



Jasper – Banff 500 Inn-to-Inn

Getting Started

Welcome to the Jasper - Banff 500 Inn-to-Inn cycle tour. If you are looking for a challenging road ride in an amazingly beautiful place, this trip is for you. On this 520k / 320 mile tour you will not only get to ride the entire Icefields Parkway from Jasper to Banff, but you will also get to see some of the hidden and less visited gems in the Canadian Rockies and ride some amazing climbs to stunning vistas. This tour is geared toward ambitious intermediate to serious road riders and features 5,300 metres or 17,500 feet of elevation gain.

Area Description

The spectacular scenery found in the national parks of the Canadian Rockies is unprecedented in North America. *Rocky Mountain Cycle Tours* offers you the opportunity to travel this high country on one of the greatest mountain roadways of the world - The Icefields Parkway. Stretching an impressive 200 miles (300 km) between the historic towns of Jasper and Banff, the Icefields Parkway traverses beneath some of the most majestic mountains of the world. Flanked by dozens of massive glaciers that plummet to the roadsides, it follows three major river systems and passes by exquisite scenery studded with turquoise lakes and brilliant wild flowers. Along the route, two mountain passes - Sunwapta and Bow - take you up to elevations in excess of 7,000 feet (2,100 metres) for breathtaking views of the Columbia Icefield. The Columbia Icefield is the largest conglomeration of glaciers in the Canadian Rockies whose melting waters feed rivers that eventually drain into the Pacific, Arctic and Atlantic Oceans. From the elegant to the formidable, the mountain peaks of the Canadian Rockies are nothing less than spectacular and deserve the United Nations' "World Heritage Site" designation bestowed upon them. So let our guides take you on a mountain cycle tour in the style and luxury of an inn-to-inn experience you won't forget.

Cycling

We only take 12 guests on our scheduled departures. Small groups allow us maximum flexibility and the ability to support almost all levels of cyclists. For the most part you can ride entirely at your own pace. No matter if you are want to ride at a leisurely pace or if you want to hammer, we can make the trip right for you. And please remember the mileage given in the itinerary below is the distance to get you from one lodge to the next. The means you can ride less and board the van or you can extend your rides significantly.

Professional Guide Services

Our guides are as impressive as the scenery. All of our leaders are passionate about their work and are delighted to pass on their skills. University and college graduates with strong backgrounds in natural history, geology and anthropology, they are knowledgeable in the local region and its folklore. Part chef, part naturalist, trained in wilderness first aid and professionally certified, our guides are eager to please and will ensure you have a memorable experience.

Accommodations

Evenings will be spent in the warmth and security of a selection of the area's most charming and luxurious hotels, lodges and cabins. In each case, the properties have been selected because they reflect the tranquillity and beauty of the region, they are ideally situated and they have the intimacy of the resident proprietor we have befriended.

Climate

The winters in the Canadian Rockies are long. But summers, although short are spectacular and are blessed with glorious bursts of heat. A typical day in the summer averages in the high 70's (25C) while evenings cool off to the high 50's (15C). Higher elevations may see frost in any summer month. Rain showers can occur at any time but they are generally short and infrequent. In fact, by the time clouds have arrived to the lee side of the Rockies, their moisture has been spread over the Coastal Mountains and the west side of the Great Divide. Thus, riding along the east side of the Divide, we get the advantage of drier air masses.

Trip Prices

Trip prices are as per our website. Please inquire for group or family rates.

Departure Dates (*Trips start and finish in Banff, Alberta*)

Scheduled departure dates are as per our website. Customized trip departures can be arranged for groups and families of 8 or more participants outside of these dates.

Services Included

- 5 nights accommodation in hotels, inns and beautiful mountain lodges.
- All meals (5 breakfasts, 5 lunches, 3 dinners, refreshments)
 - except for two dinners.
- Professional guide services
- Support vehicle and luggage transport
- Shuttle transportation from Banff to Jasper
- All National Park fees and permits

Jasper-Banff 500 Icefields Parkway Itinerary

Day One (Sunday) - The Prologue

After meeting in the morning at the Banff train station at 10:00 a.m., we shuttle to the historic town of Jasper. The van ride is absolutely spectacular and today you will get to enjoy the scenery without having to sweat ☺. Once in Jasper we size up the bikes and take an afternoon acclimatization ride to the Continental Divide at Yellohead Pass and to Pyramid Lake. 30k / 19 miles, 200 metres / 800ft vertical. Overnight Jasper Inn



Day Two - Ride to the biggest lake and the deepest canyon in the Canadian Rockies

After a sumptuous breakfast buffet we ride to the largest lake in Jasper National Park - It is famed for the colour of its water, the surrounding peaks, the three glaciers visible from the lake and Spirit Island, one of the most photographed locations in the world. On our way back we explore the deepest canyon in the Canadian Rockies – Maligne Canyon with all it's Cascades. 100k / 60 miles, 900m / 3000ft vert Overnight Jasper Inn



Day Three – Tackle the Canadian Alp d’Huez and see some huge waterfalls

In the morning we will ride up to spectacular Mt Edith Cavell. This 14k / 8 mile switchback climb takes us to a hanging glacier above a lake filled with icebergs th the bottom of the mile high sheer north face of Mt Edith Cavell. After a short sightseeing stop at this amazing place you get to enjoy an exhilarating descent. The other 2 highlights of the day are the amazing waterfalls at Athabasca and Sunwapta. We stay overnight at Sunwapta Falls Resort. 88k / 54mi, 1250m / 4000ft vert.



Day Four – Climb Sunwapta Pass at the Columbia Icefield

This morning we are following the Sunwapta River up and tackle the steepest climb of the trip up to the spectacular Columbia Icefields. After a sightseeing stop at the Athabasca Glacier we continue to climb across Sunwapta Pass. Now you will get to enjoy a fun, fast and extremely scenic 15k / 10 miles descent to the bottom of the Weeping Wall. From here we will follow the Saskatchewan River to our hotel at The Crossing. 101k / 61 miles, 1100m / 3500ft



Day Five – The highest pass, two famous lakes and a mountain top arrival

After a good night's sleep, it's onto the bikes again. Today's ride starts with a long climb to the highest point on the Parkway at Bow Summit. A side trip to Peyto Lake viewpoint at 7'000ft is a must. From here we continue downhill past spectacular lakes, rivers, glaciers and mountain peaks to Lake Louise. Here another challenge awaits – climb into the Valley of the Ten Peaks and to world famous Lake Louise. Overnight Deer Lodge or Mountaineer Lodge/ Lake Louise Inn. 110k / 65 miles, 1350m / 4400ft



Day Six (Friday) – The Grande Finale to Banff

Our last day's ride takes us along the beautiful Bow Valley Parkway toward Banff. Wildlife sightings of elk, bear and bighorn sheep are quite frequently on this road and beautiful views of the turquoise Bow River and majestic Castle Mountain offer a great backdrop to today's ride. After lunch we will ride together into Banff along Vermillion Lakes. After saying our goodbyes you will be dropped off at the train/bus station or at a hotel of your choice no later than 3:00 p.m. 63k / 40 miles, 300m / 1000ft



How to Get to Banff

Calgary is accessible by a number of Canadian and international airlines with same day service from anywhere in North America and many places in the world. We would be pleased to assist you or your local travel agent if you have any questions about flights. Transportation from Calgary airport to Banff is available almost hourly by bus, train, shuttle and taxi. A very convenient option is the Banff Airporter shuttle service for \$70.00 CAD one way / round trip \$140 CAD which leaves at least 10 times daily (Tel. 1-888-449-2901, www.banffairporter.com).