itinerary and your experience. Our actual activities and sites may vary due to season, special events, or weather. As a result, we reserve the right to alter the itinerary since unforeseen circumstances that mandate change may arise. Naturally, we will keep you up-to-date on any changes that may affect your arrival or departure times.

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