

Rocky Mountain Small-Group Adventure | Keep Everyone Happy With This Action Packed Holiday

Holiday Duration: 14 Nights



Overview

The Canadian Rocky Mountains, one of North America's natural treasures and an UNESCO World heritage site, are an impressive playground offering a multitude of outdoor activities.

During these two weeks you can spend your days hiking mountain trails, biking world class tracks, practising your camping skills, rappelling on a mountaineering course and of course sightseeing. There are opportunities for whitewater rafting and trail riding too, and a thrilling three day canoe trip down the North Saskatchewan River retraces the ancient transportation route of the Natives and fur traders.

This is a fantastic holiday with lots of exciting activities to keep everyone entertained.

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

Fly from the UK to Calgary and on arrival, transfer to your hotel. Enjoy dinner and pre-trip information in the hotel with the guides.

1 night in Calgary.

Day 2



Calgary to Banff

Board the bus for the ninety minute drive west into the mountains of Banff National Park. On a campground under pine trees you pitch your

tent for the next four nights. This afternoon you go for the first hike, perhaps following the shore of Lake Minnewanka, for 2-3 hours. Dinner is at the campground.

4 nights camping in Banff National Park.

Day 3



Banff

The Banff gondola takes you to the summit of Sulfur Mountain where you have a bird's eye view of the broad valley, the little town of Banff and Tunnel Mountain. From here the easy 1 km trail leads to Sanson Peak where Norman Sanson used to live for many years to record the weather. For the afternoon a fun filled 3 hour float trip on the Bow River in rubber rafts. Relax as you drift past breathtaking scenery. Wildlife, waterfowl and wildflowers are abundant.

Day 4



Banff

Today you hit the trails on a mountain bike on some of the best cross country trails in Rockies. After a one hour skills course you are ready to spend the day exploring the trails and single track. The bikes are first rate and the trails offer such variety that everyone will enjoy this day. An evening of stories around the campfire makes the perfect end to a Canadian mountain day.

Day 5



Banff

Today you will head to Lake Louise in the heart of the Rocky Mountains. Walk the shore of the turquoise colored lake, rent a canoe, or find a bench and just take in the view. Among the number of easy to more strenuous trails the guide suggests the 3.5 km path with 400 m gain to the historic tea house by an alpine lake. Here a network of trails is tempting you to go further and higher to nearby peaks and glaciers. Hiking time 3 to 5 hours.

Day 6



Banff to Jasper

Travel one of the most spectacular alpine routes; the Icefields Parkway. At the immense Columbia Icefields you will hike Parker Ridge with magnificent wide angle views of Saskatchewan Glacier, Mounts Athabasca and Andromeda, and the icy cap of Snow Dome. Mighty Athabasca Falls is among the attractions of Jasper National Park. You can make your way down into an abandoned canyon carved out of the rocks by the raging waters over millions of years. Hiking time 1 to 2 hours.

Day 7



Jasper

The side trip to Maligne Lake takes you through a valley once thought to be magical because of another lake along the way which disappears during the summer. Once at Maligne Lake you hike a 8 km circuit through flower covered alpine meadows to an elevation of 2150m or take a boat cruise (optional) to Spirit Island at the far end of the lake. This evening there is a photo safari to spot more animals. Hiking time 2 to 4 hours.

Day 8



Jasper

Lots to choose from. Suggested is a trail ride in western saddle into the mountains on quiet horses, led by experienced horse wranglers. There are also bike and canoe rentals, white water rafting, as well as swimming in a clear mountain lake. The guide will be happy to make the arrangements. The peak experience of Sulphur Skyline is a perfect last impression of the Rocky Mountains. Starting almost at tree line with a short but steep climb you reach a ridge with the most excellent views. The reward is the relaxing warm outdoor pool of the Miette Hot Springs. Hiking time 3 hours.

Day 9



Edmonton

Leave the mountains behind and drive 4 hours through ranch and farm country to Edmonton. Your hotel is near West Edmonton Mall, the gigantic shopping and amusement center with a roller coaster, wave pool, ice skating rink, mini golf, hundreds of shops, dozens of restaurants and much, much more. A day pass for any of the rides in Galaxy Land is included.

1 night Edmonton

Day 10



Athabasca River

Your tour can end today – or why not add on the optional 4 nights canoe trip?

Meet your guide early in the morning in Edmonton. After a 3-hour drive towards the west you pitch your tent by a lake and get ready for the canoe training. You learn the basic paddle strokes, emergency procedures and signals. Tomorrow, on the river, training will continue. The safety and comfort of the participants are the primary concerns of the guide. Tonight's dinner is steak from the grill.

4 nights camping

Days 11-13



Athabasca River

Non-essential luggage will be stored safely as for the next three nights you pitch your tent on sandy islands or comfortable spots along the shore.

Your paddling speed depends a lot on the water level. The glacier fed Athabasca River is full of power in the early season, clear and quiet in the fall when the glaciers in the mountains stop melting. The forested river valley is uninhabited. You have excellent chances to spot wild geese, beavers, eagles, elk, bear and moose. Five or six hours daily are spent on the river, sometimes leisurely drifting downstream, but always with an eye for gravel bars and obstacles. There will be time for swimming, fishing, exploring and evening campfires.

Day 14



Athabasca River to Edmonton

Today is the end of the canoe trip, in downtown Edmonton, after 160km on the river. The bus with the luggage you left behind is waiting for the short drive to your hotel. Tonight enjoy dinner independently.

1 night in Edmonton.

Day 15



Edmonton

End of your tour. Time to fly home from Edmonton airport.

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.