

Mount Assiniboine Provincial Park | A Hiking Tour in the Rockies

Holiday Duration: 6 Nights



Overview

Mt. Assiniboine Provincial Park, a UNESCO World Heritage Site in the Canadian Rockies, is famous for its meadows and easy hiking peaks which lie below the Matterhorn-like summit that towers above.

This relaxed hiking programme is for those interested in experiencing four days of walking in this beautiful sub-alpine region of the Rockies. There are not many areas where it is possible to hike in such an amazing place and yet avoid carrying a heavy backpack. You will take a helicopter flight into the park, which is an added excitement.

Once in the park, walk among meadows and turquoise lakes. Hike up through golden larch trees and along the ridges above and take in the views from a sun-baked summit!

Here's a day-by-day guide to your itinerary. Feel free to ask us to add other days or ideas and excursions by [contacting us](#) directly, so we can give you the best price.

Day 1



Canmore

Fly into Calgary on your flight from the UK and transfer or drive to Canmore.

1 night in Canmore.

Day 2



Canmore to Mount Assiniboine

Arrive in Canmore to meet with your fellow hikers at 08:30. Go over trip plans and equipment, check to see that you are properly outfitted for the expected conditions for the days ahead and ask any questions you might have. Spend some time looking at maps of the area, discussing options and the weather forecast. Head to the helipad for 12:30. A twelve minute helicopter flight later leaves you a world away in a land of lush meadows, turquoise lakes, snow covered glaciers and rocky peaks. Fly from Spray Lakes in Kananaskis Country (50km south of Canmore), to British Columbia's Mount Assiniboine Provincial Park, landing right beside the historic Lodge. You will be based at the Lake Magog camping area which is 2km away. Once the tents are set up you will go for a walk to nearby Sunburst and Cerulean Lakes.

4 nights camping.

Day 3

Mount Assiniboine

There are many options ... the meadows and views are gorgeous. An enjoyable day which allows the group to gradually acclimatize to the altitude and get used to hiking. Finish off with tea and cake at the Lodge.

Day 4

Mount Assiniboine to Porcupine

Now the backpacking begins as you embark upon the most scenic hiking route out of Assiniboine, that to Sunshine Meadows via Citadel Pass. Today head south across the meadows to Og Lake from where the trail descends among the eerie formations of the Valley of the Rocks. Dropping further you will enter the Golden Valley to reach the campsite below Citadel Pass for a welcome cup of tea. Distance 16km, total elevation gain 250m, total elevation loss 565m, mostly level or downhill but with occasional small hills.

Day 5

Porcupine to Howard Douglas Lake

A steady climb of 430m will bring you to the summit of the Pass at 2360m. Hiking upwards you may be distracted by bighorn sheep at a "mineral lick" not 200m from the trail or by the profusion of wildflowers in the slide paths. Half way to the Pass you will emerge back into the meadows and stop above an alpine lake for a break. The Pass comes soon after and here you can see far across the meadows to Sunshine, tomorrow's destination. Behind you rises Assiniboine, still dominating the skyline. Once over the Pass continue for another 3.5km to your campsite which is nestled in the trees by Howard Douglas Lake. Energy to spare, then a hike up Quartz Hill for views in all directions will finish the day off nicely. Distance 7.5km, total elevation gain 500m.

Day 6

Howard Douglas Lake to Sunshine Meadows

The last leg of your journey takes you 6km across the famous Sunshine Meadows to the Sunshine ski area an optional side trip to Rock Isle Lake. It's all downhill from here with a shuttle bus to the valley floor where transport to Canmore awaits. This allows you to finish up in Canmore by 3pm. After hot showers and a rest you can head out to celebrate the adventure at one of the excellent local restaurants. Distance 6km, total elevation gain 250m, total elevation loss 400m.

1 night Canmore

Day 7

Canmore

Either transfer or drive back to Calgary airport for your flight home – or maybe extend your stay in Canada with a few nights in Kananaskis. Ask us for details.

If you are interested in a holiday to Canada please contact us on 020 8776 8709 to discuss your plans with a Canada expert, or send an email to canada@frontier-travel.co.uk with your requirements and we will put together your ideal itinerary and quotation. Let us take you there.