

## Canadian Rockies Walking Tour | The Best of Banff, Yoho and Jasper

Holiday Duration: 7 Nights



### Overview

#### **The classic hiking trip in the Canadian Rockies**

The best day-long hikes in the Rocky Mountain National Parks in seven fun filled days. You will experience the most outstanding places in this fabulous landscape, not just from the window of a car, but hiking and camping as much as possible away from the roads. Don't worry about planning the details, your guide has everything arranged, knows the best trails, activities and special places for every season.

**This itinerary is flexible and can be tailor-made to suit you; if you want to add extra days in one area, extend the holiday or maybe change the direction of travel. Talk to one of our experts about how to make this holiday the perfect one for you.**

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**



### **Calgary**

Arrive in Calgary, check in to your hotel and spend the evening at your own leisure.

**1 night in Calgary.**

## **Day 2**



## **Calgary to Banff**

This morning at 8:30 you meet with your guide in Calgary, or later in Banff. On the campground in Banff National Park you pitch your tent for the next two days and get ready for the first hike in the Rocky Mountain great outdoors. Hiking time 2 to 3 hours.

### **2 nights in Banff National Park.**

#### **Day 3**



## **Banff**

On a full day hike you will explore passes above the tree line and alpine meadows, walking 7.5 km with 725 m gain to a small lake, with the possibility of walking a further 2km into the pass. In the evening you can relax by the camp fire or walk along the busy streets of Banff with its many stores and visitors from around the world. Hiking time 5 to 7 hours.

## Day 4



### **Banff to Yoho National Park**

You would not want to miss the picture postcard scenery surrounding Lake Louise. Here the guide suggests the 3.5 km path with 400 m gain to the historic tea house by an alpine lake. Take a short drive into the mountain wilderness on the western flank of the Rocky Mountains. You will set up camp near the alpine village of Lake Louise. Hiking time 3 to 5 hours.

### **2 nights in Yoho National Park.**

## Day 5

### **Yoho National Park**

Today there is an opportunity for a great white water rafting trip on the Kicking Horse River. It involves a side trip to Golden in B.C, headquarters for many outdoor adventures. Of course hiking is always an alternative. Among the choice of trails the guide would like to show you is an 18 km circuit through two flower decorated passes at 1830m and 2180m and spectacular views of Emerald Lake. Hiking time 6 hours.



## Day 6



### Yoho National Park to [Jasper](#)

Enjoy frequent stops and short excursions along the Icefields Parkway on your way into the heart of the Rockies. Travel by famous names like Peyto Lake and Bow Summit. At the Columbia Icefields huge glaciers spawn rivers, which eventually reach three different oceans.

Saskatchewan Glacier is best viewed from far above after hiking 2.5 km to a windy ridge at 2260m. Camp for the next two days is near the little holiday town of Jasper. Hiking time 2 hours.

### 2 nights in Jasper National Park.

## Day 7

### [Jasper](#)

Today there are so many possibilities for outdoor activities: swimming and a picnic at Pyramid Lake, mountainbiking, trailrides, canoeing and more. Or join the guide for a side trip to Maligne Lake and a 8km loop hike with 460m gain into the mountains overlooking this jewel of the Canadian Rockies. Hiking time 2 to 6 hours.

## Day 8



### Jasper to Calgary

The mighty Athabasca Falls count among the attractions of Jasper National Park. Trails near the Columbia Icefields start at tree line and are especially rewarding thanks to their magnificent views of the glaciers and surrounding ranges. Your final day hike is the 11km loop with 335m gain through a pass at 2375m. After lunch you will board a comfortable sightseeing bus for the ride via Lake Louise to Banff or Calgary. Hiking time 2 to 3 hours. **Transfer to the airport for your journey home, or extend your stay and enjoy more of this beautiful region.**

**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](mailto:canada@frontier-travel.co.uk) with your requirements and we will put together your ideal itinerary and quotation. Let us take you there.**