

CANADIAN ROCKIES

# Banff, Yoho & Kananaskis

A Guided Walking Adventure





# Table of Contents

---

Daily Itinerary .....	4
Tour Itinerary Overview .....	11
Tour Facts at a Glance.....	13
Traveling To and From Your Tour .....	15
Information & Policies .....	18
Canada at a Glance .....	20
Packing List .....	24

## Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.



## Overview

Lying along the east side of the Continental Divide and south of Banff National Park is the stunningly pristine natural area of the Canadian Rockies—Kananaskis Country. Here you leave the crowds to be immersed in the scenic landscape of alpine meadows spilling down from the craggy, snowcapped peaks of the Rocky Mountains. Following quiet trails in Yoho National Park, you are met by countryside bejeweled with crystal icy rivers, fresh alpine air, and meadows teeming with brilliant wildflowers. In the evenings, you celebrate your discoveries in top-notch Rocky Mountain style and comfort—the first two nights are spent at a lakeside lodge where individual hand-hewn log accommodations boast fireplaces, trend-setting cuisine, and an ambiance befitting the scenic drama of this region. The final inn for three nights is a cozy, Swiss-style backcountry lodge where you unwind in front of a warm fire and indulge in afternoon tea.



# Daily Itinerary

---

## DAY 1

Bow Lake; 6 miles, easy to moderate

After your orientation in Canmore, you transfer further into Western Alberta and to your introductory walk of the week. Located a short distance from the Icefields Parkway, Bow Lake is the third-largest lake in Banff National Park. It is also the headwater of the Bow River. The lake is fed by the meltwater from Bow Glacier, one of six outlet valley glaciers of the Wapta Icefield. Today's walk follows the lakeshore, eventually reaching an overlook of Bow Glacier. Pioneer outfitter and guide Jimmy Simpson spent the winters of the early 1900s hunting and trapping in the remote country north of Bow Lake.

At the conclusion of today's walk, you are welcomed at your lodge in Field, British Columbia and enjoy a welcome dinner in the lodge's restaurant, where an exquisite meal of local mountain specialties awaits.

*\*Please note: Each day presents the possibility that alternative trails of comparable terrain will be used in the event of trail closing due to wildlife activity or other circumstances.*

## **Emerald Lake Lodge, Field, BC**

This beautifully restored lodge set on the shores of stunning Emerald Lake offers exceptional service, individual townhouse-style units, and an outdoor hot tub. Please note that lake views are not guaranteed.



### **DAY 2**

Takakkaw Falls to Iceline Trail to Yoho Lake; 6 miles, moderate to challenging, 1,400-ft. elevation gain or Takakkaw Falls to Laughing Falls; 6 miles, easy

Today's walk begins in the Yoho Valley at Takakkaw Falls. After a short warm-up on a flat trail, you ascend a slope past Whiskey Jack Falls, passing 300- to 400-year-old spruce trees, some of the oldest in Yoho National Park. Eventually you reach the Iceline Trail, having enjoyed the last mile of panoramic views of the Yoho Valley and Dally Glacier. Turning on to the Highline Trail you follow it to your next destination of Yoho Lake. The first white explorer to reach the lake was Ralph Edwards in 1897, when he wrote that the lake was, "...a marvelously beautiful lake, not much larger than a little pond, but of an exquisite ultramarine colour."

After enjoying lunch at this quiet spot, you continue on the trail around the edge of the lake, winding through a colorful wetland of wildflowers that offers brief glimpses of Yoho Valley. The trail starts to descend, bringing you back around to Whiskey Jack Falls before looping back to your starting point at Takakkaw Falls. With luck you may spot moose, hoary marmots, or pika, or be visited by a whiskey jack, the small, sociable bird that gave its name to the falls. Common vegetation includes bunchberry, Indian paintbrush, queens cup, and foamflower.

Today's other option leaves Takakkaw Falls heading along the valley floor. The trail meanders through a forest with the west bank of the Yoho River grazing the trail. The soft-green verdant forest floor offers plants and mushrooms not seen elsewhere in the area, plus viewing spots of the wild rapids of the Yoho River. Laughing Falls offers a picnic spot, with the cataracts and sparkling stream presenting an enriching vista. After lunch you head back down the trail, taking a slight detour to visit Point Lace Falls. As the name suggests, this delicately patterned waterfall is in direct contrast to Takakkaw Falls.



Regardless of the option, you have the chance to walk up the short half-mile interpretive trail to view the base of Takakkaw Falls. Here you experience the thunderous roar and enjoy the rainbow-infused spray of glacial water descending from this 836-foot-high waterfall before returning to your lodge for dinner on your own this evening.

### **Emerald Lake Lodge, Field, BC**

#### **DAY 3**

Consolation Lakes; 4-5 miles, easy

Today's stunning walk offers views of glacier clad mountains and montane lakes surrounded by wildflowers and plenty of wildlife. You stop to view the emerald-colored Moraine Lake before heading across the base of the Tower of Babel and continuing into the cool spruce and subalpine fir forest. You follow the waters of Babel Creek, and just before Lower Consolation Lake the trail opens out into a lush meadow vibrant with wildflowers and a spectacular view of Hydra Glacier at the end of the valley.

Later, you are welcomed at your backcountry accommodation where you savor the Rocky Mountain tranquility and view the alpenglow on the peaks looming through the trees. Tonight you dine on regional favorites served at the lodge.

### **Mount Engadine Lodge, Canmore, AB**

An intimate backcountry mountain lodge set in a beautiful alpine meadow at 6,200 feet in the heart of Kananaskis Country, complete with outdoor sauna and wrap-around deck overlooking the stunning Moose Meadow. The Mount Engadine Lodge is the proud recipient of the coveted ALTO award through Travel Alberta for the category of Sustainable Tourism.

#### **DAY 4**

Rummel Lake Trail; 6-7 miles, moderate to challenging, 1,300-ft elevation gain

Today you walk directly out the door of your lodge crossing the Spray Lakes Road before heading into the subalpine forest to walk along the bubbling Rummel Creek.

Following the creek a short distance you turn upwards towards a point that offers a panoramic view of the magnificent peaks surrounding this alpine valley. Continuing through forest on a ridgeline takes you across Rummel Creek once again for the final section of your walk which eventually rewards you with the serene vista of Rummel Lake surrounded by dramatic peaks and alpine



wildflowers. Time permitting, you have the option of progressing a little further to another vantage point to view another beautiful flower-clad meadow or you may prefer to cool your feet in the glacier fed lake before returning to your hospitable lodge with time to relax and enjoy the view. Your efforts today are rewarded with a true feast of local specialties this evening.

### **Mount Engadine Lodge, Canmore, AB**

#### **DAY 5**

Chester Lake Trail, 5-6 miles, moderate, 1,000-ft. elevation gain

After a bountiful breakfast, a short drive brings you to the start of the Chester Lake Trail, leading to a beautiful subalpine lake located at an elevation of 7,280 feet. Beginning along a quiet, narrow trail scented with heather and berry bushes, a series of elevation gains are interspersed with flat areas through alpine meadows filled with elephant head, fleabane, and colorful Indian paintbrush. This amazing array of summer alpine flowers transitions to autumn colors, as the larch trees change from green to gold into September. Lake Chester, its surface often punctuated by leaping trout, is encircled by an amphitheater of rock and awe-inspiring peaks—the Fortress, Gusty Peak, Mount Galatea, and Mount Chester. In fact, these mountains are known locally as the Battleship Range because they have been named after either famous battleships or people who were involved in World War I. The region is renowned for grizzly bears, which love to feed on the many glacier lilies; your guides are alert to the signs, however, and keep you close and safe.

A final evening feast is served where you raise your glass and toast the Canadian wilderness and recount the adventures you've shared.

### **Mount Engadine Lodge, Canmore, AB**

#### **DAY 6**

Ptarmigan Cirque; 3 miles, moderate, 760-ft. elevation gain. Departure from Canmore

This morning you embark on a stunning drive along the Smith Dorrien Spray Trail, a scenic gravel road, where elk and bighorn sheep often graze along the roadside. The journey takes you to Elbow Sheep Wildland, the south end of Kananaskis Country and the start of the Ptarmigan Cirque, a high mountain bowl between Mount Arethusa and Mount Rae.

You begin climbing up the Highwood pass through a forest of alpine larch, subalpine fir, and Engelmann spruce. Along the way, the wooded path opens and levels out into a breathtaking circular alpine meadow filled with wildflowers, complete with a glacial stream. As you bask in the grand views of the meadow and surrounding mountain peaks, you enjoy a trailside snack by the waterfall while keeping an eye out for bighorn sheep.

After a final lunch together, you return to downtown Canmore where you bid farewell to your newfound friends before departing for your onward travels.



## **ITINERARY CHANGES**

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, animal activity, or transportation schedules. We reserve the right to alter the itinerary since tour arrangements are made up to a year in advance, and unforeseen circumstances that mandate change may arise. Itinerary changes are made to improve the tour and your experience.

## **HIGH-ALTITUDE WARNING**

The highest elevation you may be walking at on this tour is approximately 8,100 feet. The altitude may have some effect on travelers. Typical symptoms include nausea, a loss of appetite, insomnia, shortness of breath, dizziness, headaches, or other minor irregularities. There are actions you can take to help you adjust to the altitude, including drinking lots of water (more than you feel you need) and getting plenty of sleep. Also, take your time while walking, allow your body to adjust, and always keep your guides informed of how you are feeling. Please discuss with your doctor whether taking altitude medication would be helpful.

## SUSTAINABLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here's just one example that highlights our sustainable practices:

We proudly support the **Yellowstone to Yukon Conservation Initiative**. Stretching some 2,000 miles the Yellowstone to Yukon region is big, diverse and intact enough to support wildlife, nature and millions of people. To maintain this area is a global opportunity unparalleled elsewhere in the world. The Yellowstone to Yukon Conservation Initiative is the only organization dedicated long-term to securing the ecological health of this entire region. Through their big-picture perspective they highlight and focus on local issues that have continental-scale implications. Once these issues are identified, they work with key partners to stitch this landscape together. Since 1993 they have worked with over 300 partners including businesses, government, and non-profit organizations on dozens of on-the-ground initiatives. Their mission is connecting and protecting habitat from Yellowstone to Yukon so people and nature can thrive. We invite you to learn more at [y2y.net](https://y2y.net).

# Tour Itinerary Overview

---

## TOUR MEETING POINT AND TIME

**Coast Canmore Hotel & Conference Centre (lobby), Canmore, Alberta, 9:00 a.m.**

511 Bow Valley Trail

403.678.3625

[coasthotels.com/hotels/ab/canmore/coast-canmore-hotel-and-conference-centre/](http://coasthotels.com/hotels/ab/canmore/coast-canmore-hotel-and-conference-centre/)

## NIGHTS 1 & 2

### **Emerald Lake Lodge**

Field, British Columbia, Canada

Tel 250.343.6321

[cmr.com/emerald](http://cmr.com/emerald)

Wireless Internet, hair dryers, and laundry service available.

## NIGHTS 3, 4 & 5

### **Mount Engadine Lodge**

Canmore, Alberta, Canada

Tel 403.678.4080

Email [lodge@mountengadine.com](mailto:lodge@mountengadine.com)

[mountengadine.com/](http://mountengadine.com/)

Wireless Internet, hair dryers, and laundry service available.

## TOUR DEPARTURE POINT AND TIME

**Coast Canmore Hotel & Conference Center, Canmore, Alberta, Canada, 3:00 p.m.**

## TRAVEL DELAY AND EMERGENCY ASSISTANCE

**If you are delayed while traveling, or experience any unforeseen situation en route to your tour, assistance is only a few, easy steps away:**

As a Country Walkers guest, you benefit from 24-hour, toll free access to One Call Emergency Hotline and Travel Assistance. Call the numbers below from anywhere in the world to get immediate assistance (regarding everything from lost luggage, to missed connections, to health concerns or notifying your guides or our local partners of a delayed arrival).

To contact One Call, please use one of the following methods:

**By Email:** [mail@oncallinternational.com](mailto:mail@oncallinternational.com)

**By Text:** 603.945.0103

**By Phone:**

**If calling from within the USA:** 800.555.9095

**If calling from outside the USA:** 800.555.9095 or 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Planning and Travel Resources: AT&T International Access Codes. If you receive an automated response, when prompted, you can then enter either of the numbers above; One Call accepts collect calls 24/7.

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to **800.555.9095 or 603.894.4710**.

Should there be any problems placing a collect call (as is occasionally the case depending on the country), dial, email, or text One Call directly and ask them to return your call immediately to minimize any out of pocket costs.

## TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

# Tour Facts at a Glance

---

## **TOUR LENGTH**

6 days, 5 nights

## **DEPARTURE DATES AND PRICE**

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

## **TOUR MEETING POINT AND TIME**

Coast Canmore Hotel & Conference Centre (lobby), Canmore, Alberta, 9:00 a.m.

## **TOUR DEPARTURE POINT AND TIME**

Coast Canmore Hotel & Conference Center, Canmore, Alberta, Canada, 3:00 p.m.

## **ACTIVITY LEVEL**

This tour is one of our Guided Walking Adventures, rated moderate, with a range of 3 to 7 miles per day. The terrain is very diverse and very different than walking on pavement. Footing is often uneven, with loose stones and slippery roots. While this is not a mountain-climbing tour, there are daily ascents and descents. Some options have elevation gains and descents of up to 1,600 feet. The ascents and descents are sometimes gradual as opposed to very sharp and steep, and the pace is generally leisurely, approximately two miles per hour. Some trails may have patches of loose gravel.

## **INCLUSIONS**

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals except for one dinner; local wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary
- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

## **LET THE JOURNEY BEGIN**

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

## **GRATUITIES**

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day), and can be paid in USD or local currency.

# Traveling To and From Your Tour

---

## **TOUR MEETING POINT AND TIME**

**Coast Canmore Hotel & Conference Centre (lobby), Canmore, Alberta, 9:00 a.m.**

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking.

## **MOST CONVENIENT AIRPORT**

Calgary International Airport (YYC), Calgary, Alberta  
[calgaryairport.com](http://calgaryairport.com)

## **GETTING TO THE MEETING POINT**

You can get from the Calgary Airport to the Coast Canmore Hotel & Conference Center in Canmore via Banff Airporter or Brewster Banff Airport Express. Their bookings desks are located at “Meeting Place C” across from the international arrivals gate (however, advance reservations are strongly recommended). The transfer takes approximately 1½ hours, and the approximate cost is \$60 CAD per person one way. If you are driving to the tour and wish to leave your car at the Coast Canmore Hotel & Conference Center, you may do so at no charge.

### **Banff Airporter**

Tel 888.449.2901  
Email [info@banffairporter.com](mailto:info@banffairporter.com)  
[banffairporter.com](http://banffairporter.com)

### **Brewster Banff Airport Express**

Tel 877.625.4372  
Email [explore@brewster.ca](mailto:explore@brewster.ca)  
[explorerockies.com/airport-shuttles](http://explorerockies.com/airport-shuttles)

## **PRE-TOUR ACCOMMODATIONS**

We recommend arriving in Canmore at least one day before the tour starts. This will give you time to rest after your travels and recover from any effects of jet lag. You may choose to stay at our meeting-point hotel, the Coast Canmore Hotel & Conference Center, or another Canmore hotel (two nearby hotels are listed below). Country Walkers has blocked a number of rooms at the Coast Canmore Hotel & Conference Center for the night prior to your tour and the

night after your tour at the discounted rate of \$167 CAD per night plus tax. Room rate does not include breakfast. You may book by calling the hotel directly at 800.716.6199 and mentioning you are with the Country Walkers group.

### **Coast Canmore Hotel & Conference Centre**

511 Bow Valley Trail  
800.716.6199

[coasthotels.com/hotels/ab/canmore/coast-canmore-hotel-and-conference-centre/](http://coasthotels.com/hotels/ab/canmore/coast-canmore-hotel-and-conference-centre/)

### **Georgetown Inn**

1101 Bow Valley Trail  
866.695.5955  
[georgetowninn.ca](http://georgetowninn.ca)

#### **To reserve:**

Email [info@georgetowninn.ca](mailto:info@georgetowninn.ca)

Phone 866.695.5955 or 403.678.3439

Rates range from \$149 to \$249 CAD (plus tax) per room, and a credit card is required at the time of booking. The Georgetown Inn is located less than a half mile from the Coast Canmore Hotel & Conference Center (meeting point hotel).

### **Silver Creek Lodge**

1818 Mountain Avenue  
877.598.4242  
[silvercreekcanmore.ca](http://silvercreekcanmore.ca)

#### **To reserve:**

Email [reservations@silvercreekcanmore.ca](mailto:reservations@silvercreekcanmore.ca)

Phone 877.598.4242 or 403.678.4242

Rates range from \$130 to \$325 CAD (plus tax) per room, depending on room type and date. Credit card is required at the time of booking. The Silver Creek Lodge is located just over a mile from the Coast Canmore Hotel & Conference Center (meeting point hotel).

### **DELAYS AND LATE ARRIVALS**

If you are delayed or miss the scheduled group meeting for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the Emergency Contact details on your Tour Itinerary Overview page for One Call International contact details.



## **TOUR DEPARTURE POINT AND TIME**

**Coast Canmore Hotel & Conference Center, Canmore, Alberta, Canada, 3:00 p.m.**

Please see the section entitled “Getting to the Meeting Point” above for information on shuttle service between the Coast Canmore Hotel & Conference Center and the Calgary Airport.

# Information & Policies

---

## **GUARANTEED DEPARTURES**

Country Walkers guarantees the departure of every tour\*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

*\*except in cases of force majeure*

## **GUEST RESPONSIBILITIES**

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

## **SCHEDULED GROUP INDIVIDUAL RESERVATIONS**

Reservations for this tour may be made by calling Country Walkers at 800.464.9255 and providing a \$350 per person deposit. The Balance of your payment (final tour cost) is due 90 days prior to the tour departure date.

## **SCHEDULED GROUP CANCELLATION POLICY**

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost\*. Please notify us in writing.

*\*One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

## PRIVATE ADVENTURE RESERVATION & CANCELLATION POLICIES

If you are booking a Private Adventure, a \$500 nonrefundable group deposit is required to secure hotel reservations and guides. Once these arrangements are confirmed, the deposit will be applied as the provider's deposit for the trip. If we are unable to secure the hotel and/or guides for your requested dates, this deposit will be refunded.

Once your Private Adventure is confirmed, your individual \$350 per person deposit is required within 14 days. The balance of your payment (final tour cost) is due 90 days prior to the tour departure date. Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150 (plus the nonrefundable group deposit of \$500); cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. **Please note that Private Adventure tour pricing is based on a guarantee of a specified number of guests. Should the group decrease in size, we reserve the right to alter the per person price, if necessary.**

# Canada at a Glance

---

## ENTRY REQUIREMENTS



A passport is required to enter Canada by air, land, or sea. Visas are not required for U.S. citizens.

For information, see [travel.state.gov](http://travel.state.gov).

Starting March 15, 2016, visa-exempt foreign nationals who fly to or transit through Canada will need an Electronic Travel Authorization (eTA). Exceptions include U.S. citizens and travelers with a valid visa. Cost is approximately \$7.00 CAD. For current rates and to apply for your eTA, please see

[cic.gc.ca/english/visit/eta-start.asp](http://cic.gc.ca/english/visit/eta-start.asp).

### Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s).

## CURRENCY

Canada uses the Canadian dollar (CAD). For up-to-date exchange rates, see [oanda.com](http://oanda.com).

Always contact your bank or your credit-card company for details on fees and card use when traveling.

## TIME ZONE

Find the official time at your Canadian destination at [timetemperature.com/canada/canada\\_time\\_zone.shtml](http://timetemperature.com/canada/canada_time_zone.shtml).

## PHONE & INTERNET

Cell phone coverage throughout Canada is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones).



Internet access is generally widely available; however, it is not guaranteed at all accommodations. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

## LANGUAGE

The official languages of Canada are English and French. Outside of Québec, English is predominantly used, with French used on signs and on some menus.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see [bbc.co.uk/languages/french](http://bbc.co.uk/languages/french) or the enclosed Reading Guide for a suggested phrase book.

## ELECTRICITY

Alternating current of 120V and 60Hz is used in Canada (as in the U.S.). The majority of plugs are Type B, with two square and one round prong. For a full listing of electrical outlets worldwide, see [electricaloutlet.org](http://electricaloutlet.org).

## WEATHER

During the months of June through September, the weather is ideal for active vacations in the Canadian Rockies, Nova Scotia, and Québec. In general, daytime temperatures range from the 60s to low 70s, with chillier nights and mornings, perhaps even around freezing in the higher elevations of western Canada. Occasional precipitation can occur at any time throughout the chosen months.

For up-to-date forecasts, see [qwikcast.com](http://qwikcast.com). For historical average temperatures and rainfall, see [weatherbase.com](http://weatherbase.com).

## FOOD & DRINK

Canadian food is North American in its standard repertoire, as well as in its inclusion of regional dishes and seasonal harvests. Québec combines North American dishes with traditional French cuisine; regional specialties include local meat and game, such as rabbit, seafood such as mussels, many local cheeses, and tempting French or maple syrup-based desserts. Nova Scotia offers fresh lobster, Acadian-style cod, and Scottish-influenced baked goods. In Western Canada and the Rockies, menus include hearty items such as the region's local beef steaks and game meats such as venison.



### Travel Tip

For guests from outside North America bringing a hair dryer or other electrical device:

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

## Travel Tip

As hard as it is for a Vermont-based company to admit, Québec is the world's largest producer of maple syrup, supplying more than 80% of the syrup consumed worldwide, and we'll also admit it's as tasty as Vermont syrup. The Canadian classification system has three categories (1, 2, and 3) and five grades (extra light, light, medium, amber, and dark). For nutritional information, recipes, and interesting maple lore, visit [ilovemaple.ca](http://ilovemaple.ca).

## LIFE IN CANADA



### Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:00 a.m. and 6:00 p.m. and on Sundays from 11:00 a.m. to 5:00 p.m. Shopping malls, department stores, and supermarkets are open all day, every day of the week, from 8:00 a.m. to 9:00 p.m. (or later; check locally).

Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday, and from 9:00 a.m. to noon on Saturday.

## Travel Tip

### A Canadian perspective.

Before you travel, check out [cbc.ca](http://cbc.ca), the official website of the Canadian Broadcasting Corporation/Radio Canada, for a Canadian view on the news, what Canadians are reading, watching on television, and listening to. A wide number of links to audio and video programming are available.

## Mealtimes

Breakfast is served at hotels from 7:00 a.m. to 10:00 a.m. In restaurants, lunch is served from noon to 3:00 p.m. and dinner is usually served from 4:00 p.m. to 9:30 p.m. (but with substantial local variation).

## Tipping

In restaurants and bars, leave 15 to 20 percent of the total. Taxi drivers receive 10 to 15 percent of the fare. For luggage assistance, offer from \$2 to \$5 depending on the service provided.

## TRAVEL RESOURCES

### National Canadian official tourist board

[caen.canada.travel](http://caen.canada.travel)

### Public holidays

To assist in travel planning, it may be helpful to be aware of Canadian public holidays and national events; for an official list, see [cra-arc.gc.ca/tx/hldys/menu-eng.html](http://cra-arc.gc.ca/tx/hldys/menu-eng.html).

## TRAVEL IN CANADA

A wealth of travel information is available at [caen.canada.travel](http://caen.canada.travel).

### Airports

Canada has an extensive international and domestic air network with many companies and airports. For travel to all regions and airports, see [caen.canada.travel](http://caen.canada.travel); for Western Canada, [travelalberta.com](http://travelalberta.com) and [hellobc.com](http://hellobc.com); and for Québec, [bonjourquebec.com](http://bonjourquebec.com).



### Trains

VIA Rail: [viarail.ca](http://viarail.ca), the national railway company site with schedules, fares, and pass options.

### Other local transportation

Long-distance bus travel can also be a convenient way to reach a destination. The largest national company is Greyhound ([greyhound.com](http://greyhound.com)); check locally for smaller regional long-distance bus companies.

Major car rental agencies are available at airports, city centers, and train and bus stations. Taxis are available at all major airports, cities, train and bus stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

For more information, contact Country Walkers.

# Packing List

---

## PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

## FOOTWEAR

- » Hiking boots. There are many brands to choose from. Proper fit is crucial, so try on new boots while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 5-10 miles of walking without discomfort. We require lightweight boots with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » River shoes or sandals (for possible river crossings)
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

## CLOTHING

- » Lightweight, wash-and-wear synthetic long pants
- » Long-sleeved, wash-and-wear synthetic shirt
- » T-shirts and shorts (synthetic fibers)
- » Polar fleece or light wool pullover (it will keep you warm even when wet)



- » Dinner attire: dress is smart casual

## **OUTERWEAR**

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor
- » Fleece or wool hat and gloves

## **EQUIPMENT**

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of 1-2 liters)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

## **OPTIONAL**

- » Telescopic walking sticks (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit (Jacuzzi available at one of the properties)
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides (see enclosed reading list)

- » Folding umbrella
- » Bandana
- » Hand sanitizer and/or moist towelettes

**NOTE**

Please note that the weather in the Canadian Rockies is often unpredictable and can vary from bright, warm sunshine to snow flurries or rain in the course of one day. Dressing appropriately is key to your comfort while walking! Dressing in layers that may be added or taken away, and in synthetic fiber clothing (NOT cotton) that wicks moisture and dries quickly is essential. Please do not hesitate to contact the Country Walkers office prior to your trip with any questions about your hiking attire.