



Ultimate Rockies Hiking Camping +

This trip starts off by heading deep into Jasper National Park and setting up a base camp where we will explore the best of what Jasper has to offer. Highlights include trekking at Maligne Lake, Mt. Edith Cavell and the Fiddle River Valley. We will also be rafting the upper Fraser River in Mount Robson Provincial Park. This rafting adventure will surely be a highlight of the trip with the Monarch of the Rockies, Mount Robson, soaring above us.

On day five we head south into Banff National Park and set up our second base camp at Lake Louise. From here we will discover the backcountry wilderness Banff with hikes to the beautiful Paradise Valley and take in the vast views at Sunshine Meadows on foot before returning to Calgary. Highlights also include Moraine Lake and the Valley of Ten Peaks and Lake Louise.

Note: Our early season trips provide an excellent opportunity to see wildlife, while our September trips allow us to see the bright fall colors.

Trip Itinerary

Day 1 Saturday Arrive in Calgary , Alberta by late afternoon to join the group for a welcome dinner at 6:00pm .

Day 2 Sunday Today we leave the hotel after an early breakfast and head west into Banff National Park . Following the world famous Icefields Parkway we will pass fast flowing glacial rivers and pristine lakes all the while the Main Ranges of the Canadian Rockies with their ice clad summits tower above us. Stops along the way include visits to Bow Lake , Peyto lake and a short walk to the toe of the Athabasca Glacier. After a day traveling one of the world's most scenic highways we will arrive just south of the town of Jasper where we will set up a base camp. After we pitch our tents we will enjoy a salmon dinner prepared by our guides. Hiking: 1 Mile, 200' elevation gain. Breakfast, dinner included.

Day 3 Monday This morning we drive east from our base camp and head up the Fiddle River Valley to the Miette Hot springs. From the springs we take a short but steep trek up the Sulphur Skyline trail. 360 degree views await those who make it to the summit. Afterwards we will take a soak in the Hot springs to relax our tired muscles before returning to camp. Hiking: 5 miles, 2300' elevation gain. All meals included.

Day 4 Tuesday After an early breakfast at camp we are off to explore spectacular the Maligne Lake area of Jasper Park . Highlights today include a stop at Medicine Lake , a short walk along Maligne Canyon and a moderate hike to the Bald hills above the sparkling waters of Maligne Lake itself. The meadowland surrounding Maligne Lake is home to Mountain Cariboo, Elk, Moose and Grizzlies and is considered one of the scenic wonders of Jasper. After a day of hiking and

exploring we will have some free time to explore Jasper town site or go up the Jasper Gondola for 360 degree view of the park before returning for another great campfire meal. Hiking: 6-8 miles, 1600-1800' elevation gain. All meals included.

Day 5 Wednesday An early breakfast and then we are off to raft the wild and beautiful upper reaches of the Fraser River. The Fraser is British Columbia's longest river and today we will be paddling one of it's more spectacular sections. Highlights include exceptional views of Mount Robson, highest peak in the Canadian Rockies and Emperor Falls.

After returning from our rafting adventure we will take a scenic drive up to base of Mount Edith Cavell where we will take a short walk to a lake with floating icebergs at the base of the Angel Glacier. Rafting 4-5 hours, Hiking; 1-2 miles. Breakfast, lunch included.

Day 6 Thursday Today we say good bye to Jasper and head back down the Icefields Parkway to Lake Louise . After breaking camp we will head to the base of Parker's Ridge where we will take a short hike to the top of the ridge overlooking the Columbia Icefields and Saskatchewan Glacier. In addition to amazing scenery Parker's ridge is an excellent place to spot the fossilized remains of the ridge's earliest inhabitants; ancient sea creatures. We should arrive at the Lake Louise Campground by mid afternoon to establish our second base camp where we will be for the rest of the trip. Hiking: 5 miles, 1000' elevation gain. All meals included.

Day 7 Friday After a relaxing start to the day and a great camping breakfast we explore the Lake Louise area by foot. Depending on the weather we will either explore Paradise Valley and Lake Annette or head towards Sentinel Pass or Eiffel Lake . Both trails are set underneath the massive cliff faces of Mount Temple. This area is world renowned for its stands of Larch trees that have needles that change color from green to gold in September before falling off for the winter. Animals that we are likely to see include Grizzly bears, black bears, pine martens, marmots and porcupine.

Other highlights today include scenic stops at Lake Louise and Moraine Lake.

After another amazing day of exploring we return to camp to unwind and clean up before heading out for our final dinner together as a group in the village of Lake Louise . Hiking: 8-12 miles, 1200'-2500' elevation gain. All meals included.

Day 8 Saturday Today we pack up our camp and then head to the Sunshine Village ski area. From the base of Sunshine we head up into the ski area via a special shuttle service that takes us up to the edge of the Continental Divide. We will follow one of the many trails that lead us past high alpine lakes and through sprawling flower filled meadows. From the crest of the Continental Divide Mount Assiniboine, the Matterhorn of the Rockies, dominates the southern horizon while Mount Bourgeau looms to the north. After our hike we return to our hotel in Calgary where we relax after our amazing adventure before heading for a night on the town on our own. Hiking: 2-5 miles, 500' elevation gain. Breakfast and lunch are provided.

Day 9 Sunday Either fly out of Calgary today or spend a few more days exploring the area. Breakfast at the hotel is included as is the shuttle to the airport.

Trip Cost

\$ 1595 CAD trip price per person based on double occupancy

\$ 250 CAD Single Supplement Fee

(price is subject to 5% GST)

Services Included:

- 2 nights hotel Calgary, 6 nights camping in National Parks
- meals (8 breakfasts, 7 lunches, 6 dinners, trail refreshments) When camping guests are expected to help with meal preparation.
- all transportation from and to Calgary
- ½ day rafting
- camping equipment (tents, self inflating mattresses, cooking appereal
- all parks permits

2008 Trip Date

September 14-19

Reservations: 1-800-661-BIKE (2453) / e-mail: res@rockymountaincycle.com