

Rocky Mountains Bike

Canada, Cycle the Icefields Parkway



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Rocky Mountains, Canada

Cycle the Icefields Parkway

Cycling 375km from Canmore to Jasper following the spectacular Icefield Parkway has been described as a rite of passage for touring cyclists through one of the most extravagantly beautiful ranges on earth.

Our route starts in Canmore approx. 50 miles west of Calgary. Situated at 1480m, it is surrounded by mountain peaks, pristine rivers and lakes. Our epic challenge ends in Jasper a burgeoning little town and the site of the earliest fur trade outpost in the Central Rockies. Here we will celebrate our achievements on conquering the Canadian Rockies.

This journey offers access to a vast wilderness of pristine mountain lakes, ancient glaciers and broad sweeping valleys. One not to be missed!

National Geographic Traveller called it 'a highway strung from the stars'.



Detailed itinerary

Day 1: Depart London to Calgary

Upon arrival we transfer approximately one hour to Canmore. This picturesque and authentic mountain town is enveloped by the majesty of the Canadian Rockies. Tonight we hear more about the challenge ahead from our guides.

Day 2: Canmore to Banff, 70km

Up early for our bike fitting and then it's straight onto our bikes to start our challenge. Just recently completed, the Rocky Mountain Legacy Trail links the town of Canmore with Banff. This paved pathway is a great introduction to Banff National Park. Arriving to Banff, we ride up Tunnel Mountain and the oddly shaped Hoodoos and/or an easy loop up to Lake Minnewanka, one of the largest and deepest lakes in the Rockies before heading to Banff, a vibrant community nestled in the Banff National Park that celebrates mountain culture with some of the most scenic cycling routes found anywhere in the Rocky Mountain National Parks.

Day 3: Banff to Lake Louise, 68km, (optional trekking 1-3hrs)

Today, we ride along the bike-friendly Bow Valley Parkway with staggeringly magnificent views of the Sawback, Sundance and the Massive mountain ranges en-route to Lake Louise - one of the gems of Banff National Park. Upon arrival in Lake Louise, we enjoy lunch and soak up the natural splendour.

After lunch we ride up to Lake Louise where beautiful hiking trails provide access to even more stunning scenery. It is worth the hike to get the full sighting of the lake from some wonderful view points. Overnight in Lake Louise.



Day 4: Lake Louise to Saskatchewan Crossing, 80km (optional 25km)

There is an option to cycle up to Moraine Lake in the Valley of the Ten Peaks, considered by many to be even more beautiful than Lake Louise. Or cycle up the Icefields Parkway where we have lunch before the climb over Bow Summit at 2069m, the second highest point reached in Canada on a public highway. From here another 35km to reach Saskatchewan Crossing. This is the mid-point between Banff and Jasper, and an historic strategic location in the Canadian Rockies from the days of the Fur Trade in the early 1800's.

Day 5: Saskatchewan Crossing to Jonas Creek to Sunwapta Falls, 100km

Riding north along the Saskatchewan River, you will enter majestic Jasper National Park, reaching the Columbia Icefield and Centre where you can experience the newly opened Glacier Skywalk, perched 280 metres over spectacular glacier-formed valleys and rushing waterfalls.

Detailed itinerary

Day 5: cont.

Cycle past an ancient forest, over 700 years old, along the lower slopes of Mount Wilcox. Watch for mountain goats grazing on the precarious slopes of the Sunwapta Canyon gorge. Enjoy some time off your bike as you walk a short distance to the impressive Stanley Falls. Overnight Sunwapta Falls.

Day 6: Sunwapta Falls to Jasper, 60km

For our final approach into Jasper, we take in the magnificent views of Mount Christie, Athabasca River and Whirlpool Valley. A short detour will take us to the thundering Athabasca Falls, set against the pink-purple cliffs of Mount Kerkeslin. On arrive into Jasper; a burgeoning little town and the site of the earliest fur trade outpost in the central Rockies. We'll have a festive arrival party planned for you to mark your accomplishment of this epic journey. We celebrate our achievements with a fantastic dinner. Overnight in Jasper.

Day 7: Jasper to Calgary to London

Free day to explore (flight time depending) until it is time to depart back to Calgary, a drive time of approx. 5 hours to catch our onward flight back to London.

Day 8: Arrive London

Challenge grade

Tough

Best time of year

June to September

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This itinerary is complex and subject to change

