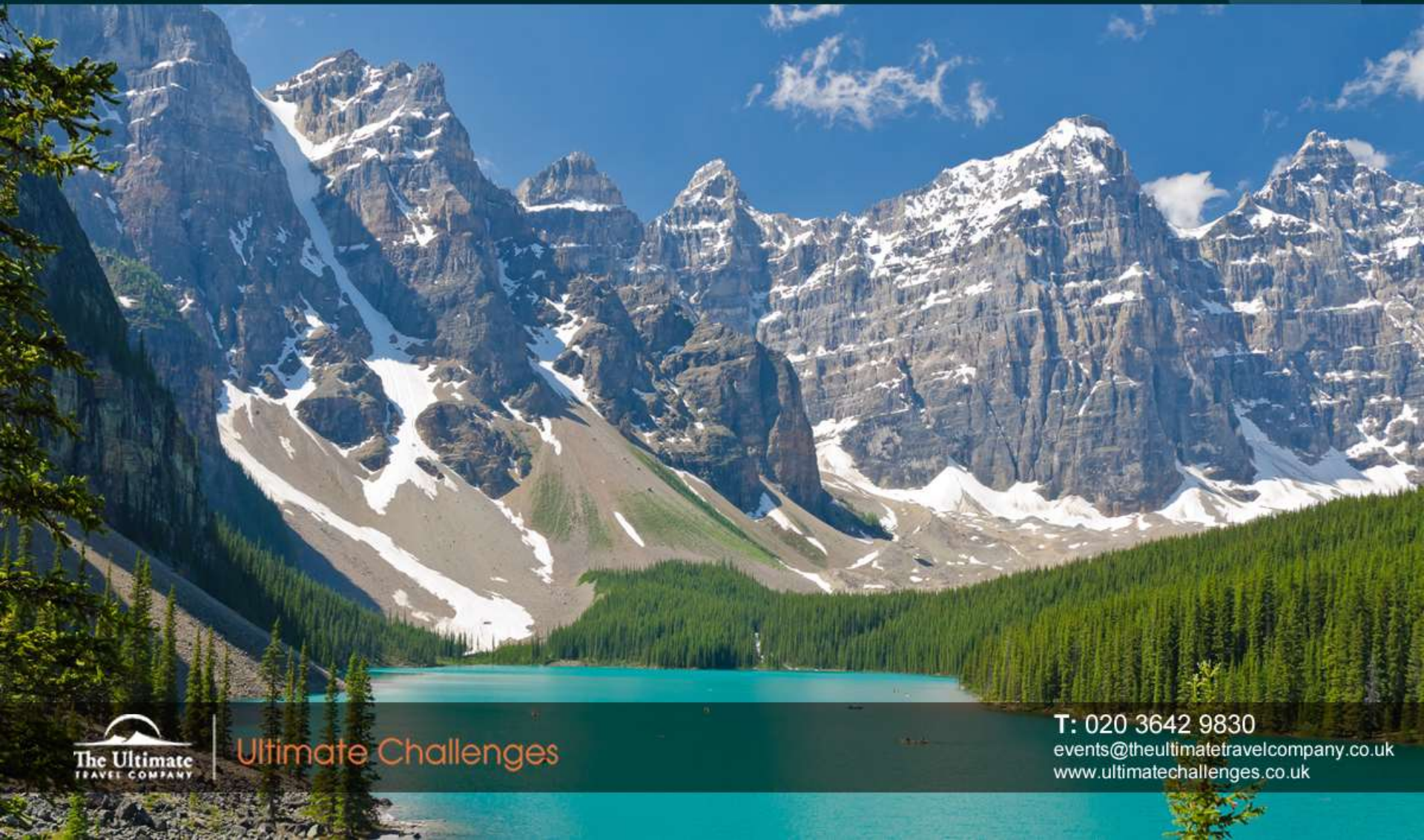


Rocky Mountains Trek

Canada, a spectacular 5 day trek through the rugged Canadian Rocky Mountain Parks



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Canada, Rocky Mountains Trek

Experience the rugged wilderness of the Canadian Rocky Mountain Parks that offer some of the most spectacular hiking in the world. Begin your trek in Banff National Park where towering mountains rise from the shores of turquoise-blue lakes.

Move to Yoho National Park whose intimate scale makes it one favoured by Rockies connoisseurs, full of gleaming glaciers, overwhelming vistas, enchanted forests and iridescent lakes.

Rewarding hikes through this UNESCO world heritage site provide an exhilarating sense of achievement that will last a lifetime.

This spectacular trek finishes in Banff a bustling town situated within Banff National Park.



Detailed itinerary

Day 1: London to Calgary

On arrival in Calgary we transfer to the Banff National Park where we will meet our crew and have our briefing for the adventure ahead.

Day 2: Banff to Lake Louise

6 to 7 hours trekking

We start the day with a short transfer to our start point of today's spectacular trek. We walk along the edge of the emerald coloured Lake Louise before climbing to the alpine Lake Agnes and on to our high point of the day at the top of the Big Beehive.

Day 3: Lake Louise

6 to 7 hours trekking

Today we embark on one of the classic day hikes in the Rockies. We start at the Moraine Lake near Lake Louise and walk up Larch Valley for on an incredible view over Moraine Lake and the Valley of the Ten Peaks and over Sentinel Pass. We walk under the watchful Mount Temple and down beautiful Paradise Valley and Paradise Creek. Overnight at Lake Louise Campsite.

Day 4: Lake Louise to Yoho Valley

7 to 8 hours trekking

We start our day with a transfer from Lake Louise over the Continental Divide into British Columbia, along the Kicking Horse River and into the Yoho National park. We reach the trailhead near Takakkaw Falls (380m high), meaning magnificent in the Cree Indian language. We walk up from Takakkaw Falls ascending steeply up to the ice line trail between glaciers and tree line. We continue round a ridge line with spectacular views of the alpine glaciers until we descend to our camp in little Yoho Valley.

Day 5: Emerald Lake Trek

6 to 7 hours trekking

Today we will trek in the shadow of Mount Burgess in the Emerald Lake area. This area has unmatched diversity of landscapes and activities. The moist, shady enclaves common to the Emerald Lake region make it one of the best places to spot a variety of tiny, fragile wild orchids that survive only in finely balanced conditions.

Day 6: Mount Burgess Climb

6 hours

Mount Burgess is a stand alone peak that looms over one the pride jewels of Yoho National Park, Emerald Lake. Burgess dominates the skyline and was first ascended in 1892 by a couple of surveyors. The scramble to the North summit is the target here today and the views are outstanding. Following our climb we will transfer to Banff where we will celebrate our achievements.

Day 7: Banff to Calgary to UK

We have a free morning to explore Banff before transferring to Calgary for our return flight home.

Day 8: Arrive UK

Grade

Moderate to tough

Best time of year:

June to September

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This itinerary is complex and subject to change*