

# CANADIAN PARK TRAILS – 12 DAYS

## Day 1: Calgary

Your adventure begins in Calgary, a cosmopolitan Alberta city with skyscrapers and a booming oil industry. Calgary is famous for its historic 'Wild West' roots but in recent years has become a dynamic city with a thriving economy. Its Western culture has earned it the nickname 'Cowtown', evident in the Calgary Stampede. Wander around the bustling streets as you introduce yourself to this lively city. Meet your tour leader and fellow travelling companions in the hotel lobby for a welcome meeting at 18:00 hrs.

Accommodation: Hotel included | Meals: Paid locally

## Day 2/3: Banff National Park

Located in the heart of the Canadian Rockies, Banff National Park was established in 1885 and is Canada's oldest national park. Its mountainous terrain encompasses coniferous forests, alpine meadows, icefields and glaciers. Take a ride up the gondola to the top of Sulphur Mountain or view all this scenic grandeur from a helicopter. Outstanding hikes are available and with an abundance of wildlife around, there's always a chance of seeing something - keep your camera at the ready! There are plenty of well worn trails around Banff that are ideal for horseback riding, a fantastic way to explore the park from a new perspective. At the end of the day there's nothing better than a soak in the Sulphur Mountain Hot Springs.

Accommodation: Camping included | Meals: Breakfast (x1), lunch (x2), dinner (x2) included

## Day 4: Lake Louise

With its snow-capped peaks, ancient pine forests and aquamarine waters, Lake Louise is 'the gem of the Canadian Rockies'. A popular tourist destination, it's no surprise that it is one of the most photographed places in the Canadian Rockies! The vibrant glacial hue of Lake Louise will take your breath away - it almost doesn't look real. The area around the lake is revered by hikers and outdoor enthusiasts the world over and you'll discover a huge range of paths that will, quite literally, take you to new heights. Legendary trails, such as the Plain of Six Glaciers, are just as exciting as they sound and the chance to explore within the realm of Mount Lefroy and Mount Victoria is not to be missed.

Accommodation: Camping included | Meals: Breakfast, lunch and dinner included

## Day 5/6: Yoho National Park

'Yoho' is a native word that translates to 'awe' and this incredible national park doesn't disappoint with several hiking opportunities that meander through pristine alpine mountains, lakes and waterfalls. You'll certainly be left in awe with your first visit to the incredible Takakkaw Falls, the highest waterfall in Canada, where the water tumbles 1,000 ft. below. Walk the snaking path to see the falls close up, before driving down to visit peaceful Emerald Lake, nestled in the mountains and surrounded by lush green forest. The following day you have the option to experience the raging Kicking Horse River first-hand with an exhilarating half day white-water rafting excursion. This is Canada at its very best! You spend the night under canvas at your campsite in Golden.

Accommodation: Camping included | Meals: Breakfast (x2), lunch (x2), dinner (x2) included

## Day 7: Glacier National Park

The pristine beauty of Glacier National Park is recognised along the many trails which meander through the park, Glacier really is perfect for adventurous visitors seeking wilderness and solitude. With a spider's web of trails criss-crossing more than 500 square miles of natural borders, you'll find a whole host of British Columbian backdrops with well over 100 glaciers dotted throughout the shimmering mountain peaks. Rivers, caves and more than a fair share of wildlife make Glacier a sublime spot to visit and if you can withstand a slightly wetter climate then you'll no doubt love this

beautiful national park.

Accommodation: Camping included | Meals: Breakfast, lunch and dinner included

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## Day 8/9: Icefields Parkway - Jasper National Park

You travel on the Icefields Parkway, a scenic road which cuts through the heart of the Rockies. One of the world's most spectacular drives, the road links Banff National Park with Jasper National Park. Experience some of its jewels close up by walking along the brink of Sunwapta or Athabasca Falls. Explore the Toe of Athabasca Glacier on an optional hike and stand in awe high above the crystal clear waters of Peyto Lake. The trail crosses the forefield of the glacier, the barren area exposed by glacial melt since the mid-1840s and a strange landscape of bare rock, boulders and moraines. Although conditions are extreme some hardy alpine plants have gained a foothold and only add more beauty to this spectacular landscape. You end your day by continuing on to Jasper National Park.

Jasper National Park is the largest national park in Canada covering an area of 4,200 square miles. It's much less developed than other areas of Western Canada and offers a true wilderness feel. There are several options on offer in Jasper, so it is easy to fill a day here with amazing hiking opportunities to places such as Maligne Canyon, Mount Baldy, Angle Glacier, Mount Edith and Five Lakes - all of them defining the utter serenity of Jasper National Park. If you prefer to relax, take the cable car to Whistler Mountain for a bird's eye view of this splendid park. Whatever you choose, keep an eye out for the wildlife that calls the park home; Bighorn Sheep, Mountain Goats, White-Tailed Deer, moose, the rare Woodland Caribou, Grey Wolves, beaver, marmots, puma, Black and Grizzly Bear.

Accommodation: Camping included | Meals: Breakfast (x2), lunch (x2), dinner (x2) included

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## Day 10: Wells Gray overnight wilderness canoe trip

Today you venture out into the wilderness of Wells Gray Provincial Park for a unique overnight canoeing trip (no experience necessary). This is a wonderful chance to escape the confines of modern civilisation and delve deeper into the Canadian wilderness where wildlife and nature live in perfect harmony. Fall asleep with nothing but good company and a blanket full of stars. This unique experience is bound to impress.

Accommodation: Camping included | Meals: Breakfast, lunch and dinner included

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## Day 11: Wells Gray Provincial Park

Don't let the fact that Wells Gray is not a national park fool you, this place is stunning! Visit the famous Helmcken Falls, Canada's fourth highest waterfall, where you can witness the water cascading down from a height of over 450ft. It will come as no surprise to learn that this natural attraction on the Murtle River was one of the reasons that Wells Gray was originally created. You have the chance to walk the rim, stopping at various viewpoints to admire the lush valley below, home to beautiful meadows full of wild flowers and roaming bears. Embrace the stillness, silence and isolation of Wells Gray but keep your camera charged and by your side at all times.

Accommodation: Camping included | Meals: Breakfast, lunch and dinner included

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## Day 12: Wells Gray - Vancouver

On the edge of the Canadian wilderness lies the cosmopolitan city of Vancouver. With a population of over 2.3 million and surrounded by water this is one of the most attractive cities in the world. Should you wish to extend your tour (recommended) you can make your own discoveries and further enjoy the delights of Stanley Park by hiring a bicycle. The fascinating Vancouver Aquarium is also located in the park - home to playful sea otters. Other options include strolling around the shops in the popular Gastown area, visiting the excellent Museum of Anthropology at the University of British Columbia to learn more about Native American culture or sampling the excellent dining options that this vibrant city has to offer.

Meals: Breakfast and lunch included

This tour ends at our gateway hotel at approximately 17:00 hrs. We can book you post-tour

accommodation at our gateway hotel if required. If you are planning to fly tonight, please do not book a flight that departs before 21:00 hrs.